

TECHNICAL AND FINANCIAL PROPOSAL  
FOR  
RATO BALTIN PROJECT 2021

<b>INTRODUCTION</b>	<b>3</b>
1.1 BRIEF INTRODUCTION OF THE ORGANIZATION	3
<b>1.2 CONTEXT AND JUSTIFICATION</b>	<b>3</b>
1.3. BACKGROUND OF THE PROJECT	5
<b>RATIONALE OF THE PROJECT</b>	<b>7</b>
<b>OBJECTIVE OF THE PROJECT</b>	<b>8</b>
3.1. COVID-19 CONSIDERATIONS - MASKS 4 HEALTH	9
3.2. ACTIVITIES TO ACHIEVE THE OBJECTIVE OF THE PROJECT	9
3.3. EXECUTION STRATEGY OF THE PROJECT	10
3.4. EXPECTED OUTCOME	13
<b>LOG-FRAME APPROACH</b>	<b>17</b>
4.1. RISK DURING PROJECT EXECUTION	17
4.2. RISK MANAGEMENT DURING PROJECT EXECUTION	18
<b>HUMAN AND MATERIAL RESOURCES</b>	<b>18</b>
<b>TIMELINE OF THE PROJECT</b>	<b>19</b>
<b>BUDGET OF THE PROJECT</b>	<b>21</b>
7.1. TOTAL SUMMARY PROGRAM FOR 4 WORK TEAM - 17 VILLAGES	21
<b>TRANSPARENCY OF THE DONATIONS</b>	<b>23</b>
8.1. WHERE DO WE GET THE MONEY FROM?	23
8.2. WHY WE BELIEVE IN THE IMPORTANCE OF OUR WORK	24
8.3. POSSIBLE SOCIAL THEATRE COMPANY WITH ANTI CHHAUPADI DRAMA	25
8.4. EDUFEM PROJECT	25
8.5. HAPPY WOMEN PROJECT	25
<b>PROJECT MONITORING AND EVALUATION</b>	<b>25</b>

# INTRODUCTION

## 1.1 BRIEF INTRODUCTION OF THE ORGANIZATION

*be artsy* (be artistic) is a small, Catalan, non-profit organization that develops and implements creative projects, with the aim of providing different experiences and training opportunities to communities which would otherwise not be able to access them. Our aim is not only to teach art for the sake of art itself, but also to provide communities with the tools (through artistic and creative activities) to improve communication and affect the changes within that they deem necessary.

**In a nutshell, we wish to empower local communities through art, with a special emphasis on women. Hence, our current emphasis is on the topic of menstruation, health, human rights and dignity through the Rato Baltin project in Nepal. We have been working in the field since the beginning of 2017.**

## 1.2 CONTEXT AND JUSTIFICATION

Nepal is a country located between India and Tibet on the Asian continent, with a measured population of 29.3 million in 2017. According to the United Nations Development Program, the Human Development Index (HDI) of the country in 2017 was 0.574 points, ranking 149th. Life expectancy in Nepal is 70.6 years, with a mortality rate of 6.24% and a per capita income of 807 euros. In addition to this, access to basic health services, garbage collection and clean water sources are highly limited.

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 and available, they would be difficult to afford. These factors can contribute to girls missing school, feeling humiliated and dirty, and exposure to an 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. The practice prohibits them from:

- Entering the family home, instead being forced to stay in cattle sheds or makeshift huts
- Touching men and food that others will consume
- Consuming milk, yogurt, butter, meat, vegetables, and other nutrient rich foods
- Crossing water surface like streams and rivers
- Some are restricted from attending school

Girls and women practising Chhaupadi are not practicing by choice, and are subjected to high risk exposure to rape, snakebites, smoke inhalation, and animal attacks while living

away from their family. The psychological trauma of perceiving themselves as 'dirty' is also affecting the mental wellbeing of growing teenage girls.

Teenage girls missing school during menstruation is harmful to their education, and a lack of education about biological functions of a growing body, puberty, and menstruation, as well as the tools to hygienically manage their body, contribute to this ongoing exclusion. Moreover, poor menstrual health and hygiene are not only linked to low education outcomes, but also to low levels of employment, health, and overall development.

The Government of Nepal outlawed the practice of Chhaupadi in 2005, however, this advance in legislation to curtail the practice did not result in a significant impact on its prevalence. Extending on its initial policy to address Chhaupadi, the Government introduced a law in August 2018 that punishes those who force women to adhere to the Chhaupadi exile while menstruating, with a fine of 3,000 Nepalese rupees or three months jail-time.

The introduction of the new laws prohibiting the practice of Chhaupadi still represent a significant step forward in the right direction on a political level, and represent a developing social change in opinion. Since the practice is so strongly embedded in social norms and cultural practices, the well intention of the government's law will take time and support from the communities. In order to effectively address the practice of Chhaupadi, interventions must be made on a local level, addressing its sociocultural basis and the harm on the continuous exile practice.

*be artsy* aims to educate and engage in meaningful community engagement, waving in with the regulation changes the government is committed to, in order to enhance the welfare of girls and women in Nepal.

