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SCHOOL OF ENVIRONMENT, GEOGRAPHY & APPLIED ECONOMICS

Department of Economics and Sustainable Development

**ERASMUS COURSE: THEMES IN SUSTAINABLE DEVELOPMENT**

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**2nd Lecture:**

**THE 17 SUSTAINABLE DEVELOPMENT GOALS (SDGs)**

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## What is Sustainable Development?

"Sustainable Development" is the development that meets the requirements of current generations, without jeopardizing the requirements of future generations. In other words, it is a concept identical to "continuous development", one whose main feature is eternity and its priority is to ensure quality of life in all areas – the environment, the economy, society, culture - for everyone and forever.

Therefore, sustainable development is a holistic approach that incorporates social, economic, cultural and environmental objectives.



## What are the 17 Goals for Sustainable Development?

- In 2015, the United Nations Special Meeting on Environment and Development proceeded with the Resolution on Sustainable Development, known as the "**Agenda 2030**".

- From this emerged the **17 goals for sustainable development**. The 17 SDGs lay the foundations for the transition to an integrated development model, which prioritizes the optimal balance between economic, environmental, social, cultural, institutional, etc. dimensions of sustainable development, and the holistic management approach to public policy-making.

- In essence, these goals are the commitment made by the leaders of the Member States to **work collectively and to tackle the global problems facing the planet in all areas**.





# SUSTAINABLE DEVELOPMENT GOALS



This presentation highlights specific proposals for individual actions that each of us can follow for the success of each of the 17 Goals of Sustainable Development.

It is a research which was carried out at Harokopio University during the winter semester 2021-2022.





Poverty, which has plagued millions of the world's population throughout history, has been reduced in recent years.

In recent years, the international poverty rate has been reduced by more than half compared to the year 1990.

However, despite this improvement, even today a very large proportion of 20% of the population in developing countries face problems of poverty and extreme poverty as they live on less than \$1.25 a day.

At the same time, for a large percentage, there is a risk that they will return to poverty.

Taking into account this data and the future risk that exists for a very large percentage of the planet, goal 1 of sustainable development was set.

This goal envisages the gradual elimination of poverty by 2030 through global and local actions, as well as a reduction of at least half the proportion of men, women and children belonging to all age groups that live in poverty.

At the same time, the implementation of appropriate national systems and social protection measures for the entire population is envisaged, so that the coverage of the poor and vulnerable groups can be achieved by 2030.

At the same time, the adaptability of the poor is envisaged, but also of others who are in a vulnerable state, reducing their exposure and sensitivity to phenomena that are considered extreme and are directly related to the climate change, as well as to economic and social problems, but also to environmental disasters.

In addition, this objective envisages the effective mobilization of resources, which come from a variety of sources, so that assistance to developing countries is adequate and credible.

Goal 1 also seeks to create the right policy frameworks at national, regional and international level, with an emphasis on development strategies that focus on poor citizens while respecting gender equality, so as to accelerate investments aimed at eradicating poverty.



**What can I do  
about Goal 1?**

- be well informed about local structures and NGOs that offer volunteer work.
- undertake actions to raise awareness of the need to eradicate poverty, so that the message is widely spread in society.
- consume responsibly, to avoid wasting resources (water, food, clothing, etc.).
- become volunteers on our own initiative and by participating in actions to eradicate poverty.
- **offer goods to vulnerable groups either in cases of permanent poverty or in special emergencies (eg natural disasters).**
- eliminate feelings of social racism. We must help everyone!
- participate in groups that are active against poverty, or create them, on our own initiative.



Today, about 800 million people are facing problems related to hunger, and by 2050, that number is expected to reach as many as 2 billion.

This is largely due to the continuing degradation of food-related natural resources such as soils, freshwater, oceans, forests and biodiversity.

These problems are exacerbated by natural disasters such as droughts and floods

Taking into account these above elements, Goal 2 of sustainable development was set, which concerns the elimination of hunger and food insecurity, the improvement of nutrition and the promotion of sustainable agriculture.

In particular, this goal is expected to end global hunger, ensure access to nutritional value and adequate food throughout the year, especially for the poor and vulnerable, such as children.

At the same time, the goal is to put an end to all forms of "poor" nutrition, so that by 2025 the internationally agreed goals for malnutrition and debilitation of children under the age of five are met and the nutritional problems and needs of adolescent girls, pregnant women, lactating women and the elderly are successfully addressed, with a time horizon of 2030.

Goal 2 is also to achieve by 2030 the use of sustainable food production systems and the implementation of sustainable agricultural practices, which will be able to contribute to increasing productivity.

In this way, the conservation of ecosystems will be enhanced, while there will be a more effective adaptation to climate change, extreme weather events, floods and other disasters, resulting in progressively improving the quality of land and soil.

One of the most important proposals for achieving Goal 2 is to curb population growth.

One of the most popular theories of the past years, it placed the population and its growth very high in the list of causes of hunger.

According to this theory, the natural environment has certain limits, as our population grows geometrically, at the same time that the available resources increase linearly.



**What can I do  
about Goal 2?**

- be informed and disseminate Goal 2 on social media (facebook, instagram, etc.).
- undertake mobilizations and actions aimed at raising awareness of other citizens to eliminate hunger.
- **not waste food, buy only what we need and do not throw away food.**
- become philanthropic and in solidarity by offering food, help others when we can, so that they are able to provide their own food.
- send humanitarian aid where needed, giving food and money.
- participate in groups that are active against hunger or create them.
- follow a responsible lifestyle, reducing waste of resources and protecting the environment.
- grow agricultural products where we can and are allowed in the free spaces of our neighborhood.



