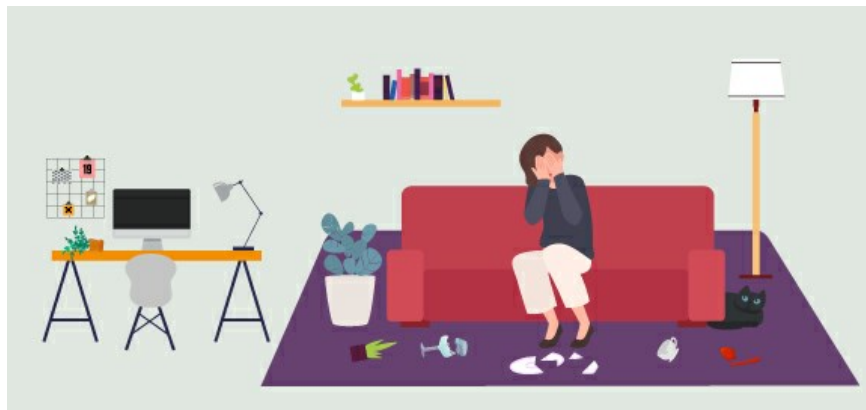


Dear TWF friends



The Domestic Violence Epidemic amid COVID-19

"If we are to fight discrimination and injustice against women we must start from the home for if a woman cannot be safe in her own house then she cannot be expected to feel safe anywhere."- Aysha Taryam, Editor-in-Chief, The Gulf Today

As the COVID-19 pandemic continues to sweep across the globe and governments implement stricter social distancing policies to limit its spread, another widespread and insidious epidemic is forming in its wake: increased domestic violence.

While domestic violence affects both men and women, women comprise the overwhelming majority of victim-survivors worldwide. Increased stress levels, being forced to spend prolonged periods with their perpetrators, and limited access to support services all contribute to the increased vulnerabilities victim-survivors face. Studies have shown the loss of employment or financial stability—a trend we are beginning to see amid COVID-19—contributes to greater likelihood of abusers murdering their partners or others. In Mainland China, the hashtag #AntiDomesticViolenceDuringEpidemic was trending on Sina Weibo. Frontline organisations reported three times as many domestic violence-related inquiries than before quarantines were in place. Malaysia reported a 50% surge in calls to domestic abuse helplines since the country's lockdown mid-March. From Italy to Greece to Brazil, we are seeing similar trends.

While the media hasn't reported on this phenomenon in Hong Kong, worryingly, we may never know the full picture. Katie Ray Jones, CEO for the National Domestic Violence hotline in the US notes that no change or even a decrease in domestic violence reporting rates should not be taken as an indicator that domestic violence is happening less, but that current home isolation and social distancing measures make it harder to report.

 [Read More](#)

UPCOMING EVENT

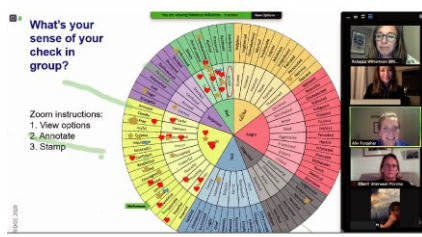


Early Bird Pricing Extended: International Women's Day Lunch 2020

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 spirit of IWD. Early Bird pricing is now available until Friday, April 24, 2020!

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

TWF PROGRAMME UPDATES



Mentoring Programme - Powerful Group Conversations

On 1 April, our Mentoring Programme participants had an engaging virtual session on leading Powerful Group Conversations. Participants took away a simple framework on how to lead conversations where everyone can speak up, as well as some practical tips for a productive and meaningful discussion. We also had great fun interacting and annotating via Zoom! Many thanks to Alix and Rebecca from BRIDGE Partnership for leading yet another amazing session and to all for participating!

