

Small Grants – Final Completion and Impact Report

Instructions: CEPF requires that each grantee report on project results and impacts at the end of their grant. To monitor CEPF's global indicators, CEPF will aggregate the data that you submit with data from other grantees, to determine the overall impact of CEPF investment. The aggregated results of all grantees will be reported on in our annual impact report and other communications materials. Your Final Completion and Impact Report will be posted on the CEPF website.

Ensure that the information provided pertains to the entire project, from start date to project end date.

Please complete all fields and respond to all questions listed below.

Organization Legal Name: Fundação Príncipe (FP)

Project Title: Changing local mindsets through Women's Hands

Grant Number: CEPF-112440

Date of Completion of this Report: 15/03/2022

CEPF Hotspot: The project was implemented in the UNESCO Biosphere Reserve of Príncipe Island (latitude 1°32'09,71" N – 1°41'26,18" N; longitude 7°20'17,46" E – 7°27'42,12" E), with focus in two particular communities – Tchada (latitude 1,6471927; longitude 7,4173926) and Picão (latitude 1,6629658; longitude 7,4277878). Tchada community is located in the Buffer Area of the Azeitona Forest, which is part of the KBA STP1 Parque Natural Obô do Príncipe.

Strategic Direction: Strategic Direction 4 - Build the capacity of local civil society organizations, including Indigenous People's, women's and youth groups, to conserve and manage globally important biodiversity.

Grant Amount: \$ 29.973,00

Project Dates: September 2021 to February 2022

PART I: Overview

1. Implementation Partners for this Project (*list each partner and explain how they were involved in the project*)

- Association of women artisans from Príncipe Island *Facilita Fora Umuem* - This association of 10 women from the community of Picão, were responsible for the collection of plastic flip-flops from Praia Grande Beach and for transforming them into jewelry. This group also promoted awareness campaigns with the ProTetuga team regarding waste management and turtle protection on the island.
- Tchada Women's Groups or CAIP- This association of 10 women from the community of Tchada, were responsible for the production of reusable menstrual pads. They also

promoted awareness campaigns regarding menstrual health and disposable waste with the nurse from the Mudjer project and with the ProTetuga team.

- Missão Dimix - Missão Dimix is an NGO who works to promote and defend Human Rights, especially from the more isolated social classes. Missão Dimix had implemented a project related to menstrual poverty in São Tome Island and because of that it was responsible to promote the training and capacity building of our local dressmaker to learn how to do the reusable pads and, consequently, to train the CAIP group.
- Programa Tatô - Programa Tatô is an NGO who promotes sea turtles' conservation and sustainable management of marine and coastal ecosystems in the island of São Tomé. FP local dresser joined Programa Tatô fish traders on the reusable pad sewing training in the island of São Tomé.
- Project Mudjer - The Mudjer project, ensured the integration of the menstrual health issues with the production of reusable pads, ensuring training and capacity of the CAIP group and the implementation of awareness campaigns for women and young girls.
- InsPira - InsPira is an incubator of sustainable business on Príncipe Island and was responsible for the training and capacity building of both groups on business management.
- Fundação Maio Biodiversidade – FMB, is na conservation NGO based in Maio (Cape Verde). FP promoted an exchange with FMB, enhancing the first clone project between Príncipe Island and Cabe Verde, encouraging our partners to learn from FP's experience and promote a similar initiative on their island.

2. Summarize the overall results of your project

The project had the main goal to build CSOs of two communities on Príncipe Island with a direct link to two threats to sea turtle conservation - poaching in Tchada and waste in Picão. Two groups were officially created, a group of 10 women in the community of Picão called "Association of Women Artisans of Príncipe – Facilita Fora Umuen" (FFU) and a group with 9 women and one man in the community of Tchada called "Cooperative of Innovative Artisans of Príncipe" (CAIP).

To ensure their capacity building alongside the project they received weekly training in business management and business plan development; and a workshop in project management and organization, fundraising and gender policies. The fundraising trainings had results during the short timeframe of the project, because both CSOs developed and submitted their first funding requests to local partners.

They also developed agreements with local shops for sale on consignment of their products and obtained a partnership approval in two establishments that are now selling their products in the city. The HBD hotel chain will also be selling their products (in progress for both groups).

The FFU group has shown greater involvement in the project since the start and made considerable progress in their production and in the sale of jewelry. Since September, the group has sold jewelry worth of 14.390 Stn (~587 euros), which was the highest sale to date. This amount

was put into their savings to support the association, as the members decided not to split any portions between them for the time being.

The dressmaker - Capela, part of the Tchada community group, had the opportunity to receive training in the production of reusable menstrual pads through Mission Dimix. FP's environmental technician – Jormicileza - also participated in this exchange opportunity, which brought new ideas to the project, enriched their experience, and allowed the development of skills that were later shared with the CSOs. Capela promoted daily training on how to produce reusable menstrual pads to the CAIP members.

The CAIP group also received training through our partner Mudjer project, to increase their knowledge on menstrual hygiene and on the benefits of using reusable pads. Around 115 people from 6 communities were sensitized and are now more committed and knowledgeable about this delicate subject and more comfortable selling it to local women. 3 members of the group are now trainers in menstrual education.

The project's also promoted awareness campaigns in a regular basis on the local Radio, with four interviews being held by both groups. The Regional radio is thought to reach about 55% of the local communities. To establish better communication and participation of the local population, both CSOs held meetings in six communities of the island, raising awareness about the responsible management and correct disposal of waste and the importance and benefits linked to the preservation of sea turtles on the island. 115 community members were sensitized, and were involved in the actions carried out.

The CAIP group received training and participated in the awareness actions carried out by the Captura Zero Campaign, which reached around 2448 students in 11 primary and secondary schools on the island. It is expected that through these actions students can also replicate the knowledge acquired about threats such as poaching, illegal extraction of sand, dogs and cats on the beaches and nets abandoned at sea, and the importance of preserving these species and the marine environment.

To achieve the objectives related to waste reduction on the island, both groups participated in the monthly waste collection in Praia Grande beach, totaling six beach cleaning actions during the 6 months of the project. This activity was developed in partnership with both CSOs, volunteers, military personnel, and several FP and regional government staff members. A total of 128 people attended the cleaning events. In these six cleaning sessions, about 200kg of waste was collected, including mainly flip-flops and materials to be reused and/or transformed by the FFU group.

Another great impact was the possibility to do an exchange with Fundação Maio Biodiversidade (FMB) in Maio, Cabo Verde, to promote a learning opportunity for our turtle project supervisor – Jaconias Semedo - and the sharing of the project objectives and results, ensured the strengthen of his management skills, which we believe will be fundamental to the continuity and the sustainability of this project. After this experience, Jaconias made his first self-made presentation to the FP team about his experience with FMB and is now working to ensure the sharing and development of strategies based on what he learned in Maio, to enhance sea turtle protecting in Príncipe.

The competition between dressmakers on the island aimed to create sustainable models of reusable diapers, and it was promoted through the Regional Radio. CAIP and FFU were invited to go to the radio to promote this initiative. During the competition 8 diaper models were received from 4 local dressmakers. This initiative raised awareness among the 4 participants and the whole population of the island regarding the importance of changing from disposable diapers to reusable diapers. One evidence of that engagement is that and one of the main carnival groups on the island chose to address the issue of disposable diapers on Príncipe as a subject for a theatre during the carnival events.

This project contributed to the official launch of the Civil Society Women's Network of São Tomé and Príncipe, which was not active and did not include the women from Príncipe. FFU and CAIP representatives, together with several other representatives of the Civil Society of Príncipe, traveled to São Tomé to formalize the integration of the Príncipe Women CSO's into the National Network. They shared their experiences, concerns, results and, above all, found synergies and partnerships with the various groups of women doing extraordinary work in São Tomé. This meeting had the privilege of having His Excellency the First Lady of the Republic Fátima Vila Nova and His Excellency the First Lady of the Autonomous Region of Príncipe Arminda Cabral as special guests.

And finally, a last exchange experience was possible thanks to our partner Programa Tatô, who sent to Príncipe a member of the project and two representatives of the group "We want a future with destiny" to enrich their knowledge and share experiences with the groups of cooperatives and associations developed by FP on the island of Príncipe.

