

Coaching Manual for Gender and Inclusion in Advocacy for IWRM, WASH, Epidemics and Disaster Management in rural areas



Including a session about COVID-19

Dhaka, June 2020

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Introduction to the Coaching Manual

Training and Coaching means to listen and ask questions and adapt the training material to the needs of the participants in order to encourage them to think for themselves in a critical way.

The Gender and Water Alliance earlier developed a Training Manual for Gender and Water, both in English and in Bangla¹. This Training Manual is meant for CSOs at international and national levels. Further a special Module for Gender, Inclusion and Advocacy for WASH was developed for the Watershed project. This Advocacy Module is also meant for International and National levels, even though the focus is on Bhola Island.²

Apart from these training manuals, there still is a need for manuals of the coaching of district- and union-level CSOs and CBOs, to teach them in a practical sense about gender, inclusion and different water uses, in order for them to be able to advocate effectively for better and more water and sanitation facilities at grass-roots' level.

Coaching means:

listening,

asking questions,

and adapting the training material
to the needs of the participants.

This Coaching Manual is based on GWA's experience with coaching the CSOs in Bhola. Whilst the Training Manual is meant for training workshops of at least 3 days, **for coaching only a few hours were available, per occasion or session**. The shorter the time, the more important it is that the real key issues are discussed, without discussing many side paths. This Coaching Manual is focusing on the coastal areas of Bangladesh, mostly Bhola, so to use this manual elsewhere, it is important to adapt some of the content to the actual context of where it is used.

It is important that the coaching sessions are **inclusive and participatory**: all participants should be encouraged to speak, if not all about the same subject, one by one starting from right or left. This may be difficult at the beginning, but it is important, and after some sessions, all participants find it quite normal. Further it is important that the coaching sessions are interactive. Because of the short time that is available, it is tempting for the trainer/facilitator to tell the message in a lecture, but it is unlikely that the message will be remembered. Interactive sessions, encourage all participants to think about the subjects, and they may remember the subjects. The language used should not be difficult, it should be understandable and accessible to all. The coaching has to be good fun, everybody should enjoy it for different reasons apart from the snacks that are handed out.

The first session introduces the participants to all general gender aspects of different water uses. In the second session the focus is more on WASH specifically, and the third session on advocacy. Then follow two sessions, which were not yet conducted in Bhola, but which are very relevant, one on Covid-19 and epidemics in general, and one on disaster preparedness and climate change.

¹ See <http://genderandwater.org/en/women2030/capacity-building/women2030-training-master-manual-the-english-version> and <http://genderandwater.org/en/women2030/capacity-building/training-master-manual> (Bangla).

² See <http://genderandwater.org/en/bangladesh/watershed-empowering-citizens/training-module-gender-inclusion-and-advocacy/view> and <http://genderandwater.org/en/bangladesh/watershed-empowering-citizens/gender-inclusion-and-advocacy-training-module-in-bangla/view>.

A format for a programme is added at the beginning of each session. It has to be adapted to the context and to the situation: available time, etc.

Summarizing, the particularities of the coaching manual and sessions:

Objectives	To teach local level CSOs and CBOs about gender, inclusion and different water uses, in order for them to be able to advocate effectively for better and more water and sanitation facilities at grass-roots' level.
Focus	On Bangladesh Coastal areas, and specifically on Bhola. There are options to adapt the focus more on other contexts, also worldwide.
Timeframe	Each session can be completed in 3 or 4 hours, but a longer time will be better, if available. The following sessions start with a recap, because there could be quite some time between one session and the next. The more time is available, the more group work can be included.
Further aspects	The coaching has to be practical, interactive, participatory, accessible, relevant, inclusive and enjoyable.

In this Coaching Manual, there are lists of answers from the coaching sessions in Bhola, Bangladesh. These are only to serve as examples. Of course in each session, in all places, the response of participants is different. The answers of the CSOs in Bhola are only included to give the facilitator an idea about possible answers.

It is important that notes are made, especially about what the participants tell when the questions are asked.

Session 1: Gender, Inclusion, IWRM: an introduction

Format programme Session 1 (to be adapted to the context and the participants)	
9.00	Prepare Venue for the Coaching session Fix the banner with the logos at the top Meet with participants, one by one at arrival
9.30	Opening, welcome
9.40	Introduction-round: one by one the participants and the facilitators introduce themselves: <ul style="list-style-type: none"> - Name - Organisation - function in the organisation. (If there is plenty of time, the introduction can be in a more interesting manner, see the larger Training Manual)
9.55	Introduction of the session: <ul style="list-style-type: none"> - Facilitator reads and explains the programme - Encourages the participants to interrupt and contribute. - Convince participants that the session has to be interactive and participatory.
10.10	Coaching session Gender aspects of Water (IWRM), and Sanitation <ul style="list-style-type: none"> - Scarcity of water: different uses - Division of work related to water - Different interests of women and men, of vulnerable groups - Government water policy - Leave no one behind - Time use of women and men on average days - Key issues you need to know for advocacy, to convince politicians and decision-makers Interactive Discussion <i>Halfway tea will be served</i>
About 1.30 p.m.	Closure

Opening and Introduction: The facilitators express their delight that so many participants have come to the session. The session will be interactive and we expect your active participation in order for the session to be fruitful and generate mutual understanding and consensus about the major concerns and priorities in water and sanitation.

One of the facilitators explains the aims to help poor people to help themselves better. They know their problems better than anyone else, so if they do not discuss their needs and priorities

openly, there will be no solution at the end of the day. The NGO is to help you discuss your problems and know how to seek support for them through lobbying and advocacy. Political leaders and influential people often get government support that is meant for disadvantaged people, but the services are not distributed properly. You know a lot about your area. You know about your rights. Now you will need to talk and ensure this for yourself, together.

The aim of the coaching session is to facilitate participants so they can represent all the people in the local area in their lobbying and advocacy work, especially women, children, elderly, disabled and other marginalized people.

The core of the advocacy work is to “leave no one behind”. Everybody should have equal access to safe water and sanitation. It is explained that the coaching session will be divided into three parts. These will be:

- 1) Explanation and discussion on the gender aspects of water
- 2) Explanation and discussion on the gender aspects of sanitation and
- 3) an Interactive Discussion round where participants can share questions, opinions, ideas and concerns.

Gender aspects of water: IWRM

Drinking Water

Fresh water and drinking water supply is getting scarce in the world while the population is increasing.

If we think of all the water in the world being contained in a bathtub, then only one spoon of this water is available for people to use, for all the needs, for rivers, and also for agriculture.

If we look at Bangladesh, there is a lot of fresh water but 96% is used for agriculture and only 4% is available for other uses (domestic water and for industries). The agricultural sector's water use is even demanding a share from this 4%. So, we cannot see the use of water for drinking separate from the whole water availability and needs.

If we are interested to have water for drinking and sanitation, we have to make a strong commitment to Integrated Water Resource Management (IWRM). Otherwise, one day there will be no water for drinking and sanitation.

Question: if water becomes scarcer, who suffers most?

Participants' responses could be:

- People, especially poor and marginalized people
- Crops
- Animals
- Trees etc.

A similar Question: **Who needs water?**

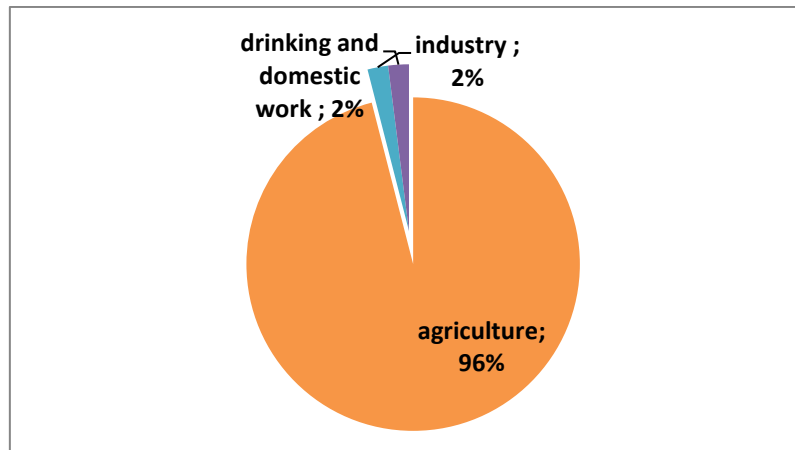
Participants' responses:

We all need water; rich and poor people need water; women need water; animals, trees,

everything needs water; we need water to grow crops; we need water for aquaculture work; we cannot live without water.

For example in Bangladesh: there is a lot of rain but still not enough fresh water everywhere, all the year round. In the Northern and Western part, people suffer for 7 months from drought. Farmers are using a lot of ground water for agriculture. Consequently, households' wells are getting dry, and the people suffer. This is one reason why we need to apply IWRM: look at the different uses of water, and divide according to needs.

The facilitator can show the water use in the country in a pie chart.



In this pie chart of water use in Bangladesh where 96% of the water is being used for agriculture. 2% is being used in industries and 2% is used for drinking and domestic work. So we see that agriculture is the biggest user of potable water. Since mostly men make the decisions and own resources from agriculture, and most policymakers are men; little attention is paid to that 2% of water usage which is managed by women. If agriculture keeps extracting ground water to this extent, one day we might not have any water to drink.

It is good to hear that in Bhola irrigation is only with surface water, never with groundwater. It is time we put emphasis on the drinking and domestic water sector, with the participation of women who are its primary task-bearers, as this ultimately determines the wellbeing of the entire society and nation.

Because of this scarcity of water, everybody suffers but some people suffer more. These include the very poor, minority groups (religious, ethnic), disabled people, elderly and women, who cannot move freely or talk to others.

Different countries have different water policies and laws. In Bangladesh, there is a very good Water Act and a National Water Resources Policy.

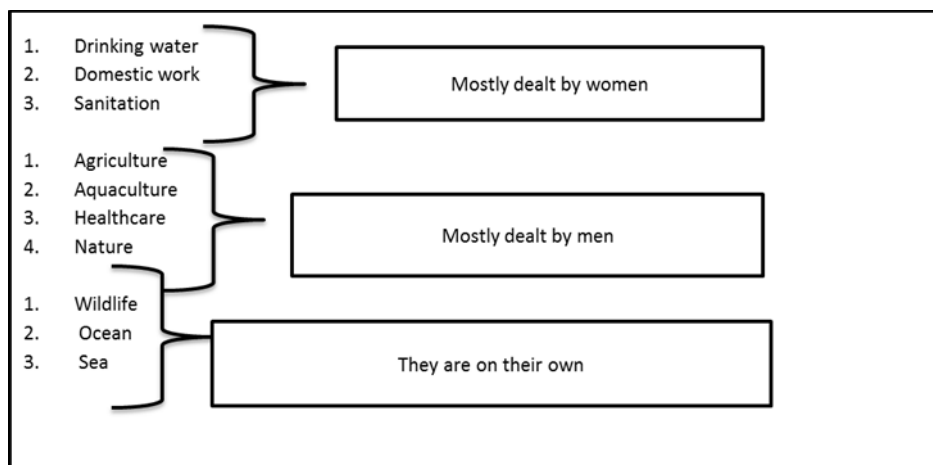
Question: Do you know about the priorities in water use (the preferential uses) mentioned in the Water Act?

