



Nelson Mandela, then Deputy President of the African National Congress of South Africa, raises his fist in the air while addressing the Special Committee Against Apartheid in the General Assembly Hall. UN Photo/P. Sudhakaran

18.07.2016 - Can you spare 67 minutes of your time helping others? Every year, on July 18, people around the world are asked by the UN and the [Nelson Mandela Foundation](#) to do just that.

In November 2009, the UN General Assembly declared 18 July "[Nelson Mandela International Day](#)" in recognition of the former South African President's contribution to the culture of peace and freedom. By devoting 67 minutes of their time – one minute for every year of Mr. Mandela's public service – people can make a small gesture of solidarity with humanity and a step towards a global movement for good.

UN staff around the world have made a difference through a variety of activities in the past, and would like to invite you to join them. For inspiration, the Nelson Mandela Foundation has put together a list of [67 possible activities](#) that are doable for most. For instance: make a new friend, read to someone who can't, or donate blankets or clothes to someone in need.