3. Briefly describe actual progress towards each planned long-term and short-term impact (as stated in the approved proposal)

List each long-term impact from your proposal

a. Planned Long-term Impacts - 3+ years (as stated in the approved proposal)

Impact Description	Impact Summary
Build the capacity and support livelihoods of two civil society women organizations from Principe Island to improve conservation and management of globally threatened sea turtles' species and their nesting habitats	<p>Two CSO led by women on Príncipe Island were formed and trained daily during 6 months.</p> <p>Two alternative livelihoods business promoting good waste management contributes to the sea turtle conservation on Príncipe Island.</p> <p>20 local households have improved their monthly income by 100%.</p> <p>More than 200kg of plastic waste was collected from the main nesting beach on the island.</p>

b. Planned Short-term Impacts - 1 to 3 years (as stated in the approved proposal)

Impact Description	Impact Summary
<p>One woman led CSO in Tchada community leading a sustainable business to produce reusable pads, reducing the turtle poaching pressure of this community, promoting the diminution of disposable waste contaminating turtle habitats and improving the menstrual health of local women and girls of Príncipe Island.</p>	<p>One organized women-led CSO officially created on Tchada Community</p> <p>9 women and 1 man part of the Tchada CSO</p> <p>120 reusable menstrual pads produced during the time frame of the project.</p> <p>Since February 2022 (when the production was complete) the group sold around 4450 STN (~182 euros), representing an increase of 100% on the income of the women and men from the CSO.</p> <p>During the 2021/22 season, zero cases of turtle captures were associated with Tchada Community.</p>
<p>One women led CSO in Picão community leading a sustainable business to produce products by recycling plastic waste collected from the main nesting beach on the island, ensuring a safe beach to the sea turtles' hatchlings and alternative income to a mainly fishing community.</p>	<p>One organized women-led CSO officially created on Picão Community</p> <p>10 women part of the FFU Group</p> <p>106 products produced with waste collected on Praia Grande by February 2022 (From 2018 to Sep 2021 the group produced 148 pieces)</p> <p>100% increase on the sales of the women working in the CSO. Th group sold 14.390 Stn (~587 euros) of jewelry, which represented an increase of 100% on their income, however, the group decided not divide the sales results and put that income into their savings.</p> <p>200kg of waste (plastic) was collected during the project, with an average of 34 kg per month.</p>
<p>By the end of the project, Príncipe communities understand the negative impacts of poor waste management and disposable consumption on sea turtle conservation.</p>	<p>6 communities of the island received awareness campaigns</p> <p>2448 students in 11 primary and secondary schools on the island were involved in the awareness campaigns</p> <p>12 awareness campaigns carried out in each</p>

	<p>community</p> <p>An average of 115 community members attended each awareness campaign</p> <p>4 interviews on the regional radio reaching up to 55% of the population.</p>
<p>National Network of Women for the Sustainable Development of São Tomé and Príncipe is created by the project partners.</p>	<p>3 national and international exchange opportunities during the project</p> <p>30 Women from 19 different organizations participated on the National Meeting</p> <p>One official and National network of Women working for the sustainable development of STP was officially launched</p>

4. Were there any unexpected impacts (positive or negative)?

The fact that the National Network of Women from STP already existed but was not active had a very positive impact, bigger than we expected. When we found out that the network already existed, we thought that we may not reach the outcome we wanted in the project. However, the fact that the network already existed but was not active was even better, because the contacts and groups in São Tomé were already organized and we managed to ensure the integration of the women from Príncipe on the existing network. Having the support of the network in São Tomé, we manage to kick up the official launch and had the high representation of both First Ladies on the event, which had a huge impact in terms of the satisfaction of the women present on the event – they felt listened to, they felt important and relevant on a national context.

PART II: Project Products/Deliverables

5. List each product/deliverable as stated in your approved proposal and describe the results for each of them:

#	Deliverable Description	Deliverable Update
1.1	At least 10 women from Tchada Community are trained in business management, financial,	<p>09 women and 01 man from Tchada community prepared and trained. In the first month of the project, the president of CAIP, was recruited as Tchada's leader by the project, ensuring her integration in 100% into the project.</p> <p>In January 2022 a training in project management, organizational governance and fundraising was conducted by FP mentors and during four months they received training in sustainable business management by InsPira. CAIP submitted their first proposal to HBD Tourism company, with a request for</p>

	<p>institutional and project management, in organizational governance, and fundraising.</p>	<p>financing to build an adequate space for them to work and sell their products to all visitors. At this moment, the group is in the second phase of the process, submitting more information and details requested by HBD.</p> <p>In addition to these trainings a member of CAIP, the community dressmaker, spent 5 Days of training in Sao Tome with Mission Dimix and Programa Tatô learning about the production of reusable pads. After the training he maintained daily training for the members of CAIP to acquire skills in sewing and producing the menstrual pads.</p> <p>CAIP already has a statute and an institutional image with logo, and t-shirts to identify the group at events, meetings or even during their activities.</p>
1.2	<p>At least 10 Women from Tchada Community has the tools and the support capacity to ensure their economic income from their business.</p>	<p>The group received several tools and equipment – some as donations – which allowed them to develop their products:</p> <p>The group is producing menstrual pads since November and becoming autonomous in the process. The group began to make an income since February 2022 when they started selling and distributing pads in stores and at local fairs.</p> <p>CAIP has developed a list of suppliers for the materials needed for production that can be found locally and externally.</p> <p>During 4 months of the project the group was engaged in training and production of menstrual pads. During this time, around 120 reusable menstrual pads were produced and are now being sold. Since February 2022 they made around 4450 STN (~182 euros).</p> <p>The initial strategy was to sell in 5 communities, but the group preferred to start with the sales in their own community and in two establishments in the city which offer them greater security in terms of dealing with their money and their products. We believe that in the future, with the market established, they will have more shops with the project available. But now, everyone in the island can purchase the pads, because they are available in the city in the two main shops.</p>
1.3	<p>At least 50% of Tchada Community is involved in awareness campaigns to achieve zero capture of sea turtles.</p>	<p>One hundred and eight questionnaires were conducted, n=53 conducted in December 2021 and n=55 conducted in February 2022. According to the information collected through the questionnaire survey for both groups, there was little variation between the two samples.</p> <p>When asked about the main use of turtles on Príncipe Island, both groups responded that the main use was for meat consumption (2021 79% - 2022 81%), the groups also responded that turtle consumption has decreased (2021 91% - 2022 78%) compared to the last 05 years. The respondents indicated that the main reasons for this decrease was the protection of the nesting beaches (2021 83% - 2022 56%), with the presence of monitors, the second reason was the awareness raising actions (2021 76% - 2022 21%) and the third reason was the sea turtle protection laws (2021 7% - 2022 1%) and a small</p>

		<p>minority expressed the fourth reason was also because they did not like the taste of the eggs (2021 5% - 2022 1%). When asked what was their opinion on protecting sea turtles, why some think they should be protected and others think it should not, respondents answered strongly that sea turtles should be protected (2021 89% - 2022 93%). The 108 respondents indicated that the two main threats to sea turtles were, out of the 7 mentioned were: Marine pollution (plastic) (2021 71% - 2022 27%), and abandoned dogs on the beach (2021 62% - 2022 1%). To understand if they knew what had been done for the turtles on Príncipe Island or what measures had been taken, they answered: protection of nests on beaches (2021 71% - 2022 52%), awareness raising actions (2021 32% - 2022 18%) and protection measures, as for example legislation (2021 7% - 2022 2%) and finally they were asked what would be the impact for the people of the Príncipe and both groups had the majority answer that the measures carried out to protect the sea turtles would have a positive impact (2021 79% - 2022 80%).</p> <p>The result of this survey shows that both groups of the Tchada community have knowledge about the situation regarding sea turtles, the threats they face locally, and the measures that have been used together to protect them. These results also indicate that community members can perceive the benefit of protecting turtles, such as generating jobs to protect beaches and ensuring support for communities through the community fund. And above all, the members have been following the awareness-raising actions carried out by the teams, recognizing that they have strengthened behavioral changes. The women's group started the awareness campaign through interviews on the local regional radio, 3 were conducted to raise awareness of sea turtle conservation on the island. During the month of December, the women participated in training to start the awareness with the local population, participating in the actions through the Captura Zero campaign led by the Protetuga team. At the end of a week, the women participated in the awareness actions in 4 local schools and raised the awareness to 1143 students, about the preservation of sea turtles against threats such as illegal hunting and marine pollution, dog abandonment and illegal sand mining. During the project period, 1 case related to illegal hunting of sea turtles, with suspects being from the Tchada community was registered by the FP team, however, it was not confirmed. Last season 3 of a total of 12 cases were associated with this community, which may indicate a reduction of poaching cases during the duration of the project.</p> <p>In addition, the campaign conducted with the students in the schools have achieved a total of 2448 students in 11 schools. CAIP led two awareness campaigns in their community autonomously and in other 5 communities of the island, reaching 115 local people.</p>
1.4	The consumption	A survey was carried out through questionnaires to understand which method is most used by local women during their menstrual period. According to the

