

WOMEN'S FESTIVAL 2019



23.08 ————— 01.09

The background of the entire page is a stylized illustration of several raised fists in shades of purple and blue. The fists are drawn with simple, bold lines, giving them a graphic, almost stencil-like appearance. They are positioned at various heights and angles, creating a sense of collective strength and solidarity. The overall color palette is dominated by these cool tones, with a white border on the right side.

關於我們 ABOUT WOMEN'S FESTIVAL

Eaton HK、Sally Coco 和女影香港攜手合作，在 2018 年創辦了 Women's Festival —— 香港唯一一個慶祝女性的力量和美麗的節目！去年我們精心挑選了一系列由女性出發的作品和節目，活動涵蓋了音樂、電影、心靈、健康、美容和社會等不同領域，希望從不同角度探索女生「自主、自愛、自由」的理念！

第一屆的 Women's Festival 包括了超過 30 場活動，參加人次超過 1200 人！除了主要受惠機構「風雨蘭」之外，我們更成功為另外 10 個支援婦女服務的本地非牟利機構籌募營運經費，回饋社群。如往年一樣，所有節目 10% 的門票收益扣除必要開支後將捐助本地性暴力支援機構「風雨蘭」，另外，部分場次門票扣除必要開支後會全數捐助指定本地非牟利機構。

今年，特別感謝大會贊助商 Womanizer 及 We-Vibe，讓我們得以再次舉辦 Women's Festival，繼續以富有創意和正能量的方式，與大家探討及回應女性及其他邊緣社群在不同領域所面對的挑戰。Women's Festival 歡迎不同性別和傾向的朋友，亦歡迎家長帶同子女參與，希望大家能一起學習享受和擁抱自身的力量、美麗和自由！

Eaton HK, Sally Coco and Reel Women Hong Kong joined hands and brought to you the 1st Women's Festival in 2018, the first and only festival in Hong Kong dedicated to celebrating the power and beauty of women! The festival last year encompassed many fields, from music, films, to spirituality and health, focusing on the theme of "self-love, self-care, and self-expression". We hosted more than 30 events over the course of 9 days, with more than 1200 participants, and raised funds for more than 10 local NGOs, included our main beneficiary, RainLily. Like last year, 10% of the net proceeds will go to RainLily—Hong Kong's first crisis center for female victims of sexual violence, and all net proceeds of selected programme will go directly to specific NGOs.

This year, thanks to the generous support of Womanizer and We-Vibe, we are able to continue our work. We invite you to join us once again at this celebration, to critically examine issues of gender, sexuality, diversity among a wide range of conditions and situations, and look for solutions in the most fun and creative ways. We welcome people of all genders and sexualities, and encourage parents to bring along their kids to our events. We hope that through our festival, you would all learn to appreciate and embrace your bodies positively, and be able to recognize and celebrate the power, beauty and freedom of being yourself!

鳴謝 ACKNOWLEDGEMENTS

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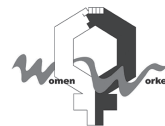
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策展團隊

FESTIVAL TEAM

總策劃 Festival Director

Vera Lui
Chantal Wong
Sonia Wong

視藝展覽客席策展人

Guest Curator (Exhibition)

KY Wong

電影節目策展顧問

Film Programme Consultant

CNEX
Sophia Shek
Didi Wu

美術設計 Designer

Sadie Lau

攝影及錄像製作

Photography and Video

Sophia Shek
Hugo Kenzo
Playback Creative
Xin Li
Hallie Tam

統籌 Coordinator

Lisa Wan

見習統籌 Festival Interns

Bonnie, Li Hoi Ying
Erren, Tsoi Wing Yan
Amber, Sit Ka Yan
Coanna, Chan Wing Suen
Katrina, Lau Wing Kei
Sandy, Wong Ngai

*收入扣除成本10%捐助「風雨蘭」·全港首間性暴力危機中心

*10% net proceeds will go to RainLily, a one-stop crisis centre for survivors of sexual violence

節目大使

FESTIVAL

AMBASSADORS



CARMEN YAU

遊家敏

殘障性權倡導者，糖粒甜故作者

Activist, Writer of
"Sugar's XXX Stories"

TINA LIU

劉夫蘭

著名形象顧問、
設計師及時尚達人

Image Consultant,
Designer & Style Icon



SERRINI

唱作人

Singer-songwriter



FOREWORD FOREWORD
BY THE BY THE
THREE THREE
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創辦人的話

FOREWORD BY THE THREE OF US

2019 年標誌着很多重大歷史事件的紀念日，包括石牆暴動 50 週年、阿波羅登月任務 50 週年、柏林圍牆倒下 30 週年、五四運動 100 週年……無數偉大的人物和事件改變了歷史的軌跡，引導我們來到此時此地。（沒錯，其中一個事件就是女人節 2 週年）

有人說，這個世界已經很進步了。然而，我們離這趟前進的旅程的終點還有很遠的路。

在我們為令人振奮的好消息——台灣通過同性婚姻、法庭判決香港公務員的同性伴侶享有配偶福利、G20 會議上的 20 名領袖中（只）有 2 名是女性——慶祝的同時，過去幾年來的 #metoo 等等的社會運動也提醒著我們，當權者依然倚仗着權勢，有恃無恐、變本加厲地對弱勢人士施加不同形式的暴力，進一步欺壓本來已經被邊緣化的群眾。老實說，我們仍然被困於一個非常糟糕的世界。

當談論到平權，每天仍然有 LGBTQI 的朋友由於仇恨和無知而在世界各個角落被剝削和迫害；他們的尊嚴被褫奪，甚至因而喪失生命。我們的祖父母見證了（也希望能是）最後一次世界大戰的結束，社會的進步卻不足以阻止世界各地的政府、宗教組織、政治團體、家庭、社群對女性的打壓。由各地的內戰、蘇丹的示威，以至香港的雨傘運動，女性的身體都被利用為鬥爭的場所。他們傷害我們的身體，更藉此傷害我們的家人、社區、族群和國家；他們企圖以暴力限制女性參與社會的自由、剝奪我們作為人的權利和尊嚴、扼殺我們的信念，務求將我們滅聲。

但是，我們不會因此而噤聲。我們拒絕沈默，因為我們是 fucking amazing 的女人。我們堅持只會以我們選擇的模樣被世界看到、被世界聽到，並且不會為任何人改變。

最後，我們對麥當娜致以感謝，感激她至今仍然堅持製作音樂，以勇氣、美麗和力量對抗世間的醜惡。

祝你有一個難忘的女人節。

2019 marks the anniversary of many great and important things: the 50th anniversary of the Stonewall Riots, the 50th anniversary of the moon-landing Apollo space mission, the 30th anniversary of the fall of the Berlin Wall, the 100th anniversary of the May Fourth Movement... among many other incredible people and events that changed the course of history, leading us to where we are now. (And yes, that includes the 2nd anniversary of the Women's Festival)

Some say we have come a long way. But the journey is far from ending.

While we celebrate great news like same-sex marriage in Taiwan and gay civil servant couple given spouse benefit in Hong Kong — or less great news like instead of one or none, 2 out of the 20 world leaders at G20 are women — over the past few years we also witnessed an unprecedented amount of violence exerted by those in positions of power onto people who were already on the margin, as painfully reminded by the #Metoo movement. The world that we are stuck with now, sucks.

When we say equality, LGBTQI people still fall victim to hate crime everyday, their humanity and dignity denied, their lives destroyed or even brutally taken away by hate and ignorance. When we say progress, while our grandparents witnessed the end of the horrors of the (supposedly) last world war, women nowadays are still being targeted in conflicts and demonstrations all over the world. From Sudan to Hong Kong, our sex is still used against us as a weapon of war and oppression, to bar us from the public sphere, to deprive us of a life, to hurt us, and our families, communities, and countries, to kill our beliefs and to silence us.

But we will not be silenced. We refuse to be. Because we are women. And we will be seen, and be heard, in exactly the way we choose to be, as a (fucking amazing) woman.

And thank you Madonna for still releasing new albums, fighting the vices of this world with courage, strength and beauty.

Enjoy the festival.

XOXO
Chantal, Vera, Yonina

I AM A
NASTY!
WOMAN.



23.8-22.9.2019

展覽 Exhibition

夾軟糖

YUMMY GUMMY

展覽日期 Exhibition Date: 23.08.2019-22.09.2019

Tomorrow Maybe @ Eaton HK

開幕酒會 Opening Reception: 23.08.2019 | Fri | 7pm-9pm

策展人 Curator

黃嘉瀛 KY Wong

藝術家 Artists

陳倩琳 Alysa Chan, 陳嘉翹 Chan Ka Kiu Clair, 鄭婷婷 Cheng Ting Ting, 何倩彤 Ho Sin Tung, 張蚊 Irving Cheung, 曾晴 Tsang Ching Sadako, 余淑培 Yu Shuk Pui Bobby

軟糖，是一種柔軟且微具彈性的膠狀糖果。軟糖含水量高，口味多樣化，因應不同種類和需要而被製成各種形態、顏色和口感。由於含糖量高，這代表軟糖純具極高能量（卡路里）。

《夾軟糖》乃 Women's Festival 今年特別呈獻的展覽。是次展覽由黃嘉瀛策展，聯合七名風格迥異、特立獨行的本地藝術家，以變幻繽紛的軟糖作思考的引子，於性別常被倒模成形的當代語境下，試圖擺脫現成象徵物的絕對和單一，利用創作釋出並轉移「夾」、「軟糖」等代名詞背後所蘊含，靈活、流動而具韌性的巨大能量。

Gummy candies are soft, gelatin-based chewable sweets. Gummies has a high water content, are available in a wide variety of flavors, and its shape, size, texture are easily manipulable depending on one's desire and needs. Due to its high sugar content, gummy candies are very high in energy (a.k.a. calorie).

Yummy Gummy is a special exhibition presented by the Women's Festival, curated by KY Wong. KY lined up 7 local female artists in a critical reflection on the gender moulds and stereotypes we are so often forced into, and the possibilities of resistance. By using the colorful and shape-shifting gummies as the point of entry, their works explore themes such as artificial bodies, beauty, corporeal desire, resistance, fluidity, and flexibility.

NASTY!

展覽開幕演出 Opening Performance

睇·女 BIRD-WATCHING

黃碧琪 Rebecca Wong Pik-kei /
舞蹈藝術家 Dance Artist

23.08.2019 | Fri | 9pm- 9:30pm
Tomorrow Maybe @ Eaton HK

舞蹈演出 Dance Performance | 30 分鐘 mins |
本節目含有裸露場面 This performance contains
scenes with nudity

在開幕演出《睇·女》中，舞蹈藝術家黃碧琪將自己變成展覽場地的藝術品，時而近距離展露全裸的身體，時而只展露容貌，讓觀眾時而細察、時而凝視、時而想像，轉移的角度讓人反思自己和社會是如何看待女性身體。

In *Bird-Watching*, the artist transforms herself into an installation sculpture. Being observed, gazed at, and imagined... the shifting perspectives on the body form an abstract narrative on how the female figure is perceived by the audience or society at large.



Womanizer & We-Vibe 呈獻 presents

開幕派對

WOMEN'S FESTIVAL OPENING PARTY!

23.08.2019 | Fri | 8pm-10pm
Terrible Baby @ Eaton HK

Women's Festival 踏入第二屆，在大家的熱情支持下，今年我們再度在 Eaton HK 舉行一連 10 日的活動，希望能帶來更多驚喜，繼續為大家提供一個慶祝女性的美麗和力量的節目。第二屆 Women's Festival 於 8 月 23 日正式開幕，誠邀你一同參與開幕派對！屆時將備有各式飲料招待以及現場 DJ 表演。我們誠邀你前來與我們一同慶祝這令人開心且感動的一刻！

Hurray! The Women's Festival is returning to Eaton HK for our second year with a whole new series of events (surprises guaranteed!) to celebrate the beauty and strength of women! The 2nd Women's Festival will kick off on 23/8, and we would like to invite you to join us at our opening party! With the artisan cocktails and live DJ performances, a good night is guaranteed! Let's celebrate this joyous occasion together!

法律面前不平等： 認識女性的法律權利

KNOW YOUR RIGHTS: UNDERSTANDING WOMEN'S LEGAL RIGHTS

黃瑞紅 Linda Wong / 執業大律師 Barrister-at-law

23.08.2019 | Fri | 12noon-1pm

Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

講座 Talk | 60 分鐘 mins | 以廣東話主講 In Cantonese

有不少人認為現今社會兩性權利已經非常平等，法律已經保障了女性的受教育權、工作權、財產權。但看似人人平等的法律到底有沒有性別前設？女性到底在法律裡有沒有被差別對待？

大律師黃瑞紅將會和大家檢視香港法律，帶領參加者重新了解和理解法律，認識清自己的權利，並會分析法律條文之中的性別權力關係！

本講座歡迎任何對法律有興趣或希望了解更多關於女性和自身權益的朋友參與。

Many consider that contemporary societies like Hong Kong have achieved gender equality. Women's right to education, work, and property are protected by law. But are their gender presumptions in our present legal system that claims to be equal for everyone? Are women being treated differently in law?

In this talk, Barrister Linda Wong will review the laws of Hong Kong and unpack the complex relationship between gender and legal rights.

This talk is suitable for anyone who is interested in understanding law from a new perspective!



別成為自己成功路上的障礙！

THE ONLY THING STOPPING YOU IS YOU!

Karen See / {embrace} worldwide 創辦人
Founder of {embrace} worldwide

23.08.2019 | Fri | 12noon-1pm

Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$120

正價 Regular | HK\$150

即場 At-the-door | HK\$180

講座 Talk | 60 分鐘 mins | 以英語主講 In English

Karen See 是一位專業職業指導顧問及人生導師，積極在企業環境裡倡導性別平等。在創辦 {embrace} worldwide 以前，Karen 曾在跨國企業工作任職高層多年，因此對於女性在職場上遇到的挑戰和難關有深刻的體會。Karen 相信，然女性面對諸如學歷、企業及組織文化等不同的限制，但憑著自信和正向信念，女性亦能跨過障礙，成就更出色的自己。

在這節活動中，Karen 將會分析女性在事業上經常遇到的挑戰和限制是如何影響女性的發展，並與大家分享她的成功故事、心路歷程、以及領導哲學，幫助大家建立自信，活出真正的自己！

本講座適合任何想在事業或生活上更上一層樓，跨越心理關卡的朋友參與！

Karen See, co-founder of {embrace} worldwide, will be sharing her personal story of global success as a corporate executive and now entrepreneur. In this session, Karen will discuss the main challenges that women face including the role of education, culture and organisations contribute to holding women back - but how much does our own confidence and self-limiting beliefs impact how far we climb the corporate ladder?

In this talk, Karen will share her journey, her successes and her leadership philosophy which has supported many women (and men) to be better versions of themselves!

This talk is suitable for anyone who wishes to take their mindset, career and life to the next level!



家事講性 — 點點點？

BE A SEX-POSITIVE FAMILY – WHEN, WHAT, HOW?

鍾詩韻 Bau Chung Sze Wan / 社工及註冊性治療師
Registered Social Worker, Certified Sex Therapist

23.08.2019 | Fri | 2pm-3:30pm
Kino @ Eaton HK



早鳥 & 大愛價 Early Bird & Community Ticket | HK\$80
正價 Regular | HK\$100
即場 At-the-door | HK\$120

講座 Talk | 90 分鐘 mins | 以廣東話主講 In Cantonese

家，除了是情感教育的重要場所，也是開始性教育的好地方。家長若能儘早與孩子正面談論身體與性事，除了可促進親子關係，亦可協助孩子建立正面的自我形象。與孩子談性，除了 Say No 之外仲有咩好講？

透過是次講座，鍾詩韻（阿包）會分享在家性教育的小貼士，釋除大家對於性教育的疑惑與顧慮，讓家長可以裝備自己，陪伴孩子走過正面的成長路！

本講座適合家長、準父母、照顧者及教育工作者參與。

When and where to start children sexuality education? Rather than out-sourcing it to teachers and schools, why not start the conversation about Sex at home? Apart from enriching their knowledge, sex-positive sexuality education is also a good way to bring your family closer, and benefits your children's personal development.

In this talk, Bao would share professional tips with the audience about the WHEN, HOW and WHAT for effective sexuality education at home!

This talk is suitable for parents, parents-to-be, caregivers, and teachers.



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自由的歌姬・克制的港女：獨立唱作人 Serrini 的聽話之道

BEING AN INDIE SINGER-SONGWRITER IN HONG KONG – WHAT'S IN FOR GIRLS?

