

## FIGHT CLUB

## CONVERSATION

## Lina Khalifeh uses self-defence classes as a tool for women's empowerment in the Middle East

On a recent trip to Canada, Emma Watson took part in a boxing workshop with Lina Khalifeh (below right), founder of SheFighter, Jordan's first self-defence school for women. The two sparred as Khalifeh showed Watson her hybrid taekwondo/self-defence method. "She was training really hard," Khalifeh recalls. "She told me she loved the techniques." While more than 12,000 women in the Middle East have taken lessons since SheFighter launched in 2012, Khalifeh admits she has been met with some opposition. "I don't get the support of men," she says with a shrug. "I don't care. I wanted to do something that builds confidence in women.

And teach them how to protect themselves."



## WONDER WOMAN



## AMINATA CONTEH-BIGER

*UNHCR special representative and CEO of the Aminata Maternal Foundation*

## HER ESCAPE

As a teenager, Aminata Conteh-Biger was kidnapped by rebels in her hometown of Freetown, Sierra Leone. Upon her release she became a refugee, arriving in Sydney 17 years ago. She is now an ambassador for the UN.

## HER IDEA

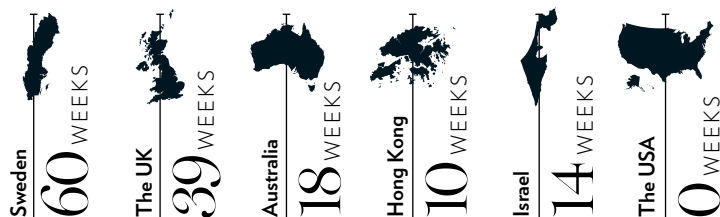
After the birth of her children, Conteh-Biger decided to help women with pregnancy-related issues in Sierra Leone. "I never thought I'd have a baby because of what I've been through," she says. The Aminata Maternal Foundation, which funds birthing wards and medical supplies, is her way of giving back.

## HER RETURN

As part of an episode of *SBS Dateline*, Conteh-Biger returned to Freetown to visit the maternal wards benefitting from her foundation. Seeing that impact was an emotional moment. "I have a lot to be grateful for," Conteh-Biger says. "I feel like I'm making a difference in my country." □

*Dateline airs Tuesday, March 7 at 9.30pm on SBS.*

## THE WORLD IN NUMBERS



## PAID PARENTAL LEAVE AROUND THE GLOBE

## SNAPSHOT

Sister Kate and Sister Darcy, of Californian medical marijuana farm Sisters of the Valley, are in tune with a *higher* power. The pair (who are non-denominational nuns) grow cannabis, from which they make creams and oils for pain relief.

