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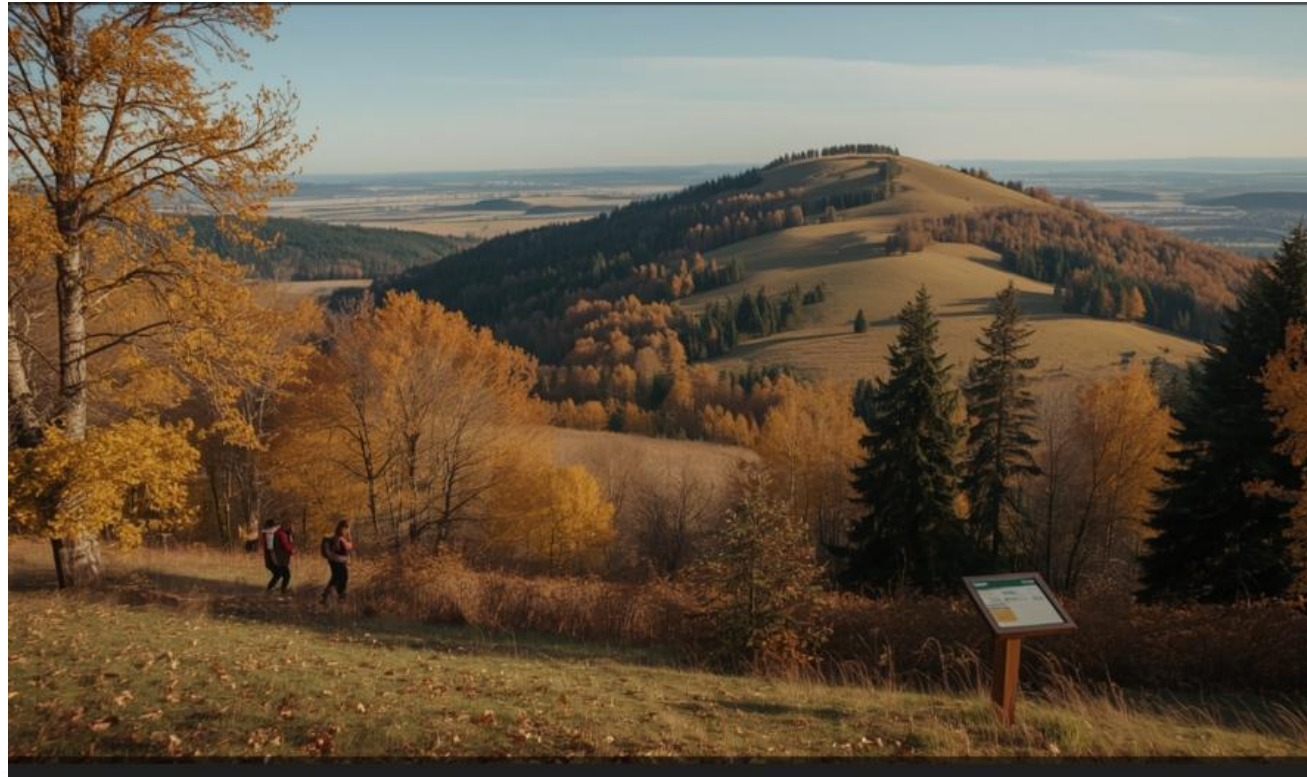
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Sustainable and Social Inclusion: Empowering Women in Mountainous Regions through Mobility and Gender Equality

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The highest hill in Lithuania 293,84 m.



Women in Lithuania's Economy

- 53% of population (~1.5 million women)
- Strong role in:
 - Healthcare (86.7%)
 - Education (81.4%)
- Key contributors to economy & society

Key Sectors of Women's Work

- **Caregiving (paid + unpaid)**
- **Agriculture (rural areas)**
- **Tourism & local business**
- **Public services**

Women sustain both economy AND community life

Daily Mobility Patterns

- Multiple short trips per day
- Main destinations:
 - Work
 - Schools
 - Healthcare
 - Shops

Seasonal Mobility

- Increased movement in:
 - Spring & summer
 - Agriculture
 - Rural tourism
- Travel between villages ↔ towns

Gender Differences in Mobility

Women:

- More trips per day
- Shorter distances
- Care-related travel

Men:

- Longer commutes
- Fewer trips

Barriers to Mobility



Physical

poor transport,
long distances



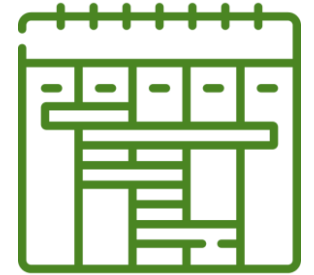
Economic

lower income, car
access



Social

caregiving
responsibilities



Time

schedules don't
match needs

Impact of Limited Mobility

 **Limited Transport Access**



 **Reduced Access to Jobs**



 **Lower Income Opportunities**



 **Lower Empowerment**

 **Limited Transport Access**



 **Harder Access to Service**



 **Social Isolation**



 **Lower Quality of Life**

Proposed Solution

Demand-Responsive Transport (DRT)

- Flexible, on-demand rural transport
- Booking via app or phone
- Small buses/vans connecting villages to towns

Benefits:

- ✓ Better access to jobs & services
- ✓ Affordable alternative to private cars
- ✓ Flexible for caregiving schedules
- ✓ Safer, accessible transport

Women's Participation

How to involve women in planning:

- Community workshops & discussions
- Participatory mobility mapping
- Digital surveys & tools
- Social media engagement

Thank you for your attention!
Dr. Danguole Rutkauskiene

