



Women, Energy and Water in the Himalayas

Training of Trainers Manual



Bikash Sharma
Samira Luitel
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Incorporating the Needs and Roles of Women in Water and Energy Management

Training of Trainers Manual

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Nairobi, Kenya
and
International Centre for Integrated Mountain Development
Kathmandu, Nepal
November 2005

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ISBN 92-807-2598-X
92-9115-207-2

Job Nb: DEP/0697/NA

Cover photo: Training of Trainers in Nepal – CRT/N

Published by

UNEP and ICIMOD

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Printed and bound in Nepal by

Hill Side Press (P) Ltd.
Kathmandu, Nepal

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Foreword

Increasing numbers of gender awareness and development interventions are helping to increase opportunities and improve the lives and well-being of women and rural communities across the Himalayan region. Nevertheless, in many areas women continue to bear a disproportionate burden in meeting their household water and energy needs. Increasing chemical pollution and ecosystem degradation often exacerbates their daily plight.

Fortunately, there are an increasing number of technical solutions available. A number of good practices in energy and water management are able to reduce the need for fuel, provide alternative energy sources, and increase water availability close to the home. However, such technologies and approaches are only accepted and used in practice if women are directly involved, and their special concerns taken into account, in the decision-making and implementation processes. Unfortunately, the failure to recognise this has meant that many water and energy initiatives have been much less effective in the long-term than originally hoped.

ICIMOD, with its long experience in diverse mountain communities, recognises that any new interventions for improving the well-being of mountain women need to focus on ways to free women from the long hours and drudgery of work to enable them to engage in income-generating and other activities. This is accomplished by bringing them into the technology choice and decision-making process from the outset. This approach has the added benefit of contributing to women's overall empowerment and status.

In 2002, UNEP and ICIMOD initiated a project on 'Incorporating the Needs and Roles of Women in Water and Energy Management in Rural Areas in South Asia – Capacity Building of Women in Rural Areas of the Himalaya' with financial support from the Swedish International Development Co-operation Agency (SIDA). The project focused on enabling women to participate fully and effectively in the planning and implementation of household water and energy initiatives by building their capability to organise themselves and to identify and prioritise their own needs. The project was carried out in partnership with the Royal Society for Protection of Nature (RSPN) in Bhutan, The Energy and Resources Institute (TERI) in India, and the Centre for Rural Technology (CRT/N) in Nepal.

In less than two years, the project made a marked difference in the lives of the women, their families, and their communities. Women developed their own solutions to their water and energy needs, and many were able to use the time saved to generate income. Women have operated a technology demonstration centre from the technologies they adopted for the benefit of other women. Some have emerged as energy entrepreneurs, for example, as liquid petroleum gas depot managers, and producers and sellers of solar dryers and improved cooking stoves. The impact was further broadened by coordinating with different development partners to provide additional inputs and training to the women, providing the basis for mainstreaming good practices at district and national levels.

The project has demonstrated that the issue is not merely which technologies best serve the needs of women, but also how to enable them to choose the options that meet their needs and improve their livelihoods. The major challenge now is to translate such experiences into gender sensitive policies that can extend the impact across the Himalayan region.

The experiences and lessons learned from the project have been encapsulated in three publications – 'Policy Guidelines', 'Project Learning', and this Training of Trainers Manual – and a DVD film. Policy makers and rural development practitioners can pick from these experiences those that are useful or suitable to their particular needs for replication and upscaling.

I hope that this Training Manual will be of use to development practitioners and organisations wishing to train trainers and community development agents working with communities in the field and engaged in engendering development and empowering women, especially in mountain areas. I would like to extend my sincere gratitude to UNEP-Nairobi and SIDA for the financial support, without which this important work would not have been possible.

Dr. J. Gabriel Campbell
Director General
ICIMOD

Acknowledgements

This report is the outcome of a project implemented by ICIMOD through its national collaborating partners in Bhutan, India, and Nepal. The document could not have been prepared without the contribution of numerous individuals and institutions and we thank them all.

Special thanks go to Ms. Elizabeth Khaka, Programme Officer, Division of Environmental Policy Implementation (DEPI), UNEP-Nairobi for her continuous support, guidance, and invaluable feedback during the preparation of the Training of Trainers Manual. We would also like to thank Dr. Elizabeth Migongo-Bake, former UNEP project coordinator, for her support and Dr. Kamal Rijal, Energy Manager of UNDP, Bangkok, who initiated this project while at ICIMOD, for his support and encouragement.

