

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

GreenMove project

Presented by BK-95
Valogno, Portugal



BACKGROUND & CONTEXT

- Coastal Limbaži region: rural, dispersed communities.
- Limited public transport and infrastructure.
- Women face barriers in accessing jobs, education, and services.
- Sustainability requires both environmental and social inclusion.



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KEY CHALLENGES

Mobility barriers

- Infrequent or inaccessible transport options
- Long distances to workplaces and services

Gender inequality

- Lower employment opportunities
- Care responsibilities limiting mobility
- Underrepresentation in decision-making



WHY MOBILITY IN LIMBAZI MATTERS

Mobility = access to:

- Employment and entrepreneurship
- Education and training
- Healthcare and social services

Improved mobility leads to:

- Economic independence
- Reduced social isolation
- Stronger community participation



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SUSTAINABLE SOLUTIONS

- Development of eco-friendly transport (e.g., shared mobility, cycling infrastructure)
- Community-based transport initiatives
- Digital tools for ride-sharing and route planning
- Integration of gender-sensitive transport planning



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EMPOWERING WOMEN

- Skills training and education programs
- Support for women-led businesses
- Policies promoting equal opportunities
- Inclusion of women in local planning and governance



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CONCLUSION & RECOMMENDATIONS

- Invest in sustainable and inclusive transport systems.
- Promote gender equality in regional development policies.
- Strengthen community engagement and partnerships.
- Ensure long-term monitoring and impact evaluation.



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Thank You