Twelve water uses are listed in the Water Act of Bangladesh:

- a) For drinking (highest priority)
- b) In households

- c) For agriculture
- d) For aquaculture
- e) For eco-system
- f) For wildlife
- g) For rivers
- h) For Industry
- i) For salinity control
- j) For power generation
- k) For amusement
- l) For other purposes.

In practice the government makes the final decisions on water management, allocation and use. It is important to remember that drinking water has the highest priority, whilst there is only a few percent of the available water used for drinking water.



Some questions follow:

Question: who is taking care of drinking water mostly?

Participants' answer will probably be: women.

Question: who is taking care of domestic water mostly?

Participants' answer will probably be: women

Question: who is more interested in agriculture/aquaculture?

Participants' answer could be: 25% women and 75% men.

Question: who is more interested in forest, animals, river and sea?

Participants' answer could be: both men and women equally.

Question: who is more interested in small and larger enterprises and industry?

Participants' answer could be: 5% women and 95% men.

Women's work is coloured green and the work which is for the major part done by men is coloured red.

On the one hand, whilst drinking water is the first priority, 96% water is used for agriculture. On the other hand, women are responsible for drinking water and water for domestic uses. So if drinking water is not available, women suffer most, but eventually men, children and the entire household, community suffers.

Comparing the two lists, women are mostly involved in the water with the highest priority, but with the smallest percentage of use. And considering decision-making by men, this is a tricky situation, and not sustainable.

Water pollution further reduces people's access to safe drinking water.

Question: who pollutes water most?

Question: and who suffers the most from water pollution?

Participants may reply that we all pollute water but poor people suffer the most from water pollution.

Question: In which ways do we pollute water?

Participants reply for example that we pollute water by throwing waste from different sources into the canal, river, sea and other water sources.

That waste then slowly gets towards the sea, polluting and the oceans. We often know which companies are polluting water, but still buy products from them. Participants are advised to exercise their consumer rights in a more socially conscious way.

Question: which are the local sources of water for drinking here?

Possible answers: xx% people collect drinking water from deep tube-well, of yy m depth. Other options: surface water from rivers, ponds.

Participants will give a lot of information about the availability, quality and details during different seasons.

The facilitator writes all details on flipcharts.

For example in Bhola Bangladesh: from the discussion, the main issues related to water availability and use in Bhola is summarized as follows:

- 90% people can easily access safe drinking water but 10% people who are living in the island cannot access safe drinking water easily.
- but some areas face a salinity problem during a few months
- A number of tube-wells and ponds are available.
- For drinking water people mainly use water from deep tube-wells (DTW)
- For domestic uses people use pond water.
- People who collect drinking water from DTWs have no problem
- Those who collect water from ponds or rivers face problems, especially from January to April.
- In towns, women get tap water from home or communal stand points, and boil the water for household drinking. This water is also used for domestic chores.
- There is no arsenic contamination of groundwater
- Women living beside the river bank use river water for the household activities.
- The nomadic woman cannot always get access to tube well water since they live on boats.

- When she does get access she collects tube well water twice a day.
- Sometimes, her family has no choice but to drink river water purified with *fitkiri* or bleaching powder.
- She feels ashamed while collecting water because other women mock her for being a nomad.
- For most women the water is close-by, but for women who live in a cluster village, it may take half an hour per trip.
- The local Imam always fetches water even if it is not common for men to do this work. He does this 5-6 times a day and it takes 5 minutes each time. He doesn't like the women in his family to go outside the house.
- A participant tells that although the municipality has guidelines to distribute sanitation services for all residents in the area, often things get sanctioned which are not allocated equally. Mostly the influential people get it all. In east Ilisha, there are several tube wells near one single house. But in the cluster village, it is difficult to find a tube well for even 10 houses.

It is important to emphasize a characteristic of inclusion: **leave no one behind**, giving an example: May be among 20 persons only 2 persons suffer but as an inclusive group we have to think about those 2 persons. May be we are among the lucky 18 persons with no problem, but we have to use our advantage to lobby and advocate for the rights of the 2 disadvantaged persons.

There is another important point about the DTWs i.e. they are not equitably distributed, the places where they are located. Influential people have easier access to DTWs while poor people do not. Consequently, poor people - especially poor women suffer the most; they have to go to the yard of the richer people, which can be far away, to fetch water. They may not be allowed to fetch as much water as they need. There are cases of harassment.

Clarifying the concept of 'inclusivity' to the participants, the facilitator explains that although, as a CSO, they probably represent 20% of their community, it is essential that they lobby and advocate for the rights of 100 % of their community. They must make sure that no one is left behind, whether they are men, women, children, adolescent boys-girls, disabled men-women, elderly men-women, marginalized men-women, the third gender people etc. All these groups have differences in their needs and interests which must be discussed and integrated in their lobbying and advocacy activities. All participants were asked their opinion, and one man of the most marginal group rightly commented that the problem of no toilet is much more uncomfortable for women than for men. One of the participants remarked that women are often house-bound due to their responsibilities and customs, and go through different situations than men (pregnancy, menstruation). So, they have a need of a separate toilet.

Respect and understanding of others is an essential part of being inclusive. Our situation may be different from others in the community, but one still needs to listen to and understand other's problems in a serious and respectful way, and include it in the lobbying and advocacy work.

Coming back to the problem of inequality in water allocation and usage between agriculture and the other sectors, participants were asked:

Question: how is this issue of unequal access to water and sanitation to be resolved? What can you suggest?

Participants' responses are briefly summarized below:

- In important decision making, there is a need of 50% participation of women.
- Women should decide on water use since they are responsible for drinking water for the household, for cooking and cleaning and all the domestic work associated with water. Also they play an important role in homestead aquaculture work (pond fishing).
- We all need water. If there is a situation where there might not be water to drink, it is time we focus on women. If fact everyone needs water. So we have to ensure that.
- Women need more water in day to day life since they the deal with all household activities. So it is important for them to be part of the decision making process.
- I don't mind if men fetch water. If they do that, there would be more availability of drinking water resources. Since men do not fetch water they don't understand the hardship of collecting water from faraway places.
- What if both men and women do agricultural work? Will that make any difference?
- Women should take part in 70% of decision making in the water sector.

This part of the session was concluded with the statement **“Water is our right. We cannot live without water. So we need to be aware about it”**.

Gender aspects of sanitation in the IWRM framework

This session can be started with the current international agenda for development – the Sustainable Development Goals (SDGs). The SDGs aim to make the whole world perfect in terms of development. There will be no poverty, no hunger, equality among all people, and like these there are 17 goals, each with specific targets. And we have to achieve these goals by 2030 which is a big challenge for most countries. The facilitator explains that there is a specific SDG 6 on safe water and sanitation for all.



SDG 1, no more poverty



SDG 2 Food Security for all



SDG 5 Equality between women and men



SDG 6: safe water and improved sanitation for all.

It is particularly this SDG 6 which aims to ensure safe water and sanitation for all by 2030.

Question: What do you think is the approximate percentage of people having access to sanitation facilities (toilets mainly) in your district?

In Bhola, Bangladesh participants' were of the opinion that in the urban parts, 95% of the residents could access sanitation. However, the situation is much worse for those who live in more remote and at-risk areas.

But what exactly is safe, improved sanitation, hygienic latrines? This will need to be explained, depending on the context.

A hygienic latrine has some criteria. These are:

- Availability of enough water
- With a 2 pit system
- Without any bad smell
- Protected from insects
- With a proper drainage system etc.

A major issue is toilets getting submerged when there is tidal surge, as this not only damages the toilet, it also causes water contamination and spread of water-borne diseases. When questioned about their sanitation facilities, participants answered most of them have ring slab toilets. A ring slab toilet on its own is not an improved toilet until it fulfills the other criteria. It is important to be aware of this when lobbying and advocacy in terms of getting access to improved sanitary facilities.

After this explanation participants will give much lower numbers. In Bhola it then is 20% for the urban town and at village level it is much less, so in the whole island it may not be more than 10%. Despite these low figures for safe sanitation coverage, the situation ten years before was much worse.

Question: What do you think are the main concerns in sanitation for women, for men, for children, for elderly, for disabled people.

The responses are summarized below:

- In the village, a toilet is usually 5-10 meter away from a house, which is more problematic for women than for men.
- In the town, women have access to a toilet within their house or very close to the house, but in the village this is not yet the case. As a result especially pregnant women suffer.

- In the village, almost every house has a toilet inside for women. These toilets are kept clean most of the time. Also there are toilets for the community, which are used by men only. These toilets are not always cleaned properly.
- In every Upazilla, there is a cluster village for those who lost their land, and in every cluster village, there is 1 toilet for 20 families. This heavy use of one common latrine creates problems for women.
- In the cluster village, toilets are very far from some houses. As a result it is difficult for some women and elderly to go there at night.
- Public toilets are always dirty. Nobody is responsible for cleaning it and it breaks down very quickly.
- Usually women (70%-80% of the time) clean the toilets but some men also clean them. Usually men clean the toilet which is outside the homestead.
- Pregnant women and old people face severe problems regarding access to adequate toilets.
- Needs of disabled women and men
- Everybody needs a toilet
- Old people are more comfortable with a high commode, whilst for young people a low one is fine.
- New mothers also need a high commode, and close to the house.
- The toilet is dangerous at night for women
- In schools girls and boys need separate entrances to the toilets, and not right next to each other

Answers of participants about sanitation in general:

- For the wellbeing of the family and nature
- The toilet has to be clean
- We must be aware and make others aware
- For us, in de river, for men it is OK not to have a toilet, but women face a big problem
- The imam: I will push to have toilets for river nomads
- Fish-aquaculturalist: I have separate toilets for the workers
- Doctor: wash hands
- Yoghurt-maker: separate shoes for toilet and outside, separate toilets for women and men. Don't go to the toilet on bare feet.
- For all our wellbeing: clean toilets.

Question: Do you know of any advocacy work around here, related to water and sanitation, in favour of poor people? Are women involved in the advocacy work?

Question: Have any changes been achieved? Which examples can you give?

