

# Polish women

who changed the world

Karolina Baron  
Wiktoria Pyka  
Maria Stacha



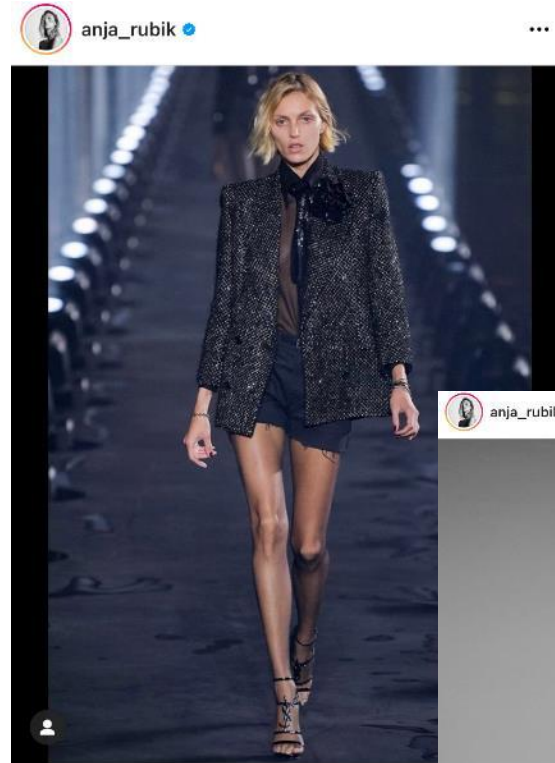


ANJA RUBIK



**Anja Rubik** is one of the most popular Polish models. Since she was 15, she has been working for the biggest brands in the world. She has been taking part in many advertising campaigns for the most prestigious companies and she has been working with the most popular photographers.

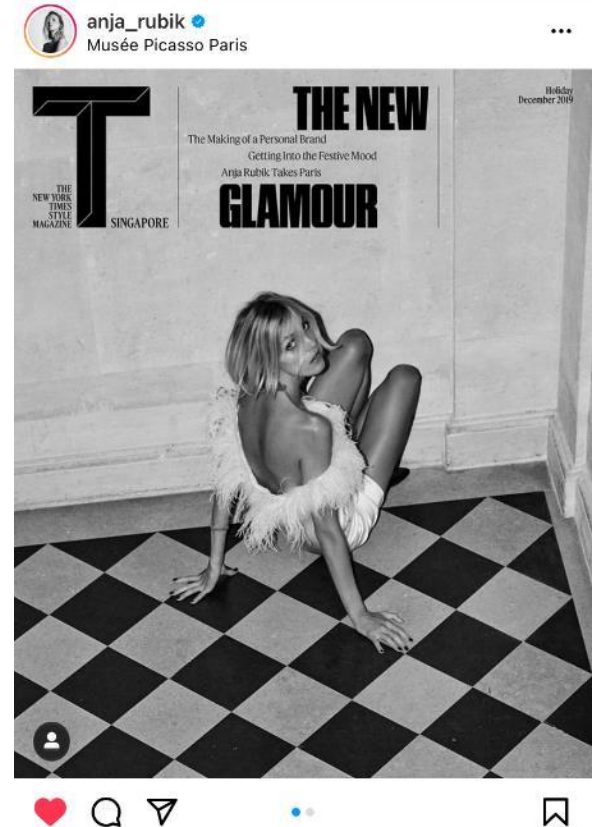
As a model, she achieved everything but her professional activity is not only catwalks or photoshoots. Anja likes emphasizing that she is a feminist and she is more often interviewed about her activism and activities related to the foundation than about fashion.



# CAREER

When she was 14, she decided that she would find a modeling agency. She went out on the catwalk for the first time in Milan. When she was 15, she made a very hard decision about moving out to Paris, where she didn't know anybody and she didn't speak French. She found: 12-squaremeter flat without a window, a job, and a British school. Agency was proud of her, she was making money but she wanted to achieve even more.

After passing her high school exit exam, she moved to New York. In the USA her professional life developed - the fashion world appreciated her beauty, slim figure and photogenic qualities.



The list of brands and designers that Anja Rubik has worked for is long. It includes for example Dior, Emporio Armani, Kenzo, and Chanel. Since 2010 she has been the face of the Polish jewellery brand Apart. Anja has been on the covers of the most important fashion magazines, like "Vogue", "Numéro", "Elle", "Harper's Bazaar" and "Glamour".

