



Dynamique des Jeunes Leaders pour la Paix et le Respect des Droits Humains

**DYJEPREDHU asbl**

Dynamics of Young Leaders for Peace and Respect for Humans Rights

**CHANGEMENT TRANSFORMATION IMPACT**

Donate pads, protect her future in DR Congo

May 2026

Siège : Goma-RD Congo  
Email: [dyjepredhuasbl@gmail.com](mailto:dyjepredhuasbl@gmail.com)  
Téléphone : +243 (0) 991 707 324, +243 (0) 829 050 632  
Facebook : [dyjepredhu asbl](https://www.facebook.com/dyjepredhuasbl)



# PROJECT TECHNICAL PROPOSALS

## I. Project Summary

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**1. Title of the project:** Donate pads, protect her future in DR Congo

**2. Contact details:**

• Name of the organization: Dynamic of Young Leaders for Peace and Respect for Human Rights, “DYJEPREDHU asbl” in acronym

Address: Avenue Kasindi II, No. 131, Quartier KATOYI, Commune of Karisimbi, City of Goma North Province – Kivu / DRC.

- Telephone: +243 (0) 991707324, 0829050632
- Email: dyjepredhuasbl@gmail.com

- Referees:

Mr Christian AHADI BEN MASONGA (Executif Director)

Such: +243 (0) 991707324

Mr. RIZIKI BARAKA Isaac (Financial Administrator)

Such: +243 (0) 974744434

**3. Organization Mission Statement**

"To restore dignity, health, and educational opportunity to girls and women in the Democratic Republic of Congo by eradicating period poverty through sustainable hygiene solutions, community-led education, and local economic empowerment."

Breakdown of the Mission (Why it works):

- **Dignity & Health:** Addresses the immediate physical and emotional well-being of the girls.
- **Educational Opportunity:** Highlights the long-term goal of keeping girls in school.
- **Sustainable Solutions:** Focuses on the use of reusable products and environmental responsibility.
- **Local Empowerment:** Shows that the organization supports the Congolese economy (local production).

### **Project Beneficiaries**

The project focuses on the most vulnerable female populations in the Democratic Republic of Congo, specifically in DRC. The beneficiaries are divided into three primary categories:

#### **1. Direct Beneficiaries: Schoolgirls and Young Women**

- **Primary Target:** Approximately **3,750 girls** aged 10 to 18 enrolled in local primary and secondary schools.
- **Vulnerability Criteria:** Girls from low-income households who are at high risk of dropping out due to a lack of sanitary products.
- **Displaced Populations:** Girls and women living in IDP (Internally Displaced Persons) camps who have lost everything and lack basic hygiene infrastructure.

## **2. Indirect Beneficiaries: Families and Communities**

- **Economic Relief for Parents:** By providing kits that last for 3 years, families save the monthly cost of pads (approx. \$15–\$30/year per girl), allowing limited funds to be spent on food or school fees.
- **Community Members:** Men and boys who participate in awareness workshops, leading to a more supportive social environment and a reduction in gender-based bullying.
- **Local Economy:** Local seamstresses and artisans who are contracted and paid to manufacture the reusable kits, providing them with a steady income.

## **3. Institutional Beneficiaries: Schools and Health Systems**

- **Educational Institutions:** Partner schools benefit from higher attendance rates, better academic performance, and improved sanitation knowledge among their students.
- **Public Health System:** Local clinics see a reduction in reproductive and urinary tract infections caused by unhygienic menstrual practices, lowering the overall medical burden on the community.

**Total cost of the project: US \$ 85,000**

- **Bank account: Dynamique des Jeunes Leaders pour la Paix et le Respect des Droits Humains, DYJEPREDHU asbl**

**Goma Agency -DRC**

**No. 1272-28000-23526760001-87**

**Following code: TRMSCD3L**

# Context and Justification of the Project

## 1. Context of the Project

The Democratic Republic of Congo (DRC) is currently facing one of the world's most complex and protracted humanitarian crises. In the eastern provinces, particularly around **Goma**, millions of people are living in displacement camps due to persistent conflict. In these environments, access to basic necessities like clean water and healthcare is extremely limited.

