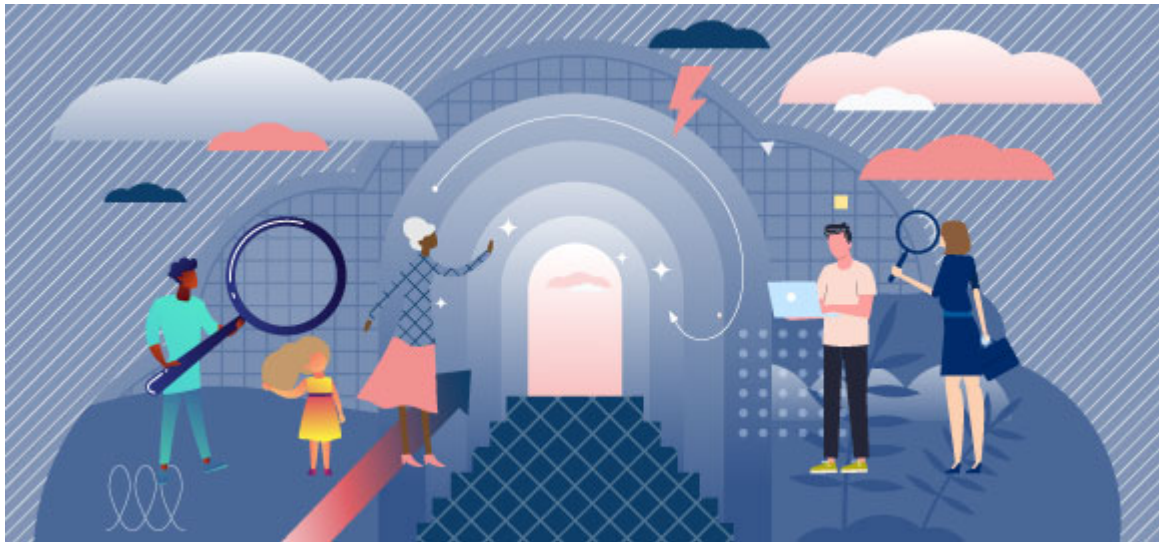




If you can't read this mail, click [here](#).

Season of Transitions



Dear TWF Friends,

We are in a season of transitions. Whilst eased pandemic rules have brought relief to many, uncertainties around the continued presence and impact of COVID-19 remains. As family, friends and colleagues return from summer holidays and prepare to return to work and school routines, we are also conscious of those who have left Hong Kong. Transitions can be cyclical, but they can also be a one-off, unpredictable occurrence. For our own well-being, it is important that we learn to manage these changes well.

Hong Kong is undergoing changes that impact gender equality as well. Demographic changes are developing more quickly than previously estimated – COVID-19 has contributed to a decrease in population which is compounded by low birth rates that are well below replacement level. With an already rapidly ageing society, these changes underscore the importance of addressing needs around elder care and caregiving in addition to early retirement ages and age-related discrimination in the workforce – all issues which disproportionately impact women.

Transitions to more time online at work and for leisure has also led to concerning developments, with separate surveys finding that nearly three-quarters of employees are unhappy and are feeling overworked and 1 out of 6 respondents reporting having experienced online sexual harassment -- both issues for which women are particularly vulnerable. A recent complaint made to the Equal Opportunities Commission on restrictive rules around hair length for male students has sparked debate around gender bias and outdated norms.