	<p>of disposable Pads (and other products) on the island of Príncipe is reduced.</p>	<p>data obtained through interviews with 1489 local women from 47 different zones/communities:</p> <p>Métodos de Higiene Menstrual</p> <p>2021</p> <table border="1"> <thead> <tr> <th>Método</th> <th>n</th> <th>Proporção (aprox.)</th> </tr> </thead> <tbody> <tr> <td>COPO MESTRUAL</td> <td>3</td> <td>0.002</td> </tr> <tr> <td>PENSO DESCARTÁVEL</td> <td>62</td> <td>0.042</td> </tr> <tr> <td>TOALHA / PANO E PENSO DESCARTÁVEL</td> <td>101</td> <td>0.068</td> </tr> <tr> <td>TOALHA / PANO</td> <td>547</td> <td>0.367</td> </tr> </tbody> </table> <p>2022</p> <table border="1"> <thead> <tr> <th>Método</th> <th>n</th> <th>Proporção (aprox.)</th> </tr> </thead> <tbody> <tr> <td>PENSO DESCARTÁVEL</td> <td>53</td> <td>0.069</td> </tr> <tr> <td>TOALHA/PANO ; PENSO DESCARTÁVEL</td> <td>176</td> <td>0.231</td> </tr> <tr> <td>TOALHA/PANO</td> <td>531</td> <td>0.698</td> </tr> </tbody> </table> <p>According to the data collected, it was possible to verify that the cloth towels is the preferred menstrual methods in the two questionnaires carried out (May/June 2021 and February 2022). This result is positive for the introduction of reusable towels, which is something they are already used to use. In developed countries one of the biggest challenges for women is the contact with blood on the dressings when they must wash them. In Príncipe, given that women have this habit, the introduction of reusable pads will not have this obstacle. To be noted that there is also a group of women who use cloth/towel and disposable pads, so it would be important to break this cycle now, before these women start to only use disposable pads. Only a smaller group in the two samples exclusively use disposable pads, probably due to their cost, which makes them not accessible to all women. This is a key time to introduce a healthier, safer, and more environmentally friendly option, which the project managed to do.</p>	Método	n	Proporção (aprox.)	COPO MESTRUAL	3	0.002	PENSO DESCARTÁVEL	62	0.042	TOALHA / PANO E PENSO DESCARTÁVEL	101	0.068	TOALHA / PANO	547	0.367	Método	n	Proporção (aprox.)	PENSO DESCARTÁVEL	53	0.069	TOALHA/PANO ; PENSO DESCARTÁVEL	176	0.231	TOALHA/PANO	531	0.698
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1.5	<p>Reusable Pads made locally as possible are available to every woman and girl on the island of Príncipe.</p>	<p>The CAIP Cooperative, from the Tchada community, established that one of their members - Milay da Costa - would be responsible for sales and contacts with establishments. Milay was the focal point initially indicated to be hired by the project, but she left to Portugal during the first 3 months of the project. During the month of February, Milay was in contact with around 5 establishments, in addition to meeting with representatives of 3 local hotels to raise awareness and distribute the menstrual pads for sale. At the end of the meetings, it was decided that the cooperative would be distributing the products to the establishments that accepted the written consignment sale agreement. After the awareness, 2 establishments in the city are now selling the products and, in addition, HBD group recently approved the agreement,</p>																											

		<p>and as soon as the CAIP has the sales invoicing system operative, they will be able to finalize the agreement and sell their products in the two chain hotels of the HBD in Príncipe.</p> <p>CAIP conducted 3 interviews on the local regional radio, to reach consumers and to do awareness about the importance and positive impacts the use of menstrual pads.</p> <p>To ensure that the cooperative remains engaged in promoting alternatives that reinforce the production of more sustainable and environmentally friendly products, improving consequently the economy of the 10 families involved, a competition was held for local dressers to develop a reusable diaper made in Príncipe.</p> <p>This competition aimed to engage local dressmakers in the development of a reusable and environmentally friendly diaper to minimize the impact generated by the use and irregular disposal of disposable diapers. The diaper had to be produced with materials found locally and with creativity.</p> <p>In the end, the competition had four participants (three women and one man) and received eight different models of reusable diapers. After testing with local babies, a woman dressmaker was the winner of the competition, and she won a sewing machine to support her business and the production of reusable diapers. After the award, participants were invited to do an interview on the regional radio to talk about the impact of this competition locally.</p>
2.1	<p>10 women From Picão Community are trained in financial, institutional and project management, organizational governance, and fundraising.</p>	<p>The women of Picão finalized their statute and had chosen to be an Association (instead of a cooperative) with the name Associação das mulheres Artesãs da ilha do Príncipe - Facilita Fora Umuen (FFU) (which in the local crioulo means slippers out of the sea). The FFU participated in the process of development of the group logo. A stamp was also made for them to use on paper or fabric to identify products or documents. The FFU is now preparing the documentation to open a bank account and to have invoices so that they will be able to sell their products to hotels and other partners.</p> <p>10 women from Picão have participated in four months of training in business management and finance. The group has received training in institutional and project management, organizational governance, and fundraising from FP. The result of this capacitation was a proposal for financial support to the Regional Government.</p> <p>As a 5-day training in São Tomé with Dimix Mission and Tatô Program on plastic crochet and teddy bear production was cancelled due to the reasons explained before, it was decided to work on an alternative product, locally developed.</p> <p>The FFU group received a full day training with an expert from the Abade community, who specialized in making mats (locally named "esteira" and made with "pau -esteira"). The trainer adjusted the approach and creativity, and the esteiras were adapted to be made from locally found scraps of</p>

		<p>abandoned plasticbags. This product will help reduce the accumulation of plastics around the island and can be sold both locally and internationally. The women have produced few esteiras so far and have started a campaign to collect and ensure they have plasticbags and slippers enough to obtain the raw material to produce their sustainable products.</p>
2.2	<p>10 Women from Picão Community have the tools and the support capacity to improve their economic income from their business.</p>	<p>The group received several tools – some as donations – which is now allowing them to develop their products. This group already existed – not formally - before the project started, so they did have some income from previous sales of jewelry in local fairs.</p> <p>The business plan was developed together with the InsPira group, as well as a list of local and international suppliers and a list of establishments to be contacted locally to sell the products. FFU have produced over 106 pieces of jewelry since September 2021, and they participated in two agricultural fairs held by the Regional Government and a women's day fair held by HBD company. Daily their products are on display near the main road that leads to the most visited beaches of the island.</p> <p>FFU has received many visitors through the hotels, which was a good opportunity to share their history and made their products known. However, so far, any income from their sale has been saved so they can open a bank account and secure a cashflow for the organization. Since September 2021 they manage to sell at least 14.390,00 Stn (587,00€) in jewelry which was the most money they saved so far. This has showed them that their business has a future and potential for them to increase their monthly income.</p>
2.3	<p>The plastic waste gathered on Praia Grande is reduced.</p>	<p>The women's groups and the FP team have been participating in the Praia Grande beach clean-up since September, collecting plastic trash and other waste. At each beach clean-up, the material and plastic are collected, sorted, and weighed.</p> <p>Six cleaning actions were carried out, which also included a partnership with volunteers and military, counting with the interaction of 128 locals during the clean-ups which secured around 200kg of collected waste which was separate, and, when possible, distributed between the two cooperatives that reuse materials such as glass, plastics, slippers, etc.</p> <p>In addition to raising awareness during the beach clean-ups, the FFU women carried out an awareness campaign in the community of Picão and in 5 more local communities, reaching more than 100 people and addressing the importance of a correct waste management by the local communities.</p>
2.4	<p>Products made by recycling plastic - jewelry with flip-flops, mats</p>	<p>The FFU stays in an open space with a table in the community of Picão where they sell their products. Here is where hotel guides bring tourists to visit the association and see and buy the products. The group has developed and signed a consignment sales contract with an establishment in the city of Santo António and has already made its first sale through such agreement, receiving a total of 2400.00 STN or 98€.</p>