In fact, in the last twenty years, the Nepal State has signed and ratified the Beijing Platform for Action, as well as the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW). The literacy rate of women in Nepal has grown from 25% in 1991 to 57% in 2011; the maternal and child mortality rate decreased from 539 maternal deaths per 100,000 live births to 170 in the same period; and the life expectancy of women has increased from 55.5 years to 70. These statistics are evidence of a political will to improve gender equality and the quality of women's lives. *be artsy* believes that social intervention programs like Rato Baltin, which addresses education at the local level, provides a significant potential for future change in remote areas of Nepal where inequality is still prevalent.

### 1.3. BACKGROUND OF THE PROJECT

In recent years, *be artsy* has been partnering with several local NGOs as counterparties and has been implementing its Rato Baltin (Red Bucket) project in stages 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 receive as part of the program, which is contained in a metal bucket.

The effectiveness of Rato Baltin project addresses the sociocultural reasons on the continuous persistence practice of Chhaupadi in some remote communities, provides menstrual and body sexual functioning education to boys and girls in schools, and supplies basic menstrual hygiene tools to all teenage girls. The project will work hand-in-hand with the community's leaders, religious heads, and schools and government through social outreach and engagement of each individual community.

From our experience since 2017, we perceived a high level of need for the project in more municipalities in Achham. In 2019, we focused on this district and we're active in these villages, based on population demographics, the placement of schools, and the prevalence of Chhaupadi. We went to Patalkot, Khalsen, Sirkot, Mangalsen 4, Banatoli, Birku, Jupu, Dhamali, Toshi, Raniban, Hichma, Dhakari and Dungachalna. These locations are all remote areas of West Nepal.

*be artsy* believes that the success in Achham is a good start, however, it is urgent for the project to reach as many municipalities as possible. Only through openly discussing menstruation and Chhaupadi within the communities, and the understanding of body function and proper menstrual hygiene and health care, will the unfortunate early death of many girls living in the remote areas of Achham be avoided in the future.

Since 2017, Rato Baltin project has successfully provided menstrual health management education, proper reproductive and sexual education, and training to over **13,888 direct beneficiaries** in remote communities of West Nepal. More than **2,263 female** volunteers were provided with menstrual cups donated by **Ruby Cup**, a UK based company, to outreach the remote communities.

Since 2018, *be artsy* sponsored **8 teenage** girls with scholarships to study in college and university through the EDUFEM project . The graduated girls contributed back to the community through working for *be artsy* as trainers in the community outreach.

During the Covid-19 pandemic, **800** widowed women with children received emergency food relief; more than **10,140** people received face masks which were fabricated by the local women folks and supported by the Rato Baltin project.

**That makes a total of direct beneficiaries since 2017 from 27,099 Women and men plus their families!**

The 2021 Rato Baltin Project will continue the work completed in 2019, -Due to the COVID-19 pandemic, only distribution of menstrual cups, face masks, and menstrual health care workshops continued in 2020.

in 2021, a all-boys' group workshop, focusing on sex-education, menstruation, respect, and human rights will be established for school outreach.

Over the last 4 years *be artsy* was able to carry out the Rato Baltin project with private funds and foreign entities, however, due to the fact that Nepal is not a priority country for Catalan cooperation, *be artsy* cannot access calls where the economic amount is higher which limits *be artsy* to achieve a bigger number of municipalities and villages.

That is why in 2021, *be artsy* will focus on strengthening our knowledge in the areas where we have already worked, to establish the project more firmly in these areas, and to provide a better understanding and appropriation of the project to the whole community. We will still introduce the project in a number of new schools, but these will be located near the villages that we have already worked in.

One of *be artsy*'s goals is to raise awareness among the Catalan population about the problems associated with Chhaupadi, avoiding ethnocentric and paternalistic arguments, so that the need to develop tools for mutual collaboration is transmitted. With the awareness beyond differences cultural practice continue to be taboo in different parts of the world, such as sexuality or menstruation, *be artsy* will continue to give talks and exhibitions in different Catalan municipalities, to create awareness and support in our project in Nepal. *Be artsy* has participated in international events and will continue to make known for others on the work *be artsy* has done in the past years.

As well, we started the process to be and **NGOD** (Non-Governmental Organization for Development) and is in the process to be declared of **public interest**. If our application is accepted, *be artsy* will receive the benefits of being an essential public service for the communities that we serve. The benefits include:

- Monetary and resource benefits for our projects.
- Tax incentives for our Spanish donors, partners, and communities
- The official recognition of the essential nature of our mission to serve the most vulnerable communities.

These benefits and more will ensure that *be artsy* continues to have the resources and financial to serve our communities. We need to increase the number of associates to keep our ongoing projects to be operational and sustainable.

## RATIONALE OF THE PROJECT

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 practised based on deeply held beliefs.

Participative photography allows girls to participate through taking photographs 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 visualize and reflect their experiences within their communities.

For the menstrual health management tools, a menstrual cup, towel, soap and a metal bucket are given to each girl participating in the menstrual health workshop. 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.

