



## **Access to 2,500 menstrual cups for girls and women**

This project will deliver 2,500 menstrual cups to girls and women in different cities of Colombia. It will also train the beneficiaries in menstrual hygiene care and give them information about the benefits of this sustainable method. Girls and women will also receive helpful and pertinent information that will be useful in breaking myths and taboos around menstruation.

### **1. What is the problem?**

As a consequence of the current pandemic situation -Covid-19-, deficiencies in access to certain hygiene items for the most vulnerable sectors have increased. Among items for the care of menstrual hygiene are menstrual cups, sanitary pads and tampons. According to UNICEF, 20% of the girls in the Colombian Pacific consider menstrual blood to be dirty, adding to the stigmas and taboos that are related to menstruation, and ignoring proper management of menstrual hygiene and different methods of care. (Unicef, 2014)

### **2. Will this project solve the problem?**

Oriéntame Foundation, through the delivery of menstrual cups and trainings regarding their use, looks to sensitize girls and women about menstruation. We want to provide information about the proper management of menstrual hygiene, breaking myths and taboos. We aim to contribute to the autonomy of girls and women in some cities in Colombia: Palenque (Bolívar), Soledad (Barranquilla), Villas del Rosario (Cúcuta), Soacha (Cundinamarca), and Cuba (Pereira).

### **3. Potential long-term impact:**

With the delivery of menstrual cups for menstrual hygiene care, 2,500 girls and women from diverse backgrounds (African descent, indigenous and migrants) will benefit in these challenging pandemic times. We aim to reach girls and women in vulnerable conditions, who are located in some cities of Colombia with high rates of poverty and migratory reception. The menstrual cup that will be provided to the beneficiaries is an efficient, economical, long-term and safe method of hygiene, as well as environmentally friendly. Traditional methods (sanitary pads, tampons, or improvised materials) generate contamination and even long-term effects on women's health. They enable them to save money and allow them to prioritize other needs and they will also be able to do their regular and daily activities.

**4. Schedule of activities:**

Activities	August	September	October
<b>1. Planning</b>	■ ■ ■ ■		
1.1 Prepare initial phase inputs and prepare activities planning	■ ■ ■ ■ ■ ■		
1.2 Hold a meeting with leaders of the selected cities		■ ■ ■	
1.3 Select working groups in the cities		■ ■ ■	
<b>2. Execution</b>		■ ■ ■ ■	
2.1 Hold kick-off meeting with leaders		■ ■ ■	
2.2 Sensitize in menstrual hygiene care for girls and women in the selected cities		■ ■ ■ ■ ■ ■ ■ ■	
2.3 Provide a virtual course about the menstrual cup		■ ■ ■ ■ ■ ■ ■ ■	
<b>3. Project monitoring, evaluation and learning</b>			■
<b>4. Final report</b>			■ ■ ■

## 5. General Budget

GENERAL BUDGET					
Country: Colombia					
Organization: Oriéntame Foundation					
Currency exchange rate date: May 22, 2020			\$3,800		
ITEMS DESCRIPTION	Duration	Number of people	Months	Donation in COP	USD
Human resources					
Professional social management	70%	1	3	\$8,734,389	\$2,298.52
Leader	30%	5	3	\$7,500,000	\$1,973.68
<b>Total Human Resources</b>				<b>\$16,234,389</b>	<b>\$4,272.20</b>
Logistics	Unit	Quantity	Unit cost		
Sensitization trips for 2 people, 2 days, 1 night-Hotel and per diem-Cúcuta	2-day trip	2	\$816,000	\$1,632,000	\$429.47
Sensitization trips for 2 people, 2 days, 1 night-Hotel and per diem-Cartagena	2-day trip	2	\$800,000	\$1,600,000	\$421.05
Sensitization trips for 2 people, 2 days, 1 night-Hotel and per diem-Barranquilla	2-day trip	2	\$838,000	\$1,676,000	\$441.05
Sensitization trips for 2 people, 2 days, 1 night-Hotel and per diem-Pereira	2-day trip	2	\$712,000	\$1,424,000	\$374.73
Sensitization transfer for 2 people, 2 days-Soacha	2 days	2	\$50,000	\$200,000	\$52.63
Local transportations transfers	10 transfers	2	\$30,000	\$600,000	\$157.89
<b>Total Logistics</b>				<b>\$7,132,000</b>	<b>\$1,876.84</b>
Materials and supplies	Unit	Quantity	Unitary cost		