	<p>with plastic bags, etc. - are available to tourists and local communities.</p>	<p>In addition, the group has been in contact with several establishments in the communities and in the city of Santo Antonio and is awaiting confirmation to sell the products. Besides the establishments, HBD recently approved the same agreement and, as soon as the FFU has the sales invoicing system approved, they will be able to finalize the agreement and sell their products in the two hotels of HBD group.</p> <p>The group also met with the representative of the Belo Monte Hotel, who was impressed with the products, and is waiting for approval to follow up on the agreement and sell the products in their hotel as well.</p> <p>To strengthen communication at a local and national level, regarding the association, news, products, history, etc., the group has developed their own Facebook page and email account, so that the FFU could communicate with partners, clients, local and international communities. To reach the local population and promote FFU's products, they participated in two interviews on the regional radio on Príncipe Island.</p>
3.1	<p>Both women's CSOs are capable to deliver awareness campaigns in their communities regarding good practices on consumptions.</p>	<p>The FFU association has carried out an awareness campaign in six communities on the island: São Joaquim, Picão, Sundry, Ponta do Sol, Tchada and Gaspar. They promoted good practices regarding consumption, the importance about proper disposal and waste separation, etc. In these communities, FFU members spoke with more than 100 community members who were willing to listen and participate in their activities. They started their engagement by mentioning the increase in plastic waste on the island and its consequences to sea turtles and, after that, the president of FFU talked about the work that is done every month in Praia Grande to remove the trash from the beaches, making the beach cleaner so that the turtles can come up to lay their eggs. After that initial talk, they presented their work since the process of collecting the flip-flops on the beach to the moment of making the jewelry.</p> <p>In general, people were very interested in learning more about the jewelry, and they volunteered to visit the association to see how they work. Finally, the ladies of FFU talked about their new project of producing a plastic esteira, which is part of the same goal, which is the reduction of plastic waste on the island.</p> <p>During the short life span of the project, it was not possible to deliver both campaigns initially foreseen, due to the increase of COVID 19 cases on the island, which led to several gathering regulations.</p>
3.2	<p>Messages regarding the use of disposable products -</p>	<p>The women of CAIP were trained by the nurse Mariana Carmo, founder of the Mudjer project (a partner on this project) to conduct awareness campaigns, with women from the other communities, on "Menstrual Hygiene and the use of reusable menstrual pads".</p> <p>CAIP carried out two awareness-raising actions in their community itself and one awareness-raising action in other five communities: São Joaquim, Sundry,</p>

	<p>such disposable pads - are disseminated all over the island communities.</p>	<p>Ponta do Sol, Gaspar and Picão, reaching around 115 female community members. During the activity, people were also presented with the reusable menstrual pads produced by CAIP and learned how important it is for women's health, as well as the reduction of plastic on the island. On these same events, it was discussed as well the issues with disposable diaper that has become the main cause of plastic waste on the island.</p> <p>In addition to the meetings in the communities, CAIP participated in three interviews carried out by different programs through the Regional Radio. On these interviews they presented the project and their Cooperative, addressing as well topics such as alternatives livelihoods for women; sea turtles' conservation; non-sustainable consumption and waste disposable on the island; use of environmentally friendly alternatives such as reusable pads and reusable diapers; strengthening women's empowerment to develop policies to support them.</p> <p>Three cooperative members wanted to learn more about women's menstrual health, so they did the application to participate in a training to be a Menstrual Education Coach, by nurse Mariana Carmo, founder of the Mudjer project (a partner in this project). The women are receiving online training over a period of two months, with weekly meetings.</p>
3.3	<p>Messages About Turtle Conservation are disseminated all over the island communities</p>	<p>Each CSOs developed one awareness campaign for the members of their respective communities regarding sea turtles' conservation, the importance of the species for the environment and for the island of Príncipe. These themes were addressed in the first part of the meetings held by each group to talk about the initiatives of each group. In addition to raising awareness among members of the community, the topic of the importance of sea turtles and their preservation was addressed in the meetings held in other five communities reaching more than 115 communities' members.</p> <p>During three appearances on Radio Regional programs, the women shared messages about the importance of protecting sea turtles from poaching and marine pollution.</p>
4.1	<p>FP team are trained in financial, institutional and project management, organizational governance, and fundraising.</p>	<p>FP team received training as a mentor from FFI on financial, institutional, project management, organizational governance, and fundraising. FP team are now mentors of the CSOs' on the same subjects.</p> <p>In addition, the FP team and Both CSOs received a capacitation in Gender Policy and on Development of the organization's vision and mission.</p>

4.2	FP and the Women's group team exchange knowledge and ideas with Programa Tatô (São Tomé Island).	<p>An exchange took place during the month of October, which allowed a FP member and the Women's group to participate in a training and exchange of ideas with the women's group of the Programa Tatô in São Tomé.</p> <p>An extension of our project made it possible to exchange the general supervisor of the Protetuga project with FMB in Cape Verde. Through this activity, the supervisor acquired greater knowledge about management, actions developed with fishermen, actions that FMB carries out with community groups, and above all on all actions for the conservation of sea turtles. The duration of the exchange was three weeks in Cape Verde.</p> <p>Integrated with the partnership between FP and Programa Tatô, the exchange opportunities were reinforced during the 7th to 11th of March, with the visit of one woman of Programa Tatô and 2 women representing the women's group "Queremos um futuro com destino" managed by the organization. The objective of this exchange was to get to know the actions and community groups that have been improving their ideas and businesses in Príncipe and with it share experiences, challenges, and suggestions among the groups. The women visited several community groups during this period, including the CAIP and FFU.</p>
4.3	There is a working networking involving the Women's groups from STP.	<p>First contacts have been made since the beginning of the project, however communication with the local groups and those from São Tomé was strengthened in the month of January, with the first regional meeting on February 18th. During the meeting, 13 women, members of 7 different groups or organizations, reaching around 80% of the existing groups on the island of Príncipe, shared their main objective in creating and strengthening a network at the local level and the benefits of being part of the existing network of women in São Tomé.</p> <p>In the first contacts done early in the project, we realized that the network already existed in São Tomé, however, was not yet officially launched and did not have a regional component. The project team was then in contact with the President of the current network to support the first national meeting in São Tomé with members from Príncipe Island, using the opportunity to launch officially the network at a national level and share all the work done by women in Príncipe.</p> <p>In this first meeting happening at a regional level, each woman shared the history of each group or organization, their challenges and why they thought it was important to participate and create a support network for women. In the end, the women were unanimous with the importance of having Príncipe women in the national network and it was decided who was going to join the meeting in São Tomé. This meeting had the presence of Dalila Vila Nova, one of the representatives of the women's network in São Tomé. She also explained the goals of the network and invited local groups to participate.</p> <p>The final meeting to create officially the national network was held in São</p>

		<p>Tomé on February 28. FP team organized the meeting together with the president of the women network STP. The official launch event and integration of women's groups from the Island of Príncipe had the special participation of the First Lady of the Republic Fatima Vila Nova, and of the First Lady of the Island of Príncipe Arminda Cabral, together with 28 other women from 19 other organizations from Príncipe and São Tomé. This meeting was without a doubt a historic milestone for women.</p> <p>FP representative and each one of the CSO's women in the project had the chance to give an interview to the national TV and a segment about the network was featured in the national tv channel.</p>
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6. Please describe and submit any tools, products, or methodologies that resulted from this project or contributed to the results.

FP approach to our conservation projects is always to involve the communities in the all the phases of the project development, making sure we include a social and economic development component integrated in our conservation initiatives, which will address issues identified as priorities by the communities – that was the strategy we used while developing this project.

From our experience working on the island, we learned that the best approach to reach change is to work with children and women, as households' pillars. Implementing projects with this approach we manage to have a positive impact as well on their family income. Empathizing with women in local communities allow us to understand their experiences, pressures, motivations, commitments, ambitions, interests, relationships, and fears, among other things, which will result in initiatives which will indeed result in meaningful impacts on their lives, with positive consequences for the conservation of the island resources.

On all these years working on turtle conservation on the island we are positive that we manage to change a generation. For the children in the island is no longer acceptable and in no longer part of their culture to eat and consume turtle meat. So, we believe that is working with the young generation about all conservation issues, that we will have a long-time impact into the island conservation. In this regard, we ensured that both CSO's had a strong environmental education component – in the three subjects (waste, menstrual health and turtle conservation) and included actions in the local schools. This is a methodology proven to be successful.