Question about sanitation facilities in schools: what happens if there are no separate toilets for boys and for girls in schools? (Think of Menstrual Hygiene management. In case it is not mentioned as answer, raise the topic)

Answers in Bhola were:

- The NGO is advocating to increase the allocation of budget for sanitation in the Union Parishad (UP) budget, and to include women in the budget committee;
- To install separate toilets for boys and girls in the school;
- To install public toilet in public transport routes;
- The budget allocation for sanitation in the UP's budget has been increased;
- The UP has included women in the committee;
- They organized an advocacy campaign on school sanitation;
- During menstruation girls do not go to school because of not having proper toilet facilities for them. So the government has planned to set up separate girls' toilet in every school with facilities for menstrual hygiene management (MHM).
- Sometimes there is a toilet but it is not clean. So girls do not use that and that has a harmful effect on their health.
- Sometimes there is no water supply in the toilet. So when the toilet becomes dirty nobody uses it anymore.
- Regarding sanitation facilities for disabled people, this topic is rarely discussed. Not only do physically disabled people suffer a lot from this, but also mentally challenged people. Even among the disabled, women face the biggest problems.
- In many local villages, toilets are constructed on a high platform to protect it from the damage during flood. Consequently elderly people face problems in accessing them. Also the low pan/vessel facilities set up by many villagers at home, for urgent toilet needs, are not suitable for them.
- Elderly people need a high commode, but this is expensive. Expensive means that it is a matter of priorities, if one can buy a mobile or even a smart phone, why could they not buy a high commode for their old family member. Even in the market a plastic chair with pan is available, which is not very costly. Poor people can easily buy that for old people.

Interactive Discussion round

Question: Do you think it is important to consider the priorities of marginalized people in IWRM and sanitation, even though they may form a minority³?

Question: Do you think about men, women, disabled and other groups of people separately when you carry out lobbying and advocacy work?

Then the participants are asked to give their feedback on the advocacy project and the coaching session, in an interactive round. Their response in the case of Bhola is summarized below:

- We are proud that the Watershed programme will work in Bhola on water and sanitation.
- We were not aware about gender issues and had not given them much importance. Today we learned a lot about it and we will use it in our work.
- The situation of sanitation in Bhola is very bad. We need real support to improve it.

³ This refers to the earlier example where out of 20 people, only 2 people face a problem in a situation

- Today we learned about safe sanitation and also understand how poor our sanitation services are. So we have to pay special attention to this issue.
- For balanced allocation of tube-wells and sanitary latrines, both NGO's and Government's attention is required.
- Many people do not know how to use the toilet properly. So educational institutions and the UP should engage in hygiene promotion activities. Also people should pay attention to this learning.
- Today we realised how gender issues are interconnected with water and sanitation.
- Today we have learned why it is needed to take account of everybody's issues, especially people who are excluded.
- When there are problems with water and sanitation women suffer more than men. Government and NGOs should pay attention to this.
- Our society neglects the needs and interests of women and children. Until we can ensure a women-friendly environment, there will be no real development.
- This workshop generated learning for us. We will share our knowledge with the people who could not join this workshop.
- We aim for equal distribution of safe water and sanitation facilities for men and women, poor and rich. We will convey this message to the higher authorities.
- Separate toilet for men and women, boys and girls is needed everywhere.
- Raising people's awareness on safe and adequate water and sanitation services is very much needed in the rural areas.

The facilitators thank the participants for their active participation.

Session 2: Recap of session 1, and Gender and WASH

Format programme Session 2 (to be adapted to the context and the participants)	
9.00	Prepare Venue for the Coaching session Fix the banner with the logos at the top Meet with participants, one by one at arrival (remember names from session 1)
9.30	Opening, welcome
9.40	Introduction-round: one by one the participants and the facilitators introduce themselves: <ul style="list-style-type: none"> - Name - Organisation - function in the organisation.
9.55	Introduction of the session: <ul style="list-style-type: none"> - Facilitator reads and explains the programme - Encourages the participants to interrupt and contribute. - Convince participants that the session has to be interactive and participatory.
10.10 – 11.10	Coaching session Recap of Session 1 Gender and Social Inclusion Core-issues of water management What do the participants remember? Who do the participants represent? Achievements of CSOs and changes noticed by the CSO members Participation in lobby and advocacy meetings
11.10 – 12.30	Group work Groups of about 5 or 6 participants discuss 4 questions: <ol style="list-style-type: none"> 1. Did the situation of WATSAN in your area improve? 2. Do you expect it to improve this year and in 2019? 3. What did you contribute to make it improve? (If it applies: In the afternoon the GWA team will meet with the DPHE officer. What shall we ask him/her?)
12.30 – 1.30	Presentation of group work in plenary session
About 1.30 p.m.	Closure

Opening

A reminder of last time's coaching sessions on gender and social inclusion and encouragement for gender responsive and socially inclusive lobby and advocacy for WASH and IWRM. The facilitators have visited different places and talked with many people to collect Information. So, this time there will be follow up. Then everybody introduced themselves.

After the introduction the session can start with an ice-breaking activity, for example about comparing the rainfall in different countries, and noticing the change in the weather patterns or climate. This influences the agriculture, and also fisheries. This change of weather has different impact also on different categories of people.

Then the participants are asked to listen carefully, participate in the session actively and take part in the discussion, since the time for the coaching session is very short. They are requested, that whatever will be discussed in the session, to use that information and tell it to the government duty bearers in time of lobbying and advocacy meetings.

Gender and Social Inclusion: a recap

Question: what can you remember of last time's session?

Subjects participants could recall are:

- In 80% of the cases, women are involved in water collection and preservation work, but women's participation in policy and decision-making regarding water is very rare. Government bodies, where policies are made, are highly male dominated. In case of sanitation, special facilities for the people with special need like pregnant women, children, elderly, and people with disabilities are missing in many places. If women and marginalized people's voice would be heard and taken care of in time of policy making, they would be able to get better access to water. Also, of the total fresh water in Bangladesh, 96% is used for agriculture and only 2-3% is used by the people for drinking and household work.
- Water and toilet facilities: marginalized people who are left behind
- Sanitation, cleanliness and the access to WASH for the people with disabilities
- Marginalized people, and how some people are getting a lot of water and some people are not getting enough water
- Toilet structures (high commode and low commode) and distance of the toilet which is very important for children, elderly and women
- Toilet facilities are not gender sensitive. No concern or not enough for the women
- Water and sanitation related problems in our country, especially in the rural areas, and women and girls are the worst sufferers of these problems. There are different institutions especially schools where there are no separate toilet facilities for women and girls. It creates various problems for them.
- Scarcity of safe drinking water is everywhere especially in the coastal areas. Reasons of these problems and how to solve those problems.

- The links between gender, water, and sanitation as well as use of water, sanitation and hygiene facilities by different groups of people.
- What is the percentage of people with access to pure water and safe sanitation; and what is the percentage of people without access of pure water and safe sanitation. What is the water, sanitation and hygiene situation of nomadic people and what kind of problems they are facing regarding WASH etc.
- Scarcity of safe water is increasing all over the world, also in Bangladesh and there could be a war for water. Weather and climate is changing and as a result of that, the number of natural disasters is increasing.
- The situation of water and sanitation facilities of the nomadic people: what is their problem and how can it be solved.
- Access to safe water and the problems in accessing it, and what kind of challenges are faced by not only the women but also the other vulnerable groups like people with disabilities, children and elderly people.
- Who are the marginalized people or vulnerable groups accessing WASH and IWRM services.
- How marginalized people or vulnerable groups are in disadvantaged position in terms of WASH and IWRM services.
- How much money is allocated for WASH in the annual budget of the Union Parishad; how much is for the poor and marginalized people; is the budget allocation in participatory way, or only the chairperson decides; how can there be gender budgeting and why it is important; etc.
- Water is scarce but we are wasting a lot of water. So one day there will be severe scarcity of safe water to drink. So, to keep the water available enough, we need to manage it properly.
- The discriminatory social responsibility of men and women in the society. Women are working a lot compared to men because of unequal power relations.
- Use of water in different sectors and the problem of sanitation among different groups of people like women, children, elderly, people with disabilities and others.
- How to preserve water and save the environment.
- How to include people who are not included and achieve the tagline “leave no one behind”.
- Gender issues of Sustainable Development Goals (SDGs).

After receiving the responses of participants, the facilitator reminds the participants of the water use in Bangladesh. She drew a picture and showed that among all the water in the world, only a little amount is fresh, and not saline. And in Bangladesh, of the available fresh water, 96% is used for Agriculture, 2% is used for industries and only 2% is for drinking and domestic purpose. Therefore, the availability of fresh water to fulfil the most important need is very limited. So, we need to preserve fresh water and use it in a sustainable way. Otherwise, there will be huge scarcity of fresh water for our next generations. Then there was discussion about the percentage of men and women water users in different sector. Participants responded:

Water use in Agriculture - 90% by men and 10% by women

Water use in industry - 90% by men and 10% by women

Water use in domestic use – 15% by men and 85% by women

Therefore, now if we see, women are responsible for collecting drinking water and using water for domestic purposes, which is most important for our survival. But if we see the decision-making level, 95% decision makers are men who makes decision about fresh water. So those decision makers need to listen to the women who are using a very small percentage of the water for very important purposes. They need to know what these women need and what they think about water management. Otherwise, there will be bad decisions made. How can they make a good decision, if they don't know what these women need? And, day by day, the fresh water is becoming scarcer and scarcer. So, this will be the women and girls who will suffer most.

Then the participants are reminded of the objectives of Watershed project which is “Empowering Citizens”, and activities all the partners and CSOs doing to ensure “Leave no one behind”. So, the participants are asked to think about the issues of the people who are left behind from WASH and IWRM services and raise those issues in time of doing lobby and advocacy so that the vulnerable will benefit and equality will be ensured.

Consequently, the discussion about SDGs takes place. The common goal of all the SDGs is “Equality for all” by 2030 which means, by 2030 all the people will be equal and will have equal access to everything. And it is not only in Bangladesh, but around the world. All the countries will be equal too. Then the participants were asked to say what they know about SDGs. What they say in brief:

- There are total 17 SDGs with 169 targets and a number of indicators.
- These 17 SDGs are the collaboration of all kind of issues to live well and equally.
- If we want to achieve these SDGs, we all need to work together to reach them.
- Since these SDGs talk about equality, we all would need to work for all groups of people especially people who are vulnerable like women, poor, nomadic, children, elderly, people with disability, and others.
- We need to find out what are the problems they face and how these problems can be overcome.
- We also need to think about our future generation's need.
- And to do so, we need to work in sustainable way.

Equality is very demanding and very challenging. Governments have to work a lot and Civil Society and all the people need to help the governments to achieve it.

Further the gender issues of SDG 5, 6 and 13 will be discussed because these three SDGs are closely connected with the Water and sanitation and IWRM.