As *be artsy* and the Rato Baltin project are new endeavours, there is limited capacity for large scale implementation. The 2021 project has been designed in respect to the experience learned and accumulated since 2017. The dynamic, flexible approach to project implementation, emphasizing effective monitoring and adaptation, will ensure that the project leaves a positive footprint in the communities. Monitoring and the evaluation of the 2021 project implementation will enable *be artsy* to adapt and enhance the project going forward, and benefit more beneficiaries in the long run.

The project will have a five-tiered approach:

1. Workshops will be held to provide sexual education to both male and female teenagers in local schools.
2. Health and menstrual education will be provided through workshops to all women willing to attend who live in our targeted communities.
3. Menstrual cups and training will be provided to volunteer girls in targeted communities. (we may have menstrual cups for women as well)
4. Health and Sex Education will be provided for boys.
5. Participative photography workshops to showcase the girls feelings about their periods and the Chhaupadi tradition, and on what they would like to change about the experience.

## OBJECTIVE OF THE PROJECT

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 has the following objectives:

- Address the socio-cultural basis and implications of Chhaupadi through community consultation
- Educate women, girls, boys, and communities on sex ed, biology and menstrual health management practices
- Reduce absenteeism of schooling girls in targeted remote communities of West Nepal

- Provide girls and women with the tools to facilitate menstrual dignity
- Achieve long term sustainability of the program working with local NGOs on community outreach and educational workshops

If communities perceive foreign non-Nepali figures as attempting to eradicate the practice from a place of cultural judgement, this would inhibit the effort of proper menstrual hygiene, health, and sexual education. The project would ultimately have a negative impact on communities and participants. This is the reason *be artsy* engages locals in Achham and works within specific communities to implement and monitor the continuous impact of the project and the well-being of our participants. The local **counterpart** is made up of women committed to the project. They have set up a **Social enterprise and worked with us since 2020**.

There are three Nepalese women working with *be artsy* since 2019. The three of them have a Master's degree. One in International Cooperation, one in Gender Studies, and one in Business Administration with her own menstrual cups business. They have been trained to work on fundraising, administrative and management work in an NGO setting. In the long run, *be artsy* will train the Achhami girls to conduct workshops in the field, and become future team managers.

### 3.1. COVID-19 CONSIDERATIONS - MASKS 4 HEALTH

**Because of the global pandemic, the normal activities of the project have been changed for 2021. Vaccination in Nepal is difficult to implement quickly, and the spreading of the pandemic is fast even in remote villages. *be artsy* has to think about the safety of our trainers and beneficiaries.**

1 – Before the team sets out to a village, a team of women will sew face masks for the whole community attending our training. This will ensure a healthier and safer environment for everyone.

2 - Participants will have to wash their hands before entering the classroom. Proper hand sanitizing and washing facilities must be provided.

3 - Smaller group sizes will be implemented for safe social distancing, thus slowing down the training progress and outreach numbers.

4 - *be artsy* trainers will also need to teach the anti-COVID measures on top of the menstrual hygiene management.

### 3.2. ACTIVITIES TO ACHIEVE THE OBJECTIVE OF THE PROJECT

Through the creation and implementation of partnerships and workshop trainings, *be artsy* will pursue the project objectives via:

- Partnering with a socially conscious menstrual cup supplier to donate menstrual cups to the beneficiaries

- Partnering with ROKPA International
- Associating with a Nepali social enterprise with women committed to the project. - Be Artsy Nepal
- Providing girls, schooling or out of school, with menstrual cups, hygiene kits, and adequate training in their use and upkeep.
- Hiring and training local trainers and mentors, to work with communities through workshops and maintain ongoing follow-ups and work as social mobilizers monthly.
- Conducting workshop trainings in sex education and menstrual health for girls, women, and boys, with special emphasis on respect, dignity and self-knowledge.
- Using participative photography to engage girls and communities in the topic of menstruation and what can be improved for better health and self-care during their period.

### 3.3. EXECUTION STRATEGY OF THE PROJECT

*Ruby Cup*, a socially conscious menstrual cup business, donated 3000 Ruby Cups to *be artsy* in 2019, and we distributed them to girls in remote West Nepal communities. In 2020, they donated another 300 cups

We have at this moment **1800 menstrual cups**, and we will work during 2021 to distribute them.

The current price on the market of these cups is €43.200

*be artsy* will work in 3 municipalities: **Mangalsen, Dhakari and turmakhand.**

In Mangalsen *be artsy* will outreach to 9 old villages + 1 new one.

In Dhakari *be artsy* will outreach to 3 villages from 2019 + 1 new one.

In Turmakhand *be artsy* will outreach to 3 villages from 2019 + 1 new one.

*be artsy* will need 4 Execution Teams + 2 Managing Team = 6 teams working on the field.

