

Report MHM Training in Feldkirch AUSTRIA 2025

ACTIVITY INFORMATION

Training Title	WaSH Specialization Training, focusing on Menstrual Hygiene Management and Hygiene Promotion in Emergencies.
Implementing Partner	Austrian Red Cross
Activity type	Training
Date of Activity	July 16 th - July 21 th 2025
Location of activity	Feldkirch- AUSTRIA
Date of report	July 2025
Report sent to	LRC DMS Director_HR Team_WASH Program manager
Training objective	The overall aim of the MHM training is to build capacity for Menstrual Hygiene Management and Hygiene Promotion in Emergencies among the RCRC movement staff and volunteers.
Number of participants	15
Report Done by:	Khalil EL Khatib Senior Hard Wash Officer LRC



Figure 1: Display installed at the Music Festival (Done by Khalil El Khatib)

ACTIVITY RESULTS:

I received an invitation to participate in this training from Austrian Red Cross. At first, it felt weird for field engineering to be involved in this campaign. However, I was open to participating since I saw it as an opportunity to show my flexibility within the team, stepping in when someone is absent and supporting wherever needed. Usually, Soft Wash Team is responsible for conducting hygiene promotion and MHM awareness sessions in public schools or ITSs. I've been a part of this team for 10 years and have contributed to the development of the program over the years. However, during campaigns like this especially a few years ago when the team was consisted of 6 women and myself, I was excluded from discussions related to MHM which were usually held in a separate room without me.



Figure 2: Information session at the display installed in the music festival.

Before joining this campaign, I took part as a participant in a training session usually provided by the soft wash team to volunteers which helped me better understand the content and approach before joining the campaign. During the assessment that was done in Feldkirch at the music festival, we spoke with women of different ages and found that most preferred using menstrual cups or discs over pads or tampons. However, these products aren't very common in our society, and personally, I didn't even know such products existed before this experience. Based on the assessment done during the music festival, many women choose to use the disabled people toilet especially when they're on their period due to the extra space it provides along with handwashing sink. We concluded from this that the bathroom design should be adjusted to better meet environmental and user needs. Our design plan includes having at least 1 suitable MHM cabin for every five female bathrooms, equipped with a handwashing sink, soap, and a long mirror. In the past, the difference between male and female bathrooms was mainly indicated by signs, hygiene

pads dispenser and/ or color. However, today the distinction lies in the design itself, which is adapted to meet the specific functional needs of females during their needs.

PICTURES:



