



LIMPOPO River Awareness Kit

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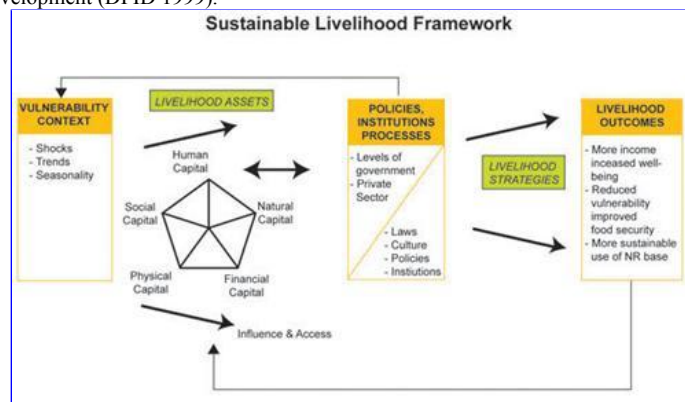
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Sustainable Livelihoods

In the face of decades of attempts to promote development, developing countries are turning to a new model to reduce and alleviate poverty without compromising the natural assets of the country. These new methods are collectively termed **Sustainable Livelihoods**. A livelihood includes the capabilities, assets (including both material and social resources) and activities required for a means of living. A livelihood is sustainable when it can cope with and recover from stresses and shocks while maintaining or enhancing its capabilities and assets and not undermining the natural resource base.

[Vulnerability](#) plays a significant role in sustainable livelihoods. If the factors contributing to a livelihood are susceptible to degradation or damage from adverse factors or influences, they can be seen as vulnerable and therefore less sustainable.

The diagram below outlines a commonly used framework for implementing a sustainable livelihoods approach developed by the UK Department for International Development (DFID 1999).



A framework for implementing the sustainable livelihoods approach.

Source: DFID 1999

(click to enlarge)

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