



Photo: Member of Scottish Parlement Monica Lennon

Dear student council member,

We cordially invite you to participate in MenstruWeek 2023, an initiative aimed at raising awareness about period poverty, eradicating the stigma surrounding menstruation, and encouraging action and support for the cause.

The event will take place on Monday, 15th of May, in Utrecht.

A lot of schools have started to facilitate period products for their students. During this session initiators of these projects will briefly explain their projects. The confirmed speakers are:

- [Luc Goos](#), student participation and initiator at Avans Hogeschool
- [Radhieka Bandsihar](#), student VU and founder of [Menstrucation](#) at primary schools
- [Anjali Sarah George](#), student participation and initiator at the University of Amsterdam
- [Constantin Thierfelder](#), student at Heidelberg University Council, founding member of [Periodic Deutschland](#), and initiator.
- Isabella Kik, student at Radboud University and initiator
- Claudia Illera, coordinator and advisory of students at MBO Albeda Startcollege Rotterdam

The session focuses on sharing best practices and creating new initiatives. There will therefore be plenty of time afterwards to ask the initiators questions.

This session is part of the MenstruWeek, where participants will share their experiences and engage in discussions on how to act in the fields of period poverty, education, law & policies, and workplace. With a mixed program of panel sessions, workshops, and networking opportunities, we aim to open up the conversation about period poverty, combat the stigma surrounding menstruation, and inspire initiatives to end the issue.

We are honoured to announce that our special guest for the Saturday event is **the Member of Scottish Parlement Monica Lennon, the driving force behind Scotland's groundbreaking Period Products (Free Provision) Bill**. Monica Lennon's aim for the bill is to tackle "period poverty", ensuring that period products are recognized as a basic necessity and that access to them is essential for people's dignity. Scotland has become the first country in the world to make period products free for all, with a legal duty on local authorities to provide free items such as tampons and sanitary pads to anyone who needs them.

As student council member, your presence and participation in MenstruWeek 2023 will bring valuable insights and perspectives to the discussion, as you have the power to influence policies at your educational institution and initiatives that can have a significant impact on the lives of menstruating people in your community. With your experience and knowledge, we believe you can contribute to finding effective solutions to end period poverty in the Netherlands.

The issue of period poverty affects one in ten young menstruators in the Netherlands who cannot afford to buy sanitary products regularly, and 35% of Dutch menstruating people did not have menstrual products available when they had their first period. Moreover, 86% find themselves in a menstrual emergency at least once a period. These statistics highlight the pressing need to address period poverty and end it in the Netherlands by 2025.

Your participation in Menstruweek 2023 is crucial to our efforts to end period poverty in the Netherlands. We look forward to your presence at the event and working together to achieve our goal. Interested in participating? You can get your free ticket below.

Sincerely,

Rémi ter Haar, board member LOF
Zino Duckers, board member LOF

On behalf of Periodic.nl

[Free ticket](#)

MenstruWeek in Details

ACTIVITY	DATE & TIME	WHERE
OPENING SESSION	MAY 15 19:30	UTRECHT UNIVERSITY JANSKERHOF 3
PERIOD POVERTY & SDGS	MAY 16 19:30	UTRECHT UNIVERSITY JANSKERHOF 3
ART WORKSHOP & BORREL	MAY 17 20:00	DE VAGANT BUDAPEST- LAAN 4
PERIODIC PUB CRAWL	MAY 19 20:00	UTRECHT
TAMPONHELDEN IN ACTION	MAY 20 11:00	UNIVERSITY COLLEGE UTRECHT DINING HALL

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