Serrini / 唱作歌手 *Singer-songwriter*

23.08.2019 | Fri | 7pm-9pm

Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$120

正價 Regular | HK\$150

即場 At-the-door | HK\$180

講座 Talk | 120 分鐘 mins | 以廣東話主講 In Cantonese

自稱「陀地歌姬」的唱作人 Serrini 分身多多，玩盡文青港女題材。拒絕接收單一框架框死身分的 Serrini 能用以下幾個形容詞概括：古怪、多元、流動。作為一個女性如何在香港商業流行和獨立圈間游走？如何靠自己建立龐大群體網絡？

Serrini 將會分享其所見所聞，探討一下 nasty woman 各種說法之餘也會分享自己的「克制」所指為何！

本講座適合任何希望發掘活出自我的朋友參加。

Indie singer songwriter Serrini is one of the most prolific in town. Her charm attracts a strong following among young people. She believes that “nastiness” in women could mean pride, but it can mean oppression too if ill-defined. She has so much to share from her musician journey along the years.

What makes a diva? How to awaken the good/bad bitch in all of us? Serrini shall tell you all.

Suitable for anyone who would like to unleash their nastiness.

二人對話：親密關係與溝通

BETWEEN YOU & ME: CONNECTING IN RELATIONSHIPS

by M D F L M V M T and Insight Counselling

梁惠婷 Delia Leung / 瑜伽導師及正念靜修課程導師 Yoga Teacher & Mindfulness Meditation Teacher

鍾樂琛 Cherrie Chung / 心理輔導員 Psychotherapist

23.08.2019 | Fri | 7pm-9pm

Anita @ Eaton Workshop

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$220

正價 Regular | HK\$250

即場 At-the-door | HK\$280

工作坊 Workshop | 120 分鐘 mins | 以廣東話主講 In Cantonese

我們都渴望在親密關係之中找到愛—與他人建立感情聯繫是人類的本能、也是生而為人最大的喜悅。但追尋「愛」的路上時而風光明媚、時而荊棘滿途，剎那的刺激、喜悅、失望往往令我們頭暈轉向，迷失方向，忘記了在親密關係之中真正追求的是甚麼。在追尋「愛」的旅途上，我們該如何保持內心平靜？有甚麼常見的心態和行為模式會破壞親密關係中的感情連繫？在與伴侶建立聯繫的同時，我們又可以如何坦誠清楚地表達自己的需求？

在這個工作坊裡，正念靜修課程導師梁惠婷及心理輔導員鍾樂琛將會帶領大家一同觀照內心，認識自己，了解每個人愛人的不同方式，讓大家能在追尋「愛」的路上找到平靜！

本節工作坊適合任何希望改善親密關係及提升心靈健康的朋友。

The longing for love within intimate relationships is universal to us all. Being connected in love to another is part of the joys of human experience and one that many of us naturally desire. As we journey on this path to love, it leads us down exciting and hopeful paths and other times, winds down unclear and painful avenues. The ups and downs of this journey leave many of us feeling uncertain of how to navigate ourselves along the way. What is our longing for intimacy about and how do we remain conscious and true to ourselves as we seek love? How can we connect to our partners while remaining who we are and communicating our needs clearly? What are the patterns that keep us disconnected in love?

This interactive workshop opens up the conversations on these topics and guides you in your own reflection process so that you may come to understand your own patterns in seeking love.

This workshop is suitable for anyone who seeks to better understand intimate relationship and human connection.

四兩撥千斤：風月場所裡欲迎還拒的學問

AN ALTERNATIVE GUIDE TO NEGOTIATING FLIRTING AND REJECTING

陳逸婷 Iting Chen / 嶺南大學文化研究博士候選人

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23.08.2019 | Fri | 7pm-8pm

Kino Lounge @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

工作坊 Workshop | 60 分鐘 mins | 以國語主講 In Mandarin

「哥哥嘅，來喝茶！」這個對談從講者的田野調查「在茶店賣笑也賣藝的小姐」出發，透過她對茶店與茶店小姐的理解與觀察，討論小姐與客人的情慾互動與協商技巧。台灣的茶店屬於風月場所，也稱為「摸摸茶」，客人幾乎都是熟客，小姐要如何在不破壞氣氛的前提下，讓客人還會想持續來店裡「捧場」小姐（來消費給小姐賺小費）？小姐需要大量的職業技巧與策略來維持客源。當客人與小姐的意念不統一時，除了當下的柔性拒絕，更不能忽略的是，小姐如何挪用茶店倫理作為一套文化腳本來與客人「討價還價」，以及整體的茶店文化如何規訓客人要遵照這一套「互惠守則」。

除了茶店以外，講者也會分享她在酒店、鋼琴酒吧等風月場所的所見所聞，來討論這些地方的「調情學問」。藉此，參與者可進一步思考，在特定職業的文化脈絡下，衡量「拒絕」如何不是一個非黑即白的問題，而是一種關於性別與階級的政治提問。

本節工作坊適合任何對於職場的性別權力關係有興趣的朋友。

Taking rejection as a question on class and gender, this talk aims to unpack the nuances of practices in negotiating desire in the context of teahouses, bars, and clubs in Taiwan. From her observation in these spaces in which clients' feelings and comfort are primarily considered, the speaker will discuss how hostesses deal with clients' needs and requirements when, in some circumstances, those are unwelcome. To understand the scenes of negotiation between, in the long run, the clients' recognition of enjoyment and hostesses' evaluation of autonomy and the compromise, how the principle of reciprocity, a key sentiment of "the ethos of teahouses" is at work will be explained in this talk.

From her fieldwork, Iting will attempt to answer these questions in this workshop: For the hostesses, what are the strategies and skills of rejection that maintain the cheerful atmosphere? How to encourage clients to follow the rules of reciprocity instead of being selfish so that the hostesses' desires can also be "priced" in their own terms?

This workshop is suitable for anyone who is interested in understanding the gendered power relationship at workplace.

when
men
men
i AM A
HAIRY!
WOMAN.

澱粉質女孩：手工意粉工作坊

I LOVE CARBS: HAND-MADE PASTA WORKSHOP

Loki / 廚師及 Attagirl 創辦人 Chef & Founder of Attagirl

24.08.2019 | Sat | 11am-1pm

Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$80

正價 Regular | HK\$100

即場 At-the-door | HK\$120

工作坊 Workshop | 120 分鐘 mins |

以廣東話及英語主講 In Cantonese & English

Attagirl 是香港一家小型的意粉製造工房，專門生產小批量的手製意大利麵。通過在港新鮮製造高質素的手工意大利麵，我們希望提高消費者對於麵食的要求，並把高質素的麵食普及化。

在本節工作坊中，廚師及 Attagirl 創辦人 Loki 將示範如何運用兩種麵團——雞蛋麵團和粗麵粉——製作意大利麵。參加者將分為兩組實習，並將麵食帶回家，記得自備食物盒啊！

本節工作坊適合認同美食和美麗是可並存的朋友參加，來一起享受大口吃澱粉質的快樂。

Attagirl is an Independent Hong Kong based producer of artisan, small batch, fresh extruded pasta. We are dedicated to redefining the standard of consumer pasta by making specialty pasta accessible to everyone.

In this workshop, Loki, chef and founder of Attagirl will demonstrate how to make two different pasta type: egg dough and semolina. Attendees will be in teams of two split into two different groups. One group will make the semolina and the other will make egg dough pasta.

Attendees will be able to take the pasta home, so please bring your own container!

This workshop is designed for those who enjoy good food and good life. Let's CARBS together!



裡程：一個自我探索遊戲

JOURNEY IN: A SELF-EXPLORATION BOARD GAME

楊曉芙 Sharon Yeung / 創作人 Maker

24.08.2019 | Sat | 2pm-5pm

Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$120

正價 Regular | HK\$150

即場 At-the-door | HK\$180

工作坊 Workshop | 120 分鐘 mins | 以廣東話主講 In Cantonese



從小到大，我們玩過無數的遊戲，但內容都不外乎是鬥爭、征服和謀略。但遊戲並不只有輸贏：「裡程」是一個另類的紙牌遊戲，它的目的並不是分勝負，而是帶你回歸內在，透過故事式的冒險深入了解自己的思想和行為模式。

你有否認真反思過自己的一言一行？你是否曾被問及你無法回答的人生難題？你試過深入了解一個陌生人嗎？

「裡程」的宗旨是為繁忙的都市人提供一個反思和連結的空間，希望你能與我們一起踏上這趟奇妙「裡程」，重新出發認識自己、連繫他人。

本節遊戲工作坊適合希望了解自己、治癒過去、認清方向、探索未來的朋友參加。

If you are looking for competition or conquest, this is not for you. If you are into strategy or calculation, this is not for you. Journey In is an alternative board game that takes you on a journey inwards introspecting your own patterns through a storytelling adventure.

When was the last time you took a close look at your choices and behavior? When was the last time someone asked you thoughtful but difficult life questions? When was the last time you were able to bond deeply with a stranger?

Journey In has been tried and tested by many, and hailed as a much needed space for introspection and connection.

*"This game is hard work, but in the end it's worth it",
"I can't believe how little of my life I actually remember"
"I didn't think I could open up like this to strangers"*

This experience will take you on a journey and you will be the one to set where you wish to go.

It's suitable for anyone who is interested in discovering oneself, healing the past and explore the future.

將剎那聽進耳朵裡：歌詞寫作坊

EVERY MOMENT IN WORDS: LYRICS WRITING WORKSHOP

王樂儀 Yvette Wong / 填詞人及大學講師
Lyricist & University Lecturer

24.08.2019 | Sat | 2pm-4pm

Kino Lounge @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$120

正價 Regular | HK\$150

即場 At-the-door | HK\$180

工作坊 Workshop | 120 分鐘 mins | 以廣東話主講 In Cantonese

有關如何寫詞，幾乎就是有關如何溝通，如何打開自己，看進內心，有甚麼被觸動，有甚麼觸動人。短短三四分鐘的一首歌、一首詞，就有了最深刻的情感。

這一個寫作坊，借歌詞為理引子，順著旋律，讓自己輕易被觸動，讓自己在剎那之間，嘗試以最誠實的姿態，找到一種要寫下來的感受。

本節工作坊適合希望探索內心，舒發情感而癒癒過去的朋友參加。



The process of writing lyrics is the same as trying our very best to communicate with others. Pop songs are usually just 3 to 4 minutes long, but they echo throughout our life. In that few short minutes, we listen to the melody, the words, and we are moved. We know there is something, something affective, passing through our bodies.

This is a lyric-writing workshop, or, in other words, a time for us to be frank to ourselves, to be moved by the melody, and see what would we feel, to contemplate, and to write.

It's suitable for anyone who would like to explore the inner-self, release emotions and heal the past.

愛無限：認識殘障者的情與性

HOW TO MAKE LOVE TO SOMEONE WITH DIFFERENT ABILITIES

游家敏 Carmen Yau / 殘障性權倡導者及糖粒甜故作者
Activist & Writer of "Sugar's XXX Stories"

盧勁馳 Clayton Lo / 作家及研究院學生 Writer & Researcher

主持 Moderator

徐沛筠 Pamela Tsui / 性/別公義委員會成員 Member of Gender and Sexual Justice in Action

24.08.2019 | Sat | 2pm-4pm

Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

座談會 Panel Discussion | 120 分鐘 mins | 以廣東話主講
In Cantonese

不知何時起，愛情與性在大眾想像之中只容得下年輕、美麗、健全的身體，其他人連談情說愛的資格也沒有。殘障者正正是這班在情/性話題上缺乏話語權的弱勢人士——他們明明跟一般人同樣擁有情慾、性權，卻在社會重重壓抑下被剝奪最基本的性需要、對親密關係的渴望。殘障人士的情與性是複雜的議題，基於身體或智力不同程度的影響，也帶來不同的限制：肢體殘障如何進行性行為？在院舍生活的如何得到解放？小眾中的小眾——有不同性傾向或性喜好的殘障人士會否因此處於邊緣的邊緣？與殘障者進行親密行為有甚麼需要注意的地方？

我們邀請到殘障性權倡導者及糖粒甜故作者 Sugar 及視障作家盧勁馳，帶領大家一起探討殘障者的情和性！

本座談會適合任何對性、性別、情慾議題有興趣的朋友參加，歡迎大家一起來開拓情慾的多元性。

In popular imagination, love and sex is something that is exclusive to young, beautiful and healthy bodies, and pushes people with disabilities to the margin, and are excluded completely from the discussion of intimacy and desire. However, like everyone else, they share the same desire for pleasure, intimacy, and connection. How do we reimagine disabilities and sex? What are some of the difficulties they face? What do we have to pay attention to when we engage with people of different abilities in intimate exchange?

We are delighted to invite Carmen Yau, an advocate for sexual rights in the disabled community, Clayton Lo, a visually-impaired writer and advocate, and gender scholar Pamela Tsui, to lead us in the exploration of disability and sexuality!

This sharing is suitable for anyone who is interested in sex and sexuality!

愛人與自愛：如何和情緒病人談戀愛

KNOWING HOW TO GIVE AND RECEIVE LOVE: DATING SOMEONE WITH EMOTIONAL ISSUES

Karina Calver / 作家、教師、勵志演說家、創傷及關係治療師
Author, Teacher, Motivational Speaker, Trauma & Relationship Counselor

24.08.2019 | Sat | 5pm-6pm

Kino Lounge @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$80

正價 Regular | HK\$100

即場 At-the-door | HK\$120

講座 Talk | 60 分鐘 mins | 以英語主講 In English



情緒病越來越普遍，親密關係裡面另一半的情緒問題，也成為不少人在戀愛中要面對的課題。戀愛關係中的相處本來已經不容易，加上情緒病好像是難上加難。

在陪伴、安慰和給予支持之外，我們可以如何與對方的情緒相處？在愛人之餘，我們如何關顧自己的需要？

創傷治療師 Karina 會分享專業知識及經驗，助你了解愛人自愛的健康相處之道。

本工作坊適合任何希望改善親密關係及提升心靈健康的朋友！

Emotional issues is getting more and more common, and dating someone with emotional issues has become a challenge that many people are facing in their intimate relationship. Unfortunately, not many are equipped to handle this addition properly.

How can we accept with our partner's sometimes unsettled emotions? What do they need apart from companionship, comfort and support? At the same time, how do we, as their partners, care for their emotional needs as well as ours?

Trauma therapist Karina Calver will share with us her professional knowledge and experience on how to maintain a healthy and sustainable relationship.

This workshop is suitable for anyone who seeks to better understand intimate relationship and human connection!



做個反叛家長：泥土與育兒

PARENTING AGAINST NORM: RAISING YOUR KIDS IN NATURE

周思中、李俊妮、洪曉嫻 Chow Sze Chung, Jenny Li, Kitty Hung / 生活 Kids Club

24.08.2019 | Sat | 2pm-4pm

Music Room @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

講座 Talk | 120 分鐘 mins | 以廣東話主講 In Cantonese



在生活館耕作近十年的周思中和李俊妮，與習慣城市生活的洪曉嫻，在生育後決定一起把孩子帶到田裡放養，於是帶著一群在石屎森林裡長大的孩子到田裡種米嬉戲，從中發現和觀察到泥土對孩子的魅力和滋養作用。過程中不斷反思教養的可能性：田間農務如何結連知識、山水植物怎樣激發孩子的創意，並且在自然裡放慢成人的腳步，與孩子同行，無所事事、漫無目的，在充裕的時間裡探索孩子的興趣和建立他們的自我感。

在這節講座裡面，生活 Kids Club 的創辦人阿周、Jenny 和 Kitty 會探討大自然對她們育兒的啟發，以及生活 Kids Club 的活動與收穫，並與參加者分享另類育兒方法的實踐心得和經驗。

本講座適合家長、準父母、照顧者或教育工作者參與。

Chow Sze Chung and Jenny Li, who have been farming at Sangwoodgoon for a decade, and Kitty Hung, a city girl, decided to raise their kids in the fields after giving birth. What started as a crazy idea gradually evolved into the Kids Club project that combines child-raising with environmental consciousness. They discovered in the process the charm and nourishment of the earth have on the child, and in the process, they reflect on our relationship with nature and the possibility of alternative parenting: how farming can be connected with knowledge and our life, how natural landscape and plants can stimulate children's creativity, and how adults can slow down and wander aimlessly in the fields, to explore with their kids the beauty of nature and the beauty within.

In this workshop, the founders of Kids Club will share with you their experience of raising their kids in the fields, and will explore with the participants the many possibilities of parenting.

This talk is suitable for parents, parents-to-be, caregivers and teachers.

BE WATER: 即興舞蹈工作坊 AN IMPROV DANCE WORKSHOP

黃碧琪 Rebecca Wong Pik-kei / 舞蹈藝術家 Dance Artist

24.08.2019 | Sat | 5:30pm-7:30pm

Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$150

正價 Regular | HK\$180

即場 At-the-door | HK\$200

工作坊 Workshop | 120 分鐘 mins |

以廣東話主講 In Cantonese

舞蹈藝術家黃碧琪近年開始研究女性身體與情慾表達，並將之轉化成舞蹈語言。

在本節工作坊中，黃碧琪會運用研究與實驗成果，與參加者一同探索自己身體的私密性與可塑性，並引導大家將其轉化為一節即興舞蹈。

本工作坊適合任何希望探索感官、開拓對於身體的多元想像的朋友。讓我們一起來享受身體如水的流動！

*建議學員穿著舒適的運動衫褲

Local dance artist Pik-kei Wong has been researching on topics concerning gender, female body and sexuality, and ways of translating them into a new body language.