Menstrual cups		2,500	\$27,000	\$67,500,000	\$17,763.15
Informative guides		2,500	\$9,000	\$22,500,000	\$5,921.05
Education workshops with the girls	Workshops	84	\$300,000	\$25,200,000	\$6,631.57
<b>Total materials and supplies</b>				<b>\$115,200,000</b>	<b>\$30,315.78</b>

### References

UNICEF. (2014). *Análisis de la situación de la infancia y la adolescencia en Colombia, 2010-2014*. Retrieved from <https://www.unicef.org/colombia/media/2311/file/como-vive-la-menstruacion-una-nina-o-adolescente-del-pacifico-colombiano.pdf>

**\*Below are some of the brochures that will be distributed to the girls and women, beneficiaries of this project.**



#MenstruationIsNotQuarantined

# Acces to 2500 menstrual cups for girls and women in Colombia



With the delivery of menstrual cups for menstrual hygiene care, 2,500 girls and women from diverse backgrounds (African descent, indigenous and migrants) will benefit in these challenging pandemic times.

Menstrual cups are an efficient, economical, long-term and safe method of hygiene, as well as environmentally friendly.

We want to contribute to the autonomy of girls and women located in the following cities in Colombia:

- Palenque (Bolívar)
- Soledad (Barranquilla)
- Villas del Rosario (Cúcuta)
- Soacha (Cundinamarca)
- Cuba (Pereira)

SCAN  
AND  
DONATE



Orientame  
Para Decidir



# LIVE THE MENSTRUAL CUP



**WHAT IS IT?  
HOW TO PUT IT ON?  
HOW TO WITHDRAW IT?  
DO YOU HAVE BENEFITS ?**



## WHAT IS IT?

A barrier (cup-shaped) that is placed in the vagina to retain the flow of menstruation.



Before using it, you must sterilize your menstrual cup before the first use and after each period (each month).

You can put the glass in a pot or in its own container, with boiling water for 2 or 3 minutes.

This will help your glass last a long time!

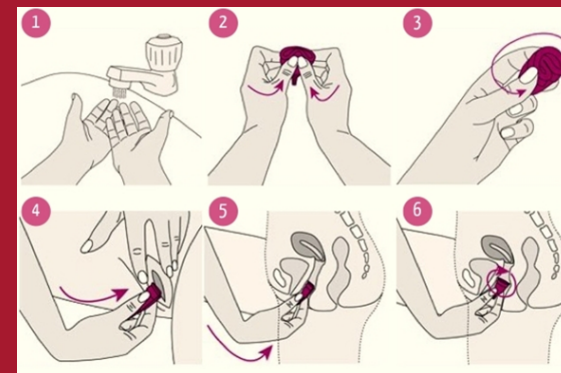


## HOW TO PUT IT?

1. With clean hands, the first thing you should do is fold the menstrual cup.



2. Once it is folded, hold it and insert it into the vagina with the fold up and help yourself with the fingers to place it.





Once inside, the cup must be opened; if it does not happen, you can turn it by holding it by the base.

IMPORTANT TO BE RELAXED



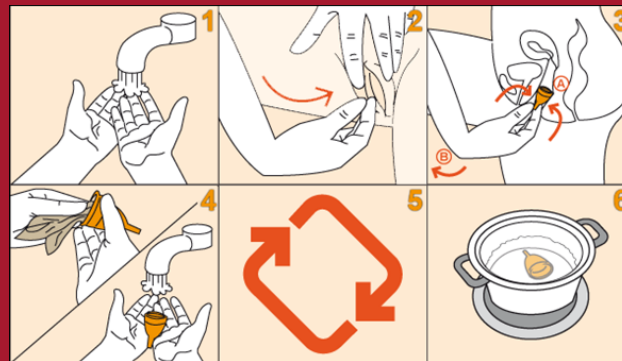
The first few times can be a bit tricky, but it's just a matter of practice.



## HOW TO WITHDRAW IT?

You only have to hold by the base and break the vacuum by clamping or tilting it sideways.

Once the vacuum is broken you just have to pull down and you can now empty and clean it.



TIP: Squat and with your hip forward, insert a finger along the side of the cup to break the vacuum, pushing helps the cup to come out.



## BENEFITS

- It is comfortable, you will not notice that you are wearing it.
- You can use it for up to 12 hours, depending on your flow amount.
- You don't need to buy anything else, so you also save money.
- Forget about bad smells as long as you take care of it.
- You can use the same menstrual cup for 10 years.
- Menstrual cups do not cause infection, as long as you wash it well.
- You will be avoiding waste. **YOU WILL TAKE CARE OF THE ENVIRONMENT!**

