



mYouth Leaders for SDGs

#### Darko JOVANOVSKI Marta JOVANOVSKA

# YouABLE: mYouth Leaders for SDGs



Association for research, education and development "Marketing Gate" Skopje, 2023 2









### myouth Leaders for SustainABLE Development



### **Content**

1. Introduction	05
2. Social Responsibility	07
3. Sustainable Development Goals	09
4. European Green Deal	27

## FIND THE RIGHT PEOPLE, NOT THE BEST PEOPLE

JACK MA



#### 1. Introduction

This Guide is developed in the framework of realization of the Erasmus+ Capacity building project in the field of youth "mYouth Leaders for SustainABLE Development [YouABLE]".

The achieved results, experience and network, gained from YouMUST project (selected as a "Success story" and "Good Practice") encouraged the project consortia members (NGOs, Universities and Business sector) to develop the new CBY project focused on providing the youth with the knowledge about digital marketing '8Ps' and Social media tools aimed to generate and increase the pressure on public authorities and business sector for the implementation of Sustainable Developments Goals [SDGs].

The project offer opportunities to youth participants to enhance their skills in line with the new European Green Deal, respecting's Europe 2020 Growth Strategy and the EU Youth Policy Cooperation as "skills of the future". Special focus will be done on exchanging ICT know-how about of the key elements, tools and methods of Digital marketing instruments, especially through using Social media, including Smartphones.

YouABLE project has the purpose to produce a positive impact at local, national, European and international levels arising knowledge for three pillars of 17 SDGs: Economic, Social and Environmental well-being for today and tomorrow, as a prerequisite for bridging the pathway from Ego to Eco humankind approach.

YouABLE project gathers 11 partners from 10 countries: Bulgaria; Finland; Greece; Hungary; Italy; Kazakhstan; Kyrgyzstan; Nepal; North Macedonia; and Uzbekistan.

YouABLE number: [617687-EPP-1-2020-1-MK-EPPKA2-CBY-ACPALA].

THE MOMENT ACCEPT NG IN

#### 2. Social Responsibility

Social responsibility means that businesses, in addition to maximizing shareholder value, must act in a manner that benefits society. Social responsibility has become increasingly important to investors and consumers who seek investments that are not just profitable but also contribute to the welfare of society and the environment.

#### **KEY TAKEAWAYS**

- \* Social responsibility means that businesses, in addition to maximizing shareholder value, should act in a manner that benefits society.
- \* Critics assert that being socially responsible is the opposite of why businesses exist.
- \* Socially responsible companies should adopt policies that promote the well-being of society and the environment while lessening negative impacts on them.
- \* Companies can act responsibly in many ways, such as promoting volunteering, making changes that benefit the environment, and engaging in charitable.

The crux of Social responsibility theory is to enact policies that promote an ethical balance between the dual mandates of striving for profitability and benefiting society as a whole. These policies can be either ones of commission (philanthropy - donations of money, time, or resources) or omission (e.g. "go green" initiatives like reducing greenhouse gases or abiding by EPA regulations to\_limit pollution). Many companies, such as those with "green" policies, have made social responsibility an integral part of their business models, and they have done so without compromising profitability.

#### Criticism of Social Responsibility

Not everyone believes that businesses should have a social conscience. Economist M. Friedman stated that "social responsibilities of business are notable for their analytical looseness and lack of rigor." Friedman believed only individuals can have a sense of social responsibility. Businesses, by their very nature, cannot. Some experts believe that social responsibility defies the very point of being in business: profit above all else.

#### 3. Sustainable development goals

The sustainable development goals (SDGs) are a universal set of goals, targets and indicators that UN member states will be expected to use to frame their agendas and political policies in the period 2015 –2030.

This Agenda is a plan of action for people, planet and prosperity. It also seeks to strengthen universal peace in larger freedom. We recognise that eradicating poverty in all its forms and dimensions, including extreme poverty, is the greatest global challenge and an indispensable requirement for sustainable development.