For the project success it was essential as well an approach to have a long-term training and capacity building in business management. Implementing alternative livelihood business, it is a proven conservation successful strategy on the island. However, for these new business ideas to be sustainable and have a long longevity, they need a proper and frequent follow-up based with intensive training and capacity activities on business management. 6 months to implement a business and a sustainable initiative is a very short time, to address this, our strategy was to ensure that we a different organization, with the capacity and experience, was responsible to do the follow up of the business, to understand their needs and concerns and goals, de developing with them a realistic business plan.

PART III: Lessons, Sustainability, Safeguards and Financing

Lessons Learned

7. Describe any lessons learned during the design and implementation of the project, as well as any related to organizational development and capacity building.

“Lessons learned” are experiences you have gained that you think would be valuable successes worth replicating or practices that you would do differently if you had the chance. Consider lessons that would inform project design and implementation, and any other lessons relevant to the conservation community. CEPF Lessons Learned Guidelines are available here: <https://www.cepf.net/sites/default/files/cepf-lessons-learned-guidelines-english.pdf>.

During the process of establishing both CSOs, it was clear that there was a lack of information in both community groups regarding everything that involved the creation of an organization or business. That lack of knowledge and the overwhelming feeling due to all bureaucracy needed, led to a high dependency from FP team to create officially the associations, which was something we wish to had the groups leadership. There was a release of responsibility from the group, expecting the project team to solve all the issues and problems. Due to the short project timeframe and the lack of initiative and engagement in the early stages of the project, our team had to take the lead on the process to solve all the bureaucracy to create the associations officially. With more time available and more room to maneuver, it is expected that the group do their part, leading the process, having us only as supporters.

The groups showed a lot of interest and enthusiasm initially, upon receiving the news of the project's approval. However, due to a delay on the project start (It was foreseen to start in June but only started in September), some members of the CSO were not available to start the project implementation as discussed initially. This happened because some women needed to support their family's income with temporary jobs that appear, and because they were not receiving direct income from the project, they choose to go for the jobs which gave them an immediate revenue.

FP and the team understand the finance needs of the local families and we developed a plan with the group to ensure that they could do the temporary works and still fulfill their commitments with the project. Despite their commitments and guarantee of integration, it was clear that their priority is always the paid work and not the project – understandably.

This was especially evident during the capacitation period with INSPIRA, which was focused on business and finance management. Business management is a new topic and is something not practiced locally. People on the island do business without necessary having a basic knowledge on business management. Integrating women who have no basic business management on this training was a great challenge, not only because of their difficulties on following up the topics (even the same being adaptable to their level and being taught by a local teacher), but because they have their family immediate needs as a priority (cooking, washing, etc.). In the first months, there was a significant lower attendance and commitment of the groups. In the end, only 15% of

the total of 20 people who started the course were present until the end of the course, most of them women from the FFU group.

Both groups raised numerous difficulties to attend the training, which the project team try to address, such as the issue of transport. To ensure their presence, our team chose to provide extra transport, but even with the transport provided and other supports (such as food), some participants showed no interest in the training. It was not clear the real reasons for the dropping out of lot of the participants, since the times and place of the course were suggested by the groups themselves, but we do think that it is related to their difficulty to understand and follow up the topics, which could result in frustration and impatience.

It was noticed that even the committed participants had many difficulties to absorb the content and direct it to their own business, this difficulty may be linked to little experience in business and no schooling. The teacher from InsPira is a local teacher with large years of experience on teaching on the island, he did try to adapt the contents and to be as practical as possible, however, the difficulties were clear.

We do want to have the women as responsible for their own business and understand how it can be economic viable – this is the best way to have the business sustainable. However, we do believe that they prefer to have someone dealing with the logistics and management and be only workers receiving a monthly income.

The project had demonstrated to FFU group that, even without adequate space, they can sale the jewelry. This was a regular concern which prevented them to try to work thinking that having a physical space was essential. We convinced the group to place a bench with its products, close to the main access road in their community, and reinforced the communication with the representatives of the hotels and the local guides. Through communication, the guides included a visit to the FFU space in the tourist itinerary. In addition, the bench is visible to everyone who passes through the community, making it easier for visitors or those interested in the jewelry to make a strategic stop and learn more about their work. This strategy resulted not only in an increase in sales, but also in a better understanding and appreciation of the work by the communities and by themselves.

The training and awareness actions carried out by the women themselves proved to be efficient for them to absorb the messages when sharing with other members of the community. The sharing of information by the communities and the demonstration of the work they are developing reinforced the importance of preserving the environment and local biodiversity among the participants in the meetings. In some communities, women were congratulated for the initiatives and continuity of the work of the community itself.

Participation in local events and fairs proved to be an efficient tool so that both groups could show their products and the messages involved in selling each piece to the local population. These events allowed a greater number of local people to get to know the work carried out, since a large part of the population participates in such events.

During the project period, the COVID19 situation worsened on the island, and some activities planned to be carried out with communities or in groups had to be changed to comply with the decrees and rules implemented. The meetings were reduced, but the women managed to

organize themselves and both groups manage to share information and get the message across. The fact that these women were in fact raising awareness together, ended up strengthening the message that it is possible to invest in new income alternatives for the communities in a sustainable way and that in the long term they can support economically their families being seeing as examples on the island!

During the Implementation of an end of project questionnaire about the community's perspectives on sea turtle, it was necessary to adjust the format of the questionnaire to an anonymous format, otherwise it would not be possible to collect information through this tool. This is because the communities have been participating in the actions of the Protetuga Project, mainly in communications regarding the strengthening of the Law for the protection of turtles and especially in the work we do together with the Regional Government. In this way, we had the opportunity to know more about the reality and perspectives regarding the protection of these species, but it was not possible to make a comparison of the beginning and end of the initiatives carried out by this project.

In the Implementation of an end of project questionnaire regarding menstrual pads, a large amount of information was collected about intimate health and use of menstrual pads by local women, but it cannot be used as a comparison of before and after having reusable menstrual pads, because within a period of six months it was not possible to have a significant sale of towels and consequently the use of this more sustainable and hygienic alternative by women.

Sustainability / Replication

8. Summarize the success or challenges in ensuring the project will be sustained or replicated, including any unplanned activities that are likely to result in increased sustainability or replicability.

We do believe that the project was a success and we manage to implement the activities planned and proposed. However, there were some challenges which we had to address and find solutions.

The first challenge was related to the delay on the start date of the project. The proposed project was to start in June 2021, however, the delay with the signature of the agreement had the project starting only 3 months later. This had an impact on the planned activities – Missão Dimix was not available for the training in September and we could only do that in the month 2 of the project. The exchange between FP and FMB was not in the high season in Cape Verde which could be more beneficial for his learning experience and, because Jaconias could only go in October, it also had an impact on his presence on the start of the turtle season on Príncipe. But, the most relevant one was the fact that, due to the delay on the project start, the focal point initially identified by the project went to Portugal and was only involved in the project in the end, and the majority of the women from the CAIP project had already a temporary work with the malaria eradication so we had to wait for them to finish that to be available to start with us.

Having InsPira involved in the follow up of the business and having them develop the business plan in a participatory way with the women, was a methodology to ensure the project

sustainability. Despite the fact that 4 months of training is not enough, and they could have much more time and follow up, we believe it as enough to them to really engage with the business and continue their work post-project. We do understand that the knowledge and the capacity to run and manage the association and the business is not something that all the women can do, but that is the reason why we decide to have a focal point engaged which now have the capacity to continue to manage the group and the business. The integration of InsPira in the project implementation also ensured their engagement post-project, with them as focal points to help the group when in need, regarding questions and doubts about the business.

Listening to the women on the radio interviews, on the awareness campaigns and during the Launch of the Women’s Network, we are positive that they understood all the project components, the relevance of their work and embraced the conservation messages, so we do believe they have now the resources and the knowledge to be sustainable in a long term.

With all the exchange opportunities which the project provided we are also positive that these initiatives are easily replicated in other islands, countries, etc. Specially with the FMB exchange opportunity, which was not initially planned, we now believe that we plant the seeds for them to replicate the project in Maio.

Safeguards

9. If not listed as a separate Project Component and described above, summarize the implementation of any required action related to social or environmental safeguards that your project may have triggered.

We do not have any social safeguards triggered by the project; however, FP is developing a Stakeholder Engagement Plan, which will be used on this and other projects and is a very relevant tool.

