



be
artsy

MEMORY OF ACTIVITIES

2025

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Message from the President



The year 2025 has been a period of intense activity for be artsy, marked by the consolidation and expansion of our actions both in Catalonia and in Nepal. It has been a year of hard work, of strengthening the team and of growth of the Rato Baltin project, which continues to advance thanks to the collective commitment of all the people involved.

The events of September in Nepal, with a context of instability and social mobilization, represented a turning point. Faced with this situation, the decision was made to advance a monitoring trip to the field. With the perspective that the time gives, this decision is considered one of the most successful of the year, since it allowed to strengthen the monitoring of the projects, provide direct support to the local team and adapt the actions to a changing context.

Despite this context, be artsy maintains its firm commitment to the defense of human rights, gender equality and the empowerment of women. We continue to work with the conviction that changes are possible, from the territory and with communities, and that every step forward, no matter how small, improves the living conditions of women and girls.

This path would not be possible without the support of many people and institutions. We would like to express our sincere gratitude to all our members, donors, volunteers and collaborators, as well as to the municipalities and entities that trust in our work and make it possible for the projects to move forward. In particular, we would like to highlight that this year 36% of donations have been thanks to contributions from individuals, a fact that reinforces the importance of the social base of the entity.

Donations and members are one of the great strengths of be artsy. That is why we continue to need to expand this base: more members, more volunteers and more recurring donations. Only then will we be able to devote more time and energy to what really matters: social transformation and improving the living conditions of women.

Thank you for making it possible. Let's continue.

Clara Garcia i Ortés.

Vision and Mission

"Creativity is the engine that allows communities to discover their own capacity to transform reality and lead the future"



The be artsy association prioritizes consolidating the rights and dignity of women and girls in the most remote areas of Nepal, while ensuring ethical resource management and sustainable social impact. We understand that real change is achieved when we work side by side with communities, offering them educational and creative tools that allow them to break historical barriers and lead their own future. These are the pillars that define our identity:

Mission

Empower vulnerable communities, especially women and girls, by providing creative and educational tools that empower them as agents of change and transformation.

Vision

To be a leading organization in improving the lives of rural communities, with a special emphasis on human rights and the eradication of cultural gender barriers.

Institutional Values

- Independence and Human Rights: We act under technical criteria focused on the dignity of people.
- Cultural respect: interventions adapted to local idiosyncrasies through active community participation.
- Transparency: Public accountability and careful management of the resources received.



RATO BALTIM





Rato Baltin Project (Red Bucket)

The Rato Baltin (Red Bucket) project is be artsy's main and pioneering initiative in western Nepal (specifically in rural districts like Achham). The project is being developed with the local counterpart Unnati, who leads the activities on the ground. Its central objective is the education and promotion of menstrual health to eradicate chhaupadi, an extremist practice and superstition that directly attacks the fundamental human rights of girls and women.

The context: What is Chhaupadi?

Chhaupadi is an ancient tradition that deems women and girls "impure" and untouchable during menstruation and postpartum. As a result, they are forbidden from entering their own homes, touching others, consuming regular nutritious food, or attending school. They are systematically banished each month to sleep outdoors or in makeshift shelters or animal stables.

This generates tragic and fatal consequences:

- Extreme physical risks: Every year, girls die due to freezing temperatures at night, suffocated by lighting small fires in stables to avoid freezing, from snake bites, and from severe infections.
- Emotional and social impact: They grow up fearful, isolated, and internalize that their bodies are a problem and a source of impurity. Furthermore, this encourages chronic school absenteeism.

Although this practice has been illegalized and criminalized by the Nepalese government, it remains deeply rooted in communities due to fear of divine or social punishment.



How does Rato Baltin work?

To combat and dismantle chhaupadi, the project works from within communities, combining pedagogy and the delivery of sustainable resources through several strategic pillars:

COMPREHENSIVE AND COMMUNITY EDUCATION

School classes on anatomy and menstruation are taught that include boys to break taboos and encourage co-responsibility.

EARLY PREVENTION (RATO BALTIN PATHSHALA)

This initiative works directly with the youngest children to prevent gender discrimination from taking root from childhood.

PARTICIPATORY PHOTOGRAPHY (PHOTOVOICE)

Young women are given cameras to document first-hand their menstrual reality and the impact of the exile they suffer.

COMPREHENSIVE HYGIENIC ALTERNATIVE (MENSTRUAL CUP)

Free kits with menstrual cups are given out to prevent the serious infections that young women suffer from when they hide their pads under their clothes out of shame.



Rato Baltin Project: A journey of commitment

The trajectory of the Rato Baltin project began in 2017 in Achham, with the aim of breaking the silence around chhaupadi and establishing bonds of trust with the first 350 users. In 2019, the model was expanded with pilot tests to new districts and, after the shutdown caused by the pandemic, in 2022 it reached one of its highest figures, with 19,000 beneficiaries. In the period 2024-2025, the project has consolidated a more structured, community-based and sustainable stage of work.

Since its inception, be artsy's Rato Baltin project has worked in rural and remote areas of western Nepal to mitigate the effects of chhaupadi and menstrual taboos.

The project's focus has evolved from responding to immediate needs related to menstrual health, to consolidating educational and community work that contributes to reducing discrimination and promoting sustained changes from the social base. This path has allowed for strengthening trust with communities and involving schools, women's groups, health personnel and local agents, understanding that change is only possible when accompanied in a continuous and respectful manner.



