



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 Sri Lanka** 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 unchanged today.



Period Poverty on the Tea Plantations

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 to UNICEF 2015 survey). Girls on tea plantations, who are particularly poor, are no exception to this.

The project **Sizuku Sri Lanka** 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 Sri Lanka** 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 Sri Lanka**?



What We Deliver to the Women on the Tea Plantations through **Sizuku Sri Lanka**

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 menstruation.

How your donation will be used

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

\$ 17.00 → to **1** woman
\$ 85.00 → to **5** women

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

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



Three Ways to Participate in **Sizuku Sri Lanka**

Open to anyone who supports the project

1 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.

2 Donations to the Project

Direct transfer to **Sizuku Sri Lanka'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.

3 Participation in Charity Actions

Support the project by taking part in individual charity actions by **Sizuku Sri Lanka's** supporting companies, organisations, shops, brands, restaurants, etc.



How the Reusable Sanitary Pads are Delivered

1 Actions from You All

2 Collection & Remittance of Donations



Amrita Co., Ltd.

With the concept of "good things in daily life", the company runs social businesses in the fields of Buddhism, education and food. The founder, who is also a female monk, has worked in Sri Lanka, and has been involved in organic food, fair trade, study tours and workshops from the region. The company imports Momiji natural reusable sanitary pads to Japan for wholesale and retail sales to contribute to the menstrual poverty and environmental issues she experienced during her stay in Sri Lanka.
 Instagram: @amrita_with
 Official e-commerce site: Amrita Zen Life

3 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 Sri Lanka**, you can also help create and sustain employment for women.
 Instagram: @momijinatural
 Website: www.momijinatural.com

4 Project Coordination



Dheeshana Ameresekere Theva Residency

Deeshana is Managing Director of Theva Residency, a boutique hotel in Kandy that has won numerous international awards in the 14 years since it 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 Pacific.
 Website: thevaresidency.com/

5 Distribution & Educational Activities



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 focus on human resource development, including counselling and training, as well as nutrition projects for poor pre-school children, employment support for unemployed youth and educational support for school-going children.

Each person's small action becomes a big, gentle circle of support.

This project envisions such a dream.

Through the actions of **Sizuku Sri Lanka**, 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

Contact us for further information

@sizukusrilanka

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

Access here to make a donation

Access here to our PayPal account

paypal.me/sizukusrilanka

PayPal account registration is required in advance.