In this workshop, Pik-kei will guide the participants to explore the privacy and plasticity of their bodies, and transformed this body experiment into a structured dance improvisation.

This workshop is suitable for anyone who is interested in exploring their bodies. We invite you to this creative exercise to explore the possibilities of your body!

*Please wear comfortable clothes suitable for exercise.



如果上帝是女人：女性、信仰與宗教經驗 WOMAN IN RELIGION: AN INTER-FAITH CONVERSATION

黎明 博士 Dr. Minnie Li / 大學講師 University Lecturer

黃寶珠 Pearl Wong / 性神學社總幹事及「彩虹之約—共建同志友善教會」副召集人 *Queer Theologian*

卜莎崙 Grace Bok / 同志牧師 *Pastor of One Body of Christ Church*

Dr. Elizabeth LaCouture / 香港大學性別研究課程總監
Programme Director, Gender Studies, HKU

主持 Moderator

黃鈺瑩 Sonia Wong / 性別研究學者 Gender Studies Scholar

24.08.2019 | Sat | 5pm-7pm

Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

座談會 Panel Discussion | 120 分鐘 mins | 以廣東話及英語主講
In Cantonese & English

綜觀天主教、基督教、伊斯蘭教、猶太教、佛教等世界主要傳統宗教，我們發現，不管在經典教義、信仰內涵、教團權力結構、或者宗教日常生活的實踐規約中，女性通常都處於較低的地位；儘管如此，女性卻沒有因此卻步，甚至比男性更熱切於投身宗教信仰。

我們邀請到一眾性/別學者、女性主義者及酷兒神學家分享她們的宗教和信仰體驗，一起探討各大宗教當中的社會、文化和性別意涵。

本座談會適合任何對於宗教和性別有興趣的朋友參與。

When we look at the world's major religions such as Catholicism, Protestantism, Islam, Judaism, and Buddhism, we realize that despite the outward differences, their belief systems, dogmas, institutes and structures often entail the control and subjugation of women. Yet women are not deterred, some of them remain firmly religious, and made important contributions to their religions. What draws women to religion? In there a gender difference when it comes to faith? How do we negotiate gender and the often phallogocentric religions?

We have invited female believers, gender studies scholars, feminists, and queer theologians to share with us their experience of faith, and explore the social and gender implications of religion.

This panel discussion is suitable for anyone who wishes to know about different religions and reflect upon their own religious experience.



Benefit Cosmetics 呈獻 presents

DRAG JAMMING

DRAGJAM / Artist Collective

24.08.2019 | Sat | 8pm-10pm

Music Room @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$150

正價 Regular | HK\$180

即場 At-the-door | HK\$200

演出 Performance | 120 分鐘 mins | 以英語及廣東話演出
In English & Cantonese



變裝 (Drag) 是一種多元包容的藝術形式，顛覆既有的性/別規範，為每個人提供一個探索和表達自我的機會！ Women's Festival和推廣變裝藝術的本地團體 DragJam 合作，推出 Drag 體驗計劃，讓大家可以有機會親身體驗 Drag 的魔法！

經過一連串的舞蹈、服裝及化妝訓練及排練，參加者將在本節 Drag Jamming 表演活動中展示學習成果，齊齊化身最美最強大的變裝天皇后！

Drag is an inclusive art form that challenges gender and sexual norms, and empowers people to share Words, Emotions, and Talents! Women's Festival collaborates with local Drag activist collective Dragjam to organize a drag-jamming bootcamp for people to experience drag first-hand.

We proudly present to you this theme night with a variety of show acts that showcases their creative, beautiful and divine journey!

i AM AN
EXTRA-
LARGE!
WOMAN.

EXTRA-
LARGE!

我愛自己的身體：表達藝術治療工作坊

I LOVE MY BODY: OVERCOMING BODY ANXIETY WITH EXPRESSIVE ARTS THERAPY

馮穎茵 Winnie Fung Wing Yan / 註冊表達藝術治療師及註冊社工
Registered Expressive Arts Therapist & Registered Social Worker

25.08.2019 | Sun | 10am-1pm

Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$180

正價 Regular | HK\$200

即場 At-the-door | HK\$220

工作坊 Workshop | 180 分鐘 mins | 以廣東話主講 In Cantonese

女性的身體從小就受到社會的規訓和批評，令很多女生對於自己的身體充滿焦慮。表達藝術治療是一種融合視覺藝術、音樂、戲劇、舞蹈及文字創作等藝術媒介的治療模式，為參加者提供非語言的表達及溝通機會，透過藝術參與及創作達至身、心、靈治療效果。

是次工作坊邀請了註冊表達藝術治療師及社工 Winnie，透過不同的藝術媒介，為參加者提供安全和包容的空間與媒介抒發情緒及想法，協助大家舒緩情緒、探索自我、了解自己的想法及需要，從而轉化生命。藝術沒有對與錯，與我們的情緒和生命一樣，參加者不需要有任何藝術經驗或知識，只需要有一顆希望嘗試和對自己好的心。

我們邀請你來嘗試用顏色、身體、音樂接觸並更認識自己，好好享受創作帶來的歡樂。

*建議學員穿著舒適的運動衫褲

*本場次收入扣除成本全數捐助「明愛鈴蘭計劃 Project L」。

Women are trained to feel insecure about their bodies since they were little, by constantly being subjected to judgements and criticisms. Expressive arts therapy combines psychology and the creative process to promote emotional growth and healing. This multi-arts, or intermodal, approach to psychotherapy and counseling uses our inborn desire to create—be it music, theater, poetry, dance, or other artistic form—as a therapeutic tool to help initiate change.

Registered Expressive Arts Therapist and social worker Ms. Winnie Fung will be leading a workshop in which participants can express and explore their emotions, thoughts and needs through different forms of creative arts in a safe and inclusive space.

No prior knowledge and experience of arts is required, because there is simply no right and wrong in arts, emotions and life. As long as you are willing to try and find out more about yourself, we welcome you to this journey of exploration, expression, and healing through art!

This workshop is designed for those who want to embrace their bodies through arts.

*Please wear comfortable clothes suitable for exercise.

*All net proceeds go to Project L (Caritas).

獨家! 所以美! 形象分享會

UNIQUE! THUS BEAUTIFUL! IMAGE TALK

劉天蘭 Tina Liu / 著名形象顧問 Image Consultant

25.08.2019 | Sun | 12noon-1pm

Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$200

正價 Regular | HK\$220

即場 At-the-door | HK\$250

工作坊 Workshop | 60 分鐘 mins | 以廣東話主講
In Cantonese

香港著名形象顧問、時尚教母劉天蘭認為形象打扮是一門由「認識自我和設計」的學問，認識自我越清楚，認識設計越豐富，越知道自己的與別不同，越發美麗！

在這個分享會中，Tina 讓你認識自己的身形比例，幫你尋找配對美化的衣物廓形，更提點你如何為自己的穿衣風格定位，還會為現場幸運兒作形象點評！

Celebrated image consultant and style icon Tina Liu believes that personal image and styling is all about understanding and designing. The better you know yourself and the principles of design, the more you can celebrate your own unique beauty!

In this sharing session, Tina will introduce to the audience different body shapes and proportions, basic principles of mix-and-match to create flattering silhouette for your shape, and share hands-on tips for developing your own style! Last but not least, she will select lucky audience as case-studies to share practical styling tips! Don't miss the opportunity!



致富女生：小資女理財常識速成班 RICH GIRL: FINANCIAL INTELLIGENCE FOR WOMEN

黃倩文 Mandy Chan / 百萬圓桌會員 Dollar Round Table
(MDRT) member

25.08.2019 | Sun | 12noon-1pm
Music Room @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$80
正價 Regular | HK\$100
即場 At-the-door | HK\$120

講座 Talk | 60 分鐘 mins | 以廣東話主講 In Cantonese

現代女性越趨獨立，對生活及事業有抱負。Career girl比比皆是，擁有穩定收入，靠著自己的能力經營獨立自主的舒適生活。不過在寵愛自己之外，辛苦工作的成果都需要小心打理，才可以保障將來的生活，享受富裕人生！

是次講座邀請到財富管理顧問 Mandy 與我們分析理財規劃小貼士，學習如何管理開支、儲蓄投資，做個精明小資女！

Nowadays, most women have an ambition for life and career. We are able to earn our own wage, and live an independent life. We all want to pamper ourselves from time to time in a wise way, and take care of our hard-earned dollars at the same time. We wish to enjoy a prosperous life together!

We have invited Ms. Mandy Wong, wealth management consultant, to advise us on how to manage our income, savings and investment - and be smart with our hard-earned money!



從「自由西」說起：亂世中談愛慾與民主 TRUE LOVE, TRUE DEMOCRACY: LOVE, DESIRE, AND AUTONOMY IN A CHAOTIC TIME

何式凝 教授 Prof. Petula Ho Sik-ying / 性/別公義委員會
Gender and Sexual Justice in Action

游家敏 Carmen Yau / 殘障性權倡導者 disability-rights activist

徐沛筠 Pamela Tsui / 性/別公義委員會 Gender and Sexual
Justice in Action

主持 Moderator

黃鈺螢 Sonia Wong / 性別研究學者 Gender Studies Scholar

25.08.2019 | Sun | 2pm-3:30pm
Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$80
正價 Regular | HK\$100
即場 At-the-door | HK\$120

座談會 Panel Discussion | 90 分鐘 mins | 以廣東話主講
In Cantonese

言論與示威自由以外，身體與情慾自由往往是威權政府首要攻陷之處。「個人的即政治的」(The personal is political)，民主不只是一種政治制度，也是一種人與人之間的倫理關係和生活方式。我們可以如何重新想像愛情和情慾，讓民主精神成為親密關係的一部份，活出更多元的可能性？作為民主社會的公民，面對與自己的情愛觀不同的主流或小眾，我們又應如何自處和相處？

我們邀請到「性/別公義委員會」的何式凝教授及Pamela，以及殘障性權倡導者Carmen，在亂世中一起探討愛慾與民主！

本座談會適合任何對性、性別、情慾議題有興趣的朋友參加，歡迎大家一起來開拓情慾的多元性。

When we talk about freedom, the first thing that comes to mind would probably be freedom of speech or freedom of assembly. But what about autonomy of the body and gender, and democracy within intimate relationships? True democracy should be more than a mere form of government, but a mode of relationship and a way of life.

We invite you to join Prof. Petula Ho and Ms. Pamela Tsui from Gender and Sexual Justice in Action, and Ms. Carmen Yau, an advocate for sexual rights of the disabled community, in a conversation about the possibilities of love, desire and democracy in this chaotic time.

This sharing is suitable for anyone who is interested in sex, gender and sexuality!



婚姻我話事：如何草擬婚前協議書？

MARRYING ON YOUR OWN TERMS: PRENUP WRITING WORKSHOP

何敏怡律師 *Esther Ho* / 事務律師 *Solicitor*

25.08.2019 | Sun | 2pm-3pm

Music Room @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

講座 Talk | 60 分鐘 mins | 以廣東話主講 In Cantonese



大部分人認為只有有錢人才需要簽立婚前協議，但不論貧富，婚前協議其實是保障了婚姻雙方在婚前各自擁有的財產，例如單身時積攢的積蓄，也為雙方結為夫妻後可能共有的資產及子女日後財務支援事宜預先作出適當的安排。因此，簽訂婚前協議並不是出於不信任，而是未雨綢繆，減少日後可能由財富分配而產生的摩擦，減輕準夫妻的心理壓力。女生如何在進入婚姻前保障自己？草擬及簽訂婚前協議時有什麼需要注意？

何敏怡律師在是次講座裡面會帶領大家認識婚前協議，講解婚前協議的理念、原則和注意事項。簽署婚前協議雖然並不浪漫，但卻有助保障自己，也給予雙方保證，避免往後不必要的心痛和費用，著實是準新人必修的一課。

本講座適合準新人、已婚、或想更了解法律權益及保障朋友參與。

Most of us may think that prenups are only for wealthy people. However, prenups are actually useful for every couple as it can protect the financial rights of both parties in marriage, from personal savings to prior arrangements of financial support for their children should the marriage come to an end. Prenups are not romantic, but it can protect yourself and your partner, and avoid unnecessary heartbreaks and fees. How can women protect themselves before walking down the aisle? What should we pay extra attention to when drafting and signing prenups?

In this talk, matrimonial lawyer Esther Ho will introduce to you the rationales and principles of prenups, premarital agreement, and explain to you why drafting and signing prenups is not an act of distrust, but a sign of mutual care and respect.

This talk is designed for those soon to be married, already married or who want to understand more about law and rights.

On Air Collective X Levi's® 呈獻 presents

20-30-40：女性成長分享會

20S 30S 40S: SHARING & SOCIAL

一班獨當一面的女性 *A group of incredible women*

25.08.2019 | Sun |

2pm-3pm (sharing) | 3pm-4pm (social)

Kino & Kino Lounge @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$120

正價 Regular | HK\$150

即場 At-the-door | HK\$180

講座及交流 Talk & Social | 120 分鐘 mins |
以廣東話及英語主講 In Cantonese and English

20歲？30歲？40歲？大學畢業後感到迷惘？想在30歲時改變人生方向？40出頭，卻想重新出發？在個人成長和事業的路途上，往往充滿著各種「不明朗因素」令我們裹足不前：失敗的壓力，缺乏安全感，家庭、朋友和社會對我們的期望也不斷影響著我們的決定。

我們邀請了多位70後、80後、90後橫跨三個不同年代獨當一面的女性，與大家分享她們的成長與心路歷程，一起探索如何面對人生不同階段的轉變，活出「你想」和理想人生。

本講座適合任何想在事業或生活上更上一層樓的朋友參與，分享會後有一小時交流活動，讓參加者與分享嘉賓加深了解。在這路上你並不是孤軍作戰！

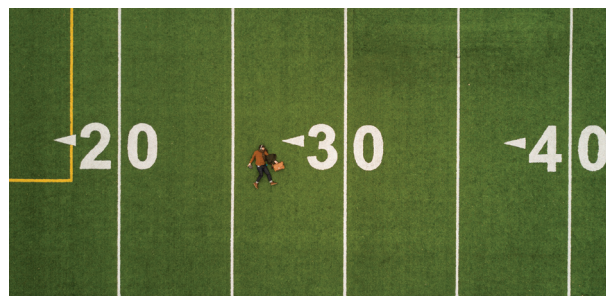
想了解更多關於嘉賓詳情，請上 womensfestival.hk 瀏覽。

Feel lost after graduation? Want to have change in life when you hit 30? Redefining your core values and life goals after 40?

We all have uncertainty about our personal growth and career path, frustrations of choices we need to make, failure that we need to face, stress and insecurities when comes to another stage of life. Family and peer pressure and society's expectations affect our decisions.

We have invited remarkable and yet relatable women from different age groups and backgrounds to share their stories behind their choices and mindsets. This talk is designed for anyone who wishes to take their career and life to the next level! Networking hour will be held after sharing for participants to connect with speakers and peers. You will realise that you are not alone, life is full of love and passion out there!

To know more about the speakers, please visit our website womensfestival.hk.



自信行先：職場個人形象經營秘訣 PERSONAL BRANDING AND PRESENCE FOR SUCCESS: A WORKSHOP

Karen See / {embrace} worldwide 創辦人 Founder of {embrace} worldwide

25.08.2019 | Sun | 4pm-6pm

Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$200

正價 Regular | HK\$220

即場 At-the-door | HK\$250

工作坊 Workshop | 120 分鐘 mins |
以英語主講 In English

女性在職場上普遍面對自信不足的問題，如果跨越心理障礙，令自己的事業更上一層樓？上普遍這個專為女性而設的活動會圍繞「自信」——女性的頭號障礙之一。

這個兩小時的工作坊會和大家討論自信不足的問題根源、建立自信的策略和貼士、自信如何讓你提升在辦公室內的影响力。我們相信，散發自信的女性是最美麗的！

本講座適合任何想在事業或生活上更上一層樓的朋友參與！

Designed for women, this event will focus on the number one barrier holding females back — self confidence. Confidence is an essential element of wellbeing, happiness and having a harmonious life because when we emanate self-belief and confidence, we are at our most powerful and most beautiful.

In this workshop, Karen will share with you the importance of confidence, and practical tactics and tips for you to be more influential.

This event promises to ignite your inner spark towards greater success. Don't miss it!