Health is considered a priority for all people, and humankind has been concerned with dealing with the problems that arise from it since early history.

A country's level of health depends on many factors such as the economy, technology, infrastructure, medical staff, and even the habits and educational level of the people.

For the above reasons, countries in Africa and Asia have not yet developed a satisfactory level of health in their population.

Therefore, several more actions are needed before we can talk about a level of satisfactory global health protection.

Taking into account the above, Goal 3 of sustainable development was set, which concerns ensuring good health worldwide.

In this context, actions have already been taken to help increase life expectancy and reduce some of the most deadly diseases associated with child and maternal mortality.

More specifically, under Goal 3, it is envisaged that by 2030, global maternal mortality will be reduced, and epidemics such as malaria, tuberculosis and other water-borne diseases will be eliminated.

In addition, a reduction in the number of deaths and diseases associated with dangerous chemicals, including air, water and soil pollution is predicted.



**What can I do  
about Goal 3?**

**- participate in Primary Health Care and undergo regular preventive examinations.**

- follow a healthy diet in order to avoid obesity and related diseases. A healthy lifestyle includes a nutritious and balanced diet, rich in raw products, fruit and vegetables. In addition, a healthy diet contains a lot of water to properly hydrate the body and reduce salt consumption. We avoid ready-made food and prefer home-cooked food.

- not smoke, because cigarette smoke contains over 4000 chemicals, of which over 250 are harmful and over 50 are carcinogenic.

- not drink alcohol because it harms our mental and physical health.

- exercise often, because physical exercise helps good psychological and physical health.

- avoid stress because it has been observed that it negatively affects our mental and physical health, causing various diseases and ailments.

- sleep well and for enough hours, because the quantity and quality of sleep is associated with our mental and physical health.



Education is the basis for the development of any organized society and is one of the most important factors in the socialization of the individual.

It exists and operates in the modern socio-economic environment of continuous change and rapid development and is influenced by political, economic, social change and circumstances.

Nowadays, primary education in developing countries has reached 91%. However, 57 million children are still out of school.

In addition, more than half of these children live in sub-Saharan Africa and it is estimated that 50% of non-primary school children live in conflict-affected areas.

Finally, it is estimated that 103 million young people worldwide have major literacy deficiencies, with 60% of them being women.

Also, a significant percentage of children with disabilities do not go to school on a daily basis or when they attend formal education classes are "invisible", according to a related Actionaid survey.

Taking into account these elements, Goal 4 of sustainable development was set, which concerns quality education.

This goal envisages that by 2030, all boys and girls should be able to complete primary and secondary education freely, equally and with quality.

In addition, with a time horizon of 2030, it is envisaged to ensure equal access for all women and men to affordable, quality, technical vocational training, as well as access to higher education.

The ultimate goal is to achieve knowledge in youth literacy and numeracy by the year 2030.



### What can we do about Goal 4?

- as learners, participate in experiential learning programs, in order to develop skills and abilities for critical thinking, participation and action.
- participate in networking programs of educational institutions, with the aim of cooperation.
- participate in research work, which will encourage us to search for and research various objects according to our interests.
- come in contact with other cultures and respect diversity and human rights.
- participate in skills workshops, as they aim to cultivate the ability to express ourselves, to create and manage our lives responsibly.
- **participate in educational activities related to environmental protection such as waste management, nature conservation and sensitive ecosystems, etc.**



Gender equality is an issue that concerns modern societies.

Although significant institutional progress has been made in recent years, even today, women, and especially girls, face violence and discrimination in many parts of the world.

In the context of the above, Goal 5 of sustainable development was set, through which the elimination of all forms of discrimination against women and girls, wherever it comes from, and the elimination of all forms of violence against women and girls, on the one hand, private and on the other hand in public life.

At the same time, emphasis is placed on the elimination of human trafficking, sexual exploitation and all forms of exploitation.

In addition, the specific goal envisages the recognition of unpaid care and domestic work provided by women.

The provision of public services and infrastructure is promoted, as well as women's social protection policies.

A parallel target is to establish shared responsibility within the household and the family, always taking into account the specificities that prevail in each country.

This goal promotes institutional reforms on women's equal rights in terms of wages, financial resources, financial services and access to land ownership, always taking into account the national legislation of each country.



**What can we do  
about Goal 5?**

- **be informed about the inequalities and discrimination that women suffer, so that we can take appropriate measures to eliminate them in our environment.**
- participate in organizations supporting abused women through voluntary action or financial assistance.
- support abused women and intervene when we know that a woman is a victim of gender or domestic violence and when we become spectators of indecent and harassing acts and behaviors against women.
- use social networks to raise awareness of issues of gender equality.
- as women we should not accept behaviors in society, at work or anywhere else that degrade us in relation to men.



Access to water and sanitation is a right of all citizens as it is the basis for quality of life and health.

Due to the limited infrastructure in several countries of the world, millions of people, many of them children, suffer from health problems that may even lead to death due to insufficient water supply, sanitation and health conditions.

At the same time, lack of water or poor water quality and inadequate drainage have a negative impact on food safety.

Goal 6 for sustainable development envisages universal and equal access to safe and affordable drinking water for the entire population by 2030.

Also, by 2030 there should be adequate and equal access to sanitation facilities, so as to ensure personal health for the entire population.

