

Forum: Economic and Social Council (ECOSOC)

Issue: Monitoring the social and developmental consequences of economic restrictions on Cuba

Student Officer: Petros Kossonakos

Position: President

INTRODUCTION

The Republic of Cuba has experienced one of the biggest economic restriction regimes in modern history. It was initiated by the United States following the 1959 Cuban Revolution and it includes trade embargoes, financial sanctions, and restrictions on foreign investments.

Right now Cuba is facing the biggest economic crisis since the collapse of the Soviet Union and in the last ten years the island has suffered shortages of basic consumer products, high inflation, declining investment, worsening harvests and repeated power outages. According to the New York Times tourism has fallen by almost 50% since 2017, 1 million people have left the country in the last 4 years and inflation is above 25%¹.

These restrictions had some specific goals to achieve. First of all they wanted to promote democratic reforms in Cuba but also pressure the Cuban government on the grounds of human rights, meaning stopping human rights abuses.

These restrictions have led to many long-term consequences which have raised global concerns. An example is that there was a clear issue of limitations on imports of food, medicine, and technological equipment. Moreover it had negative impacts on daily life, especially for vulnerable groups which are children, elderly people and rural populations.

Furthermore, the Economic and Social sectors were affected which is why this issue needs to be tackled. First of all, public healthcare was affected due to shortages in medical supplies and technology. Additionally, education is influenced due to a lack of materials and staff. Lastly, employment and living standards have worsened due to increased poverty and emigration.

This issue is very closely related to the mandates of the Economic and Social Council (ECOSOC): It involves both economic policy and its social outcomes. Besides that, these economic sanctions may hinder and influence the compliance with the Sustainable

¹ "Nytimes.com." *The New York Times - Breaking News, US News, World News and Videos*, 27 Dec. 2024, www.nytimes.com/es/2024/12/27/espanol/america-latina/cuba-estados-unidos-trump.html.

Development Goals (SDGs) regarding poverty, hunger, good healthcare systems, education and decent work and economic worth². We need to monitor the challenges and evaluate whether sanctions align with the UN Charter and International Development Goals. Last but not least, we need to take into consideration that the promotion of accountability, transparency, and the protection of human rights is of the highest importance, when it comes to the application of economic measures.

DEFINITION OF KEY-TERMS

Economic Sanctions³

“Actions taken by a country or organization against the economy of another country, such as refusing to trade with it, in order to force it to obey a law or a set of rules.”

Embargo⁴

“An order to temporarily stop something, especially trading or giving information.”

Human Development Index (HDI)⁵

“A measurement of the development of a country that is based on the health, education, and standard of living of the people who live there.”

² "THE 17 GOALS." *Sustainable Development*, sdgs.un.org/goals.

³ "Economic Sanctions." *Cambridge Dictionary | English Dictionary, Translations & Thesaurus*, dictionary.cambridge.org/dictionary/english/economic-sanctions?q=Economic+Sanctions.

⁴ "Embargo." *Cambridge Dictionary | English Dictionary, Translations & Thesaurus*, dictionary.cambridge.org/dictionary/english/embargo?q=Embargo.

⁵ "Human Development Index." *Cambridge Dictionary | English Dictionary, Translations & Thesaurus*, dictionary.cambridge.org/dictionary/english/human-development-index.

Dollarization⁶

“The adoption of the U.S. dollar as a country's official national currency.”

Unilateral vs Multilateral Sanctions

Unilateral Sanctions are imposed by one country only whereas Multilateral Sanctions are imposed by multiple countries together.

Sustainable Development Goals (SDGs)⁷

These are 17 universal goals that call to action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity.

“Brain Drain”⁸

“The situation in which a large number of educated and very skilled people leave their own country to live and work in another one where pay and conditions are better.”

Regional Development

Policies that aim to reduce regional disparities within an economy or across economies by devoting resources to underdeveloped areas.

