



Blog on Goal 1, No poverty: End poverty in all its forms everywhere

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836 million people today still live in extreme poverty. Among them, there are 30 million children growing up poor in the world's richest countries. How can we go on and live our lives and not being shaken up, moved or at least bothered by this shocking reality?



Since 1990 we managed to cut extreme poverty rates by more than a half. This is a remarkable achievement, but there is still so much work to do. In fact, today one in five people in developing countries still live on less than \$ 1.25 a day and there are millions more who make little more than this daily amount. High poverty rates usually affect small countries involved in conflicts and the most touched regions are Southern Asia and sub-Saharan Africa¹.

Poverty is not only about the lack of income and resources: it leads also to hunger and malnutrition, limited access to education and other basic services, social discrimination and exclusion, but also the lack or impossibility of participation in decision-making.

Sustainable Development Goal number 1 aims at defeating poverty in all its forms and everywhere. The goal puts a special emphasis on the implementation of national social protection systems and measures for all and on equal rights to economic resources as well as access to basic services. It also aims at ensuring great mobilization of resources from various sources, enhancing development cooperation, in order to provide help and support to developing countries to implement programmes and policies and to end poverty in all its dimensions. But how can we concretely help reaching this goal?

An admiring initiative is the **Latvian Anti-Poverty Network (EAPN-LATVIA)**, an association founded in 2013 by 7 non-governmental Latvian organizations. Its aim is working as part of the *European Anti-Poverty Network* in order to create a socially safe Latvia, free from poverty and social exclusion, where everyone can enjoy economic, social and cultural rights. The association promotes activities to raise awareness on issues related to poverty and social exclusion, provides help and opportunities for poor people and organizes campaigns to protect interests and rights of people experiencing poverty to improve their well-being. Among the many activities they organize, there is *People Experiencing Poverty and Social Exclusion (PeP)*. It consists of a series of conferences and workshops with local and foreign experts aimed at informing and spreading the word

¹ Source: UN.

about the current situation in Latvia. Participants can meet experts, ask them their questions and engage in challenging discussions, trying to find solutions and concrete results to the problems experienced. You can get involved in the projects of the network on <http://www.eapn.lv/>.



Another important example is *SOS Children's Villages Latvia*, born in 1997. It is a social charity organization that provides family care for orphan children and develops family strengthening programmes in order to help high risk and financially struggling families. It also supports young people and help them to gain training and education, enabling them to get the knowledge and the skills they need to become independent in their future. Go on <https://www.sosbernuciemati.lv/en/> to

discover how to get involved in their activities.

An interesting way to understand the impact we can have on the people around us is the work of the *European Federation of Food Banks*. It involves many European countries as members and its aim is to collect food, a large part of which would otherwise be thrown away, in order to redistribute it to charitable organizations and social centres that take care of people in need. In this way, with a small act we can contribute to the support of others and we can also be more aware of our food and consumption habits. If you want to know how to become a volunteer in your own city, visit <http://www.eurofoodbank.org/>.



These examples show us that acting towards change is possible and is also easier than we usually expect. We can start now and be one of the leading agents of this change in our community or in our city. We just need to take small steps in our everyday lives and in the end we will be surprised by their remarkable impact on other people's lives but also on our own.