Managing Team MT 1	1 x Coordinator 1 x Team Manager	Both Managing teams will do a phone meeting at the end of the day and explain problems evolved to the doctor online. The doctor will register all the problems and provide solutions in every village. (Due to COVID-19, only 1 MT will be de-ployed. With a jeep, sleeping tent and staying as a team, transmitting infection can be avoided)
Managing Team MT 2	1 x Coordinator 1 x Team Manager 1 x Team Manager Assistance	
Execution Team ET 1	4 x sponsored girls from Project edufem 1 x foreigner	Outreach to 3 remote villages (Basti, kunti Bandali, and Janalibandali) + 1 new school (Mangalsen 5)



	volunteer 1 x male collaborator	
Execution Team ET 2	1 x Trainer 4 x local Mentors 1 x foreigner volunteer 1 x male collaborator	Outreach to 5 remote villages (Jupu, Banatoli, Kalagaun, and Oligaun + Mangalsen 4)
Execution Team ET 3	1 x Trainer 6 x new local Mentors 1 x foreigner volunteer 1 x male collaborator	Outreach to 3 remote villages (Dhamali, Toshi, Raniban) + 1 new village (Turmakhand)
Execution Team ET 4	1 x Trainer 6 x local Mentors 1 x foreigner volunteer 1 x male collaborator	Outreach to 3 remote villages (Hichma, Dhakari, Dungachalna) + 1 new village (Lamchu)

In every municipality, be artsy has a local trainer, alongside with 3 to 6 new mentors (beneficiaries from class 10 from past years) to socially mobilize to support girls wanting to stop the Chhaupadi tradition.

In Achham, be artsy sponsored 1 Achhami coordinator, who started University this year and 4 senior mentors, who are going to finish class 11 and 12. All beneficiaries from be artsy's Eudfem project have the opportunity to have a better future and avoid an early marriage.

In every village we will teach boys and girls from classes 6 to 10 on the topics of sex education, puberty curriculum, and menstrual health. Girls alone will do menstrual health management education, and women will receive sex education. In the new villages, girls will have the participative photography workshops to help them talk about what they don't like about their menstruation. Volunteer girls and women will conduct a specific training and give out menstrual cups and hygiene kits. In 2021, be artsy will add a new training workshop only for boys about Sexual Education, Respect and Equality.

Implementation execution will be structured as follows:

1. *be artsy* already determined the 3 additional target schools and villages in Achham together with political leaders identifying places where Chhaupadi is still practicing.
2. Identify the venue where every team will lodge and eat in every village, while keeping in mind COVID-19 safety for all our staff and volunteers during the stay.
3. Find the women that will do the face-mask sewing in every village and be sure that they do it in accordance to our video tutorial (see attached). Distribution of face-masks will be done when our team is in the village practicing safe hygiene and safe distancing.
4. Employ local staff with appropriate and fair salaries.
5. Train local trainers, old, and new mentors with new materials.
6. Prepare training material and menstrual hygiene kits.
7. Train and educate boys and girls in sex and menstrual hygiene, as well as female and male groups, to share without fears of embarrassment and taboos on sexual and menstrual health issues.
8. Every team has their own training materials and will travel to the villages.
9. **Sufficient menstrual cup training for girls** and women.
10. In new villages conducting **participative photography**, 40/50 girls will be invited in each village to identify and take pictures of what could be improved in their lives while they menstruate.
11. In new villages, a one-day all-women **menstrual and health management workshop will be conducted** to assist awareness-raising about Chhaupadi .
12. In all villages outreach, a **one-day all-women climacteric and menopause health workshop** will be conducted to assist them in better health care regarding old age.
13. Provide a **menstrual hygiene cup and training to the mother group** (if we get menstrual cups for that)
14. Provide refreshments to all participants during the women workshop.
15. Deliver a menstrual hygiene kit and training to the young girls attending school from the women's group.
16. Deliver an informative workshop to influencing men groups (Shamans, Pujaris, Priest) to clarify the menstrual cups' technology.
17. Photography Exhibition in the village Center central meeting point to engage the community on the message of girls' perspectives and measures that can be taken to improve their lives.
18. Deliver training materials that are translated to Nepali for the teachers to conduct future class lessons in schools.
19. Create a waiting list to the local mentor to identify and record name of future volunteers for the menstrual cup training program.
20. Project managers will do monthly telephone follow-up with the local mentors, trainers, and local health or education professionals involved in this project as volunteers.
21. 2 mentors (social mobilisers) from every village will do a monthly meeting with girls to talk about the cup and about the stopping of Chhaupadi tradition.
22. Trainers will do a monthly follow up in every village, to check in and to talk about stopping the Chhaupadi tradition - Quarterly, they will do a full follow-up form to check how implementation of the cup is progressing.

23. To accommodate large groups on the waiting lists, during the Quarterly face-to-face follow-up session, trainers and mentors will do new menstrual cup training.
24. During the Autumn/Winter follow-up project, be artsy will showcase the film MIRA to the communities in new villages, thanks to the Nepali NGO Photo Circle.
25. Refreshments will be served during the film showcase.
26. If it financially permits, be artsy will set up a Social theatre with mentors to provide a drama showcase against Chhaupadi. *be artsy* will partner with a KTM social theatre company to provide training for our mentors in Mangalsen.

No be artsy staff member or volunteer will use the term 'Chhaupadi' without it first being used by the participants. *be artsy* wants the participants to realise that menstruation is natural, and not a myth as in the tradition, while keeping in mind the importance to respect one's culture and tradition.

### 3.4. EXPECTED OUTCOME

The 2021 Rato Baltin Project will continue to assist in mitigating the impact of the Chhaupadi practice on the lives of girls in West Nepal on top of dealing with the COVID-19 pandemic.