BACKGROUND INFORMATION

Historical Context of Economic Restrictions on Cuba

The conflict between the United States of America and Cuba started in the year 1959, when Fidel Castro’s government took over and overthrew the dictatorship of Fulgencio Batista who had ruled the country since 1952. Shortly after taking over, Cuba nationalized their

⁶ "Definition of DOLLARIZATION." *Merriam-Webster: America's Most Trusted Dictionary*, 16 2025, www.merriam-webster.com/dictionary/dollarization.

⁷ "Sustainable Development Goals | United Nations Development Programme." *UNDP*, www.undp.org/sustainable-development-goals.

⁸ "Brain Drain." *Cambridge Dictionary | English Dictionary, Translations & Thesaurus*, dictionary.cambridge.org/dictionary/english/brain-drain?q=%E2%80%99CBrain+Drain%E2%80%9D.

foreign-owned businesses, because many of them belonged to U.S. citizens and corporations and they wanted to take them back. In response to that, the United States of America imposed trade restrictions in 1960, banning sugar which was Cuba's main export. Two years later, in February 1962 the U.S. introduced a full economic embargo, which meant that all trade with Cuba was nearly forbidden. This embargo has been in place for over 60 years, therefore it is one of the longest-running sanctions in modern history. Over the years the embargo has experienced tightening and loosening through legislation and different government administrations. It was tightened in 1992 through the Torricelli Act which encourages the U.S. president to motivate countries that trade with Cuba to restrict their trade and change their relationship with Cuba following this Act. It prohibits U.S. subsidiaries abroad from trading with Cuba. Then there is the Helms-Burton Act of 1996, which brought the embargo into law and extended its reach to restrict foreign companies from trading with Cuba. The embargo is not bilateral, it has extraterritorial effects, meaning that companies that do not belong to the U.S. can also risk some penalties from the U.S. government if they decide to do business or trade with Cuba. This discourages global investment and cooperation.

Economic Impact on Cuba

The embargo has seriously negatively influenced the Cuban economy . They cannot access international financial markets, including taking loans or credit from institutions like the World Bank or International Monetary Fund (IMF). Their imports and most importantly those of fuel, construction material, essential goods and many more have been greatly reduced . Many foreign companies and banks are reluctant to invest or trade with Cuba because they fear that they will violate the United States law. As a result, in the recent decades Cuba has had many problems with underdeveloped infrastructure, especially in rural areas and shortages of basic needs like fuel and electricity, leading to frequent blackouts. They also limited tourism and productivity of their industries because they do not have the economic comfort to finance and develop it. According to Cuban government reports and UN data, the embargo has cost the country close to \$150 billion in damages as of 2022⁹. Furthermore, their National GDP has worsened, including their few foreign investments and their trade relationships. Lastly, in response to the limited imports of products, Cuba has faced a severe inflation and a

⁹ "Understanding the Failure of the U.S. Embargo on Cuba." *WOLA*, 4 Feb. 2022, www.wola.org/analysis/understanding-failure-of-us-cuba-embargo/.

“dollarization”.

Social Impact on Cuba

Healthcare

Economic sanctions do not only affect a country’s economy but also have many social impacts influencing their citizens. Starting off with Cuba’s healthcare systems, it faced many challenges and barriers because of the U.S. embargo. It is difficult to import essential medicines, such as anaesthetics, insulin and antiretrovirals but also have access to spare parts for medical equipment, for example machines and X-ray units. Lastly due to the isolation Cuba did not have access to modern advanced healthcare technologies and new cures and vaccines from the United States. This also leads to the Covid-19 pandemic bringing similar problems with it. Cuba had trouble finding ventilators, syringes and oxygen tanks, despite having developed its own vaccines.

Education

Even though education is free and universal in Cuba it has also faced many difficulties because of the sanctions. Schools have a problem with limited school material including school supplies, science lab material, computers and many other equipment and infrastructure so that students have access to the internet. The sanctions also worsen the “brain drain” problem, because teachers and educated youth decide to leave the country and emigrate due to the low wages and the lack of resources for further education and development. Lastly, due to the tightened laws by the United States, Cuban schools have very restricted access to online educational platforms..

