

Final Written Report

Project Name: FlowAid

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Flow Aid is a project that was created by six girls from Lincoln School in Costa Rica. Our project's aim consists of three different aspects: facilitate and seek for comfort when it comes to the menstrual cycle of women in Vilma Curling's prison. This will benefit around 521 women who currently are in prison including; young, old, disabled and sick women. Helping raise awareness of the astounding amount of women who don't have access to menstrual products every month, is the second part of our aim. Finally, we would like to inspire others to start their own foundations to help women in prison or women in need.

We are constantly emphasizing the idea to protect and encourage women rights and equality, and this goal is what truly motivated us to develop the idea of how we can encourage and promote this movement. Our process consisted on: developing an idea, get everything approved from our GSL advisor, start a research process in which later we were able to find more contacts of workers in the prison and get in touch with the place to learn more about all the necessities and have an idea of the problems they are facing. Then, we created a platform where we gained followers to be able to inform people and gain donations. Finally, with the donations, we went to buy the products and donated them to the prison.

Our project addresses three different sustainable development goals, which are: GOAL 3 - Good Health and Well-being, GOAL 5 - Gender Equality, and GOAL 6 - Clean Water and Sanitation. Focusing on these three goals helped us have perspective on the impact that we wanted to create with this project.

During this long process we have faced several accomplishments, but when it comes to failures, we took them as challenges that we were able to overcome and turn them into successes. Within the list of successes are: we were able to create a platform, inform people of the actual situation and our project, and we also contributed to give neglected women a voice for their rights and needs which is our major achievement at the moment.

As female students of Lincoln School we have such a privilege to be provided with the necessities of the menstrual cycle. This project allowed us to be informed of the many women out there who don't share the same reality. This is one of the many things that this project has taught us. Within the process we also came to notice the lack of knowledge people had of the circumstances for women in prison so we were glad to be able to educate people and ourselves more on the topic.

When we researched about the lack of hygiene products in the only women's prison in Costa Rica, we reached out to the Prisons subdirector and the social worker and organized a zoom meeting. In this meeting we learned a lot about the prison. Even though the prison gives them a small amount of necessary products once a month including toilet paper, pads and soap, a lot of them rely on relatives to bring them basic products like shampoo and conditioner or deodorant. But, since they're the only women's prison in the country, there are women from all over the territory which difficulties family visits, hence difficulty for them to provide hygiene products. Another issue they face is that the quantity of toilet paper calculated is decided by the government based on how much toilet paper men use, which is a smaller amount than women making them rely heavily on donations in order to provide them with enough toilet paper every month.

We want to be able to give these women the rights to the basic necessities . We also noticed the ignorance towards the topic, so we have had to work extra hard to make sure our audience understands that period poverty is a problem that affects so many women all around the world. To get a hold of our audience and be able to inform them, we created an instagram account that now has over 100 followers where we post information like explanations of our project and period poverty. We also post information about the prison we are helping, products we want to donate, and bank accounts to receive donations. We believe that through our platform even though it's still small we were able to cover our aims of raising money to help the prison and raise awareness on the global issue period poverty is. With our platform and by spreading the word we raised over \$200 dollars to buy feminine products. We donated 288 units of night pads, 660 units of normal pads, and 120 rolls of toilet paper. Due to Covid, we were able to make only one donation because of the country's situation, but we are hopeful we will continue donating these next months with even more products.

Developing this project also helped us as individuals since we were able to gain some skills in the process. The skill of organization, teamwork, responsibility, the ability to teach other people about something that we are passionate about are some of the main skills we gained. But the major skill was having empathy. We were really pleased with the outcomes and the impact that this project had, including the impact it had on many women, how this project was able to inspire others along the way and finally how we were able to create awareness of the issue. We will continue to fight for women rights and will work hard to create an even bigger change that will have an impact on future generations.