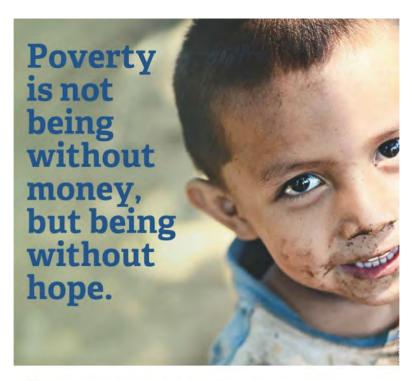


They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth — all while tackling climate change and working to preserve our oceans and forests.

All countries and all stakeholders, acting in collaborative partnership, will implement this plan.

At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries - developed and developing - in a global partnership.

Goal 1	End poverty in all its forms everywhere
Goal 2	End hunger, achieve food security and improved nutrition and promote sustainable agriculture
Goal 3	Ensure healthy lives and promote well-being for all at all ages
Goal 4	Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
Goal 5	Achieve gender equality and empower all women and girls
Goal 6	Ensure availability and sustainable management of water and sanitation for all
Goal 7	Ensure access to affordable, reliable, sustainable and modern energy for all
Goal 8	Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all
Goal 9	Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation
Goal 10	Reduce inequality within and among countries
Goal 11	Make cities and human settlements inclusive, safe, resilient and sustainable
Goal 12	Ensure sustainable consumption and production patterns
Goal 13	Take urgent action to combat climate change and its impacts*
Goal 14	Conserve and sustainably use the oceans, seas and marine resources for sustainable development
Goal 15	Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage for- ests, combat desertification, and halt and reverse land degradation and halt biodiversity loss
Goal 16	Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels
	sive institutions at an levels





# STAND UP TAKE ACTION

**End Poverty Now!** 























**HUNGER CAN BE ELIMINATED IN OUR LIFETIMES** 

Lack of healthy food and proper nutrition affects every stage of life, trapping people in a cycle that passes hunger from one generation to the next.





TODDLERS



unable to access food, medicine and other necessities for healthy pregnancies and children





CHILDREN learning difficulties and inability to attend school

**ADULTS** hronic illness and ack of education limit vork and income



EVERY F CHILD DEATHS

IN THE WORLD







#### **HEALTH PRIORITIES**

#1

#### MENTAL HEALTH

Prevention, early intervention, support and treatment for mental illness

- #2
- **ACCESS TO HEALTHCARE**

Basic, affordable healthcare available for all residents

- #3
- AWARENESS OF HEALTHCARE RESOURCES

Available information and communication channels for resources

- #4
- **ACTIVE LIVING**

Resources, access and awareness for physical activity opportunities

#5

#### CHRONIC DISEASE

Prevention, treatment and management of chronic diseases



#### SDG 03: GOOD HEALTH

HEALTH
THAT IS REAL
WEALTH
AND NOT
PIECES OF GOLD
AND SILVER

MAHATMA GANDHI





#### **EDUCATION AROUND THE WORLD**

There are 1.4 Billion students on Earth.





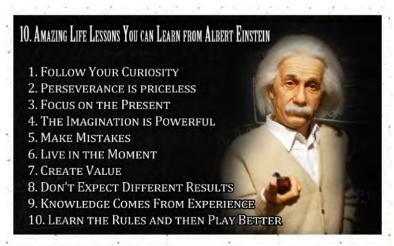
Only 65.2 Million educators Globally.

THE CHALLENGE: Too many children remain out of school, and those who are in school

# EDUCATION CANNOT WAIT



# LEARNING NEVER STOPS

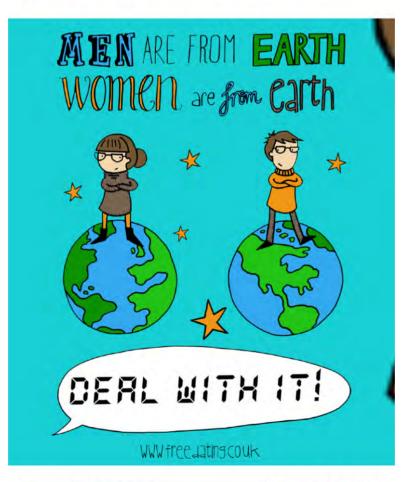
















#### BENEFITS OF DRINKING WATER

- 1. Helps lose weight
- 2. Natural remedy for headache
  - 3. Healthier Skin
  - 4. Better Productivity
    - 5. Better Exercise
    - 6. Easier Digestion
- 7. Less Crams and Sprains
  - 8. Less likely to get sick
    - 9. Relieves Fatigue



