



Gender transformative approaches for food security and nutrition



GOOD PRACTICE Dimitra Clubs

PREPARED BY

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SECTION 1

OVERVIEW OF THE METHODOLOGY

Name of the methodology**Dimitra Clubs****Countries with implementation experience**

- **West and Central Africa:** Burkina Faso, Burundi, Chad, Central African Republic, Democratic Republic of Congo, Ghana, Madagascar, Mali, Niger, Senegal
- **Soon:** Cambodia, Ecuador, Kenya, Liberia and Malawi

Start/end date

2008 – ongoing

Lead organization sponsoring the development and implementation of the methodology

Food and Agriculture Organization of the United Nations (FAO)

Purpose of the methodology and the domains of gender inequality that are addressed

The Dimitra Clubs are a community-driven approach that facilitates socio-economic empowerment, women's leadership and self-help. They are informal groups of rural women and men (single sex or mixed) who decide to join together on a voluntary basis to identify their common problems and solve them using local resources.

The approach is dynamic and based on community mobilization and engagement, communication, dialogue, and collective action. It focuses on developing social capital and promoting human development to ensure no one is left behind. In this process, rural women and men are the main drivers of their own development.

This transformative approach contributes to gender equality and improve rural livelihoods by addressing different domains of gender inequality in rural areas, including:

- power relations;
- women's work burden;
- women's agency;
- women and girls' participation in local decision-making processes and governance;
- roles and relations (positive masculinities);
- women's leadership and voice in communities, households and organizations;
- access to information and to information and communication technologies (ICTs), including community radios (still the most popular media in isolated rural areas of sub-Saharan Africa);
- access to economic opportunities; and
- young women's empowerment.

Contribution of the methodology to wider development/organizational/project goals

The approach triggers social transformations that result in more resilient rural communities and stronger and more gender-sensitive and inclusive rural organizations. In addition, the clubs promote collective action, good governance, the transparency and accountability of rural institutions. They also contribute to the specific objectives of the projects in which they are embedded. Today the approach is a component in over 30 joint programmes and initiatives addressing a wide range of development issues (e.g. nutrition, resilience, climate change, gender equality, peace-building, social protection).

Target group

There is no specific targeting at village level; all community members, women and men, are invited to join the clubs voluntarily.

In countries where the composition of Dimitra Clubs is sex-homogenous (e.g. West Africa in general) there are at least five Dimitra Clubs per village (two for women, one for men, one for young women and one for young men). In countries where communities have chosen to be in mixed clubs, there is a gender balance in terms of club membership and leadership.

SECTION 2

IMPLEMENTATION ARRANGEMENTS

Key entry points for applying the methodology

The main entry point is the rural community or village. The villages/sites are always identified by the decentralized authorities together with staff working on the project in which the Dimitra Clubs component is being implemented.

The Dimitra Clubs are enablers for the communities to influence their environment by improving communication, dialogue, governance, participation and engagement, and community mobilization. Apart from a wind-up and solar-powered radio set, which is sometimes accompanied with a mobile phone, they receive no financial or material incentive.

Rural radios stations are involved as key partners from the outset. They are used to broadcast club information and debates, and promote the sharing of experiences and networking. Radio stations are not provided with any financial resources, but their representatives are often invited to participate in the training workshops in order to better understand the Dimitra Club approach, and their own role and participation in the process. The role of the radio station is to disseminate good practices, synthesise the debates of the clubs and sometimes organize debates on specific issues with experts (e.g. nutrition). The radio stations enable rural women and men to have a voice in the media, and the staff are often trained to become more gender-responsive in their work.

Implementing partners

The approach is implemented by local partners (e.g. civil society organizations, farmer organizations or government service units) depending on the context. The selection of the local implementing partners is based on calls for proposals. The selection criteria include:

- knowledge of and strong presence in the geographical area of intervention;
- capacity to deploy local facilitators (including women) who have experience in working or living in the community and knowledge of the local language (essential); and
- experience with and sensitivity to social aspects of rural development (i.e. gender equality, human rights and community development).

Other actors including traditional, religious and administrative authorities and government services (e.g. extension), community radio stations, the private sector and other development agencies play an important role in creating an enabling environment.

Process of and criteria for selecting facilitators/champions/mentors

Facilitators are hired by the partner organization. Each facilitator is responsible for covering between six and ten villages, depending on geographical distance and the number of clubs per village. Gender parity in the recruitment of facilitators is recommended. The attitude of the facilitators is key. They need to facilitate the process without exercising (too much) influence and ensure that the principles and features of the clubs are well understood and internalized. They do not directly facilitate the club meetings but provide advice and support to the two leaders (per club).

During the process of club formation, natural leaders emerge. They are considered temporary at the beginning but might be 'confirmed' as leaders by the group or changed. Generally, club leadership is rotational, in order to give everyone the opportunity to experience leadership. In some countries, leaders are called 'moderators' because they facilitate or moderate the sessions and the overall 'life' of their clubs. Importantly, being a leader does not mean exercising power over the discussions or decisions but facilitating the process.