Activities carried out in Nepal

Rato Baltin to Achham District

During 2025, be artsy has continued to roll out the Rato Baltin project in the Achham district in 8 new schools, combining menstrual education, community work and long-term monitoring.

1

Joint sessions with boys and girls from grades 5 to 10 on puberty, sexual health and menstruation.

2

Specific workshops for girls on menstrual management and cup use.

3

Sessions with boys to work on co-responsibility and break taboos.

4

Delivery of complete menstrual kits to girls who have decided to use the menstrual cup.

5

Participatory photography projects to reflect on chhaupadi.

6

Community screenings with final debate.

7

Donation of books and guides on puberty and the menstrual cycle to school libraries.

8

Specific training for teachers to guarantee continuity.

9

Meetings with healthcare personnel, local leaders and religious figures.



Rato Baltin Pathshala

Prevention from childhood Our experience has shown us that real change requires acting at the root, before taboos and gender prejudices germinate in the youngest minds. With the aim of preventing discrimination from the grassroots, we have promoted this early intervention module:

- Target audience: This year we have started specific sessions with 228 children in 3rd and 4th grade of primary school.

-Playful methodology: Moving away from master classes, we use educational tools adapted to their age, such as games and puppets.

-Guided reflection: Through these interactive dynamics, we encourage the little ones to reflect naturally on the equitable distribution of tasks at home and break with traditional gender roles.

Support at all stages of life Just as we sow equality in childhood, it is essential not to leave adult women behind. They carry the historical weight of discrimination and need environments of trust to reclaim their bodies and their health:

-Sorority networks: We have consolidated safe spaces for conversation and mutual support, judgment-free environments where women in the community can express themselves freely and share their experiences.

-Continuous education: Practical and informative workshops are held in these spaces to guarantee access to medical and health information at every stage of your life.

-Key topics: This year's workshops have delved into fundamental aspects such as sexual and menstrual health, the physical and emotional changes of menopause and the correct use of reusable menstrual products.

User tracking

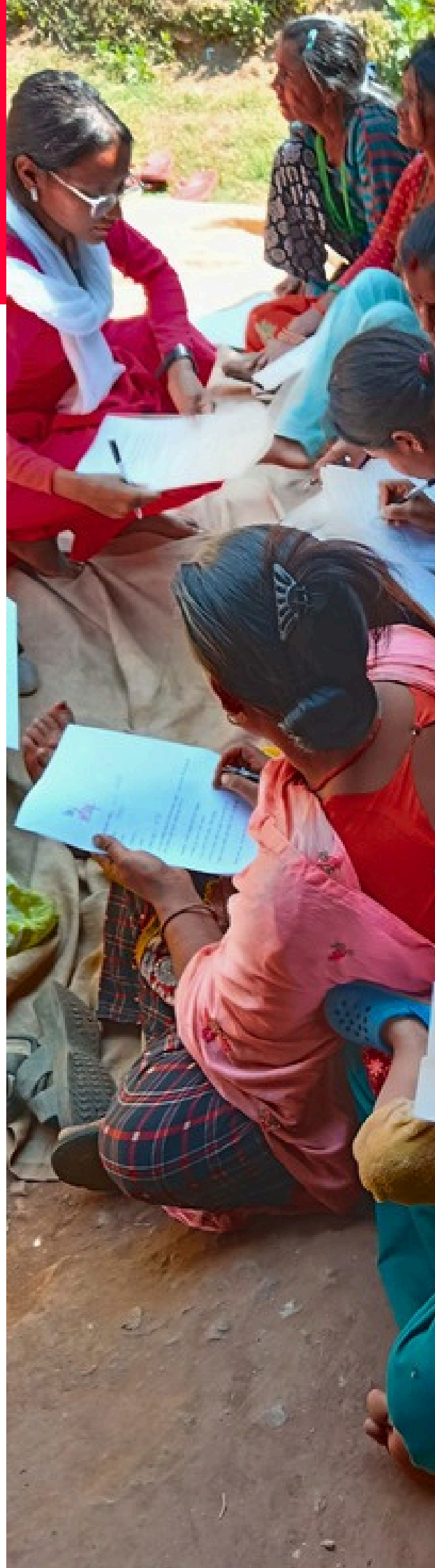
Constant support in communities The delivery of the menstrual cup is complemented by a rigorous long-term monitoring system to guarantee safe use and offer continuous support to young women:

* **Impact of 2025:** This year we have incorporated 755 new menstrual cup users and have maintained the support of 373 users from previous campaigns.

* **Periodic evaluation:** We carry out follow-up visits at 3, 6 and 9 months in various communities, creating spaces of trust for resolving doubts and reinforcing the correct use of the device.

* **Inclusion and respect:** The project respects freedom of decision; therefore, we carry out specific sessions with girls who have decided not to use the cup, ensuring that they continue to receive education and support.

* **Community dynamization:** We take advantage of the 9-month follow-ups to organize film screenings and debate spaces, promoting collective reflection by the entire community.





EDUFEM





Edufem Project: Education as the engine of the future

When we started working in rural communities, we were confronted with a stark reality: young people with great potential were being forced to abandon their studies due to suffocating economic and family pressures. Our first response was to build a bridge of opportunity. We established a comprehensive scholarship system that covers everything from school fees to daily living expenses. Over the years, the premise has proven to be foolproof: every extra year a girl spends in the classroom is time gained that delays forced marriage and completely transforms her future expectations.

