

BE ARTSY

2019 RATO BALTIN PROJECT PLAN.



BACKGROUND

In West Nepal, women and girls have limited to no access to toilet facilities, rubbish collection, clean and easily accessed sources of water, and education about their bodies and menstrual cycle. Women and girls also have limited funds, which means that even if menstrual health management tools were known of and available, they would be difficult to afford. These factors can mean that girls miss school, feel humiliated and dirty, and are exposed to increased risk of sexual exploitation.

Compounding these factors is the prevalence of the cultural practice of chhaupadi. This practice dictates that during menstruation, girls and women are considered impure and deprived of their most basic needs. Prohibitions include:

- Forbidden from entering the family home, instead staying in cattle sheds or makeshift huts
- Forbidden from touching men and food others will consume
- Forbidden from consuming milk, yogurt, butter, meat, vegetables, and other nutrient rich foods
- Forbidden from crossing water
- Some are restricted from attending school

Those subject to this practice risk exposure to rape, snakebites, smoke inhalation, animal attacks, and the psychological trauma of considering themselves as 'dirty'.

The exclusion of girls by this practice from school during menstruation is harmful to their education. A lack of education about biological functions, puberty, and menstruation, as well as the tools to hygienically manage it, contribute to this ongoing exclusion. Moreover, poor menstrual hygiene is not only linked to low education outcomes, but to employment, health, and overall development.

The Government of Nepal outlawed the practice of chhaupadi in 2005. This advance in legislation to curtail the practice did not result in a significant impact on its prevalence. Extending on the initial policy push to address chhaupadi, since August of 2018 the Government has a law that punishes those forcing women to adhere to chhaupadi-mandated exile while menstruating with a fine of 3,000 Nepalese rupees or three months jail-time. However, we believe that these advances may continue to have mini-

mal impact on its prevalence. The practice is strongly embedded in social norms and cultural practices. In order to effectively address the practice of chhaupadi, interventions must be made on the local level, addressing its socio-cultural basis and the reasons it continues through education and meaningful community engagement. Yet it is a significant step forward in the right direction on the political level, and represents a developing social change in opinion. Combined with programs such as Rato Baltin that address education on a local grassroots level in remote areas where the practice is still prevalent, we believe that there is significant potential for change into the future.

The Objective

The project aims to address the lack of sexual and menstrual hygiene education and dignity among communities in West Nepal where the practice of chhaupadi is still present. This mission can be broken into the following objectives which have shaped the Rato Baltin project:

- Address the socio-cultural basis and implications of chhaupadi through community consultation
- Educate women, girls, boys, and communities on sex, biology and menstrual health management practices
- Reduce school absenteeism of girls in targeted remote communities of West Nepal
- Provide girls and women with tools to facilitate menstrual dignity
- Achieve long term sustainability of the program working with local NGOs

The Opportunity

Through partnerships and workshop training creation and implementation, *be artsy* will pursue the project objectives by:

- Partnering with a socially conscious menstrual cup supplier to donate menstrual cups (selfcare product) to the project
- Partnering with ROKPA International
- Partnering with an Achhami NGO: Samabikas Nepal
- Providing girls that both attend and do not attend school with menstrual cups, hygiene kits, and adequate training in their use and upkeep
- Partnering with and training local nurses, teachers, and volunteers to work with communities in workshops and maintain ongoing follow-ups
- Conducting workshop training in sex education and menstrual hygiene for girls, women, and boys

- Using participant photography to engage girls and communities in the topic of menstruation and what can be improved for them during this period

OUR PROPOSAL FOR 2019

be artsy will partner in Achham with the local NGO Samabikas Nepal. *be artsy* will implement its Rato Baltin (Red Bucket) project in stages throughout 2019 in remote communities of West Nepal where the practice of chhaupadi is still active. The project itself is named after its approach to addressing menstrual hygiene and education in remote West Nepal communities. While the colour red has cultural and religious significance in Nepal, it is also related to menstruation. 'Bucket' refers to the menstrual kit that girls will receive as part of the program, contained in a metal bucket.

To be effective, it is vital that projects working in this area address the socio-cultural reasons the practice continues to persist in some communities, while also providing menstrual and sex education and hygiene tools.

Our 2017 and 2018 Rato Baltin Project successfully provided menstrual health management, hygiene, and reproductive and sexual education and training to over 4,580 individuals in remote communities of West Nepal. 601 volunteer girls were provided with menstrual cups donated by Ruby Cup, a UK based company. The 2019 Rato Baltin Project will continue the work completed in 2018 by providing donated menstrual cups to girls that attend school, as well as pursue workshops and trainings of girls, boys, women, and communities. It will extend on the last years design by providing girls that do not attend school with access to menstrual cups, and implement a men's group workshop focusing on menstruation and reproduction.