For young girls and women, this crisis is compounded by **Period Poverty**. While international aid often focuses on food and shelter, "menstrual dignity" is frequently overlooked. In the DRC:

- **62% of the population** lives on less than \$2.15 a day, making a pack of sanitary pads (approx. \$1.50) an impossible expense.
- **School infrastructure** often lacks private toilets or running water, forcing girls to stay home during their cycles.
- **Cultural silence** surrounding menstruation leads to misinformation, shame, and isolation.

## 2. Justification (Why this project is necessary)

The implementation of this project is justified by three critical factors:

- **Educational Continuity:** Education is the only sustainable way to break the cycle of poverty in the DRC. When a girl misses 4 to 5 days of school every month, she misses 20% of the school year.

This leads to high failure rates and early dropouts. Providing pads is not just a hygiene gesture; it is an **investment in her education**.

- **Health and Protection:** Without safe products, girls resort to using unhygienic materials like rags, newspaper, or even sand/ash wrapped in cloth. This leads to **Reproductive Tract Infections (RTIs)** and long-term health complications. In displacement camps, the lack of dignity kits also increases the vulnerability of girls who must find ways to manage their periods in unsafe, public spaces.
- **Economic Resilience:** By choosing **reusable/washable pads**, this project offers a sustainable alternative to the "disposable" model, which is ecologically damaging and financially draining for poor families. Supporting local production also empowers Congolese women economically.

## Conclusion

This project is justified because it addresses a **hidden barrier to gender equality**. By providing menstrual kits and education, we are protecting the health, dignity, and future of Congolese girls, ensuring that a natural biological process does not end their dreams of an education.

## Project Objectives

### 1. General Objective (Goal)

To empower girls and young women in the DR Congo by eradicating menstrual barriers, ensuring their right to education, health, and dignity is protected through sustainable hygiene solutions.

## 2. Specific Objectives (SO)

- **SO 1: Access to Products**  
To distribute **reusable sanitary kits** (including washable pads, soap, and underwear) to schoolgirls and displaced women in the area within the next months.
- **SO 2: Educational Retention**  
To reduce school absenteeism related to menstruation by **50%** among the project's beneficiaries by providing the tools and confidence needed to attend class every day.
- **SO 3: Health Awareness**  
To conduct **Menstrual Hygiene Management (MHM) workshops** for students, teachers, and parents to improve health literacy and prevent reproductive tract infections.
- **SO 4: Breaking Taboos**  
To foster a supportive community environment by engaging boys and men in conversations about menstrual health, effectively reducing the social stigma and shame associated with periods.
- **SO 5: Economic Sustainability (Optional)**  
To support the local economy by partnering with **local Congolese seamstresses** for the production of reusable pads, creating sustainable income for women in the community.

## 1. Mission Statement

Our mission is to ensure that every girl in the Democratic Republic of Congo can manage her menstruation with **dignity, safety, and confidence**. By providing sustainable hygiene solutions and comprehensive education, we strive to remove the barriers that prevent girls from staying in school and reaching their full potential. We are dedicated to turning "period poverty" into "period power."

## 2. Core Values

- **Dignity First:** We believe that access to menstrual hygiene is a fundamental human right. Every girl deserves to feel clean, confident, and respected, regardless of her economic situation.
- **Empowerment through Education:** We don't just provide pads; we provide knowledge. We believe that educating girls about their bodies and their rights is the key to long-term independence.
- **Sustainability:** We prioritize eco-friendly, reusable solutions that respect the environment and provide a long-lasting financial relief for families.
- **Inclusivity & Community:** We engage the entire community including men and boys to break the silence and end the stigma surrounding menstruation.
- **Integrity & Transparency:** We are committed to ensuring that every donation directly impacts the lives of the girls we serve, with full accountability to our supporters and beneficiaries.
- **Local Resilience:** We value and support local expertise by partnering with Congolese women and artisans to produce our kits, strengthening the local economy.

