



Environmental Protection through Expanding Lemon grass growing and Education in Uganda

Report on activity 1.2 Parish based training of Youth in lemon grass growing and environmental protection

Location (Venues) and Date:

- Kibalinga B parish training point on 27th April, 2017
- Kasana trading centre on 1st June, 2017



SORAK Executive Director gives opening remarks about the project.

Introduction

With support from Japanese Fund for Global Environment(JFGE) and Global Bridge Network(GBN), SORAK Development Agency was able to hold two trainings of youth in lemon grass growing and environmental protection.

Objective of the trainings

To train youth to protect and conserve the environment by involving them in lemongrass growing. The trainings were to discuss possible ways of environmental protection by laying strategies and ways of growing lemongrass.

Participants

The trainings were attended by a total of 101 participants where by 52 attended at Kibalinga B parish the first training and 49 attended at Kasana trading centre the second training respectively. The trainings were also attended by the sub county chief and the chairperson LCIII Kibalinga sub county.

Number of individuals reached

Name of Activity	Participants		Total
	Male	Female	
'Parish based trainings of Youth in lemon grass growing and environment protection project'			101
Kibalinga B parish training point on 27/4/2017	33	19	52
Kasana trading centre- Kasana parish on 1/6/2017	26	23	49

Facilitators

The trainings were facilitated by the following persons playing the respective roles indicated here below

1. **Matovu Julius- sub county chief- Kibalinga Sub County** was responsible for giving a general overview and the state of the sub county environmental conservation policies. He talked about the massive cutting down of trees for charcoal burning as a major factor to environmental deterioration in Mubende district.
2. **Muhammad Kyeyune- executive director-SORAK Development Agency** gave a brief background about SORAK, and the project with the partnership and support provided by the **Japan Fund for Global Environment of the Environmental Restoration and Conservation Agency** towards environmental restoration in Mubende district.
3. **Nnakiruuta Hadijah-Programmes manager-SORAK Development Agency** was responsible for noting down and answering the participant's questions about the project.

Contents covered of this training

1. Importance of lemongrass growing and Need for strong environmental conservation by-laws
2. The need for the youth to know their current role in protecting the environment and the importance to engage the youth in lemon grass growing



Sub-county Chief, Kibalinga sub-county expressing the importance of environmental conservation to the youths towards their future livelihoods.



Youth leader expresses youth roles in environmental protection for a better future



Participants actively note down important issues as SORAK director talks

Training

- ◆ Discussion

In giving a brief about the project, participants were explained that it necessary in order to engage and increase project conceptualization by the strong and energetic youth. SORAK encouraged



Participants listen and note down issues of lemongrass growing as a solution to environmental degradation.



A youth participant points out key environmental degradation concerns of wetland encroachment that must be addressed in the project area

order to protect the environment from deterioration, because the once ever green tropical rain forests are no more in their Sub Counties. “This can also be an income generating activity to the community” remarked the Executive Director –SORAK Development Agency.

◆ Uses and effectiveness of lemon grass

Participants were also informed of the following;

<Lemongrass>

- When planted in ridges, lemon grass plants can effectively control water run-off in coffee and banana plantations.
- The tangy, refreshing fragrance of lemongrass can relieve symptoms related to stress, nervous exhaustion, headaches, and jetlag
- Lemongrass has a calming effect and can relieve stress and insomnia
- Mixing with pepper is to relieve nausea and menstrual problems
- By consumed as tea, it is an effective diuretic

<Spent grass>

- The spent grass can be used as animal feeds when mixed with molasses, as well as manure
- It can be burnt into char and used to make briquette charcoal

<Essential oil from Lemongrass>

- It acts a tonic for the entire body and can help to boost the parasympathetic nervous system, which is necessary when you are recovering from a sickness. It also revitalizes the glandular secretions.
- It can tone the tissues and muscles, relieve pain in the muscles by making the muscles more flexible.
- It also improves the blood circulation and acts an insect repellent
- It is used for treating acne and for clearing up oily skin. It also treats athlete's foot, and stops excessive perspiration
- It is good for treating respiratory infections like fever, laryngitis, and sore throats. It also stops the spreading of disease
- It is often used to treat gastroenteritis, indigestion, and colitis as well as keep pets free of lice, ticks, and fleas



A youth leader encouraging fellow youth to start lemon grass growing

Training results/outcomes

1. The activity was successfully conducted it provided an opportunity to SORAK, the sub county lead team, the youths to discuss pertinent issues that have led to the massive environmental deterioration in their sub county.
2. The training also provided a new direction to the youths as it served to inform them about lemongrass growing as a best practice to environmental conservation as well as income generating activity.
3. Local youth leaders thanked SORAK and JFGE for this initiative and indicated that such trainings was long overdue given the dangers of deforestation in the sub county. Youth leaders and sub county leaders pledged to sensitize the community on lemon grass growing.
4. Sub County leadership pledged to provide support towards this project by enforcing more laws on environmental protection.

Lessons learned

Training is an important activity as this is capable of informing the targeted participants of an issue. this is because the youths present issues raised are immediately responded to during the training.

One youth leader in the names of Mukeshimana Rebeck quoted,

“This training has really opened my eyes as i didn’t know that lemon grass can protect the environment as well enable me earn money for a living. I will plant it as soon as soon as the planting tuffs are distributed.”



A lemon grass farmer shares with the SORAK staff during a monitoring visit.



Farmer was happy as SORAK staff tries to explain to him how the project will be a success during the monitoring visit