Also, water quality should be improved, pollution should be reduced and hazardous chemical gases and materials should be minimized.

Finally, water wastage must be reduced in all areas and activities in order to tackle the global problem of water scarcity.



**What can we do  
about Goal 6?**

- use water rationally during the dishwashing process. When using the dishwasher, it should be full and set to the most economical program.
- select the appropriate faucet to reduce water waste.
- replace old toilet cisterns with modern double flow ones to reduce the waste of clean drinking water.
- prefer short showers with moderate water pressure, instead of a bath with a bath full of water.
- when there is no reason, turn off the tap even for a while. It is good practice to use a switch to supply water to the taps with photocells. They ensure maximum water savings since the tap closes automatically when the water is not in use.
- fill the washing machine when using it.

- if we have a garden, it is good to water the plants with a watering can in the early morning or late afternoon, when the temperature and wind speed are lower. Where we can, we also use rainwater.

**- immediately repair water leaks. Even 10 drops of water per minute is equivalent to 2 tons of lost water per year.**

- regularly check domestic plumbing.

- immediately inform the authorities in case of leakage in a public place.

- avoid cleaning outdoor areas (balconies, yards, etc.) with a hose and prefer mopping.

- when washing the car, use a bucket of water instead of a hose, or alternatively prefer car washes that recycle water.

- recycle water where we can. For example, the water we change from the aquarium can be used to water plants.

- respect water everywhere and always. Not only at home, but also in public spaces, at work, etc.





Securing energy is an issue of great importance for the development of a place.

Today, energy is linked to areas related to jobs, security, climate change, food production, etc.

The energy sector is a key pillar of society and the economy and it is necessary to have the ability to meet a variety of needs reliably, at an affordable cost and guided by Sustainable Development of countries.

The energy sector supports all areas of citizens' daily lives, from households and businesses, to medicine, agriculture, education, communications and the development of modern technology.

It is therefore clear that the energy system must ensure access to all and be properly designed, as it is a prerequisite for activities that concern the whole of society.

According to Goal 7 of Sustainable Development, which refers to cheap and clean energy by 2030, universal access to affordable and modern energy services is sought, with the share of Renewable Energy Sources increasing worldwide.

The goal is also to double the global rate of improvement of energy efficiency.

At the same time, priority is given to the development of international collaborations to facilitate access to energy technology, with an emphasis on "clean" energy, Renewable Energy Sources (RES), as well as the achievement of energy efficiency.



**What can we do  
about Goal 7?**

### **In the building and home sector:**

- replace incandescent bulbs with LED bulbs.
- **turn off electrical appliances and do not leave them in standby mode.**
- install a smart meter from the energy supplier.
- choose a suitable energy supplier in order to achieve better prices.
- choose "green", electricity tariffs (coming exclusively from RES).
- use night electricity tariffs, as we save energy from energy consuming devices.

### **Heating and cooling:**

- install solar panels on the roofs, eg solar water heaters or photovoltaics.
- replace windows with double glazing or energy glazing.
- build homes based on the principles of bioclimatic design.
- consult specialist energy technicians and building engineers.
- use the thermostat wisely.
- avoid air leaks in windows and doors.
- prefer the construction of energy fireplaces, as they achieve an increase in energy efficiency
- **use artificial or natural shading on hot days and ventilate our home at night.**

## Energy saving from home appliances:

- replace old appliances with energy efficient models.
- avoid washing dishes by hand if there is a dishwasher. Modern dishwashers consume less water and energy and most have an "Eco" function.
- **use low temperatures when washing clothes.**
- boil the water with the kettle, as it has a higher efficiency than the stove.
- cook with utensils that fit well on hobs and prefer pressure cooker.
- not open and close the oven and refrigerator door unnecessarily.

## In travel and transportation:

- prefer cycling, walking and public transport when traveling in the city.
- prefer the use of environmentally friendly means of transport such as trains when travelling.
- take good care of our car.
- avoid, when we can, air travel
- prefer electric propulsion.
- drive wisely, as this improves the fuel efficiency of the vehicle.
- **offset the ecological impact of our travel.**





Globally, there is a large part of the population living on less than \$2 a day, and a large number of people face the constant problem of inability to find decent work.

As a result, even basic "social conventions" linked to a democratic society are called into question.

A key component of sustainable economic development is considered to be the creation of conditions that enable people to work in quality jobs which contribute to the strengthening of the economy, without, however, burdening the environment.

More specifically, according to Goal 8 of Sustainable Development, the increase of per capita income is foreseen, taking into account the individual national peculiarities, while at the same time the existence of higher levels of economic productivity is foreseen, emphasizing differentiation and technological upgrade.

In addition, the main aim is to promote development-oriented policies, providing appropriate support to activities that are considered productive.

The goal is to improve the efficiency of global resources for production and consumption by 2030, while protecting labor rights and promoting safe working conditions for all workers, including migrants.

The same category includes the goals related to sustainable tourism, focusing on the creation of new jobs, while promoting local cultures and local products.



**What can I do  
about Goal 8?**

- be properly trained to find work and continue professional development on the subject of our work with seminars, postgraduate studies, etc.
- be stable in our profession as in this way we gain experience, previous service, better salary and professional advancement.
- **train and use new technologies in our studies, in our work and elsewhere.**
- use the possibilities of the internet to look for a job, or to promote our profession.
- create new businesses as today it is possible to create start-ups
- create cooperatives in the agricultural sector, as they provide many opportunities for the sale of agricultural products at home and abroad.
- seek loans for business creation, as in recent years many financing programs are implemented for young professionals and new businesses. The internet is a good source of information.



