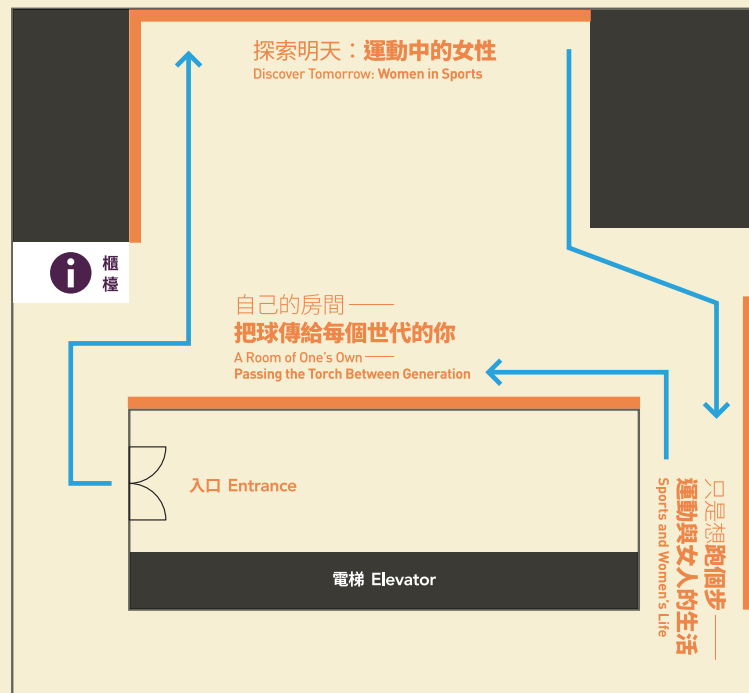


展區平面圖 Floor Plan



建議參觀路線 Recommended Route

運動與女人的生活 Sports and Women's Life

1920年代女性開始在室內運動的照片，現代的女生應該會覺得非常不可思議，為什麼這群女人運動要妝髮完整，穿著裙子、甚至是高跟鞋踩腳踏車？

女性不能拋頭露面的想法，深深影響了女性在運動中的穿著和空間，不但只能夠在室內運動，而且要把身體包著嚴嚴實實。更重要的是，在運動的過程當中，仍然要像個女人。

直至今日，對於女性運動而言，在身體、服裝跟空間這三個生活層面上，都走過了封閉到開放的年代，女人由追求纖細體態、包得緊緊的室內運動，走向陽光開放更加女性友善的多元運動項目。



1920年代在室內運動的女人
Women exercising indoors in the 1920s

Photos of women exercising indoors in the 1920s might shock women in our times. Why would women with full make-up and hair cycle in skirt and heels?

It was believed at the time that women cannot be seen in public, which greatly influenced women's options for sports clothes and space. Women could only exercise indoors and their bodies needed to be fully covered. More importantly, they needed to look "like a woman" even during exercise.

關於財團法人婦女權益促進發展基金會

本會由行政院婦女權益促進委員會決議，責成內政部捐資十億元成立，希望開啟民間和政府的對話窗口，建構性別資訊與資源的交流中心。本會董事、監察人由部會首長、社會專業人士、婦女團體代表共同擔任，並以落實婦女權益、推動性別主流化為主要任務，2008年3月8日台灣國家婦女館完成籌設後，本會接受委託經營管理。

本會以促進婦女權益為目的，辦理事項包括婦女相關政策、法令、計畫之研議，婦女權益問題之研究與諮詢，婦女權益宣導與相關人員訓練等，期有助於我國婦女權益之整體發展。

FOUNDATION FOR WOMEN'S RIGHTS PROMOTION AND DEVELOPMENT

In 1999, the Foundation for Women's Rights Promotion and Development was established to serve as a bridge between the government and the civil society, and to build a resource center for women in Taiwan.

The foundation is comprised of chiefs from ministries engaged in women's issues, advocates from women's groups, professionals and scholars. We are dedicated to promoting women's rights and has conducted gender equality on the following issues:

- Promote gender mainstreaming and gender resources kits
- Enhance women empowerment and education
- Develop women / network through various platform
- Engage in international exchange and participation

In the future, we will continue to promote women's rights and establish a society of gender equality and mutual respect.

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Taiwan Women's Center
台灣國家婦女館



衛生福利部
社會及家庭署
Social and Family Affairs Administration
Ministry of Health and Welfare

探索明天： 運動中的女性

Discover Tomorrow: Women in Sports



1967年的波士頓馬拉松，Kathrine Switzer 以較中性的縮寫報名參賽並取得資格，他以女性跑者的身分登上賽道。但就在他跑到一半時，突然出現的男性工作人員企圖妨礙他，並且要他滾出比賽，但Switzer仍然堅持跑完全程。

在這次的賽事後，Switzer與其他女性選手試圖說服田徑協會允許女性參加波士頓馬拉松。在他們的努力下，1972年波士頓馬拉松才終於正式歡迎女性參加。

現在，女性運動員不再需要掩蓋與隱藏自己女性的身分，鼓吹女性進入運動領域更是國際的趨勢。除了關注女性選手的活躍表現外，也需要更多女性進入體育事務的決策之中，這也與聯合國永續發展目標當中提到的性別平等目標一致，必須要確保婦女有公平的機會能夠參加各個階層的決策領導。

2020年東京奧運的主題是「探索明天」，而我們相信運動界的明天，將會有更多女性的參與——就如同，Kathrine Switzer 在 2017 年，也就是他從賽道上被驅趕的五十年後，再次站上波士頓馬拉松場上告訴大家：

**「看看過去50年我們做的改變，
未來的50年，我們肯定會做得更好。」**



1967年參與波士頓馬拉松比賽受阻的 Kathrine Switzer
Kathrine Switzer, interrupted in the 1967 Boston Marathon

In the 1967 Boston Marathon, Kathrine Switzer registered with a gender-neutral name and entered the race officially. She, a woman, participated in a marathon exclusive to men. Halfway in the race, a male race official tried to interfere and have her removed, but Switzer managed to complete the race.

After the race that year, Switzer and other female runners worked hard to convince the Boston Athletic Association to allow women to participate in the Boston Marathon. Thanks to their efforts, women were officially allowed in the race in 1972.

Today, female athletes no longer need to hide their gender and it has become a global trend to encourage more women to participate in sports. While the active participation of

female athletes is worth celebration, policymaking in sports needs to involve more women. This idea is also supported by the Sustainable Development Goals of the United Nation. It is important for women to have equal opportunities to participate in all levels of decision making.

The motto of the 2020 Tokyo Olympics is "Discover Tomorrow," and we believe that in the future, there should be more women participating in sports. In 2017, 50 years after Kathrine Switzer was interrupted in the race, she came back to the Boston Marathon and declared that

a transformation had been seen in the last 50 years and that it would only get better in the next 50 years.

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