The project will have a four-tiered approach:

1. Workshops will be held to provide sex education to both male and female teenagers in local schools
2. Hygienic education will be provided through workshops to all women in targeted communities
3. Menstrual cups and training will be provided to volunteer girls in targeted communities
4. Participative photography workshops will be utilised to showcase how girls feel about their periods and the chhaupadi tradition, and what they would like to change about the experience

Rationale

The project is designed to mitigate the negative effects of chhaupadi, educate communities about the biological functions of their bodies and how to care for them, and stimulate community reflection and conversation about chhaupadi. It is not designed to be a top-down, outside-led 'quick fix' solution. This would be ineffective as chhaupadi continues to be practiced based on deeply held beliefs. If communities perceive foreign non-Nepali figures are attempting to eradicate the practice from a place of cultural judgement, this would inhibit any efforts at menstrual hygiene, health, and sex education. The project would ultimately have a negative impact on communities and participants.

Menstrual cups are a cost effective, sustainable, and environmentally friendly solution to menstrual health management. They are made of medical grade silicon, which has no negative health impacts on the body. The cups are easy to clean between each use. The use of menstrual cups reduces waste that must be disposed of, as one cup can be reused for 10 years.

Participative photography enables girls to present their own thoughts and impressions of their experiences. Participants are not constrained by their ability to communicate by conventional means such as written or spoken word. Girls may feel shy or socially inhibited from speaking about their experiences, and depending on their level of literacy, may not be able to fully communicate their experiences. Participative photography can stimulate critical dialogue about concerns, enabling participants to visualise and reflect their experiences within their communities.

As *be artsy* and the Rato Baltin project are new endeavors, there is limited capacity for large scale implementation. Monitoring and evaluation of the 2019 project implementation will enable the organisation to adapt and change the project going forward, based on lessons learnt. The 2019 project has been designed in respect to the lessons learnt from the 2017 and 2019 Rato Baltin Project. This dynamic, flexible approach to project implementation, emphasising sustained and effective monitoring and adaptation, will ensure that the project leaves a positive footprint in communities.

Execution Strategy

Ruby Cup, a socially conscious menstrual cup business, will donate 3000 Ruby Cups to *be artsy* to distribute to girls in remote West Nepal communities. The current price on the market of these cups is 81.000€.

One of the big difference between last year and this year project is that Ruby Cup also donated menstrual cups for girls that are not attending school. Girls involved in this initiative will be a maximum of 22 years old.

The 2018 Rato Baltin Project was successfully implemented across several stages to maximise its reach, monitor the impact of interventions, adjust for unexpected results, and to not exceed organisational capacity. In 2018 we were active only in Achcham District, within Mangalsen Municipality. *be artsy* implemented the project in 5 villages: Basti, Kunti Bandali, Oligau, Kalagaun, and Janali Bandali.

From our experience in 2017 and 2018, we perceive a high level of need for the project in more municipalities in Achcham. As such, we will focus on this district during 2018 and endeavour to be active in 6 Municipalities. In every municipality we will go to 3 villages (to be confirmed in early January), based on population demographics, the placement of schools, and the prevalence of chhaupadi.

With sufficient funding we will endeavour to implement the project across 6 Municipalities, but if this is not possible, we will narrow this focus to 4. However, we believe that it is urgent for the project to make “noise” in as many municipalities as possible. It is through the project being present in Municipalities that menstruation and chhaupadi are discussed within the context of change, and we can gather information as to people's beliefs. **We are confident that our project can avoid the death of girls into the future.**

In every Municipality we already have a local trainer, alongside 20 mentors (old menstrual cup users, from class 10 from last years) willing to help them.

In every village we will teach boys and girls from classes 6 to 10, specific girls and women's groups, conduct menstrual cups training and dissemination, photography workshops, and menstrual health management education.

Implementation execution will be structured as follows:

1. Employ local staff, with appropriate and decent salaries
2. Prepare training material and menstrual kits
3. Determine the location of 18 additional target schools and villages in Achcham
4. Train local teachers, and nurses who have already been contacted and shown interest in the project

5. Delivery of training material, translated into Nepali, so that teachers can continue with lessons into the future
6. Training and educating boys and girls in sex and menstrual hygiene, as well as all-female and male groups so they can talk without fear of embarrassment or taboos
7. Deliver an educational menstruation and reproduction workshop to men groups to clarify its biological basis
8. Through participative photography, invite 40/50 girls in each village to volunteer to identify and take pictures of what could be improved in their lives while they menstruate
9. Deliver a menstrual hygiene kit and training to the girls who took part in the photography project
10. Deliver a menstrual hygiene kit and training to the young girls not attending school from the women's group.
11. Exhibit photographs in the town centre or central meeting point to engage the community in the girls' perspectives and consider what measures can be taken to improve their lives
12. Record names of volunteers for the cup program that could not participate in this round, for the Autumn project
13. Monthly telephone follow-up with the local Mentors, teachers, and nurses
14. Biannual face-to-face follow-up with the girls by the *be artsy* trainers and mentors to check how implementation of the cup is progressing
15. During the Autumn follow up project, we will Deliver menstrual hygiene kits and training to the girls in the waiting list, and the ones willing to have one
16. During the Autumn follow up project, we will showcase the film MIRA to the communities, thanks to the Nepali NGO Photo Circle
17. If possible, In November we will try to go to the 2018 villages with a local theatre company, to provide a drama showcase against chhaupadi

No *be artsy* staff member or volunteer will use the term 'chhaupadi' without it first being used by participants.