Goal 5: Gender Equality and empowerment of women and girls

This one is the real gender-SDG but all other SDGs are also related to gender. In Bangladesh, the government is also developing indicators on this issue. Goal 5 speaks specifically to governments' commitments to: end discrimination and gender-based violence; eliminate child marriage and female genital mutilation (probably it is not conducted in Bangladesh); ensure



access to sexual and reproductive health care; protect women and girls' reproductive rights; eliminate gender disparities in education and ensure equal number of girls and boys go to universities and girls also go to vocational training that will increase their capacity; expand women's economic opportunities and recognize their rights to resources – access to land and other resources has to be equal; reduce the burdens of unpaid care work on women and girls. Unpaid care work is very important work. We have to care for this work and it is done by women. We have to share it with family, in the village. In MDGs, there was very little about gender, but now in SDGs there are lots of gender indicators. This equality is not only between men and women. It is amongst women, amongst men and amongst the country. As civil society, we have to help governments to achieve this goal in all sectors.

Goal 6: Clean Water and Sanitation for All

Access to water and sanitation is important for all. Globally 1.8 billion people are still without safe water (not contaminated), and 2.4 billion people still without toilets. These are very much gender issues. As we know, men are easy for going anywhere, but for women toilets are a necessity. It is very much needed. And that is the difference. That water is more important for women, because they bear the responsibility for it in the household, is known to you all.



Goal 13: Climate Action

In the rural areas of most developing countries, it is mainly women and girls who are responsible for fuel and water collection for their families. When water and fuel is scarce due to climate change (droughts, increasing salinity, deforestation) women and girls need to spend several hours a day trying to access water and fuel for their daily needs, losing out on income, education, and rest. Also, worldwide, of disasters, women and children are more than 80% of the victims.



Core issues of water management:

Main sectors of water use are: Water supply, Sanitation, Irrigation, Environment and Industries. In Bangladesh, 96% of usable/fresh water in the country is used for agriculture, 2% for drinking and domestic purposes, and other 2% for industries. Because of this scarcity of fresh water, everybody suffers but some people suffer more. These include the very poor, minority groups (religious, ethnic), people with disabilities, children, elderly and women, who cannot move freely or talk to decision makers. Therefore, while rainfall is becoming less in monsoon, ground water level is going down. If we have many years like this, then tube-wells will be empty, dug-wells will be dry, ponds will be dry, and there will be huge problem for the users of that 4% water. Therefore, being member of the CSO, you can make sure that the scarce water of Bhola is used in the best way for the people, for all the people. So the CSO is very important and special, because there is no such committee in all the villages.

Question: Why is your committee important and for whom are you working? Who is this committee (CSO) representing?

The responses can be:

Representing:

- Women
- Pregnant and lactating mothers
- Small entrepreneurs (yoghurt makers)
- Fisher women and men
- People with disabilities
- Minorities
- Journalists
- Marginalized people
- Students and teachers, especially girl students and women teachers
- All the people who suffer from corruption
- Midwives/traditional birth attendants
- Nomadic/Bede people
- Doctors
- Disabled children
- Imams and Muslim men
- Local government

Answers of Participants:

CSO's members are working:

- To ensure human rights of all the people and especially women
- To convince people to send children to the school
- To convince the UP chairpersons to give the elderly allowance to the elderly people
- To ensure women's access in fishing and in the market
- To look after the health of people and talk about good health
- To talk and write about the problems and difficulties of marginalized people
- To increase the allocation in the Union's WASH budget so that the need of the poor and marginalized people are met
- To raise the awareness about sanitation and hygiene including Menstrual Hygiene Management (MHM)
- To reduce corruption and establish the human rights of the people
- To ensure the rights of nomadic people especially nomadic women

Therefore, the CSO's members are representing all groups of people and working for everybody to ensure human and social rights.

Water and sanitation facilities are needed for everybody and the need is same for all. Poor-rich, women-men, able-disable, all groups of people have the same need of water and sanitation. However, the different people have different access. Everybody doesn't have the same access to water and sanitation. Some people have access to safe water and sanitation but some other people don't have. So, the need is the same but the access is different. Because the decisions are made mostly by the men at high level. But the need is mostly at the lower level. Because women

need water at the household level and marginalized people are out of sanitation services. So, their voice should be heard regarding WASH related decision making and that is what your CSO is doing. This Committee is giving voice to poor and marginalized people and will tell the higher-level decision makers about the needs of the poor and marginalized people. Subsequently, poor and marginalized people's problems and needs may be addressed by the government. And this is what the objective of Watershed project and this CSO is.

Achievements of CSOs and changes noticed by the CSO members

Question: Have any changes resulted from your efforts in this island? Can you give an example (one each).

Participants responded that they have some achievement or they were able to bring some changes. In Bhola these were:

- Some people, who belong to the marginalized categories, did get a tube-well.
- Some schools, with limited facilities of water, sanitation and hygiene, received better service from the government department and for some the process of improvement is ongoing.
- Different government departments took initiatives to construct toilets for the people who do not have and reconstructed the damaged toilets in different places especially in the schools. Also, in the schools they have arranged separate toilet for girls and boys.
- 500 deep tube-wells have been sanctioned from the government and now Upazila chairman, Union Parishad (UP) chairman and other government duty bearers are visiting different places with the CSO members to see where tube-wells are necessary and who the neediest people are. And they have committed that they will provide tube-wells accordingly.
- The Upazila Chairman, Union Parishad Chairman and other government duty bearers' mind-sets have changed. Now they are more aware about the problems and needs of the poor and marginalized people.
- The representative from the marginalized nomadic people went to the Upazilla Chairman's office and urged for a deep tube-well for the nomadic people living in Dhanias Union.
- A tube-well has been sanctioned by the Union Parishad Chairman for some families who are very poor and living close to each other.
- The general people are becoming aware about the use of water, and improve their sanitation and hygiene behaviour.
- Trying to inform the Upazila Chairman, Union Parishad Chairman and other government duty bearers about what gender and inclusion is especially in WASH.
- BWDB took the initiative to extend the area of embankment alongside the riverbank, to protect more people who live in the disaster-prone area under Dhanias Union.
- Bhola Sadar Upazila Parishad allocated 216,000 BDT for distributing sanitary napkins to 6,500 girl students in 49 secondary schools and madrassas from their WASH budget (fin. year 2018-19).

Participation in the lobby and advocacy meetings:

Question: who of you have been actively involved in advocacy meetings with different government duty-bearers or LGAs?

Not only the educated, influential and socially well-known people are doing lobby and advocacy work but also the people who belong to vulnerable groups. And, they told especially about the WASH related problems and needs (having tube-well and toilet) of marginalized people (i. e. poor women and men, people with disabilities, children, elderly, nomads, etc.) to the Upazila Chairman, Union Parishad Chairman and other government duty bearers. But previously it was the custom that only rich and influential as well as the relatives and well-known persons of the UP chairperson will get a tube-well, even if they already have one. However, the authorities are now working in a more gender sensitive and socially inclusive way, according to the CSO members.

Groupwork

The participants were divided in groups of 5 or 6 members, randomly and are asked to discuss the following questions mentioning some numbers and some details:

1. Did the situation of WATSAN in Bhola Sadar improve?
2. Do you expect it to improve this year and in 2019?
3. What did you contribute to make it improve?
4. In the afternoon the GWA team will meet with the DPHE officer. What shall we ask him/her?

All groups will discuss all the four questions through group work and presented their report in the plenary. The facilitators make sure that in the groups all members are allowed to talk, and not just one.

Empowerment approach

Though the main objective of the Watershed project is: Empowering Citizen, till now they have not received any coaching session where ‘Empowerment’ has been discussed in detail. So now that time permits, the four interrelated elements of empowerment are discussed in brief. These four elements are:

- Economic empowerment
- Social empowerment
- Political empowerment
- Social empowerment

All these empowerment elements were discussed in a participatory way. Participants are allowed to share their opinion regarding all those empowerment elements from their project’s context. See [Annex 2](#) for the explanation of the empowerment approach.

Closing

At the end of the leader of the CSO will be asked to give his or her opinion, others may also still want to say something, and the facilitators thank for the active participation.

Session 3: Gender, inclusion and advocacy for WASH and IWRM

Format for programme	
Time	Description
9.00 – 9.15	Opening and welcome
9.15-9.30	Refresh the introduction of all Each of the participants will again tell your name and your organisation.
9.30-10.00	Recap of previous two coaching sessions, what is the most important that you remember? One by one, you can tell what you remember.
10.00-10.10	Handout of Manual Gender, Inclusion and Advocacy for the Watershed Project, Bangladesh
10.10-10.40	Lecturette about Advocacy, gender and inclusion, as it is described in the manual of GWA.
10.40-10.50	Discussion and questions about the Manual, Session 1.
10.50-11.10	Recall the Group work of last time, which is a year ago. Then all of you had some demands for the next year. How have things improved?
11.10-12.10	Group work for Advocacy: groups of 5 or 6 participants From last year, choose one very important demand, which was not yet materialised, and which you want to discuss with decision-makers <ol style="list-style-type: none"> 1. Which is the important issue 2. Who makes the decisions regarding this issue? 3. Why is this issue so important? 4. What is your evidence? 5. Develop the advocacy message and talk that you will have with the decision-maker
12.10-1.00	Roleplay Group 1, 15 minutes, and 5 minutes for suggestions by the other group Group 2, 15 minutes, and 5 minutes for suggestions by the other group
1.00 – 1.15	Any other issues you want to discuss with GWA
1.15	Closure and thanks

Opening

The NGO and the facilitator welcome the participants. Most of you we see for the third time, some for the second time, and perhaps also somebody for the first time. We look forward to hear about your experiences especially related to WASH and other water uses.

The participants receive the programme, and the report from their last time Coaching on Gender and Inclusion. In refreshing the introduction of all participants, they are asked to tell their names,

organisation and the villages where they work. Then the participants are asked to recap of the previous two coaching sessions, what was the most important that they remembered one by one.

Manual Advocacy, Gender and Inclusion

At the beginning of the session, the Manual is handed out, in print. It was written mainly for DORP and Bhola. The manual has two sessions:

1. to develop training, and
2. to develop policies.

Because the NGO Network is not directly much active in policy development, we deal today with the first part only. The purpose of the manual is explained. The concepts gender, inclusion and advocacy are explained at length. The participants are asked to follow the manual. .

The participants are invited to read the text from the Bangla Manual, one by one a sentence. They read the three points important for advocacy from the manual are as follows:

- ◆ Identify target group, identify issues (should have to understand the political power and influence of the targeted people): clear objectives for different categories of targeted people
- ◆ Correct information: gender-disaggregated data
- ◆ What kind of advocacy activities
- ◆ How to plan the Action and
- ◆ strong allies with some inclusive attitude.