# H<sub>2</sub>...OH REALLY?

WATER makes up to 60%

#### **THIRST**

Thirst is a useful indicator of daily fluid requirements. Unfortunately, it's not fully reliable since the body is already mildly dehydrated by the time an average person starts to notice thirst.<sup>1</sup>

#### SKIN Marketing

Dehydration results in dry skin and wrinkles.<sup>2</sup>

#### **KIDNEYS**

Higher water intake is shown to have a protective impact on the kidneys, and there is initial evidence that CKD (Chronic Kidney Disease) may be inversely related to higher water intake.<sup>3</sup>

A study by Dai et al found a strong protective effect of fluid intake in preventing kidney stone formation in men.<sup>4</sup>

#### PHYSICAL

Studies have shown that the modest level of dehydration (2% of body mass) can result in around a 20% decrease in physical performance levels in temperate climates and up to a 40% decrease in hot temperatures.<sup>5</sup>

#### MENTAL

Dehydration can degrade specific aspects of cognitive performance including visual vigilance, tension, anxiety, fatigue and visual working memory. Dehydration was also linked to negative mood rating, impaired motor performance and shortterm memory.<sup>6</sup>

#### **DEHYDRATION**

A 1% loss of body mass due to fluid loss is defined as dehydration.

#### WEIGHTLOSS

Opting for water instead of sugary drinks can help reduce body weight and fat levels. According to Stookey, just drinking 500 ml (17  $\alpha$ ) of water increases energy expenditure by 100kJ. Findings in the same study indicate that an absolute increase in drinking water to to  $\approx$  11 (34  $\alpha$ 2)/day was associated with  $\sim$ 2 kg or 5 lbs weight loss over 12 months.

#### \*WATER

Water plays crucial roles, in transporting nutrients and waste products between our major organs and helping regulate temperature.<sup>9</sup>

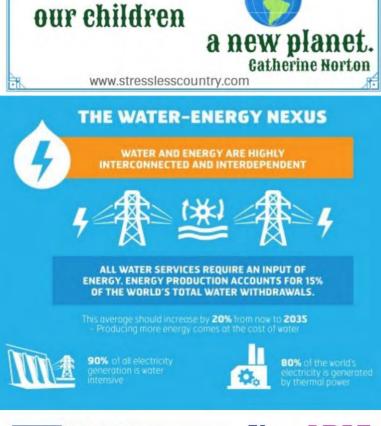






#### SDG 07: CLEAN ENERGY

We can't buy











## **Economic Development**

The process in which people in a country become wealthier, healthier, better educated, and have greater access to good quality housing.





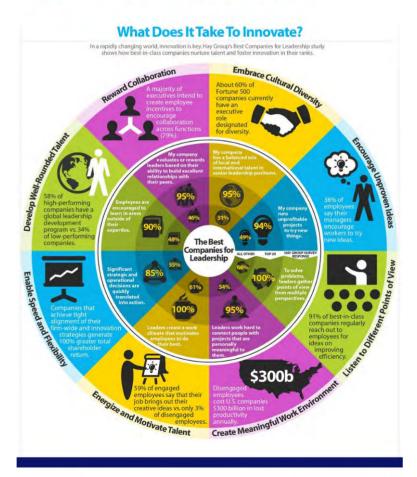
For the past 250 years, economic growth has come largely at the expense of the environment. The damage has reached a scale that threatens human welfare and prospects for future growth, and despite impressive gains in the last two decades, many basic needs remain unmet.