Education is the best tool to break the cycle of poverty and imposed traditions. Edufem was born with a strong promise: to prevent forced child marriage by ensuring that young women in western Nepal have access to higher education.

Today, the project has reached a profound maturity. Edufem is no longer just a financial aid program, but a true incubator of female leadership. We have gone from curbing school dropout to training women who are now a benchmark of independence for their community. The year 2025 represents the consolidation of this strategic vision, demonstrating that investing in their education is transforming the future of an entire generation.

Edufem: Figures that become realities



Behind each issue is a story of overcoming and courage. In 2025, the engine of Edufem has continued to drive the dreams of the young women of Achham, offering them a solid bridge of opportunities through comprehensive scholarships. The project takes care of all their material and vital needs: from school fees, teaching materials and uniforms, to accommodation and daily maintenance in the city of Mangalsen. This comprehensive support allows them to focus exclusively on their studies and personal growth, freeing them from the economic anguish that often forces them to drop out of school in rural areas.

This effort is based on a premise widely demonstrated in the field: education is the best and most effective tool to escape suffocating economic and family pressures. With this initiative, we are not only directly preventing child and forced marriage for girls without resources, but we are also cultivating true role models of independence for other girls. When one of these young women manages to advance academically, she demonstrates to her entire community that another future is possible, breaking historical barriers and leading the change towards a more equitable society.



Two young people have crossed the university threshold and are continuing their higher education, taking control of their future.



A young woman has successfully started grade 12 (2nd year of high school) with the peace of mind of having fully assured support.



The age of child marriage is delayed by two years for every extra year a girl spends in the educational system.



HAPPY WOMEN TRAINING CENTER



“Happy Women” Training Center: The rebirth of autonomy

A space where learning is transformed into dignity and tradition into opportunity. We have excitedly reactivated our training center in Achham, a place where women's hands weave their own independence. This 2025, the center has returned to life with activities that return the spotlight to those who need it most, focusing on economic autonomy and health.

Inclusion and value: We have integrated widowed women into training and income generation processes, breaking social stigmas and giving them back an active and respected role in the local economy.

Health and production: The production of 200 reusable pads is not just a number; it represents access to decent hygiene, the creation of jobs and a giant step towards the sustainability of the project.

Culture in our hands: Through the Nepalese paper incense making workshop, we keep traditional crafts alive while creating new avenues of livelihood and empowerment.



Weaving networks: The power of community work

Because no change is solid if it is not built from within.

Our work cannot be understood without constant dialogue with those who guard local culture. To ensure that the message of equality and health takes deep and permanent root, this year we have intensified direct coordination on the ground, understanding that social transformation in Achham requires absolute respect for community structures.



Cultural sustainability:

This coordination ensures that projects do not stop when the NGO team leaves, as local leaders integrate this new knowledge into their everyday discourse, ensuring an impact that lasts generation after generation.

Strategic and transformative alliances:

We do not work in isolation. We meet regularly with local authorities and health centers to align efforts, but we place a very special emphasis on collaboration with Dhimi/jhakris (traditional healers) and religious leaders.

The bridges to change:

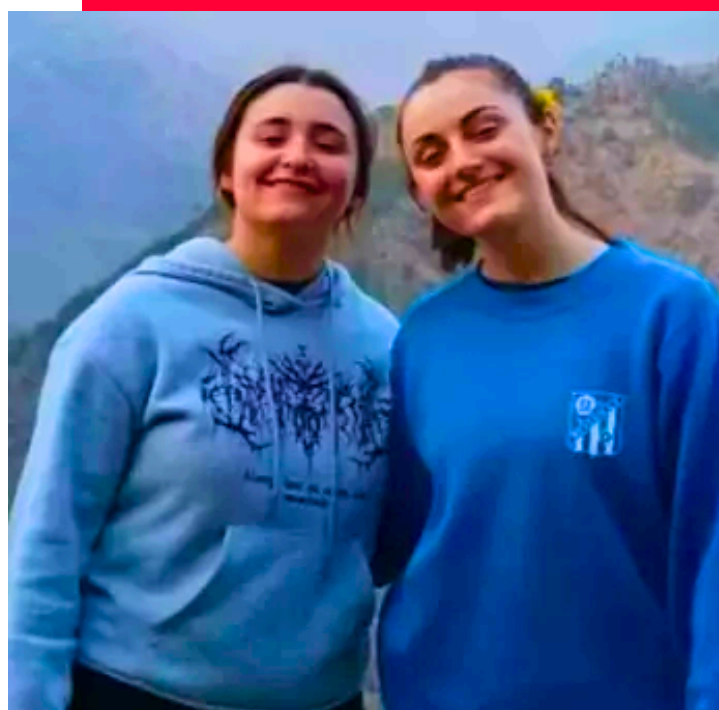
These leaders are not just authority figures, but the true guarantors of the community's trust. Working with them allows us to see the be artsy methodology as a tool for self-improvement and not as an external imposition. Thanks to this alliance, our proposals on education and menstrual health are heard and respected in spaces where there were previously barriers, turning traditional referents into key allies for the dignity of women and young people.