理財 BB 班：如何教孩子認識金錢 TEACHING YOUR KIDS ABOUT MONEY

Sarah Kee / FinKAB 兒童理財教育平台聯合創辦人
Co-Founder of FinKAB

25.08.2019 | Sun | 4pm-5:30pm

Music Room @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

講座 Talk | 90 分鐘 mins | 以廣東話主講 In Cantonese

小朋友的理財概念往往由家庭開始，但理財這一門學問，就連家長自己都未必懂得箇中哲學，更遑論要教導子女。眼見缺少本土兒童理財教學，兩位來自金融界的80後夫妻創立兒童理財教育平台 FinKAB，名字代表 Financial Knowledge、Attitude 和 Behaviour，即理財知識、態度和行為。他們希望透過教育，向兒童和家長分享理財心得，包括正確價值觀，從小糾正大眾的理財謬誤。

FinKAB的創辦人之一 Sarah 將會在是次講座中與大家分享她的理財心得和兒童理財教學的貼士，讓家長可以幫助孩子建立正確的價值觀，從小培育孩子的理財能力。

本講座適合家長、準父母及教育工作者參與。

The financial education always starts in the home, but not every parent is equipped to do it. Seeing that there is no financial education kit for local children, a young couple who used to work in the financial sector founded the FinKAB (Financial, Knowledge, Attitude and Behavior) platform to teach children about finance and money. Through educating the parents about money, and aim to popularize financial education, and help children develop healthy concepts of money and financial management skills.

We are pleased to invite Ms. Sarah Kee, one of the founders of FinKAB to share some tips and insights with parents on how to educate kids about money.

This talk is suitable for parents, parents-to-be, and teachers.





我不是菲傭：非凡女性分享

LARGER THAN LIFE FILIPINO WOMEN: A SHARING

姬素·孔尚治 *Crisel Consunji* / 演員、歌手、教育工作者及 *Baumhaus* 創辦人 *Actress, Singer, Educator & Co-founder of Baumhaus*

Liza Avelino / 登山運動員、勵志演講師 *Athlete & Motivational Speaker*

ShIELA TeBIA de ALDO / 菲律賓婦女團體 *Gabriela HK* 主席
Chairperson of Gabriela Hong Kong, the Alliance of Filipino Women

主持 Moderator

蔡潔琛 *Emily Tsoi* / Sally Coco Intimate Stylist

25.08.2019 | Sun | 4pm-5:30pm

Kino @ Eaton HK



早鳥 & 大愛價 *Early Bird & Community Ticket* | HK\$80

正價 *Regular* | HK\$100

即場 *At-the-door* | HK\$120

座談會 *Panel Discussion* | 90 分鐘 mins | 以英語主講
In English

菲律賓 + 女性 = ?

第一個在你腦海中閃過的詞語是什麼？如果我說答案可以是電影女主角、征服珠穆朗瑪峰的登山運動員和國際婦女團體主席，你會有什麼反應？

我們很榮幸邀請到憑著電影《淪落人》榮獲第38屆香港電影金像獎最佳新演員的姬素·孔尚治 (*Crisel Consunji*)、登山運動員 Liza Avelino 及菲律賓婦女團體 *Gabriela HK* 的主席 ShIELA TeBIA de ALDO 與我們分享。在這個座談會中，這三位傑出菲律賓女性將會分享她們的人生經驗和心路歷程，務求推翻香港人對菲律賓女性的刻板印象，告訴你她們在「菲傭」以外的無限可能！

*本場次收入扣除成本全數捐助「白恩達女移民工庇護中心」。

Unfortunately, many Hongkongers still holds stereotypical impressions against Filipino Women, and this panel is all about confronting these stereotypes.

We are honored to have with us actress, singer and educator Crisel Consunji who won "Best New Performer" at the 38th Hong Kong Film Awards, Liza Avelino, mountain climber, domestic worker and inspirational speaker, and ShIELA TeBIA de ALDO Chairperson of Gabriela Hong Kong, the Alliance of Filipino Women, to share with you their work and their life stories, and to confront the misconceptions and injustices surrounding migrant works, race, and gender!

*All net proceeds go to Bethune House Migrant Women's Refuge.

On Air Collective 呈獻 presents

企業「媽」：女性企業家分享會

MOM-TREPRENEUR: MOTHERS AS BUSINESS WOMEN

周寶麗 Sandra Chow / NAILME Founder 創辦人

余思欣 Sharon Yu / PhiDerma Aesthetics Centre Ltd.
Founder 創辦人

李婉芝 Utah Lee / Nike master trainer 菁英教練

鄭心怡 Selina Kong / The Big Things HK Founder 創辦人

主持 Moderator

朱顯廷 Justin Chu / 自由身藝術及性教育工作者
Independent Art & Sex Educator

25.08.2019 | Sun | 6pm-7:30pm

Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$120

正價 Regular | HK\$150

即場 At-the-door | HK\$180

座談會 Panel Discussion | 90 分鐘 mins |

以廣東話主講 In Cantonese

現今社會一方面鼓勵女性追求事業，但另一方面又以家庭壓力逼使她們回家照顧孩子，無數女性辛辛苦苦打拼得來的事業就此白白斷送。是企業家同時又是媽媽的一眾企業「媽」是如何在事業與家庭之間如何取捨？我們邀請到企業「媽」周寶麗、余思欣、李婉芝、鄭心怡在是次工作坊中分享她們的創業經驗，並支持其他準媽媽和媽媽們去追尋屬於自己的夢想！

本講座適合任何想在事業或生活上更上一層樓的女性參與！

*本場次收入扣除成本全數捐助「婦女動力基金」。

Nowadays women are encouraged to pursue a career, but in the end family pressure triumphs, forcing many to return home and take care of their children, putting an end to their hard earned achievements. How do 'mom-trepreneurs' - 'mom' who are also 'entrepreneur' — manage their career?

This workshop is a platform for our momtrepreneurs Sandra Chow, Sharon Yu, Utah Lee and Selina Kong to share their experiences, to support other moms-to-be and moms who have a dream to pursue!

*All net proceeds go to HER Fund.



Womanizer & We-Vibe 呈獻 presents

黑暗中的性對話：私密故事分享及演出

SEXTIME STORY: SHARING AND PERFORMANCE

舞蹈演出 Dancer

黃碧琪 Rebecca Wong Pik-kei / 舞蹈藝術家 Dance Artist

現場音樂演出 Live-Music Performance

黑鬼 Hakgwai Lau / 自由音樂人 Multi-instrumentalist

統籌 Co-Ordinator

周穎琳 Anna Chow / Intimate Stylist

25.08.2019 | Sun | 8:15pm-10pm

Kino & Kino Lounge @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$150

正價 Regular | HK\$180

即場 At-the-door | HK\$200

分享及演出 Sharing & Performance | 120 分鐘 mins |

以廣東話及英語主講 In Cantonese & English

每人都有屬於自己的回憶，或關於身體，或關於慾望情愛。回憶若有抒發的出口，便成故事。

SexTime Story 邀請了數位想說故事的人，在黑暗中分享自己的故事，題材圍繞情慾/性/身體。每一節分享後將會由舞蹈藝術家黃碧琪作即興舞蹈演出，配合本地音樂人黑鬼的即興演奏，將故事凝煉為創作，把情慾轉化為藝術。

本工作坊歡迎所有年齡、能力、性別和性傾向人士，讓我們一起探索、發現和讚頌生而為人的複雜與美好。

This seminar is for women of all ages and stages of life to discover, explore and celebrate what it is to be a woman — and in particular — what it is to be a sexual woman!

When memories are being told, they become stories to share. We have invited our SexTime Story Tellers to share their stories in the dark. There are memories about sex, body, love and pleasure. Dance artist Wong Pik Kei and musician HakGwai Lau will respond to each sharing by dance and music improvisation. The collaboration of arts and words provide a platform to celebrate sexuality and pay tribute to your past self.

The performance will last for one hour, followed by a private and intimate sharing session afterwards for everyone to share their own stories.

We welcome people of all genders, ages, abilities, and orientations, to explore the joy and beauty of being!



迎難而上：女影短片精選

WHAT DOESN'T KILL YOU MAKES YOU STRONGER: SHORT FILMS COLLECTION

27.08.2019 | Tue | 8pm-10pm
Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65
正價 Regular | HK\$80
即場 At-the-door | HK\$100

電影放映及座談會 Screening & Talk
| 映後座談會以廣東話及英語主講
Post-Screening Talk in Cantonese and English

女影香港為大家搜精選了一系列由女性電影人主導、關於逆境與挑戰的短片，包括以幽默可愛的方式呈現如何與痛苦共存的法國真人動畫《生活石境秀》、紀錄本地跨性別人士小強生命故事的《假若我有靈魂》、美國網絡名人 Anna Akana 的自傳式動畫短片《Dolor》、本地導演 Nicola Fan 根據本地邊緣少女真人真事改編的得獎作品《大家姐》以及《地厚天高》導演林子穎的新作《全部都係雞》。

我們更邀請到各短片的導演、演員及監製出席座談會，分享電影背後的故事和製作過程！

Reel Women Hong Kong has curated a series of inspiring short films about facing and overcoming challenges. The Little Stones is a French animation to show how to coexist with the pain in a fun way; Kaspar X is a documentary by local trans-activist Kaspar Wan about his journey of transition; Dolor is an auto-biographic stop-motion animation by American actress and influencer Anna Akana; Lil' Tiger is an award-winning by local director Nicola Fan, based on real events, and Dir. Nora Lam's new short film Call Girl And The Pimps.

We have invited the directors, cast, and producers to come and share their creative process and the stories behind these films.

香港首映 Hong Kong Premiere

生活石境秀 The Little Stones

導演 Director: Chloé Mazlo | 2013 | 法國 France | 15 分鐘 mins | 動畫 Animation | 法文字卡，附有中文字幕 French intertitle with Chinese Subtitles

Chloe 的胃痛一直無法緩解，她先求助於朋友、家人，但看來每個人都有自己的問題、自顧不暇……究竟 Chloe 的神秘痛楚從何而來？本片榮獲 2015 年法國凱撒電影獎「最佳動畫短片」獎，及 2014 年法國楓丹白露短片影展「創意大獎」。

Chloe is a young woman who leads a small and happy life, letting her be happily by the things of life...with a certain nonchalance. But visceral physical pain makes her bend little by little. Where does this mysterious illness come from? Will Chloé succeed in getting rid of it? This creative animation won the César Awards for "Best Animated Short" in 2015.



假若我有靈魂 Kaspar X — If I had a soul

導演 Director: 溫澤仁 Kaspar Wan | 監製 Producer: 石晶瑩及溫澤仁 Sophia Shek and Kaspar Wan | 2015 | 香港 Hong Kong | 24 分鐘 mins | 紀錄片 Documentary | 廣東話，附有中英文字幕 Cantonese with Chinese and English Subtitles

透過小強和家人、朋友及與神的交談，紀錄導演溫澤仁（小強）尋找內在真我、而最終發現自己為一個跨性別男生（跨仔）的心路歷程。

If I had a soul is a short film that follows Kaspar's personal journey through his conversations with his family, his friends and with God, as he connects with his inner self and comes to terms with being a trans-man.



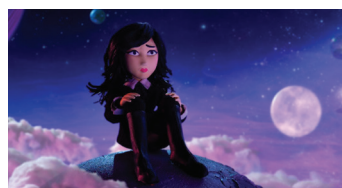
香港首映 Hong Kong Premiere

哀悼之旅 Dolor

導演 Director: Anna Akana | 2019 | 美國 USA | 5 分鐘 mins | 動畫 Animation | 英語字幕 English Subtitles

面對自己的妹妹離世，一個女孩經歷了七個階段去跨越悲傷失去至親的悲傷。

A girl chases death through the 7 stages of grief to try and save her lost sibling.



大家姐 Lil' Tiger

導演 Director: 范嘉恩 Nicola Fan | 監製 Producer: 石晶瑩 Sophia Shek | 2018 | 香港 Hong Kong | 16 分鐘 mins | 劇情 Fiction | 廣東話，附有中英文字幕 Cantonese with Chinese and English Subtitles

由真人真事改編，面對生活種種混亂的處境，三位少女如何渡過不平凡的一天？香港這片土地，又能否讓你看到明天？

Lil' Tiger tells the story of a teenage girl's first day out of juvenile detention centre in Hong Kong. How does she negotiate with her surroundings which she has little control over?



全部都係雞 Call Girl and the Pimps

導演 Director: 林子穎 Nora Lam | 2019 | 香港 Hong Kong | 29 分鐘 mins | 劇情 Fiction | 廣東話，附有中英文字幕 Cantonese with Chinese and English Subtitles

年少輕狂或許不知地厚天高，然而，世故老練亦不見得有多好。援交少女被捕，顧客中任律師的教她利用制度盲點，在感化官面前上演一幕「改過自新」的戲碼，留個好印象，以博取輕判，避過入獄。她對感化官說盡謊言，也許是為了蒙混過關，也許不……少女的荒唐經歷，是對那教人嘔吐窒息的成人世界的控訴。《藍天白雲》女主角梁雍婷，化身茫然迷失且內心脆弱的援交少女，為當今年輕一代吐一口悶氣。

Call girl Ruby dates men for pay. Arrested, she seeks help from a lawyer client. He advises her to seek letters of mitigation from people with high social status, and to play along with the probation officer. By performing an act of penitence, Ruby may be given a more lenient sentence. The lies she tells the officer, initially mere tales to solicit sympathy, slowly reveal a heartbreaking story of someone let down by adults all her life.



香港首映
Hong Kong Premiere

尋找乳房 BODY TALK

28.08.2019 | Wed | 8pm-10pm

Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

電影放映及座談會 Screening & Talk |

映後座談會以廣東話主講 Post-Screen Talk in Cantonese

陳芯宜 Singing Chen | 2018 | 台灣 Taiwan | 82 分鐘 mins |

紀錄片 Documentary | 國語，附有中英文字幕 Mandarin with Chinese and English Subtitles



這是我的身體嗎？我是誰？作為精神與意念的載體，女人的身體，如何在每一個生命片刻間，與外在於自己的一切，拉扯、推擠、碰撞、交融？身體看似追著人心，只是皮囊或工具，但它確實擁有著記憶。累的身體、傷的身體、病的身體、胖的身體、看得見與看不見的身體、孕育生命的身體、衰退老化的身體……，妳認真看過自己的身體嗎？關於妳的事，埋藏在毛髮之間、皮膚肌理的深處、五臟六腑內裡，或者，在那上千萬條神經之中。無論妳是否已經遺忘，身體都記得。

本片採訪近三十位女性，以群像訪問內容穿插於片中各個段落，隱性地談論「生、老、病」的身體與生命歷程，透過她們的對話，看見不同的女性身體經驗，如同女性間的悄悄話、對話，呈現陰性與流動的調性。

Body Talk is a documentary that explores how women of different ages experience, endure, and live with their bodies. A diverse group of women are invited to talk about their experience with the female body as they spiral through childhood, puberty, pregnancy, childbirth, illness, and aging in a series of intimate interviews. The gender roles and systematic standards forced on women's bodies often result in body-anxiety and self-hating, yet in spite of these negative emotions and associations with their bodies, these women also talk about the immense wonder and beauty they've experienced.

By putting these personal and private conversations about taboos, pain, joy, and all the complex emotions these women and girls have about their bodies in the open, the film aims at starting a conversation about gender, power, and love.

亞洲首映
Asian Premiere

我的豪爸爸 GO BACK TO CHINA

29.08.2019 | Thu | 7pm-9:30pm

首映酒會 Gala Premiere Reception | 7pm

放映及座談會 | 7:30pm-9:30pm

百老匯電影中心 Broadway Cinematheque

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

首映禮、電影放映及座談會 Gala Premiere, Screening & Talk |
映後座談會以英語及廣東話主講 Post-Screen Talk in English
& Cantonese

丁怡瑱 Emily Ting | 2019 | 美國 USA | 95 分鐘 mins | 劇情片
Fiction | 英語, 附有中英文字幕 English with Chinese and
English Subtitles



美籍華裔導演丁怡瑱的半自傳新作《我的豪爸爸》以笑中有淚的方式講述一個兩代溝通和個人成長的故事。

富二代 Sasha (Anna Akana 飾演) 含著金鎖匙出世, 自小靠著父親的信託基金在美國獨自過著奢華的生活。但好境不常, 長年在中國工作的父親 (吳耀漢 飾演) 一天突然中斷了對她的經濟支持, 更迫 Sasha 回到內地, 在家族經營的玩具工廠工作。雖然 Sasha 起初一心只為要重新得到父親的財政支持, 但這趟旅程竟然為她的生命帶來意想不到的改變: 她慢慢與本來疏遠的家人重新連結、更在過程中認識自己……

《我的豪爸爸》今年在 SXSW 電影文化藝術節首映, 大獲好評, Women's Festival 有幸為電影舉辦亞洲首映, 更邀得電影的演員、監製及製作人員出席首映, 與大家分享創作歷程, 萬勿錯過!

When spoiled rich girl Sasha Li (Anna Akana) blows through half of her trust fund, she is cut off by her father (Richard Ng) and forced to go back to China and work for the family toy business. What begins simply as a way to regain financial support soon develops into a life-altering journey of self discovery. Sasha not only learns the business from the ground up, but also learns to reconnect with her estranged family.

Premiered at SXSW this year, *Go Back to China* is a hilarious, heartfelt, and compelling portrait of what happens when today's Millennial culture clashes with the old school, hard working values that families around the world have continued to instill and pass down.

We are honored to be hosting the Asian Premiere of *Go Back to China*, and the producer, cast, and crew of the film will be joining us at the Gala Premiere to share with us their creative journey! See you there!