Today, many developing countries and beyond have basic infrastructure deficiencies such as roads, water, basic technology, etc. In the third world, billions of people do not have access to electricity or reliable telephone services.

Absence or poor quality of infrastructure affects many social sectors such as work, income, education and health.

On the other hand, the existence of quality infrastructure contributes positively to the economic and social sector.

At the same time, the existence of entrepreneurship is important.

The strengthening of small and medium-sized enterprises and the support of industry contribute to the provision of jobs and consequently to the increase of the living standard of the population.

The sub-axes set out in Goal 9 for Sustainable Development concern the creation of quality, reliable, sustainable and resilient infrastructure, including local and cross-border infrastructure, through which support is provided for economic development and human well-being.

At the same time, it is envisaged to strengthen the sustainable industrialization of the places, without exclusions, aiming at the increase of the number of employees in industry, as well as the increase of the participation of industry in Gross Domestic Product, taking into account the individual data of countries.

At the same time, the goal is to upgrade industry, as well as to strengthen scientific research, so that there is an upgrade of the technological capabilities of the industrial sector, especially in developing countries.

Objective 9 also provides support for the development of sustainable and resilient infrastructure in developing countries, support for domestic technological research, development and innovation.

Finally, there is expected to be a significant increase in the population's access to communication and information technologies.



### What can I do about Goal 9?

- use the public transport infrastructure, particularly fixed track means (tram, metro, electric, suburban, railway).
- trade with the public and private sector through electronic services, if possible.
- use electronic applications offered by municipalities and companies for information, submission of requests / problems, communication, making an appointment, etc.
- use Internet banking for electronic money transfer, payment of bills and other transactions required through a bank.
- buy online and support e-commerce.

**- help the elderly to use electronic services.**

- participate in training programs / innovation seminars etc.

- buy ecological means of transport of new technology (vehicles, bicycles, etc.)

- participate in innovation and research programs aimed at the citizen.

- apply innovative practices and new ideas as employees.

- build or buy sustainable homes that consist of ecological and recyclable materials and utilize renewable energy sources.

- participate in events on research and innovation for businesses and citizens.

- turn the buildings we live in and work into green buildings.





Significant steps have been taken in recent years to tackle inequality and reduce poverty.

But the problem still exists in many countries around the world.

Although income inequality between countries has decreased, inequality within them remains and in some cases has increased.

It is now clear that economic growth is not enough to reduce poverty, given that the three dimensions of sustainable development are not taken into account: economic, social and environmental.

In order to achieve less inequality, Goal 10 of Sustainable Development identifies sub-objectives aimed at increasing the income of the poorest population and at strengthening and promoting the social, economic and political integration of the entire population, without taking into account age, gender, any possible disability, race, nationality, country of origin, religion or financial status.

At the same time, it is envisaged to ensure equal opportunities, limiting policies and practices that result in discrimination. In addition, the aim is to adopt appropriate wage, tax and policy provisions aimed at social protection and which can progressively lead to greater equality.

Special mention is made of facilitating the safe and smooth migration and mobility of people, which requires the implementation of integrated immigration policies.

Finally, the aim is to encourage public development aid and cash flow, including direct investment in countries with greater needs.



### What can I do about Goal 10?

- participate, inform and support the existing structures whose purpose is to combat inequalities (social services of central and local government, institutions, collective movements, private initiatives, etc.).
- put pressure on local and central administration to take measures that reduce inequalities.
- take initiatives, actively participating in information and public awareness campaigns on inequality issues.
- **inform the authorities when we witness incidents of violence, abuse, harassment, intimidation, injustice, etc.**
- as consumers prefer products and services provided by companies that promote Corporate Social Responsibility, and that adopt codes of ethics with a vision of sustainability and equality (easy access for the disabled, etc.) and companies created by networks of vulnerable groups.

- defend the rights of individuals or groups who are discriminated against because of any differences in the school or workplace.
- as parents raise children with social sensitivities, contributing to the formation of a sustainable society without exclusions.
- associate with people from vulnerable groups who are discriminated against.
- support people with different characteristics and reduced capabilities.
- communicate and interact with people who belong to vulnerable groups.
- do not exclude from our social and recreational activities people with disabilities or other vulnerable groups.
- support cultural events and events that highlight the adversities and effects of inequality and that raise public awareness on these issues.
- be informed about initiatives that promote the elimination of inequality in every sector and share this information on social media.





Today, the population living in cities is close to 3.5 billion, i.e. 50% of the total world population, while by 2030, it is estimated that at least 60% of it will live in urban areas.

Also, the urban development that is expected to take place in the coming years will mainly concern the developing world, where even today, the number of people in developing countries living in "slums" is close to 800 million.

Globally, cities occupy a percentage of 3% of the Earth's land area, however in terms of energy consumption, they cover a percentage ranging between 60-80%. In addition, cities are "responsible" for producing 75% of carbon emissions.

Regarding the problems that cities face, there are many such as traffic congestion, lack of adequate housing, deterioration of infrastructure, etc.

In the context of Goal 11 of sustainable development concerning sustainable cities and communities, with a view to 2030, the aim is to provide cities with adequate safe and affordable housing, access to services, safe, affordable and accessible transport systems for all, and improve the security of roads.

