

Adriatic Cup

Project report

WAKE UP! WE CUP!

Empowering teenage girls through
women's **sexual health education**
and **menstrual cups**

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UWC ADRIATIC 2017-201

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Summary

During the three weeks the on-site Adriatic cup team was in South Africa they facilitated four workshops at the Litchovu school with grade 10 girls as well as one workshop with the Sumbandila Scholarship trust girls. In total we were able to provide 240 girls with menstrual cups, and the knowledge of how to use them and find self-empowerment through understanding their own bodies and sexual health. Before the workshops we received training from the MINA Cup organization as well as shared our knowledge with each other. During the workshops we tackled topics such as virginity, and having ownership over one's own body. Getting the girls comfortable with themselves

by giving them the explicit permission to yell VAGINA and PERIOD. While in Limpopo we were staying at the offices of our partner Sumbandila which also acted as an early learning center for Kindergarten aged students. We helped around the office with tasks such as accounting and transcription. We were also able to work with the kindergarten students by doing face paint.

Achievements

- Three days facilitation training by Mina Foundation for Emma and Julie in Johannesburg.
- Facilitating five workshops of each three hours length in Louis Trichardt at the Litshovu School and the Saturday School with girls from Ridgeway College and the Sumbandila program.
- Meeting with teachers from Litshovu School, Ridgeway College and Sumbandila and explaining them the sexual health education we will go through with the students as well as explaining and providing menstrual cups for them.
- Providing Mina menstrual cups and Mina journals for 240 girls.
- Created group chat so the girls can ask questions to us and the Mina organization after we leave when they have started using the cup.
- Helping out with the 40 kindergarten children at the school. We did facepainting and other activities.
- Helping out with practical things at the school - organizing, writing, etc.

Impact

On the community

Short term

- 240 girls are empowered

- 240 girls have a healthier, more environmentally-friendly and cheaper period
- 240 girls have gotten a better understanding of sexual health

Long term

- The girls will be able to teach and impact other girls and women in the community to not look at menstruation and sexual health as a taboo
- The girls' knowledge can decrease early pregnancy and increase their role in the community
- Positively affect their family
- The teachers are able to help their students understand what their bodies are going through and how to use the menstrual cup
- The environment will be better off
- The girls will save money
- Lower chance of the girls getting infections and diseases due to pads and tampons

On us

Short term

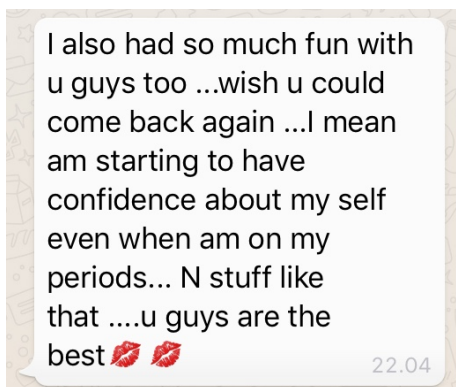
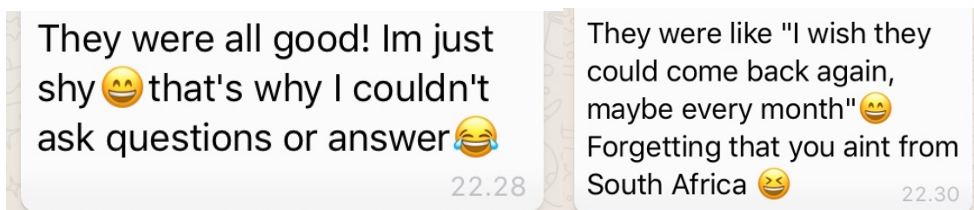
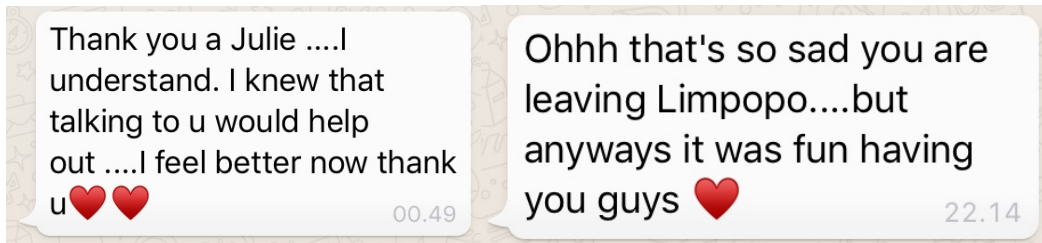
By doing this project we learned skills in facilitation and cultural communication. We were able to reflect on the experience around female empowerment and sexual education in our own country and how that is different from South Africa. Through this reflection we were able to curate our facilitation to best fit the needs of the girls we were working with.

Long term

With these new skills we are now able to continue educating about sexual education. Hopefully facilitating similar projects in our home countries and other countries we may travel to in the future. Our planning skills have been enhanced which will help us in any future endeavors such as university and careers.

Written response from the students

These messages were received from some of the students over Whatsapp where we keep in contact with both the students, organizations and teachers. We have used this platform to follow whether the girls start using the cups and help those who experience any difficulties.



Improvements

- Begin applying for grants earlier and communicating with our contacts.
- Get every agreement with our contacts and partners in writing so there is no confusion later on in the project.
- Plan dates with schools earlier so it is possible to also meet with all of the girl's caretakers and teachers
- Prevent as many practical problems as possible - transport of cups and changes in plans.

Budget

Received	
The Pollination Project Grant	\$ 1000
Used	
Menstrual Cups + educational material	\$ 1000

Receipts



Quote

Mina Foundation- NPO144-722, PBO930055777

VAT No: 4460274188

PO Box 2793
Houghton
Johannesburg
2041

79 Oxford Road
Saxonwold
JHB
2196

Number: QUO0000079
Date: 30/01/2019
Page: 1/1
Reference: Mina Cups
Sales Rep:
Due Date: 31/01/2019
Overall Discount %: 0.00%

Julie Tilling Niemann

Customer VAT No:

Moseskraenten 18,
2860 Soeborg,
Denmark
Phone: +45 60 61 29 25

Description	Quantity	Excl. Price	Disc %	VAT %	Exclusive Total	Inclusive Total
MinaCup - Donation Mina Menstrual Cup Small	130.00	R 165.00	0.00%	0.00%	R 21,450.00	R 21,450.00
MinaCup - Donation Mina Menstrual Cup Small	100.00	R 0.00	0.00%	0.00%	R 0.00	R 0.00
Journal - Donation Puberty Journal	230.00	R 0.00	0.00%	0.00%	R 0.00	R 0.00
Facili - Training And Facilitation	1.00	R 0.00	0.00%	0.00%	R 0.00	R 0.00

NAME: MINA FOUNDATION
BANK: FIRST NATIONAL BANK- BENMORE GARDENS
ACCOUNT: 62452102363
BRANCH: 251255
SWIFT: FIRNZAJJXXX

Total Discount: R 0.00
Total Exclusive: R 21,450.00
Total VAT: R 0.00
Sub Total: R 21,450.00
Total: R 21,450.00

Photos