She belongs to agencies: Next (London, Milan, New York, Paris), Modelwerk (Hamburg), D-Vision (Warsaw).

Her presence at a fashion show is not so much necessary as simply prestigious. It raises the rank of the event and is a sign the collection or photoshoot are of good quality.

She has achieved a spectacular success but recently she has used her social standing mainly to fight for women's rights and access to sex education for young people in Poland.







"You often have to go against difficulties and take some risk. Most of all I believe that everybody gets an opportunity but you have to know what to do with it. My motto is that "it is better to try and then regret that, than regret that you didn' t try" " – Anja said



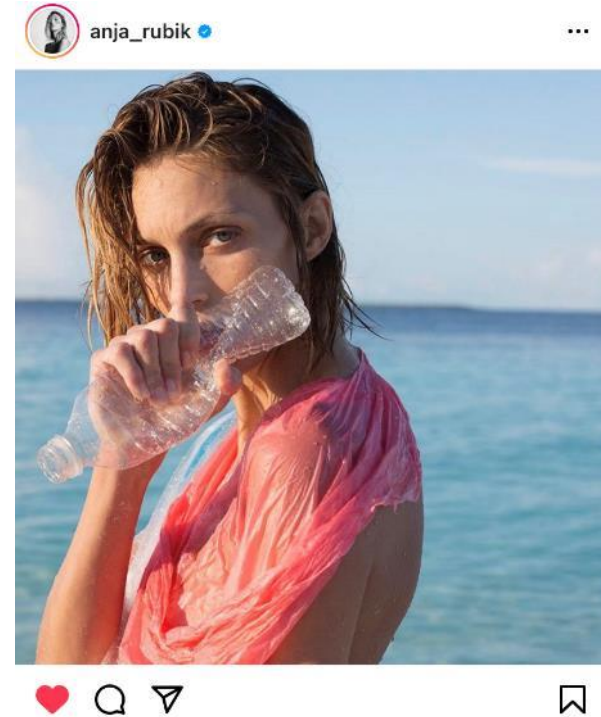
"I think that you have to be the creator of your own destiny and create situations that will help to develop your career" – Anja said in one of



# SOCIAL ACTIVISM

Successful woman, who has a big impact on her fans, decided to use her popularity for a good purpose. Anja Rubik often speaks out on political and social issues. On her Instagram, she encouraged people to take part in the presidential elections or showed support for protesters. She took part in protests against the tightening of abortion laws and she is the face and originator of the #SEXEDpl campaign. She fights courageously for the rights of those people who can't fight for themselves. She combats violence against women, promotes sex education, and supports disabled people.

For several years she has been involved in social campaigns for environmental protection – for example, she is an ambassador for Parley for the Oceans. Anja Rubik's activities and her book were appreciated by international activists, for example, UNFPA (United Nations Population Fund) for which the model spoke on the panel “When Women Lead: High Level Dialogue”.





# VOGUE

POLSKA

NR 12 (144)  
GRUDZIEŃ  
2020  
15,90 ZŁ  
WWW.VOGUE.PL



## THE POWER OF WOMEN

*Anja Rubik, Marta Lempart, Jane Birkin, Justyna Wasilewska, Emma Corrin, Lucia Berlin*

In Poland, Anja Rubik's commitment was especially seen in her activities against violence against women. Recent events related to the situation of women in Poland have affected her deeply. Joining the National Women's Strike against the tightening of the abortion law in Poland, she prepared a cover shoots for Vogue magazine about women's power. She also gave an interview to the magazine and she said:

