

EVERY GIRL IN SCHOOL ALLIANCE

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#SHETALKS

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COMMISSIONED UNDER THE #SHETALKS PROJECT; FUNDED BY HIVOS UNDER THE WOMEN@WORK CAMPAIGN



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TRANSLATED INTO CHICHEWA BY:

QUIPO THEU

CHICHEWA PEER FACILITATOR HANDOUTS

For use by the Lead Women Farmers Trained as Facilitators in their Women Farmer Groups

1. MAUFULU APA NTCHITO

Zolinga

- Kuphunzitsa azimayi zokhudza ufulu wawo
- Kuphunzisa azimayi za ufulu wawo wapantchito

Materials: Chichewa handouts

PROCESS

Icebreaker: Azimayi ayimbe nyimbo limodzi kapena apange zomwe amapanga limodzi

SECTION A: TED STYLED PRESENTATION FROM FACILITATOR

Kutanthauzira mawu akulu akulu(15 minutes)

Ophunzitsa atanthauzira mawu akulu akulu ndi zitsanzo kuti alongosole bwino zinthu izi

- Tikamati munthu, timatanthauza chani
 - Ufulu wa anthu ndi chani
 - Ufulu wa anthu pa ntchito ndi chani
 - Zida za malamulo zomwe zilipo
 - Ntchito yolemekezeka ndi chani
- 🚩 Programme ya nthito yolemekezeka ku Malawi

Ophunzitsa afunseso gulu lonse kuti lienenepo zomwe likudziwa/linamvapo zokhudza mawu akulu amenewa

Zida za Malamulo zomwe zilipo ku Malawi (10 minutes)

Facilitator spends time discussing what policies and legal frameworks exist in Malawi that seek to improve the working conditions of women in agriculture. Ophunzitsa afotokozere bwinobwinno zida za malamulo zowe zilipo zokhudzana ndi kutukula miyoyo ya azimayi amene amachita ulimi. Zina mwa zidazi ndi:

- The Malawi Decent Work Programme
- Malamulo a pa ntchito

SECTION B: BWALO LA MPHAMVU

Ili ndi gawo la #SheTalks, ophunzitsidwa akhale mozungulira ndipo ophunzitsa ayambitse zokambirana

Mafunso pa nthawi ya zokambirana

- Malamulo amenewa mukuwaona bwanji? Mukuona ngati akugwira ntchito bwinobwino?
- Malamulo amenewa ndi operewera pati ndipo zofookazo zingakonzedwe bwanji?
- Zimene zimalepheretsa kutukula miyoyo ya azimayi amene akuchita ulimi ndi zinthu ziti?
- Mukuona ngati azimayi amene akuchita ulimi akupindula ndi Decent Work Country Programme?

2. CHITIDWE WOGWILILIRA

Zolinga

- Kuphunzisa azimayi zokhudzana ndi nkhanza zomwe amakumana nazo zosiyanasiyana
- Kuphunzitsa zimayi za nkhadza zowonkeratu ndi zosaoneka zosiyanasiyana
- Kuwathandiza pa njira zonenera pa nthawi yomwe apangiridwa nkhanza

PROCESS

Icebreaker:

Azimayi ayimbe nyimbo kapena zomwe amachita akakumana

SECTION A: KUTSEGULIRA

Ophunzitsa atsegulira zokambirana powtchulapo nsamaira za #SheTalks zomwe ndi:

- Malo otetezeka– Awa ndimalo amene aliyense akhoza kulankhulapo popanda kuwopa koponderezedwa pa nkhanzi zosiyanasiyana
- Kulemekeza maganizo a azimayi– Maganizo a azimayi ndiofunika kwambiri pa nkhanzi zosiyanasiyana
- Kulankhula pa nkhanza– Kuthetsa mchitidwe woyipa polankhulapo pa nkhanza zosiyanasiyana
- Zokambirana zofunika – Kukambirana zinthu zeni zeni mokhazikika

SECTION B: ZOKAMBIRANA

Ophunzitsa atsegulira zokambirana pofotokozera mwachindunji

- Nkhaza kwa amayi ndi chani ndipo chimayambitsa ndi chani
- Malamulo amene alipo okhudzana ndi nkhanza kwa amayi

MAFUNSO PA ZOKAMBIRANA

- Nkhaza kwa amayi ndi chani ndipo zimayambika bwanji?
- Nkhaza zimenezi zimachitidwa mu njira zANJI? Apempheni ophunzira kuti afotokozere
- Nkhanza zimenezi zilimo mu ulimi?
- Nkhaza zimenezi zinakuchitikiraniko? Chonde fotokerani kuti zinachitika bwanji (Apa ophunzitsa atsindikenso kuti awa ndi malo otetezeka)
- M'madera mwanu nkhanza zimenezi amathana nazo bwanji?
- Tikhoza kuthetsa bwanji nkhanza zimenezi kwa alimi?