Expected project impacts are:

- Enhance knowledge of personal protection against COVID-19 infection.
- Increased knowledge of sexual education among women, men, girls, and boys
- Enhance knowledge of menstrual hygiene and biological body functions among women, men, girls, and boys.
- Grow capacity to employ menstrual health management tools and hygienic processes
- Inculcate a community sharing conversation concerning the practice of Chhaupadi and its impact on girls, both physically and mentally.
- Reduction in the prevalence of the Chhaupadi practice
- Better confidence among girls and women with knowledge of managing monthly menstruation.
- Increased confidence among girls and women who receive a menstrual cup.
- Reduced school absenteeism among girls who receive a menstrual cup and are enrolled in school
- As trainers and mentors are going to work every month to outreach the different villages, be artsy expects to benefit **13.700 direct beneficiaries in educational workshops**.
- if be artsy can raise more funds to implement the projects and outreach to more communities, be artsy can obtain a minimum of **2.000 more menstrual cups** for our women beneficiaries .
- Based on the Mask4health Project running in 2020, projecting 4500 people in every village, there will be **76.500** more beneficiaries in 2021.

During 2021, we could arrive to 92.200 Direct Beneficiaries!

LOG-FRAME APPROACH

OBJECTIVES (What we want to achieve)	INDICATORS (How to measure change)	MEANS OF VERIFICATION (Where / how to get information)	ASSUMPTIONS (What else to be aware of)
Goal  Reducing discrimination against women in Western Nepal during their menses	2 years after our first training in every village 40% of the girls using our menstrual cups have been stopping Chhaupadi and harmful traditions.	-Questionnaires  -Follow-up discussions with beneficiaries	
Outcome  1- The number of girls and women participating in their daily lives during their menses has increased. 2 - the boys and men more tolerant and respectful for women has increased 3 - the community is safer with the masks	-Number of girls and young women who perceive reduced discrimination  -Number of school absences -Number of boys that respect more women.	-Questionnaires  -Follow-up discussions with beneficiaries  -Reports of the teachers	- Girls and women dare to talk about their experiences and changes - men and boys are willing to talk about their changes. - People will wear masks.
Output*  1 - Local women do masks for everybody in the community, and mentors are educating people with COVID-19 hygiene measures	when we arrived, everybody is using masks.	-Report of the trainers and mentors	The local population is open to use the mask and change their mind.
1 - Local people are educated about the effects and dangers of Chhaupadi and there is a dialogue about it	Number of people who participated in awareness-raising activities for local people	-Report of the trainers	The local population is open to dialogue and participates in educational workshops
2 - Students are informed about biological processes, the menstrual cycle and menstrual health	Number of students who participated in educational activities	-Report of trainers and mentors	Teachers support the project and integrate the topic into their lessons
Output*  3 - Girls and young women have access to menstrual Health products	Number of distributed menstrual cups and hygiene kits per village and visit	-Distribution lists	- Girls and young women accept the products and are open to try them out
4 - Girls feel well and confident in their bodies and dare to participate in everyday life	Number of school absences because menstruation	-Follow-up meeting  -Reports of the Trainers and mentors	-No school ban by other family members

<p>5 - Properly managed project</p>	<p>5 -1.- In month 12, 2 follow-up reports have been submitted, appropriate to the requirements of the donor. 5 -2.- At the end of month 24, a final evaluation is made with positive results especially relevant in the parts of effectiveness and efficiency and viability</p>	<p>5 - 1.- Documents of monitoring reports and Kobotool data. 5 - 2.- External final evaluation report</p>	
<p><b>Activities</b></p>	<p><b>inputs / Resources</b></p>	<p><b>Costs &amp; sources/duration</b></p>	

<b>(for Output 1.)</b> 1.1 Recruitment of local ngo to carry out the project as leader	Number of recruited persons	-employment contracts	-Sufficiently qualified and motivated people can be found
1.2 women are doing masks and mentors educating people about their use	Number of people attending the trainings	-names on the register	
1.3 Carry on a ToT with new material for trainers and new mentors	Number of rpeople attending the training	-names on the register	
1.4 Be Sure trainers are willing to continue in the project, if not some mentor will be Recruited	Number of recruited persons	-employment contracts	-Sufficiently qualified and motivated people can be found
1.5 Recruitment of 9/12 new local girls to carry out the project as Mentor (old cup users)	Number of recruited persons	-employment contracts	- Old Menstrual cup user want to be trainers and mentors
1.6 Conducting Participative photography workshops with girls in the school to facilitate girls to speak about the tradition	-Number of girls attending the photography class -Number of photography workshops	-Implementation Report	-Beneficiaries are open to engage in photography
1.7 Implementation of awareness-raising measures for local people with women group training Refreshment will be serve	-Number of awareness-raising measures carried out -Registers with Number of assistance per training	-Reports of the Trainers and mentors	
1.8 Implementation of awareness-raising measures for local people with photo exhibition and informal talks about menstruation	-Number of people attending the closing ceremony and exhibition -People attending the informal talks around villages	-Reports of the Trainers and mentors -photos -Videos	- Local people are open to attend meetings - Local people is happy to see the photo exhibition and talk about the difference between tradition and menstruation
1.9 Implementation of awareness-raising measures and women equality and empowerment for local people with film screening (and if possible theatre)	-Number of people attending the film screening -People attending refreshment after the film screening	-Reports of the Trainers and mentors  -photos -Videos	- Local people are open to attend meetings - Local people is happy to see the film screening
<b>(for Output 2.)</b> 2.1 Carrying out educational Trainings in schools to boys and girls together from class 6 to 10	Registers with Number of assistance per class/ school	-Reports of the Trainers and mentors	Schools and teachers are ready to take the subject through class
2.2 Carrying out educational Trainings only for girls from class 6 to 10	Registers with Number of assistance per class/	-Reports of the Trainers and mentors	
2.3 Carrying out educational sex education Trainings only for boys from class 6 to 10	Registers with Number of assistance per class/	-Reports of the Trainers and mentors	We find boys willing to come to Achham to do the boys sex-education class