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

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

[COVID-19 Information and resources from Google, including safety and prevention tips](#)
[Coronavirus: Stay fit to fight the virus, say medics](#) (BBC)
[How Can You Safely Grocery Shop in the Time of Coronavirus? Here's What Experts Suggest](#) (Time)
[Helping parents and children prevent COVID-19](#) (HKU)

• Work from Home & Home Schooling Tips

[在家輕鬆暢閱電子書](#) (HKEdCity)
[Working from home is awesome. Here's how to excel at it](#) (LA Times)
[Free online resources for families educating at home](#) (National School Choice Week)
[How to work at home with young kids without losing your mind](#) (SCMP)
[The two things killing your ability to focus](#) (HBR)

• Mental Health & Well-Being

[增強幼兒抵抗力 六大營養素不可缺](#) (HKEdCity)
[Why Getting More Sleep During the Coronavirus Pandemic Is Essential](#) (Thrive Global)
[Eleven ways to stay married amid coronavirus concerns](#) (Time)
[Coronavirus lockdown: how to cope - lessons from China on using the time positively](#) (SCMP)
[COVID-19 Mental Health Tips](#) (Mind HK)

• Meditation & Mindfulness

[「疫」境中的靜觀空間](#) (HKU)
[Getting started with mindfulness](#) (Mindful)
[In uncertain times, help children with mindfulness and play](#) (The Conversation)

• Physical Activity & Health

[防疫椅子舞\(一\)](#) (FPAHK)
[防疫椅子舞\(二\)](#) (FPAHK)
[Really, really short workouts](#) (New York Times)
[Barry's offering free daily workouts on Instagram Live](#) (Barry's)
[Anna Jones' simple staple recipes for lockdown](#) (Guardian)
[Easy, affordable and healthy eating tips during the coronavirus disease \(COVID-19\) outbreak](#) (UNICEF)

• Activities

[中英劇團、香港話劇團「轉陣」網上播 5齣話劇免費睇](#) (HK01)
[Our big fat list of the best free fun things to do online](#) (Honeycombers)
[How to have a virtual night in with your friends](#) (SCMP)
[Google Arts and Culture offer virtual tours with over 2,500 museums and galleries](#) (Google)
[Ten virtual book clubs you can join now - and how to start your own](#) (Time)
[Learn Korean with BTS](#) (Showbiz Cheatsheet)
[Nikon are offering free online photography classes for all of April](#) (the Verge)

• Virtual Volunteering

[Cherie Blair Foundation for Women](#)
[Be My Eyes](#)
[Translators without Borders](#)
[Nine places to volunteer online](#)

IN THE COMMUNITY



She's Next Empowered by Visa Webinar for Female Entrepreneurs

TWF is pleased to support [She's Next, Empowered by Visa](#) initiative to support female founders in Hong Kong. Join them 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.

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

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 24, 2020 (Early Application is encouraged).

[Apply Now!](#)

WHAT WE'RE READING**Gender Equality**

- [Why This Economic Crisis Differs From the Last One for Women](#) (New York Times)
- [A new feminism is emerging in Asia](#) (IPS)
- [Why coronavirus could reverse progress on closing the gender pay gap](#) (WEF)
- [One million Australian families to get free childcare as part of coronavirus response](#) (CNN)
- [The face of feminism is no longer just white and middle-class](#) (Aljazeera)
- [Coronavirus: 9 ways you can support gender equality from your home](#) (WEF)
- ['Big wake-up call': survey shows work remains on women's reproductive rights](#) (Guardian)
- [The 'doctor brides' revolutionising Pakistan's healthcare](#) (Pioneers Post)

Sexual Violence & Harassment

- [Coronavirus quarantine murders and domestic violence mean Malaysian ministry's sexist advice is no laughing matter](#) (SCMP)
- [UN chief urges govts to protect women amid pandemic](#) (RTHK)
- [Kate Elizabeth Russell: We all participate in a culture that allows abuse to happen](#) (Independent)

Masculinity

- [Listen to: The science of Dad](#) (Seriously)

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

info@twfhk.org [twfhk.org](https://www.twfhk.org) [25928265](tel:25928265)

You received this e-mail because you subscribed to The Women's Foundation newsletter.
To unsubscribe, please [click here](#) .