

2023

be  
artsy

# ANNUAL ACTIVITY REPORT

be artsy  
association



# Our Vision and Mission:

## **Vision**

To improve the lives of local communities and minorities, with a special emphasis on the human rights of women, girls and trans people and the issues that affect them most.

## **Mission**

Our aim is to work with minorities from all over the world to facilitate expression and communication, providing practical resources through which they can empower themselves to be agents of change and transformation. We understand creative initiatives as a method of self-evaluation, discovery of aspects of oneself and communication.



[info@beartsy.org](mailto:info@beartsy.org)

# A message from the board of directors

We are pleased to share with you the results we have obtained during 2023. Thanks to the commitment and collaboration of all involved, we have achieved our goals and exceeded expectations in many ways. The positive impact of the project has been visible both in the improvement of the lives of the recipients and in the community at large. Awareness-raising initiatives, as well as actions to strengthen local capacities, have been key to these achievements.

Looking ahead to 2024, we are full of confidence and enthusiasm. We will continue to work to consolidate the progress made and implement new strategies that will allow us to address emerging challenges and maximize the impact of the project.

With your continued support, we plan to expand our activities, placing special emphasis on sustainable development, gender equality and environmental protection.

New challenges await us, but also many opportunities. We are convinced that together we can continue to make a positive contribution to society and build a better future for all.

Thank you very much for your trust and continued collaboration.

Cordially,  
*The be artsy board of directors*



## Team work “

The girls who started out as students and volunteers are now the team that leads the project, a source of pride that confirms the good work carried out. They, more than anyone, show us on a daily basis the importance of teamwork.

Come join us  
*be artsy, be part of our team.*



# Main projects

## • Red Cube

During 2023, the Rato Baltin project made significant progress in menstrual education and the distribution of menstrual cups, improving the health and well-being of women and girls in the areas affected.

We organised menstrual education workshops in 10 new villages to break taboos and promote intimate hygiene. We also distributed menstrual cups to various communities, providing an affordable and sustainable solution that improves access to menstrual products for vulnerable women. These initiatives have fostered greater autonomy and confidence in managing menstrual health, with clear positive impacts on the daily lives of participants.

## • Happy Women

During 2023, the Happy Women project has achieved great goals that have consolidated its positive impact on improving the living conditions of women in vulnerable situations. This year, we have expanded the project to new municipalities, reaching more communities and increasing the number of women beneficiaries. One of the great achievements has been the promotion of economic autonomy, as some of these women have started their own projects, thus achieving greater independence and improving the sustainability of their families. These achievements motivate us to continue working with the same determination to continue increasing the impact of the project.

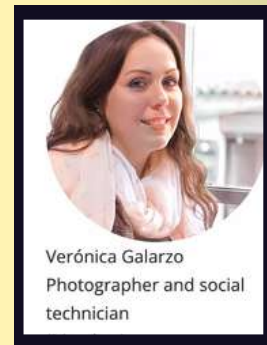
## • EduFem

Three girls have continued their university studies and continue to challenge the patriarchal system that had already forced them to marry after finishing class 10



# Our team:

In Catalonia we have made changes to the board of directors and new members have wanted to get involved in the project. These people are:



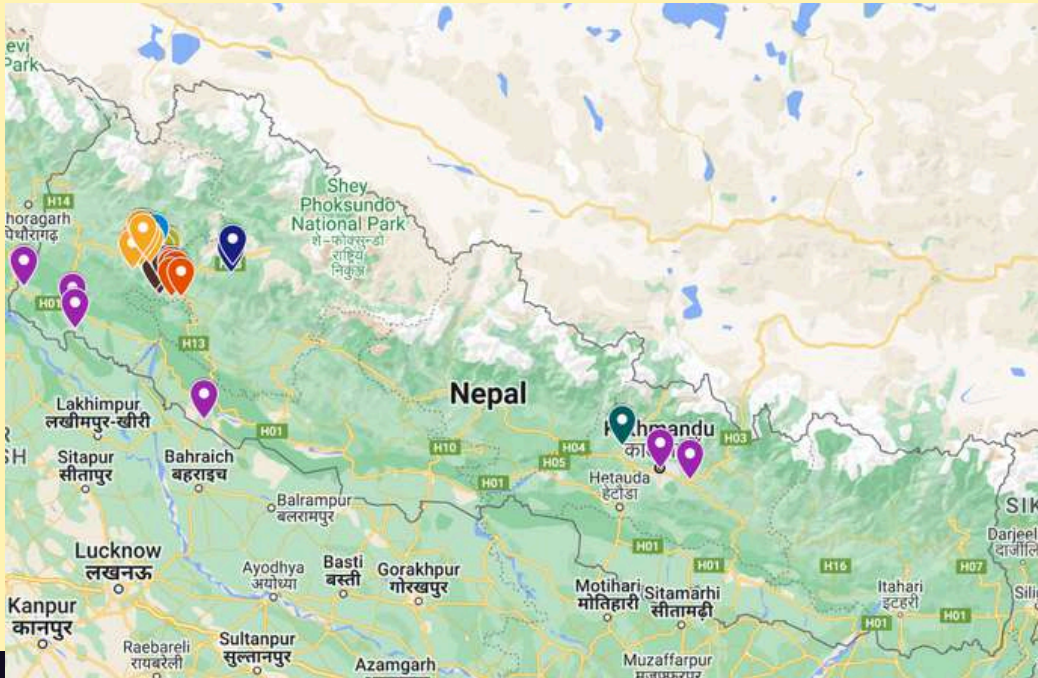
In Nepal, all the work carried out has been possible thanks to the team of local trainers and the new mentors from different villages who have begun their collaboration with the project this year.



