

AASW Final Report for GSL



Our project is called Accessible and Affordable Sanitation for Women, a global non-registered initiative that aims to give girls access to menstrual hygiene and break the social stigma and taboo the issue faces by working with other organizations in Mwanza. This will be done by producing reusable sanitary pads- handmade by our team- for girls who have no access to them in an environmentally safe way, and spreading awareness about the importance of menstrual hygiene through hosting educational workshops for the girls we work with. Our long term goal is to teach the girls we work with how to create their own pads so they can then learn the skills and then teach other girls. Overall, we aim to make a difference and empower girls in Mwanza to have a voice about their period stories and spread love and happiness to all the girls we work with!

Sustainable Development Goals our project addresses and how:



3. Good health and well-being: providing girls with a clean and easy way to deal with their menstruation through the sanitary packs we put together, along with giving tips on how best to stay healthy while menstruating.



4. Quality education: running educational workshops for the girls we work with teaching them about menstrual health, hygiene and instructions on how to use the sanitary packs.



5. Gender equality: raising awareness through education and sharing period stories to build the confidence of and empower young girls in Mwanza, and break the taboo menstruation faces in Tanzania.



6. Clean water and sanitation: creating reusable and environmentally friendly sanitary napkins- a clean and safe option for girls on their period.

Funds/donations we have secured:

- ❖ Sponsors funds in order to purchase materials needed for our first project. Materials include: sewing machine, kitenge material, scissors, and threads.
- ❖ Donations of cotton flannel by a kind donor
- ❖ Funds from running a weekly juice stall at school by our team
- ❖ Funds from organizing fundraisers by our team such as a movie night and family fun day
- ❖ Funds from more sponsors to help us cover costs for sewing classes



Highlights from our experiences so far:

- ❖ Being able to give back to the community around us and getting to know different people.
- ❖ Communicating with young, local girls through their native language- Swahili- and learning so much about their daily lives and how they deal with their menstruation currently
 - *“Our experience has been very eye opening as we’ve come to realize how much power we have to give.”*

- ❖ Drawing a lot of inspiration from the unique and interesting life stories narrated to us by the young girls and boys at Cheka Sana orphanage
- ❖ Being able to spend time with the children and teenagers at the orphanage and bonding with them through various games and dancing, and putting smiles on their faces
- ❖ Sharing knowledge with the girls on menstrual health and hygiene through hosting educational workshops

Skills and learning gained through the project:

- ❖ Teamwork skills- listening to each other and cooperating
- ❖ Leadership skills- leading the project as well as our weekly community service club at school
- ❖ Organization and time management- balancing school life with project
- ❖ Communication skills: communicating with people of various ages and backgrounds such as: the girls we work with, founder of Cheka Sana and different sponsors.
- ❖ Creative thinking- coming up with fundraisers such as a family fun day
- ❖ Planning and executing events
- ❖ Sewing
- ❖ Cash management- knowing how to spend the funds we receive/ generate
- ❖ Marketing- knowing how to spread awareness about fundraising events



Outcomes and impacts of the project:

- ❖ Reached our goal to provide 22 girls aged 9-17 years old at Cheka Sana orphanage with sanitary packs put together by our team
- ❖ Able to provide the girls with sanitary packs that suited their preferences. This included adapting the initial sizes of the pads and making them more comfortable
- ❖ Managed to effectively show the girls how to use the sanitary packs, by demonstrations and providing an instruction sheet in Swahili
- ❖ Involved a total of 24 Isamilo students into our community service club
- ❖ Community members who were impacted by our project are our sponsors as they became more aware of our project along with teachers and students who partook in our main fundraiser: Family Fun Day
- ❖ We spent an approximate of 160 hours on this project including: planning and executing events, holding our Community Service Club, visiting the orphanage and sewing to put together the sanitary packs.