Each sentence gets explained. Then the objectives are read in the same way, so that all participants have a chance to read something aloud for the whole groups. One person reads one, the second person reads the second, etc.

It becomes more and more important that Gender and Inclusion is included in any advocacy work. Most policies in Bangladesh are gender-sensitive and inclusive, but in practices, the implementation of that policies is not inclusive at all.

In practice, in Bangladesh, the poorest people have no access to enough proper water supply and even less to clean toilets. In practice women's opinion is not listened to, especially not that of the poorest. In practice most of the new DTWs or toilets, are constructed for people who are better off, not for the poorest like disabled people, low caste, Bede and all poor women, fisher women, cluster villages, those who have lost their land to the river, and now live on the embankment.

Advocacy means that you are trying to influence the decision-makers, in a way, that they will give more attention to WASH for the poor women and vulnerable groups. How to make them more aware of the differences between people, whilst everybody needs water and toilets every day, rich or poor, women or men, etc.

The following advocacy issues are for advocacy in general, not just for gender and inclusion.

- ◆ Your action needs a clear objective: what do you want to achieve?
- ◆ And who is your target group?

- ◆ Make sure you have the right information, which is correct. For example, during GWAs first session we discussed the situation in Bhola about access to proper toilets, and how far women have to walk in the night in case they need the toilet. Nobody agreed with each other, all had different ideas about this. By now, I am sure this information is all available to you, and correct information, disaggregated by sex, and diversity.
- ◆ Get together with allies, who all have the same objective and can work together, such as this NGO-Network. Together you can give more power to your advocacy, then when doing this alone.

In the manual there is a session about campaigning: how do you carry out public campaigns, and also there is a session on Media work: how do you involve in media work? A media campaign can be very effective for advocacy. After asking the experience the NGO Network has with public campaigns and media, they are asked to read the detailed chapters at home, when they need it, and if they find them relevant.

The next part of the manual is about the level where you do advocacy. In your situation, it will be the level Bhola, as a district, and Bhola Sadar, as Upazilla, and Vedhuria and Dhanias Unions- for example.

There are different approaches for advocacy.

1. Directed at policies, when all people are aware of their rights. Then people can tell politicians that they are not doing their work correctly.
Perhaps in Bhola, not all people know exactly what their rights are, according to the policies of Bangladesh, then they have to be informed.
2. Empowerment Advocacy: women and vulnerable groups cannot practice their human rights. When women empower themselves they will speak up, and have a strong voice to demand their rights.
Empowerment is important for all development, and particularly for advocacy. Empowerment of poor women, but also of low caste people, of disabled people, of all vulnerable groups, because they themselves can explain about their own situation best, if they are empowered and policy-makers will listen to them. If policy makers, don't listen, empowered women can make them listen.
3. The third approach is similar, but with more involvement of the local government people.

The GWA team assumes that these advocacy approaches, and the objectives of advocacy are well-known to the NGO-Network members after three years of Watershed project. Still, it remains important to make sure that poor and vulnerable women and men, and third gender, are getting better WASH resources.

In advocacy you put the following steps:

1. Identify the problem
2. Identify the policy environment
3. Define the goals
4. Build coalitions and networks
5. Build credibility and trust

6. Identify targets
7. Which resources you have available?

All the steps are again explained, from a gender perspective, the way they are in the groups context, including the opinion of the participants. A programme can make a plan with a logical framework, including the gender issues, and the specific targets for vulnerable groups. She also asked the participants if with the leading NGO they made a Logical Framework for their advocacy work, included gender, and used reliable evidence.

Then, the participants are asked to look in the manual, to find some tips for training, and read the manual once again minutely. GWA translated the manual for them, so that they can use it whenever needed and relevant. Not for all NGO's it is relevant to have a manual, because they will not give training themselves. As the orientation on this module could only be a few hours, it is hoped they will read it themselves and they are invited to write to GWA by email about their opinion and queries of this.

Then the participants are asked to recall the group work of last time, they had listed demands for the next year, and what was the next year then, is now the present. They are thus invited to tell how have things improved from last year.

Choice between Role-Play and Listing Achievements

In the programme is the choice between group work about advocacy issues, to develop advocacy messages together, or do a Role Play, in which they can make the reality of advocacy into a nice theatre and drama.

In role plays women play men and men play women.

Role Play

Role Play Group 1: Advocacy meeting with the Union Chairman

Participants: Bede woman, Chairman, Lila, woman

Woman : there are no women at all in the the WASH Standing Committee.

Chairman: We try to include at least one woman in each committee.

Woman: Our daughters have no toilets in school, so they miss many days education.

Chairman: We have some budget for this purpose.

Woman: So next year that work will be done by you?



Bede woman : We are 80 families, and we have now just 1 toilet.

Chairman: yes, we have some fund for it.

After the comments by the audience, the group 1 does the same role play again, but now more realistic. For example: Again, you tell us that you will give more toilets next year, but it will never be done. Do you know how it is to share 1 toilet with 80 families? What, try to include? We see no women in the committee, what is the problem, of course you can include women, there are plenty of women who can do this. We ourselves can do this.

And: the chairman is very angry that the Bede woman dares to talk to him. She has to sit on the floor and in the back and be quiet.

Role Play Group 2: Advocacy meeting with the Union Chairman

Participants: woman of Citizen's Cie, pregnant woman, Tania, chairman

Pregnant woman : Sir, we have no toilet in Utarpara, what can I do, being pregnant, and also many others.

Chairman : Yes, what is this, 12000 people in my union, with 12000 problems.

Pregnant woman: But, it is our right to have a toilet.

Chairman: we will see if your problem is urgent, and we may help next year.

Pregnant woman: every year you commit, but nothing happens

Citizen's Committee woman: Please, let me explain to you, we talked with all the people in the ward, and collected information about health and the condition of water supply and toilets. We did social mapping, and I like to show you the situation in this, your, ward. It is very necessary that DTWs are placed for poor people, and better toilets, improved sanitary toilets, not just for the comfort of those people, but for the public health. We also found that in this union there is no separate budget for disabled people, and sir, you know they have different needs.

Chairman: yes, yes, we try to make all happy.

Comments by the audience: the pregnant woman was rather too vocal, to be realistic, but it was very nice to listen to the role play.

Achievements

After the long session on the manual, the participants are asked to tell about their achievements in areas of gender, water, and inclusion in their area, as a result of their advocacy work. This will be discussed in groups.

From last year, choose one very important demand, which was not yet materialised, and which you want to discuss with decision-makers

1. Which is the important issue
2. Who makes the decisions regarding this issue?
3. Why is this issue so important?
4. What is your evidence?
5. Develop the advocacy message and talk that you will have with the decision-maker

Here follow examples of achievements.

Achievements of CSOs and changes noticed since the previous year

- ◆ The budget of Unions for WASH was increased
- ◆ Separate budget for women in Vedula and Dhanu, in total for 9 budgets.
- ◆ Bede have now 1 DTW
- ◆ Also 18 new DTWs for the poor, of total 32 new DTWs.
- ◆ the Union Parishad of Vedula and Dhanu arranged the open budget discussion in both UPs.
- ◆ WMCC suggested the two UPs to paint the budget on their walls.
- ◆ Dhanu UP installed a Deep tube well for Bede (already reported last year).
- ◆ WMCC, in fifty schools of both unions, distributed six thousand sanitary napkins.
- ◆ One sluice gate renovated in Dhanu
- ◆ WMCC influences the UPs to increase allowances for disabled and elderly.
- ◆ In Dhanu, the WMCC arranged an annual meeting with marginalized people about the use of safe water.
- ◆ WMCC, in Dhanu and Vedula Unions, managed to install 30 DTW for marginalized people
- ◆ They also managed to hold Open Budget Discussions in 3 more Unions: Uttar Dighadia, Tolameya, and Delunia.
- ◆ In nine UPs, they managed to have an separate budget for marginalized, including women.
- ◆ Budget for sanitary napkins
- ◆ To ensure accountability and transparency, Unions were asked to paint budget on walls.
- ◆ They confirm all that is covered by earlier groups.
- ◆ At Bankarhat bazar in Vedula union, 1 toilet block for men and 1 toilet block for women and 2 DTWs have been installed.
- ◆ In West Ilisha union, DPHE installed a Pond Sand Filter (PSF) in a pukur.
- ◆ The toilets in the cluster village which we visited last time, had an underground pipe to the canal. But that canal was high so that pipe did not work. Now these pipes were cut, and instead septic tanks have been made, so that these toilets function again.
- ◆ In Dhanu, WMCC repaired two DTWs that were unusable before, in the Cluster Village that GWA visited last year (there were no working DTWs in that village).
- ◆ Fulal Jahan already started Rain water harvesting in her house.
- ◆ After GWA training, last year, WMCC identified some areas where needs were the highest.
- ◆ WMCC did meeting with DPHE, BWDB to assure that they will support them.
- ◆ WMCC also tried to motivate mass people to use rain and surface water instead of groundwater.
- ◆ Sluice gate
- ◆ They also make 200 meter (feet) long drainage system at Bankerhat bazar in Vedula.
- ◆ WMCC also planned for a meeting with DORP what to do in the next year. When planning, remember the list of sequence of activities, as mentioned in the training today: 1. Problem identified, 2. Target group, etc.

Closure

The session is closed with a group photograph and with mutual thanks and handing out snacks.

Session 4: Gender, WASH and Epidemics as COVID-19

Pandemics, epidemics and Corona Viruses

Over the centuries many contagious diseases have spread over countries and even over the world. An Epidemic is such a contagious disease which remains in one region, for example a country, whilst a pandemic spreads much wider, even over the whole world.

Now the corona virus, a new fatal virus is spreading everywhere, and also in Bangladesh since February 2020, causing the disease called COVID-19.

Question: Have you heard of epidemics or pandemics before, in your lifetime, or perhaps from before your lifetime?

The current pandemic is a virus. It infects people, regardless of the city or village, men or women, and children or old aged, and spares nobody. To be able to avoid to be infected one-self and to try not to spread the disease even more, it is important that we learn about it: What is this virus, how does it affect the human body, and how we can we protect ourselves from getting it are some important matters we need to know, inform and understand.

We need to know that because this virus is new, also the scientists do not know everything, and each day more or different knowledge is found out. Therefore, it is important to keep informed, because what first was thought to be a fact, a few months later is contradicted.

Question: Did you get information about the corona virus and what you have to do? From whom did you get information?

Make sure you get information from trustworthy sources, reliable newspapers who publish what reliable institutes and experts say. Do not believe just everything what some people say, especially those who want you to buy something, which they say will prevent you from getting it. Till now (July 2020) there is no medicine and no vaccine. Better keep money for healthy food than for fake medicine, which may do you harm.