Food and Nutrition

Another sector that has been influenced a lot by the economic sanctions is the food and nutrition sector. Cuba imports over 70% of its food, but the embargo increases costs and limits suppliers, making it very expensive. This causes some shortages in fertilizers, animal feed, and farming equipment which affects the rural population and the domestic production. As a result the country faces a long lasting food insecurity and also depends a lot on food rationing and

limited nutritional opinion which mainly affects children and the elderly. The food they import is not fresh and is not from safe resources in order for it to be cheap which affects the health of the civilians.

MAJOR COUNTRIES AND ORGANIZATIONS INVOLVED

United States of America (USA)

The United States of America is the country that is most involved in this issue. They are the ones that initiated the economic embargo against Cuba, which was introduced in 1960 and put into action in 1962 after the Cuban Revolution and the nationalization of the U.S.-owned properties. The embargo has expanded with the times t and includes trade restrictions, which prevent American companies from trading with Cuba. Additionally, financial restrictions were expanded, by freezing Cuban assets and banning all access to international financial institutions from the Cuban side. Lastly, there was enforcement of travel bans and limits on remittances during specific periods. There are two key laws and policies that influenced the situation from the side of the United States. First the Torricelli Act of 1992 which declares that the President should encourage countries that trade with Cuba to restrict their trade and create relations with Cuba in a manner following the rules of this Act. It prohibits U.S. subsidiaries abroad from trading with Cuba. Then there is the Helms-Burton Act of 1996, which brought the embargo into law and extended its reach to punish foreign companies that trade with Cuba. These acts had several impacts as also mentioned before and currently, despite global pressure and many changes during the Obama and Trump administration, the embargo still remains in force as of 2025. There are some exceptions which include limited exports of food and medicine but the approval process is very complex and slow.

Former Union of Soviet Socialist Democrats (USSR)

From the early 1960s until its collapse in 1991, the USSR was Cuba's most important economic and political ally. They supported Cuba in order for them to survive and develop. This

included subsidies for sugar exports, oil imports and equipment for their industries and factories. Moreover, they invested and aided Cuba's infrastructure, education, defense and healthcare systems financially. They backed Cuba at conflicts that included the United Nations or during the Cold War and therefore, the USSR also played an important role in fighting against the effects of the United States embargo during this time. The collapse of the Soviet Union in 1991 was a devastating and unfortunate event for Cuba because it was the reason for Cuba's "Special Period", where they went through an economic crisis, many food and fuel shortages and a disruption of public service. Their Gross Domestic Product (GDP) dropped by 35% in three years which was the reason for increased poverty and emigration. This demonstrates how much Cuba depended on international support in order to develop and especially from the former Union of Soviet Socialist Democrats. After their collapse, it became more visible how much the embargo influenced Cuba, especially in the social sector.

European Union (EU)

The EU is strongly against the U.S. embargo, especially by disagreeing with the effects it has on European companies.¹⁰ Instead of economic sanctions, the EU has chosen engagement and cooperation in order to help Cuba's civilians. In 2016, the European Union signed this Political Dialogue and Cooperation Agreement (PDCA)¹¹ with the purpose of fostering its sustainable development, a fair political system, and protecting the rights of the climate and human beings in Cuba. It covers sectors such as public health, food security, renewable energy, and education. Moreover, the European Union has offered financial and technical support to Cuba through developing projects that target rural communities and protect the climate in order to minimise disaster risks. They have decided to provide assistance for small and medium-sized Cuban enterprises in order for them to survive and develop. Last but not least the European Union members always vote in favour of the UN General Assembly resolutions against the embargo.

¹⁰ "EU Explanation of Vote – UN General Assembly: Embargo Imposed by the United States of America Against Cuba." *EEAS*, www.eeas.europa.eu/delegations/un-new-york/eu-explanation-vote-%E2%80%93-un-general-assembly-embargo-imposed-united-states-america-against-cuba_en.

¹¹ "Cuba: Political and Sectoral Dialogues Held Under the EU-Cuba Political Dialogue and Cooperation Agreement." *EEAS*, www.eeas.europa.eu/eeas/cuba-political-and-sectoral-dialogues-held-under-eu-cuba-political-dialogue-and-cooperation_en.