Greater emphasis is placed on meeting the needs of the most vulnerable population such as women, children, and people with disabilities.

Emphasis is also placed on creating economic, environmental and social links between urban and suburban areas, sustainable and participatory planning for the management of human settlements in all countries, protection against natural disasters, environmental protection and of cultural heritage.

Finally, support is provided to the least developed countries, mainly through financial and technical assistance, so that they can build sustainable cities by 2030.



### What can I do about Goal 11?

- move around the city in an ecological way.
- help in the planting of trees in burned areas, in the reforestation and in the strengthening of the urban green.
- create green roofs and vertical gardens in our home, or in our business, if possible (terraces, balconies, etc.).
- compost at home, if we have the opportunity, from food waste, which is converted with special compost bins into rich natural fertilizer, which can then be used in household gardens.
- **create ecological households using renewable energy sources (installation of photovoltaic, solar water heaters, etc.).**
- use existing properties to accommodate people who do not have access to safe housing. Their availability at zero or very low price would solve two problems: firstly, the decongestion of urban centers from the waves of immigration and secondly, the provision of housing to people in need.
- attend Civil Protection seminars for first aid in cases of natural disasters.



One of the most serious problems facing humanity today is sustainable production and consumption, as huge amounts of waste are generated worldwide: food and garden waste, construction and demolition waste, mining waste, industrial waste, liquid waste, old waste cars, batteries, plastic bags, paper, sanitary waste, old clothes and old furniture etc.

The amount of waste generated is closely linked to consumption and production patterns.

If both demographic change and the increase in the number of houses of each individual are taken into account, the problem is exacerbated.

The increase of the earth's population, the degradation of the soil with the decrease of its fertility and the loss of biodiversity from overproduction, the unsustainable use of renewable and non-renewable resources, the over-consumption and the waste of food demonstrate the critical condition of our planet.

Goal 12 of sustainable development envisages sustainable management and adequate use of natural resources by 2030 and reduction of per capita food waste internationally, both at the level of consumers and at the level of retailers.

The aim is to emphasize the prevention, reduction, recycling, and reuse of waste.

At the same time, it is planned to provide support to developing countries, in order to strengthen their scientific and technological capacity to move towards more sustainable production and consumption models, but also to develop the appropriate tools to ensure sustainable development.



**What can I do  
about Goal 12?**

- can use a simple home compost of biodegradable food and other waste (fruit peels, blackened leaves, stalks, etc.) by converting them into nutrient-rich natural fertilizer and use it in our garden or pots.
- **recycle responsibly. NB: the green bins are for conventional waste, the blue bins are for recycling (paper, simple metals, etc.), the yellow are bins only for paper.**
- record our personal waste and evaluate what can be replaced with reusable data.
- not dispose of batteries (lead acids or lithium metal and lithium ions) in bins, landfills or woodland.
- minimize or do not use consumables in the kitchen (eg plastic wrap, foil, paper towels, plastic bags, etc.).
- buy and offer used items (eg clothes).
- reduce the use of plastic bottles.
- limit the use of paper (receipts, magazines, etc.).

- avoid the use of disposable containers and utensils for food and beverages.
- donate or sell old furniture.
- dispose carefully of unwanted electronics (old computers, televisions and other appliances) because they contain potentially harmful chemicals. Many times there are stores with electronics and home appliances that accept the old household electronics for payment.
- avoid overconsumption of goods (food and objects).
- choose quality food that may not meet the simple aesthetic criteria, as these products during their harvest or transport may have suffered damage not to quality but only aesthetic.
- buy organic products.
- consume food in times of abundance.
- buy seasonal food from local growers.
- choose sustainable solutions in product packaging, in order to reduce or even mitigate the environmental footprint and the volume of waste generated.

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BETTER



- choose products from "green companies" that do not burden the environment, that save resources (energy, water, etc.), produce energy from renewable sources and do not threaten local water sources.
- do not use plastic bags, but fabric and reusable ones.
- avoid the use of industrial and chemical products, such as exfoliating cosmetic shampoos, deodorants, synthetic clothing such as fleece.
- pay attention to the expiration date and consumption of products.
- seek information on the ecological design of food through the control of special labelling for nutrition (organic products, PDO, PGI).
- **prefer products or services (eg tourist accommodation), which bear the eco-label.**
- look for information on repairable upgraded and durable products (furniture, electrical and electronic equipment).
- do not waste water.
- follow a balanced diet, consuming more plant proteins.



- donate and redistribute products and food through voluntary actions to serve or alleviate vulnerable social groups.- limit the use of paper at school, at home and at work, by exploiting e-mail, reducing printouts and promoting e-commerce, e.g. payment of bills etc.

- choose reconstructed or used spare parts for the repair of a vehicle.

- send documents by reusing the same folder for two shipments.

- support the movement "We do not throw anything away. We create ".

- look for Points of Creative Reuse of Materials in the Municipality or in our city, in order to deposit used items of any kind.

- choose the measure of withdrawal of old vehicles and not their abandonment.

- select workshops (body shops, vehicle electricians, vulcanizers, vehicle crystal replacement shops, exhaust and catalytic converter shops) that recycle the waste from the repair of these and their components, in specialized bins.

- choose sustainable mobility to mitigate carbon emissions (on foot, bicycle, public transport).



Climate change is one of the most serious environmental problems today.

This is a phenomenon that combines global and long-term effects.

The causes of climate change are mainly human activities and in particular the burning of fossil fuels such as oil, coal and natural gas that emit gases which then trap heat in the atmosphere and create the greenhouse effect.