[Read More](#)

PROGRAMME UPDATES

Girls Go Tech: Online Tutorial Video Competition

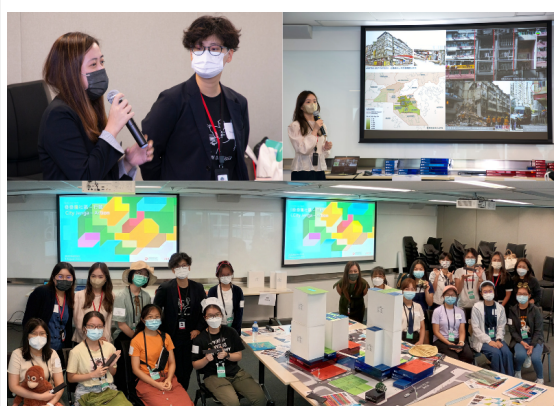
On August 19, 12 shortlisted teams (24 student participants) from our GGT Tutorial Video Competition



visited the Bloomberg office where they learned essential elements of making an educational video and tips for video design. They also met with Bloomberg volunteers to brainstorm ideas on how to incorporate STEM-related knowledge in their final videos. Heartfelt thanks to Bloomberg for supporting the Competition!

Girls Go Tech: Work Shadowing Programme

On August 16 and 17, GGT Programme participants took part in the Work Shadowing Pilot Scheme at State Street. They gained first-hand insight into how technology is used at the State Street offices during their tour and sharing sessions. Participants engaged in mock interviews with volunteers and were given useful feedback on their interview and CV-writing skills. They also gave presentations on volunteering opportunities and shared them with senior executives. A big thank you to State Street for providing our participants with such a valuable experience!



Girls Go Tech: City Jenga Workshop

On August 9, GGT participants took part in a workshop co-organised by Arup. They joined software demonstrations to learn how technology such as traffic visualisation helps in urban planning. Participants also played a Jenga-like board game where they learned about optimising urban regeneration and enhancing city sustainability in addition to enhancing their problem-solving skills and collaboration. Heartfelt thanks to Arup for the engaging and informative workshop!

SUPPORT TWF!



Non Fungible Venus

TWF is delighted to be a beneficiary of the **Non Fungible Venus NFT** Collection by Marcello Kwan and Alex Au. This collection is a vibrant, contemporary take on Sandro Botticelli's iconic 'The Birth of Venus' painting, algorithmically generated on the Polygon Blockchain via the ERC-721 token standard. Each NFT is a uniquely hand-drawn and generative digital collectible. After sending donation proof of **HK\$500** supporting TWF and/or four other charity beneficiaries, they will gift you one Venus. There are only a limited number available, so consider supporting gender equality and owning a unique Venus collectible today.

[Find out more](#)



AmCham Women of Influence Conference & Awards 2022 - Make Your Nominations!

TWF is proud to be supporting AmCham's Women of Influence Conference & Awards 2022, under the theme of "Reimagining a Sustainable Future for Women".

Now in their 19th year, the AmCham Women of Influence Awards highlights women and their allies who have strived to make Hong Kong a more livable place for women from all walks of life during these challenging times. A new award has been added this year – Woman Champion of Disadvantaged Groups & Minorities – to address sustainability and the pandemic and to support the 2022 theme. Nominations are open to all nationalities who show a proven commitment to Hong Kong. The deadline for both nomination and nominee submission is September 16.

[Nominate now](#)

OPENING AT TWF

Gala Volunteer Needed!

We have a vacancy for a volunteer within our Development Team to support our upcoming Gala Dinner in November 2022. If you'd like to join us, please send a copy of your CV to Lisa.Withey@twfhk.org.

MENTAL WELL-BEING

As the COVID-19 situation continues to evolve, TWF will be providing resources to support your mental and physical well-being. Be sure to check back each week for new tools and activities.

- [5 Ways Origami Boosts Mindfulness](#) (Psychology Today)
- [What is emotional health and well-being?](#) (Medical News Today)
- [How Your Mental Health & Menstrual Cycle Are Linked](#) (Forbes)

ON OUR RADAR

The Good

- [Period poverty: Scotland first in world to make period products free](#) (BBC)

The Challenging

- [Victims struggle to seek help even after Hong Kong's new law against voyeurism](#) (HKFP)

The Unexpected

- [Seven women independent musicians in Hong Kong on how music empowers them](#) (SCMP)

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