Additional Funding

10. Provide details of any additional funding that you have secured to support this project.

a. Total additional funding (US\$)

5.162,953 USD

b. Type of funding

Please provide a breakdown of additional funding (counterpart funding and in-kind) by source.

Donor	Type of Funding	Amount
HBD; From Príncipe to the World; Private donations; Adolescer Project	In-kind (material and equipment for the groups)	433.545 USD
Community Fund	Counterpart Funding (Logos)	856.333 USD

Programa Tatô	In-Kind (training and capacity)	1.000 USD
FMB	In-Kind (accommodation in Cape Verde)	156.075 USD
Regional Government	In-Kind (Twice a week space for training)	2.717 USD

Additional Comments/Recommendations

11. Use this space to provide any further comments or recommendations in relation to your project or CEPF.

The project was indeed a very ambitious project, due to the short time frame (6months). However, with FP background working with the communities and stakeholders involved in the project, we were positive we had the basis to implement the project successfully.

The activities developed during the six-month period of the project demonstrated that it is possible to establish small organizations through the development of small businesses, with low-cost operations. However, we realized the importance of continuous or long-term follow-up of these groups, so that they are supported and guided in the first years, reducing the risk of dropout or become discouraged in the face of challenges.

Due to a continuing lack of resources and information, it is important to maintain communication and monitoring of activities and assistance in the process of finalizing documentation in the finance department, support for opening the bank account of each organization. In addition, the groups are still getting used to using the tools for managing the business and that is why it is interesting that the team continues to support each of the groups in case of doubts or difficulties.

Both groups received lists of suppliers to help with the next purchase of materials that may be needed, but due to the limited logistics of transporting materials to the island (insularity challenge), it is possible that they have such materials in short supply and will need to buy them off the island.

After mentoring training to ensure the groups' financial sustainability, both groups made proposals to obtain local funding and thus build an adequate space for work and sale of their products. With the processes in place, the FP will continue to support these organizations so that they can achieve the objective or be encouraged to apply for new funding.

From a small organization perspective, we also think that the administrative demand on the project management to the donor, it is in not in accordance to the reality of local and small organizations, putting in check the possibility of this organizations be autonomous and independent on the grant proposal development – not only due to the language barrier, but because they do not have the capacity to deal with the administrative weight of these type of grants.

PART IV: Impact at Portfolio and Global Level

Contribution to Portfolio Indicators

12. In order to measure the results of CEPF investment strategy at the hotspot level, CEPF uses a set of Portfolio Indicators which are presented in the Ecosystem Profile of each hotspot. Please list these below and report on the project's contribution(s) to them.

Indicator	Actual Numeric Contribution	Actual Contribution Description
<p>At least 50 local civil society organizations, including at least 10 Indigenous People's organizations, demonstrate strengthened capacity with regard to financial, institutional and project management, organizational governance, and fundraising.</p>	<p>3 Local civil society organizations, including 28 indigenous people</p>	<p>28 women from three local associations strengthened their capacity in financial, institutional and project management, organizational governance and fundraising through regular training and mentoring.</p> <p>The trainings were held twice a week for 4 months, for 19 women and 1 man from the two community associations and 8 women from FP. Exchanges were held with the women group of the Programa Tatô project and with Missão Dimix in São Tomé and 1 member of the Tchada community and 1 woman from FP received training on the production of reusable menstrualpads.</p> <p>The 10 women of the FFU Association received training in the production of esteiras, adapted to be made with abandoned plastics, by a woman from one of the local communities. Both the CAIP and FFU groups submitted proposals to potential local funds, with the aim of acquiring funds to build a suitable space and thus continue to produce and sell their products.</p> <p>In addition, both groups have a business plan and tools to independently coordinate their activities and business. Both CAIP and FFU have entered partnerships and contracts with hotels and establishments to sell their products and disseminate their actions in different activities.</p>

<p>At least 20 women-led conservation and development organizations, associations and networks are established and strengthened to foster gender equality in natural resource management and benefit sharing.</p>	<p>3 Women-led conservation and development organization and One National Network</p>	<p>Within this project, 3 women-led conservation and development organization on Príncipe Island – FFU, CAIP and FP, were engaged in the capacity building and in the development of alternatives livelihoods. The project is focused on women, as main pillars of the households. However, there was opportunities to everyone regardless their gender. The 3 organizations also received training on Gender Policy and Development on the Organization's Vision and Mission. With access to training and capacity building and resource, the future leaders will ensure the distribution of benefits and promoting good examples, at regional and national levels.</p> <p>In addition to the organizations, it was also ensured the strengthening of skills of the women in the communities involved in the activities, as trainers (acting for the first time). Being equal competitors with men, they were challenged to develop new alternatives in favor of the well-being of mothers/ babies and the environment, such as the challenge of producing models of reusable diapers and mats with alternative and sustainable material, such as plastic.</p> <p>The project supported a national network for gender equity and benefit sharing which supported 30 Women from 19 different national organizations.</p>
<p>At least 20 local civil society organizations demonstrate increased communication capacity in ways that support the delivery of their mission.</p>	<p>3 local civil society organizations</p>	<p>In the project, 3 local civil society organizations are increasing their communication capacity to support the fulfillment of their mission.</p> <p>FP, as the lead organization, is ensuring</p>

		<p>that the stakeholders involved in the project understand, FP's mission was also to promote social and economic development and conservation thinking. To do this it involved the other two organizations in decision making and, in the development, and implementation of each organization's project, it also ensured that its vision and mission were integrated and shared with all stakeholders. The local women of the three organizations, involved in the implementation of the project, were the ones who promoted all the communication of the project, making sure that their vision is the one that is shared and that they understand the importance of good and clear communication.</p>
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Contribution to Global Indicators

Please report on all Global Indicators that pertain to your project.

13. Benefits to Individuals

13a. Number of men and women receiving structured training.

Report on the number of men and women that have benefited from structured training due to your project, such as financial management, beekeeping, horticulture, farming, biological surveys, or how to conduct a patrol.

# of men receiving structured training *	# of women receiving structured training *	Topic(s) of Training
1	1	<p>Training in São Tomé with Missão DIMIX and Programa Tatô, focusing on the elaboration and production of hygienic menstrual pads. The training started with the presentation of the Mission DIMIX and Sewing trainer for the production and hygienic menstrual pads.</p> <p>1. Making the molds for the pads. For the molds, pieces of cardboard were reused.</p>

		<p>2. Place the molds on the fabrics and cut them. These molds were used to cut, the cotton fabric, the flannel, the waterproof fabric. The other material was also used the towel that was cut into small rectangular pieces.</p> <p>3. Next the pieces of the menstrual pads were assembled and sewn on the sewing machine.</p> <p>4. Cutting and sewing reinforcement of the menstrual pads.</p> <p>5. Placement of springs or buttons on the finished products.</p>
0	9	<p>A member of the CAIP group who was in São Tome to received training in the making and production of pads, ensured and replicated the training received daily for the rest of the group. This man, being a dressmaker, had no problem training and teaching the ladies to become dressmakers. Sewing trainer for the production and hygienic menstrual pads.</p> <p>1. Making the molds for the pads. For the molds, pieces of cardboard were reused.</p> <p>2. Place the molds on the fabrics and cut them. These molds were used to cut, the cotton fabric, the flannel, the waterproof fabric. The other material was also used the towel that was cut into small rectangular pieces.</p> <p>3. Next the pieces of the menstrual pads were assembled and sewn on the sewing machine.</p> <p>4. Cutting and sewing reinforcement of the menstrual pads.</p> <p>5. Placement of springs or buttons on the finished products</p>
1	19	<p>Through mentoring conducted by FP, the participants have received training and had the opportunity to mentor and guide FP colleagues and partners.</p> <p>1. Training and Organizational Development,</p> <p>2. Strategic communications,</p> <p>3. gender and conservation,</p> <p>4. Good management of funds and grant,</p> <p>5. learning cycle,</p> <p>6. After action review,</p> <p>7. safeguards,</p> <p>8. Financial sustainability.</p>