Looks that add up: The value of exchange

The exchange of knowledge and experiences is one of the pillars that allow us to grow as an organization and improve the quality of our interventions. This 2025, the project has been deeply enriched by the energy and vision of two 4th year Psychology students from the Basque Country, who have traveled to Achham to live a unique experience "from the classroom to the field":

Solidarity has no borders and knowledge multiplies when shared.



Two 4th year psychology students from the Basque Country went to Achham. Read the full experience on our blog.

Psychological Impact:

Reinforcement of emotional support and group dynamics with users.

Bidirectional Learning:

Combining university technical knowledge with local resilience and culture.

Academic Alliance:

Specialized volunteering as a driver of quality cooperation.



AQUÍ NO FAS
UNA COMPRA,
AQUÍ FAS UNA
DONACIÓ

PER LES DONES DEL NEPAL

ICI, VOUS N'ACHETEZ PAS !
ICI, VOUS FAITES UN DON
POUR LES FEMMES DU NEPAL

HERE, YOU DON'T BUY...
YOU MAKE A DONATION
FOR THE WOMEN IN NEPAL

ASSOCIACIÓ ONGD
ASSOCIATION À BUT
NON LUCRATIF
NONPROFIT ORGA

be
artsy

OTHER
ACTIVITIES



Activities carried out in Catalonia

The impact of be artsy is not limited to the Himalayan mountains; it is born and nurtured daily from our closest reality. The work we carry out in Catalonia is the engine that sustains our mission in Nepal: it is here that we build the support network, generate resources and raise our voices to denounce the injustices suffered by women and girls on the other side of the world.

During 2025, our strategy has focused on political advocacy, social awareness and strengthening the associative fabric. We firmly believe that menstrual precariousness and discrimination are global challenges that require local responses. For this reason, we have intensified our presence in the territory, turning each exchange space into an opportunity to remember that dignity should not depend on where you were born.

These pages are a reflection of the vitality of our volunteering and the organizations that walk alongside us. Each campaign, alliance and presence on the street has had a clear objective: to demonstrate that solidarity has no borders and that local action is essential for global transformation. Below, we detail the most notable milestones.



“The Period Kills” Campaign: A Call to Conscience

With a direct and striking title, the "The Period Kills" campaign was born from the urgent need to explain a reality that is incomprehensible to our society: in Nepal, the stigma of menstruation still takes human lives. The main objective of this initiative has been to break the silence, shake consciences in our country and make visible, with cruelty, but with respect, the lethal consequences of the chhaupadi tradition.

The alliance with Involved Advertisers

This project has become a reality thanks to the strategic and supportive alliance with “Publicitarios Implicados”, an association of professionals in the world of communication who have given their talent in a completely selfless way. Together we have conceptualized, produced and disseminated an audiovisual spot with a high emotional impact that has managed to transfer the essence of the Rato Baltin project from the mountains of Achham to the screens of our society.

Diffusion and impact in the media

The dissemination strategy has been designed to achieve maximum impact by combining local and national reach. On the one hand, the spot has been broadcast daily on local television in L'Escala, achieving a very direct and continuous connection with the territory. On the other hand, the campaign has made the leap to the digital sphere with a constant presence on social networks, radio and podcasts.

Participation in fairs and events: Our voice on the street



Direct contact with people is irreplaceable. For a transformative message to reach far, it must first be explained face to face, on the street. During 2025, our tireless volunteer team has been the true driving force of the organization in Catalonia, setting up information stands on 23 different days throughout the territory. These presences are not simple tables with brochures; they are living spaces of dialogue and awareness where we work with four clear objectives:

Make the Rato Baltin project visible

Explain in the first person how we work on the ground and put a face to the actions we carry out in the Achham district.

Raising awareness and breaking taboos

Opening uncomfortable but necessary conversations about menstrual rights, explaining the harsh reality of chhaupadi and demonstrating that menstrual poverty is a human rights violation.

Growing our family

Attract new associates who want to commit to our cause and add their long-term support.

Ensuring sustainability

Collect direct donations through citizen contributions, in exchange for small gifts, vital resources to sustain the impact of our projects in Nepal.

Strategic presence in the territory

Among the twenty conferences in which we have participated, we have consolidated our presence in key citizen meeting spaces, weaving particularly strong ties of roots with our closest environment. We highlight our active participation in:

L'Escala Organization Fair: The perfect showcase to strengthen ties with our local community. This space allows us to be accountable in a close way, show our neighbors the real impact of the work done during the year and thank the unconditional support of those who help us from home.



Fira La Solidària: Much more than an information space, it is an essential meeting point for networking with the associative fabric. It allows us to exchange experiences with other NGOs, join forces, create collaboration synergies and remember that all entities work towards a common goal: social justice.

Christmas Games in L'Escala: An endearing space where we have been able to bring our message to a much wider and more familiar audience in a totally festive atmosphere. Participating in it gives us the opportunity to sow the seed of solidarity and gender equality among the younger generations, demonstrating that it is never too early to talk about women's rights.



Networking and advocacy: Multiply the impact

We firmly believe that major systemic changes are never achieved alone. To transform deep-rooted social structures, change entrenched mentalities and definitively eradicate stigma, it is essential to weave solid, transversal and sustained alliances over time; no organization has all the answers, but together we have all the strength. Following this premise, during this year we have dedicated great efforts not only to executing our projects on the ground, but also to consolidating and expanding our ecosystem of collaborations, understanding that our impact in Nepal is directly proportional to the strength of our network at home.