The main effects of climate change are the occurrence of extreme weather events, melting ice and rising sea levels, resulting in coastal areas falling, agricultural yields declining, human quality of life deteriorating and plants and animals becoming extinct.



According to Goal 13 of Sustainable Development on Climate Action, countries are adapting to deal with natural disasters and the risks directly linked to climate change.

A key objective is to integrate relevant climate change measures into national policies, strategies and planning, mitigate impact and provide early warning of natural disasters.

The measures concern both developed and developing countries.

At the same time, it is emphasized that developed countries are committed to sharing, with a time horizon of 2030, one hundred billion dollars per year, which would come from a variety of sources, so that they can meet the needs of developing countries to address climate change.

Finally, further mechanisms were envisaged to increase the capacity to organize and manage climate change issues in the least developed countries, as well as in the small island states, with a strong focus on the female population, young people, local and marginalized communities.



### What can I do about Goal 13?

- choose "sustainable transportation" to mitigate carbon emissions (on foot, bicycle, public transport).
- communicate, when we can, with teleconferences and telecommunications in order to reduce the high carbon footprint in travel.
- save energy in our home by insulating the home, buying green electricity, energy renovation, replacing light bulbs, etc.
- adjust our eating habits by preferring the consumption of foods that are low in the food chain, ie fruits, vegetables, cereals and legumes.
- choose foods that are in season and produced locally, as in this way the transport of food from a distance by truck, ship, train or plane where fuel is used is limited.
- reduce waste and recycle. Recycling saves a significant amount of energy and resources by reusing already produced goods.
- be informed and inform our fellow citizens about the problem of climate change.
- as consumers limit the use of energy.

- choose renewable energy sources to meet daily needs (eg solar water heating).

- **use natural light and less artificial.**

- replace old light bulbs with low energy light bulbs, as their average life is estimated to be 10 times longer than ordinary light bulbs.

- replace windows with new thermal insulators that have double glazing, in order to reduce the energy waste associated with heat loss from buildings.

- replace household appliances when they break down with energy class A appliances.

- use the air conditioner sparingly and replace it with alternative ways that are more environmentally friendly, such as ceiling fans that are just as effective.

- replace the bathtub of our house with a shower. This avoids wasting water and the amount of water to be heated is smaller.

- choose cooking utensils that fit well in the kitchen hob and avoid opening and closing the oven as well as unnecessary preheating.

- choose the appropriate program for the washing machine and dishwasher utilizing the night electricity.



- use the washing machine and the dishwasher when they are full, to reduce the waste of electricity and water.
- avoid opening and closing the refrigerator door.
- choose to buy a car based on its emissions
- avoid using the car for short distances or share its use with others who are going in the same direction.
- avoid air travel if possible and prefer the train.
- recycle all materials from paper, glass and aluminum as well as electrical appliances that do not work.
- plant trees where allowed in parks, national gardens and elsewhere, either individually or collectively.
- participate in groups that carry out climate actions such as the collection of garbage from the seas and from public places.
- avoid the use of plastic bags and prefer fabric ones which are reusable and environmentally friendly.



Central to the sustainable development of the planet is the sea, as it is associated with climate, human nutrition, etc.

The oceans are a unique global system crucial to all life forms and play an important role in social, economic and environmental development worldwide.

Nowadays, oceans, seas and their living resources are increasingly threatened by climate change, resulting in the destruction of marine and coastal habitats.

This, combined with anthropogenic pressures on their ecosystems, threatens their viability and consequently their continued ability to provide important goods and services.

Therefore, according to the Global Report and Assessment of the State of the Marine Environment (2015) and as mentioned at the UN General Assembly, it is considered necessary to address the problems immediately, in order to avoid the environmental, economic and social costs that their degradation will create.



Goal 14 of Sustainable Development is a global commitment to the sustainability of the oceans and seas.

It seeks the sustainable management, protection and recovery of the marine environment from pollution, climate change, overfishing, the systematic degradation of most of its marine ecosystems.

It sets out a global strategy, through scientific research and technology development, sets out the legal status of the seas, the rights and obligations of navigation, peace and security and the conservation and management of marine resources.

It is a foundation for the promotion of sustainable development management, at global, European, national and regional level.

Specifically, by the year 2030, the aim is to reduce marine pollution and acidification of the oceans, the protection and restoration of marine coastal ecosystems, conservation of coastal areas, cessation of overfishing and increase of economic benefits from the sustainable use of oceans.

Special mention is made of the goal of increasing the economic benefits for small island and developing countries, with a time horizon of 2030, seeking sustainable use of their marine resources, including the sustainable management of fisheries, aquaculture and tourism.

In addition, it seeks to increase scientific knowledge on these issues and to develop research capabilities on marine technology, taking into account the criteria and guidelines for the transmission of marine technology within the Intergovernmental Oceanographic Commission.

Finally, small-scale fishermen are to be given access to marine resources and markets and to enhance the sustainable use of the oceans and their resources, in accordance with the relevant United Nations Convention on the Law of the Sea.



### What can I do about Goal 14?

- participate in information campaigns, aiming at the formation of an ecological concept with a vision of better management of catches and marine resources.
- support environmental actions related to water, such as water protection, garbage collection from beaches, etc.
- as consumers, do not choose disposable products but choose products whose materials are easily recycled or degraded by the environment.
- **consume fish caught at the right time, using the right fishing gear.**
- choose alternative modes of transport (bus, train, bicycle, walking), in order to reduce gaseous pollutants that end up in the sea through acid rain.
- limit the use of detergents that affect the marine environment when they end up in it.