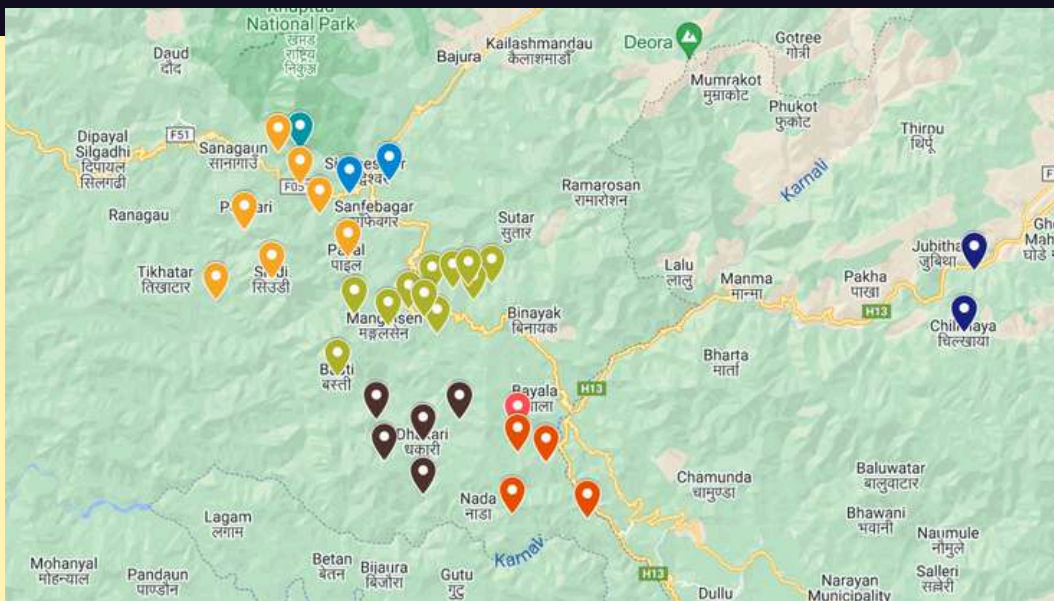


# Sudurpashchim Province

## Far-West Province



We are excited to remind you how remote the area where we work is: a three-day bus ride from Kathmandu, a total of 40 hours of travel.



# List of activities

## • Nepal

1. Conducting training in menstrual health management and sexual education for boys and girls in schools from class 5 to class 10 in new villages, often following Covid-19 safety protocols.
2. Conducting sex education training classes for children from class 5 to class 10, following all Covid-19 safety protocols.
3. Training in the use of menstrual cups for girls in village schools and distribution of menstrual cups and menstrual kits.
4. Training in menstrual health management and sexual and reproductive education, as well as in menopause for groups of women in the villages.
5. Conducting training in the use of menstrual cups for women under forty years of age and distribution of menstrual cups and menstrual kits.
6. Training on the menstrual cup for staff of the NGO Health Supervisor of Community Action Nepal (CAN) in Kathmandu, in collaboration with the project: Project28.
7. Monitoring and data collection programs for menstrual cup users in all the villages where we will work in 2022.
8. Celebration of Menstrual Health Day on May 28, 2023, distribution of menstrual bracelets in the community and implementation of a training program on menstrual cups.
9. Monitoring the cultivation of sunflowers and bananas in the villages,
10. Training in natural soap making at the Happy Women Training Center.
11. Training in making different types of bags at the “Karuna social program” workshop in the Kathmandu Valley
12. Training on how to make candied pickles using local produce.
13. Training and production of other products that had already been carried out during 2022.