To achieve this, we have sought to proactively join forces with other third sector organizations, grassroots feminist groups, European movements and academia. These synergies have allowed us to move from addition to multiplication: working in a network means sharing vital resources, exchanging innovative methodologies and raising a joint voice that resonates more powerfully in decision-making spaces. Thanks to these alliances, we have managed to make the fight for menstrual dignity transcend the local level to become a large-scale political and social advocacy action, demonstrating that defending women's rights is a collective and inescapable responsibility.



Alliances that transform

This desire to join forces has translated into concrete actions at different levels. Below, we break down the strategic axes that have guided our networking work during this year.

Territorial roots and feminism

Our work starts from the grassroots. We have maintained an active participation in the assemblies of the NGO Coordinator of Girona and Alt Maresme, defending international cooperation from our territory. In addition, we have joined the Feminist Exchange Space of Alt Empordà, a fundamental step to align our fight for menstrual dignity with the movements in our closest environment.

Synergies and active volunteering

Our team is the heart of the project. We have strengthened our network of territorial volunteers by creating spaces for training and mutual support. This network has been enriched thanks to the close cooperation with other similar entities such as Fem Sororitat and La vida en rojo, with whom we share the common goal of empowering women through community support.

From academic research to global action

Beyond our immediate environment, our network of alliances expands towards university innovation and international mobilization. These are the two strategic axes that have allowed us to take the voice of the women of Achham much further.



International academic alliances

Combining theory and practice is key. This year we facilitated two students from the University of the Basque Country to do internships in Achham, and we collaborated with IQS, where a student focused his thesis on ecological alternatives (soap nuts). In addition, we have concluded a valuable collaboration with the Master of Arts at London Metropolitan University to translate our website into Italian and French.

Political advocacy at a European level

Menstrual precariousness is a global reality. That's why we have joined the European movement Menstrual Matters, taking a step forward in high-level political advocacy. On May 28, we actively participated in the international campaign #MenstrualMattersEU, adding our voice to a transnational network demanding legislative and social changes across the continent.

#MENSTRUAL MATTEREU

A network that transcends borders



The #MenstrualMattersEU movement was born as a coalition of organizations united by a clear goal: to eradicate menstrual poverty, break taboos and demand that menstrual equity become a political priority across Europe.

Being part of this network allows us to connect our experience in Nepal with international agendas. These are the entities and groups from across the continent with whom we share strategy and struggle. Together we are stronger.

#MENSTRUALMATTERSEU

REGLES
ELEMENTAIRES



NEIGHBORHOOD
FEMINISTS



periodensystem akcja menstruacja



Iniciativa
za dôstojnú
Menštruáciu



SOLA POMÁHA





TRANSPARENCY AND INSTITUTIONAL CONSOLIDATION



Photo of the first class of menstrual educators certified by the University of Barcelona (UB). Thanks to the La Vida en Rojo association, with whom we collaborate and of which we are part.

The foundations of our impact

Good intentions are not enough to change the world; solid structures, ethical rigor and absolute transparency are needed. At be artsy, we understand that the trust of our social base, volunteers and collaborating entities is our most valuable asset. For this reason, during 2025 we took a giant step in the internal consolidation of the association, implementing key measures to ensure that our management is as transformative and ethical as the projects we carry out on the ground.

- ✓ Growing towards institutional maturity: We maintain the passion and empathy of our beginnings, but we have learned that, to empower communities in Nepal, it is first essential to care for and strengthen our own organizational structure from home.
- ✓ The invisible work that sustains the project: The true driving force behind be artsy is its human team and social base. That is why, in 2025, we have dedicated great efforts to professionalizing ourselves and "putting the house in order from the inside", a vital task that safeguards our long-term commitment.
- ✓ Prepared for the future: This desire for continuous improvement translates into concrete actions that consolidate a more resilient, secure and prepared entity to face the challenges ahead.



Financial rigor and commitment to transparency

At be artsy, we believe that trust must be earned every day with facts, data and clarity. We want every person, company or entity that collaborates with us to have absolute certainty about how, when and where every last cent of our resources is invested. That is why ethical management of funds is a non-negotiable pillar of our organization.