# VOGUE

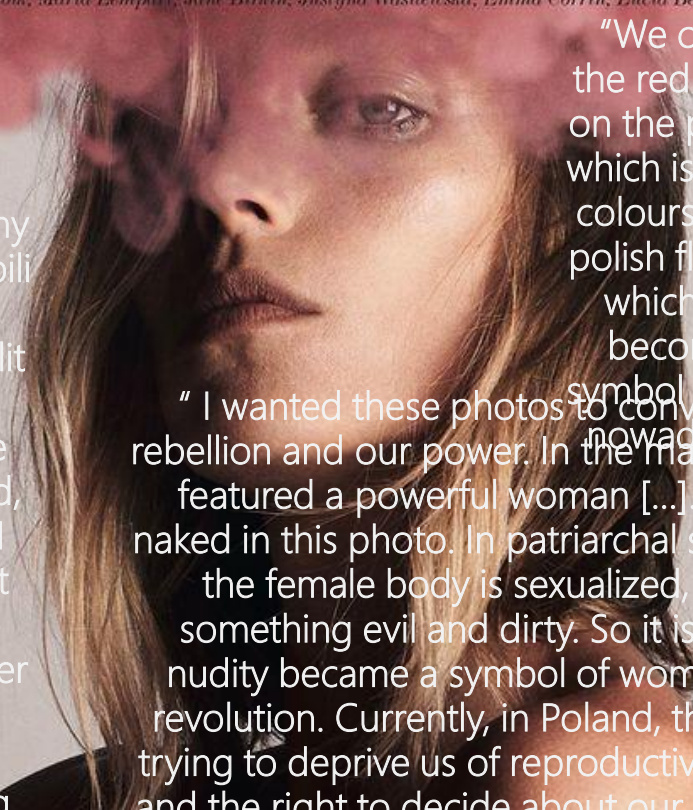
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## SILA KOBIET

*Anja Rubik, Marta Lempart, Jane Birkin, Justyna Wasilewska, Emma Corrin, Lucia Berlin*

"I think that with my recognizability comes responsibility. So I can't be uninvolved, because I know that my voice has a power and can change something



"We can see the red colour on the photos, which is one of colours of the polish flag and which also become a symbol of fight nowadays"

"I wanted these photos to convey our rebellion and our power. In the main role, I featured a powerful woman [...]. I am naked in this photo. In patriarchal systems, the female body is sexualized, it is something evil and dirty. So it is how nudity became a symbol of women's revolution. Currently, in Poland, they are trying to deprive us of reproductive rights and the right to decide about our own life



# #SEXEDpl

Anja Rubik has been volunteering for free sex education for several years. Her idea about #SEXEDpl gained popularity in Poland, where talking about safe sex is still considered taboo and young people haven't got basic sex education. The model published a book "#SEXEDPL. Anja Rubik's talks about adolescence, love, and sex.", which she wrote together with experts – psychologists and sexologists. This book turned out to be a real bestseller in Poland.

The #SEXEDpl foundation has been active since 2017, educating and giving the right help to hundreds of people each week. Its goal is to destroy myths and stereotypes about sex education, increase knowledge of these topics in the community, support teenagers during adolescence, make preventive testing for sexually transmitted diseases more popular, educate about sexual violence and how to react to it.



# MARTYNA WOJCIECHOWSKA



**Martyna Wojciechowska** was born on September 28, 1974 in Warsaw, actually as Marta Wojciechowska. She changed her name, because she decided the name suited her better cause of meaning of it. Marta means „lady”, whereas Martyna means „shieldmaiden”. She changed it officially in 2019 y. She is a traveler, TV presenter and journalist. Martyna is an author of travel reports, the most known is: „Woman in the edge of the World”.





# HER FAMILY

She is a wife of Przemysław Kossakowski—who is a journalist, documentalist and traveler.

She has also daughter called Maria, she is 12 years old. In 2017, Martyna adopted a girl suffering from albinism, her name is Kabula. While she was living in Tanzania, she was mutilated (her arm was cut off) due to illness.



# REALLY „HIGH” ACHIEVMENT

She is one of three women in Poland, who achieved the Crown of Earth.

Crown of the Earth includes nine highest peaks on all continents.



# „WOMAN IN THE EDGE OF THE WORLD”



The traveler with the crew travel around many countries to make recordings. In her program, Martyna tells the stories of women from all over the world and living in various cultures. The stories of these women move and force you to think about the problems of others, as well as understanding and openness to other people.









# MARTYNA AS RALLY DRIVER

In 2002, with Jarosław Kazberuk, she took part in the Sahara-Dakar rally, taking the penultimate, 44th place in the general classification. She was the first Polish woman and woman from Central and Eastern Europe to graduate.

In 2003 she also took part in the Transsyberia rally, with Andrzej Derengowski. They were the only Polish group at the finish line, taking second place in the general classification





# HER FOUNDATION

In 2019 she established a foundation called „Unaweza”- it means in language „suahili”: „you can” .