United Nations (UN)

The United Nations play a very important role in monitoring, reporting, and taking into account the impacts of the U.S. embargo. Since 1992, the UN General Assembly has passed annual resolutions calling for the end of the U.S. embargo. Key resolutions will be mentioned in another part of the study guide but there are some key agencies supported and funded by the United Nations that operate in Cuba. First of all the United Nations Development Programme (UNDP) runs projects that include climate protection, food security and social aid in Cuba. The UNICEF is in charge of child support which includes education, nutrition and healthcare programs. Lastly, the Food and Agriculture Organisation of the United Nations works with Cuban farmers in order to preserve and promote sustainable agriculture and land resilience in Cuba. Additionally the United Nations have introduced 17 Sustainable Development Goals (SDGs) until 2030 which include No poverty, Zero Hunger, good health and well-being, quality education and decent work and economic growth which need to be followed and implemented in this critical situation. In conclusion, the United Nations are very relevant to this issue because they are the solution to long-standing conflict and accountability and communication between member nations.

Community of Latin American and Caribbean States (CELAC)

The CELAC is a group of 33 countries in Latin America and the Caribbean, created in 2010 with a purpose to promote peace, cooperation, and independence from foreign powers in this area. The members of this community have clearly stated that they are against the United States embargo on Cuba and in their opinion it is unfair, harms civilians and goes against the principles of peace and sovereignty. They see the embargo as an economic pressure that hinders the proper development, public and health and food security in Cuba. Moreover, in 2014 during the CELAC Summit in Havana passed a very important resolution, the Havana Declaration also known as the "Zone of Peace" in Latin America and the Caribbean. It urges countries in this region to solve conflicts peacefully and doesn't allow economic sanctions. CELAC supports Cuba by voting in favor of resolutions that fight against the embargo and by urging its members to continue to trade with Cuba. Therefore, CELAC is very important in this issue because it shows how regional cooperation can help with the negative effects of economic

sanctions and also works as a collective voice that speaks on behalf of Latin America.

TIMELINE OF EVENTS

DATE	DESCRIPTION OF EVENT
19 October 1960	The US imposes partial trade embargo on Cuba (ban on exports except food and medicine)
7 February 1962	President John F. Kennedy extends the embargo to almost all trade with Cuba ¹²
23 October 1992	The US tightens sanctions after Soviet Union's collapse
12 March 1996	Helms-Burton Act signed into law, tightening the embargo and allowing lawsuits against foreign firms
28 October 2000	Trade Sanctions Reform and Export Enhancement Act signed – allows limited sales of food and medicine ¹³

¹² "U.S.-Cuba Relations." *Council on Foreign Relations*, 20 June 2017, www.cfr.org/timeline/us-cuba-relations.

¹³ "Trade Sanctions Reform and Export Enhancement Act of 2000 (TSRA) Program Information." *Office of Foreign Assets Control | U.S. Department of the Treasury*, ofac.treasury.gov/ofac-license-application-page/trade-sanctions-reform-and-export-enhancement-act-of-2000-tsra-program/trade-sanctions-reform-and-export-enhancement-act-of-2000-tsra-program-information.

17 December 2014	Presidents Barack Obama and Raúl Castro announce beginning of normalization process
20 July 2015	US and Cuba reopen embassies in Havana and Washington D.C.
16 June 2017	President Donald Trump announces rollback of Obama-era engagement policies
23 June 2021	UN General Assembly votes 184–2 (US and Israel opposed) to end embargo on Cuba ¹⁴
January 2025	The U.S. again removes Cuba from terrorist list

RELEVANT UN RESOLUTIONS, TREATIES AND EVENTS

UN General Assembly Resolution A/RES/77/7 (2022)

This resolution was adopted on November 3rd 2022¹⁵ and its full title is: “Necessity of ending the economic, commercial and financial embargo imposed by the United States of America against Cuba”. This resolution calls for the United States of America to end the economic embargo against Cuba by emphasizing the negative effects it has on the Cuban economy, their healthcare systems and their access to essential services like import of food, medicine and other basic goods. Furthermore, it states that the embargo harms Cuba’s right to develop properly and is against the principles of the UN Charter and international humanitarian law. After the voting procedures it came out that 185 countries were in favor, 2 against (specifically USA and Israel), and 2 abstained from voting. It demonstrates and supports

¹⁴ "UN General Assembly Calls for US to End Cuba Embargo for 29th Consecutive Year." *UN News*, 26 June 2021, news.un.org/en/story/2021/06/1094612.