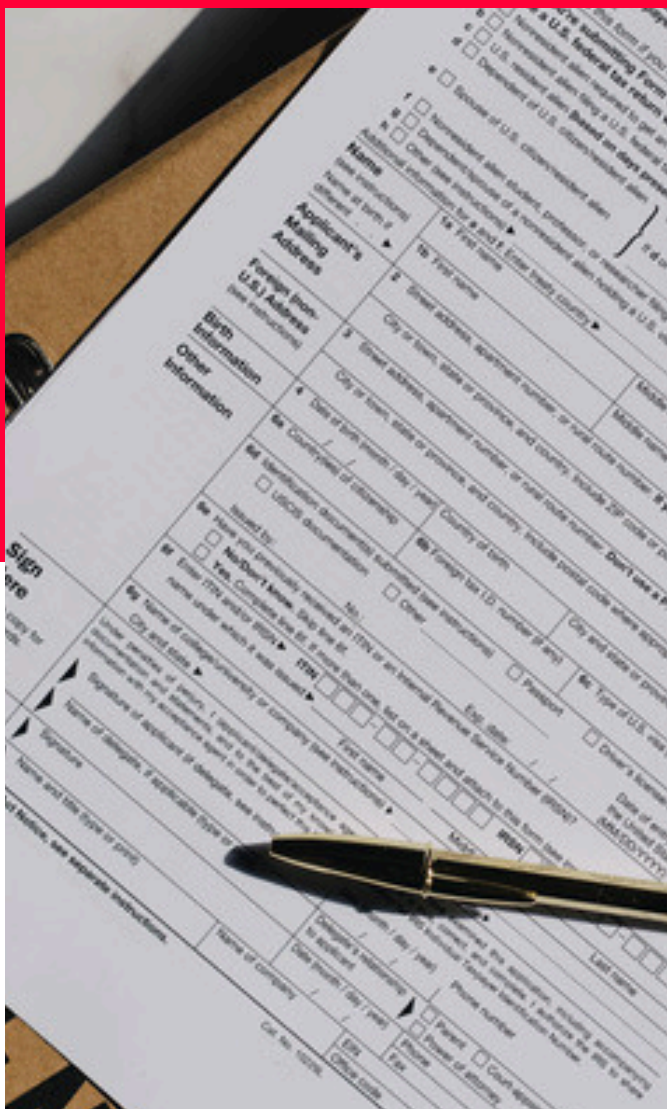
This year we have taken decisive steps to guarantee this transparency to third parties.

Independent external audit

Beyond our legal obligations, this year we have subjected the entity to a complete audit. This exercise of responsibility and self-assessment allows us to strengthen our financial transparency, detect areas for improvement and consolidate institutional trust with the entities that support us.

Path to the Seal of the Loyalty Foundation

We have officially begun the rigorous process to obtain the Transparency and Good Practices Seal from the Lealtad Foundation. This independent accreditation evaluates multiple principles of action and will be a fundamental endorsement that will certify our compliance with the most demanding standards of management, governance and control within the third sector.



Internal policies: Consistency between what we do and who we are

Our mission abroad must be an accurate reflection of our internal values. We cannot demand rights for the women and girls of Achham if we do not apply these same standards of protection, care and respect to our own structure. To ensure completely safe spaces in all our areas of action (both in Catalonia and Nepal), this year we have drafted, approved and implemented two fundamental guiding documents.

Sexual Freedom Guarantee Document: This protocol is an indispensable tool and zero tolerance. It gives us the mechanisms to prevent, detect and act immediately in the face of any situation of harassment, abuse or violation of sexual rights. The objective is to guarantee a 100% safe and trustworthy environment for the technical team, volunteers and, most especially, the communities with whom we work in the field.

be artsy Environmental Policies: We are convinced that the fight for social justice is inseparable from climate justice; the most impoverished territories are always the most punished by climate change. This document establishes the basis for all our actions to minimize ecological impact and promote sustainability, ranging from the reduction of waste in our office to the local production of reusable pads and the use of soap nuts in our international projects.

Economic sustainability to guarantee the future

A project like Rato Baltin saves lives, educates generations and transforms deep-rooted social structures. But to ensure that this vital work can continue to grow and be sustained over time, we need financial muscle. We cannot depend on a single source of income or one-off grants; the entity's economic vulnerability would put the continuity of support for the women who need it most at risk.



New strategic alliances

This active and strategic search for new foundations and funding entities is the engine that will allow us to expand our horizons. Finding new traveling companions who believe in our mission is the only way to be able to provide a real, effective and continuous response to the growing needs of the communities of Achham. Weaving this network of mutual support based on shared values ensures that no action is left half-hearted.



Resource diversification

During this financial year, we have worked intensively on medium and long-term economic planning to guarantee the financial and structural health of the entity. We have intensified the work of identifying and submitting to new calls for subsidies, both from the public sector and private entities. This variety of sources of income is precisely what gives us the freedom to act with total independence.

The evolution of our commitment

Looking back is often a necessary way to understand the magnitude of the journey we have taken. When we began working in the Achham district of Nepal in 2017, we did so with a clear sense of urgency: to make menstrual stigma visible and respond to the consequences of chhaupadi in the lives of girls and women.

At that time, be artsy was a small organization, driven by the will to act in the face of a silenced reality. Today, the Rato Baltin project has consolidated a more structured, professional and sustained way of working, thanks to the trust of the local communities, the team in Nepal and all the people and entities that have made it possible.

This section of the report is not just a collection of graphs and percentages; it is the reflection of a constant evolution. Growing up has never been an objective in itself, but a tool to reach further and accompany better. Behind each number there are girls who have received information to experience menstruation with less fear, women who have found spaces of trust to question taboos and communities that are beginning to get involved in the protection of health, dignity and life.





The solidity of meaningful growth

Growing to reach further. From our beginnings, we understood that to transform centuries-old traditions in Nepal we needed solid foundations at home. Here we present the evolution of be artsy in data: the transparent reflection of how professionalization and rigor help us multiply our impact and guarantee the future of the project.

Over the years, we have learned that passion and empathy need the support of rigor and transparency to generate a lasting impact. The evolution that we show below is the result of having learned to manage the complexity of an international project without losing the essence of our beginnings. We have gone from being a small local initiative to becoming a solid reference in the fight for menstrual rights. This has been possible thanks to the effort to weave strategic alliances with universities, public institutions and international movements, synergies that allow us to raise the voice of the women of Achham on a global scale and influence structural policies.

