

Dear TWF friends

A MESSAGE FROM TWF TO ALL THE FRONTLINE HEALTHCARE WORKERS SERVING HONG KONG



Gratitude

"We often take for granted the very things that most deserve our gratitude." - Cynthia Ozick, American writer

In this unusual and troubling time, we are all coping with various challenges and risks, but none more than health care workers, to whom we owe an enormous debt of gratitude.

Cities across Europe have expressed their appreciation with mass applause, from windows, balconies and door steps. We have seen musical tributes, free meals, accommodation, heartfelt messages, and countless acts of kindness as the world tries to convey its immeasurable gratitude to medical and health care workers across the globe.

The work they are doing is high risk, many times made worse by a lack of protective equipment. In Hong Kong and elsewhere, health care workers are making great sacrifices, which includes self-isolating from their own families. Inevitably, some of these 'soldiers on the frontline' are getting ill.

[Read More](#)

UPCOMING EVENT



Early Bird Pricing Extended: International Women's Day Lunch 2020

Please join us for TWF's International Women's Day Lunch on **June 11, 2020**, at the Conrad Hong Kong, sponsored by Swire Group and Swire Properties, as we reaffirm our commitment to build a gender balanced world and carry forward the interaction of gender and design in private, public and commercial spaces and discuss challenges and celebrate achievements of women in the Hong Kong design world.

This year's theme will focus on **Designing Equality**, featuring our panel of inspiring female voices, including; Marisa Yiu | DESIGN TRUST and Natasha Usher | nude design, moderated by Eric Schuldenfrei | HKU. The panel will explore the interaction of gender and design in private, public and commercial spaces and discuss challenges and celebrate achievements of women in the Hong Kong design world.

For table/corporate sponsorship opportunities, please directly contact Virginia.Li@twfhk.org. Individual tickets can be purchased [here](#).



Mentoring Programme - How to Become a Courageous Leader

Last week, our Mentoring Programme participants had an engaging virtual session with Angie Wong (Certified Dare to Lead™ Facilitator and ex-TWF mentor), on Show Up and Be Seen: How to Become a Courageous Leader.

During this inspiring session, we explored the importance of vulnerability and authenticity in leadership and how to develop self-awareness on how we hold ourselves back. We also gained some tactical and actionable guidance on how to build the skill sets of courageous leadership and apply them in our personal and professional lives. Thank you Angie for bringing Brené Brown’s groundbreaking Dare to Lead work to us!

Mentoring Programme - 20/21 Corporate Partner Information Session

What are the benefits of being a Corporate Partner of the Mentoring Programme? Last Friday, TWF and Mentoring Programme alumni shared how 1000+ women and their organisations have benefited from this transformational programme over the past 11 years.

If your organisation is committed to diversity, working hard to develop a pipeline of women leaders, and is interested in becoming a Corporate Partner, email mentoring@twfhk.org.



School Invitation to Join GGT Programme

To promote more girls’ interest in STEM, Girls Go Tech Programme 2020 is now open to secondary schools that are serving some students from deprived backgrounds. Participants can expand their coding skills and knowledge through self-learning online courses on the Programme’s [online platform](#) and in-person, technology focused learning activities. Through these experiences, participants gain an understanding of the myriad ways STEM is used in business and the community.

For schools who are interested in joining the Programme, please contact Carmen Cheung at 2592-4306 or community@twfhk.org for more details.

DONATE TO TWF



The COVID-19 pandemic is not only having a profound impact on our health, but also on our societies. Women are disproportionately impacted by this crisis - from comprising the majority of health workers and undertaking the majority of care work at home without the support of schools or care centres to facing increased risks of domestic abuse and other forms of gender-based violence.

At TWF, we are committed to working with you all in forging a path forward that is equal – for men and women, boys and girls. As we continue to grapple with

COVID-19, it's more vital than ever that gender equality, diversity and the needs of our most vulnerable are kept in mind. We know this next period will be a challenge for all of us and will leave our city changed in ways that are both predictable and unpredictable. Help us as we continue to empower and improve the lives of women and girls in Hong Kong. Please make a donation to support our critical work.

[Make your donation here now!](#)

SUPPORT TWF!



Shop with SENREVE to Support TWF

TWF is pleased to partner with female founded luxury handbag brand SENREVE. Shop online anytime in the month of April using code **TWF2020** to receive US\$50 off any purchase over US\$300 – and 8% of the sales will be donated to TWF's programmes and initiatives to support women and girls in HK! Their bags are available for sale online via [this link](#).

TWF CARE PACK – HELPING YOU NAVIGATE COVID-19

We hope to update this pack with new suggestions each week! If you have any recommendations, please send them to Lisa.Moore@twfhk.org

• Prevention

- [【抗疫你要知】衛生處方：保持社交距離 齊心抗疫 \(Mingpao\)](#)
- [Coronavirus fears have led to a golden age of hand washing PSAs \(NPR\)](#)
- [Why we touch our faces and how to stop doing it \(BBC\)](#)
- [Coronavirus Resource Centre \(Harvard Health\)](#)

• Work from Home & Home Schooling Tips

- [企業裁員點保住份工？教你「番茄鐘工作法」提升工作效率增加競爭力 \(HKET\)](#)
- [Getting through, making memories and being the grown-ups \(NYT\)](#)
- [An expert's guide to working from home \(Pocket\)](#)
- [BBC teach live lessons for primary schools \(BBC\)](#)