1	0	<p>Training for General Supervisor of the Protetuga team during Exchange at FMB Cabo Verde:</p> <p>Training topics:</p> <p>1- Leadership Training;</p> <p>It talks about roles and responsibilities of a team leader, requirements to be a team leader, right and obligations of the leader in relation to the community and night patrol, situations to avoid, data records and work materials.</p> <p>2- Training of Leaders;</p> <p>It consists of composing the team according to the characteristics of each beach, it allows the leader to analyze each community in relation to hunting, size of beach, predation, hatching success, that is, a history of each beach as well as communities close to each beach. spawn, and thus prepare for these challenges.</p>
0	10	<p>Training for the women of the FFU group, to produce esteiras (local mats) with material such as reused plastic instead of the material originally used.</p> <p>Training to produce esteiras (local mats) from abandoned plastics, included:</p> <ol style="list-style-type: none"> 1. Management and cleaning of material, plastics or other materials, to be reused as raw material in the production of the mat; 2. How to adjust the material (cut the plastics into thick strips and tie to the stones to be braided) in the equipment for making the mat; 3. Confection of the treadmill and manual adjustments in the equipment; 4. Adjustments and finishing of the mat to later be available for sale.
1	19	<p>Monthly training with the InsPira group in sustainable business management of the CAIP and FFU.</p> <p>Content of the training program (2x per week):</p> <ol style="list-style-type: none"> 1. The Company and the Entrepreneur <ul style="list-style-type: none"> Entrepreneur profile Motivation of the entrepreneur 2. Financial Administrative Management <ul style="list-style-type: none"> Production costs Selling price Result DRE 3. Notions of Accounting <ul style="list-style-type: none"> Working Capital Management

		<p>Cash Flow</p> <p>4. Planning</p> <p>Raw Material Purchases</p> <p>Inventories</p> <p>5. Personnel Management</p> <p>Personnel profile and selection</p> <p>Leadership and motivation</p> <p>6. Market Management</p> <p>The Marketing System</p> <p>The client</p> <p>7. Business plan</p> <p>Market study</p> <p>Financial plan</p>
1	10	<p>CAIP group training about menstrual health.</p> <p>Training topics:</p> <ul style="list-style-type: none"> - female genital system - taboos about menstruation - dressing cleaning - woman's pleasure - strengths of menstrual pads and pad storage pouches as marketing strategies (choice of fabric colors, etc.)
1	19	<p>-Training to develop skills to build the Facebook page and to manage social networks to share information and to be in constant communication with partners and the local and international community, about each group (CAIP and FFU).</p> <p>-Training to develop skills to make the email account and manage the account by each group (CAIP and FFU)</p>
1	9	<p>Grant Management Training for CAIP group</p> <p>The training had as the main theme good management of funds, and sub-themes such as, grant concept and contracts, roles and responsibilities within the institution, grant review, and the closing of the grant.</p> <p>At the end of the presentation the women were taught how to write a letter requesting support for the construction of sewing space for the group. They were also provided with sample letters on their computers.</p>
0	11	<p>Grant Management Training for FFU group</p> <p>“Mentorship” training was carried out by the mentee, for the Association of Women Craftsmen of Príncipe Facilita Fora Umuen (FFU).</p> <p>A representative of the Government, the Protetuga team and the women who make up the association were present at the training.</p> <p>Training topics:</p>

		<p>Presentation of the work that the group has been carrying out, so that the representative of the Government could learn about the work of women.</p> <p>Main topic: fund management, and sub-themes such as, grant concept and contracts, roles and responsibilities within the institution, grant review, and grant closure.</p> <p>At the end, the president of the association made a short presentation of the work of the objectives and work carried out by the FFU.</p>
1	9	<p>One-week training on the objectives, mission, and continuity of the Capture Zero campaign, including theory and practice during the follow-up of the CAIP group in awareness-raising actions in local schools:</p> <p>Topics and training:</p> <ul style="list-style-type: none"> - How to approach topics about Threats to sea turtles, natural and caused by man, with students and instill good practices among students and communities; - presentation on the importance of sea turtles for communities; - how to engage students regarding the consequences that garbage can bring to marine biodiversity; - How to develop a change in attitude towards the commitment to the Importance of collecting and separating waste and transforming, reusing, and recycling abandoned materials.
2	20	Total number of men and women who received structured training. Above is the number of men and women who participated in each training.

**Please do not count the same person more than once. For example, if 5 men received structured training in beekeeping, and 3 of these also received structured training in project management, the total number of men who benefited from structured training should be 5.*

13b. Number of men and women receiving cash benefits.

Report on the number of men and women that had an increase in income or cash (monetary) benefits due to your project from activities such as tourism, handicraft production, increased farm output, increased fishery output, medicinal plant harvest, or payment for conducting patrols.

# of men receiving cash benefits*	# of women receiving cash benefits*	Description of Benefits
1		\$50 x 6 months to train the Tchada Group.

		Although the group has 9 women and 1 man, he had a monthly income as a salary from the project (along with the focal point), to ensure daily training to the rest of the group to produce menstrual pads on the community.
0	5	Volunteers were engaged to assist in the completion of the questionnaires and benefited later from the awareness campaigns or through support in promoting them.
	1	A community woman engaged to conduct her first training for the women of Picão, adapting and challenging herself to train women to produce esteiras (local matts) with material such as plastic instead of the material originally used. the training to produce esteiras from abandoned plastics has benefited not only the women of Picão, but mainly the community trainer, who obtained her payment through her training, this payment has contributed to the family income.
	1	\$50 x 6 months to support the management both CSO's groups. The president of the Cooperative CAIP as Focal Point in the Communities.

**Please do not count the same person more than once. For example, if 5 men received cash benefits due to tourism, and 3 of these also received cash benefits from increased income due to handicrafts, the total number of men who received cash benefits should be 5.*

14. Protected Areas

Number of hectares of protected areas created and/or expanded

Report on the number of hectares of protected areas that have been created or expanded as a result of your project. Protected areas may include private or community reserves, municipal or provincial parks, or other designations where biodiversity conservation is an official management goal.

Name of PA*	Country(s)	Original # of Hectares**	# of Hectares Newly Protected	Year of Legal Declaration/ Expansion	Longitude***	Latitude***

** If possible please provide a shape file of the protected area to CEPF.*

*** Enter the original total size, excluding the results of your project. If the protected area was not existing before your project, then enter zero.*

**** Indicate the latitude and longitude of the center of the site, to the extent possible, or send a map or shapefile to CEPF. Give geographic coordinates in decimal degrees; latitudes in the Southern Hemisphere and longitudes in the Western Hemisphere should be denoted with a minus sign (example: Latitude 38.123456 Longitude: -77.123456). To obtain the latitude and longitude of your protected area, use googlemap, right click on the center of your protected area, and select "What's here?", and copy the latitude and longitude appearing in the popup window.*

15. Key Biodiversity Area Management

Number of hectares of Key Biodiversity Areas (KBA) with improved management

Report on the number of hectares in KBAs with improved management, where tangible results have been achieved to support conservation, as a result of your project. Examples of improved management include, but are not restricted to: increased patrolling, reduced intensity of snaring, invasive species eradication, reduced incidence of fire, and introduction of sustainable agricultural/fisheries practices. Do not record the entire area covered by the project - only record the number of hectares that have improved management.

If you have recorded part or all of a KBA as newly protected for the indicator entitled "protected areas", and you have also improved its management, you should record the relevant number of hectares for both this indicator and the "protected areas" indicator.

Name of KBA	KBA Code from Ecosystem Profile	# of Hectares Improved *

** Do not count the same hectares more than once. For example, if 500 hectares were improved due to implementation of a fire management regime in the first year, and 200 of these same 500 hectares were improved due to invasive species removal in the second year, the total number of hectares with improved management would be 500.*

16. Production landscapes

Number of hectares of production landscape with strengthened management of biodiversity

Please report on the number of hectares of production landscapes with strengthened management of biodiversity, as a result of your project. A production landscape is defined as a landscape where commercial agriculture, forestry or natural product exploitation occurs.

- For an area to be considered as having "strengthened management of biodiversity," it can benefit from a wide range of interventions such as best practices and guidelines implemented, incentive schemes introduced, sites/products certified, and sustainable harvesting regulations introduced.
- Areas that are protected are not included under this indicator, because their hectares are counted elsewhere.
- A Production Landscape can include part or all of an unprotected KBA.