This institutional maturity, which we have previously detailed through the creation of internal protocols and rigorous audits, does not remain only on paper: it directly translates into an improvement in our efficiency on the ground. Having more resources and a stronger structure means having a much greater capacity to react to unforeseen events, being able to design better educational materials and, above all, offering the absolute guarantee that our projects have real continuity. For us, sustainability is not just a financial issue; it is a pact of trust. It is the firm promise we make to each community that we will not leave and that our commitment to eradicating stigma is long-term.

The real impact behind the data

Beyond percentages and graphs, our true success is measured in lives transformed. These numbers are a direct reflection of our unconditional commitment to the women and girls of Achham.



Foundations of the future

We present these figures with the pride of someone who knows that every step has been taken with honesty. The support of our partners, donors and collaborators has transformed into an engine of change that does not stop. Below, we invite you to analyze the evolution of our key indicators from 2017 to 2025. These are figures that speak of the past, but above all, they are the foundation on which we are building the future of thousands of girls in Nepal.

People, not numbers

Activity logs can reduce people to numbers. For be artsy, transparency means doing the opposite: remembering that behind every piece of data there are lives and processes of change.

The increase in beneficiaries, menstrual cups and menstrual health kits speaks of girls and women accessing more information, support and tools to experience menstruation with greater safety, autonomy and dignity.

“ Each number represents a more supported life and with more tools. ”



755

**Menstrual
Cups
distributed to
new users**



373

**Follow-ups
carried out**



1128

**Total
accompanied
users**



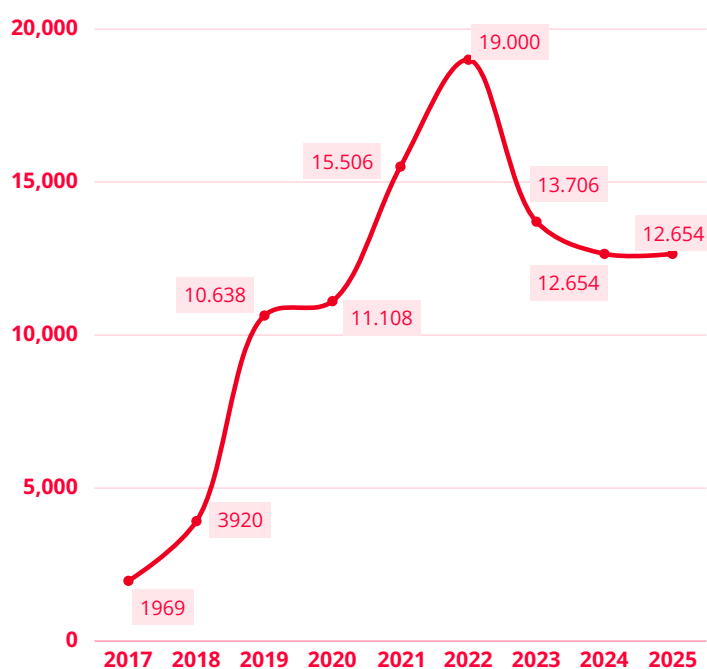
Project scope: accompanied people

The heart of our activity is reflected in the number of people we have been able to accompany and raise awareness. Since our beginnings, in 2017, the goal has been clear: to reach the rural and remote areas of western Nepal to help ensure that no girl, woman or community member has to face menstrual stigma and the consequences of chhaupadi alone.

When analyzing the evolution of the project, significant growth is observed from the 1,569 people supported in 2017 to the maximum reached in 2022, with 19,000 people. This expansion allowed new lines of work to be opened and reach different territories.

In 2025, with more than 12,600 people supported, the project is in a phase of territorial consolidation. The objective is not only to grow in numbers, but also to strengthen educational and community work so that the changes promoted can be sustained over time, based on trust, continued presence and local involvement.

People reached with the project



More than a number

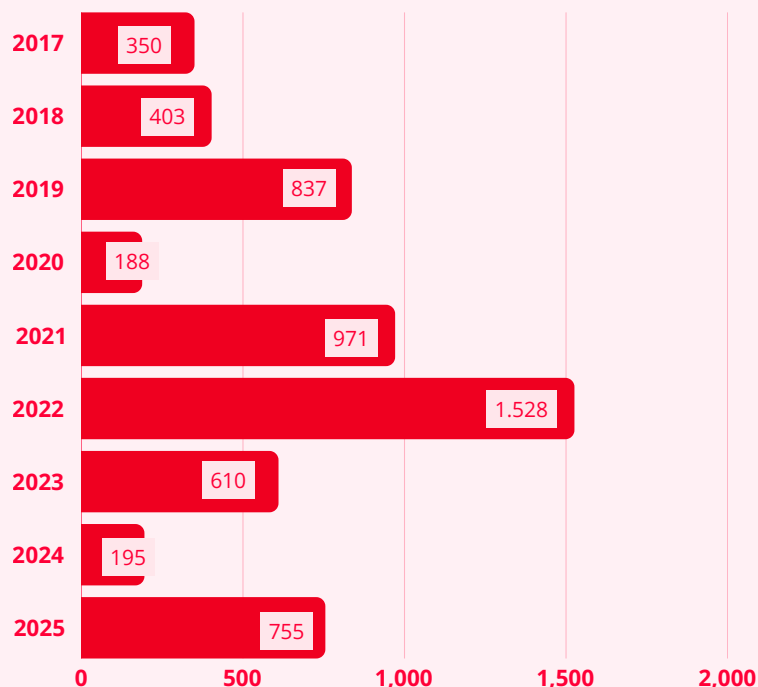
Each person sensitized is an active agent of change within their family and community, multiplying the impact of our message far beyond these statistics.

