Rising female Throwers



Planned objectives of the project:

- This project aims to bring visibility to women who practice roughs ports that are typically done mostly by men.
- Expose young girls to sports that require strength or power and inspire them to engage in such disciplines.
- Link engaging in women's sports with great academic and career opportunities.

Mentees:Adisa Arifaj,Natalia Selami,Pamela Asllani,Rexhina Berami,Klivia Peti,Mei Sokoli,Megi Dajlanaj,Tea fetaj,Asja Sina,Stejsi Suvaria,Geralba Dervishi

Mentor: PHDc Laureta Derhemi













Rising female Throwers



Achieved results of the project:

- We were able to realise a short video about the journey of one of our students who is also an athlete, a javelin and shot put thrower.
- We organised some practical sessions in throwing events with both girls and boys attending.













Rising female Throwers

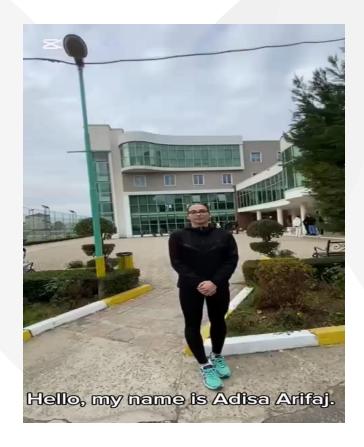




Rising female Throwers



Thank you for Your attention!



February 2025











