



V-Glob:Volontaire-Globalisation
www.vglob.org * info@vglob.org

Capacities Building Workshop and Socio-Educative Festival

Action June - July 2005

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Nyitoe-Zukpe, 23 June to 02 July 2005

Following our last visit to Nyitoe-Zukpé in March to survey the Health Care centre and to inform the chief of our projects, VGlob returned to the village in June to begin Stage Two of our long-term plan. Fola (Coordinator), Charles (Treasurer), Tevi (member) and Josie (Assistant Project coordinator) set off on a long and eventful journey to the village of Nyitoe-Zukpé where we were due to stay for ten days.

The purpose of the stay was to train a group of seven young people (dominated by women) to become a village based structure that acts as a focal point both for the village and for VGlob's future projects. It is also hoped that such a structure will promote the rights of woman and young girl, especially in health matters, and help raise awareness within the village of pressing issues such as HIV/Aids and drugs abuse.



Action 1: Capacities building workshop **Life in association, Millennium Development Goals, Woman Right** **Nyitoe-Zukpé, 23-30 June 2005**

The group consisted of four girls and three boys all having at least (the equivalent of) their GCSE's (with the exception of one girl who did not get her GCSE's and one boy who obtained his A-levels). The group was made up as follows:

- ODRO Mawuli, 26 years old, male, photographer
- ABOUMEY Kwami Wolinam, 27 years old, male, painter and designer
- ADIGLI Yaya, 30 years old, female, Field worker
- ODRU Kodjo, 27 years old, female, hairdresser and comedian
- SEDOTSE, Mawuse, 18 years old, female, pupil
- DRON, Akpene, 19 years old, female, retailer/street seller
- NYAMADE, Ami, 22 years old, female, retailer/street seller

The training session was designed by and totally dependant on the support of all the VGlob members present and the full and active participation of the group; it consisted of five sessions.

Session one, “La Vie Associative”: This session focused on improving group decision-making practices and ensuring that everyone’s voice is heard; it emphasised the benefits of community associations and democratic approaches to problems.

Task: The session ended with a “**Mock United Nations**” forum where each person was the representative of an African nation; between them they had to reach a compromise decision. There was only one solution to the problem and the group, despite the complexity of the game, managed to find the correct solution!



Session Two, Humanitarianism and Sustainable Development: This session emphasised the role of NGO’s and explained the aims of the Millenium Development Goals (2000); it provoked a discussion regarding the way in which their village could contribute to and benefit from these goals.

Task: The session ended with a poster designing session that encouraged the group to explain the Millennium Development Goals to others in the village: the results were impressive !

Session Three, Human rights and Woman’s rights: This session encouraged the group to reconsider the differences between men and women and the specific needs of women that have give rise to the concept of ‘Woman’s rights’. It aimed to make the group realise that they too can contribute to equality between men and women.

Task: Following another very successful poster making session, the group was encouraged to use one of the posters as the basis for some theatre work. They chose to do a role play which encourages men and women to consult their doctor for family planning advice.



Session four, Health, nutrition and food dietary requirements: This session aimed to familiarise the group with the idea of a healthy and balanced diet; it also emphasised the importance of getting enough energy from the food we eat. Furthermore, it

aimed to explain the role of vitamins and minerals and the food substances in which they can be found.



Task: The group was asked to plan meals for a day, and to prepare one making sure that as many vitamins and minerals were included as possible. The group managed to successfully cook a meal containing all the vitamins from A to E. But the task also highlighted issues that must be addressed: the importance of sharing tasks between the sexes, the dangers of alcohol abuse and the importance of keeping track of expenses.

Session five, Aids Awareness and Prevention: The aim of this session was to explain the threat of Aids on a world level, and to explain the virus with clear explanations of how one can and cannot be infected; it also highlights the ways in which Aids particularly affects young people. Finally we explain how to protect oneself effectively against Aids and tried to overcome any prejudices the group may have had against someone with the HIV/Aids virus.

Task: Demonstration and practice of how to use a condom correctly.



The training session was an overall success, although almost all members of the group suggested that they would have preferred more time to analyse each of the topics in more depth.

As part of the evaluation Kwami wrote the following:

"I hope that, following this training session, our group can become a focal point and the base from which to apply that which we have learnt in the villages of Nyitoe and Zukpé. Furthermore, I hope that Vglob will always be at our side for the realisation of various projects in this village".



Participants and VGlob's members at the end of the workshop.

Action 2 : Socio-Educative Festival
Aids, Cigarettes and Drugs abuse Awareness Campaign
Nyitoe-Zukpé, 1st June 2005



On the last day of our stay in Nyitoe-Zukpé, with the help of our newly formed ‘village association’, VGlob organised a village Socio-Educative Festival. The day was organised around a football tournament with ten matches with pupils varying between 12 and 17 years old. Josie was asked to begin the day and (almost) successfully managed to kick the football to centre of the pitch. The whole village was gathered to watch the match and everyone was in very good spirits.

After every two games, we took the opportunity to perform **Aids awareness sketches** to the villagers and engage the spectators in Question-Answer sessions; having arrived with workbooks, colouring crayons, pens and condoms, everyone was keen to participate!



The sketches were run mainly by the group and were based on what they had learnt during the previous week; however, Kodjo, who is originally from Nyitoe and now a permanent technical adviser for the group, in general animated the day. He can be seen here helping Akpene (from our group) give a **demonstration of how to use a condom correctly**. During these sketches and demonstrations the workbooks and condoms were won and distributed to the villagers. The last exercise consisted of a distribution of

photos highlighting the dangers of smoking accompanied by a speech by group member Richard.



As the tenth match drew to an end, there was **one team left standing on the pitch**. However, there were prizes for all the teams who participated. All four teams won workbooks, pens and football; Fola and Josie presented the winning two teams with their gifts.



Thanks goes to Mr. Damien Delvallée of Paris, France for his kind donation to V Glob which helped fund this event. THANKYOU!!!