The Foundation is dedicated to helping women in the world and in Poland. Among other things, the goals of the foundation are - activities aimed at providing equal opportunities for the development of women, families and children all over the world; - providing social assistance all over the world for women, families and children in difficult life or material situations; - financial support for the health needs of women, families and children around the world; - carrying out activities in the field of supporting the education of children and youth all over the world by providing access to education for children from the poorest families.

**„WE GIVE WOMEN WINGS!”**







\* WE GIVE WOMEN WINGS

# ZOFIA KIERNER



**Zofia Kierner** is a Polish senior at Phillips Exeter Academy. She's an award-winning social entrepreneur, education and gender equality advocate, one of the Vogue's top social activists. She's only 17, but can already count launching a foundation as one of her achievements. Girls Future Ready, because that's the name of her foundation, support education and growth of other teenagers like her. Its main goal is to help other girls from Central and Eastern Europe to achieve global success. Zofia also has a passion for social media and public speaking.





# FIRST CHARITY PROJECT

When Zofia was eight years old, she executed her first charity project. She has Polish roots, but she has lived in several countries. One summer Zofia was visiting a local Polish school and she noticed that the materials they used to teach English weren't very engaging. In her opinion, it's so hard to learn English just from boring textbooks. So, she started collecting used English language books and donating them to Polish schools. In the first year, there were 350 of them, but she didn't stop there. To this day, she has donated around 20,000 books to schools and kindergartens. Zofia gets many messages that the kids are happy and really enjoy learning English in more interestingly way.



# BEING A SOCIAL ACTIVIST

When she was younger being a social activist meant simply being involved in charity projects. At first, it was just collecting English books and delivering them to people who need them. But later on, it expanded into the mission of her foundation empowering young women to reach for their dreams. Right now, being a social activist for her means helping others by standing behind a mission she supports and just making the world a little bit of a better place.

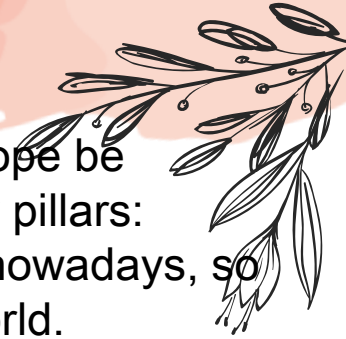


# MISSION OF HER FOUNDATION

The mission of Girls Future Ready is to help girls from Central Eastern Europe be better prepared for global careers. Her foundation bases work on a few key pillars:

- **English speaking skills** - English is one of the most important language nowadays, so if you are not fluent in it, it's difficult to be successful in today's global world.
- **confidence** - Girls shouldn't be afraid of speaking up and giving their opinions. Building self-confidence is one of the most important foundation's tasks.
- **public speaking skills** - Zofia has found that people in her school who are unable to present their ideas understandably are inaudible. This is what it's like in the normal world people who are not able to publicly present their ideas won't stand out above others.
- **global mindset** – It means to be able to understand global processes and issues.

She develops these skills through their major programs such as Girls Global Ready, Girls English Ready, HerStory Project, and now the #togetherforteachers program.





# SOME OF HER PROJECTS

- **"Her story"**- This project is for girls who have a passion or a special talent, but have no idea or opportunity to show it to the world. All they need is just a little inspiration and support. Foundation already has a few mentors and specialists who offered their help. And it doesn't matter what the girls are interested in: it can be business, fashion or even politics. The only thing that matters is their initiative, commitment and creativity.
- **"Girls Global Ready"**- In this project, they connect girls from Central Eastern Europe with their peers in the USA. There are two goals. The first goal is to show that European women are not worse than American women. Because of this teamwork they build mutual relationships, learn interesting things about their countries, break down barriers and stereotypes, open up to the world and learn English through first-hand experiences. The second goal is natural contact with language and not just learning grammar.
- **"Girls English Ready"**- One of their longest-running projects, it has been active for over 8 years while they collect, deliver and donate gently used children's books in English from the US to educational institutions in CEE (Central Eastern Europe) so kids can learn this language in more engaging way.



- **"SpeakUpGirl!"**- The annual Girls Future Ready Congress is where foundation brings together girls community. It's a short speaker-based event where all participants can enjoy presentations from other peers who share their passions, and dreams live on stage. It's also a space to discuss new projects and ideas, promote teamwork, and just have fun together.

