



ACT4DYS

Portugal



Empowering youth workers, young people, and young persons with disabilities to become active advocates, using creativity and leadership to make their cities more inclusive & sustainable!

We are developing an e-portfolio featuring 40+ good practices from across Europe, offering adaptable, practical ideas. As part of this process we conducted national research and focus groups to inform the development.

Desk Research Snapshot

Portugal is advancing urban inclusion through cycling schemes, pedestrian upgrades, and accessibility strategies, yet car dependency and public transport barriers remain key challenges to sustainable mobility.



Key Insights

- **Sustainable Mobility:** Lisbon's "GIRA" cycling initiative aims to expand the bike network by 90 km by 2025.
- **Inclusive Public Spaces:** Braga's "Áreas+" initiative has created 100% accessible pedestrian routes, setting a benchmark.
- **Accessibility Gaps:** Public transport and historic areas remain largely inaccessible, with widespread architectural barriers reflecting outdated urban infrastructure.

Focus Groups

Three (3) online focus groups.

Who took part?

26 participants in April 2025, including young people with and without disabilities, youth and social workers, professors, & accessibility experts.

Key Findings & Themes

Public transport accessibility is inconsistent, with frequent service failures and poor ticketing. Car dependency and physical barriers remain major obstacles, alongside false accessibility claims and cultural attitudes hindering inclusion.

Contrasting Perspectives

Dependence on cars versus the need to reduce their environmental impact; participants want alternatives but see car ownership as essential.



Insights

Inclusive design is still an afterthought, barriers persist in transport and public awareness, despite small steps forward.

Recommendations

Participants recommended using the e-portfolio to raise awareness, challenge car culture, promote inclusive design, and share local solutions to improve accessibility.

Good Practices

Investment in bike lanes, car restrictions, and sensory-friendly transport options like silent carriages.

Participants were shocked to discover that wheelchair users must book train tickets with the national service (CP) six hours in advance, highlighting the need for greater flexibility and fairness in transport policies.

Visit the website to learn more!

