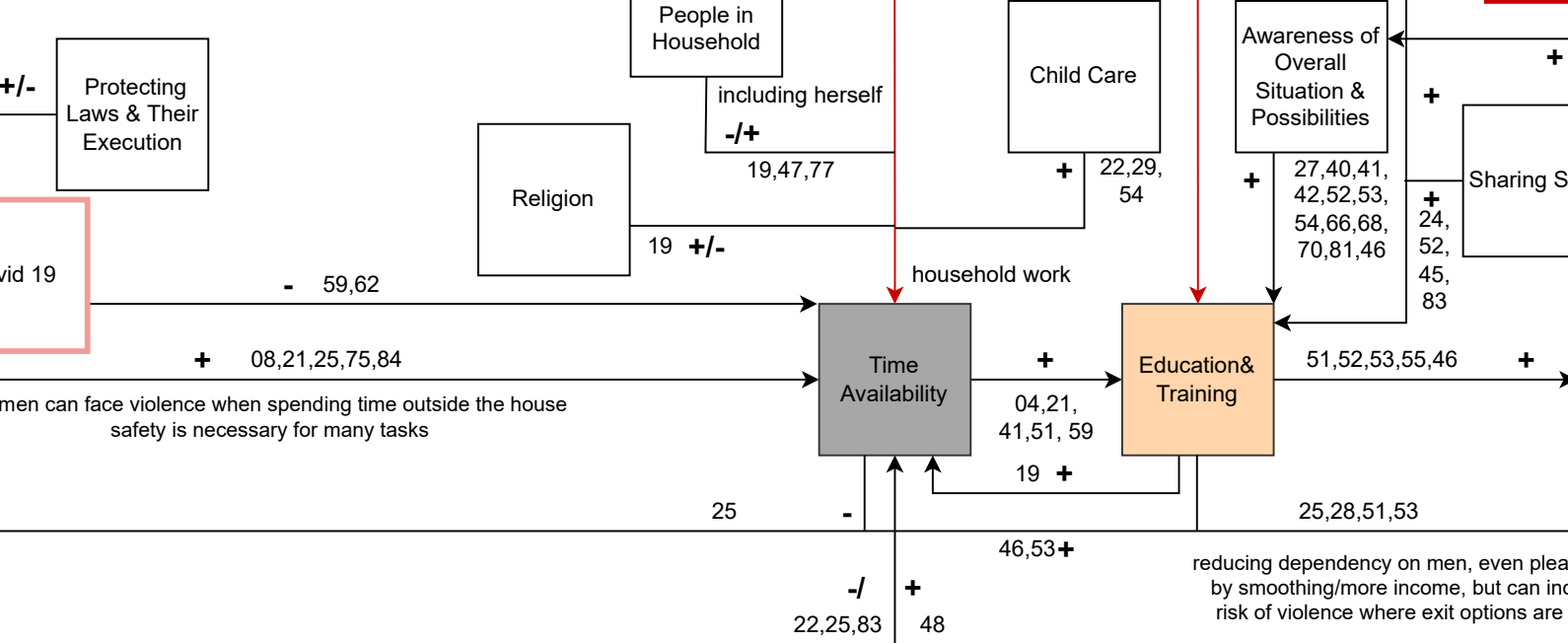


# Pre-Requirements & T

**Color legend:**  Safety  Social Environment



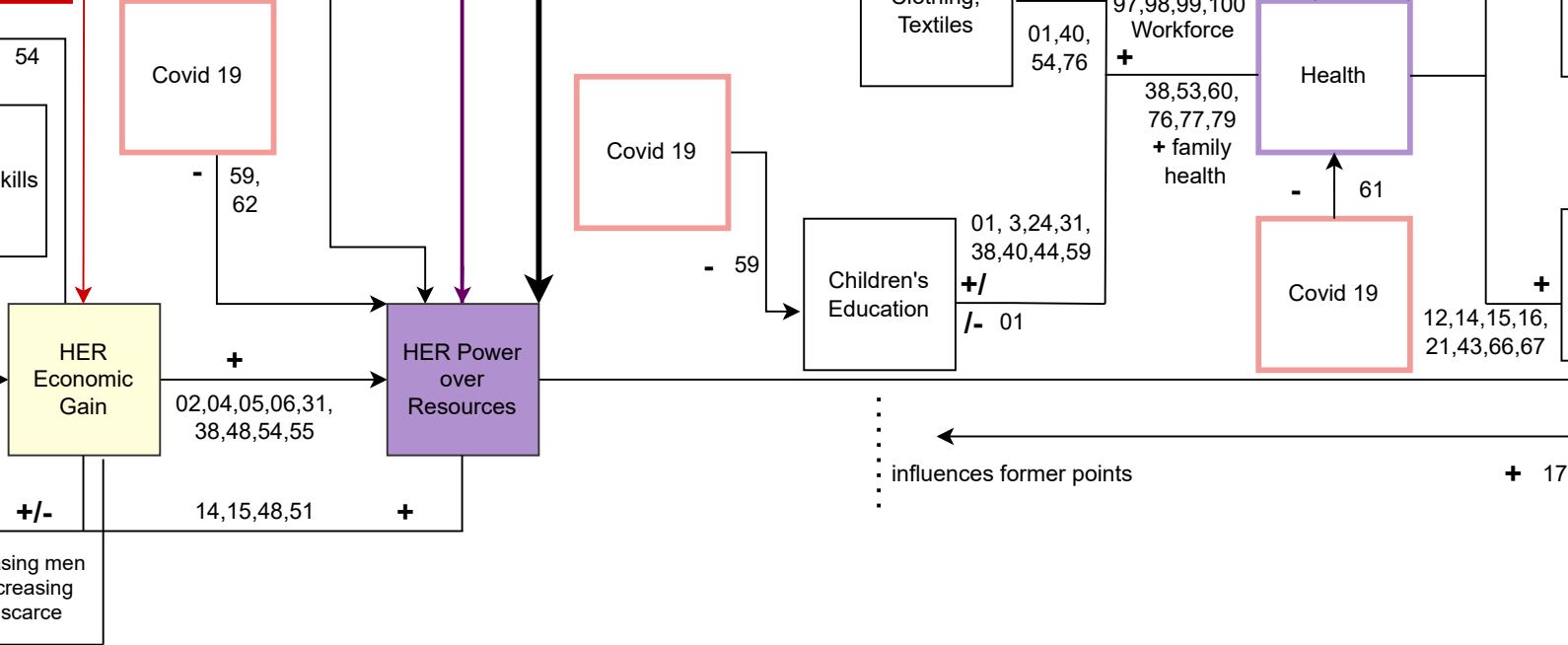
# Their Factors



 Time Availability

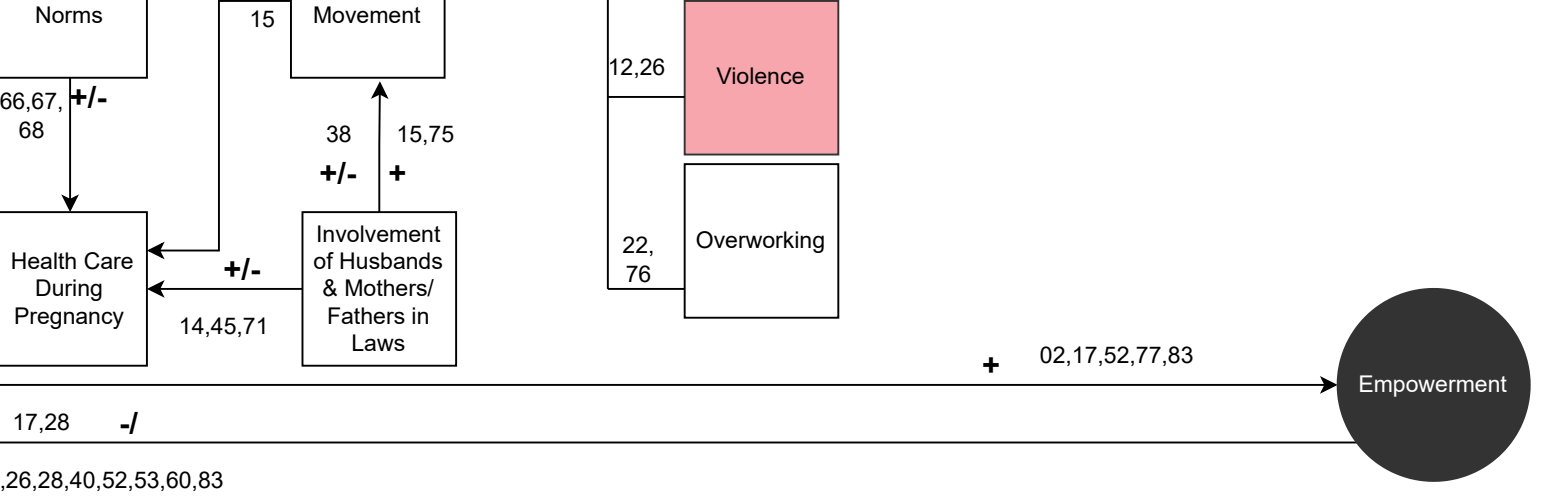
 Education & Training

 HER Economic



# Active Steps & Factors of

Gain     HER Power over Resources     Startpoint and Endpoint



# Empowerment

- Very important points
- Covid 19
- Ecological factors
- Main resources: Health & Food/Nutrition