¹⁵ "Document Viewer." *UNDOCS*, docs.un.org/en/A/Res/77/7.

monitoring the social and economic impact of those economic sanctions on Cuba and its population. The resolution highlights the importance of international support towards Cuba and backs up efforts that reduce the harm caused by those sanctions. Lastly it is directly linked to ECOSOC's mandate and underscores the importance to monitor and address development problems caused by external policies.

UN General Assembly Resolution 72/4 (2017)¹⁶

This resolution was adopted on November 1st 2017 also by the General Assembly of the United Nations. It also belongs to an annual effort to pressure the United States of America to end the embargo on Cuba. It still highlights its consequences on Cuba's development but focuses on different aspects than the previous one. It focuses on the impact these economic sanctions have on public health, education, and Cuba's international trade systems including decline of export and import rates. It is very important because it points out that not only Cuba is affected by the embargo but also many other Member States that plan to do business with Cuba. The UN Charter is about peaceful cooperation and development between its Member States and this resolution underlines that the embargo is against this purpose. The voting procedures resulted in 191 countries voting in favour of this resolution and only the United States and Israel voting against it. Why is it related to the issue? It supports the argument that these sanctions cause social and development damage and the idea that internationally the negative effects of economic restrictions should be watched and reduced. Lastly, it recognizes that the embargo not only affects Cuba's economy but also violates its development rights.

International Covenant on Economic, Social and Cultural Rights (ICESCR)

This Covenant was signed on December 16th 1966 and came into effect on January 3rd 1976. It consists of 31 articles and is an international agreement that protects basic needs and rights, such as: food and clean water, education (Article 13), right to work and fair wages (Articles 6-7) and the right to healthcare (Article 12).¹⁷ Importantly Article 1 declares everyone's

¹⁶ "Necessity of Ending the Economic, Commercial and Financial Embargo Imposed by the United States of America Against Cuba :." *United Nations Digital Library System*, Aug. 2018, digitallibrary.un.org/record/1648511?v=pdf.

¹⁷ United Nations Treaty Collection, treaties.un.org/doc/treaties/1976/01/19760103%2009-57%20pm/ch_iv_03.pdf.

right to self-determination and to pursue their own economic and social development. It is very important because these rights are essential for development and a decent standard of living. Therefore all countries that agree to sign this treaty promise to protect their civilians and improve the living conditions for all people. It is very closely related to the issue because economic sanctions like the embargo on Cuba can make it harder for people to actually have these rights. Some examples are that medicines become harder to import, food becomes more expensive and schools may not have enough resources and staff like teachers. Moreover, while the United States signed but didn't ratify this treaty, Cuba did, and it uses this treaty to show its rights are being influenced. As a conclusion, ECOSOC's role is to ensure countries follow the ICESCR and also check if economic sanctions are violating basic human rights.

PREVIOUS ATTEMPTS TO SOLVE THE ISSUE

Cuban Thaw

In December of 2014 the President of the United States Barack Obama and Cuba's President Raul Castro announced their plan which had as a goal to change the relationship between the USA and Cuba, after 50 years of constant conflicts and rivalries¹⁸. At that time the economic sanctions were very loose and gave Cuba a lot of space for making their own choices. They took some measures in order for that to happen. First of all, both countries decided to reopen their embassies in Havana and Washington D.C. on the 20th of July 2015. Then they loosened the restriction which monitored U.S. citizens travelling to Cuba and introduced 12 categories under which they are allowed to do it¹⁹. These included educational, cultural purposes and family visits. Furthermore they allowed U.S. companies to sell technological equipment, building materials and goods for agricultural development to Cuba. Lastly but very importantly the United States removed Cuba from the State Sponsors of Terrorism list in May 2015²⁰. This had a huge impact on Cuba because they started to have small amounts of tourism and new small businesses started to rise. The government was now

¹⁸ "U.S.-Cuba Relations." *Council on Foreign Relations*, 13 July 2006, www.cfr.org/background/usa-cuba-relations.

