

Dear TWF friends



### Double Burden for Women amid COVID-19 Crisis

*"COVID-19 provides us with an opportunity for radical, positive action to redress long-standing inequalities in multiple areas of women's lives."* – UN Women's Executive Director Phumzile Mlambo-Ngcuka

While we all are trying to acclimate to new ways of working, exercising, and socialising amid continued social distancing measures during COVID-19, we are also juggling the complex territory of navigating family dynamics within close quarters and trying to maintain healthy relationships with each other while simultaneously meeting the educational, work and care needs of each member of the household. A concerning byproduct of these measures is that women face additional responsibilities and pressure.

Care work – both formal and informal – is generally still viewed as the purview of women and has long been recognised as a driver of inequality. Prior to COVID-19, women in APAC were performing four times as much unpaid care work as men. Since the pandemic, women have disproportionately taken up the role of primary carer and are looking after children or elderly family members, without the usual support from schools or care centres in addition to doing household chores. They are continuing with paid work (either at home or outside) and simultaneously managing their usual, unpaid domestic workload.

 [Read More](#)

## #TECHFORGOOD

#TechforGood Initiative  
Help Us Support Underprivileged Families during Covid-19



### Help Us Support Underprivileged Families During COVID-19

As we continue to grapple with COVID-19, it's more vital than ever that the needs of our most vulnerable are kept in mind.

At TWF, we are committed to assisting our community of underprivileged girls and their families in these disturbing times. In collaboration with Hong Kong Association for Computer Education (HKACE), we intend to donate **500** much needed second-hand portable devices to underprivileged families to enable their children to access online school work and e-classes amid school suspensions.

We need your help to make this happen. Please consider joining this vital project for our community by donating 25-50 laptops, iPads or tablets; or by helping us cover the costs for coordination of this outreach project.

Visit [here](#) for more information. Kindly contact [Connie.Cheung@twfhk.org](mailto:Connie.Cheung@twfhk.org) or [Deanie.Chiu@twfhk.org](mailto:Deanie.Chiu@twfhk.org) with any

## UPCOMING EVENT



### 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 UPDATE



### 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](mailto:community@twfhk.org) for more details.

## IN THE SPOTLIGHT



### TWF CEO Quoted in SCMP on Domestic Violence during COVID-19

TWF CEO Fiona Nott was quoted in an article in the SCMP examining the increase in domestic violence during the coronavirus lockdown, how to reduce the risk of it, and precautions to take. We urge the Hong Kong Government to move quickly and make prevention and support measures for domestic violence a key part of its COVID-19 response including measures implemented in other parts of the world.

[Read more](#)

## 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](mailto:Lisa.Moore@twfhk.org)

### • Prevention

[UK doctors on how to protect against coronavirus and manage symptoms](#) (Guardian)  
[We are all humanitarian negotiators now: 3 steps for planning your 'please take social distancing seriously' conversation](#) (The Conversation)  
[Can 'boosting' your immune system protect you](#) (BBC)  
[A virologist answers the coronavirus questions you are too embarrassed to ask](#) (Los Angeles Times)

### • Work from Home & Home Schooling Tips

[「童」你在家工作，點先做得安樂？](#) (Dept of Health)  
[Suddenly working at home? We've done it for 22 years - and have advice](#) (Ars Technica)  
[Homeschooling \(and keeping kids busy\) during covid-19](#) (MensLine Australia)  
[Zoom in on your lockdown meeting techniques](#) (FT)  
[Virtual team building for remote teams](#) (Museum Hack)

### • Mental Health & Well-Being

[精神健康資訊站](#) (CHP)  
[How to Manage Your Stress When the Sky is Falling](#) (HBR)  
[On Coronavirus Lockdown? Look for Meaning, Not Happiness](#) (NYT)  
[The importance of positive emotions during the coronavirus crisis – video](#) (Guardian)  
[COVID-19 and youth mental health](#) (UNICEF)

### • Meditation & Mindfulness

[15 best meditation and mindfulness apps for 2020](#) (Develop Good Habits)  
[Calm Breathe Bubble](#) (Calm - YouTube)

### • Physical Activity & Health

[【在家抗疫】上班族在家工作姿勢不當易肩頸痛 物理治療師4招強化肌肉緩解痛症](#) (Sky Post)  
[The best online dance classes](#) (FT)  
[Quarantine Cooking](#) (NYT)

### • Activities

[雲遊藝術館](#) (HK Museum of Art)  
[陪小朋友抗疫《麥兜故事》YouTube免費播放至月底](#) (AM730)  
[Nightly met opera streams](#) (Metropolitan Opera)  
[25 Cheap e-books about mighty women for adult readers](#) (A Mighty Girl)  
[Andrew Lloyd Webber to stream his musicals online for free](#) (Whats On Stage)  
[This Interactive Frida Kahlo Exhibition Is An Ideal Post-Work Activity](#) (Vogue)  
[The best free online activities to keep you kids occupied, happy, and healthy while stuck at home during the coronavirus pandemic](#) (Business Insider)

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

## 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 24, 2020 (Early Application is encouraged).

[Apply Now!](#)

## WHAT WE'RE READING

### Gender Equality

- [Put women and girls at the centre of efforts to recover from COVID-19](#) (UN)
- [Gender Equality: Women's Rights in Review 25 Years After Beijing](#) (Ms Magazine)
- [Companies can't ignore shifting gender norms](#) (HBR)
- [The gendered impact of Covid-19](#) (Australian Human Rights Commission)
- [Sanna Marin, The Youngest Female Prime Minister In The World, Talks Sexism, Imposter Syndrome, and Sustainability](#) (Vogue)
- ['Hood Feminism' makes a convincing and urgent case about how race and class divide women](#) (Washington Post)
- [What Do Countries With The Best Coronavirus Responses Have In Common? Women Leaders](#) (Forbes)
- [Male allies for female colleagues step forward on Wall Street](#) (FT)

### Sexual Violence & Harassment

- [香港偷拍網 | 運作3年會員逾4萬 販賣港女裙底照稱「一定有樣」](#) (HK01)
- [香港偷拍網 網站關閉後重開 只限會員登入 警方:將跟進事件](#) (HK01)
- [Stuck at home with a monster: more reports of violence against women, children in Hong Kong since start of pandemic](#) (SCMP)
- [China investigates sexual abuse claims against oil executive](#) (SCMP)
- [Coronavirus Is Making Domestic Violence More Severe, Crisis Workers Say](#) (VICE)
- [Pell decision: why sexual offence trials often result in acquittal, even with credible witnesses](#) (The Conversation)
- [Harvey Weinstein faces new sexual assault charge in LA](#) (Guardian)

### Masculinity

- [Millions of dads are stuck at home — which could be a game changer for working moms](#) (CNN)

### Board Diversity

- [What it means to be a board director right now and why women are essential](#) (Women's Agenda)

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