

# WHAT DOES IT MEAN TO LIVE IN AN ISOLATED TERRITORY?

Social and environmental  
challenges in island communities




# ISLANDS

INCLUSIVE SPORTS FOR LOCALS AND NATURE DEVELOPMENT STRATEGIES



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## **More than postcard landscapes**

When we think about islands, we often imagine the sea, nature and beautiful landscapes.

But behind this image, there are communities facing complex daily challenges, often invisible from the outside.

[www.oltrenetworklab.com/islands](http://www.oltrenetworklab.com/islands)



## **Distance matters**

In isolated territories, distance is not only geographical.

It can mean:

- reduced access to services
- higher transport costs
- fewer educational opportunities
- more difficulties in building stable networks

Isolation can become a real barrier to participation.

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## **A fragile environment**

Islands are often rich in biodiversity, but also extremely vulnerable.

**CLIMATE CHANGE,  
TOURISM PRESSURE,  
WATER MANAGEMENT  
AND THE PROTECTION OF ECOSYSTEMS**

...are key challenges for the future of these territories.

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## **Young people and opportunities**

In many isolated contexts, young people may perceive fewer opportunities for personal and professional growth.

### **This can lead to:**

- a sense of isolation
- loss of motivation
- migration towards larger territories
- weakening of the local community fabric

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## **Why sport matters**

**Sport can become a simple but powerful tool.**

**It creates relationships, reduces distance, encourages participation and offers communities a concrete space to come together.**

**On an island, a sports association can become much more than a place to train.**

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## **ISLANDS project**

was created to respond to these challenges  
through sport, inclusion and environmental  
awareness.

Three islands.  
One shared network.  
A new idea of community.

Follow the ISLANDS journey.

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**Islands are often described as dream places.**

**But those who live in isolated territories also know deeper challenges: distance from services, fewer opportunities, environmental vulnerability, difficulties in inclusion and the risk of social isolation.**

**Through the ISLANDS project, we want to start from these realities and build concrete responses through sport, cooperation and community participation.**

**Because in isolated territories, sport can become much more than physical activity: it can be a space for connection, inclusion and change**



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