¹⁹ "Trump Administration Clamps Down On Travel To Cuba, Bans Cruise Ships." *NPR*, 4 June 2019, www.npr.org/2019/06/04/729825471/trump-administration-clamps-down-on-travel-to-cuba-bans-cruise-ships.

²⁰ "Just a Moment..." *Just a Moment*., sanctionsnews.bakermckenzie.com/cubas-designation-as-a-state-sponsor-of-terrorism-and-the-cuba-restricted-list-briefly-rescinded-by-outgoing-president-biden-then-reinstated-by-incoming-president-trump/.

able to encourage entrepreneurs and foreign partnerships economically but in 2017 the new President Donald Trump reintroduced many sanctions and restrictions for Cuba.

The European Union's Agreement with Cuba (2016)

In 2016, the European Union signed an agreement, which is called: the Political Dialogue and Cooperation Agreement with Cuba. This agreement allows the EU to trade with Cuba, and support their education, health projects, while also tackling issues regarding human rights and policy changes²¹. The European Union supports dialogue instead of isolation and is clearly against the sanctions that were introduced by the U.S. This agreement is the first time the European Union Cuba are cooperating formally and it was applied in November 2017. Its main goals include promoting political negotiations and respect for human rights and the country's law. It supports social and economic development in Cuba through international cooperation and policy and idea exchanges. Lastly it strengthens sectors such as education, renewable energy, agriculture and public health. Under the Political Dialogue and Cooperation Agreement the European Union contributes financially to the development of rural programs in Cuba including sustainable farming and food security. Moreover, it brings technical assistance in order for Cuba to become a modern country and promote gender equality and youth employment. In conclusion, this matters a lot because the European Union does not support the U.S. embargo and calls for its end. This political agreement shows how constructive international cooperation can help Cuba develop and maintain a fair legal system to all citizens.

Regional Support from Latin America

Many countries in Latin America and the Caribbean have spoken out against the economic restrictions and the embargo and have supported Cuba politically and economically. An important organization that was also mentioned before in the Community of Latin American and Caribbean States (CELAC). Furthermore, there are several specific countries that have taken actions to support Cuba. First of all Mexico has increased diplomatic support and has

²¹ "Political Dialogue and Cooperation Agreement with Cuba." *EUR-Lex — Access to European Union Law — Choose Your Language*, eur-lex.europa.eu/EN/legal-content/summary/political-dialogue-and-cooperation-agreement-with-cuba.html.

often sent humanitarian aid to Cuba in order to emphasize Cuba's right to sovereignty. Then, Venezuela continues to send oil and medical supplies to Cuba under their energy agreement Petrocaribe²². This is an agreement between Caribbean countries initiated by Venezuela which provided the member with discounted oil. Lastly Bolivia and Nicaragua support Cuba politically and have frequent cultural, educational and public health exchanges with each other. Specifically there is a political and economic alliance which includes Cuba, Venezuela, Bolivia and Nicaragua, called Bolivian Alliance for the Peoples of Our America that focuses on social, healthcare and education development among member nations²³. This is very relevant and shows how not only Cuba but all Latin America support them in their long lasting fight against the economic sanctions.