Question: Did anybody try to sell you some medicine? Did anybody tell you strange stories about this corona disease COVID-19?

For example, various antibiotics maybe very useful if you suffer from a bacterial disease, but they don't help at all against a virus infection. Even doctors don't know everything yet, so it is important to listen to a doctor, but also use your common sense.

Some facts about the corona virus

COVID-19 is an infectious disease caused by the corona virus, a new virus which spreads and is transmitted through droplets of saliva or discharge from the nose when an infected person coughs or sneezes or exhale these droplets. Most of the time these droplets are too heavy to

hang in the air, and quickly fall on floors or surfaces. But sometimes, in closed spaces with many people, it seems that the virus aerosols (very small droplets) keep hanging in the air, and infecting lots of people.

You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by being in such a closed hall, or by touching a contaminated surface and then your eyes, nose or mouth.

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate respiratory illness (nose, throat, and lung) and recover without requiring special treatment or without hospitalization.

Other people get the disease in a much more serious form, including severe acute respiratory syndrome, which means that they can hardly breath. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

Source: WHO and John Hopkins Medicine

Apparently children are not easily infected, and there is evidence that they may transmit the virus, but not very much.

After infection it may take up to 14 days before the symptoms start showing.

Question: What are the main differences between COVID-19 and regular Influenza?

Answers would include: COVID-19 is much more contagious, it is a bit more deadly, the symptoms are not the same: with corona the patients cannot breath.

Corona virus Symptoms

Question: What do you think the symptoms are of the COVID-19? How can you know that you are infected?

As of now, researchers identified some symptoms of COVID-19 as below but not limited to:

Most common symptoms:	Less common symptoms:	Serious symptoms:
<ul style="list-style-type: none"> -fever -dry cough -tiredness 	<ul style="list-style-type: none"> - muscles aches and pains - sore throat - diarrhoea - high fever - headache - loss of taste or smell 	<ul style="list-style-type: none"> - difficulty breathing or shortness of breath - chest pain or pressure - loss of speech or movement - very low percentage of oxygen in the blood

If the above- mentioned serious symptoms show up, the WHO suggested seeking immediate medical attention and call the doctor, before visiting her or his practice or other health facility. People with mild symptoms who are otherwise healthy should manage their symptoms at home. First it was thought that the disease would take a week or two, but slowly but surely it can be said that the illness takes much longer, even 4 weeks.

Those who have had serious symptoms, and still get better, take a long time to recover completely, it is not yet known how long the lack of energy remains.

Question: Do you know anybody in your circle of family members and friends and neighbours who did get COVID-19? Did he/she recover? How long did it take? And is she/he really better now?

Those people who are admitted in the intensive care unit of a hospital (IC), stay there often for a long time, even 4 weeks, and then take very long to rehabilitate.

To be sure one suffers from COVID-19 and not from influenza or a different illness, the patient has to be tested, but tests are not available everywhere in large numbers. Usually the patient and the family know that the illness is COVID-19, but the patient is only counted in the statistics when properly tested positively (Positive means that the person actually has the virus).

Measures to be taken for prevention

Since the virus is highly contagious (infectious), and no confirmed medication is available to treat the disease yet, and there is no vaccine yet to prevent the infection, the best way to keep ourselves safe is by stopping the transmission and spread of the virus.

Question: What do you know about prevention of being infected, and of prevention to infect others?

Apart from clinical treatment guidelines of the Ministry of Health and Family Welfare, Bangladesh, the Ministry of Foreign Affairs also prepared a Corona prevention and management guideline⁴, which suggested three preventive measures as follows:

- A.** The virus spreads from human to human. To prevent this transmission.
 - a. Stay Home, unless medically required to go out.
 - b. Maintain personal hygiene with frequent hand washing with soap (20 seconds each time), shower, avoid touching eyes, nose or mouth with hands, and ensure cleanliness of the household.

⁴ If this Coaching manual is used in other places and other times, the guidelines need to be adapted to the actual situation.

- c. Practice social distancing (at least 1 metre⁵ or 03 feet distance from others).⁶
- B.** The virus may remain active or dormant on surfaces or household items for a considerable period. So far, scientists couldn't surely confirm as to the duration of it but the spread of transmission can be prevented by:
 - a. Cleaning frequently touched surfaces and objects (e.g. tables, computers, phones, countertops, light switches, doorknobs, and cabinet handles using a regular household detergent and water. Some surfaces many times per day, depending on the use of people.
 - b. Disinfecting these surfaces by using alcohol-based disinfectants or commercially available bleaches.
 - c. Not touching these surfaces as much as possible.
 - d. Frequent hand washing for 20 seconds at each time.
- C.** Practising healthy lifestyles, taking balanced and nutritious diet can boost body's immune system to fight against this infectious disease. Please note the following:
 - a. Control your underlying co-morbid conditions, e.g. diabetes, high blood pressure, heart disease, lung disease, kidney disease.
 - b. Take nutritious regular food with fruits and vegetables. Do simple physical exercise.
 - c. Drink plenty of water.
 - d. Have enough sleep (usually for an adult 6-8 hours should be enough)
 - e. Remain stress free.

Source: Guidelines for Mitigation Measures to Prevent Sufferings from Coronavirus Infection, Ministry of Foreign Affairs, Bangladesh, page 2

How Coronavirus affects men and women and marginalized people differently.

Corona virus or Covid-19 affects people indiscriminately not in terms of their health, from rickshaw-puller to business magnet, people from all sections of society are getting sick with the Covid-19. In most countries more men are registered as having died from the illness, but at higher ages the number of women is larger. So far, this is still unclear why men are more affected than women by Coronavirus.

⁵ In some other countries the distance is prescribed as 1.5 meters or 5 feet, and again in other places 2 meters or 6,6 feet)

⁶ The droplets generally do not travel more than a few feet, and they fall to the ground (or onto surfaces) in a few seconds — this is why social and physical distancing is effective in preventing the spread.

Question: can you think of a reason why more men than women die according to the statistics?

Some experts think biological sex differences may play a role while women's innate immune system is more powerful than that of men. Women can have a strong immune response to any infection. Some experts also think, because of men's different lifestyles (more exposed to public places and more smoking and alcohol consumption) and risk-seeking behaviour (macho attitude to any disease) and chronic conditions like Coronary heart disease, lung disease, put them at high risk of Coronavirus infection. In many countries of the elderly the majority is women, so there also the number of victims are more women.

There could be some more reasons that more men infected than women are as follows:

- As there are very few testing kits, and only the minority is tested. Perhaps more men are tested.
- In more macho countries, where health care has to be paid for, such as Bangladesh, women will not even be taken to hospital, whilst men will. We can say, if there is money for one person, then it is for the man. Like that he may be registered, and she may also die, but is not registered.
- Men's mobility is more, they go to mosques, markets and meetings, where they pick up the virus. They will also bring it home, but first they get the full blow. The more virus you have inhaled, the worse the attack, it is now said.

Although the immunity system of women works differently than that of men, and more men are registered as dead, nowadays many women are also more victims in many countries like the Netherlands and Canada, those who take care of patients and old people, they often get infected because of the lack of proper protection material, more women health workers, midwives and nurses are dying now. Also these elderly people who they care for are more women than men.

Further: reading all the regulations for prevention of spread of the corona virus, it is clear that for some people this is easier than for others. Not everybody can keep distance, and not everybody can wash their hands regularly, many times per day. Also not everybody can stay at home.

Question: For which people it is not possible to stay away from other people?

For example: Elderly and disabled people, who need help when moving somewhere, for example to a tap for washing or to the toilet. They need to be helped by somebody.

Question: For whom it is not possible to wash hands with soap 20 seconds, many times per day?

For example: Not everybody has access to lots of water close by. Women and girls have to fetch water, there is a limit to the number of buckets they can carry per day, and that they are allowed to take from a tube well. Furthermore, they are supposed to stay at home.

Some workers are not allowed by their boss to wash hands regularly.

Question: For which people it is not possible to stay at home?

For example: Many men and women are not employed and do work for which they need to look daily and get paid per day. No work, no food. We already mentioned women and girls who have to go out for water, not everybody has a hand pump nearby or a tap in the house.

People with enough money can buy enough food to stay in the house for a week or two, but poor people can't.

Socio economic and political effects of Covid-19 on women and marginalized people

Women and girls are among those who suffer most during emergencies like the Covid-19 outbreak.

While coronavirus infection spares no one, its socio-economic impact can reinforce discrimination that women and girls already face at home and work.

Question: Can you think of situations and reasons why women and girls suffer more?

Question: Which other groups are hit hardest?

Question: How is this corona-crisis for children?

For elderly?

For homeless?

For minorities?

- The poorest are hit hardest, such as men and women day labourers, migrant and domestic workers, ethnic minorities, transport workers, river nomads, sex workers, micro-business owners, and other small earners in a family. They not only suffer from economic losses but also have to survive with less food, nutrition, and health security. Also people of the poorest areas of the country who in better times already have worse health.
- Like in any disaster, girls' and women's needs are largely unmet and have less power in decision making around the Corona outbreak, such as on health expenditure for herself and the family members.
- Children have reported less impacted by COVID-19 than adults, but their education may be interrupted, more girls than boys suffered for this interrupted and disrupted education, which may lead to permanent drop out of the schools. Millions of these girls are living rural Bangladesh, where getting an education is already a struggle in the best times.
- During Corona outbreak and lockdown, millions of poor families and little earning families face economic stress that can put children, and in particular girls and women at greater risk of exploitation, child labour and neglect.
- **Gender-based, domestic violence is much worse in times of lockdown, when there also is no escape possible.** Reported cases of domestic violence and rape cases have been 13% higher in the past few months. Also more girls and women committed suicide.

- Men may be a bit more often the victim of the disease, women have to make sure that the men are fed nutritious food, have to care for them, which has resulted in two to three times higher physical and psychosocial pressure for women, than before corona.⁷
- Children are also at risk of psychological distress at times of crisis, when they are not allowed to go outside of the home.
- There is a lot of news about increased corruption, in buying and selling scarce necessities such as corona-tests and protective clothing.

Summarizing: those who already are vulnerable in the best of times, are hardest hit in times of epidemics or pandemics. Effects of lockdown and other preventive measures, how necessary they really are, may be more serious than the disease itself. Let's all do our best to stay healthy, not get infected, and not infect others.

Keep distance, stay home when you have symptoms, wash hands, avoid busy places.

Other diseases, epidemics and pandemics

It is important to learn from this corona-crisis for other diseases which still may spread over the world in the future. Not all viruses are quite so contagious as COVID-19, but keeping more distance between people, when possible, also prevents the spread of other diseases. Washing hands more often than before, is a very good measure against spread of bacterial diseases too.

