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Dear Stephanie

For anyone who spent the Easter weekend hiking, biking or swimming and making the most of the good weather - spare a thought for the group of female runners who were told at the last minute they couldn't take part in the [Tehran marathon](#) and staged their own race instead, putting themselves at risk of being arrested and detained by Iran's religious authorities.

Around 160 women out of a total of 600 runners had registered to compete in last Friday's first ever 'TehRUN', a 26 mile (42 kilometre) race around the Iranian capital. However, female participants were sent an email three weeks ago advising them that they would actually [not be allowed to take part](#).

Since the 1979 revolution, Iranian women have had to follow strict dress and behavioural codes in public. Men and women cannot take part in sports together and are not allowed to be spectators at events involving the opposite gender.

The authorities then announced that women could take part in the 10K run but not the half marathon or full marathon. Having come so far and trained so hard, a group of 12 Iranian and international female entrants came up with the idea of their own "secret" marathon in a local park, doing 700 metre loops for 32K before joining the official 10K race for women.

At TWF, we applaud organisations like '[Free to Run](#)', a non-profit dedicated to using running and outdoor adventure to empower and educate women and girls who have been affected by conflict. Free to Run operates on the basic principle that sport is a human right and not a luxury.

As Free to Run says: "Unfortunately, in many areas of the world, there are few opportunities to participate in sports. Women and girls are especially restricted as a result of widespread discrimination and traditional beliefs about female roles. In countries like Afghanistan, harmful cultural and gender norms significantly limit the ability of women and girls to engage in activities outside the home. Particularly in areas affected by conflict, sports opportunities are extremely limited or even non-existent due to a lack of resources and insecurity. There is an overwhelming need to develop opportunities for women and girls to become involved in sport and physical education. The benefits of these activities are too numerous to count. On an individual level, they can help to develop emotional and physical well-being and personal power. At the community, regional or national level, sports programmes can be used as a tool to promote gender equity, enhance children's and women's rights, and address harmful discriminatory practices. Sport activities can also be used as a platform to provide important life skills education. Through sports, women and girls have the opportunity to convene around a common interest, build their social networks, and develop their independence and public participation outside of the home. We strongly believe in the power of sports to transform the lives of women and girls, and we're deeply committed to making that happen."

Warm regards

Su-Mei Thompson
 CEO, The Women's Foundation

TWF PROGRAMME UPDATES

**Girls Go Tech Programme Update**

Last week, 40 GGT participants from Carmel Alison Lam Foundation Secondary School enjoyed a company visit to Capital Group. The students learned about fintech, the importance of big data and IT technology, as well as the application of technology in the workplace. Many thanks to the passionate volunteers from Capital Group who provided career planning advice and encouragement to the girls during their visit.

**Financial Literacy Ambassador Programme for Primary School**

Last week, TWF provided financial literacy training for our 4th batch of around 40 P.4 students from S.K.H. Holy Cross Primary School using the life simulation card game and structured debriefing approach of the IEC commissioned workshops. The students will complete weekly written challenges and serve as ambassadors at the Financial Literacy

workshops for the junior form students at their school beginning next month.

#MYREALCAREERLINE & SHE OBJECTS



She Objects Screenings

We will be screening She Objects at WeWork, a creative coworking space, next Wednesday, April 26 - spaces are still available: if you would like to join, please reserve a seat [here](#). To arrange a screening for your company, women's network, school or university, please email Sarah.AbbottLadner@twfhk.org.



TWF CEO on RTHK's Cultural Dimsum

Last Thursday, TWF CEO Su-Mei Thompson and Gemma Swinglehurst of J. Walter Thompson Hong Kong were interviewed by Niru Vishvanath of the Equal Opportunities Commission for RTHK's Cultural Dimsum programme on #MyRealCareerLine and TWF's other programmes and initiatives. Stay tuned for more info on when the programme will go on air.



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FUNDRAISERS FOR TWF!



Join the FACE Charity Walk in aid of TWF's Girls Go Tech Programme!

TWF is delighted to have been selected as the beneficiary of FACE Club and HK Computer Society's [Charity Walk and Family Carnival](#) celebrating the 2 year anniversary of FACE Club. Support TWF's Girls Go Tech Programme celebrate women in the ICT industry by organising a team of colleagues or family members to join us on Sunday, May 14 for this 2km walk in Cyberport! Register [here](#) or email Sarah.AbbottLadner@twfhk.org for more information about corporate sponsorship opportunities.

WHAT WE'RE READING

Our top picks for recommended reading and listening on the key trends and breaking stories about women and gender:

- [Why All Parents Should Care About Kids And Gender](#) (The Washington Post)
- [Agencies Turn To 'Returnships' To Narrow The Gender Gap](#) (Digiday)
- [Most Businesses Fall Short With Female Consumers, New Study Reveals](#) (Forbes)
- [Women Are Better Leaders Than Men, Study Of 3,000 Managers Concludes](#) (Independent)
- [How Gender Bias Corrupts Performance Reviews, And What to Do About It](#) (Harvard Business Review)
- [Can We Expect Companies To Embrace Gender Diversity As Carrie Lam Becomes CE? Not So Fast](#) (SCMP)

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