

# Reawakening Hearts and Minds: Living a Sustainable Lifestyle

Alexandra Mifsud

# Who are we? Who do we aspire to be?



Photo credit: UN

# Which of these do you value most?

a.

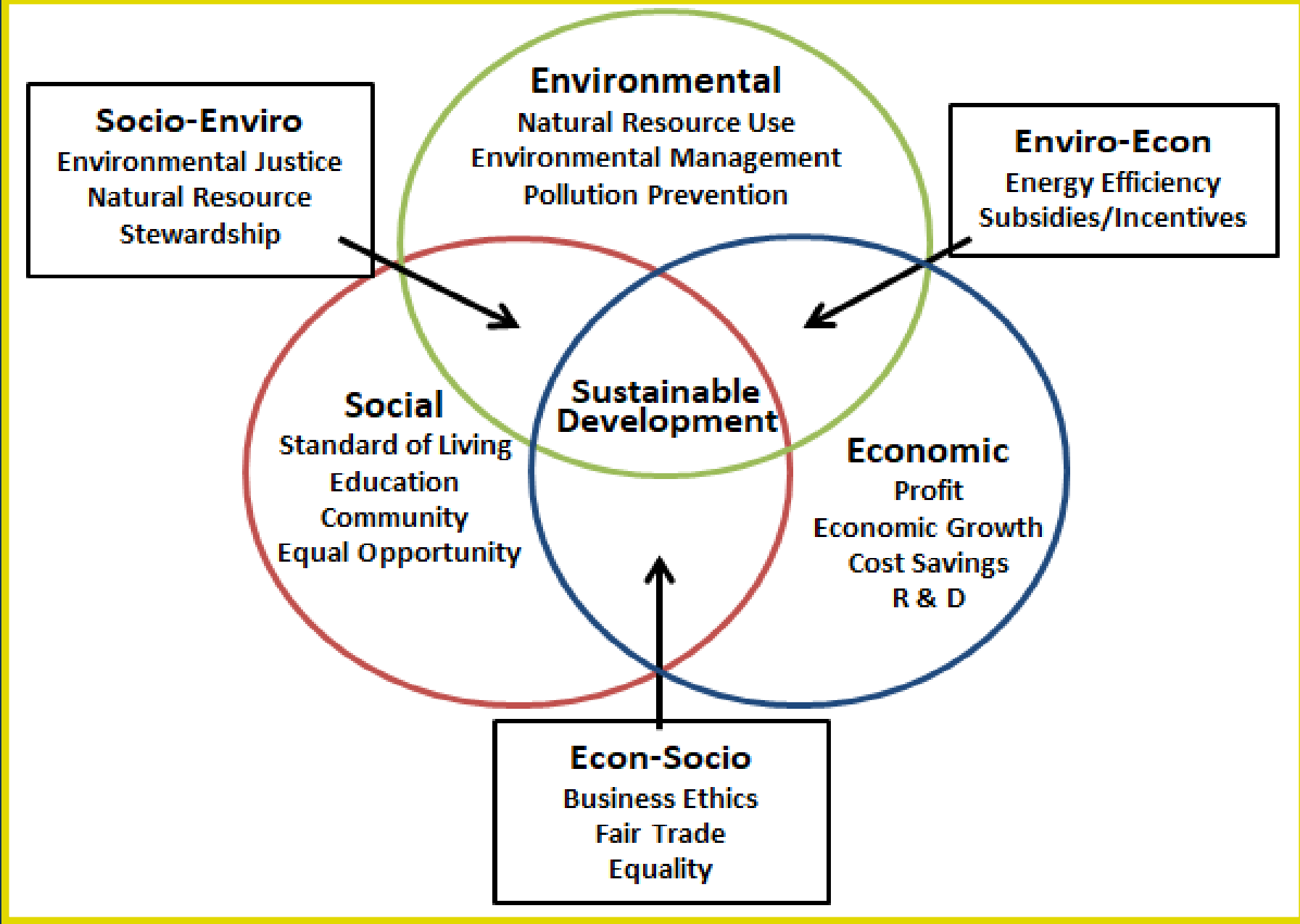
- Everyone having sufficient means and access to resources and education enabling them to live a healthy life.

b.

- Averting the climate crisis, protecting the natural environment and providing access to clean water, sanitation and energy to all.

c.

- Decent job opportunities for all, the application of innovation and technology, reliable infrastructure and responsible use of resources.