I AM A
DIVINE!
WOMAN.

夠「薑」女天然面膜工作坊

VERY GINGER: A NATURAL DIY FACE MASK WORKSHOP

夠薑女 Teresa / 好夠薑創辦人 Co-founder of Very Ginger

30.08.2019 | Fri | 12noon-1pm

Music Room @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$100

正價 Regular | HK\$120

即場 At-the-door | HK\$150

工作坊 Workshop | 60 分鐘 mins | 以廣東話主講 In Cantonese

薑黃是美白和抗發炎的天然材料，當中的薑黃素被證實有抗氧化和抗發炎等好處。

《好夠薑》源自好山好水的荔枝窩，夠薑女 Teresa 將教導參加者如何以此地出產的生態薑黃製作天然面膜，然後邀請大家一同合上眼睛，一邊敷 Mask，一邊在輕鬆環境下由夠薑女聲音導航，帶你用耳朵欣賞荔枝窩的天然美景，享受一個放鬆、回饋皮膚的中午小休。

參加者可帶走好夠薑護膚小禮物，回家繼續滋養皮膚、呵護自己！

Turmeric, a natural ingredient with whitening and anti-inflammatory properties. Curcumin in turmeric is proven a strong antioxidant and anti-inflammatory.

Very Ginger is a local brand rooted in a remote yet unpolluted village called Lai Chi Wo, let's DIY a natural whitening and anti-inflammatory facial mask together with our environmental friendly turmeric grown there. Close your eyes, enjoying a facial mask party and we will lead you to experience Lai Chi Wo through an audio journey.

You could take away a small skin care gift from Very Ginger and continue the journey at home!



DIVINE!

Elvie 呈獻 presents

由內而外的力量：盆骨底肌肉瑜伽訓練班 POWER FROM WITHIN: STRENGTHENING YOUR PELVIC-FLOOR MUSCLES WITH YOGA

盧彥婷 Stella Lo / 專業瑜伽導師 Certified Yoga Instructor

30.08.2019 | Fri | 12noon-1pm

Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$100

正價 Regular | HK\$120

即場 At-the-door | HK\$150

工作坊 Workshop | 60 分鐘 mins | 以廣東話主講 In Cantonese

本工作坊由專業瑜伽導師 Stella 教授，集中鍛鍊對女性健康至為重要的盆骨底肌肉。盆骨底肌肉由恥骨向後伸展至尾龍骨，分3部分圍繞著尿道、陰道和直腸。盆骨底肌肉鍛鍊能防止或改善因生產或年齡增長而導致的膀胱、子宮或腸下垂，對於減少因壓力、咳嗽、打噴嚏或跳動所引起的小便滲漏亦非常有效。最重要的是，鍛鍊盆骨底肌肉有助增加陰道肌肉張力，讓不同年齡的女性都能更自在地享受親密接觸。

在一小時的課程中，導師會循序漸進地教授瑜伽的體能技巧、呼吸與伸展技巧、及針對盆骨底肌肉健康的瑜伽動作。透過練習，參加者將會學習如何鍛鍊深入至內在的核心肌肉，在提高我們對於肌肉的控制同時強化肌肉，從而改善盆骨底肌肉健康。

此課程適合任何程度人士，特別歡迎曾經生產、更年期及樂齡女性參加。

*建議學員穿著舒適的運動衫褲

*瑜伽練習適宜空腹進行，所以請盡量在工作坊開始前2-3小時停止進食。

*記得在課前和課後補充水分。

Yoga improves our sexual health by teaching us how to inhabit our bodies, which is really just an abstract way of saying that we become familiar with the most intricate parts of our anatomy, all the way down to those internal core muscles.

In this session, certified Yoga Instructor, Stella Lo teaches stretching and strengthening techniques, with a special focus on Pelvic-floor Muscles which are vital to the well-being of women of all ages!

This workshop is suitable for people of all ages, and mothers and mature ladies are especially welcomed!

*Please wear comfortable clothes suitable for exercise.

*Yoga is best enjoyed on an empty stomach, so eat lightly or not at all for 2-3 hours before.

*Stay hydrated.



Womanizer & We-Vibe 呈獻 presents

人人甜故：情慾書寫工作坊 I AM ABLE TO DESIRE: WRITING YOUR SEX STORIES

游家敏 Carmen Yau / 殘障性權倡導者及糖粒甜故作者 Activist & Writer of "Sugar's XXX Stories"

30.08.2019 | Fri | 5pm-630pm

Kino Lounge @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$100

正價 Regular | HK\$120

即場 At-the-door | HK\$150

工作坊 Workshop | 90 分鐘 mins | 以廣東話主講 In Cantonese



腦癱詩人余秀華被稱為中國的艾米麗·迪金森 (Emily Dickinson)，她的成名詩《穿過大半个中國去睡你》坦誠地面對自己、殘疾及情慾熱望。她過去的41年生命中只是位殘疾農婦，大部分時間都住在一棟磚房農舍裡，門前有樹，周圍是麥田池塘，她寫下了一篇又一篇解放了自己、身障者以及女性的作品，表達了一個主動「睡」別人的女性聲音。

任何人都說有說故事的能力，但創意由何而來？如何開始寫呢？糖粒甜故的作者游家敏跟你分享寫甜故及講故事的力量。

本工作坊適合任何希望開拓自己情慾想像的朋友。

*本場次收入扣除成本全數捐助「香港女障協進會」。

Yu Xiuhua is a Chinese poet with cerebral palsy, (aka, the "Chinese Emily Dickinson"). Her poem "I Crossed Half of China to Sleep with You" was a confession of herself, her disabilities and her deepest desires. For the past 41 years, she was a village woman with disabilities, spending most of her time at her brick house in farm with trees in the yard, surrounded by wheat field and fish pond. Despite of living a simple life in the small village, her work liberates herself, people with disabilities and women. Her work echoes with the voice of women and desires of taking an initiative to "sleep" someone.

We believe that everyone has a story to tell. But where does creativity come from? How to start? Writer of "Sugar's XXX stories", Carmen Yau, will share the power of erotica and storytelling.

This workshop is suitable for anyone who wishes to enrich their sexual imagination.

*All net proceeds go to Association of Women with Disabilities Hong Kong.



Benefit Cosmetics 呈獻 presents

女神速成班：非日常彩妝工作坊

YOUR GODDESS MAKEOVER: NOT YOUR EVERYDAY MAKE- UP WORKSHOP

Maki Ho / Benefit Cosmetics 首席化妝師 Benefit Cosmetics
Brow & Make-up Artist

30.08.2019 | Fri | 5pm-6:30pm

Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$200

正價 Regular | HK\$220

即場 At-the-door | HK\$250

工作坊 Workshop | 90 分鐘 mins | 以廣東話主講 In Cantonese

日日都係個返工妝，但呢個係咪你真正既自己呢？學女神欣宜話齋：「你是女神 / 不要為俗眼收斂色彩 / 你是女神 / 不要被下價的化妝掩蓋」如果俾你揀，你又會化個咩妝呢？

Benefit Cosmetics 首席化妝師 Maki Ho 會運用化妝技巧，幫助大家把內在女神呈現出來！

本工作坊適合希望以化妝表現真我的你！

We wear make-up everyday for work, but is this how we really want to look? As the lyrics goes "Shining bright like a diamond/ We're beautiful like diamonds in the sky", if you can choose any make-up look you like, what would it be?

Benefit Cosmetics Brow & Make-up Artist Maki Ho will teach you the essential make-up techniques to create the make-up look of your dream!

This workshop is suitable for anyone who wishes to take their make-up to the next level!

NailMe 呈獻 presents

告別手殘：DIY 美甲工作坊

NAILED IT: A DIY MANICURE WORKSHOP

周寶麗 Sandra Chow / NailMe 創辦人 Founder of NailMe

30.08.2019 | Fri | 7pm-8pm

Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$200

正價 Regular | HK\$220

即場 At-the-door | HK\$250

工作坊 Workshop | 60 分鐘 mins | 以廣東話主講 In Cantonese

不少女生都喜歡美甲，但美甲的技巧看似難以掌握，而市面上的美甲產品也往往含有對身體和環境有害的化學品。本地美甲品牌 Nail Me 的座右銘是「NOURISH ME . NURTURE ME」，一直致力為顧客提供天然的產品及貼心的服務。

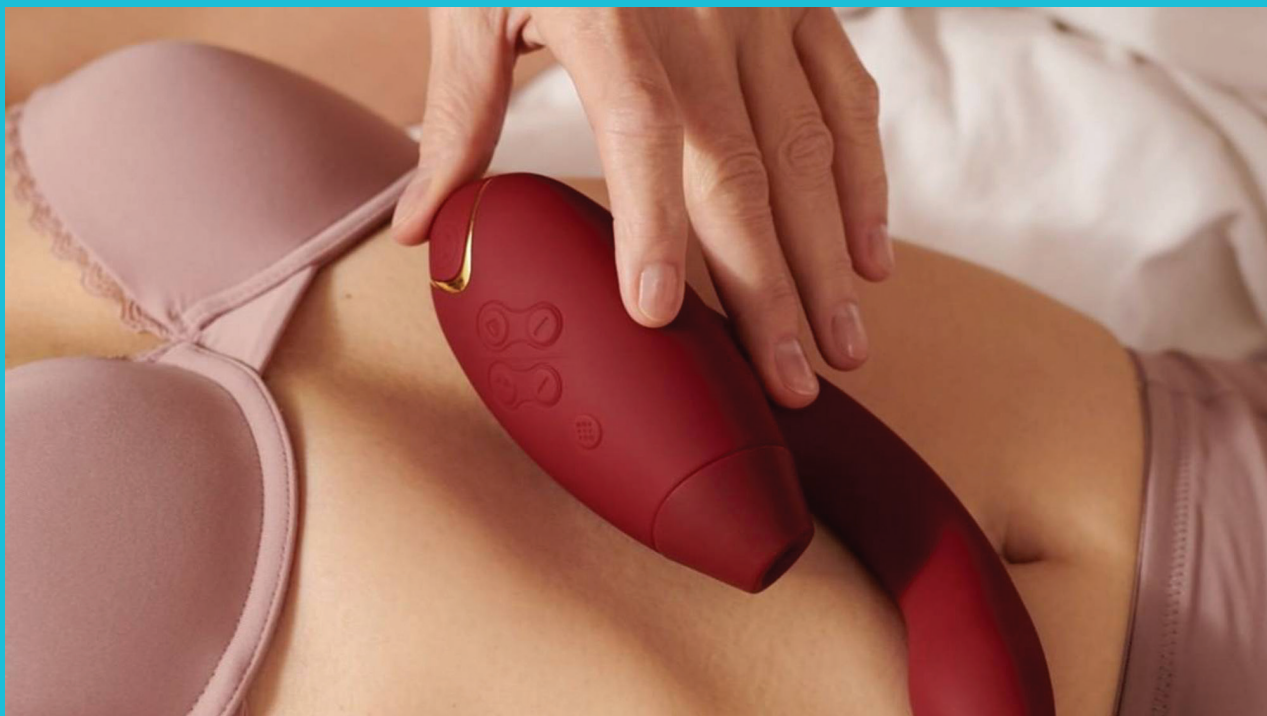
在這個工作坊中，我們將會介紹基本的手部及足部護理、最新的美甲趨勢及天然環保的指甲護理產品。Nail Me 的專業美甲師會以不含七大有害致癌物質的甲油 (7-Free Vegan Nail Polishes) 示範一些基本美甲技巧及款式，每位參加者更能獲得一套修甲工具，回家實踐學習成果！

"A girl without beautiful nails is like a night without stars."

Manicure is the standard beauty routine of many women, yet manicure techniques seems difficult to master at home, and many nail products on the market contain chemicals that are harmful to the body and the environment. The motto of NailMe is "Nourish Me. Nurture Me" — Dedicated to combine beauty with health and eco-consciousness, NailMe continues to introduce more natural, and environmentally-friendly products to our customers.

In this workshop, we are going to introduce basic hand and feet treatment, some natural nail care products and how we can do better manicure at home. We will also talk about the latest nail art trend and demonstrate some DIY nail art using 7-Free Vegan Nail Polishes. Last but not least, each participant will get a set of surprise manicure tool to bring home!





Womanizer & We-Vibe 呈獻 presents

燃點「性」火：如何提昇性愛生活

SPARK YOUR SEX LIFE WITH WOMANIZER

呂穎恒 Vera Lui / Sally Coco 創辦人及性教育工作者
Founder of Sally Coco Intimate Lifestyle Store & Sex Educator

30.08.2019 | Fri | 7pm-8:30pm

Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$200

正價 Regular | HK\$220

即場 At-the-door | HK\$250

工作坊 Workshop | 120 分鐘 mins | 以廣東話主講 In Cantonese

我們都曾唱過「情場裡比賽，猶如世界盃」，但相處時間長了，性愛的次數卻真的少得如世界盃一樣，4年才一次？其實愛情和傳聖火一樣，需要互相接力和良好溝通。在這 90 分鐘的工作坊上，Vera 將首先教大家認識自己的身體、探索情慾、享受快感，然後分享她和丈夫在婚姻生活中，如何繼續情慾探索之旅，更重要是加強大家的溝通技巧，例如：提出自己的慾望、重新燃點性愛的熱情，讓你不再懼怕向伴侶傳遞「性」火！所有參加者更將獲贈一部 Womanizer The One 體驗式陰蒂按摩器，讓你重新掌握自己的性福！

本工作坊歡迎所有年齡層的女性，讓我們一起探索、發現和讚頌女性情慾。

Are you worried about a long term relationship from growing cold? We need to communicate our sexual desires to our partners in order to keep it alive. In this 90 mins seminar, Vera will teach how we can pleasure a female body, and exercises that can enhance our sexual pleasures. She will also share how to maintain pleasure exploration in marriage journey such as enhancing your communication skills and rekindling your sex passion. A complimentary Womanizer The One 30-mins Clitoral Suction Vibrator will be given to all participants to bring the session home!

This seminar is for women of all ages and stages of life to discover, explore and celebrate what it is to be a woman - and in particular - what it is to be a sexual woman!

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THE FUTURE IS WOW



SMART
SILENCE



AUTOPILOT



PLEASURE AIR™
TECHNOLOGY

womanizer™

— THE ORIGINAL —



命運自主：玄學愛情指南

DIVINE INTERVENTION: CREATE YOUR OWN DESTINY THROUGH FENG SHUI LOVE HACK

Thierry Chow / 風水師 Feng Shui Designer

30.08.2019 | Fri | 7pm-8:30pm

Kino Lounge @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$150

正價 Regular | HK\$180

即場 At-the-door | HK\$220

講座 Talk | 90 分鐘 mins | 以廣東話主講 In Cantonese

Thierry Chow, 新世代風水師, 兼具美術與時裝觸覺, 職業主要是為客人從生活、家居細節做調整去改變該地方的氣場。

是次工作坊內容是透過跟參與者互動, 一起學習如何從衣服及飾物配搭去改善個人氣場和運程, 同時也會分享如何在辦公室、家居佈置去營造一個適合自己的環境, 由生活細節開始, 掌握愛情命運。

其著作《Love & Fate 愛情玄學指南》更於工作坊完結時有售, 讓大家可以輕鬆把所學的帶回家!

Thierry Chow is a Feng Shui Designer who combines Feng Shui with art, fashion, and environmental science. She helps her clients with practical advice on improving their energy and fortune through clothes, accessories, home and office decoration, and other little details in their daily routine.

In this workshop, Thierry would share with the participants tips on how to enhance their love luck with Feng Shui. Thierry's book "Love & Fate: A Feng Shui Guide" would also be available for sale at the end of the workshop to help bring it home!

香港首映 Hong Kong Premiere

呢班修女太瘋狂 BREAKING HABITS

30.08.2019 | Fri | 9pm-11pm

Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

電影放映及座談會 Screening & Talk |

映後座談會以廣東話主講 Post-Screen Talk in Cantonese

導演 Director: Robert Ryan | 2019 | 英國 UK | 87 分鐘 mins |

紀錄片 Documentary | 英語・附有英文字幕 English with English Subtitles

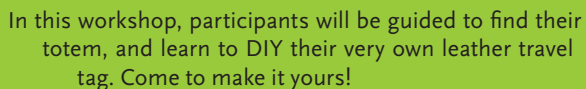


在大麻仍未完全合法化的加州，一群修女在小鎮默塞德上經營著一個大麻農場。她們深信大麻的治療功效，成立合作社製造藥物，用以治療從癲癇到癌症的各種疾病。當地的執法機構視她們為眼中釘，販毒集團對她們的業務虎視眈眈——凱特修女如何帶領這班反叛的修女對抗來自四方八面的批評與攻擊？

In the town of Merced, California, a commune of activist nuns run a cannabis farm. They use it to make medicine for everything from epilepsy to cancer, fighting against the authorities, the sheriff and local cartels. This is the story of Sister Kate, the Weed-Growing Nun.



ALIEN!



