

## REPORT

### TRAINING WORKSHOP 15th to 21st September 2015

A youth Community Volunteerism and Green Skills Training Workshop was held at KIRAT Training Center, Hazara, from 15th September till 21st September 2015, for 14 youth hailing from D.I.Khan. The theoretical sessions were conducted by Master Trainer Mr. Saad Khan for the first two days and by Field Master Trainer Mr. Naheem Shah for the remaining five days, assisted by Ar. Azeemah Owais, Social Mobilizer Ms. Sumaira Batool and Master Artisans.

Altogether 14 young trainees and two young architects hailing from KP participated in the training. The trainees arrived on 14th of September at 9 pm and were allocated lodgings at the base camp. They stayed in blue double skin tents with attached bathrooms and left after completing their training after breakfast on 22nd morning.

The sessions were held in the well appointed KIRAT Campus Conference Room equipped with presentation equipment, computers, projector, scanner, white boards etc. A standby generator was available since power is intermittent in the area.

#### DAY 1: 15th September 2015

Activities began early on the first day at 8 o'clock in the morning according to schedule after breakfast. HF's training kits and name tags were distributed among the participants. Participants were asked to introduce themselves. Mr. Saad Khan gave a lecture on the importance of moral values and ethics, and also role of women, especially mothers in building up of a healthy society. He gave a presentation on "Team work and Ethics," in which the definition of team, difference between team and group, and importance of team was highlighted. These were followed by team building exercises.



14th September morning: Trainees arriving at HF office, Dera Ismail Khan



Trainees departing for KIRAT Campus.



14th September evening: Trainees arrive at KIRAT Campus, Battal, Mansehra.



15th September morning: Trainees receiving kits and name tags at KIRAT Campus at beginning of training program.



Master Trainer Mr. Saad Khan addressing the trainees in the Conference Room.

**DAY 2: 16th September 2015**

The subject of second day's session, conducted by Mr. Saad Khan, was Heritage Foundation's research and development in the field of DRR (Disaster Risk Reduction) compliant construction, and use of sustainable materials and their qualities as well as improved vernacular methods of construction.

The sessions featured HF's initiative and enormous contribution towards vernacular methodology of construction. The trainees were introduced to different branches of Heritage Foundation, which include KIRAT (Research & Training) and KARAVAN outreach programs.

By the end of the day trainees were eager to learn BBSVM and DRR methods of construction. They were inspired by the success stories of women that were shared by Ms. Sumaira Batool and Mr. Naheem Shah who had conducted these programs on a vast scale in Sindh.

**DAY 3: 17th September 2015**

The next five days' sessions were conducted by Field Master Trainer Mr. Naheem Shah, in which he taught about HF's safe shelter construction methodology in detail through "Construction of Karavan Latrine Chamber." Besides, advantages of a bathroom, its importance and other benefits were explained. Later, the trainees learned about and prepared material to be utilized in construction and were gratified to get to know inexpensive and methods of strong construction.

**DAY 4: 18th September 2015**

In the second part of this module participants were trained to read and understand basic technical drawings, making layouts on site, and building walls. By the end of the day around 4 to 5 feet of the chamber walls were erected.

C.E.O, HF Ar. Yasmeen Lari addressed the session accompanied by UNDP representative Mr. Murad. She explained the importance of Social Entrepreneurship and how each one of the trainees could earn as HF's Barefoot Village Entrepreneur (BVE), at the same time help the community to rise above adversity. Mr. Murad joined in encouraging the trainees to go back and use the skills being taught to achieve a better quality of life. The trainees thanked Ar. Lari along with UNDP for their effort in educating them making them aware of *Build Back Safer with Vernacular Methodologies* (BBSVM) and Green Skills.

**DAY 5 (19th September 2015):**

Mr. Naheem Shah focused on the third part of the module on 'Construction with Bamboo', KaravanRoof and its construction methods. Related benefits were presented, along with information about selection of the best kind of bamboo for construction. In the afternoon further work was carried out on the walls to take them up to the lintol level.



Training by Mr. Naheem Shah - Bottle test for soil suitability.



Learning to make earth bricks.



Learning to slake lime using protective gear.



Making a mixture for making mud bricks.



Platform prepared earlier for construction.

**DAY 6: 20th September 2015**

The process of roof building started in the afternoon in which master artisans demonstrated and assisted the young trainers to build it. From cutting of bamboo, making rings, bamboo joists, joining purlins to the joists, fixing matting on the purlins, placing tarpaulin and finally covering it with pozzolana. Later, according to the schedule, roof and floor finishes were carried out.

**DAY 7: 21st September 2015**

The entire structure was completed along with the roof garden for vegetable farming using drip irrigation technique. This process and completion of Karavan Latrine generated a sense of achievement among the participants, and they got truly motivated to bring a healthy change in their living standards. Although not part of the original training program, due to the keenness of the trainees, training for Karavan PakoSwiss Chulah (stove) was provided.

On the morning of 22nd September 2015 the trainees departed for their home.

**Conclusion**

From the enthusiasm expressed by the trainees and their eagerness to learn shows that the training has been successful. On their request, Heritage Foundation of Pakistan will provide them assistance in order that they are able to become Barefoot Village Entrepreneurs and provide services to their community to have access to drinking water, prevent open defecation (Karavan Latrine), modify houses (KaravanGhar) to become safe, build chulahs (KaravanPakoswiss Chulah) for their women folk, and build HF's one room schools where school building has been washed away.



Trainees learning to make walls with mud brick.



Learning about bonding, levelling and squaring up.



Learning about bamboo jointing and placing bamboo joists on roof.



Completing the roof for receiving water proof layer of lime pozzolana.



Completed Karavan Latrine with washbasin and Chhat Bagheecha (roof garden).