



AHTUTU CONCEPT NOTE RELATING TO PISCCA 2019

1.

Name of Organization	Ahtutu
Name of Project	Empowering Women and Communities through Days for Girls - see www.daysforgirls.org
Date of Submission	24 March 2019
Contact Person name, title, contact info	Mary Durkacz, Founder Trustee Email: ahtutucharity@gmail.com Tel: +447825580085
Budget amount requested	€22,750.00
UK Charity Registration	1182338

Our organisation's name is Ahtutu which means 'together' in the Myanmar language. Ahtutu is a Charitable Incorporated Organisation, Registered with the UK Charity Commission, no 1182338. Our stated aim is to work to prevent or relieve financial hardship in South West Myanmar by providing or assisting in the provision of education, training, healthcare projects and all supports necessary to enable individuals to generate a sustainable income and become self-sufficient. Ahtutu works predominantly with young people, supporting them to improve their life opportunities. Whilst Ahtutu is a newly registered charity, its founder trustee has worked in Pathein in the Ayeyerwady Division since January 2014.

We work 'together' with and through an indigenous NGO, KMSS Pathein and its director Fr. Peter Myat Thu Ra, ehaselhtoo@gmail.com, +959450418159, to achieve the best outcomes for the young people we serve, irrespective of gender, religion or ethnicity.

Ahtutu is involved in Days for Girls(DfG) www.daysforgirls.org, a worldwide organisation started in Nairobi in 2008, to educate girls about menstruation and provide them with sustainable feminine hygiene products. Since that time it has developed a range of educational tools including online and classroom learning courses, the most important being the Ambassador of Women's Health and Men Who Know, which teach about physiology, good use of power and strength and how menstruation and pregnancy take place. They empower and educate men and women. Mary leads Days for Girls East Angles in the UK which has built up the expertise to gain its Gold Standard Award.

2. The issues we hope to address with our project are as follows:

- a. The Ayeyerwady Delta sees many young people migrating from their villages and traditional ways of life to seek opportunities either in the cities or abroad;
- b. Young women living in poverty struggle to buy or provide themselves with sanitary

products for use during their menstrual periods, sometimes using leaves or husks which can lead to disease and infection;

- c. Bought sanitary products are expensive and are non-biodegradable;
- d. Many young men and women are poorly educated about their own physiology, how menstruation happens and the link between the menstrual cycle and pregnancy; and
- e. 'In Myanmar, gender inequality is fed by a deeply held concept called 'hpon' which considers men to be spiritually and morally better than women.' Reuters/Staff. Domestic abuse is still legal. Criminal sexual assault is rarely punished.

3. We intend to address these issues by:

- a. Working with KMSS to identify the ten most suitable locations where we can work with young people to train them in sewing skills and support them, by providing the materials and machinery, to establish micro-organisations which will in time become self-sufficient and make a profit. In this way we will encourage young people to develop new and transferable skills so they stay in their villages rather than seeking employment in large cities or abroad, where exploitation and debt are recognised risks;
- b. Taking sample kits to Myanmar to show how they are used so that women can see the advantage of using these attractive washable resources, which, if cared for, are made to last up to five years. The liners and shields are made of bright, attractive material so that they can be washed hung out to dry in the sunshine without looking like sanitary products. (Ahtutu took seventy kits to the women prisoners in Patheingyi High Security Prison in January 2019 and have been asked to provide 130 more.) The kits include two washable shields, eight washable liners, soap, a wash cloth, two plastic bags (one to hold the soiled liners and the other to wash them in, if necessary, water which has already been used. All of these are contained in a bright, attractive, drawstring bag with the DfG logo on them.
- c. Recognising that there is an ongoing issue with the disposal and burning of refuse in Myanmar and the fewer one-use plastic-based sanitary towels used, the better for the environment and the reduction of cost of refuse disposal.
- d. Adapting the Ambassador of Women's Health and Men Who Know materials to train local trainers to present to the young people about their bodies, menstruation and when pregnancy takes place, keeping themselves clean, keeping themselves safe and protecting themselves from attack, as well as on detailed use of the Days for Girls kits. Traditionally schools have employed a talk and chalk method of instructing young people. Ahtutu encourages critical thinking and meaningful dialogue in its classrooms and training rooms.
- e. Emphasising the importance of real strength and talking openly about the damage that domestic violence brings to families and communities through role play and active learning methods. By encouraging women and men to work together to settle disputes in a non-violent and collaborative way and by supporting both to lead training sessions we will demonstrate the importance of SDG 5, Gender Equality.

4. Ahtutu will source 30% of the overall budget from other donors and grant-givers, specifically those seeking to empower women. As has been our practice, KMSS Patheingyi will seek out suitable locations and target groups for the projects, and Ahtutu will fund transport, training premises, staff members willing to become DfG Ambassadors, support in sourcing sewing machines and overlockers (so that spare parts can be more easily obtained).

5.

Component	Projected Cost
Foreign Trainers' time	Free of Charge
International Travel and Lodgings	€8 000
Local Transportation	€1 500
Cost for ten setups: materials, support trainers	€20 000
10% Management fees (KMSS)	€2 000
5% Contingency	€1 000
TOTALS	
From PISCCA	€22 750
From other sources	€ 9 750
	€32 500