

UGANDA REUSABLE PADS

Project Overview
and Funding
Proposal



Overview



Limited access to menstrual hygiene products remains a significant challenge for many girls in Uganda. As a result, students often miss school during their menstrual cycles, leading to reduced participation and long-term educational disadvantages. In collaboration with the **Nile Humanitarian Development Agency**, we aim to distribute **900 reusable sanitary pad kits** to schoolgirls in underserved communities.

The sanitary kits will be sourced from **AFRIpads**, an Ugandan social enterprise that manufactures and distributes reusable sanitary pads to improve menstrual health and education access for girls and women in Uganda. Each kit is designed to last for up to 2 years, offering a more cost-effective solution compared to disposable alternatives.



Our Cause

A study commissioned by the Netherlands Development Organization and the Ministry of Education and Sport found that

65%

of girls and women in Uganda are unable to fully access & meet their menstrual needs, including access to pads or tampons

70%

of adolescent girls in Uganda mentioned menstruation as a major hindrance to their optimal performance at school.

In Uganda, access to adequate menstrual hygiene remains a significant challenge for many schoolgirls, particularly in rural and low-income communities. According to UNICEF, many girls lack access to affordable and appropriate menstrual hygiene materials and must rely on improvised alternatives, such as cloth or paper.





Project details and proposed solution

Partnership with Nile Humanitarian Development Agency

Established in 2009, the Nile Humanitarian Development Agency is a well-established non-governmental organization in Uganda that has implemented hundreds of humanitarian initiatives targeting sanitation, education, and community support for underserved rural populations. Through this partnership, we plan to distribute 900 reusable sanitary pad kits to schoolgirls in underserved communities in Uganda.

The Nile Humanitarian Development Agency will be responsible for:

1. Identifying underserved school environments where access to menstrual hygiene products remains limited
2. Coordinating local distribution logistics and engaging with school administrations
3. Ensuring compliance with all relevant local regulations
4. Providing sanitation guidance in schools to ensure proper use and promote good hygiene practices



The contents of each reusable sanitary pad kit

1x SUPER MAXI PAD

2x MAXI PAD

2x MINI PAD

2x CARRYING POUCH

AFRIPads Schoolgirl Kit

The AFRIPads Schoolgirl kit has been developed through user centered design in collaboration with school-aged girls, with the aim of creating a set of reusable pads that best meet the needs and preferences of this age group.



- Reusable for 2+ years
- Only 1 distribution every 2 years



- All-in-one design with wings and buttons for simple fastening
- Easy fold and carry



- Advanced stay-dry top layer
- Ultra-absorbent core layers



COSTS

The cost of a single reusable sanitary pad kit is **€5**. For this project, we plan to distribute 900 kits, resulting in a total estimated cost of:

$$€5 \times 900 = €4500$$



IMPACT

The distribution the reusable sanitary pad kits will directly support approximately 900 school-age girls in underserved communities in Uganda, enabling girls to attend school more consistently and participate fully in classroom activities.