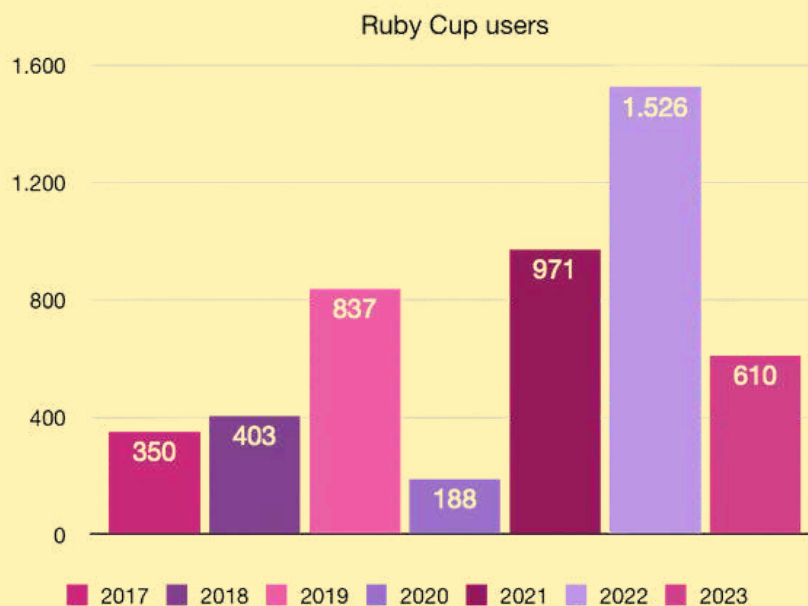
# List of activities

## • Outside Nepal

1. Dissemination of our work in solidarity markets.
2. Exhibition in the library of Llinars del Vallès
3. Talk in Llinars del vallès
4. Market of entities in L'Escala
5. Celebrating Menstrual Health Day with
6. May 6: Photographs of that woman without rules.
7. On May 22, online talk in Mexico (Technological University of San Juan del Río - Jalpan Academic Unit!)
8. Exhibition at the CER L'Escala Bar
9. Chat at the CER Bar in L'Escala
10. Dissemination of our work in the Market in Aizarotz (Navarra)
11. Dissemination of our work at the La Mola Markets during the last Sunday of July and throughout August.
12. Project dissemination activities carried out by students from SADE and 360G Consulting during 8 M.
13. Dissemination of our work in markets in La Muela, La Escalera during September, October and November
14. Dissemination of our work at the sausage fair in Santa Eulalia de Riuprimer
15. Dissemination of our work at the Christmas market in Sant Pere Pescador
16. Talk about menstrual cups and other ecological alternatives with the third year ESO girls from the L'Escala institute.
17. Talks to five classes of third year ESO students at the L'Escala institute.
18. Roll-up photography exhibition at the La Escalera Institute
19. Exhibition at the ABS of L'Escala (primary care center Dr. Moisès Broggi).
20. Roll-up exhibition and talk with health professionals at the CAP de l'Escala
21. Dissemination of our work at the Christmas Market in Colomers
22. Dissemination of our work at the Market in "La Volta" - Girona
23. Dissemination of our work at the Christmas Market in Pau
24. Dissemination of our work at the Christmas Market in La Mola
25. Information and dissemination through the media



# Ruby Cup Users



This year, 610 menstrual cups have been distributed in Achham district, which is less than last year. We have started working with a new municipality and we are seeing that more girls are using the pads that the government provides to schools. However, it is worth remembering that girls following the chhaupadi tradition cannot use latrines, which makes this increase in pad use an ambiguous situation. The solution is not sustainable, as pads often end up piled up under a rock in the forest, rather than being managed properly.