POSSIBLE SOLUTIONS

UN Monitoring mission

The first solution that could help this issue is monitoring the consequences of the embargo. In order to do that the United Nations could introduce a new team, under the authority of the Economic and Social Council which will monitor, assess and report the social and economic consequences of the embargo on the Cuban population. This mission could team up with Cuban academic institutions, NGOs and agencies already working in Cuba, for example WHO and UNICEF. In order to succeed it will gather reliable data regarding healthcare access, food security, education levels and unemployment across the country and forward this information to the United Nation. This will be included in an annual report that will reach the UN General Assembly and ECOSOC, which will increase accountability and international awareness for this issue. It is important that the humanitarian effects of the economic sanctions

²² "PetroCaribe." *Encyclopedia Britannica*, 10 Nov. 2009, www.britannica.com/topic/PetroCaribe.

²³ "Home." *ALBA-TCP*, 28 Apr. 2024, www.albatcp.org/en/.

are watched and not ignored! Through this solution the whole world will understand how sanctions are affecting the daily life of Cuban citizens.

Fast-Track System for essential goods

The second solution proposed focuses on essential goods that need to reach Cuba. Economic sanctions regimes often include humanitarian freedom of government control and imports and exports of essential goods, but are very often slow, complicated or unclear. With this solution we want to establish a very simple fast-track system that works around the world and provides Cuba with essential goods like medicine, food and medical equipment. In order for this to work it is recommended that countries that have posed the sanctions, in this case the U.S. establish specific transparent procedures for humanitarian exports and products that can reach Cuba undisturbed. This should happen in collaboration with the World Health Organization and the World Food Programme to define a standard “essential product list”. It is important that sanctions do not harm civilians and their daily life, especially vulnerable groups like children, elderly people and patients with chronic conditions. Furthermore, it helps protect Cuba’s healthcare systems and food supply, which have faced many difficulties under the import restrictions.

Promote Regional Development Programs

Lastly Cuba’s neighbour countries in Latin America and the Caribbean, especially those that belong to the CELAC should be encouraged to cooperate with Cuba and support their social and economic sectors like healthcare, education, and energy. To implement that, regional development programs can be launched in areas like public health which will include vaccine access and medical training. Also in schools by exchanging materials and teachers amongst the countries and in sustainable agriculture and sustainable farming. These programs can be organized and controlled by the CELAC, the ALBA-TCP and regional development banks like the Development Bank of Latin America (CAF). It is important to strengthen South-South cooperation so that Cuba does not depend that much on limited or blocked markets and also build some peace in Latin America. These programs should always follow the goals of ECOSOC and the UN Charter.

Global campaign to raise awareness

The final solution of this study guide has as a goal to raise global awareness on this issue. It suggests that the United Nations, especially ECOSOC or the Office of the High Commissioner of Human Rights could start a global campaign to help the world understand how economic sanctions, for example the U.S. embargo on Cuba can harm people's basic rights, such as access to food, medicine, and education. In order to achieve this the United Nations can organize events, media campaigns, publish articles and speeches that explain the effects of these sanctions. They should be trustworthy and credible, therefore written or spoken by doctors, teachers and experts on the matter. Additionally they can include testimonies for students and families in Cuba. Of course this campaign should use the advantages of social media and spread online, at UN events and through school and youth platforms. This campaign would be very helpful because it would show that sanctions often hurt everyday people more than governments and also pressure countries to use sanctions properly, by including humanitarian exceptions for food, medicine and basic needs in order to protect their citizens. ECOSOC is responsible for social and economic development, and this campaign supports that by promoting public education and awareness and protecting development rights. This solution is simple but very effective because by spreading awareness and stories of Cuban people the world would see the human side of economic sanctions and pursue more fair and development-friendly global policies.

BIBLIOGRAPHY

"Nytimes.com." *The New York Times - Breaking News, US News, World News and Videos*, 27 Dec. 2024,

www.nytimes.com/es/2024/12/27/espanol/america-latina/cuba-estados-unidos-trump.html.

"THE 17 GOALS." *Sustainable Development*, sdgs.un.org/goals.

"The Community of Latin America and Caribbean States."

FAO Regional Office - Latin America - RLC,

www.fao.org/americas/priorities/the-community-of-latin-america-and-caribbean-states/en.

"Brain Drain." Cambridge Dictionary | English Dictionary, Translations & Thesaurus,

dictionary.cambridge.org/dictionary/english/brain-drain?q=%E2%80%99Brain+Drain%E2%80%9D.