Health, dignity and ecology: The use of the menstrual cup

The delivery of the menstrual cup (Ruby Cup) is one of the fundamental pillars of the Rato Baltin project. However, at be artsy we understand that it is not simply about distributing a menstrual health product, but about facilitating an empowerment tool. The evolution of this data shows us the pace of our direct intervention and the trust that we have been building with the women of Achham.



Menstrual cup users



In 2022 we made an unprecedented logistical and training effort, distributing more than 1,500 cups. This 2025, with 755 new cups delivered, we maintain a constant pace that demonstrates the success of our training. Breaking the barrier of fear and taboo towards one's own body is a slow and delicate process. For this reason, each cup delivered is accompanied by rigorous training and, above all, continuous monitoring to ensure that women feel comfortable and safe using it.

Sustainable impact

The adoption of these more than 700 cups this year alone represents a drastic reduction in polluting waste in the region and guarantees these women safe hygiene for at least the next 10 years.

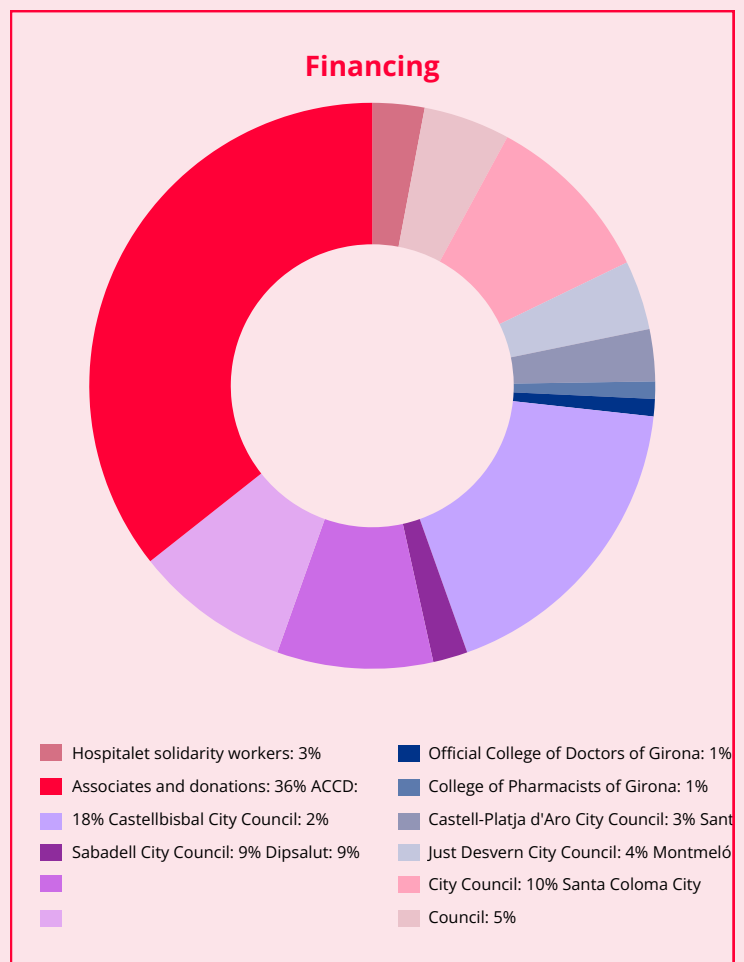


Transparency and independence: The origin of our funds

The continuity, independence, and strength of be artsy depend directly on the diversity and solidity of our funding. This 2025 pie chart is, precisely, an x-ray of our institutional health and a reflection of the support network that makes our mission possible.

We are proud to highlight that 36% of our resources come from associates and private donations. This large social base is our true driving force and gives us the freedom and stability necessary to act where it is most needed, without relying exclusively on subsidies.

At the same time, the support of public administrations—with the Catalan Agency for Development Cooperation (ACCD), the Girona Provincial Council and a strong involvement of several Town Councils (Platja d'Aro, Sant Just Desvern, Montmeló, Santa Coloma de Gramenet, Sabadell and Castellbisbal)—along with entities such as the Official Colleges of Doctors and Pharmacists, demonstrates institutional confidence in our rigor and our technical transparency.



Diversify to secure the future

This plurality of funding sources is our main resilience strategy. It allows us to plan for the long term and assures the women of Achham that our commitment is not ephemeral.

2025 IN PICTURES



The soul of our project

A visual journey through the essence of our daily work: driving human transformation and collective empowerment to build a future where dignity, health and freedom are a right for everyone.

The be artsy initiative is based on a clear belief: all women and girls have the right to experience menstruation in health, safety and dignity. From classroom training and menstrual cup distribution to community workshops, artistic interventions and fieldwork, all activities share the same goal: to reduce the impact of chhaupadi and menstrual taboos through education, support and community involvement.

This photographic collection from 2025 offers a close look at the work carried out during the year. Through these pages we document projects, meetings and processes shared with girls, women, schools and communities. Each image reflects a part of the journey and the commitment of a project that, from education, art and care, contributes to opening spaces of trust, dignity and change.





Trainings





Trainings





Trainings



Trainings





Trainings



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be artsy