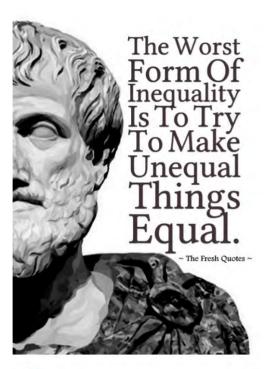
# SDG 09: INNOVATION













# YOU CAN'T STATE **DIFFERENCE**

AND ALSO STATE **EQUALITY.** 

WE HAVE TO STATE
SAMENESS

TO UNDERSTAND **EQUALITY.** 











- HALF OF HUMANITY 3.5 BILLION
   PEOPLE LIVES IN CITIES TODAY
- BY 2030, ALMOST 60 PER CENT OF THE WORLD'S POPULATION WILL LIVE IN URBAN AREAS
- 95 PER CENT OF URBAN EXPANSION IN THE NEXT DECADES WILL TAKE PLACE IN DEVELOPING WORLD
- 828 MILLION PEOPLE LIVE IN SLUMS TODAY AND THE NUMBER KEEPS RISING
- THE WORLD'S CITIES OCCUPY JUST 3 PER CENT OF THE EARTH'S LAND, BUT ACCOUNT FOR 60-80 PER CENT OF ENERGY CONSUMPTION AND 75 PER CENT OF CARBON EMISSIONS





21

# OUR FOOD AND AGRICULTURE IN NUMBERS

(DATA REFER TO THE MOST RECENT YEAR AND TO THE WORLD, WILLESS OTHERWISE SPECIFIED.)







































#### SDG 12: RESPONSIBLE CONSUMPTION

























































WORK IN







Unless you have 100% customer satisfaction...you must improve.

oulze Ritz Carlton



- Horst Schulze, Ritz Carlton





# What is CLIMATE CHANGE doing to your body?

Global warming is



250,000 additional deaths per year between 2030-2050

The direct damage costs to health is estimated to up to

\$4,000,000,000 USD by 2030



### CLIMATE CHANGE

#### CLIMATE CHANGE IMPACTS EVERYONE'S HEALTH



orid, climate sange is one the greatest reats to our sealth today.



Climate change can lead to temperature-related illness and death, infectious disease injuries and illnesses due to extreme weather eyents,



Children, the elderly, the poor, and people with underlying health conditions face the greatest risks from climate change.

WHILE SEEKING TO DO GOOD, HEALTH CARE HAS A RESPONSIBILITY TO AVOID DOING HARM



represents 20% of the U.S. and 10% of the global economies.



Health care is the second largest energy consumer in the U.S. and a major contributor to areenhouse agses.

HEALTH CARE IS IN A UNIQUE POSITION TO ADDRESS CLIMATE CHANGE



prepare for extreme weather events and be anchors of resilience in their communities.



Health systems should reduce their own carbo footprint and make the transition to renewable energy and low carbon supply chains.



Just as they did with tobacco, health professionals can play a critical role as messengers for energy and climate policies that protect health

HEALTH CARE'S ECONOMIC, POLITICAL, AND MORAL INFLUENCE CAN REBRAND CLIMATE CHANGE AS A PUBLIC HEALTH ISSUE



Health benefits and climate mitigation cost savings can drive public policy and investment



Health care c an volidate the transition to a renewable energy economy



Everyone can join in efforts to reduce the threat of climate change and help build more resilient and

