



BAWUFAG

**Bali Women's Union of Farming Groups Cameroon
in collaboration with
International Alliance of Women IAW**

Water and Pads Project

**Report by Rebecca Juga, President of BAWUFAG
October 11th, 2023**

Acknowledgments

I would like to extend my heartfelt gratitude to Ursula Nakamura and Heidi Bodmer, who have shown unwavering commitment to realizing the Water and Pads WP project with BAWUFAG in our communities. Special thanks also to Gudrun Haupter, who initially worked alongside Ursula in this endeavor. We appreciate the dedication of Heidi for joining Ursula and continuing this demanding mission.

Introduction

The transition from the war-torn region of Bali to our current location in Yaoundé to execute the Water and Pads project has been a challenging journey. This report describes the activities that took place on October 11th, 2023, which coincided with the International Day of the Girl Child. This date allowed us not only to educate students on menstruation and hygiene but also to emphasize the importance of recognizing and empowering girls on a day designated by the United Nations.

We aimed to instill in these young girls the understanding that our presence was to educate and empower them, enabling them to build strength, confidence, dispel myths, and take control of their lives during their menstrual cycle. We emphasized that menstruation is a natural and universal phenomenon, and no girl should feel ashamed or stay away from school during this period.



Event Details

The event was held in the school hall, albeit a small one, causing some students to stand. Despite the limited space, the students displayed genuine curiosity and enthusiasm, engaging in the topic without distraction. Following presentations by three speakers, a question-and-answer session provided insight into the students' queries and concerns.

It became evident that the students had numerous questions, and many of them sought individual consultations with me after the event. I had one-on-one discussions with them to offer additional information about their menstrual cycle.

In addition to distributing educational booklets, we provided apples to the students, emphasizing the importance of a healthy diet during their periods. Each student received a water bottle with the explanation that hydration is crucial during menstruation, along with a packet of pads. Detailed instructions were provided on the proper use of pads, especially while at school, to prevent any embarrassment.

The highlight of the event was the distribution of a water reservoir and soap tablets. Given the irregular water supply in Yaoundé and the country in general, the water reservoir was designed to store water for the students to use when the school faces water shortages. This reservoir is not only beneficial for girls but also for the entire student body and staff at Akam Bilingual, ensuring the project's sustainability.



Challenges

Despite the project's success, we encountered several challenges, including:

- The need to travel long distances to the school without transportation support.
- The financial constraints of constructing a water reservoir.
- Limited space within the school hall, affecting the quality of photographs.

Conclusion

The BAWUFAG Water and Pad Project was a resounding success and left a lasting impression on the school. The enthusiasm and positive response from the staff and students were heartening. They expressed their desire for us to return, and we have received requests for similar interventions from other schools in the vicinity.

This project marked our first Water and Pads initiative, and we are committed to using the lessons learned to make the next project even more effective and impactful.

Thanks for Reading.