• Mental Health & Well-Being

- [新型冠狀病毒疫情的精神健康貼士 \(Mind HK\)](#)
- [Yale's massively popular 'happiness' course is available free online \(CNN\)](#)
- [Anxious about coronavirus? Try these 7 science-backed coping strategies \(WEF\)](#)
- [Fear of Covid-19 is a mental contagion – and that's something we can fight \(Guardian\)](#)

• Meditation & Mindfulness

- [蒲公英呼吸法 \(YWCA\)](#)
- [靜心石頭\(一\)\(YWCA\)](#)
- [靜心石頭\(二\)\(YWCA\)](#)
- [Stress Less collection of 20 free guided meditations \(Muse\)](#)
- [Meditation app Balance is offering free one year subscription \(Balance\)](#)

• Physical Activity & Health

- [【抗疫你要知】保持身心健康 運動抗疫 \(Mingpao\)](#)
- [Thirteen free online workouts to try while you're stuck at home \(SB Nation\)](#)
- [The new rules of running now \(NYT\)](#)
- [The world's best chefs are stuck at home too, and they're teaching you how to cook with free online tutorials \(Broadsheet\)](#)
- [One pot of rice, endless possibilities \(NYT\)](#)

• Activities

- [藝術三月變陣網上展覽 Art Power HK展期至5月 \(HK01\)](#)
- [22 Virtual Museum Tours You Can Enjoy from Your Couch \(Tiqets\)](#)
- [The National Theatre is to going to stream a free play every Thursday night \(Time Out\)](#)
- [Looking for a distraction? Try these escapist podcasts \(Vulture\)](#)
- [Animal House: we're bringing the zoo to you \(Zoos Victoria\)](#)

• Virtual Volunteering

- [UN Volunteers](#)
- [MicroMentor](#)
- [Accounting for International Development](#)

In case you missed last week's selection of articles, please click [here](#).

IN THE COMMUNITY



She's Next Empowered by Visa



Webinar for Female Entrepreneurs

Join Visa on Thursday, April 9 for an interactive webinar around key issues and challenges women face as entrepreneurs in Hong Kong including funding, societal perception gap and even the coronavirus-induced economic recession.

Moderated by Maaïke Steinebach | Visa, speakers include Angie Lau | Forkast TV, David Rosa | NEAT, Nicole Denholder | Next Chapter Ventures, and Peggy Choi | LYNK. The event is part of the [She's Next, Empowered by Visa](#) initiative to support female founders in Hong Kong.

Register for the webinar [here](#) and Visa will be in touch with details of the webinar and future She's Next events.

Submissions for the International Conference on Gender, Language & Education

Calling all gender experts! The International Conference on Gender, Language and Education (ICGLE) will be held on 2-4 December 2020 at The Education University of Hong Kong, under the theme of "Gender, Language, and Education: Equity & Diversity Issues in Asia". This conference seeks to bring together academics, researchers, community leaders, policymakers, education practitioners, gender equality interest groups and research postgraduate students worldwide to explore issues related to gender equality and diversity in school and educational contexts in Asia.

[More information here](#)



International Conference on Gender, Language and Education (ICGLE)

Date: 2 - 4 December, 2020 (Wed - Fri)
Venue: The Education University of Hong Kong

Conference Theme:
Gender, Language and Education: Equality and Diversity Issues in Asia

Abstract Submission Deadline: 30 April 2020

OPENING AT TWF

Programme Officer Opening

TWF is seeking a full-time Programme Officer to support our exciting range of programmes for advancing women leaders including TWF's signature Mentoring Programme, 30% Club/Women in Leadership related initiatives. The position would join our dynamic Pipeline Initiatives team and suit a recent graduate who is energetic, personable, communicative, highly organised and passionate about women's and gender issues. Applications should be received by April 3, 2020 (Early Application is encouraged).

[Apply Now!](#)

WHAT WE'RE READING

Gender Equality

- [The translator championing Chinese women writers for English-language readers around the world](#) (SCMP)
- [China's Divorce Spike Is a Warning to Rest of Locked-Down World](#) (Bloomberg)
- [You won't find these women in textbooks. But in their families, they made history](#) (The Lily)
- [Women trailblazers who inspire us right now](#) (CNN)
- [Why gender stereotypes are perpetuated on Instagram](#) (FT)
- [As pandemic rages, women and girls face intensified risks](#) (UNFPA)
- [Forget Facebook gimmicks, will Modi answer to the women hurt by the religious fervour he's unleashed?](#) (SCMP)
- [During the coronavirus crisis, equal pay is more important than ever](#) (Fortune)
- [Abortion is a human right. A pandemic doesn't change that](#) (CNN)
- [Listen to Mary Beard on Women in Academia](#) (A Podcast of One's Own)
- [Malaysia issues apology after telling women to "stop nagging"](#) (Women's Agenda)

Sexual Violence & Harassment

- [無定向學堂:「N號房」事件的罪與罰](#) (Mingpao)
- [反勒索達人青躍創辦林寶儀 網絡催化性暴力 難有終結](#) (Mingpao)
- [日常生活的性暴力 親密關係中被強姦 男性遭非禮難以啟齒](#) (Apple Daily)
- [內媒揭「國內版N號房」:伺服器設首爾,涉大量兒童色情](#) (HK01)
- [1968 - the year that haunts hundreds of women](#) (BBC)
- [Why has the media ignored sexual assault allegations against Biden?](#) (Guardian)
- [Coronavirus: Domestic abuse victims 'still allowed to leave home'](#) (BBC)
- [\\$1.1 billion Medicare, mental health, domestic violence package on its way in response to coronavirus crisis](#) (ABC)

- [Lockdowns around the world bring rise in domestic violence](#) (Guardian)

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