就是她：設定完美女機械人寫作工作坊 HER: CREATING THE FEMALE ROBOT OF YOUR DREAMS

俞若玫及徐世琪 Cally Yu & Angela Su / 暗流體 Dark Fluid

31.08.2019 | Sat | 2pm-4pm

Music Room @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$100

正價 Regular | HK\$120

即場 At-the-door | HK\$150

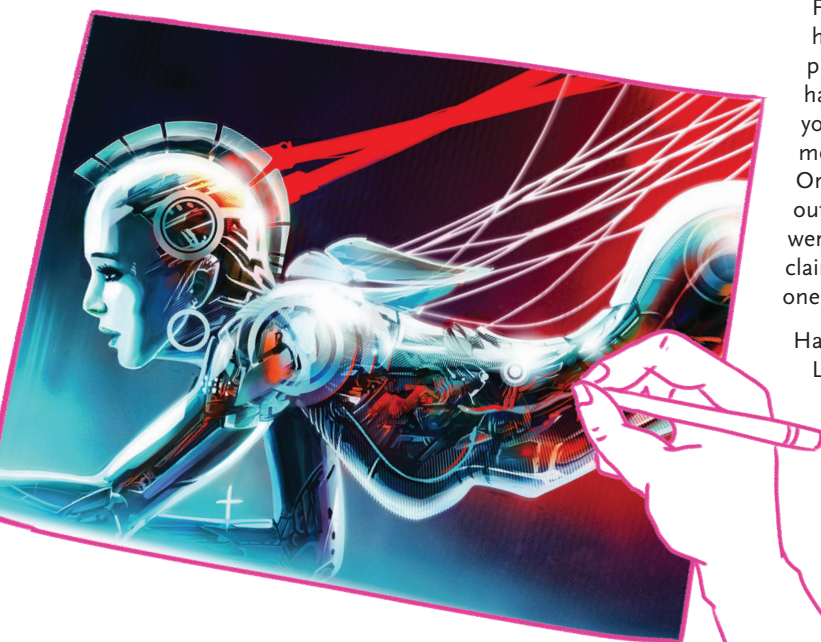
工作坊 Workshop | 120 分鐘 mins | 以廣東話主講 In Cantonese

甚麼是「完美」？當「完美」遇上「女機械人」，會造成怎樣的化學反應？如果科幻小說是烏托邦及反烏托邦的再現，也是對未來的考古，女性角色可以有怎樣的突破？你會如何設定完美的女機械人？透過拓展 Donna Haraway 的 Cyborg，我們可會創造出有性別意識的人工智能？

暗流體的藝術家俞若玫及徐世琪誠邀大家一起快樂想像。

What is “perfection”? What would come to your mind if the terms “perfection” and “(female) robot” are put side by side? Do robots have gender? If science fiction is a space for utopian imagination or dystopian tales, can we reimagine what “women” means in the near future? How would you programme this perfect female robot? Will we be able to create a gender-conscious AI?

Drawing inspiration from Donna Haraway's notion of Cyborg, we invite you to join us in this creative writing workshop to reimagine humanity, technology, and gender!



經血十萬個為什麼

MENSTRUAL MYTHS, FACTS, AND HACKS

中山和泉 博士 Dr. Izumi Nakayama /
性別歷史學家 Gender Historian

簡麗姬 Olivia Cotes-James / LUÜNA 裸月創辦人 Founder and
CEO at LUÜNA naturals

31.08.2019 | Sat | 12noon-130pm

Kino Lounge @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$100

正價 Regular | HK\$120

即場 At-the-door | HK\$150

講座 Talk | 90 分鐘 mins | 以英語主講 In English

填充題：「月經_____是真的嗎？」請在橫線上填上你曾經想過聽過的任何疑問。

坊間充斥着有關（理應是）定期來訪的月經的迷思和誤解：但你有沒有聽過中世紀的歐洲男性會藉着自殘去「製造」經血？又有否聽過 20 年代的美國科學家曾經嘗試從經血提煉毒藥？你知不知道沖繩的女祭司在月經期間的能量是最強大的？還有些女性聲稱她們能夠一次過排清所有經血，一了百了？

對於每月陪伴你的月事用品，你又認識幾多：你試過閱讀 M 巾和棉條包裝上的成份嗎？你有用過月經杯嗎？世界上還有幾多其他你聞所未聞的月經用品嗎？除了染污床單外，經血還可以有甚麼用途呢？

想知道答案嗎？這個工作坊將會由古到今，解答月經的「十萬個為什麼」！

“Is it true that...?”

Fill in the end of the sentence with any question you have about menstruation. For something that happens pretty frequently to lots of people, there's tons of myths, half-facts, and unknowns about our menstruation. Did you know, for example, that some medieval European men used to cut themselves to imitate menstrual blood? Or that a 1920s American scientist tried to create poison out of it? Did you know that Okinawan female shamans were most powerful while bleeding, and some women claimed that they could expel their menstrual blood all in one go?

Have you ever dissected a sanitary napkin? Or a Tampon? Looked at the small print and wondered what those chemicals? Ever try a menstrual cup? Ever wondered what people used to use before? Ever wonder what we can do with menstrual blood?

Come join us for some historical and contemporary “WTFs” as well as thinking about ongoing and intersecting issues of menstruation, social justice, and sustainability.

願妳的國降臨：女性與社會變革

MAY OUR QUEENDOM COME: WOMEN CLAIMING THE REVOLUTIONS

羅寶璣 Katherine Lo / 逸東酒店總裁及社會運動推動者 *Social Advocate & Founder of Eaton Workshop*

苗博雅 Miao Poya / 同志運動倡議者及台北市議員 *LGBT activist and Taipei City Councilor*

袁嘉蔚 Tiffany Yuen Ka-wai / 議員助理及地區工作者 *Legislative Assistant & Community Worker*

何潔泓 Willis Ho / 記者 *Journalist*

主持 Moderator

中山和泉 博士 Dr. Izumi Nakayama / 性別歷史學家 *Gender Historian*

31.08.2019 | Sat | 2:30pm-4:30pm

Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$100

正價 Regular | HK\$120

即場 At-the-door | HK\$150

座談會 Panel Discussion | 90 分鐘 mins |

以英語、國語及廣東話主講 In English, Mandarin & Cantonese

哪裡有壓迫，哪裡就有反抗。古今中外，人們為爭取各種權利與訴求，掀起一場場改革運動：從爭取投票權、反戰、種族平權……但你有沒有留意到，你所能記得起的革命家毫無例外都是男性？

革命歷史裡面女性缺席，就代表女性在推動變革毫無貢獻嗎？當然不，但女性在運動中往往被迫擔任次要和輔助的角色，而革命成功之後，書寫歷史的人也沒有記下她們的名字。為著這個原因，不少女性革命家在後來都轉投女性主義運動，因為她們清楚明白革命的性別盲點。

但女性的身份並不只是參與社會的限制。烏干達學者兼詩人 Stella Nyanzi 就以一首書寫陰道以及生產過程的詩歌諷刺獨裁政權——世界各地的女性縱使面對資源的限制，依然堅持以自己的方式參與運動。相比起我們的政府自比慈母，1929 年尼日利亞由女性發動的反殖民裸體示威、阿根廷五月廣場母親、發起綠帶運動而獲得諾貝爾和平獎的肯亞女性環保分子 Wangari Muta Maathai 等，都是女性運用她們作為女性、母親、妻子、姐妹、女兒的獨特身份及視角介入社會議題，推動變革的好例子。

基層婦女運動、社區連結、網上動員——女性在 21 世紀又會如何推動社會變革呢？我們邀請到逸東酒店總裁及社會運動推動者 Katherine、同志運動倡議者及台灣第一位同志議員苗博雅、專注社區工作的社運抗爭者 Tiffany 及現職記者的何潔泓，與我們分享她們在不同位置的工作和挑戰。

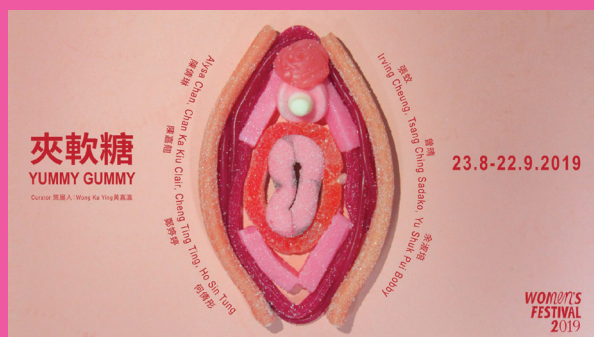
What did the fights for universal suffrage, socialist revolutions, and anti-war/student movements around the world share? A patriarchal twist. Historically, the fight for women's rights emerged out of discontent with male-centric social movements, where women were often relegated to secondary and subsidiary roles in the pursuit for social equality and justice.



Yet, as history also shows us, the identities that some women chose to utilize—mother, wife, sister, daughter—can also be efficiently persuasive, appropriating the cultural and political rhetoric, symbols, and stereotypes that these roles embody. Local and global examples of “wives of soldiers” and “mothers of revolutionaries” demonstrate how women come together in solidarity and ownership to fight for justice, and not only as a peripheral participant. So when political leaders attempt to usurp such identities—presenting oneself as the “mother” of a city, for example—the backlash is swift. Other social identities also abound—student, artist, Hong Konger—enabling women to engage in decentralized movements on their own terms, pace, and level of commitment.

Grassroots activism. Community building. Mothers' movements. Hacktivism. What are some of the potent political pathways for women and social movements in the 21st century?

We are most honored to have with us Katherine Lo, social advocate and the founder of Eaton Workshop, Miao Poya, the first LGBT legislator in Taiwan, Tiffany Yuen, activist and community worker, and Willis Ho, activist and journalist, to share with us their experience and work!



《夾軟糖》藝術家分享會及展覽導賞 YUMMY GUMMY EXHIBITION: AN ARTIST TALK & GUIDED TOUR

黃嘉瀛 KY Wong / 策展人 Curator

曾晴 Sadako / 藝術家 Artist

何倩彤 Ho Sin Tung / 藝術家 Artist

黃鈺螢 Sonia Wong / 性別研究學者 Gender Studies Scholar

主持 Moderator

Chantal Wong / Eaton HK 文化總監 Director of Culture,
Eaton HK

31.08.2019 | Sun | 4pm-6pm
Tomorrow Maybe @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$50

正價 Regular | HK\$75

即場 At-the-door | HK\$100

講座及導賞 Talk & Guided Tour | 以廣東話及英語主講 In
Cantonese & English

我們邀請到《夾軟糖》的策展人黃嘉瀛、參展藝術家曾晴、中文大學性別研究課程講師 Sonia 及 Eaton HK文化總監 Chantal，解構《夾軟糖》的策展及創作理念。

講座完結後更會由策展人及藝術家帶領一節導賞，詳細向大家介紹展覽裡面的作品，讓大家可以更深入認識是次展覽。

*本場次收入扣除成本全數捐助「香港婦女勞工協會」。

We have invited KY Wong, the curator of Yummy Gummy, artist Sadako, gender studies scholar Sonia, and the cultural director of Eaton HK, Chantal Wong, to talk about the creative process behind the exhibition.

After the sharing, the curator and artist will give an exclusive guided tour of the exhibition. Don't miss it!

*All net proceeds go to Hong Kong Women Workers' Association.

肉體 2.0：關於身體改造與慾望

UN-NATURAL BODIES: BIOHACKING, BODY- MODIFICATION, & CORPORAL DESIRE

中山和泉 博士 Dr. Izumi Nakayama / 性別歷史學家
Gender Historian

羅小風 Siufung Law / 性別酷兒倡議者、職業健美運動員及學者
Genderfluid Advocate, Activist, Professional Bodybuilder &
Scholar

李海寧 Ziggy Natasha Lee / 女性企業家 Female Entrepreneur

琦琦 Kiki / 妖妓 TG Sex Worker

主持 Moderator

Chantal Wong / Eaton HK 文化總監 Director of Culture,
Eaton HK

31.08.2019 | Sat | 5pm-6:30pm
Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

座談會 Panel Discussion | 90 分鐘 mins | 以廣東話及英語主講
In Cantonese & English

身體改造工程越來越普遍，我們對於各種身體改造工程的不同觀感是基於甚麼價值判斷？為甚麼我們會傾向支持跨性別的身體，但是對為改善外觀的整形手術卻有所保留？我們怎樣理解和談論對於身體改造的慾望？

我們邀請到性別研究學者中山和泉博士、性別酷兒職業健美運動員羅小風、企業家及網上情性節目「全身濕的娃」節目主持李海寧、妖妓琦琦，及 EATON HK 文化總監 Chantal 一起討論關於身體選擇、審美、自主、以及多元包容的限制。

What do we think of when we talk about aesthetic surgery? What value system do we base our judgments? Why do we support a body undergoing transition but smirk at another with a nose job, Botox or breast enlargement? Where does progressive ideology fail to truly be inclusive and indiscriminate.

We have invited gender scholar Dr. Izumi Nakayama, genderfluid advocate & professional bodybuilder Siufung Law, female entrepreneur and online sex radio show host Ziggy Natasha Lee, TG sex worker Kiki, and Chantal Wong to talk about choice, value systems, beauty and the limits of progressive values.



三個女人一個圈： 理解靈性自癒圈的文化和歷史 WHY WOMEN GATHER: PAST AND PRESENT OF SPIRITUALITY & HEALING CIRCLE

May Nogoy @ Garden Gathering Founder 創辦人 /
Fivelements Habitat Wellness Curator 身心靈治療師

31.08.2019 | Sat | 5pm-7pm
Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$200
正價 Regular | HK\$220
即場 At-the-door | HK\$250

工作坊 Workshop | 120 分鐘 mins | 以英語及廣東話主講
In English & Cantonese

女性為甚麼聚在一起？不同社會之中，她們又是如何被打壓？我們誠意邀請你加入這個女性群體，一起學習母輩的智慧，分享對大地之母的尊崇和敬畏，並理解不同宗教和文化裡面，女性靈性結社的文化與歷史。

Garden Gathering 的創辦人 May 將會與大家分享如何建立自癒圈及神聖空間、喚醒你內在的靈性，建立與大地之母的連結，並透過儀式一起感受和頌讚身為女性的美好。

Be a part of a community of like-hearted women who gather in the presence of nature wisdom sharing in reverence to mother earth!

This sharing session will start off with a multi-cultural and faith ceremony led by May, founder of Garden Gathering and follow by a fluid conversation to share how creating sacred space, honoring ceremony, making offerings, channeling spirit, and awakening feminine divine, are all a part of celebrating life in ceremony, and how we weave these rituals of the beauty path into our everyday life.

This session is suitable for anyone who wishes to learn more about spirituality and nature.



宇宙之音：超越自我音樂之旅 COSMIC SOUND BATH: A TRANSCENDENTAL MUSIC PERFORMANCE

MC 仁 MC Yan / 獨立音樂人、塗鴉藝術家 Musician & Street Artist

31.08.2019 | Sat | 8pm-9:30pm
Music Room @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$200
正價 Regular | HK\$220
即場 At-the-door | HK\$250

演出 Performance | 90 分鐘 mins

音樂只是聽覺的享受嗎？MC 仁的演奏將超越你的想像！

以頌鉢配合人聲現場演奏，極簡的音樂有效平伏情緒，淨化心靈。強而有力的頻率穿透身體，有助帶你進入禪定的境界，探索自己未知的一面。來讓自己的身、心、靈在繁 中的綠洲暢遊，享受這趟超越感官的音樂之旅吧！

Music is not only pleasing to your eyes, but can be a holistic experience for your whole body.

With the singing bowl and his voice, MC Yan will present a minimalistic yet powerful sound bath that blows your mind. The unique frequencies will permeate your every cell, and bring you inner tranquility. Come join us in this transcendental music experience!

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trainer



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bladder control, faster post-natal recovery
and enhanced intimacy



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elvie.com

I AM A
FAILED!
WOMAN.



我唔拉筋：零柔軟度瑜珈速成班

**I DON'T EXERCISE:
ZERO FLEXIBILITY YOGA**

盧彥婷 Stella Lo / 專業瑜珈導師 Certified Yoga Instructor

01.09.2019 | Sun | 10am-11:30am

Anita @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$100

正價 Regular | HK\$120

即場 At-the-door | HK\$150

講座 Talk | 90 分鐘 mins | 以廣東話主講 In Cantonese

返工邊得閒拉筋？但日日坐係 office，坐到腰都硬、pat 都扁，想去上下瑜珈班，去到又見到個個都可以將隻腳擺上頭、你就連腳趾都掂唔到，又瘀到唔想再報班，咁點算？

我們邀請到專業瑜珈導師盧彥婷，講解瑜珈的基本概念和原則，並精選一系列適合初學者的入門動作，希望大家都可在零壓力的環境下與自己的身體重新連結。

*建議學員穿著舒適的運動衫褲

*瑜珈練習適宜空腹進行，所以請盡量在工作坊開始前 2-3 小時停止進食。

*記得在課前和課後補充水分。

Being a busy career girl like we are, there is little time for exercise. But sitting at your desk all day leaves your muscles all tensed up and your back in pain! Yoga is a good indoor workout but yoga classes are intimidating when everyone else is so flexible....