## Project Implementation Timeline (6 Months)

Phase	Month	Key Activities
<b>Phase 1: Planning &amp; Setup</b>	<b>Month 1</b>	<ul style="list-style-type: none"> <li>• Community assessment and school selection.</li> <li>• Identification of vulnerable girls in displacement camps.</li> <li>• Partnerships with local seamstresses/suppliers for pads.</li> </ul>
<b>Phase 2: Production &amp; Logistics</b>	<b>Month 2</b>	<ul style="list-style-type: none"> <li>• Production of reusable sanitary kits (pads, soap, bags).</li> <li>• Recruitment and training of field educators/facilitators.</li> <li>• Transport and storage of kits in the target zones.</li> </ul>
<b>Phase 3: Launch &amp; Education</b>	<b>Month 3</b>	<ul style="list-style-type: none"> <li>• Official project launch in partner schools.</li> <li>• First round of <b>MHM (Menstrual Hygiene Management)</b> workshops.</li> <li>• Distribution of the first 50% of the kits.</li> </ul>
<b>Phase 4: Distribution &amp; Engagement</b>	<b>Month 4</b>	<ul style="list-style-type: none"> <li>• Completion of kit distribution to all beneficiaries.</li> <li>• Community awareness sessions (including boys and parents).</li> <li>• Setting up "Safe Spaces" for girls in schools.</li> </ul>
<b>Phase 5: Monitoring &amp; Support</b>	<b>Month 5</b>	<ul style="list-style-type: none"> <li>• Follow-up visits to ensure proper use of reusable pads.</li> <li>• Collection of early feedback from teachers on school attendance.</li> <li>• Troubleshooting any hygiene or usage issues.</li> </ul>

<b>Phase 6: Evaluation &amp; Reporting</b>	<b>Month 6</b>	<ul style="list-style-type: none"> <li>• Final impact assessment (surveys and attendance data).</li> <li>• Financial audit and production of the final project report.</li> <li>• Planning for the next phase or expansion.</li> </ul>
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### **Key Milestones**

- **End of Month 1:** List of 1,000+ beneficiaries finalized.
- **End of Month 3:** All educators trained and first 500 kits delivered.
- **End of Month 6:** Final impact report showing the % reduction in school absenteeism.

## Project Budget: "Protect Her Future - DR Congo"

Category	Description	Amount (USD)	%
<b>1. Direct Program Costs (Kits)</b>	<b>Reusable Kits Production &amp; Assembly</b>	<b>\$45,000</b>	<b>53%</b>
	<i>3,750 Kits @ \$12/unit (4 pads, 2 underwear, soap, waterproof bag, instruction guide)</i>		
<b>2. Education &amp; Awareness</b>	<b>Workshops &amp; Training</b>	<b>\$12,000</b>	<b>14%</b>
	<i>Printing of educational booklets, training for 50 teachers, 100 community workshops (rental/materials)</i>		
<b>3. Logistics &amp; Distribution</b>	<b>Transport &amp; Storage</b>	<b>\$10,500</b>	<b>12%</b>
	<i>Truck rental for remote areas (Goma/Kivu/surroundings), warehouse storage, fuel, and security for transport</i>		
<b>4. Human Resources</b>	<b>Local Staff &amp; Facilitators</b>	<b>\$9,500</b>	<b>11%</b>
	<i>Project Coordinator (1), Field Officers (3), and stipends for local community volunteers/peer educators</i>		
<b>5. Monitoring &amp; Evaluation</b>	<b>Impact Assessment</b>	<b>\$4,000</b>	<b>5%</b>
	<i>Surveys (baseline/endline), data collection tools, school attendance tracking, and final report</i>		

<b>6. Contingency &amp; Admin</b>	<b>Emergency &amp; Office Costs</b>	<b>\$4,000</b>	<b>5%</b>
	<i>Bank fees, communication (internet/phone), and a 3% reserve for unforeseen price fluctuations</i>		
<b>TOTAL</b>		<b>\$85,000</b>	<b>100%</b>

Done in Goma, May 8, 2026

For DYJEPREDHU asbl



  
 Christian AHADI BEN MASONGA  
 EXECUTIF DIRECTOR, HUMAN RIGHTS ACTIVISTI