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## Celebrating the Rugby Sevens - Women's Equality in Sports



Dear TWF Friends,

Research has long confirmed the numerous physical and psychological benefits of people engaging in sports. Sports are particularly powerful for young girls, and studies have demonstrated that participating in sport is positively correlated with increased confidence, body image, academic performance and personal relationships.

However, for girls and women who want to play sports at an elite or professional level, they are often not accorded the same level of respect or recognition as their male counterparts in terms of prize money or salary, face greater marginalisation by the media when they violate gender norms, may be more vulnerable to sexual harassment or abuse, and experience gender-specific issues like loss of sponsorship or health insurance due to pregnancy. Media plays a significant role in perpetuating disparities, and while events such as the Women's World Cup 2023 have proved there is public appetite for women's sports, wide gaps remain. In the US for example, despite comprising roughly half of those who play at collegiate or professional levels, media coverage for women's sports is only 15%. This roughly matches media coverage percentages in Australia and the UK.

### [Here are three ways you can help close the gender gap in sports:](#)

1. Attend games and support local women's sports teams and contribute to their greater visibility
2. Actively encourage girls and women to play sports and inspire them by exposing them to the incredible feats by diverse female athletes
3. Learn about the [history and challenges](#) of women in sports and have open conversations about issues that persist

[Read More](#)

UPCOMING EVENT

## 20th Anniversary Gala Dinner 2024 - Save the Date!

We are excited to be hosting our 20th Anniversary Gala Dinner sponsored by Title Sponsor, **Bloomberg**, on November 6, 2024, at the Regent Hong Kong. We hope you can mark this special occasion in your calendar. More details to follow!



For information on sponsorship opportunities, please contact [Phoebe.Ho@twfhk.org](mailto:Phoebe.Ho@twfhk.org) or [Development@twfhk.org](mailto:Development@twfhk.org).

## PROGRAMME UPDATES



### Girls Go Tech Programme: Disney Visit

On March 23, Girls Go Tech participants visited Hong Kong Disneyland for a special attractions tour supported by Walt Disney Imagineering (WDI) to learn more about how technology supports Disney's storytelling, enhancing the magic brought to life. Participants had the opportunity to explore the technology applied on the Iron Man Experience and Frozen Ever After rides. Imagineers also shared about the design process of various attractions to discover how STEAM is incorporated in different areas of Disneyland. A big thank you to the Imagineers for their support of this wonderful visit!

### Young Allies: Work Shadow at HAECO

On March 21, a group of TWF Young Allies participated in a one-day work shadowing arranged by their mentor and TWF Male Ally, Raymond Leung, General Manager | HAECO. They learnt about HAECO's inclusive and supporting working environment, their Women's Network, their Diversity and Inclusion Strategic Framework and other DEI-related initiatives within HAECO Group. Huge thanks to Raymond Leung and HAECO for hosting the work shadowing.



### Mentoring Programme: Leading with Empathy

On March 26, our Mentoring Programme cohort attended a workshop focusing on Leading with Empathy, as a part of the Inclusive Leadership Curriculum. Hosted by our Knowledge Partner, Sweta Chand, Consultant, Leadership Advisory and Executive Search | Egon Zehnder her insights allowed the participants to gain a better understanding of being an empathetic leader. Through group discussions and sharing, the cohort was able to proactively share their opinion on the culture of belonging that can be built in a team and what changes they can bring in their

workplace to create a stronger sense of belonging.

## IN THE SPOTLIGHT

### TWF Speaks at 21st Century Learning Conference

On March 8, TWF Community Programmes Director – Special Projects, Lai Shan Chung, participated in a panel on “Empowering Women in STEM and Technology” as part of the 21st Century Learning Conference. Alongside Cora Yang | Renaissance College Hong Kong and Dr Jen Ricks | American Community School Abu Dhabi, she discussed the barriers women still face in STEM and technology at school, effective strategies for creating more inclusive spaces for women and girls in STEM, and the role of schools in addressing STEM-related gender stereotypes and biases.



## ON OUR RADAR

### The Good

- [HK relaxes rules on ID card gender markers \(RTHK\)](#)

### The Challenging

- [Police in Hong Kong, overseas arrest 272 child pornography suspects in unprecedented joint operation \(SCMP\)](#)

### The Unexpected

- [Japan's Ban On Same-Sex Marriage Is Unconstitutional, High Court Says \(Forbes\)](#)

9A Chun Wo Commercial Centre, 23-29 Wing Wo Street, Sheung Wan, Hong Kong



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