



She Moves Mountains



Zagori, Greece



Mountain area; Predominantly rural, remote regions



Led by: Ecomuseum Zagori

Dynamo partner: D6 - Zagori



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**Local services,
health and wellbeing**

Education

Aim

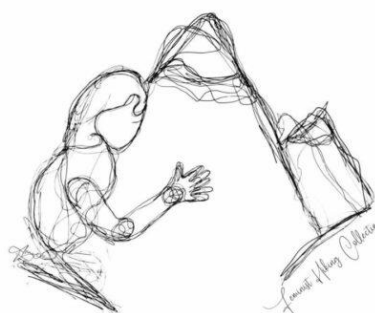
She Moves Mountains aimed at promoting gender equality by empowering marginalized women in the mountainous region of Zagori, Greece. Recognizing the unique challenges these women face due to geographical, cultural, and socioeconomic barriers, the project addressed these obstacles in a collaborative and locally led manner. By fostering a supportive environment, it highlighted the pivotal role of women in preserving the cultural and natural heritage of the region, especially in traditionally male-dominated sectors like agriculture and tourism.

The project achieved several key objectives:

1. It empowered marginalized women by equipping them with the skills and tools needed for personal and career growth. A significant part of this empowerment came from the establishment of a Women Circle, which provided a nurturing space for women to connect, share experiences, and support each other.
2. To increase visibility for these women, the project organized a Live Story Sharing Event, where they shared their stories and achievements with a broader audience, including students, academics, local decision-makers, businesses, and touristic agencies.
3. The project also promoted the cultural heritage of Zagori by highlighting the women's role in maintaining the region's traditions and practices. By fostering a collective identity that reflects their dynamic character and heritage, the project emphasized their contributions as custodians of the area's cultural legacy. Economic opportunities were

pursued by facilitating connections with individuals and businesses, which supported entrepreneurial activities and skills that could lead to sustainable economic growth for the women.

4. In the long term, the project aimed to create a sustainable model of empowerment and visibility for marginalized women in mountainous regions. By addressing their specific challenges and providing the necessary tools and platforms, the project fostered a more inclusive and equitable community in Zagori. Through continuous engagement and networking, the solution ensured that gender equality remained a central focus in the region's development, benefiting both current and future generations.



She Moves Mountains

EMPOWERING WOMEN IN
MOUNTAIN REGIONS

Story

The idea originated from the recognition of the unique challenges these women in the mountainous region face due to geographical, cultural, and socioeconomic barriers.

The contribution of women who live and act in mountainous areas is mostly unseen, since often mountains are linked to the strong masculine image. Despite all the challenges they face, mountainous women are characterized by the dynamic character and the rich heritage of their ancestors as a continuation of the well-known strong “Woman of Pindos”. Thus, some of those women have developed their own successful businesses, families, carriers, handcrafts, agriculture skills etc.

The main objective of the project was to connect, empower, and give visibility to those women and their pivotal role in preserving the cultural and natural heritage of the community and to highlight the important role of women in a male-dominated environment, such as the agriculture and tourism sector, as unsung heroes, and ambassadors of the rich intangible heritage of the remote rural landscape of Zagori. The project aimed to act as a bridge between the marginalized mountainous women and the public by supporting, empowering, giving visibility and help them grow their own voices.

From its inception, the project encountered several obstacles. Geographic isolation made it difficult to gather participants and resources. Despite these hurdles, the project benefited from strong willingness and the dynamic character of the women involved.

Several factors contributed to the project's success. The establishment of a Women Circle created a supportive and nurturing space for women to connect, share their experiences, and uplift each other. The sessions focused on personal development, career growth, cultural heritage, and overcoming challenges, which helped build a common identity and equip the women with communication tools for self-presentation. The organization of a Live Story Sharing Event provided a platform for women of mountainous rural areas to be heard, known and to share their knowledge, achievements and worries with future generations, the local community, and young girls that seek inspiration and to connect with individuals and businesses that they might not normally engage with and that might bring up economic opportunities.

Community engagement and development have been strengthened through the involvement of diverse stakeholders, including students, academics, and local decision-makers, fostering a collaborative approach to addressing gender inequality. The academic contributions generated through this involvement have informed policies and practices related to gender equality in mountainous regions, benefiting both academia and the broader community.

CROSS-CUTTING PRIORITIES

Social justice and inclusion



INNOVATION

Social, organizational and governance



Financial and business models innovation



Digital and technological innovation



Technical innovation



Website: <https://ecomuseumzagori.gr/en/she-moves-mountains/>



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