- **"#togetherforteachers"**- It is a transformed Girls Global Ready program where American mentors, pupils and students help to teach English classes in Polish schools during the difficult time of the COVID-19 Pandemic. Native speakers connect with the class during its online learning to enhance teaching, share culture and run conversations.



# WHY THIS FOUNDATION?

When Zofia interacted with girls from Eastern Europe, she noticed they are very talented, but they lack confidence, or they are afraid to speak up. She said that there are so many programs that help older women but if girls ask various organizations for help, they say: “wow, that’s great! Come back when you’re older!”. In her opinion, it’s so important to help these young women work towards their goals early on so they can develop the skills they’re going to need in their professional lives.



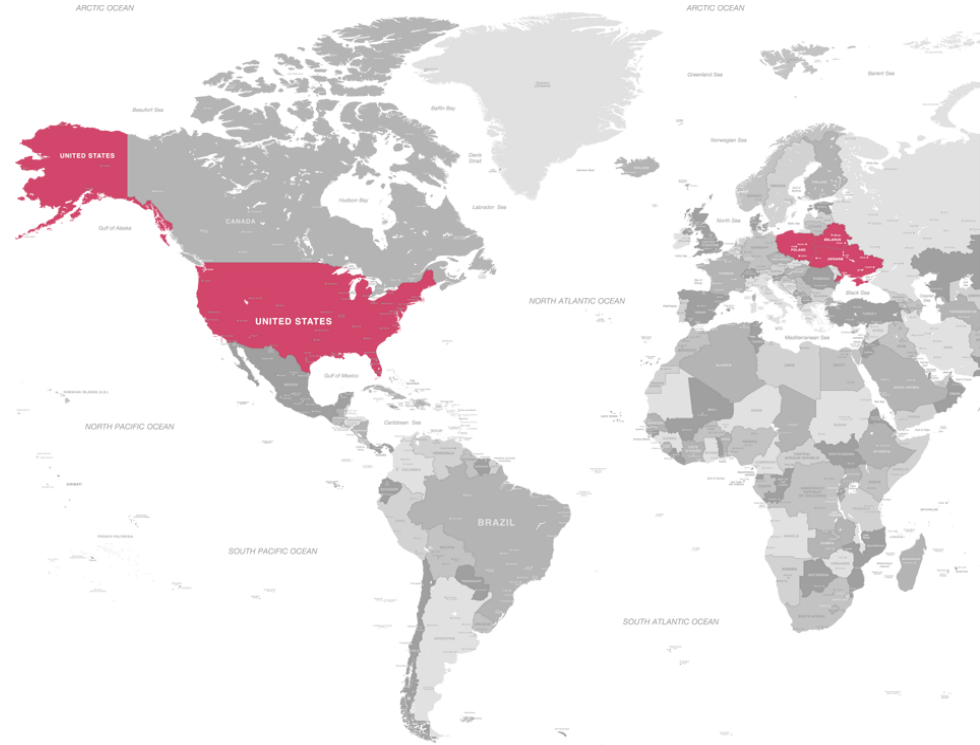


# TOO YOUNG TO CHANGE THE WORLD?

She didn't realize that she might run into troubles because of her young age. Although she has done much more for others than many adults, when trying to involve her foundation in some projects or competitions, she often got the answer: "Sorry, but it's not a game for little girls. Come back when you get older, or you achieve something".

But fortunately, there are still some people who want to help and cooperate with Zofia and her projects. And this gives her hope that what she does make sense.

She also has huge support from her parents. From a young age, she always could rely on them. Whether it was when she needed to practice a presentation at five in the morning or when she needed help with checking an important email at three in the morning.



# WHAT NEXT?



Zofia doesn't want to figure out exactly what she wants to do with her life yet. She still has a lot of time to make a specific decision. Maybe the foundation will be her full-time job? Maybe she'll go to business, maybe to politics, or even she'll run her own company? Zofia said that this choice is limited only by her imagination. Now she's gathering experiences that could prepare her to be ready to make the final choice.



# QUIZ

That's not the end – it's quiz time !

Follow our instruction to start the game:

- After clicking "ENTER" next questions will appear on your screen.
- Correct answer will be ticked after clicking "ENTER" once again.

Now you know how to play our quiz so let's start by going to next slide.