<b>(for Output 3.)</b> 3.1 Conducting Menstrual Cups training to girls in the school	Registers with Number of assistance per class	-Reports of the Trainers and mentors	- Girls accept products
3.2 Conducting Menstrual Cups training to young women outside school	Registers with Number of assistance per class	-Reports of the Trainers and mentors	- Girls accept products
3.3 Distribution of Menstrual Cups and Menstrual Kits to girls in the schools and to young women	Number of distributed menstrual cups and hygiene kits per village and visit	-distribution list	- Girls and family members accept products
<b>(for Output 4.)</b> 4.1 Organize monthly cup users meetings to help each other and to talk about the "tradition"	Number of awareness-meetings carried out	-Reports of the Trainers and mentors	-Girls are willing to spend time together
4.2 Engage Cup users per volunteer as facilitators and social mobilize	Number of volunteer willing to work with us nexts years	- Work waiting list	
<b>(for Output 5.)</b> 5.1 Baseline update		-Project manager visit on the field and internee with the deferents agents	
5.2 Every 3 months Conduct monitoring reports	How many girls are using the cup?	-Reports sent to the Project Manager	Every 3 months mentors and trainers are sending the reports with kobotool
5.3 Final project survey	How many girls are using the cup? How many girls did changes in Chhaupadi tradition?	-Reports sent to the Project Manager	
5.4 Realization of Ex-Post evaluation, evaluation report	How many girls finish Chhaupadi?	-Reports sent to the Project Manager	
	<b>Preconditions</b>		
	<b>- women groups are willing to do masks for protecting everyone.</b>		
	<b>- Agreement with the local Counterpart and permits from the SWC</b>		
	<b>- Agreement with the schools principal, ward leaders and municipalities mayors to change curriculum during some days for do the project in the schools</b>		
	<b>- Agreement with the municipalities for more financial help on thefuture</b>		



## 4.1. RISK DURING PROJECT EXECUTION

- Lockdown due to COVID-19 pandemic.
- People refuse to attend meetings because of fear of coronavirus.
- Schools having classes, exams, and holidays or activities that could not meet our projected target.
- Non-cooperative behaviours from teachers and school authority.
- Public holidays and festivals during the project execution process.
- Local level election or strikes might delay the project.
- Network and electricity problems in the village may build obstacles for the project.
- Non-cooperative behaviour of local authorities such as municipalities, rural municipalities and religious heads.
- Less female students attending classes during the implementation or follow up of the project due to working in the field.
- High expectation by locals such as daily allowance, snacks, and free items during project implementation.

## 4.2. RISK MANAGEMENT DURING PROJECT EXECUTION

- Mobilizing volunteers to confirm the schedules for the implementation and follow-up on the project.
- Conforming with the schools' authority by the volunteers on workshops implementation.
- Planning of the calendar prior to going to the field and scheduling the project plan accordingly.
- Preparing local people with the objective of the project.
- Executive Director of be artsy, Clara Garcia Ortes, will stay in Achham for as long as possible till the project is successfully implemented.

## HUMAN AND MATERIAL RESOURCES

Human resources will be invaluable in the success of this project. It is particularly important to engage local Achhami individuals to work within the targeted communities to implement and monitor the ongoing impact of the project and the wellbeing of the participants. In 2021 project, we will engage:

- 1 x Nepali Project Manager (Team manager 1 in Achham)
- The *be artsy* Executive director (Clara) and Project Manager (Team manager 2 in Achham)
- 1 Project Procurement Manager and administrative in Kathmandu
- 1 Program Officer and Project Manager assistance in Kathmandu
- 3 Local Trainers
- 20 Local girls (former beneficiaries) working as Mentors and Social mobilizer.
- 2 Local girls working as local Coordinators and learning to be the next team manager.
- 4 Senior mentors from the edufem program
- 5 foreigner volunteers, anthropologist, sexual educators and with photo skills (optional)
- 4 male sexual educators
- 1 Project Assistant for the executive director (team manager 2 on the field)
- 1 Program Coordinator & executive manager
- 17 women groups to sew the face masks. *Ruby Cup* have already donated cups:

*Ruby Cup* have already donated 1800 menstrual cups: These cups will require menstrual kit components with a towel, soap, instructions, and a bucket.