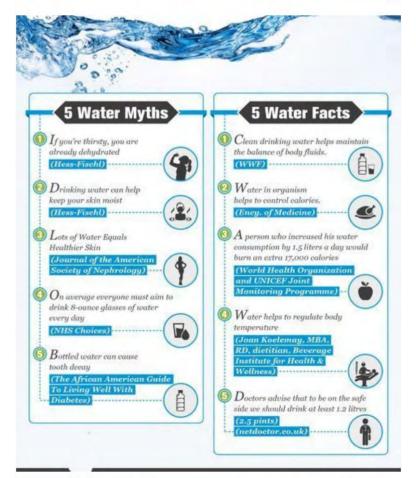




















### The Losing World



22 OCTOBER 2012 22 BUSINESSWORLD

ACTIVITY

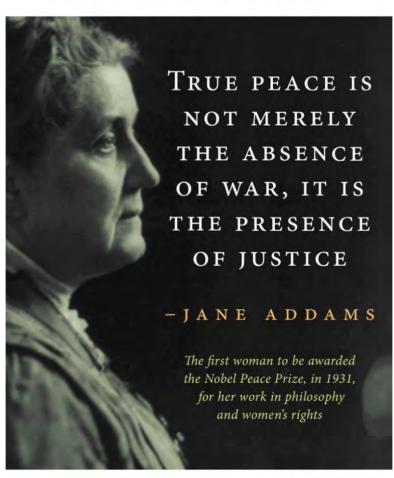


GRAPHIC: SAJEEV KUMARAPURAM



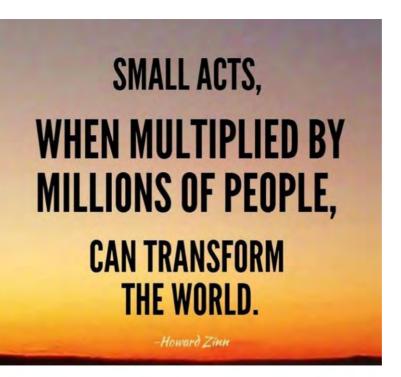
Sources: International Union for Conservation of Nature, World Wide Fund for Nature, Ministry of Environment and Ference











#### SDG 17: PARTNERSHIPS







#### 4. European Green Deal

This Communication sets out a European Green Deal for the European Union (EU) and its citizens. It resets the Commission's commitment to tackling climate and environmental-related challenges that is this generation's defining task.

The atmosphere is warming and the climate is changing with each passing year. One million of the eight million species on the planet are at risk of being lost. Forests and oceans are being polluted and destroyed.

The European Green Deal is a response to these challenges. It is a new growth strategy that aims to transform the EU into a fair and prosperous society, with a modern, resource-efficient and competitive economy where there are no net emissions of greenhouse gases in 2050 and where economic growth is decoupled from resource use.



The environmental ambition of the Green Deal will not be achieved by Europe acting alone.

The drivers of climate change and biodiversity loss are global and are not limited by national borders. The EU can use its influence, expertise and financial resources to mobilise its neighbours and partners to join it on a sustainable path. It also recognises the need to maintain its security of supply and competitiveness even when others are unwilling to act.

#### **European Commission Priorities**

The Commission has focused on delivering concrete actions that will bring tangible progress in the areas of the Sustainable Development Goals (SDGs). The President's political guidelines and the Commission's annual work programmes constitute this Commission's strategy to implement the SDGs..



The President's political programme integrates the SDGs into all Commission proposals, policies and strategies. All of the 17 SDGs feature in one or more of the six headline ambitions announced in President von der Leyen's Political Guidelines as depicted in the figure below.







Publisher: Association for research, education and development "Marketing Gate" - Skopje

Editor: Prof. Panche Jovanovski, Ph.D

CIP - Каталогизација во публикација Национална и универзитетска библиотека "Св. Климент Охридски", Скопје

502.131.1:316.46-053.6(036) 37.091.32-053.6:322.146.2(035)

JOVANOVSKI, Darko

You able [Електронски извори]: mYouth Leaders for SDGs / [Darko Jovanovski, Marta Jovanovska]. - Текст во PDF формат, содржи 34 стр., илустр. - Skopje: Marketing Gate, 2023

Начин на пристапување (URL): https://storage.googleapis.com/production-ipagev1-0-8/868/1456868/4XEVkUIK/ a44ea2b9abc64bddb56b0e2681665c8f? fileName=YouABLE\_Guide.pdf. - Наслов преземен од екранот. - Опис на изворот на ден 07.04.2022. - "mYOUth Leaders for SustainABLE Development [617687-EPP-1-2020-1-MKEPPKA2-CBY-ACPALA]"

ISBN 978-608-65663-4-0

Jovanovska, Marta [автор]
 Одржлив развој -- Млади лидери -- Водичи

COBISS.MK-ID 60004869



"This document has been prepared for the European Commission however it reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."





Co-funded by the Erasmus+ Programme of the European Union