



## *CEFAP/ LADIES CIRCLE*

**Cercle des Filles et Femmes Actives pour  
l'amélioration des conditions socio-économiques  
des jeunes filles et des femmes**  
**INTERNATIONAL ALLIANCE OF WOMEN  
ALLIANCE INTERNATIONALE DES  
FEMMES**



# PROJECT WATER AND PADS

With the financial support of IAW

## Report on activities

at the Technical High School Bafoussam and the Bilingual High School at Edea

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### A-Acknowledgements

Once again, our sincere thanks to the International Alliance of Women (IAW) and all the people involved in raising the funds and ensuring the smooth implementation of this "Water and Pads" project in several countries, including Cameroon, to restore the self-confidence of schoolgirls so that they can better cope with puberty and manage their menstrual hygiene.

Our thanks go to Ursula, Gudrun, Heidi, and to the great team we have built around this project!

### B-Development of the Water and Pads project activities for schoolgirls with CEFAP

The "Water and Pads" WP activities between April and June 2023 took place in these two institutions:

-Technical High School Bafoussam

-Bilingual High School at Edea

In each school, a team of four focal points and volunteers was deployed as part of our project, with action sessions lasting 3 hours in Bafoussam and 4 hours in Edea.

The programme of activities in each school was as follows:

- Arrival of our team in the schools and final adjustments with the head teacher on the course of the activity
- Installation of our team in the classrooms by the head teacher and the teachers involved in the activity
- Start of the activity, which is always highly interactive between the pupils, the teachers and our team:  
awareness-raising, information, education of the pupils through the four project brochures, questions and answers, quiz during which the pupils are rewarded with sanitary pads and with project gadgets (T-shirts and caps printed with the project logos for the best) plus finally closing with drinks and snacks together with the pupils, the teachers and our team .

### C-Achievements and results

The "Water and Pads" project is progressing well in Cameroon and is making a tangible contribution to the empowerment of girls, who are now taking control of their bodies, mastering the transformations they

undergo and are taking more and more responsibility for their period of puberty with complete confidence, with a better management of their menstrual hygiene, a key experience.

The taboo surrounding 'menstruation' is being lifted with the WP project, which has come up with an appropriate response to the aspirations of schoolgirls who found it difficult to talk about it either within their families or with their peers at school. This project is a real godsend for these girls who, wherever we work, are becoming the main actors in the management of their menstrual hygiene with complete assurance and confidence.

We look forward to the next stage, the 2023-2024 school year, which starts on Monday 4 September 2023 and ends in June 2024. For the next academic year, we are planning activities between October 2023 and February 2024, depending on the IAW's financial and logistical availability. These will be at two new schools in two different towns: the Bilingual High School at Bertoua in the East of Cameroon and at the High School at Sangmélina in the South of Cameroon.

### **D-Budget for activities in the field**

The "Water and Pads" project had budgeted 800 euros for these activities. This money was used for deployment in the field: urban and interurban transport, accommodation, meals for the team, communication, production of pads, printing gadgets for pupils and teachers (T-shirts and caps), banners, media coverage plus drinks with the pupils and teaching staff after the activities in each school.

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*"When women and girls struggle together, what was once unimaginable, suddenly becomes possible*