No worries! We have invited certified Yoga Instructor Stella Lo to hand-pick a series of simple moves for beginners that would help you reconnect with your body in a pressure-free environment!

*Please wear comfortable clothes suitable for exercise.

*Yoga is best enjoyed on an empty stomach, so eat lightly or not at all for 2-3 hours before.

*Stay hydrated.

Failed!

我個心碎到一地都係： 給自己的分手自療課

MY HEART IS BROKEN: FROM SELF-DIALOGUE TO SELF-HEALING

曹文傑博士 Dr. Joseph Cho / 中文大學性別研究課程講師
Lecturer, Gender Studies Programme, CUHK

01.09.2019 | Sun | 12noon-2pm
Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$120
正價 Regular | HK\$150
即場 At-the-door | HK\$180

講座 Talk | 120 分鐘 mins | 以廣東話主講 In Cantonese

關係中斷後，身心受創，悔恨、憤怒、難過之情久久不散，過去的種種情景縈繞在腦海之中，甚至午夜夢迴都會憶起前度，百感交集。家人朋友都叫自己放下，但知易行難。

這節工作坊將分享非暴力溝通 (Nonviolent Communication) 這個工具，協助有情眾生傾聽內心的種種聲音，明白它們如此喋喋不休的真正原因。療癒始於傾聽和對話，因為每一個情緒、每一把內在聲音都想跟你說話。

After a breakup, the body and mind are traumatized, and the feelings of remorse, anger, and sadness are very likely to linger. The past scenes are repeated in the mind, and even the midnight dreams will recall the ex that broke your heart. You might have been told to let go but it is easier said than done.

This workshop will share the tool of Nonviolent Communication to help sentient beings like you to listen to your inner voices and understand why they are reluctant to go away.

Healing begins with listening and dialogue, because every emotion and every inner voice carry a message just for you.

我飲凍嘢：中醫識食養生課

I DRINK COLD WATER: A CHINESE MEDICAL SELF-CARE WORKSHOP

劉善如 Costa Lau / 註冊中醫及如日堂中醫診所創辦人
Registered Chinese Medicine Practitioner & Founder of
Chinese Medicine Clinic Yu Yat Tong

01.09.2019 | Sun | 12:30noon-2pm
Kino Lounge @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65
正價 Regular | HK\$80
即場 At-the-door | HK\$100

工作坊 Workshop | 90 分鐘 mins | 以廣東話主講 In Cantonese

天氣炎熱，飲凍嘢又怕濕又怕寒？新派女中醫師劉善如為你拆解中醫養生的謎思！中醫的理論多是由生活中觀察而來的，中醫的五味理論，也是建基於日常的飲食上。前人透過經驗與思考，把食物的味道高度概括為五味，酸、甜、苦、辛、鹹，慢慢的形成五味理論體系，應用於養生、治病。

即使你是日理萬機的女性，這個工作坊除了讓你理解中醫的五味理論，還能將其應用於你的繁忙生活之中，真正體驗養生無難度！

Hot summer days Hong Kong demands a cold drink, yet too much cold drinks could be harmful to your body, and a healthy diet sounds like hard work for a busy career girl? Costa Lau, the founder of Chinese Medicine Clinic Yu Yat Tong believes that self-care through healthy diet does not have to be complicated. Theories of Traditional Chinese Medicine are usually based on the observation in daily life. By observing life, our ancestors developed the Five-flavours Theory based on these categories, Sour, Sweet, Bitter, Spicy and Salty with an accumulation of experience. Proper application of the theory to our daily diet can help to prevent and treat illnesses.

The Five Flavours Theory will be introduced in the workshop while participants will be guided to create their own concoctions with a range of herbs and plants, and learn to care for their body through simple yet effective meal planning and wise choice of food!



女人總是為難女人？婆媳溝通工作坊

I HATE MY MOTHER-IN-LAW: A COMMUNICATION WORKSHOP

劉劍玲 Kimling Lau / 非暴力溝通實踐者及分享者 Practitioner
of Non-Violent Communication

01.09.2019 | Sun | 12:30noon-2:30pm

Anita @ Eaton HK



早鳥 & 大愛價 Early Bird & Community Ticket | HK\$100

正價 Regular | HK\$120

即場 At-the-door | HK\$150

工作坊 Workshop | 120 分鐘 mins | 以廣東話主講 In Cantonese

面對因婚姻而帶來的種種親友關係，由原本不相識的人成為姻親，本來就充滿挑戰。非暴力溝通實踐者及分享者劉劍玲將會帶大家認識非暴力溝通，了解關係裡面各方的需要和感受，學習提出要求、表達感謝，以及聆聽自己內心的聲音。

本工作坊希望能與各位姊妹探討如何與奶奶相處，在溫暖友愛的同時保有界線，建立一段互敬互愛的健康關係。最重要的是，學習在任務失敗之後好好哀悼，再一步步跨越難關。

Marriage is a union between two persons but also between two families, and honestly, it can be tricky. This workshop is on how to communicate with mother-in-law. Let's share our experience on how to build a warm and strong relationship and at the same time keep our boundaries.

In this workshop we will learn about non-violent communication, how to understand the needs and feelings of others, how to express gratitude and request, and how to listen to ourselves. Most importantly, we could learn how to mourn when the mission fails, and to have the courage to move on.



衣櫃大改造：斷捨離 & 升級再造工作坊

TOO MANY CLOTHES: DECLUTTERING & UPCYCLING WORKSHOP

尹寶燕 Ren Wan / 環保人、傳媒人及 JupYeah 執嘢 創辦人
Environmental Advocate, Writer & Founder of JupYeah

01.09.2019 | Sun | 12:30noon-2:30pm

Kino Lounge @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$100

正價 Regular | HK\$120

即場 At-the-door | HK\$150

工作坊 Workshop | 120 分鐘 mins | 以廣東話主講 In Cantonese

如果你對新衫求之不絕，縱然衣櫃滿滿還是覺得不夠衫，誠邀你與 JupYeah 執嘢 創辦人尹寶燕一起探討自己的衣櫃與世界有何關係，以正念構建你的時裝系列。

在兩個小時的期間，我們會探索正念與時裝消費的關係，讓你換個角度審視自己的衣櫃，並學習以交換衣櫃 + 鉤織的方法，把買錯衫的錯誤糾正過來。活動包括分享、鉤織舊衣升級再造教學和小小的交換衣物環節。

歡迎帶備你的升級再造的舊衣，並帶多幾件不再需要的舊衫與各位分享，資源共享，齊齊衣櫃斷捨離！

If your crave for new clothes is just bottomless while your full wardrobe doesn't seem to satisfy you, you are cordially invited to join us to reflect on the relationship between your wardrobe and world issues, and learn to create a mindful wardrobe.

Throughout the two hours, we will discuss the relationship between mindfulness and fashion consumption, giving you a fresh perspective to look at your wardrobe. You will also learn simple crochet techniques to upcycle old clothes and exchange your preloved clothes with other girls in the room.

This workshop includes a sharing session, a brief upcycling workshop and a fashion swap session. Please bring your old clothes for upcycling and swapping!

If you are seeking to declutter, this workshop is for you!

不合格的女人？離婚姊妹分享會

FAILED WOMEN? SHARING SESSION OF DIVORCED WOMEN

廖珮珊 Sisi Liu / 香港婦女中心協會總幹事
Director of Hong Kong Federation of Women's Centres

01.09.2019 | Sun | 3pm-4:30pm

Kino @ Eaton HK



早鳥 & 大愛價 Early Bird & Community Ticket | HK\$120

正價 Regular | HK\$150

即場 At-the-door | HK\$180

工作坊 Workshop | 90 分鐘 mins | 以廣東話主講
In Cantonese

婚姻被認為是女人的歸宿，而離婚則是幸福的終結。不同年代的女人離婚所面對的困難及禁忌會否不同呢？離婚後的女人，對婚姻又有何看法？

香港婦女中心協會是香港唯一專門支援受婚姻及家庭問題困擾的婦女的組織，提供以兩性平等為基礎的諮詢和輔導服務，服務包括法律諮詢、情緒支援、社會資源轉介及危機處理，協助婦女尋求解決問題的途徑及發展空間，陪伴大家一起走過逆境。

是此講座我們邀請到香港婦女中心協會總幹事廖珮珊及離婚姐妹到場，在分享離婚的經歷之餘，亦會和大家探討婚姻和女性生活的不同面向及可能性。

適合任何希望更加理解家庭和婚姻關係的朋友參加。

*本場次收入扣除成本全數捐助「香港婦女中心協會」。

Marriage is perceived as the final destination of women, and divorce is the end of happiness. Are women from different generations facing different challenges during divorce? How do they understand marriage after divorce?

HKFWC is the only NGO in Hong Kong dedicated to supporting women who faces challenges in marriage. Their service includes counselling, community, and legal support. Through their service, they aim to enable women to develop their Confidence, Independence and Competence to overcome the challenges they face in life, and promote gender equality in Hong Kong.

We have invited social workers and service users from HKFWC to share with us their work and experience surrounding marriage, divorce, and womanhood.

*All net proceeds go to Hong Kong Federation of Women's Centres.



我唔係剩女：不婚中女的日常生活

DE-CENTERING LOVE AND MARRIAGE: LIVES OF SINGLE WOMEN

陳效能 教授 Prof. Annie Chan / 嶺南大學社會學及社會政策系
副教授 Associate professor, Dept of Sociology and Social Policy, Lingnan University

01.09.2019 | Sun | 3pm-4:30pm

Music Room @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65

正價 Regular | HK\$80

即場 At-the-door | HK\$100

講座 Talk | 90 分鐘 mins | 以廣東話主講 In Cantonese

由一百多年前女性解放到現在，女性要「幸福」彷彿仍然只有結婚一途，「單身」的女性依舊被認為是可憐和有缺陷的。你是一個單身中女嗎？你是單身中女的親友嗎？單身中女的生活究竟是怎樣的？她們又如何看自己？

在這個講座中，陳效能教授會跟大家分享她有關一班香港單身女性對生活的看法的研究和發現，與大家探討女性在這個年代所面對的性別定型、家庭壓力，及她們對自己生命的自主想像。

歡迎所有對於婚姻和女性自主有興趣的朋友參與。

While gender equality might seem to be a fact in our society, the definition of what makes a "normal" and "happy" woman is far from progressive. Marriage continues to be used as the ultimate measure of a woman's worth, and singlehood is still stigmatized. Are you a single woman who's past the median age of first marriage? Do you know someone who is? What is life like for such women in Hong Kong?

Prof. Annie Chan will share with you insights and findings from her study on single women in Hong Kong, and to explore what it means to be a single woman in this time and age.

This talk is suitable for anyone who is interested in exploring women's possibilities beyond marriage.



Benefit Cosmetics
呈獻 presents

又瞓過龍？：
秒速出門裝扮指南

LATE FOR WORK MAKE- UP & STYLING WORKSHOP

Karen Yiu / 專業化妝師 Make-up Artist

01.09.2019 | Sun |
3pm-4:30pm
Anita @ Eaton HK

早鳥 & 大愛價 Early Bird &
Community Ticket | HK\$200
正價 Regular | HK\$220
即場 At-the-door | HK\$250

工作坊 Workshop | 90 分鐘 mins |
以廣東話主講 In Cantonese

對香港的打工仔來說，睡覺的時間分秒必爭。然而，「人靠衣裝」，睡眠和裝扮缺一不可！想兩者兼得？這個工作坊就是為你而設！

不論你是化妝初學者還是專業人士，這個化妝工作坊都會讓你有機會學習到快、靚、正的日常化妝技巧，每朝由「眼瞓一族」秒速變身為「見得人」的上班一族絕無難度！

For wage-earners in Hong Kong, having 5 more minutes of sleep every morning makes a world of difference! However, that extra 5 minutes of beauty sleep also mean 5 less minutes to spend on making yourself pretty. Want to enjoy the best of both worlds? This is the workshop for you!

Whether you are a make-up beginner or a seasoned professional, in this make-up & styling workshop, you will learn the essential techniques for quick makeup application to look flawless even when you're running late for work!

香港首映 Hong Kong Premiere

心跳呼吸正常 AND BREATHE NORMALLY

01.09.2019 | Sun | 6pm-8pm

Kino @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$65
正價 Regular | HK\$80
即場 At-the-door | HK\$100

電影放映及座談會 Screening & Talk | 映後座談會以廣東話主講 Post-Screen Talk in Cantonese

Ísold Uggadóttir | 2018 | 冰島 Iceland | 95 分鐘 mins | 劇情 Fiction | 冰島語，附有英文字幕 Icelandic with English Subtitles



在冰島的 Reykjanes 半島，Lara 在機場受訓成為出入境人員。儘管面對毒癮和嚴峻的財政問題與，單親的 Lara 對自己年幼的兒子 Eldar 仍然呵護備至。一天，Lara 在執行職務期間發現了一本懷疑偽造的護照，間接令來自非洲的難民 Adja 被當局拘留。隨著 Adja 被拘留的時間越來越長，兩個女性的生命軌跡開始交疊.....

冰島女導演及編劇 Ísold Uggadóttir 巧妙地將全球移民、LGBT 權利和人權問題編織成一個關於兩個同處於邊緣位置的女性相遇相知的動人的故事。

本片在 2018 年的 Sundance 電影節榮獲世界電影單元劇情片導演獎，香港首映絕對不容錯過！

On Reykjanes peninsula in Iceland, Lara trains as a border patrol officer at Keflavík airport. Despite struggling financially and fighting personal demons, she's a devoted mother to her young son, Eldar. One day on the job, Lara spots a suspicious passport, resulting in Adja, a female refugee from Guinea-Bissau, being detained. Days go by as Adja is held in a state of limbo, and the two women's paths continue to cross in the small town. Despite resentment and cultural differences, the women - neither with obvious paths in life - find a unique bond that rests on a moment when Lara is faced with a crucial decision.....

And Breathe Normally subtly weaves global issues of immigration, LGBT rights, and human rights into an intimate, moving story of two women and how they are able to alter the course of each other's lives.

Writer & director Ísold Uggadóttir's accomplished, timely first feature rooted in its stark yet stunning Icelandic locale won her the World Cinema Dramatic Directing Award at Sundance 2018. Don't miss the Hong Kong Premiere of this moving cinematic masterpiece!

閉幕派對 Closing Party

溜冰滾族音樂派對

MEAN GURLS CLUB X MADAME QUAD ROLLER DISCO EXTRAVAGANZA

01.09.2019 | Sun | 8pm-1am

Maggie @ Eaton HK

早鳥 & 大愛價 Early Bird & Community Ticket | HK\$120

正價 Regular | HK\$150

即場 At-the-door | HK\$180

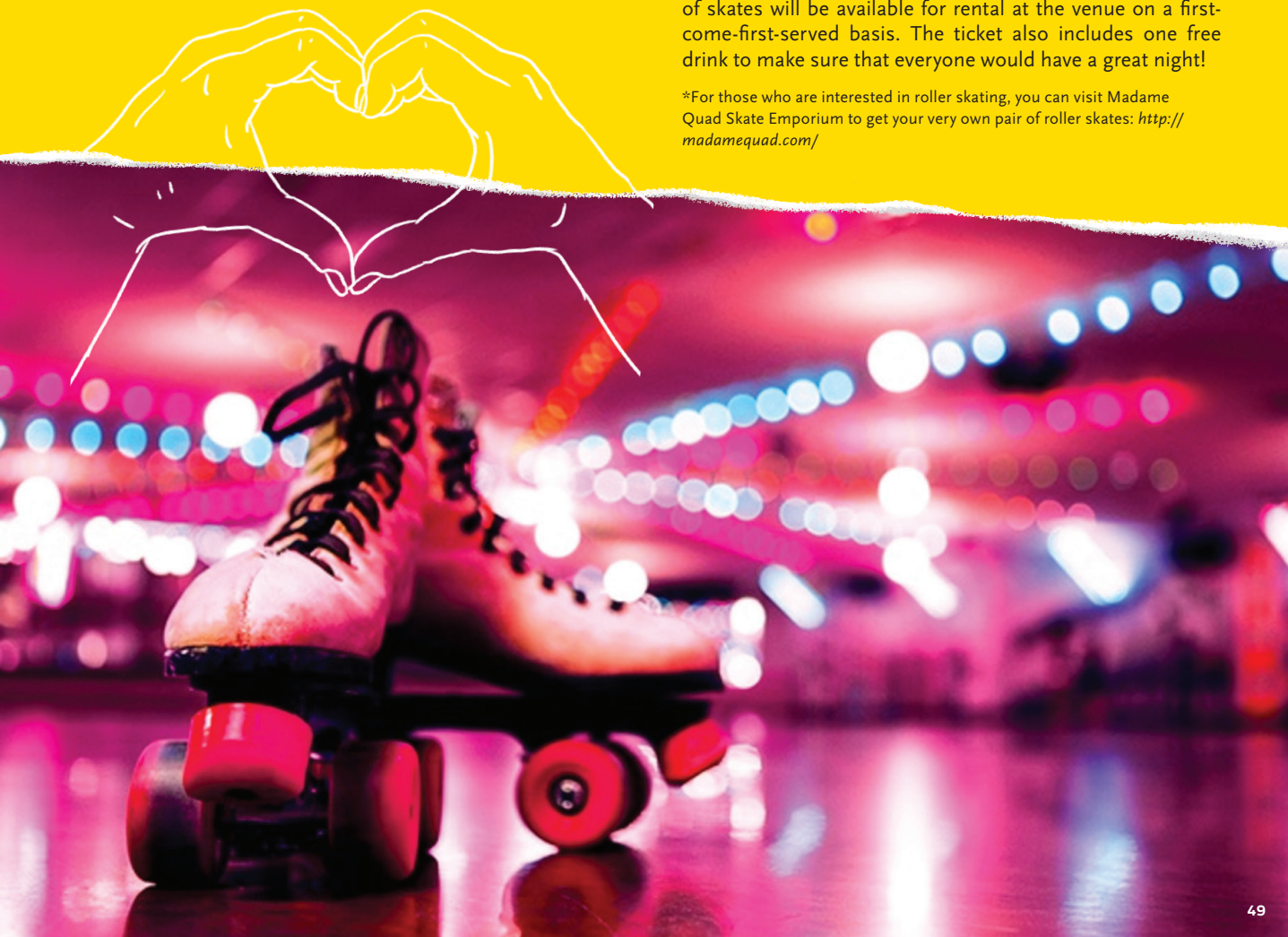
一連10日嘅 Women's Festival 話咁快嚟到尾聲喇！儲儲埋埋個幾星期嘅 gurl power，係時候要爆喇！喺 Women's Festival 嘅最後一晚，我哋會同全女班DJ 團體 Mean Gurls Club 合作，仲邀請咗 Madame Quad 正爆嘅滾軸溜冰高手到場為大家示範，一齊啲結合音樂、舞蹈同滾軸溜冰嘅 party 玩返晚！派對設有舞池、溜冰區及 chill-out 區，保證每個人都能以自己的方式享受派對。門票已包括飲品一杯，等大家可以去 party、去到盡！

