

DID YOU KNOW?

What can you do in just 67 minutes? On July 18, people around the world celebrate Mandela International Day by spending 67 minutes helping others—whether it's planting a tree, helping a neighbor, or volunteering in the community.

The day honors Nelson Mandela, who dedicated 67 years of his life to promoting justice, equality, and human rights. His inspiring message reminds us that even small acts of kindness can make a big difference.

Inspiring Fact: Mandela International Day was established by the United Nations to encourage people everywhere to help create a better world, one good deed at a time.

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