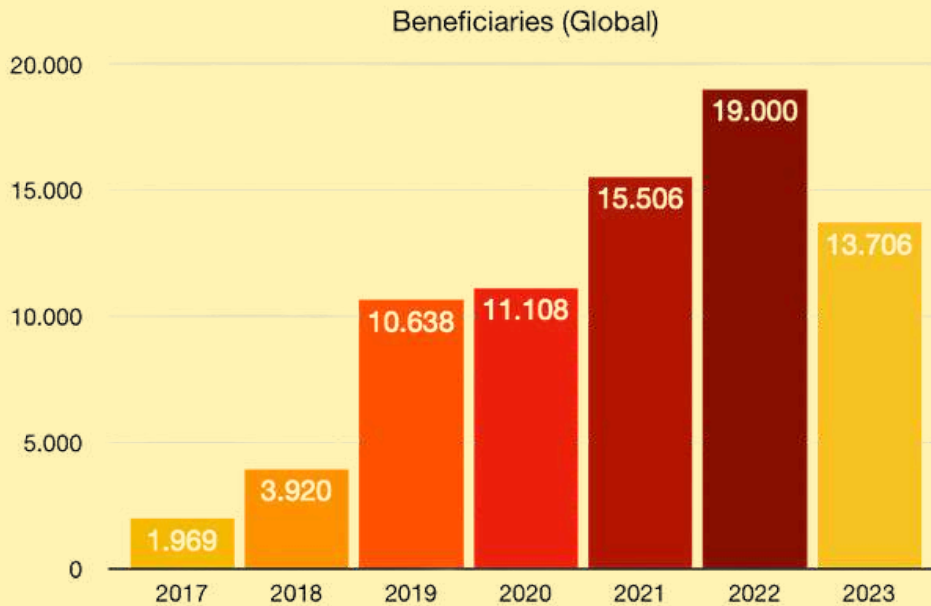
Acceptance of the cup **92,2%**



Cups distributed in 2023

**610 RUBY CUP**

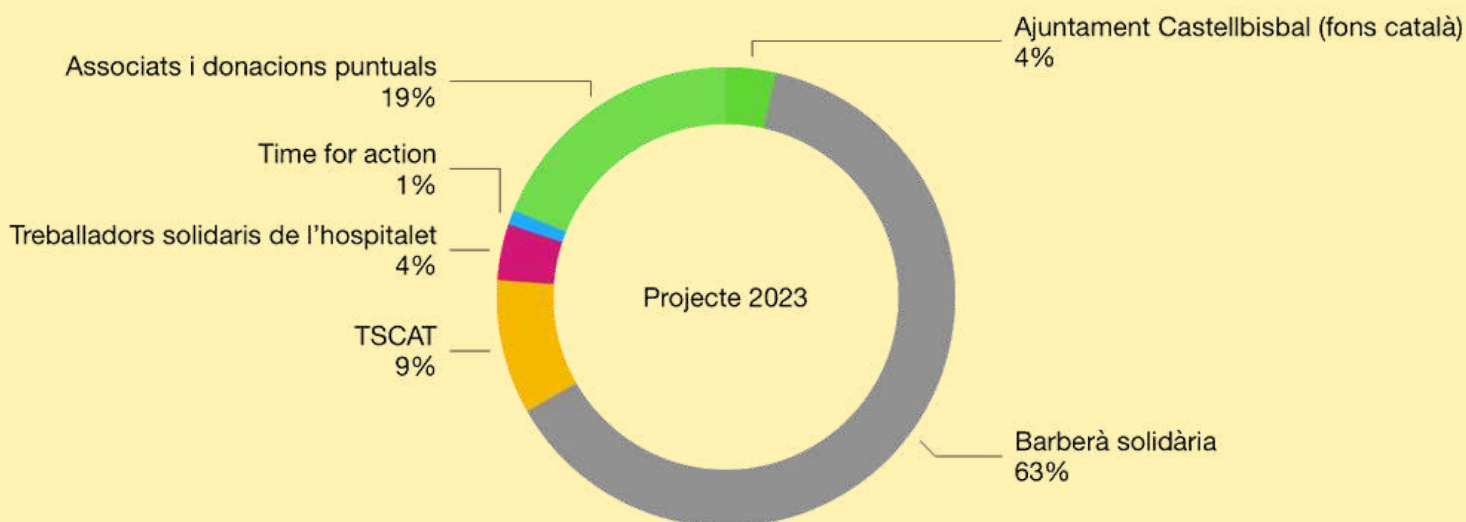
# Beneficiaries



During 2023, a total of 10,706 direct beneficiaries from Nepal attended our menstrual and community education workshops. Three girls continued with university studies under the EduFem project and a total of 211 women benefited from the Happy Women workshop. In addition, it is estimated that the indirect beneficiaries exceed 50,000.

According to an estimate of visits to the be artsy stand, which has been managed by various volunteers in different locations, and taking into account the talks and exhibitions held as part of development education, the total, global number of people who have participated in our activities is 13,703.