*建議打算溜冰的人士自備滾軸溜冰鞋，現場亦有滾軸溜冰鞋出租，數量有限，先到先得。對滾軸溜冰有興趣的朋友亦可到 Madame Quad 滾軸溜冰專門店親身選購屬於你的滾軸溜冰鞋：<http://madamequad.com/>

Our 2nd festival is coming to an end! After 10 empowering and inspiring days, it's time to relax and have some fun! On this Sunday night, we have a closing party celebrating girls' power! Collaborating with local all-girl DJ collective Mean Gurls Club and LGBTQI-friendly roller skating emporium Madame Quad, we will bring you the coolest roller disco dance party!

We have something for everyone: A roller-skating area, a lounge area, and a dance floor. We suggest those who plan to skate to bring their own roller skates, while a limited number of skates will be available for rental at the venue on a first-come-first-served basis. The ticket also includes one free drink to make sure that everyone would have a great night!

*For those who are interested in roller skating, you can visit Madame Quad Skate Emporium to get your very own pair of roller skates: <http://madamequad.com/>



購票辦法

TICKETING INFO

門票現於 撲飛 POPTICKET 網上公開發售

Tickets available at POPTICKET

購票查詢 Enquiry Hotline

撲飛 POPTICKET : 2819 8274



womensfestival.hk

10% 的門票收益扣除必要開支後將捐助風雨蘭——本地性暴力支援機構。

部分門票收扣除必要開支後更會全數捐助指定非牟利機構。

10% of the net proceeds ticketing income will go to RainLily — Hong Kong's first crisis center for female victims of sexual violence.

All net proceeds of selected programme will go directly to specific NGOs.

條款及留意事項：

1. 「家庭友善」場次節目歡迎家長攜同子女參與；持有效門票的觀眾，每位成人最多可攜同兩位6歲或以下兒童進場而不另收費。
2. 「大愛」門票適用於本港全日制學生、60歲或以上的新中年人士及不同能力人士，須於進場時出示相關證件以供核對。
3. 門票持有人請於活動開始前 15 分鐘到場。
4. 參加者請注意自己的身體狀況，並考慮是否適宜參加所申請的康體活動。如有疑問，請徵詢醫生的意見。
5. 主辦單位保留更改大會條款及細則之權利。如有任何爭議，主辦單位保留最終決定權。
6. 惡劣天氣安排：
黑色暴雨：活動將繼續進行；
八號或以上熱帶氣旋警告信號：正在進行的活動會繼續；若活動開始前兩小時內將會懸掛信號或信號已經生效，未舉行的活動即告取消。如活動取消，可能會改期進行，或參加者可選擇安排退款。
1. 如網頁版本與印刷版本的節目資料有任何出入，所有場次資料均以網頁版本為準。
2. 某些個別活動有個別的條款，請參考個別活動專頁。參加者如購票或參加活動即同意大會條款及細則及個別活動的條款及細則。

Terms and notes:

1. For all events listed as “Kids-friendly”, each ticket-holder is allowed to bring 2 children who are 6 or below to the event with no additional charges.
2. “Community Ticket” is available for full-time Hong Kong students, “new” middle-age citizens (60 or above), and people with different abilities. Valid forms of identification should be presented at the entrance to the event venue for checking.
3. Participants please arrive 15 minutes before event start time.
4. Participants should be aware of their health condition, and consider whether it is suitable for them to enrol in the recreation and sports activity. In case of doubt, please consult a doctor prior to the enrolment of activity.
5. The Organizer reserves the right to amend the program of the rules and regulations. Should there be any dispute, the Organizer reserves the right to the final decision.
6. Inclement Weather Arrangements:
Black Rainstorm Warning: All programme will continue as scheduled.
Tropical Cyclone Warning Signal No. 8 or above: Programme that have started will continue. If warning signal is in effect 2 hours prior to the start of the programme, the programme will be cancelled. The programme may be rescheduled, or the participants can choose to receive a refund.
1. In case of an inconsistency or conflict between the event information listed on the website and brochure, the online version shall prevail.
2. Some events have specific terms and conditions. Please refer to event website. Participant agrees to the main terms and conditions and the specific terms and conditions when they purchase tickets or participate in the events.

路線圖

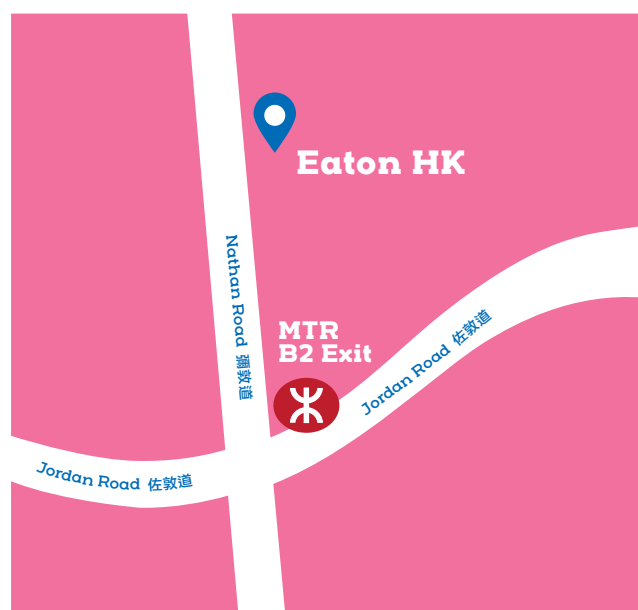
HOW TO GET THERE

EATON HK

佐敦彌敦道 380 號 380

Nathan Road, Jordan, Kowloon

佐敦港鐵站 B1 出口 Jordan MTR Exit B1



NOURISH ME .

NURTURE ME



TSIM SHA TSUI

2311 0337

Shop 266, Mira Place 2, 118-130 Nathan Road

OLMPIAN CITY

2758 0090

Shop UG99, Olympian City 3, 1 Hoi Wan Road

WAN CHAI

2529 8166

1/F, 1 Wing Fung Street, Wanchai

TAI KOO SHING

27282250

Shop P408, Podium, Yuan Kung Mansion, 20 Tai Koo Shing Road



NAIL ME

TSIM SHA TSUI . OLYMPIAN CITY . WAN CHAI . TAI KOO SHING

www.nailmehk.com

好好好 啡酒西

DOSE is a LGBT friendly restaurant & bar owned by two young women. We aimed to provide a comfort place and serve different kinds of western food. Swing by for lunch or meeting a friend after work in the evening, get your dose of hearty good food. DOSE is a little gem in the Soho, located at just down Central's Peel Street.

DOSE是一家由兩名年輕女性擁有的LGBT友好餐廳和酒吧。目標是提供一個舒適的地方，並是集精緻美饌、精品咖啡、特色美酒和時尚建築於一身的酒吧餐廳。DOSE位於中環卑利街，是Soho區的一顆小寶石。



DOSE
Restaurant & Bar

28 Peel Street, Central.
+852 2792 6588



:dose_peelstreet

節目表 SCHEDULE

Date	Theme	Time	Activity	Venue
Aug 23 Friday	NASTY	12noon-1pm	法律面前不平等：認識女性的法律權利 Know Your Rights: Women's legal rights	Anita
		12noon-1pm	別成為自己成功路上的障礙！ The only thing stopping you is YOU!	Kino
		2pm-3:30pm	家事講性 — 點點點？ Be a Sex-positive Family - WHEN, WHAT, HOW?	Kino
		7pm-9pm	自由的歌姬：克制的港女：獨立唱作人 Serrini 的聽話之道 Being an Indie Singer-songwriter in Hong Kong—what's in for girls?	Kino
		7pm-9pm	二人對話：親密關係與溝通 Between you and Me: Connecting in relationships	Anita
		7pm-8pm	四兩撥千斤：風月場所裡欲迎還拒的學問 An Alternative Guide to Negotiating Flirting and Rejecting	Kino Lounge
		8pm-11pm	《夾軟糖》展覽開幕 Yummy Gummy Exhibition: Opening	Tomorrow Maybe, Music Room & Terrible Baby
		9pm-9:30pm	睇·女 Bird-Watching	Tomorrow Maybe
Aug 24 Saturday	HAIRY	11am-1pm	澱粉質女孩：手工意粉工作坊 I Love Carbs: Hand-made Pasta Workshop	Anita
		2pm-5pm	裡程：一個自我探索遊戲 Journey In: A Self-Exploration Board Game	Anita
		2pm-4pm	將剎那聽進耳朵裡：歌詞寫作坊 Every Moment in Words: Lyrics Writing Workshop	Kino Lounge
		2pm-4pm	愛無限：認識殘障者的情與性 How to make love to someone with different abilities	Kino
		2pm-4pm	做個反叛家長：泥土與育兒 Parenting Against Norm: Raising Your Kids in Nature	Music Room
		5pm-6pm	愛人與自愛：如何和情緒病人談戀愛 Knowing How to Give and Receive Love: Dating someone with emotional issues	Kino Lounge
		5pm-7pm	如果上帝是女人：女性、信仰與宗教經驗 Religious Women: An Inter-Faith Conversation	Kino
		5:30pm-7:30pm	Be Water：即興舞蹈工作坊 An Improv Dance Workshop	Anita
		8pm-10pm	Drag Jamming	Music Room
Aug 25 Sunday	EXTRA LARGE	10am-1pm	我愛自己的身體：表達藝術治療工作坊 I Love My Body: Overcoming Body Anxiety with Expressive Arts Therapy	Anita
		12noon-1pm	致富女生：小資女理財常識速成班 Rich Girl: Financial Intelligence for Women	Music Room
		12noon-1pm	因為自信，所以美麗：星級造型工作坊 Dressing for Confidence	Kino
		2pm-3pm	婚姻我話事：如何草擬婚前協議書？ Marrying on Your Own Terms: Prenup Writing Workshop	Music Room
		2pm-3:30pm	從「自由西」說起：亂世中談愛慾與民主 True Love, True Democracy: Love, Desire, and Autonomy in a Chaotic Time	Anita
		2pm-4pm	20-30-40：女性成長分享會 20s 30s 40s: Sharing & Social Sharing	Kino + Kino Lounge
		4pm-6pm	自信行先：職場個人形象經營秘訣 Personal Branding and Presence for Success: A Workshop	Anita
		4pm-5:30pm	理財 BB 班：如何教孩子認識金錢 Teaching Your Kids About Money	Music Room
		4pm-5:30pm	我不是菲傭：非凡女性分享 Larger than Life Filipino Women: A Sharing	Kino
		6pm-7:30pm	企業「媽」：女性企業家分享會 Mom-trepreneur: Mothers as Business Women	Kino
		8:15pm-10pm	黑暗中的性對話：私密故事分享及演出 SexTime Story: Sharing & Performance	Kino + Kino Lounge

Date	Theme	Time	Activity	Venue
Aug 27 Tuesday		8pm-10pm	迎難而上：女影短片精選 What Doesn't Kill You Makes You Stronger: Short Films Collection	Kino
Aug 28 Wednesday		8pm-10pm	尋找乳房 B ody Talk	Kino
Aug 29 Thursday		7pm-9:30pm	我的豪爸爸 Go Back to China	Broadway Cinematheque
Aug 30 Friday	DIVINE	12noon-1pm	夠「薑」女天然面膜工作坊 Very Ginger: A Natural DIY Face Mask Workshop	Music Room
		12noon-1pm	由內而外的力量：盆骨底肌肉瑜珈訓練班 Power from within: Strengthening Your Pelvic-floor Muscles with Yoga	Anita
		5pm-6:30pm	女神速成班：非日常彩妝工作坊 Your Goddess Makeover: Not Your Everyday Make-up Workshop	Anita
		5pm-6:30pm	人人甜故：情慾書寫工作坊 I am Able to Desire: Writing Your Sex Stories	Music Room
		7pm-8pm	告別手殘：DIY 美甲工作坊 Nailed It: A DIY Manicure Workshop	Anita
		7pm-8:30pm	命運自主：玄學愛情指南 Divine Intervention: Create your own destiny through Feng Shui Love Hack	Kino Lounge
		7pm-8:30pm	燃點「性」火：如何提昇性愛生活 Spark Your Sex Life with Womanizer	Kino
		9pm-11pm	呢班修女太瘋狂 Breaking Habits	Kino
Aug 31 Saturday	ALIEN	12noon-2pm	尋找你的靈獸：手工行李牌工作坊 Finding Your Totem with Zoobeetle: DIY Travel Tag Workshop	Anita
		2pm-4pm	就是她：設定完美女機械人工作坊 HER: Creating the Robot of Your Dreams	Music Room
		12noon-1:30pm	經血十萬個為什麼 Menstrual Myths, Facts, and Hacks	Kino
		2:30pm-4:30pm	願妳的國降臨：女性與革命 May Your Queendom Come: Women Claiming the Revolutions	Kino
		4pm-6pm	《夾軟糖》藝術家分享會及展覽導賞 Yummy Gummy Exhibition: An Artist Talk & Guided Tour	Tomorrow Maybe
		5pm-7pm	三個女人一個圈：理解靈性自癒圈的文化 and 歷史 Why Women Gather Spiritually: Past and Present of Healing Circle	Anita
		5pm-6:30pm	肉體 2.0：關於身體改造與慾望 Un-Natural Bodies: Biohacking, Body-Modification, & Corporal Desire	Kino
		8pm-9:30pm	宇宙之音：超越自我音樂之旅 Cosmic Sound Bath: A Transcendental Music	Music Room
Sep 1 Sunday	FAILED	10am-11:30am	我唔拉筋：零柔軟度瑜珈速成班 I Don't Exercise: Zero Flexibility Yoga	Anita
		12:30-2:30pm	女人總是為難女人？婆媳溝通工作坊 I Hate My Mother-in-law: A Communication Workshop	Anita
		12:30-2:00pm	我飲凍嘢：中醫識食養生課 I Drink Cold Water: A Chinese Medical Self-Care Workshop	Kino Lounge
		12:30-2:30pm	衣櫃大改造：斷捨離 & 升級再造工作坊 Too Many Clothes: Decluttering & Upcycling Workshop	Music Room
		12:00 noon-2:00pm	我個心碎到一地都係：給自己的分手自療課 My Heart is Broken: From Self-Dialogue to Self-Healing	Kino
		3pm-4:30pm	又瞓過龍？：秒速出門裝扮指南 Late for Work Make-up & Styling Workshop	Anita
		3pm-4:30pm	我唔係剩女：不婚中女的日常生活 De-centering love and marriage: Lives of single women	Music Room
		3pm-4:30pm	不合格的女人？離婚姊妹分享會 Failed women? Sharing session of divorced women	Kino
		6pm-8pm	心跳呼吸正常 And Breathe Normally	Kino
		8pm-1am	溜冰滾族音樂派對 Mean Gurls Club x Madame Quad Roller Disco Extravaganza	Maggie



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