



UN Online Volunteer Silvia Marely Salcedo Beltrán (Mexico) has a Bachelor's Degree in International Studies from the Autonomous University of Sinaloa. She currently works as a Social Responsibility and Human Capital Coordinator. (UNV, 2016)

Menos “me gusta” y más acción por los Objetivos del Desarrollo Sostenible (ODS)

When I was accepted for the assignment to develop content about the Sustainable Development Goals (SDGs) in Colombia, I was very excited. For 17 weeks, I was expected to create social media posts about each of the 17 SDGs, share information, facts, photos, statistics and/or videos about SDGs in Colombia. Since I am Mexican, I also included content from my own country.

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A friend told me about online volunteering and I immediately knew that I had to register. [Online volunteering](#) was very convenient for me since, because of my work, I have limited time to add to my schedule.

The project had great impact. Social networks today are a vital and powerful means of communication, and young people are the main consumers of digital media.

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We, the youth, are the future of the world, and if we use social networks to spread information about the SDGs, I am sure we are on the right track to a better future.

During my assignment, thanks to the interaction I had on my networks, my family, friends and acquaintances became interested in the topic. They also asked about online volunteering and I encouraged them to participate in volunteering activities.

One of the greatest satisfactions we can have in life is to serve others without asking for something in return. “A life not lived for others is not a life” said Mother Teresa, and those are words that I have internalized.

Since I was young I have been restless and interested in everything around me. I studied International Studies, and since 2013 I have volunteered actively with the company I work for, carrying out activities once a month for the most vulnerable. Additionally, I am an active member in a local youth leaders group, aiming to develop social projects focused on citizen participation in my country, Mexico.

Thanks to the online volunteering opportunity from UN Volunteers, I learnt a lot about the [SDGs](#) in my country and in Colombia, and I was left with a desire to participate in more online volunteering projects. What gives me the most satisfaction is, however, that I was a role model for many people who can, with their own contributions, make our Global Goals more attainable.

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