- limit water consumption in domestic use and control plumbing leaks.
- limit the use of plastic packaging such as water bottles, soft drinks, coffee cups, disposable plastic packaging, as they are the largest volume of garbage collected on shores and seas.
- clean the shores either on our own initiative "catching waste" or with boats (if we have the opportunity) that collect waste from the sea surface.
- reduce energy consumption, which pollutes the environment with carbon dioxide that is attracted by the atmosphere and through gaseous pollutants ends up in the sea with dramatic effects on aquatic life.
- participate in decision-making processes on issues related to water protection.



Since man's first appearance on earth, forests have provided shelter, food, and wood to build houses, boats, and tools.

Unfortunately today half of the global forests have been destroyed due to the cultivation of the land.

On the other hand, desertification seriously affects the natural ecosystem of forests and consequently the economy and the lives of local communities.

As forests have a two-way relationship with water resources, water scarcity and severe soil erosion are important factors in the occurrence of desertification and are also associated with further depletion of available water resources.

About 47% of the earth's solid surface is threatened by desertification.

Finally, biodiversity, or more simply the diversity of all organisms on the planet, has declined alarmingly in recent years, mainly due to human activities such as land use change, pollution and climate change.



In the context of the above, goal 15 of sustainable development has been set, which concerns land life, the proper management of land and forests, the reduction of their degradation, and the protection of wildlife and habitats.

More specifically, it is predicted that by 2020 there will be conservation, restoration and sustainable use of terrestrial and inland ecosystems of fresh water, forests, wetlands, mountains and arid areas, taking into account the obligations arising from international agreements.

It is also planned to deal with the phenomenon of desertification by 2030, to restore degraded land and soil, droughts and floods.

At the same time, the aim is to reduce the degradation of natural habitats and to prevent the loss of biodiversity, to integrate the planning for the protection of ecosystems and biodiversity in national and local planning, in the relevant development processes, as well as in the strategies concerning the reduction of poverty.



**What can I do  
about Goal 15?**

- plant trees in the urban and suburban environment and in parts of areas that may be either deserted or damaged after a fire.
- participate in voluntary cleaning of parks and forests.
- create a vegetable garden in our garden and in our neighborhood.
- as farmers or growers, do not use pesticides and fertilizers, as they pollute and degrade the land.
- grow plants in our garden and on balconies, as the image of the surrounding area is upgraded and at the same time various other ecosystems are developed within them (fauna).
- create, where we can, artificial nests for birds. In this way we help in the general development of the biodiversity of birds and wildlife.
- voluntarily assist organizations related to the protection of stray and endangered animals.
- voluntarily participate in forest observatories for illegal acts, such as poaching and illegal deforestation and lighting fires.
- **contribute with a donation for reforestation, in order to protect the environment and wildlife.**

- participate voluntarily in environmental groups, associations, etc. for reforestation.
- create and organize volunteer groups for the organization of excursions, workshops, events, concerts, festivals, etc. with the aim of raising money, advertising and information on nature protection.
- use electronic media instead of paper and reduce printing, as tree felling and water and energy consumption are reduced.
- recycle the packaging of paper, plastic, aluminum, etc.
- use home composting.
- protect wild animals.
- adopt pets from shelters instead of buying them.
- support financially and through work charitable organizations or shelters that protect animals.
- treat stray animals well and offer them food and water.
- avoid purchasing products tested on animals and products containing animal products. Products that have not been tested on animals are labeled "cruelty free" while products labeled "vegan" are those that do not contain ingredients of animal origin.
- reduce or exclude the consumption of animal products.





Peace, justice and strong institutions are an issue that poses significant problems worldwide.

This year 's results show that the average level of world peace has deteriorated by 0.07%. This is the ninth deterioration of peace in the last thirteen years, with 87 countries improving their position and 73 recording deterioration.

Regarding the impact of the covid 19 pandemic, it is noted that it contributed to global anxiety and financial uncertainty during the lockdown, as 5,000 recorded violent events, between January 2020 and April 2021, are related to the pandemic.

At the same time, according to an estimate by the independent organization World Justice Project, an estimated 1.5 billion people cannot find justice for civil, administrative or criminal justice problems, 4.5 billion people are excluded from the opportunities provided by law, 253 million people live in extreme conditions of injustice and 5.1 billion people or about two thirds of the world's population have faced issues of justice, with some facing more than one injustice.

Goal 16 of sustainable development refers to the promotion of peaceful and inclusive societies for sustainable development.

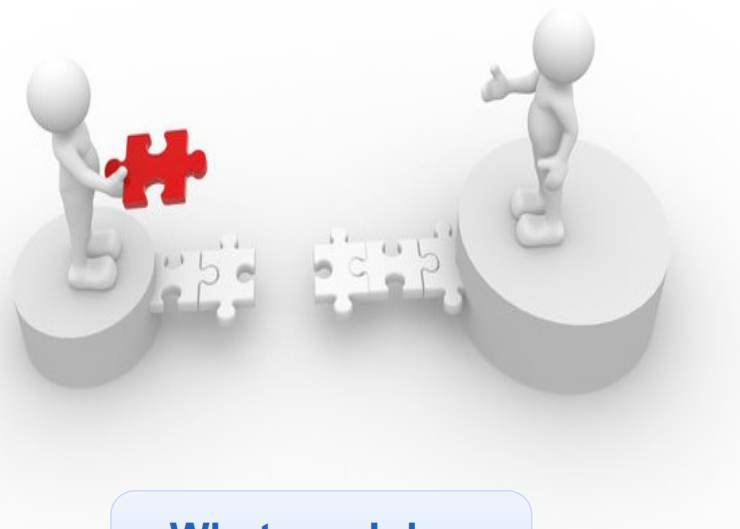
Societies that will provide equal access to justice as well as effective, accountable and participatory institutions at all levels.