**GOOD LUCK!**





1. Where did Anja Rubik move out when she was 15?

a) London



b) Paris

c) New York



2. What does "unaweza" mean in Swahili language:

a) „unlimited power”

b) „one chance”



c) „you can”

3. What is Zofia's foundation called?

a) Young Women Go!



b) Girls Future Ready

c) Future Girls Now



4. What topic is Anja Rubik's favourite to talk about?

a) fashion

b) photoshoots



c) feminism and her foundation

5. What the Martyna's TV show presents:

a) travel stories



b) stories of extraordinary women

c) her passions

6. What was Zofia's first charity project about?

a) collecting money to buy equipment for chemical labs

b) finding native speakers who would like to come to school and talk to students

c) collecting used English books for children in schools and kindergartens





7. What is the main goal of Anja Rubik's foundation?

- a) taking care of the environment
- b) fighting for women's rights
- c) support young people and give them proper sex education

8. Why Martyna changed her name?

- a) because she liked that name better
- b) it was influenced by its meaning
- c) she had to change her name for unknown reasons

9. Which isn't one of the key pillars of Zofia's foundation?

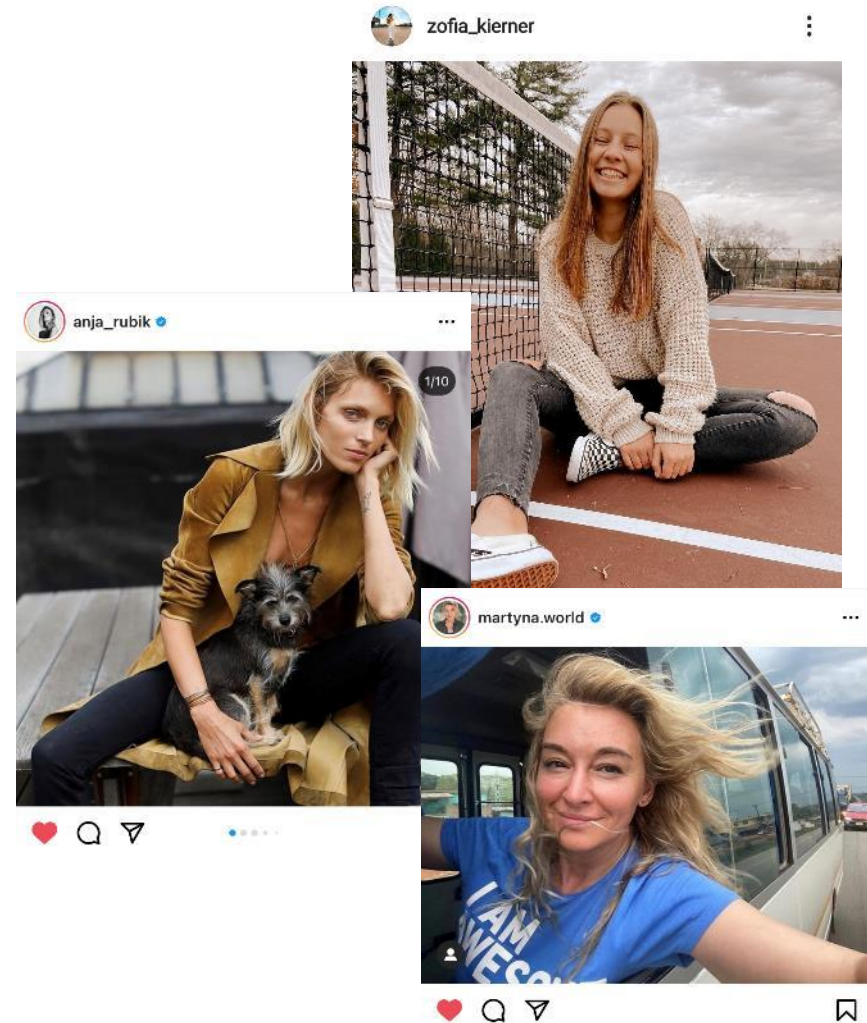
- a) thinking outside of the box
- b) confidence
- c) public speaking skills



# FINAL QUESTION

10. What these women have in common:

- a) passion for travel
- b) founders of the foundation
- c) they work for the benefit of children



# THANKS FOR WATCHING!

„There is no limit  
to what we,  
as women, can  
accomplish”

- Michelle Obama

Karolina Barom  
Wiktorja Pyka  
Maria Stacha