We have calculated 100 cups for girls in every new school and 50 for girls not attending the schools.  $150 \times 3 = 450$  in new villages

We have calculated 50 cups for every old villages:  $50 \times 15 = 750$

We know in some villages we will need more, and in others less. We calculate that the rest may be needed during the rest of the year or can be used during the November follow up.

- 1800 x Metal buckets.
- 1800 x Menstrual cup (*Ruby Cup*)
- 1800 x Bar of soap
- 1800 x Towel
- 1800 x Instructions and FAQ book for use of the menstrual cup in Nepali

For the schools we will require:

- 5 x Menstrupedia comic for every new school = 15 menstrupedia books
- 6 x Educative posters for every school + every executive team (a total of 20) = 120 Poster

- 20 x Puberty curriculum books for every new school = 60 books

## TIMELINE OF THE PROJECT

Key project dates are outlined below. Dates are best-guess estimates and are subject to change.

Description	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct		
Employ local staff												
Source materials for menstrual kits												
Receive Ruby Cups in Nepal												
Print instruction and FAQ material for menstrual kits												
Compose menstrual kits												
Organize logistics to project site												
Commence project on location												
Train local partners in												

villages												
Commence workshops and participative photography												
Follow-up visit to participants												
Project evaluation												

## BUDGET OF THE PROJECT

### 7.1. TOTAL SUMMARY PROGRAM FOR 4 WORK TEAM - 17 VILLAGES

- The total budget is more than last year due to additional cost to implement COVID-19 measures. be artsy will not be able to travel from Kathmandu to Achhamui on a crowded local bus full of people. It will be a risk for our staff and volunteers, so be artsy will rent jeeps and travel throughout the 3 days as a group.
- Materials are to be transported through local bus as usual. If there is insufficient funds, be artsy will deploy 3 teams instead of the planned 4 teams. This will save some funds on the staff salary, transportation, and lodging expenses.
- Below is a budget expenses summary for the 2021 Rato Baltin project in 17 villages.. **The plan is to have 4 teams working on the field during 2021.** The cost of each team for the Rato Baltin + mask 4 health is **€113.967**. The expenses are listed in **Anex1\_2021Rato Baltin Budget**.
- be artsy will try to have 2 girls in every village working in 2021 as social mobilisers to deal with Chhaupadi issue, plus the trainers working monthly with them. One person alone can not deal with the social pressure against the lasting tradition for centuries. Due to financial constraints, there may be a need to reduce the session frequency to only every two months instead of the monthly, but this will greatly reduce the effectiveness of the project.

- Cost of Every Team + Mask 4 Health for all people from the community is €28,491
- Team operating Cost without Mask 4 Health will be: €22,347
- Mask 4 health for all the 17 villages: €24,480

<b>Direct staff costs</b>	<b>TOTAL</b>
Local Staff	19.030,00 €
Expatriate staff (volunteer work, discount at the end)	10.500,00 €
Staff based in Spain	22.470,96 €
<b>Total Direct staff costs</b>	<b>52.000,96 €</b>
<b>Other Direct costs</b>	<b>TOTAL</b>
Menstrual Cups Ruby Cup (Donation, discount at the end)	43.200,00 €
Equipment, materials and supplies	29.127,00 €
International transport of staff and material	5.400,00 €
Local transport of personnel and materials	3.840,00 €
On the field fooding /lodging and TOT	8.590,00 €
Financial expenses, contributions and taxes in Spain	6.400,00 €
Taxes in Nepal	766,30 €
Audit and final assessments	3.100,00 €
<b>Total Other Direct costs</b>	<b>100.423,30 €</b>
<b>(A) Direct costs</b>	<b>152.424,26 €</b>

Indirect costs	TOTAL
Applicant/Grouped Entity	15.242,43 €
<b>(B) Indirect costs</b>	<b>15.242,43 €</b>
<b>(A) + (B) Total Amount</b>	<b>167.666,69 €</b>
(c) Amount donated in time/expertise/materials	53.700,00 €
<b>(A) + (B) - ( C )Total Amount</b>	<b>113.966,69 €</b>

## TRANSPARENCY OF THE DONATIONS

### 8.1. WHERE DO WE GET THE MONEY FROM?

Our Founder and President *Clara Garcia i Ortés* is doing Talks and Photo exhibitions around Catalonia to explain the current project and find new associates and donors, and companies to help be artsy financially.

The short documentary film about be artsy's work in Nepal is completed. We hope the film will help raise funds for be artsy and our future projects.

**During 2020, be artsy was able to fundraise privately 15.289 € euros during a difficult time.** be artsy hopes after 2020 **that there will be better publicity, as** Clara was doing virtual awareness programs around the world (virtually). **We hope an additional 20,000 euros can be raised in 2021 .**

Currently, there is 1 social Catalan foundation ([fundació Barbarà Solidària](#)) interested in supporting be artsy for our good work. We may receive the 2020 and the 2021 part together for the 2021 project. That may be €30,000.

Another Social municipality council from **Abbrera** town is open to collaborate with some part of be artsy's projects. That may be € 3,000.

