Promoting Extreme Sports for Girls (in nature)



Aim: To empower and inspire women in extreme sports by breaking barriers, promoting inclusivity, and increasing representation.

Objectives:

- To showcase trailblazing female athletes
- To shatter gender stereotypes in extreme sports
- To amplify visibility and media representation
- To expand access to sponsorship and support
- To empower the next generation to break barriers.



Mentees: Joana Cakaj, Luka Sako, Erika Mehmeti, Marinela Bici Mentor: Martijn Lambrecht













The results achieved by the project:



- Inspired and empowered girls to pursue extreme sports
- Increased awareness of female athletes and their achievements
- Challenged gender stereotypes in extreme sports
- Reached and engaged a broad audience through social media
- Encouraged discussions on inclusivity and equal opportunities
- Delivered impactful workshops and outreach initiatives that boosted youth participation and inspired the next generation of female athletes.

















Output of the project:



- Community Engagement Activities Outdoor events, challenges, and local initiatives encouraging participation and breaking gender barriers.
- **Public Awareness Events** Panels, discussions, and exhibitions celebrating female athletes and promoting gender equality.













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