



International Women's day (Or International Working Women's day) is first observed at the beginnings of the 1900's and is celebrated every year on March 8th!

Women Ethnic Minorities

It is a daily struggle for women who belong to minorities to find their way into society and lead their lives according to their will. Most of them feel vulnerable and powerless and even when they want to contribute, they just don't feel empowered to proceed.



Interesting facts about women!!!

- Women own only 1% of the land around the world.
- In some parts of the Malaya there are harems of men that belong to women.
- Sweden has the highest rank of working mothers with the percentage of 76%!
- It is estimated that almost one in five women will be sexually abused or attempted to be!
- Two thirds of illiterate people around the world are women!



Youth and the city :building our future (GR-13-16-2011-R5)

This programme has been funded with support from the European Commission. This communication reflects the views only of the author and the Commission cannot be held responsible for any use which may be made of the information contained therein.



When we speak about women empowerment we can't refer only to one definition. There is a widely accepted determination based on different elements and terms such as: power, access to opportunities and resources, improvement of the quality of their lives, abilities and tools to change the society, basic and equal rights, independency, access to education, women decision - making power, respect and so on.

WHY EMPOWER WOMEN

-First of all because we speak about gender equality and women nowadays around the world are lacking of rights and opportunities to live.



-Because even though women dominate this planet with their existence, being the majority of the population, they are still considered the weak gender that suffers of violence, abuse, and poverty in health and in education field.

In order to move on and achieve the empowerment of the women and to break free from the chains that holds them back, there is the need of analyzing and understanding what's in the way and there comes the question:

Which are the main problems?

- Financial restraint
- Social status
- Low self-esteem
- Lower education
- Lack of mobility



Education: It is the fundamental key for the initiation of women in a successful environment and society with a huge impact on personal development.

Economics: The power in women's hands defines for them a better decision making in the family, confidence and improved quality of life.

Mobility: It is all about giving women different opportunities so they can feel part of the society, and their role in it becomes stronger. Participating in any way gives them the motivation to offer and to control their lives better.

WOMEN'S EMPOWERMENT IN EMPLOYMENT:

It is true that inequity in gender concerning work makes its presence strongly, especially in subsistence economies where women lack of opportunities, resources, skills and entitlements to get into the working market. But even though they work, in most of the cases they are paid less than men, working hard and with the householding their daily lives become multitasking and uncontrollable with the high rates of diseases surrounding them.



A woman is like a tea bag: you cannot tell how strong she is unless you put her in hot water."

~ Nancy Reagan



How???

- ✓ **Create a financial future.** Starting a small business will make yourself independent.
- ✓ **Love yourself.** Focus on what you want, discover and love yourself.
- ✓ **Be creative.** Express n your own way without any fear.
- ✓ **Be educated.** Even if you have financial problems find a cheap solution and learn as much as you can.
- ✓ **Accept yourself.** Find out who u are and gain self-esteem.
- ✓ **Keep a positive attitude.** By taking into consideration possibilities, you will start focusing on opportunities that show up.
- ✓ **Be persistent.** Don't stop at the first difficulty in your way to achieve your goals and dreams.

