



## Fiji Judo Gender Equity Commission's Community Education Workshop Suva, Fiji

29<sup>th</sup> August



Participants of the workshop

Fiji Judo Association President Mr. Josefa Ravatudei opened the workshop with a warm welcome to all in attendance including our guests from the The Home of Hope Fiji and the Nabua Circle of Friends. Mr. Ravatudei reminded everyone about our Judo values and Judo is more than just a sport.

Message from International Judo Federation Gender Equity Commission:

*"Firstly I would like to congratulate Fiji Judo Association on their Gender Equity Commission and wishing Alisi Takayawa in her new role as the leader of their Commission. The IJF is here to support Alisi and their members as they device their strategy and aims. This workshop is a fantastic initiative in these difficult times and this is where we see just how important the Judo Values are to help us to grow and develop and to create the future we want to experience. Please enjoy the experience and learn from the shared experiences of the speakers. Have a great event "*



Seremaia Bai Rugby Academy Fiji (Former Flying Fijian)

Seremaia Bai sharing about life lessons through his journey as a professional Rugby player and the importance of balancing sports and education. Mr. Bai also talked on how Sports can change lives through dedication and sacrifice.



Cruz Aingimea JUDO KIDS

Cruz Aingimea is a member of the Nabua Judo Club. Cruz was part of the Oceania Japan Judo Exchange program that was held in Ryugasaki City, Japan in 2019. Cruz participated in the Judo training camp and the friendly tournaments that was hosted by Ryugasaki City in partnership with Ryutsu Keizai University. He was also able to watch the 2019 World Judo Championship in Tokyo. Cruz shared his experiences and the opportunities that he was fortunate enough to gain through Judo. He encouraged kids to take up the sport because it had taught him many life lessons and values.



Dr. Ane Veu CWM Hospital

Dr. Ane Veu shared her expertise on health and as a mother of 4 Judo Kids. She shared with our guests the importance of maintaining a healthy lifestyle and regular medical check-up. Dr. Veu mentioned the support available in the country to women in maintaining a health lifestyle. She also outlined the outlined steps for mothers to follow such a a healthy diet, exercise, seek medical attention and the Judo value Friendship to help each other.

*Through this workshop I have learned Judo and its values can encourage girls and women who have been victims of abuse, have a platform to rebuild their lives and face the world regardless of what they have gone through in life. It also taught me that there are opportunities out their in life.I really want to start learning Judo.*  
Home of Hope – Anonymous



Natanya Potoi CEO ORADO Anti-Doping

Mrs. Natanya Potoi is the CEO of Oceania Regional Anti Doping and is a very familiar face on the Oceania Judo Union anti doping program. Natanya talked about values and how Judo has empowered a lot of kids and women and elaborated on the Judo values of Self Control and Honour.



***The workshop today was very interesting. I really have learned a lot about Gender Equity and how unfair the system here in the Pacific is towards women. The speakers were very inspiring and informative as they really empowered and inspired me to become a better person. Home of Hope – Anonymous***



***This event was really interesting and informative mostly because this is my first time ever attending something like this. It has really inspired me. From this event I've learned that gender equity and equality is so important especially here in Fiji as it isn't often seen, since most Fijians stick to their traditional ways. I am very glad I attended this workshop because it has taught me a lot about Judo and about Gender Equity and Equality – Home of Hope - Anonymous***



Lavenia Tuitabu Fiji Women Crisis Centre

Lavenia spoke on the work the Fiji Women Crisis Centre does for Women in Fiji. The support provided to women going through traumatic experiences and the importance of providing adequate services for women.



*The Gender Equity Workshop is very new to Fiji and I believe that we need to start educating our communities on the important role women play. This workshops will start the conversations that we need to build a better Fiji for all.*

*Fi Weleilakeba*



Dr. Ravi Naidu CWM Hospital

Dr. Ravi Naidu is a member of the Nabua Judo Club and a Fiji Representative at the 2019 Pacific Games in Samoa. Dr. Ravi talked about “Seiryoku Zenyo and Jita Kyoei, Mutual Prosperity for Self and others”. Judo had taught him about discipline and using the Judo values and a growth mind-set to educate on the importance of Gender Equity and Equality while maintaining a health lifestyle.

*We really love the workshop and bringing our children to learn the Judo values and feel the judo mats and demonstration and accessing the Fiji Judo library for our children. This workshop has also broaden our knowledge of the Gender Equity Commission and what it represents for us women. The two doctors that shared with us about maintaining healthy lifestyle was very informative.*

*Mereseini Galu – Nabua Community Leader*



Shanice Takayawa 2019 Pacific Games Gold Medalist

*1 Thessalonians 5:11 "Therefore, encourage one another and build each other up just as you are doing".*

*I would like to thank the FJA Gender Equity Commission's Alisi Takayawa for giving me the opportunity to share my experiences to the women in attendance today. Judo has positively impacted and moulded my life and my journey as a Fiji athlete. I hope that sharing my experiences with you today will encourage more women to rise above the challenges of daily life. The first thing we learn in Judo is learning how to fall (ukemi). I have been thrown many many times, lost many fights, and experienced many failures. I lost so much, that I thought my purpose in life was to lose.*

*Through the Judo values and my strong Christian faith I have found a way to overcome my failures. Judo has taught me resilience and to keep getting back up and keep striving to be better than yesterday.*

*Shanice Takayawa*