### Objective/Outcome

**Objective**
Participants formulate and carry out Life Improvement Action Plans (LIAPs) optimizing use of existing resources in order to empower rural women.

**Outcome**
1. Preparatory Program:
   - Participants and their organizations formulate Inception Reports and understand the current situations of rural women in the target areas.

2. Technical Program in Japan:
   - Participants understand and explain the process of rural development in Japan and the Life Improvement Approach.
   - Participants acquire and apply practical methods for problem-solving that meet rural women’s needs.
   - Participants understand and explain rural women’s economic, social and environmental activities arising from disciplined Life Improvement practices.
   - Participants formulate draft Life Improvement Action Plans (LIAPs).

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**Preparatory Program**
Participants analyze the current situation and issues of rural women in their working areas and formulate Inception Plan.

**Technical Program in Japan**
Lectures, workshops, site visits and discussions are conducted for the following topics:
1. Life Improvement Approach (group formation, life technology, nutrition improvement, utilization of locally available resources, and advantages of group networks).
2. Entrepreneurship of rural women (processing and marketing of agricultural products, green tourism and women’s roles in regional development).
3. Gender equality, family management agreement and women leaders.
4. Environmentally friendly activities.
5. Practical methods for problem-solving based on women’s needs.
6. Formulation and presentation of draft Life Improvement Plan (LIAP).

### Target Organization / Group

**Central Organization**
- Central Government, branch offices of Central Government, Local Government, or NGOs

**Target Group**
1. Extension officer and Subject Matter Specialist who works for rural women in life improvement, agriculture, or community development, or officer in charge of gender issues and women empowerment.
2. Over 3 years’ experience in the relevant field.
3. University graduate or equivalent (not for PhD holder).
4. English skills.
5. Computer skills.
7. Up to 45 years old.

### Outline
Rural women in developing countries play a vital role in reproductive work, agricultural and other income generating work, and social/community work. With limited access to employment opportunities, decision making and education, they are not equipped with capacity and skills to improve their own lives. Applying Life Improvement Approach, this course is designed to provide practical skills for empowerment of rural women. Participants are expected to formulate solutions for current problems through autonomous group activities, gender equality and entrepreneurship using locally available resources, to help rural women help themselves.