

# Working with Reusable Pads to Create Sri Lanka-Empowered/Sustainable/Minded

We Call It "Pads Forward"

Sri Lanka is a small 'drop' shaped island in the Indian Ocean. It is also famous in Japan as the place of origin of 'Ceylon tea'. Sizuku SriLanka is a project to send reusable sanitary pads to women on tea plantations in Sri Lanka.



### People Who Work on the Tea Plantations

The workers on Sri Lankan tea plantations are descendants of Tamils brought from India about 150 years ago during the British colonial period. They have no land ownership rights and are born and spend their lives as labourers in the tea plantations. In addition to chronic poverty and less than hygienic living conditions, children born on the tea plantations have no options for their future, and their circumstances remain largely



If children have the opportunity to receive a good education, it opens up a new life and more options outside the tea plantation. However in Sri Lanka, 37% of schoolgirls miss one or two days of school each month during menstruation due to poverty, lack of access to disposable sanitary products, menstrual stigma (i.e. discrimination and prejudice) and inadequate toilet facilities, affecting their education (according toUNICEF 2015 survey). Girls on tea plantations, who are particularly poor, are no exception to this.

The project Sizuku SriLanka was initiated with this in mind: to do something about the situation, to send functional and easy-to-use reusable sanitary pads to the women on the tea plantations, to protect their educational opportunities and to support their lives and future.



## Why Reusable Sanitary Pads?

Reusable sanitary pads are made mainly from natural materials such as cotton, which are absorbent and waterproof due to their special multi-layer construction.

The Momiji natural sanitary pads distributed at Sizuku SriLanka are manufactured in Sri Lanka and have been sold in Japan and Europe for many years. They are easy to wash and dry, so they are hygienic even in hot and humid Sri Lanka, and can be used for more than 5-6 years, making them a 'sustainable sanitary product' that reduces the economic burden on households and plastic and waste.

By sending these reusable sanitary pads to the women, we are connecting with all the people living on the tea plantations and moving forward towards a truly prosperous future - Pads Forward, that is what this project aims to achieve. Why don't you join us in Sizuku SriLanka?







Women in poverty who cannot afford commercial sanitary products use folded old cloths as an alternative during menstruation. While it is difficult to commute to school or work with old cloth that is not waterproof and has poor absorbency, by sending them high-functioning, high-quality reusable sanitary pads, they are able to go to school and out every day during their menstrual period.

When distributing reusable sanitary pads, menstrual education will be provided at the same time to explain correct usage and reduce shame and prejudice towards







By the following donation amounts, set of six reusable sanitary pads and a waterproof purse can be distributed

> $$17.00 \rightarrow to 1 woman$  $$85.00 \rightarrow to 5 women$

The aim is to distribute reusable sanitary pads and provide educational support to approximately 100 women in one action.

\*Sizuku SriLanka is not a one-off project, but aims to provide long-term, ongoing support.





# Three Ways to Participate in Sizuku SriLanka

Open to anyone who supports the project







### Spreading Information via Social Media

Follow @sizukusrilanka on Instagram to share information.

> #sizukusrilanka #padsforward

Please use the above two hashtags as a set when sharing information.

Donations to the Project Direct transfer

to Sizuku SriLanka's

PayPal account Link to PayPal account

paypal.me/sizukusrilanka You can donate as often

as you like at any time and in any amount.



### Participation in Charity Actions

Support the project by taking part in individual charity actions by Sizuku SriLanka's supporting companies, organisations, shops, brands,

restaurants, etc.





# How the Reusable Sanitary Pads are Delivered





Amrita Co. Ltd

With the concept

of "good things in

daily life", the

Amrita Buddhist Social Enterprise

Produce of Reusable Sanitary Pads



Momiji Natural Corporation

Sri Lanka's first manufacturer of reusable

sanitary pads. It was started in 2008 by a

Japanese woman who realised that women

in Sri Lanka had problems with how to

dispose of their sanitary products. The

functional and colourful sanitary pads are

designed to be

easy to use, even

for beginners, and

are made entirely

by Sri Lankan

women. By joining

Sizuku SriLanka,

you can also help

create and sustain employment for

Instagram: @momijinatural

Website: www.momijinatural.com

### Project Coordination



Residency, a boutique hotel in Kandy that has won numerous international awards in the 14

years since opened, is a long-term partner of The T.E.A. Project, and has been working for children and families in the tea plantation community in Hantana and was selected by the UK Women of the Future in 2021 for Kindness & Leadership, 50 Leading Lights Asia

Website: thevaresidency.com/

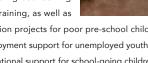




Good Hope Trust (GHT) A non-profit voluntary organisation established in 2013. It is based on the outskirts of Kandy and focuses on peace, gender equality, women's empowerment, child development, youth development, poverty alleviation and

environmental conservation. With a vision of overcoming poverty, protecting the environment and realising a world where all people can live with dignity and safety, they focuse on human





nutrition projects for poor pre-school children, employment support for unemployed youth and educational support for school-going children.



poverty and environmental issues she

Instagram: @amrita with Official e-commerce site: Amrita Zen Life

experienced during her stay in Sri Lanka.

Each person's small action becomes a big, gentle circle of support. This project envisions such a dream.

Through the actions of Sizuku SriLanka, we can make the future more positive. Why don't we enjoy sharing together a society and a world that is easy for everyone to live in?

Follow us on Instagram first

If you would like to sponsor us, please contact us.

Contact us for further information

Access here to make a donation Access here to our PayPal account







@sizukusrilanka

paypal.me/sizukusrilanka PayPal account registration is required in advance.