# Financial information.



Once again this year, we would like to express our gratitude to Fundació Barberà Solidària for its generous contribution to the project. In addition, we have had the outstanding collaboration of TSCAT and the solidarity workers of Hospitalet within the framework of the Happy Women

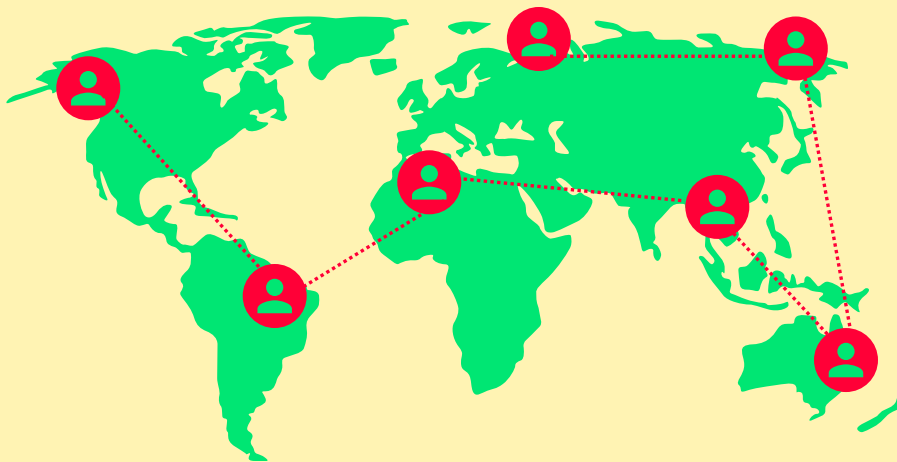
We would also like to express our gratitude for the donation we received from Time for Action, even though the organisation has been dissolved and we are saddened by this. We would also like to thank the donations from the companies Plan Himalaya, Mind Made and Himalayan Paradise, as well as all the members, volunteers and those who have made one-off donations. Without their support, we would not have achieved our goals!



# volunteering

We can never express enough gratitude for all the effort that many people are putting into making this project go forward. People from different parts of the world, with small actions, are making a big impact.

**Join the fight against menstrual taboo and gender inequality in Nepal. Become a volunteer! Write to us at [info@beartsy.org](mailto:info@beartsy.org) and tell us how you want to contribute to changing the world. We are listening!**



# RATO BALTIM Y HAPPY WOMEN 2023

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Empowering women in Western Nepal, Bien Artsy breaks the taboo of menstruation through her transformative aim in the Rato Baltin 2023 project.





Empowering women in Western Nepal, Bien Artsy breaks the taboo of menstruation through her transformative aim in the Rato Baltin 2023 project.



# ACHHAM

We celebrate our menstruation with the menstrual bracelet

be  
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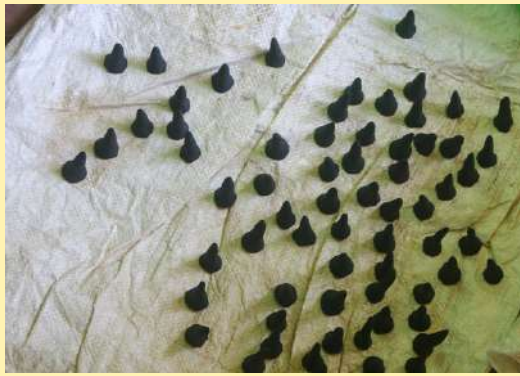
## HAPPY WOMEN TRAINING CENTER

Educational workshops raise awareness about menstrual health and hygiene, an example of innovation in remote communities and a source of training and employment for many women.









# Bhajan Bogti Runs A Pickle Industry In Mangalsen

Author: Mangal Khab... — Published: November 20, 2080





In 2023, a total of 10,706 direct beneficiaries from Nepal attended our workshops.

A total of 211 women benefited from the Happy Women workshop. The total number of products produced in the workshops, cloth pads, incense, soap, masks, bags, and preserves that were distributed in the community and during the menstrual education workshops was 15,020 products.

And a special thanks to Ruby Cup, without their unconditional support, this project would not be possible.



Thank you

# Plans for the 2024 project

In 2024 we would love to continue with the work we are doing in Nepal, but at the moment the economic prospects are not favourable. We need many more partners, more support from companies and more subsidies to be able to continue.

**For now, we think the most sensible thing to do is to scale back the team in Nepal and start the year with follow-up trips for menstrual cup users, until we get the money we need to maintain the pace of work in 2023.**

**If you haven't joined yet, now is the perfect time. The girls of Nepal need you.**

**Remember that if we don't do this work from the Rato Baltin project, no one else will do it!**

**Join us now! be part of be artsy!**

# CONTACT US

**If you have  
questions.**



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**THIS ANNUAL  
ACTIVITY REPORT  
WAS APPROVED  
BY ALL MEMBERS  
OF THE EXECUTIVE  
COUNCIL IN  
ASSEMBLY.**