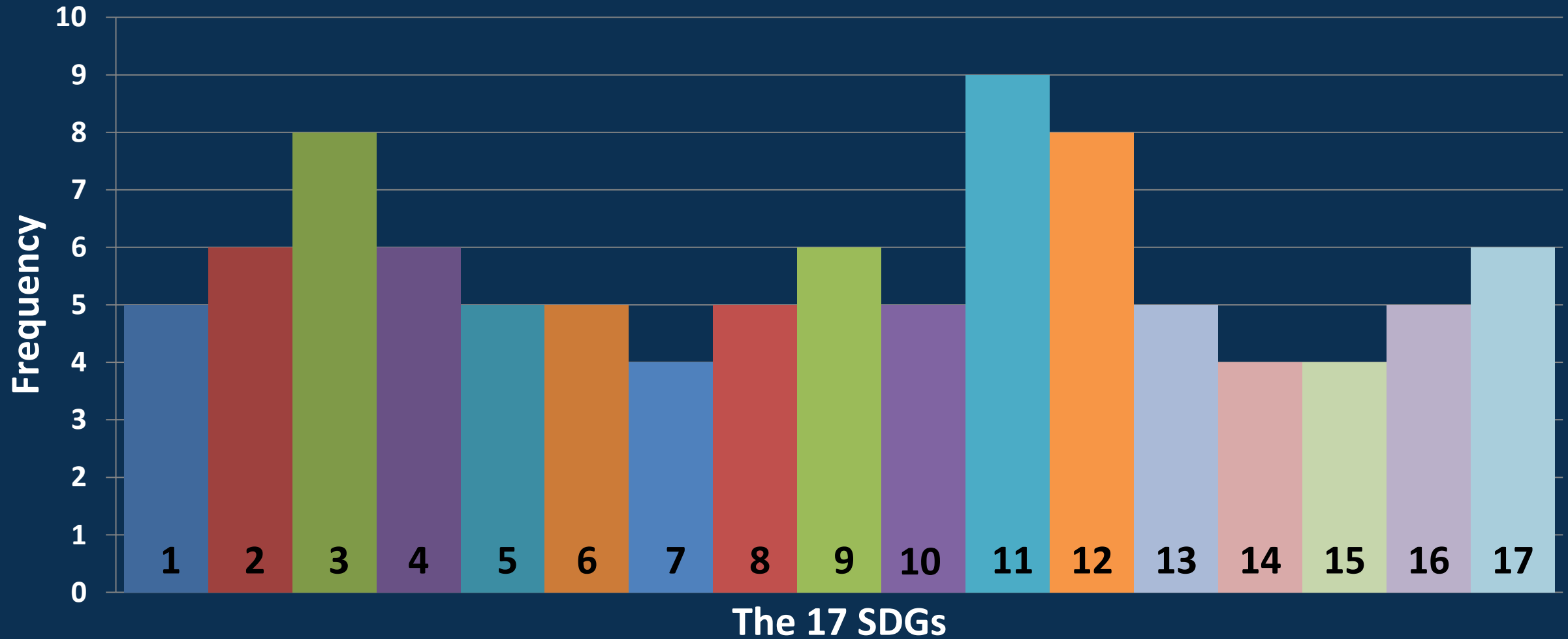


# Sustainable Development

Meets the needs of the present without compromising the ability of future generations to meet their own needs. The concept of sustainable development does imply limits... (Brundtland, 1987)

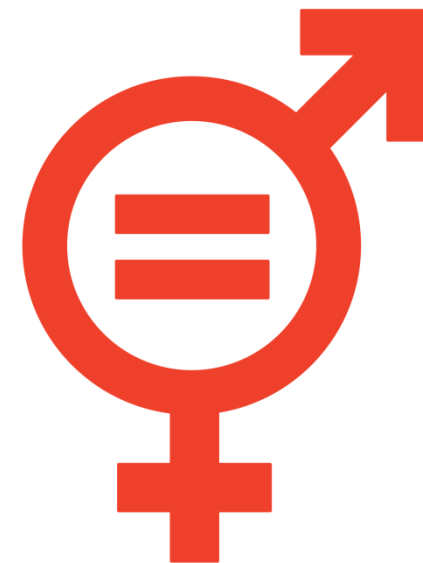


# Sustainable Development Goals Featuring In The Presentations



- ❑ 27% of managerial positions held by women.
- ❑ 2% of bank CEOs are women.
- ❑ 35% of 15-49 year old women have experienced physical/sexual violence.
- ❑ 70% of detected victims of human trafficking are women and girls.

# 5 GENDER EQUALITY





- ❑ Children are killed, maimed, recruited, and used as child soldiers, abducted and made victims of sexual violence.
- ❑ Men make up around 80% of homicide victims overall.
- ❑ 20 million people are refugees.
- ❑ Over 41 million people have been internally displaced.
- ❑ At least 4 million people are stateless.

# 16 PEACE, JUSTICE AND STRONG INSTITUTIONS



# My Sustainability Journey



# Malta's Sustainability Journey



# Change and Impact

*“If you think you’re too small to have an impact, try going to bed with a mosquito in the room.”*

*Anita Roddick/Dalai Lama/African Proverb*



Thank you and wishing you an inspiring day!

Alexandra Mifsud (alexandra.mifsud@um.edu.mt)

- ❑ Centre for Environmental Education & Research, University of Malta.
- ❑ Sustainability Research Group, Regional Centre of Expertise on Education for Sustainable Development, London South Bank University.