SECTION C: Njira Zonenera nkhanzi za nkhanza

Ophunzitsa awauza onse njira zimene zilipo zonenera nkhanza kwa amayi.

Ophunzitsa agawanso ma phone number a mabungwe amene angathandize

- Women lawyers Association
- MCTU

3. MWAYI YA MUSIKA

Zolinga

- Kuwonetsa ophunzitsidwa ubwino olumikiza alimi ndi miska podzera mu njira ya mgwirizano pakati pa ogula ndi ogulitsa.

PROCESS

Icebreaker:

Azimayi ayimbe nyimbo kapena kupanga zomwe amachita akakumana

SECTION A: TED STYLED PRESENTATION FROM FACILITATOR

Defining Key Terms (15 minutes)

Ophunzitsa alongosolera.

- Mgwirizano pakati pa alimi ndoi ogula umatanthauza chani?
- Ubale wapakati pa mgwirizano wa alimi ndi ogula ndi kulumika alimi ku misika

Ophunzitsa afunse gulu lonse kuti lipereke zitsanzo za mgwirizano wa alimi ndi ogula

Njira zolumikizira alimi ku misika (15 minutes)

Ophunzitsa alongosolera njira zolumikizira alimi ku misika zomwe zingathandize kutukula miyoyo ya azimayi amene akuchita ulimi. Njira zimenezi ndi monga:

- **Msika wachikhalire**

Mlimi amadziwiratu

- Mtengo wa mbewu asanayambe kulima ngati zokolora zikufika pa mlingo okhutitsidwa ndi ogula
- Msika opezekeratu
- **Kupereka zipangizo za kumunda**
 - Alimi amapatsidwa zipangizo zones zofunika
 - Izi zimachitika kuti akolore mbewu za quality yofunikayo

SECTION B: CIRCLE OF POWER

Pa nthawi ya #SheTalks, ophunzitsidwa azakhala mozungulira motsogozedwa ndi otsogolera

Mafunso Okambirana

- Mukuona ngati mgwirizano wa alimi ndi ogula ukhoza kupindulira alimi?
- Njira zolumikira anthu ku misika mukuziona bwanji? Zikhoza kugwira?
- Mavuto amene alipo polumikiza ogula ndi ogulitsa ndi chani ndipo zingakonzedwe motani?
- Zimene zimalepheretsa azimayi opanga ulimi kutukuka ndi chani?

4. KULENGEZA KOMANSO KUDZIWIKA MLANDU

Zolinga

- Kuti ophunzira amvetsetse ubwino wolankhulapo pa nkhani zokhudza ma ufulu awo
- Kuphunzitsa azimayi amne akupanga ulimi mene angagwilitsire ntchito ma gulu awo podzimenyera ma ufulu awo

Materials: Chichewa handouts

PROCESS

Icebreaker:

Azimayi ayimbe nyimbo kapena kupanga zomwe amachita akakumana magulu awo

SECTION A: TED STYLED PRESENTATION FROM FACILITATOR

Kutanthauzira mawu akulu akulu (15 minutes)

Ophunzitsa adzalongosola mawu akulu akulu awa.

- Kuti Advocacy ndi chani
- Kuti accountability imatanthauza chani

Ophunzitsa akuyeneranso kufunsa ophunzira kuti alongosolepo zomwe amadziwa pa mawu amenewa ndi zitsanzo zake

SECTION B: Bwalo la Mphamvu

Nthawi ya #SheTalks, Ophunzira adzakhala mozungulira ndi otsogolera kuyambitsa zokambilana

Mafunso pa Zokambilana

- Munapitako ku nthambi ya boma kukafunsa kuti zinthu zikuyenda bwanji?
- Mumakumana ndi mavuto annji mu ulimi ndipo mavuto amenewa angathetsedwe bwanji?
- Chingakuthandizeni kuti muzizimenyera ma ufulu wosiyansiyana ndi chani?