Some diseases that have arrived recently, seem to become endemic (constantly present in a country), such as dengue and chikungunya and from longer ago: malaria, all spread by mosquitoes, and very serious killers.

Various issues and necessary action from a gender perspective⁸

Question for group work: What can be done in your area to deal with the most serious influences of the corona-crisis such as violence against women, so called suicides by women, increase in child marriages, and loss of employment.

1. To deal with the actual situation of women and girls suffering most from the lockdown and the corona-virus measures, it is most important that **women are involved in the planning and implementation of epidemic- policies.**
2. To deal with **domestic and gender-based violence** in various countries an app was produced, from which women can easily report their fearful position. Poor women have no smartphone and no skills to use apps. Innovative solutions are required. Locally in rural as well as urban areas, leadership should be aware of the tricky side-effects of lockdown, and be active in discussing the subject and arresting the criminals. Violence against women is a crime, not a cultural tradition.
3. Women get less information by telephone and television, and men are known not to inform women about subjects that are more important for women. Because women are responsible for hygiene in the house, it is important that they are informed properly by local CSOs and NGOs what the necessary hygiene measures are to avoid spread of the disease.

⁷ BRAC's Rapid Gender Assessment of the COVID-19 situation, 2020.

⁸ This is not necessarily part of the Coaching session of a few hours, but some of the issues have to be discussed.

4. Surveys show that women have less opportunity than men to see a doctor. Women have less coverage by health insurance. Policies should take this into account.
5. Hijra (3350) and sex-workers (150,000) in Bangladesh have lost all their income opportunities.
6. Twice as many women as men have reduced their food intake because of less income.
7. So far, sex-workers and ethnic minorities are not included in the list of relief-distribution.
8. It is reported that child marriage and trafficking increased after Amphan cyclone and during the corona-crisis.⁹
9. A study by the United Nations Women's Regional Office for Asia and the Pacific¹⁰ found that women in the region are being disproportionately affected by the pandemic. Women are more likely to lose hours at work, experience higher levels of stress and have less health insurance than men on average, the study found.
10. In case of government support to those who have lost their employment, it was found by the previously mentioned study of May 2020 that In Bangladesh, women in formal employment are almost six times as likely to work fewer hours than their male counterparts since the outbreak of the virus. Many women lost their work in the informal sectors too.
11. To develop policies to support people who suffer economically, physically and mentally from the crisis, it is crucial that women are involved in decision-making institutions and committees.
12. The World Bank wrote a policy note Gender Dimensions of the COVID-19 Pandemic¹¹. Some of the key issues are repeated here. For example: most care-givers are women (70% worldwide¹²): ensure that all necessary protective equipment is available for them, and that they have received training in its use.
13. Since it looks like that more men die than women (this has to be confirmed), for the remaining widows who were dependent on the income of their husband, it has to be ensured that they are looked after.
14. If health care focusses on corona, the other health care needs of especially women may not be available, such as care for pregnant women, maternity wards, reproductive and sexual health services. A minimum of such services should remain available.
15. NGOs are very important in times of crisis, to reach the people who are hard to be reached, especially women, who lack information from other sources. Many NGOs have lost part or all of their funding, whilst they need more. Governments and Development banks provide enormous amounts for large industries and companies. NGOs should get their fair share¹³.
16. NGOs also have an important task in protecting women against domestic violence. The funds they need for this work does not seem to have priority of most governments.
17. Elderly women are often important care-givers in the families, they are also often victim of violence. In the corona crisis they have lost part of their income, and often their lives¹⁴.

⁹ Reported by TORONGO (points 5-8)

¹⁰ Points 9-11: <https://theprint.in/india/less-working-hours-higher-stress-drop-in-income-un-survey-shows-how-covid-affected-women/455432/>

¹¹ Points 12-14: <http://documents1.worldbank.org/curated/en/618731587147227244/pdf/Gender-Dimensions-of-the-COVID-19-Pandemic.pdf>

¹² <http://www.socialwatch.org/node/18497>

¹³ Points 15-16: <http://ecwronline.org/wp-content/uploads/2020/06/English-summary-Supporting-NGOs-for-Women-in-Times-of-the-COVID-19-Outbreak.pdf>

¹⁴ <https://www.un.org/development/desa/ageing/wp-content/uploads/sites/24/2020/05/COVID-Older-persons.pdf>

18. With all the attention for prevention of infection by the corona virus, it is often forgotten that access to clean water supply is a crucial condition for the necessary hygiene. It is mostly forgotten, because water is the responsibility of women.
19. In many places it is necessary to pay attention to the fact that relatively many more peoples of minorities die, they do also a lot of the lower but not less crucial health care and cleaning work, and work in other risky sectors. The root causes of this inequality need to be tackled, and this is a good time to do so.
20. The data that are collected about corona cases, deaths, recovered, etc., need to be gender-disaggregated.
21. Increased vulnerability leads to increased human trafficking. Governments at all levels need to be aware of this, especially during the corona crisis¹⁵.
22. Women with disabilities are always at risk, but in this crisis even more so¹⁶.
23. In Australia, the indigenous population has been effective in keeping corona at very low numbers, because more attention for health awareness.

¹⁵ <https://globalinitiative.net/wp-content/uploads/2020/06/Aggravating-circumstances-How-coronavirus-impacts-human-trafficking-GITOC-1.pdf>

¹⁶ <https://www.un.org/development/desa/dpad/publication/un-desa-policy-brief-69-leaving-no-one-behind-the-covid-19-crisis-through-the-disability-and-gender-lens/>

Session 5: Gender and Disaster Risk Reduction and Climate Change

Introduction to climate change

The climate in this world is changing. There is a difference between weather and climate. The weather is how temperature, humidity, wind and rain are per day, and the climate is the pattern of the weather over the years.

Question: have you noticed that the climate is changing in your area?

How do you notice it?

What are the most important changes, compared to long ago, for example, compared to how the climate was in your youth.

And what does your grandmother or grandfather tell you about the change of climate?

The climate changes as a result of increasing emission of greenhouse gasses, such as CO₂:

The average rise in temperature

Droughts become more frequent, and last longer

Irregular weather patterns: unpredictable weather

Rains become heavier, rainy seasons are less predictable, shorter or longer, or they turn into torrents with flooding.

Earlier such differences would also occur but not quite so often, and not so extreme and not all over the world.

Results of Climate Change

Question: Can you (each) mention one result of climate change?

For example:

- Increase in number of disasters;
- Some crop varieties get lost , especially crops that used to grow without irrigation, now do not survive the longer spells without rain;
- Certain animals will get distinct;
- Some insects start to dwell where they could not survive before, for example, because it was too cold for them. These insects can become dangerous pests, because in their new area they have no natural enemies;
- Some problems we have not yet foreseen;
- By melting of ice-caps the sea level rises and some low-lying land is drowning;
- Surface water and groundwater becomes saline;
- The oceans warm-up and important marine life changes, some die and some do better, disturbing the natural balance;
- The warmer sea water emits other greenhouse gases, which again speeds up the global warming.
- Trees may die leading to desertification.
- Etc.

There also is a serious impact on people: those who already were vulnerable, may not be able to adapt to the new situation. The well-off people will manage to create a living for themselves, just as well as before. They are resilient.

Gender aspects of Climate Change

Question: Who will suffer most from Climate Change, in your area?

- Vulnerable groups and poor women will find fewer chances to cope with disasters, caused by climate change;
- Women and children are more vulnerable: women because of their reproductive functions, and children because of their vulnerable stage in life, halfway their physical development;
- Elderly people who cannot look after themselves, and who cannot move easily, have no access to water, fuel, shelter, etc. ;
- The vulnerable people don't always get information in time, they may lack information, needed, to act timely;

Mitigation: Protecting the climate from the people

Most CO₂ and other greenhouse gases are emitted by large industries, large consumers, traffic and livestock. In Bangladesh the emissions of CO₂ and GHG are high, but considering the large population, the emissions per capita are low. On top are Australia and USA, the richest countries in the world. See the diagram.

To protect the climate from these many emissions of people, is called mitigation: to prevent such massive emissions.

Question: How can emissions of CO₂ and GHG become less?

For example:

- By use of different energy: solar energy, wind energy, hydro-power, instead of coal and oil and gas;
- By keeping fewer cattle, so by eating less meat and milk products, and more vegetables and pulses;
- Mostly in the rich countries the emissions are high per capita, but also in for example Bangladesh emissions could be lower: instead of cooking on wood fuel and crop residues, cook on solar energy. That will save a lot of smoke that harms not only the climate also the women in the kitchens. Gas would also be much better than wood and straw.
- Use crops that don't need to be cooked a long time;
- Keep less cattle, rich people. Also in Bangladesh could eat less beef and other meat;
- Many people are not aware of the causes of climate change: awareness raising is important.

Adaptation: Protecting the people from the climate

Like the climate has to be protected from what people do, also the people have to be protected what the climate and extreme weather does to them. This is called adaptation.

Earlier there also were climate induced disasters. It is important to remember how in the old days villagers would cope with disasters.

Question: what were the traditional ways of coping with floods (and droughts) in your villages?

Who did take the lead?

How were women involved?

What was the division of tasks?

Who looked after vulnerable groups like old widows living by themselves?

Storms and floods:

Worldwide of victims of floods and disasters 80% are women and children (UNDP, 2016);

- Women don't like to go to Cyclone shelters, not to leave the house and their properties;
- Women don't feel comfortable in cyclone shelters: no toilets for them, no safe place;
- Women often can't swim;
- Women with their traditional cloths, with long dresses and shawls, get stuck in bushes;
- With cyclones the ponds also are filled with saline water, making it more difficult to get fresh water;
- Even the groundwater becomes saline in coastal areas;
- Also during cyclones and floods, women remain responsible to get water for the family;
- Agriculture is turned into aquaculture: no fresh vegetables, no trees, no fruits
- Men lose their work and go to cities or mines or factories, leaving women, children and elderly behind without income;
- Loss of biodiversity and of crop-varieties

Droughts:

- Women and girls are responsible for water in the house, but the wells are dry
- Women have to walk far to find water for the household, and for the livestock
- Often men still use the groundwater for agriculture, whilst the dug wells for domestic water are already dry
- Vulnerable groups like elderly and disabled people are not able to go far for water
- Technology is often gender-blind

Adaptation: Protecting the people from the climate

Building resilience to the impacts of climate change:

Recognition of women's work and their needs to be able to do that work

Rain water harvesting

Separate women's toilets in cyclone shelters, and spaces for women, that can be locked

Awareness raising of men and women

Varieties of rice and vegetables that are resistant to salinity

Reforestation with mangrove trees all along the coast

Employment opportunities outside agriculture or aquaculture

Construct toilets and water supply that can stand floods

When developing technology remember the different users

[See the diagram on next page](#)

Gender, disasters and adaptation

- ◆ CC is not a gender neutral process: drought increases the time women spend in water collection and in flood prone areas sanitation is a major concern.
- ◆ Sea level rise is accentuating salinity intrusion affecting agriculture and water quality.
- ◆ Changes in the distribution of rainfall have affected food security forcing many to migrate of find different means of livelihood.
- ◆ Sex-disaggregated information on impacts of climate change, disasters and conflicts will deepen our understanding but its collection is still limited.
- ◆ Adaptation is not merely coping with the unpredictability of climate. It is the capacity to shift strategies and develop systems that are resilient but flexible enough for vulnerable communities to respond to change.
- ◆ Building on traditional knowledge and with access to financial resources, new skills, and social networks, women are at the core of adaptation.