Human and Material Resources

Human resources will be invaluable to the success of the project. It is particularly important to engage local Achhami individuals to work within the targeted communities to implement and monitor the on-going impact of the project, and wellbeing of the participants. Within the Spring and September following up of the project, we will engage:

- Female teachers and nurse/s in every village (depending how many in each village are willing)
- 1 x Project Manager
- 1 x Social Health Specialist from ROKPA
- The be artsy Project Manager
- 1 x Trainer assistant and administrative worker in Kathmandu
- 18/20 x Local girls (old menstrual cup users) working as Mentors
- 3 x Local girls (old menstrual cup users and last years Mentors) working as Coordinators
- 6 x Volunteer foreigners, anthropologist with photo skills (optional)
- 1 x Menstrual therapist (Spanish volunteer)
- 1 x Achhami Project Assistant

Ruby Cup will donate menstrual cups to *be artsy*. Donated cups will number:

- 3000 x Ruby Cups for 2019

These cups will require menstrual kit components. Buckets will only be given to school girls, as young girls already married have easy access to someplace to boil the cup.

We have calculated 100 cups for every school girl and 50 for girls not attending the schools during the 2 trips to the area. We know in some villages we will need more, and in others less. We calculate that if we can do the November trip we will have new girls interested in the old villages, in particular Janalibandali, Oligaun, and Kalagaun 150 cups per 18 villages is 2700 cups; excess can be used during the November follow up.

- 2700 x Metal buckets.
- 3000 x Menstrual cup (Ruby Cup)

Commence project on location												
Train local partners in villages												
Commence workshops and participative photography												
Follow-up calls to participants												
Project evaluation												

Expected impact

We expect the 2019 Rato Baltin Project to primarily assist in mitigating the impact of chhaupadi on the lives of girls in remote communities of West Nepal. Expected project impacts are:

- Increased knowledge of sexual education among women, men, girls, and boys
- Increased knowledge of menstrual hygiene and biological processes among women, men, girls, and boys
- Increased capacity to employ menstrual health management tools and hygienic processes
- Increased community conversation concerning the practice of chhaupadi and its impact on girls
- Reduction in the prevalence of chhaupadi
- Increased confidence among girls who receive a menstrual cup
- Reduced school absenteeism among girls who receive a menstrual cup and are enrolled in school

Budget

The following table details the pricing for the delivery of services, outlined **by Municipality**. The budget also outlines expenses we will have that are independent of how many municipalities we will work in. The expenses we will have, independent of how many municipalities we will be present in, is from **12.191€ + every municipality budget is from 10.862€.**

Bellow you can find a budget for expenses within one Municipality. The total amount of the project across 6 municipalities is **77368€.**

- Every Municipality budget is from 10.862€.
- Expenses independent of how many municipalities 12.191€
- Total Cost of the project with 6 municipalities: 77368€.

Budget for 1 Municipality - 3 villages

Description	Total Cost NPR	Total Cost €
identification	45016	375
Equipment, materials and supplies for workshops	262224	2185
Inventorial goods used in the field	214000	1783
Consumable goods	28000	233
Transportation on the field	42227	352
Local Staff	454667	3789
food and accommodation on the field	118333	987
Education for development and awareness	30000	250
food and accommodation for September follow up	109000	909
Total	1303467	10862
Grand Program for 1 municipalities - 3 villages	1303467	10862
Exchange Rate: 1 Euro = 120 NPR (Rs)		

EXPENSES THAT WE WILL HAVE INDEPENDENT OF HOW MANY MUNICIPALITIES WE WILL HAVE.

