



## Environmental Protection through Expanding Lemon grass growing and Education In Uganda

*Report on activity 1.3 School based environmental education and awareness campaigns of at least 300 child enrolments.*

Date: 3<sup>rd</sup> to 31<sup>st</sup> July, 2017

### Introduction

With funding and support from Japanese Fund for Global Environment(JFGE) and Global Bridge Network(GBN), SORAK conducted 16 school based environmental education and awareness campaigns of children by informing them on the different ways of environmental conservation.

### Objective of the campaigns

The overall objective of the campaigns was to carry out and to build up the children's understanding of lemon grass growing and other ways of environmental conservation.

### Participants

These campaigns were attended by **4800** in school going children with in an age bracket of **9 to 20** years both from primary and secondary schools found in the project area.

These campaigns were held at the following schools with their respective number of children reached

No	Date	School	Number of children reached
1	3/7/2017	Kabowa primary school	312
2	5/7/2017	Nakawala primary school	302
3	7/7/2017	Mubende parents high school	300
4	13/7/2017	Kyato primary school	302
5	14/7/2017	Kikandwa Umea primary school	272
6	14/7/2017	Bweyongedde primary school	301
7	17/7/2017	Nkokonjeru primary school	300

8	17/7/2017	Lwawuna primary school	304
9	18/7/2017	Kamusenene primary school	301
10	18/7/2017	Lwangiri primary school	300
11	19/7/2017	Kasambya secondary school	300
12	20/7/2017	St. Benedict secondary school	306
13	24/7/2017	Katugo primary school	300
14	26/7/2017	Kibalinga primary school	300
15	29/7/2017	Seed secondary school	300
16	31/7/2017	Nakatete primary school	300

### Facilitators

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

1. **Each teacher's representatives** who was responsible for giving a general overview and the state of the schools' environmental conservation policies.
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**
3. **Nnakiruuta Hadijah-Programmes manager-SORAK Development Agency** was responsible for educating the children on the uses and importance of lemon grass.

### Contents covered of the campaigns

1. Display of rules in schools concerning environmental conservation
2. The children to know their role in protecting the environment
3. The need for children's involvement in environment conservation and capacity building of the children towards environmental protection
4. Emphasized lemon grass growing as a good measure to environmental degradation

### Training and Discussion

All schools' represented teacher mentioned many ways of conserving the environment in which they mostly emphasized the planting of trees in the schools compounds and the surrounding areas, prevention of bush burning which they called the best ways to environmental conservation.



SORAK staff discusses with the children's how best lemon grass growing can help conserve the environment



Children from Kyato primary school listen attentively during school based environmental education and awareness campaigns

Children were informed that SORAK are implementing the lemon grass growing project and that this crop can promote environmental conservation .The children were also encouraged to pass on the information to their parents encouraging them to grow lemon grass in order to conserve

the environment and also raise money for their basic needs like scholastic materials once its bought for distillation.



SORAK team engages the children in thorough discussions about environmental conservation through question and answer.

Children were informed of the following uses and effectiveness of lemon grass;

<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

### **Training results/outcomes**

1. The campaigns were successfully conducted, it provided an opportunity to SORAK, the school lead team, the children to discuss ways that can help conserve environment.
2. Teacher indicated that such campaigns were long overdue given the alarming dangers of environmental degradation in Mubende district and teachers pledged to display in classes the roles and importance of lemon grass growing
3. Children were happy to hear and realized the importance of lemon grass growing as a measure to environmental conservation.

### **Lessons learned**

Children's from all schools asked a number of questions concerning environmental conservation in relation to lemon grass growing and were immediately responded to during the campaigns.

Among the most commonly asked questions were;

- What is lemon grass
- How can lemon grass growing protect the environment from degradation

Therefore, school based environmental campaigns are an important activity as this is capable of informing and educating the children concerning issues of the environment.



SORAK staff explaining to the children how barren land can be utilized to grow lemon grass to help protect the environment

Lastly, one student in the names of Kalungi Joyce from Kabowa primary school noted

*“I will sit with my parents and teach them and tell them to grow lemon grass in order to conserve the environment and to enable them pay for my lunch at school”.*

One child in the names of Namusoke Brenda said

*“This education has really opened my eyes as i didn’t know that lemon grass can protect the environment as well my parents buy school scholastic materials for me.*