Disaster preparedness, gender and inclusion

- ◆ The degree to which poor women and men with no resources are worse affected by climate change impact are partly a function of their social status, gender, poverty, power and access to and control over resources.
- ◆ Though there has been a significant decrease in disaster-related deaths in Bangladesh, different studies reveal the fact that women, boys and girls are **14 times more** likely than men to die during a disaster. In 1991, during the cyclone disasters in Bangladesh, of the 140,000 people who died, 90% were women.
- ◆ Women are less empowered physically, socially, politically and economically and are hence less able to cope with the increasing vulnerabilities. They are more at risk of storms, floods, droughts and saline water.
- ◆ Drawing on women's experiences, knowledge and skills and supporting their empowerment will make climate change responses more effective.
- ◆ School attendance of girls decrease as they require to help their mothers during post-disaster scenario and need to engage with re-building of household and life due to increased burden of work.
- ◆ More and more Cyclone Shelters are constructed, but many still have no separate rooms and toilets for women. Many Cyclone Shelters lack functioning facilities all together.
- ◆ Special emphasis needs to be given to safety, security and privacy of women, adolescent girls, pregnant women, differently abled and elderly women as stated in the policy.
- ◆ After the cyclone warning, men prepare to go to the Cyclone Shelter, whilst some women have told to prepare to die: they put on more cloths, and tie their sarees tightly, not to show skin after death.
- ◆ Most women have not learnt to swim, whilst boys all learn it.
- ◆ To develop an effective strategy for disaster preparedness, it is important that traditional ways of preparing for disasters are combined with new technologies. Local men and women, who know the context, the region, need to be involved in developing the strategy. For this integrated and inclusive methods are known to be successful.

CLIMATE CHANGE and GENDER

1. Mitigation: protecting the climate from the people

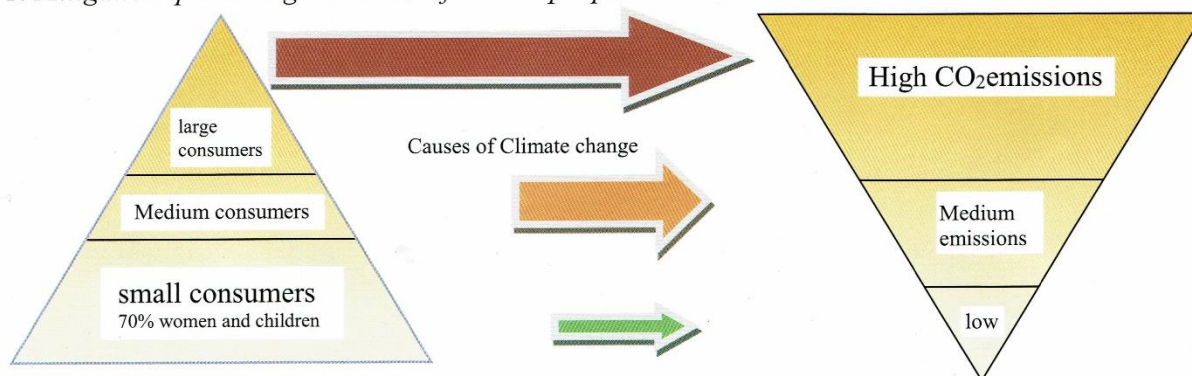


Fig.1: Different consumers' relative impact on climate change

2. Adaptation: protecting the people from the climate

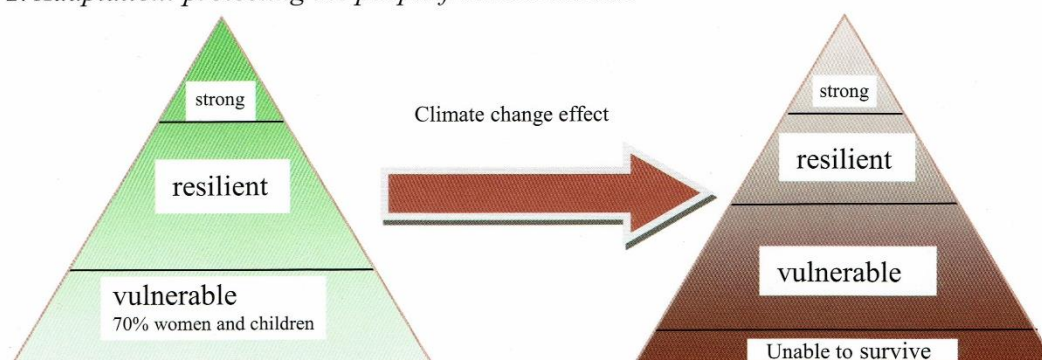


Fig.2: Effect of climate change on the division of the world population

Those who add most to emissions that cause global warming are the over-consuming rich people, in rich and in poor countries, who suffer the least of the impact.

Those who suffer most from effects of global warming (such as floods and droughts) are poor women, children and men who cause few emissions.

Very rich people are mostly men. Very poor people are mostly women and children.

Fig. 3: Emissions of some countries in percentages of global emissions (2009/10, Wikipedia, WRI World Resource Institute):

Country	% of global emissions CO ₂ = tonnes of Green House Gasses	Population in 2010 In Million	Average Tonnes GHG per person	Remarks
Australia	1,3 % = 378	22	17	Highest of all
Bangladesh	0,3 % = 87	149	0,6	Within countries poor people cause far less emissions than rich
Canada	1,8 % = 524	34	15,4	
China	23,6 % = 6868	1,340	5,13	Lots of emissions are for products consumed in the West
Germany	2,6 % = 757	82	9,2	
India	5,5 % = 1601	1,182	1,37	Lots of emissions are for products consumed in the West
The Netherlands	0,5% = 145	17	8,5	
USA	17,9 % = 5209	309	16,9	
World	100 % = 29100	6,448	4,5	

ANNEX 1

Subjects for coaching:

1. Water scarcity in this world, in Bangladesh, in Bhola: certain parts of the year or all the time?
2. Who suffers from water scarcity?
3. What are different water uses?
4. Which categories of people are most interested in these different water uses?
5. Which is the most important use of water?
6. Do you know the National Water Resources Plan? And the Water Act 2013?
7. List of priorities in water use by GoB.
8. Who is responsible for drinking and domestic water in the house?
9. Who uses water for agriculture?
10. Who needs water for aquaculture?
11. And for fisheries?
12. And for livestock, cattle, poultry?
13. Who are the polluters?
14. Who suffers from pollution?
15. This Watershed project has as subtitle: Leave no one behind, safe water for all.
16. We have now discussed the safe water, and who are “all”?
17. People are not all the same: Mention different categories of people.
18. Who of these people have easy access to safe drinking water? And who of them have to do a lot of effort, or spend a lot of money, to get safe drinking water?
19. Same question for improved sanitation, and hygiene in the house.
20. Time use: the work of women compared to the work of men on an average day. See the 24 hours-circle of our Aquaculture Study.¹⁷
21. What is empowerment: for people to improve their situation, especially individual.
22. These are some easy points which you need for advocacy and for asking attention of decision-makers for the needs of all: women, men, boys and girls, elderly, rich and poor, fisher people, farmers, minorities, those with disabilities, Muslims, Hindus, those in cities, and those in villages, , etc.

Summarised the crucial themes for the coaching are:

1. Scarcity of water: different uses
2. Division of work related to water
3. Different interests of women and men, of vulnerable groups
4. GoB water policy
5. Leave no one behind
6. Time use of women and men on average days
7. Key issues you need to know for advocacy, to convince politicians and decision-makers

¹⁷ We should bring a few of the TE posters. For example the one on time use.

Annex 2: The Empowerment APPROACH

Empowerment, 4 elements

Empowerment is a process of improving one's position, gaining self-confidence for individual development as well as to contribute towards development of others. It refers to increasing the economic, social, political, physical strength of any individual or group. Empowerment is not only of women, but also of men and of children and of minorities and vulnerable groups.

- 1. Economic empowerment:** is about the right to relevant educations and to choose one's subject of schooling. It also deals with the right to work that one enjoys, and the same income for same work for women and men, access to relevant resources, assets, land, money, water, etc. One's work must be recognized. The right to decide about spending benefits and income belongs under economic empowerment. Economic empowerment is important but not enough. The other three forms of empowerment are necessary to turn economic progress into real empowerment.
- 2. Social Empowerment:** is about a positive self-image, and a high social status. How does the society see you, as one of this particular category? Increasing one's positive self-image and overcoming stigma is part of social empowerment. To take part in decision-making, and to make one's voice heard, so that one's voice is making a difference. Also here access to education and to information is important. Freedom of movement and mobility in a safe and secure environment is a condition for social empowerment.
- 3. Political empowerment:** entails the right to organize one selves, for example in Water Management or Farmers' Groups, it also is the right to vote and to be voted for, in general to take part in democratic processes. Decision making power and leadership qualities are important for political empowerment. Also access to information, and above all to live under rule of law: to be able to utilize the institutions that are meant to protect the citizens.
- 4. Physical empowerment:** is of great importance. All economic, social and political empowerment becomes without meaning if physically the basic conditions are not fulfilled. These are amongst others, the right to decide about one's sexuality and about the number of children and spacing between them, family planning methods and use of contraceptives. It also is necessary to have right to proper healthcare, recreation, choice of food, and physical mobility. Most of all access and right to clean water, sanitation facilities are important. The ability to resist violence, the right to safety and security, are steps towards empowerment.

All the four elements of empowerment are interrelated and together they indicate the degree of empowerment of an individual or group. So, for example, just being educated (socio-economic empowerment) on its own does not mean a woman is empowered, if her husband does not allow her to work after marriage. Groups and individuals (not only women) who are on the lower side of the hierarchy, empower themselves if they are convinced, and if they are able. Empowerment means to be proud of one's own identity.