

臺灣女性參與運動

Taiwanese Women's Participation in Sports

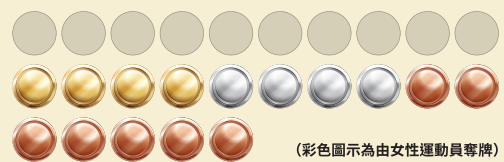
臺灣的女性運動員從未在國際級比賽中缺席，而且表現突出。無論是羽毛球的世界球后戴資穎，在網球則有三座大滿貫冠軍得主謝淑薇、曾經登上女子雙打世界第一的詹詠然等，以及拿下過世界第一的高爾夫球選手曾雅妮，自幼因小兒麻痺不良於行卻是帕拉林匹克運動會*得獎常客的舉重選手林資惠等，都讓臺灣人十分關注並且感到驕傲。

*帕拉林匹克運動會，是一項為身心障礙者舉辦的綜合行國際體育賽事

Female Taiwanese athletes have participated in major international games: Tai Tzu-ying, former world number one badminton player; Hsieh Su-we, winner of three Grand Slam tournaments; Latisha Chan, former world number one women's doubles player; Yani Tseng, former world number one golfer; and Lin Tzu-hui, Paralympic medalist in powerlifting. Taiwanese pay close attention to their games and take pride in their excellence.

* The Paralympics are international multi-sport events for athletes with disabilities

奧林匹克運動會 Olympics



62.5 % 由女性運動員奪牌
won by female athletes



(彩色圖示為由女性運動員奪牌)

帕拉林匹克運動會 Paralympic



41.7 % 由女性運動員奪牌
won by female athletes



(Medals won by female athletes are colored)



女性參與奧運歷史

Women's Participation in the Olympics

- 2012** 首次所有奧運參賽國皆有女性參與
For the first time in Olympic history, every country competing included female athletes
 - 1997** 國際奧會首位女副主席誕生
The IOC elected its first female vice president
 - 1991** 奧委會制定的新規章提及，所有新增加的項目必須男、女選手都可參加
The IOC made it mandatory for all new sports to feature both men's and women's events
 - 1981** 國際奧運首次出現女性委員，女性進入決策層，對奧林匹克運動的制度、組織等結構體系產生了重要的影響
The first female members were elected in the IOC. Women were included in policymaking and had a great influence on the system and organization of the Olympics
 - 1928** 首度開放女性參加田徑項目，女性在奧運地位大幅提升
Olympics saw the debut of women's athletics and made the games more inclusive for women
 - 1900** 女性取得奧運參賽權
Women were allowed to compete in the Olympics
 - 1896** 首屆奧運女性運動員仍無參賽權
Female athletes were not allowed to compete in the first Olympics
- *IOC: International Olympic Committee

臺灣女性與奧運

Taiwanese Women and the Olympics

- 2019** 劉柏君獲頒國際奧會女性與體育獎，成為臺灣獲此獎第一人
Po-chun Liu received the IOC Women and Sport Awards, the first in Taiwan
- 2017** 體育署發佈《推廣女性參與體育運動白皮書》
The Sports Administration published the Female Sports White Paper
- 2005** 以體委會（體育署前身）名義簽署〈布萊頓宣言〉
The Sports Council (The Sports Administration) signed the Brighton Declaration
- 1968** 紀政在墨西哥奧運會女子80米跨欄比賽中獲得銅牌，成為臺灣女性運動員首度在奧運獲得獎牌，也是東亞女運動員中第一位獲此殊榮者
Chi Cheng won the bronze medal in the women's 80m hurdles in Mexico Olympics. She was the first Taiwanese female athlete to have won an Olympic medal and the first East Asian female athlete to have won a medal in this category

把球傳給每個世代的你

Passing the Torch Between Generations

臺灣的女性主義運動從1976年開始算起，至今已44年。無論在政治、家庭、教育與社會，都為臺灣的女性爭取與男性平等的權益，也開啟了不同女性探索世界的可能性。

2020年是《北京宣言暨行動綱領》25週年，1995年聯合國第四次婦女大會藉此宣言從各層面討論如何改善婦女的處境。時至今日，不少國家都已逐漸邁向性別平等的社會，下一步，就是討論世代了，並在平等的未來落實婦女權益。

Started in 1976, the feminist movements in Taiwan have been going on for 44 years. The feminist movements have fought hard so that Taiwanese women could enjoy equal rights in politics, the household, schools and society and the movements opened different doors to the world for women.

The Beijing Declaration and Platform for Action celebrates its 25th anniversary in 2020. In 1995, the Fourth World Conference on Women of the United Nations, with this declaration, discussed from various angles how to tackle women's predicament. As many countries are achieving gender equality, let us look back on the progress made in different generations in hopes of more women's rights in the future.

1980

80年代末期，臺灣逐漸轉為消費社會，女性成為重要的消費者。運動休閒消費開始發展，從「舞蹈社」到專屬女性的「韻律中心」成立，使得運動中心逐漸成為臺灣都會女性運動休閒的重要空間。

In the late 1980s, consumerism prevailed in Taiwan and women became one of the crucial consumers. The fitness market started to grow, giving birth to dance studios and woman-only cardio classes. Sports centers in the cities created an essential space for Taiwanese women to take part in fitness and leisure activities.

1990

連續兩屆獲得奧運金牌的跆拳道國手陳怡安，帶來學習跆拳道風潮，許多父母基於望女成鳳或是安全的理由，將女兒送進了跆拳道道館。女子防身術課程蔚為風潮，女孩不再只是為了美麗而運動。

Taekwondo practitioner Yi-an Chen won her second Olympic gold medal, setting a taekwondo trend. For reasons of athletic achievement and safety, many parents sent their daughters to taekwondo schools. Self-defense lessons for women became popular as women no longer exercised just to be more desirable.

2000

2000年的雪梨奧運、2004年的雅典奧運，無論是在跆拳道、舉重或射箭都可以看到女性選手們奮勇的身影。

In the 2000 Sydney Olympics and the 2004 Athens Olympics, female athletes could be seen in taekwondo, weightlifting and archery.

2010

女人健身的風氣席捲全臺，女人開始挑戰對於美麗的單一想像，柔弱纖細的身體不再是唯一的審美標準，舉重選手許淑淨在倫敦與里約奧運的優秀表現，更是告訴我們肌肉與力量不再是專屬於男性的象徵，而是女性力與美的結合。

A craze of female fitness hit Taiwan. Women started to challenge the standardized beauty; the vulnerable and slim figure no longer dominated the aesthetic. Weightlifter Shu-ching Hsu excelled in the London and Rio Olympics, showcasing that muscles and strength were not exclusive to men. They could also be the symbol of female strength and beauty.

2020

我們希望未來的女孩，能夠更自由、更自信，受到更平等的對待。這將會是一個女孩能夠做任何夢，能夠探索任何未來的時代。

We strive for a brighter future where women could enjoy more freedom, more confidence and more equality.

In this time, no dream is too big for girls and their future is boundless.

掃描下方 QR code

動手寫下你對臺灣女孩未來的期待吧！

Scan the QR code below and tell us your vision for future Taiwanese girls!

