On Monday March 18, 2019 the group full of Utah Valley University faculty and students and Utah International Mountain Forum members met for the first time this trip at the United Nations Headquarters in New York City to check in for the 63rd session of the Commission on the Status of Women (CSW63)

After all of the group members were checked in and received their grounds pass badges, we headed into the U.N. Headquarters and took group photos along the way. We were able to give ourselves a self-guided tour throughout the headquarters and figure out where everything was located so we were prepared for our presentations we would be giving the following day. After the self-guided tour, we were allowed to have some free time and practice through our statements for our Parallel Panel Event.
After resting and eating lunch, the group met up at the Salvation Army building to listen to the Jieh Huey Social Welfare and Charity Foundation: Recreating a Healthy Environment for Women and Girls panel event. There were 5 different speakers who all spoke on different topics still pertaining to women empowerment and creating better environments for women.

The first speaker Hsin Chin Shih, CEO of Jieh Huey Social Welfare & Charity Foundation, spoke briefly on what their NGO mission is and how they accomplish their goals to empower women and make their environments and living conditions better. They recruit and train rural women and youth to offer care service to elders and help people in rural communities have better life opportunities. The next speaker was our very own UIMF mentor and professor at UVU, Dr. Baktybek Abdrisaev. Dr. Abdrisaev took the time to speak on some of his past personal life experiences, the Student Engaged Learning
model at UVU, Utah International Mountain Forum, the Women of the Mountains Conferences, and in particular mountain women and the socio-economic hardships they face every day. The third speaker on today's agenda was Dr. Antoinette Ellis-Williams, Professor of Women’s and Gender Studies at New Jersey City University. She focused heavily on women empowerment and touched base on her personal life experiences and shared with us how to empower ourselves and become what we want to be. Next was Ms. Pauline Tzuang, Charter President of the Zonta Club of Taipei Cosmo and Zonta International, spoke about what Zonta does as an NGO to empower women. The last speaker during this panel event was Dr. Ali Mazzara, the Director of Educational Programs and Office of Global Affairs at The State University of New York (SUNY). She mentioned briefly the scholarship and leadership opportunities that are offered to ungrad women at SUNY through the Jewish Foundation for Education of Women (JFEW).

It was a great experience to be able to spend my day at the United Nations in New York City and listen to all of these high-level accredited speakers and hear their amazing words and experiences on female empowerment. Through the engaged learning model at UVU, I have gained a lot of professional experience and knowledge in such a short period of time during this trip.

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