Our Partner **ROKPA** will continue to help be artsy like previous years with 10,000 Swiss Franc (**aprox: 9,279 Euro**)

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 retail shops and social enterprises willing to help us, giving us a small % of their earnings.

Our Local Partner (**be artsy Nepal**) will be able to contribute some funding from the Local Government and private donors in Nepal.

Our partner **Ruby Cups** trusts our work and is willing to donate more cups. *be artsy* will not ask for more cups until the stock is consumed and the market price of the **1800 cups** in stock is **43.200 Euros**.

We may have a donation of **5000 menstrual Cups from a US company for women** (mothers) in Achham, that will be permitting us to do what we have been wanting since day 1 of the project: When mothers and others are using menstrual cups and have the feeling of being clean, it can help to stop the tradition. The market price of the US menstrual **cups** would be 80,000 euros. *Be artsy* will only accept the donation if we have enough money to implement the Project.

***be artsy wants to have a greater impact in the lives of women in Achham, and will be partnering with WTO (World Toilet Organization) on a social enterprise Project and training centre in Achham. This social enterprise model will help women and school drop-outs earn an income, and provide sustainability in the Rato Baltin Project***

We will have volunteers willing to help in communication, web editing, events and exhibition, and design and administration to be artsy, in order to allow more public awareness of our work being done in Nepal and to inspire contribution.

## 8.2. WHY WE BELIEVE IN THE IMPORTANCE OF OUR WORK

We know it is important to be active in West Nepal and create awareness about the negative impact of Chhaupadi practice to **avoid the death of girls in the future**. Thus, *be artsy* wants to have mentors actively working with the village girls and women in each village.

***be artsy wants to create a greater impact in Achhami women. We want to empower them NOT through charity giving, if not enhancing their lives, and fighting period poverty!***

We know the 2021 budget is larger than what was planned in the past, but *be artsy* is getting better and expanding with more professionals. We are confident we are on the right path to end poverty and poor hygiene health of the girls and women in West Nepal. Our results have always been positive and encouraging.

***Our President Clara is planning to be active all year in Achham, and will continue teaching in the field and helping the trainers.***

***This is a key component of empowering Nepali women and assisting them to break the stigma of menstruation in West Nepal and reinforce their self-esteem.***

Our work has begun to be known all over the world. More information can be obtained from our website <https://beartsy.org/media>

### 8.3. POSSIBLE SOCIAL THEATRE COMPANY WITH AN ANTI CHHAUPADI DRAMA

Some members of *be artsy* are interested in a part of a parallel project, and during some monthlies follow-up, joining with our local mentors acting in a social theatre drama against Chhaupadi. The funding for that part of the project will be collected and handled separately. Crowdfunding or grants will be applied for this social theatre project. It is in the pipeline of our future project for *be artsy*.

### 8.4. EDUFEM PROJECT

*be artsy* also has the Eufem project, which is related to the Rato Baltin project as the beneficiaries are our mentors. *be artsy* sponsored girls wanting to continue their education with financial difficulties. *Be artsy* paid **for their school, house, uniform, food, etc. to avoid them being forced to child marriage or early marriage**. When they have graduated or are on holiday, they work for *be artsy* as mentors and social mobilisers.

**This project budget is not bugeted in the Rato Baltin Project. It is done separately through a funding avenue.**

### 8.5. HAPPY WOMEN PROJECT

*Be artsy* is working towards a greater impact on women's lives in Achham. We are partnering with the WTO ([Wold Toilet Organisation](#)) on a social enterprise project and setting up a training centre in Achham. This will help women and young girls who are not in school to earn an income, and at the same time will make the Rato Baltin Project more sustainable. This project aims to achieve a few of the UN's sustainable development goals (**SDG**) through teaching the women to fish by learning a new skill set, and eventually breaking away from period poverty and gender inequality.

The budget for the Happy Women Project is not included in this report like the EDUFEM Project. Separate fundraising will be conducted to run this project.



## PROJECT MONITORING AND EVALUATION

To monitor the well-being and behavioural change of participants who were given the donated Ruby Cup's, *be artsy* mentors and trainers will carry out monthly follow-up visits. Girls will be encouraged to raise any questions after using the cups. If they are no longer using the cups or are hesitant to try, volunteer social mobilisers (new mentors) will talk through their concerns. Trainers will monitor participant's general physical and mental well-being. These practices will ensure that the participants do not feel that they have been abandoned, and inspire confidence in the program. It will also enable *be artsy* to evaluate the implementation of the program, and break away from the Chhaupadi practice.

To evaluate the impact of the 2021 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 quarterly surveys with participants and the community.

This evaluation will allow us to reflect on the impact of the 2021 project and future implementations.

In December 2021, Achhamis trainers and team managers will conduct the final evaluation and research the impact from the past 3 years after implementing the project.

***be artsy Nepal*** will take a leadership role in the project evaluation to ensure a non-biased perspective in the results and determine the program's effectiveness. The data collection will be done in the field with the kobotool, an app that permits the Achhami staff to conduct with or without internet connection in remote areas.



<https://www.youtube.com/watch?v=70Krb88Fzr0>