Name of Production Landscape*	# of Hectares with Strengthened Management**	Latitude***	Longitude***	Description of Intervention

** If the production landscape does not have a name, provide a brief descriptive name for the landscape.*

***Do not count the same hectares more than once. For example, if 500 hectares were strengthened due to certification in the first year, and 200 of these same 500 hectares were strengthened due to new harvesting regulations in the second year, the total number of hectares strengthened to date would be 500.*

**** Indicate the latitude and longitude of the center of the site, to the extent possible, or send a map or shapefile to CEPF. Give geographic coordinates in decimal degrees; latitudes in the Southern Hemisphere and longitudes in the Western Hemisphere should be denoted with a minus sign (example: Latitude 38.123456 Longitude: -77.123456). To obtain the latitude and longitude of your production landscape, use googlemap, right click on the center of your production landscape, and select "What's here?", and copy the latitude and longitude appearing in the popup window.*

17. Benefits to Communities

CEPF wants to record the non-cash benefits received by communities, which can differ to those received by individuals because the benefits are available to a group. CEPF also wants to record, to the extent possible, the number of people within each community who are benefiting. Please report on the characteristics of the communities, the type of benefits that have been received during the project, and the number of men/boys and women/girls from these communities that have benefited, as a result of your project. If exact numbers are not known, please provide an estimate.

Please provide information for all communities that have benefited from project start to project completion.

Name of Community	Community Characteristics (mark with x)							Country of Community	Type of Benefit (mark with x)							# of Beneficiaries			
	Small landowners	Subsistence economy	Indigenous/ ethnic peoples	Pastoralists / nomadic peoples	Recent migrants	Urban communities	Other*		Increased access to clean water	Increased food security	Increased access to energy	Increased access to public services (e.g. health care, education)	Increased resilience to climate change	Improved land tenure	Improved recognition of traditional	Improved representation and decision-making in governance forums/structures	Improved access to ecosystem services	# of men and boys benefiting	# of women and girls benefiting
Picão		x	x									x					x	0	10
Tchada		X	x									x					x	1	9
Príncipe Island																	*		1581

*If you marked "Other" to describe the community characteristic, please explain:

** Unfortunately, it was not possible to estimate the number of Indigenous/ethnic peoples (# men/boys or women and girls) benefited in the communities through the activities developed: around 3600 people, 45% of the Island population, is benefiting from messages, awareness campaign and campaign in schools;

Indigenous/ ethnic peoples

18. Policies, Laws and Regulations

Report on policies, laws and regulations with conservation provisions that have been enacted or amended, as a result of your project. “Policies” pertain to statements of intent formally adopted or pursued by a government, including at sectoral or sub-national level. “Laws and regulations” pertain to official rules or orders, prescribed by authority. Any law, regulation, decree or order is eligible to be included.

18a. Name, scope and topic of the policy, law or regulation that has been amended or enacted as a result of your project

No.	Name of Law, Policy or Regulation	Scope (mark with x)			Topic(s) addressed (mark with x)																	
		Local	National	International	Agriculture	Climate	Ecosystem Management	Education	Energy	Fisheries	Forestry	Mining and Quarrying	Planning/Zoning	Pollution	Protected Areas	Species Protection	Tourism	Transportation	Wildlife Trade	Other*		
1																						
2																						
...																						

* If you selected “other”, please give a brief description of the main topics addressed by the policy, law or regulation.

18b. For each law, policy or regulation listed above, please provide the requested information in accordance with its assigned number.

No.	Country(s)	Date enacted/ amended MM/DD/YYYY	Expected impact	Action that you performed to achieve this change
1				
2				

3				
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19. Biodiversity-friendly Practices

Number of companies that adopt biodiversity-friendly practices

Please list any companies that have adopted biodiversity-friendly practices as a result of your project. While companies take various forms, for the purposes of CEPF, a company is defined as a for-profit business entity. A biodiversity-friendly practice is one that conserves or uses natural resources in a sustainable manner.

No.	Name of Company	Description of biodiversity-friendly practice adopted during the project	Country(s) where the practice has been adopted by the company
1	HBD Principe	HBD held an ecological fair on the occasion of women's day and promoted the participation of women's groups CAIP, FFU to share messages, work done and above all their products. In addition, HBD has supported the collection of materials from the hotels (cotton sheets, bath towels, waterproof mattress covers) that can serve as raw material for the groups to reuse and transform into their products in a more sustainable and low-cost way. .	Principe Island – São Tomé e Príncipe
2	Artes Papagaio	The handicraft shop has focused on buying products made locally and sustainably and selling to local and international visitors, both CAIP and FFU products are on sale at this establishment.	Principe Island – São Tomé e Príncipe
...			

20. Networks & Partnerships

Number of networks and/or partnerships created and/or strengthened

Report on any networks or partnerships between and among civil society groups and other sectors that you have created or strengthened as a result of your project. Networks/partnerships should have some lasting benefit beyond immediate project implementation. Informal networks/partnerships are acceptable. Examples of networks/partnerships include: an alliance of fisherfolk to promote sustainable fisheries practices, a network of environmental journalists, a partnership between one or more NGOs with one or more private sector partners to improve biodiversity management on private lands, or a working group focusing on reptile conservation.

Do not list the partnerships you formed with others to implement this project, unless these partnerships will continue after your project ends.

No.	Name of Network / Partnership	Year established	Did your project establish this Network/ Partnership? Y/N	Country(s) covered	Purpose
1	CAIP	2021	y	Principe Island	The CAIP cooperative was established by this project community. This organization will continue to work with FP and will continue to promote the sale of sustainable and environmentally friendly products such as reusable pads, reusable baby diapers and also promote awareness of menstrual health for women in the communities.
2	FFU	2018	Y	Principe Island	Association of women artisans from Príncipe Island Facilita Fora Umuen are from. They were directly impacted by the project and by the project outcomes.
3	Mudjer Project	2021	N	São Tomé and Príncipe	To ensure the continuation of the integration of the production of reusable pads with menstrual health messages, ensuring training and capacity of the Tchada group and the implementation of awareness campaigns for women and young girls. The project will also request the support of a local nurse to join the awareness campaigns.
4	Network of Women from São Tomé & Príncipe	2022	Y	São Tomé & Príncipe	Despite the fact that the National Network of women existed already, was never officially launched. The project ensured that.

21. Sustainable Financing Mechanism

List any functioning sustainable financing mechanisms created or supported by your project. Sustainable financing mechanisms generate funding for the long-term (generally five or more years). These include, but are not limited to, conservation trust funds, debt-for-nature swaps, payment for ecosystem service (PES) schemes, and other revenue, fee or tax schemes that generate long-term funding for conservation. To be included, a mechanism must be delivering funds for conservation.

21a. Details about the mechanism

No.	Name of Financing Mechanism	Purpose of the Mechanism*	Date of Establishment**	Description***	Countries
1					
2					
3					

*Please provide a succinct description of the mission of the mechanism.

**Please indicate when the sustainable financing mechanism was officially created. If you do not know the exact date, provide a best estimate.

***Description, such as trust fund, endowment, PES scheme, incentive scheme, etc.

21b. Performance of the mechanism

For each Financing Mechanism listed previously, please provide the requested information in accordance with its assigned number.

NO.	Project intervention (mark with x)			Has the mechanism disbursed funds to conservation projects?
	Created a mechanism	Supported an existing mechanism	Created and supported a new mechanism	
1				
2				
3				

22. Red List Species

If the project included direct conservation interventions that benefited globally threatened species (CR, EN, VU), as per the IUCN Red List, add the species below.

Examples of interventions include: preparation or implementation of a conservation action plan, captive breeding programs, species habitat protection, species monitoring, patrolling to halt wildlife trafficking, and removal of invasive species.

Genus GENERO	Species	Common Name (Eng)	Status (VU, EN, CR or Extinct in the Wild)	Intervention	Population Trend at Site (increasing, decreasing, stable or unknown)
Eretmochelys	<i>Eretmochelys imbricate</i>	Hawksbill	CR	Species protection habitat	unknown
Chelonia	<i>Chelonia mydas</i>		EN	species protection habitat	unknown
Dermochelys	<i>Dermochelys coriacea</i>	Leatherback	V	species protection habitat	unknown
Lepidochelys	<i>Lepidochelys olivacea</i>	Olive ridley	V	species protection habitat	unknown
Caretta	<i>Caretta caretta</i>	Loggerheads	V	species protection habitat	unknown

Part V. Information Sharing and CEPF Policy

CEPF is committed to transparent operations and to helping civil society groups share experiences, lessons learned, and results. Final completion and impact reports are made available on our Web site, www.cepf.net, and publicized in our e-newsletter and other communications.

Provide the contact details of your organization (organization name and generic email address) so that interested parties can request further information about your project.

Organization Name: Fundação Príncipe

Generic email address: info@fundacaoprincipe.org