The sub-objectives set are to reduce all forms of violence and related death rates and to reduce child abuse and exploitation.

Emphasis is also placed on promoting the rule of law nationally and internationally, reducing corruption and bribery, and developing effective and transparent institutions for all levels of modern living.

Furthermore, the aim is to ensure responsible, participatory, representative and inclusive decision-making at all levels.

Finally, it is envisaged that by 2030 there will be legal status for all, safeguarding and registering births, ensuring public access to information, protection of freedoms taking into account national laws and international agreements.



### What can I do about Goal 16?

- solve problems and rivalries with those around us. We cannot expect a society to become more peaceful when on a personal level we waste time and energy fueling enmity.
- accept and apply the rules of law that have been established.
- reject delinquent behaviors that jeopardize guaranteed fundamental freedoms or where access to justice is obstructed, participatory and representative participation in decision-making is not guaranteed, forms of corruption and bribery are supported or maintained, etc.
- participate in collective bodies which highlight problems and propose solutions to solve the respective problem.
- **be informed and inform others about the object of goal 16.**



Nowadays, the need for international cooperation between countries on very important issues of the planet has become clear.

Cooperation is not just about climate action, but also about general economic activity and the production of goods.

Given the great differences and inequalities between countries, cooperation is now more imperative than ever.

At the same time, in order to achieve the goal of sustainable development, appropriate cooperation must be established between Governments and the private sector, as well as between civil society.

Essentially, these partnerships should be based on a common vision, as well as on the common goals set for the planet for the year 2030.

Goal 17 pursues a global partnership for sustainable development.

The objective highlights the importance of global macroeconomic stability and the need for international mobilization to find financial resources from international sources for developing countries.

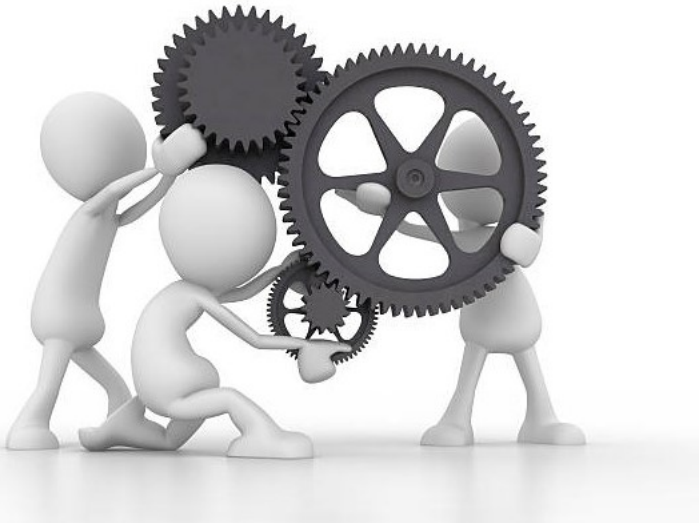
It also emphasizes the importance of developing trade in developing countries and the general establishment of fair international trade.

The ultimate goal is to increase the exports of developing countries and the general strengthening of developing countries, the least developed, and small island developing countries.

In addition, Goal 17 emphasizes the importance of access to science, technology and innovation, in particular internet-based information and communications.

In the field of trade, it is planned to promote a trade system, which can be described as universal, participatory, equal, multilateral and non-discriminatory, which will operate in the context of the World Trade Organization.

Finally, with regard to systemic problems, emphasis is placed on institutional and political cohesion, as well as multilateral partnerships.



**What can I do  
about Goal 17?**

- enhance the exchange of knowledge. On our own initiative we can organize ourselves, or participate in cooperation forums both nationally and internationally. **Individuals with specialized knowledge in specific areas, must take initiatives to inform the majority of the population and disseminate their knowledge.**
- be informed about the trade of developing countries and support the products they export.
- support the place where we live, especially if it is remote and less developed, and make efforts to promote their positive characteristics and to attract visitors and investments.

As we approach the year 2030, the individual effort of each citizen is important !

The participation of all of us is essential !

The sum of the individual actions will lead to the collective action and this to the solution of the global problems and to the final success of the 17 Goals of Sustainable Development !



Desmond Tutu:

**If you are neutral in situations of injustice, you have chosen the side of the oppressor**

Edmund Burke:

**All that is needed for the triumph of evil is for good people to do nothing**



Mother Teresa:

**I cannot change the world alone, but I can throw a stone into the water to create a lot of ripples**

Lily Tomlin:

**I always wondered why someone did not do something about it. That's when I realized that I AM SOMEONE**

Mahatma Gandhi:

**Be the change you want to see in the world**



## English

<https://sdct-journal.com/index.php/2015-10-18-22-23-19/2023-volume-1-c-special-issue-sustainable-development/504-individual-actions-for-the-implementation-of-the-17-global-goals-of-sustainable-development>

## Greek

<https://sdct-journal.gr/teychi/teychos-2022/>



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