"Definition of DOLLARIZATION." Merriam-Webster: America's Most Trusted Dictionary, 16 2025, www.merriam-webster.com/dictionary/dollarization.

"Economic Sanctions." Cambridge Dictionary | English Dictionary, Translations & Thesaurus, dictionary.cambridge.org/dictionary/english/economic-sanctions?q=Economic+Sanctions.

"Embargo." Cambridge Dictionary | English Dictionary, Translations & Thesaurus, dictionary.cambridge.org/dictionary/english/embargo?q=Embargo.

"Human Development Index." Cambridge Dictionary | English Dictionary, Translations & Thesaurus, dictionary.cambridge.org/dictionary/english/human-development-index.

"Sustainable Development Goals | United Nations Development Programme." UNDP, www.undp.org/sustainable-development-goals.

"U.S.-Cuba Relations." *Council on Foreign Relations*, 20 June 2017, www.cfr.org/timeline/us-cuba-relations.

"Understanding the Failure of the U.S. Embargo on Cuba." *WOLA*, 4 Feb. 2022, www.wola.org/analysis/understanding-failure-of-us-cuba-embargo/.

"EU Explanation of Vote – UN General Assembly: Embargo Imposed by the United States of America Against Cuba." *EEAS*, www.eeas.europa.eu/delegations/un-new-york/eu-explanation-vote-%E2%80%93-un-general-assembly-embargo-imposed-united-states-america-against-cuba_en.

"Cuba: Political and Sectoral Dialogues Held Under the EU-Cuba Political Dialogue and Cooperation Agreement." *EEAS*, www.eeas.europa.eu/eeas/cuba-political-and-sectoral-dialogues-held-under-eu-cuba-political-dialogue-and-cooperation_en.

"Trade Sanctions Reform and Export Enhancement Act of 2000 (TSRA) Program Information." *Office of Foreign Assets Control | U.S. Department of the Treasury*, ofac.treasury.gov/ofac-license-application-page/trade-sanctions-reform-and-export-enhancement-act-of-2000-tsra-program/trade-sanctions-reform-and-export-enhancement-act-of-2000-tsra-program-information.

"UN General Assembly Calls for US to End Cuba Embargo for 29th Consecutive Year." *UN News*, 26 June 2021, news.un.org/en/story/2021/06/1094612.

"Document Viewer." *UNDOCS*, docs.un.org/en/A/Res/77/7.

"Necessity of Ending the Economic, Commercial and Financial Embargo Imposed by the United States of America Against Cuba :." *United Nations Digital Library System*, Aug. 2018, digitallibrary.un.org/record/1648511?v=pdf.

United Nations Treaty Collection, treaties.un.org/doc/treaties/1976/01/19760103%2009-57%20pm/ch_iv_03.pdf.

"Trump Administration Clamps Down On Travel To Cuba, Bans Cruise Ships." *NPR*, 4 June 2019, www.npr.org/2019/06/04/729825471/trump-administration-clamps-down-on-travel-to-cuba-bans-cruise-ships.

"U.S.-Cuba Relations." *Council on Foreign Relations*, 13 July 2006, www.cfr.org/backgrounder/us-cuba-relations.

"Just a Moment..." *Just a Moment...*, sanctionsnews.bakermckenzie.com/cubas-designation-as-a-state-sponsor-of-terrorism-and-the-cuba-restricted-list-briefly-rescinded-by-outgoing-president-biden-then-reinstated-by-incoming-president-trump/.

"Political Dialogue and Cooperation Agreement with Cuba." *EUR-Lex — Access to European Union Law — Choose Your Language*, eur-lex.europa.eu/EN/legal-content/summary/political-dialogue-and-cooperation-agreement-with-cuba.html.

"PetroCaribe." *Encyclopedia Britannica*, 10 Nov. 2009, www.britannica.com/topic/PetroCaribe.

"Home." *ALBA-TCP*, 28 Apr. 2024, www.albatcp.org/en/.