The authors would like to extend their gratitude to the peer reviewers, Mr. Bikash Pandey, Country Representative Winrock International, Nepal, and Ms. Soma Dutta, Asia Regional Desk Coordinator, ENERGIA, for their invaluable comments and suggestions.

We would also like to acknowledge the valuable inputs provided by our collaborating partners: Dr. Lham Dorji, Ms. Manju Giri and Ms. Tshering Lham of the Royal Society for the Protection of Nature (RSPN), Bhutan; Mr. Ibrahim Hafeezur Rehman, Mr. Rakesh Prasad, and Mr. Asim Mirza of The Energy and Resources Institute (TERI), India; and Mr. Ganesh Ram Shrestha, Mr. Asim Banskota, Ms. Neelam Kayasta, and Dr. Krishna Hari Maharjan of the Centre for Rural Technology, Nepal (CRT/N). Inputs provided by local partners, namely the Himalayan Organisation for Protecting the Environment (HOPE) of Uttaranchal, and the Society for Development and Environment Protection (DEEP) of HP (both India); the Society for Local Volunteer Effort (SOLVE), and Nepal Red Cross Society (both Nepal) are also highly appreciated.

The material in this manual is compiled from the training materials prepared by the collaborating partners and other sources, in particular 'Gender and Development', a training manual published by the Centre for Development and Population Activities, Washington DC, two manuals prepared in Nepali by the Nepal Ministry of Women, Children and Social Welfare, the 'Gender and Organisational Change Training Manual' by Verona Groverman and Jeannette D. Gurung, and 'Developing Sustainable Communities: A Toolkit for Development Practitioners' published by ICIMOD for SNV. We thank the authors and publishers for these and the many other sources used, and apologise if any sources have not been recognised.

We are grateful for the valuable guidance and inputs provided by Dr. Mahesh Banskota and Dr. Narpat S. Jodha, ICIMOD. We also thank the Publications' Unit of ICIMOD for editorial assistance, particularly A. Beatrice Murray (Senior Editor), and Dharma R. Maharjan (Layout and Design), and the consultant editor Rosemary A. Thapa.

And last but not least we would like to offer our heartfelt thanks and appreciation to the participants from our regional member countries for their contribution in the regional workshops, and to all the women's group members, whose hard work and active participation contributed so much to the project's success.

Acronyms and Abbreviations

CBOs	community-based organisations
CEDPA	The Centre for Development and Population Activities
CRTN	Centre for Rural Technology, Nepal
DFID	Department for International Development (UK)
FGD	focus group discussion
GAD	gender and development
GAM	Gender Analysis Matrix
ICIMOD	International Centre for Integrated Mountain Development
ICS	improved cooking stove
IG	income generating
IGA	income-generating activity
LPG	liquefied petroleum gas
M & E	monitoring and evaluation
MDG	Millennium Development Goal
NFE	non-formal education
NGO	non-government organisation
NRCS	Nepal Red Cross Society
PAP	participatory action plan
PRA	participatory rural appraisal
REDP	Rural Energy Development Programme
RSPN	Royal Society for Protection of Nature
SIDA	Swedish International Development Co-operation Agency
TERI	The Energy and Resources Institute
ToT	training of trainers
UNDP	United Nations Development Programme
UNEP	United Nations Environment Programme
VDC	village development committee
WED	women, environment, and development
WID	women in development

Glossary of Gender and Development Terms

Gender	The socially constructed roles and responsibilities assigned to women and men in a given culture or location and the social structures that support them. Gender is learned and changes over time.
Gender bias	The tendency to make decisions or take actions based on gender.
Gender discrimination	Prejudicial treatment of an individual based on a gender stereotype (often referred to as sexism or sexual discrimination).
Gender equity	A condition in which women and men participate as equals, have equal access to resources, and equal opportunities to exercise control.
Gender issues	Specific consequences of the inequality of women and men.
Gender relations	Ways in which a culture or society defines rights and responsibilities, and identifies men and women in relation to one another.
Gender sensitive	Being aware of the differences between women's and men's needs, roles, responsibilities, and constraints.
Sex	The biological differences between women and men, which are universal, obvious, and generally permanent.
Condition/position	Terms describing circumstances. Condition describes the immediate, material circumstances in which women and men live. Position is women's place in society in relation to men's. Position involves power, status, and control over decisions and resources.
Efficiency/equity rationales	Reasons for the inclusion of women in development. The efficiency rationale holds that development activities will be more effective with the full involvement of women and men in their full capacities. The equity rationale regards the equal representation of women's and men's interests in development as a matter of justice.
Empowerment	The process of generating and building capacity to exercise control over one's life.
Gender division of labour	The roles, responsibilities, and activities assigned to women and men based on gender

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