



# EMPOWERMENT THROUGH MENSTRUAL HEALTH EDUCATION

PROJECT



NR: 2023-1-PL01-KA210-YOU-000164555

Menstruation is a natural process often overlooked in policy-making, such as menstrual leave, access to products in schools, and health education. Raising awareness and addressing menstrual health as a public issue is essential for gender equality. Involving young people is crucial, as their fresh experiences and perspectives can bring new ideas and highlight daily challenges. Removing the taboo around menstruation will advance gender equality. Combating menstrual poverty will help eliminate poverty and gender inequality.



The youth exchange held under the project EMPOWERMENT THROUGH MENSTRUAL HEALTH EDUCATION focused on creating a social campaign addressing menstrual poverty. This initiative brought together young people from partner countries to Poland, where they collaborated to develop campaigns tailored to the specific conditions and needs of their respective countries.

During the exchange, participants engaged in a series of workshops and activities aimed at increasing their understanding of menstrual health and hygiene. They explored the challenges and stigmas associated with menstrual poverty, particularly how it affects young women and girls in different cultural contexts.

With guidance from experts and facilitators, the youth participants learned about effective campaign strategies, including how to raise awareness, engage communities, and advocate for policy changes. They also shared insights and best practices from their own countries, creating a rich exchange of ideas and experiences.

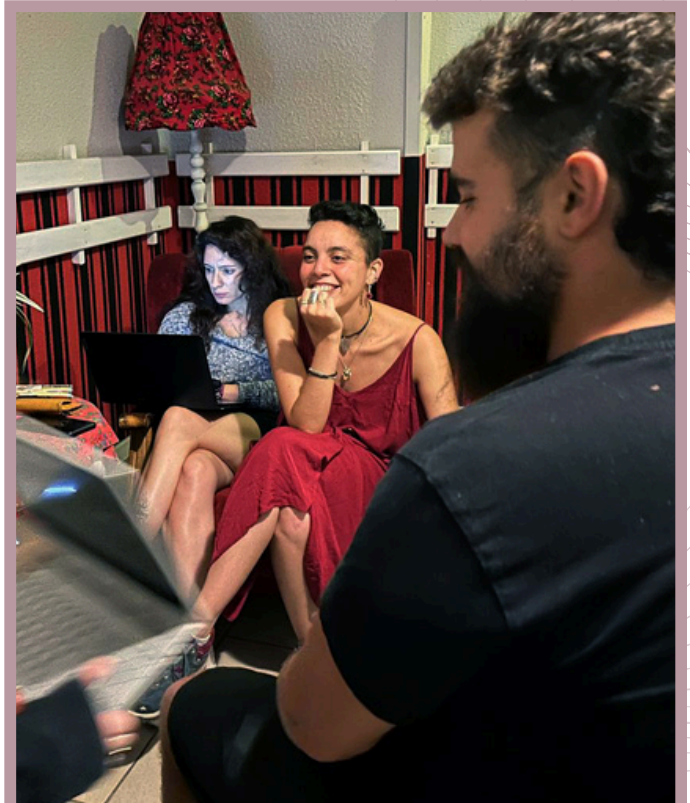
The outcome of this collaborative effort was the creation of several unique social campaigns, each designed to address the specific issues related to menstrual poverty in the participants' home countries. These campaigns included educational materials, social media content, community outreach plans, and policy advocacy strategies.



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An important point in our youth exchange was the meeting with Michał Braun, the current Director of the National Institute of Freedom. As a decision-maker and influential figure in policy changes, Michał Braun has significantly impacted various sectors.

For over 15 years, he has been active in the third sector, working with many non-governmental organizations. His journey includes EVS projects in Bolivia and India, and experience as an expert for the European Commission and the Polish National Agency, evaluating applications under the Erasmus Plus Programme and the Asylum, Migration and Integration Fund (AMIF).

As the president of the Regional Volunteer Center, he developed local and international volunteering and pioneered Erasmus Plus projects in our region.

Beyond his NGO work, he has been active in local politics, serving as a city councilor for five years. He brought the Pink Box initiative to the City Hall and NIW.

Michał has also worked with young people, inspiring them to take action locally and internationally, leading many projects as a coordinator and trainer.

During our mobility program, Michał Braun shared his insights and impact on menstrual health issues, highlighting the importance of his work in this area.

He spoke about his experience in non-formal education which is the key for policy changes.