



MST in Follow up provinces was completed!

E-COBSI had several events and collaborated with another donor in February. As with the previous month, we held a Market Survey Training (MST) in Luapula province. We also collaborated with GIZ to implement fish farming training in the model site of Kawambwa district, Luapula province as part of a nutrition improvement activity. Additionally, we conducted a demonstration of the "Tebekari Eiyouhou" using the materials revised last month at the district model site in the Central province.

Implementation of MST in Luapula Province

The CPU members, together with the JICA team, implemented the MST in Luapula Province from 8th to 10th February. Fifty-nine participants joined the training. The composition of the participants was adjusted by limiting the number of participants to two from each DACO office to expand the training opportunities for CEOs (Camp Extension Officers) who have not yet taken the E-COBSI training, similar to the Northern and Muchinga provinces where the MST was held last month. The participants from the DACO office were two officers, one responsible for market and the other for irrigation, in accordance with the purpose of the MST and the original purpose of COBSI for small-scale irrigation development. Most of the preparation was done by the CPU members, such as the preparation of handouts, programs, implementation of Pre-Training Knowledge, Achievement Test and Evaluation, making participant lists, etc. Regarding SHEP activities, the followings are discussed:

- When conducting market research, it is important to survey more than four neighboring markets, rather than just one market, and select the most needed market. If possible, as a farmer's organization, choose not only nearby markets, but also markets with higher demand to increase revenue from vegetable sales. If the distance to the market is far, arrange for transportation such as a bus to transport the vegetables.
- It is important to exchange contact information with middlemen and retailers and keep in close contact. Even if a product cannot be sold at one retailer, having contact information for various middlemen and retailers increases the chances of selling at another retailer.
- The results of the market research revealed that in many cases, retailers (or farmers) do not know the variety of crops they are selling. Recently, mobile apps have been developed to identify various crop varieties, so it is also an option for extension workers to use apps and other tools to identify varieties and communicate them to farmers.



The picture shows the participants were implementing the market survey in Mansa town of Luapula province.

Demonstration of "Tebakari-Eiyouhou" (Hand Scale Method)

SFNO demonstrated the "Tebakari Eiyouhou" by using revised material in Mkushi and Serenje district model site in Central province.



The picture shows Demonstration of "Tebakari Eiyouhou" in Serenje district model site was held.

The farmers' reactions to the revised version of the "Tebakari Eiyouhou" were as follows. Relatively positive feedback was received regarding food quantity and dietary balance.

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| Positive comments | • I realized that the amount of food I am currently consuming is too much. I would like to try to eat an appropriate amount of food in the future. |
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| | <ul style="list-style-type: none"> • I would like to change from eating two meals a day to three meals a day. • Currently the diet is not balanced, so this is a good method to use at the household level to improve the dietary balance. |
| Negative comments | <ul style="list-style-type: none"> • Many of the participants in the site training are women, and they are concerned that when they return home, their husbands, and children, who have not yet participated in the training, will reject the amount of food that the hand-picked nutrition method provides. • Because some farmers grow only one type of crop, it is difficult for them to consume a variety of foods. • Because they eat only one meal a day, they eat a lot of shimmers. • Some people usually cook only a single ingredient, so in some cases they do not know how to prepare a variety of foods as mentioned in the <i>Tebakari Eiyuhou</i>. |

Collaboration with GIZ on Fish farming training in Kawambwa district

The project aims to improve the nutrition of E-COBSI farmers through fish farming activities, as part of the multi-purpose use of irrigation water taken from a simple weir and a permanent weir to be constructed as an entry point for small-scale irrigation development. In November 2022, the GIZ office in Luapula Province and the E-COBSI team agreed to collaborate on fishpond activities in Kawambwa district. As a result, a fish farming training was conducted at the model site in Kawambwa District from February 6th to 8th, 2023. The water source for the model site is a permanent weir constructed by T-COBSI.

The followings are the contents of fish farming training.

1. Pond design and construction
2. Practical session on pond design and construction
3. Pond Ecology and management
4. Gender Inclusion
5. Marketing
6. Stock control and Partial Harvesting (Nutrition)
7. Financial Literacy
8. Fish identification and pond management (Practical)



The picture shows the session of fish identification was held.

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 BACKNUMBER: <https://www.jica.go.jp/project/zambia/020/newsletter/index.html> (JAPANESE SITE)



The picture shows practical session on pond design and construction in the district model site of Kawambwa

A total of 24 farmers participated in the training, all of whom were E-COBSI members, and 7 of them already owned fishponds. The training included instructions on partial harvesting by local NGO, SCA (Success in Community Action), as a means of improving nutrition. Partial harvesting involves harvesting small fish several times before the main harvest, and more valuable fish during the main harvest. It was also mentioned that daily harvesting of small fish can contribute to nutrition improvement by allowing people to consume fish with bones, which are a good source of calcium and iron that are often lacking in their diets. In the future, it is expected that farmers will construct new ponds, improve existing ones, and use better fish management practices to further improve nutrition.



The picture shows farmers actual harvesting fish from their own fishpond and measuring the size of the fish. During the training, partial harvesting before the main harvest was recommended,

Collaboration with GIZ on Fish farming training in Luapula province

After the training in Kawambwa District was completed, a meeting was held at the GIZ Luapula Province Office to discuss the training implementation report and future activities. GIZ's goal is to provide fish farming training to 1,300 farmers as part of the F4F project and has currently reached 500 farmers. In the future, GIZ plans to expand the training to other districts in Luapula Province, with a particular focus on Mwansabombwe District. JICA E-COBSI confirmed its intention to continue its collaboration with GIZ in the future.