Description	Total Cost NPR	Total Cost €
rent and maintenance office	220800	1840
Expat Staff - 8 volunteer	0	0
Technical and Professional Services - 8 volunteer on-line	0	0
Outside trips, accommodation and diets	1120000	9334
External Evaluation	25000	208
Audit	35000	292
Financial expenses, legal advice, registration, experts and associates	62000	517
Total	1462800	12191
Grand Program for 6 municipalities - 18 villages	1462800	12191
Exchange Rate: 1 Euro = 120 NPR (Rs)		

TOTAL Program for 6 municipalities - 18 villages

Description	Total Cost NPR	Total Cost €
identification	270100	2250
rent and maintenance office	220800	1840
Equipment, materials and supplies for workshops	1573344	13112
Inventorial goods used in the field	1284000	10700
Consumable goods	168000	1400
Transportation on the field	253360	2114
Expat Staff - 8 volunteer	0	0
Local Staff	2728000	22734
Technical and Professional Services - 8 volunteer on-line	0	0
Outside trips, accommodation and diets	1120000	9334
food and accommodation on the field	710000	5917
External Evaluation	25000	208
Audit	35000	292
Financial expenses, legal advice, registration, experts and associates	62000	517
Education for development and awareness	180000	1500
food and accommodation for September follow up	654000	5450

Total	9283604	77368
Grand Program for 6 municipalities - 18 villages	9283604	77368
Exchange Rate: 1 Euro = 120 NPR (Rs)		

Where will we get the money?

There are currently 2 social Catalan foundations from 2 local Council's surrounding Barcelona interested in supporting us. We do not have confirmation of any contribution from these organisations.

Related to implementation of the project in April, there is a social arm of a film production company that is interested in making a documentary about our work that we hope will also help us, even if it is to raise funds for future projects. These film producers are also trying to garner us free seconds of publicity on local TV. They wish to make a small advert around February when people begin to feel more financially comfortable after Christmas.

Last year we were able to privately fundraise 10.000 euros, which we hope to replicate again this year. Different private individuals are willing to begin crowdfunding programs in their home country's to contribute to the project's goals. Furthermore, there are a few local small shops and social enterprises willing to help us, giving us a small % of their earnings.

We hope **our 2018 and 2019 Partner ROKPA** can again help us like last year, as well as assist us in finding other donors able to contribute to our goal of being active in as many municipalities as possible. Our **2019 Local Partner** (Samabikas Nepal) will be able to contribute some funding from the Local Government (to be confirmed).

A member of **ROKPA** is further interested in acting as an Assistant for the project, and would consider joining *be artsy* in the role of Project Manager in the future. We will also have 9 volunteers willing to help with communication to ensure as many people as possible know of our work and may be inspired to contribute.

Our partner Ruby Cup trusts us totally in our work and has decided to make a donation of **3000 menstrual cups**, that if bought at the market price would amount to 80,000 Euros.

We know it is important to be active in West Nepal and make noise about chhaupadi, to try to avoid

the death of girls into the future. Furthermore, we know the 2019 budget is larger than what we have planned for in the past, but we are confident we are on the right path. Our results have always been positive, and enthusiasm is bigger than ever. Our President Clara is willing to be active all year in the field trying to teach and help the trainers, through which we hope next year's 2020 project will be implemented by Nepali women. This is a key component of empowering Nepali women and assisting them to break the stigma of menstruation in West Nepal.

Our work has begun to be known of all over the world. You can find out more about our appearance across different media platforms on our website (<https://beartsy.org/media>) or read published news examples such as:

Punished by theirs periods. In AM-UNITY Magazine, Edition 10, pages 34-37, How cultural norms impact upon women's rights in Nepal. Jul 10, 2018

Menstrual cups are helping Nepal's girls avoid the deadly Chhaupadi ritual www.abc.net.au, March 18

POSIBLE THEATER COMPANY VISIT FOR THE NOVEMBER FOLLOW UP TO 2018 VILLAGES:

We will only do the November follow up with the theatre company if we have enough room in the budget. If not, we will complete the follow up and additional cup dissemination visits as normal. November has been chosen for the follow up period as it is the time of year where women work less out in the fields, and there is greater potential for them to be able to attend the theatre show.

PROJECT MONITORING AND EVALUATION

To monitor the wellbeing and practices of participants who were given donated Ruby Cup's, *be artsy* mentors and trainers will carry out monthly follow-up calls. Girls will be encouraged to ask any questions they have now that they are using the cups. If they are no longer using the cups or are hesitant to try now that they are menstruating, volunteer social mobilizers (new mentors) will talk through their concerns. Trainers will monitor participants general physical and mental wellbeing. These practices will ensure that the participants do not feel they have been abandoned, and inspire confidence in the program. It will also enable *be artsy* to evaluate the implementation of the program.

To evaluate the impact of the 2019 project, *be artsy* trainers will carry out one-on-one discussions and focus groups with participants on follow-up trips to the villages, as well as conduct surveys with participants and the broader community. This will constitute the project evaluation, from which we will be able to measure the impact of the project and the extent that it has met the project objectives. This evaluation will allow us to reflect on the impact of the 2019 project and use lessons learnt in future implementations.

Samabikas Nepal will take a leadership role in the project evaluation to ensure a non-biased perspective in the results and determination of the program's effectiveness.