

Participatory Research Activity Guide

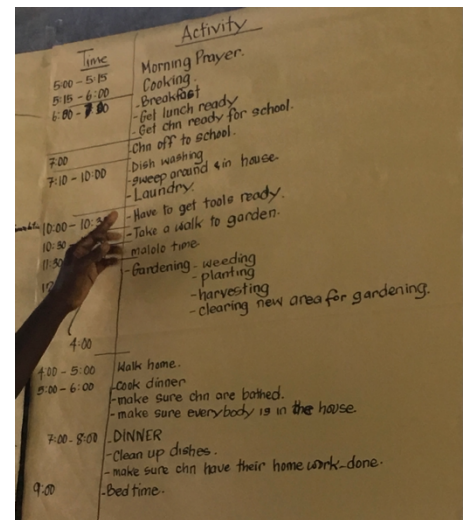
A DAY IN THE LIFE OF A FARMER

This activity enables people to explore and share their perceptions of the main activities of a typical village farmer. It helps people to see gender roles and inequities and think about how families can work more effectively and equally. For the researcher this provides an opportunity to collect different gender and age groups' understandings of their roles, their family place, gender attitudes and workloads.

TIME NEEDED 1 hour

RUNNING THE ACTIVITY

1. Divide the group into four single sex groups—young women, older women, young men and older men.
2. Give each group a large sheet of paper and ask them to list the hours of the day (from waking to going to bed) down one side. The group then enters the usual activities for that age group on a typical day. Remind them to give details, for example not 'go to the garden (2 hours)' but 'get tools 15 minutes, 'walk to garden 30 minutes', 'weed 1 hour', collect food crop for meal 15 minutes.
3. Each group then presents their day to the large group
4. After each group presents, the facilitator can ask: is there anything missing here (for example sometimes people forget about church activities, staying up late to mend children's clothes etc.)
5. The facilitator then puts up all four posters side by side and leads a discussion. Questions might include:
 - What are the differences between men's and women's days?
 - Are there ways that time can be budgeted better
 - How could a family work together to better share the work?



Note: If you have time, after each group has done their own day, you can give each group a new piece of paper and ask them to do the same process for what they see as the typical day of the opposite gender, for example young women then record a typical day for young men.

Display the two sheets of a group to the large group—for example the typical day of young women as seen by young women themselves, alongside the typical day of young women as seen by young men. This can show up misperceptions about each other's day.

SPECIAL TIPS

It is very important that the facilitator leads the discussion carefully. Many people may not have thought about different gender loads across the day, and some people may become defensive. The facilitator needs to monitor the reactions and use humour if needed so that people can laugh at the differences as they begin to think about them. If this activity is part of a whole day on gender roles, they can probe and challenge, knowing that other activities will follow. People should be encouraged to think about the new insights they have with a focus on how family members can share skills, time and workload. They can then use this process in their own family to plan the daily work for all the family members.