Training of facilitators/champions/mentors

Once selected, the local partners and their facilitators participate in a multi-step process of training-action conducted by FAO Dimitra Club experts. This training focuses on the critical operational aspects of the Dimitra Clubs and the guiding principles of the approach (e.g. participation, inclusive action).

During the first four months, there are two main phases in the training and coaching of the facilitators, each of which lasts five days. Topics include principles and functioning of the approach, conflict resolution, gender and media, gender in rural life and group dynamics. Ad hoc training, proximity and distance coaching and supervision by FAO continue over the rest of the process (18 to 24 months).

SECTION 3

IMPLEMENTATION CYCLE

Key steps in the implementation cycle

Following the facilitator and supervisor training, the following steps are carried out at the village level by the implementing partners.

— Step 1: Sensitization and group formation

The approach and its main principles are explained to all women and men in local communities. These sessions, which include traditional and religious chiefs, are crucial to ensure the buy-in of the communities and their representatives.

The clubs are established during this first step. Each club has between 20 to 30 members, who often also belong to other associations or groups. Context-specific cultural factors will determine the way the clubs are structured (i.e. the sex and age of members, and whether membership is homogenous or mixed).

The facilitators give a short introduction on the methodology. They focus on what is a challenge or problem, how to identify the common challenges/problems at the village level and how to discuss them. The Dimitra Club members begin discussing these in the following weeks. This first step can take from three hours to two days depending on the context.

The approach is flexible. Each club decides:

- its governance structure (e.g. representatives and leaders, advisers, treasurer if any);
- its way of functioning (e.g. name, vision, sequence of meetings);
- the themes to tackle and share with other clubs (if any), and members identify and agree on the most pressing ‘problems’ to resolve; and
- the strategy to adopt and implement to solve the problem.

— Step 2: Training and coaching for club leaders

After a period in which each Dimitra Club has learned to effectively operate as a club with support from facilitators (perhaps twice a month), the club leaders participate in a training workshop conducted by the implementing partner or FAO. This workshop enables them to gain in-depth understanding of the key principles underpinning the approach, facilitation techniques, governance structure, the identification and prioritization of problems, the analysis of problems and the functioning of the clubs.

Leaders then have a key role in organizing specific sessions with their club to share what they have learnt during the training.

— Step 3: The life of the clubs

The clubs are now well equipped to operate effectively. Members engage in participatory discussions to identify and prioritize the main problems to be resolved and take action. In some cases (e.g. in Niger) the results of clubs’ discussions are shared with the wider community during village assemblies or meetings. This informs the entire community about the analysis of the problems and the suggested options for addressing them. The traditional leaders can then mediate and recommend the best solutions to be implemented by the clubs or the community.

Clubs are provided with solar-powered radio sets, sometimes paired with simple mobile phones (up to two per village) connected into a fleet. At present not all the clubs are provided with mobile phones because of the costs and problems of connectivity in isolated rural areas.

Often, the local facilitating partner encourages linkages between the clubs and the community radio stations, for example, inviting broadcasters to the village to interview women and men on their achievements. Alternatively, radio stations and the clubs establish their own partnership agreements with local broadcasters and communicate through mobile phones.

The clubs can also organize meetings with local experts on thematic areas (e.g. agriculture) or other issues (e.g. early marriage).

— Step 4: Regular support to the clubs

The implementing partner (facilitator) provides support for a total period of 18 months, including regular visits (twice a month or as needed) in the first 6 months and less frequently thereafter.

— Step 5: Forum

A forum is held after at least one year after the establishment of the clubs. It lasts for one or two days and is attended by at least two representatives from each club. These fora are generally regional and provide a good opportunity for the clubs and stakeholders to learn and assess the work done (in a sense they are a self-assessment). Usually they are organized by FAO in collaboration with key line ministries. They are attended by representatives from government institutions, local authorities, United Nations organizations and donors. Members of the clubs share their achievements.

Average length of the implementation cycle

Evidence has shown that after 18 to 24 months clubs are sufficiently well developed and operational to run without facilitator support.

Graduation from the methodology

Specific graduation does not apply in this approach. Once the clubs are active and functioning, their members develop individual capacities (e.g. problem solving, dynamism, citizenship, self-confidence and self-esteem) and become key drivers for change at the community level. This role is recognized by the community and the traditional authorities.

The Dimitra Clubs in Niger have decided that in order to be considered ‘well-functioning’, a Club should meet at least three of the following criteria: (i) regular meetings; (ii) existence of activities (or specific themes discussed); (iii) problem-solving capacity; (iv) existence of practical results; (v) presence of a common cash; (vi) existence of a dedicated board (club’s internal governance and respect of responsibilities); (vii) cohesion and inclusion experienced by members; and (viii) respect of internal rules.

There are currently eight “certified” specialists of the Dimitra Clubs’ methodology (five in sub-Saharan Africa and three at global level), who provide advice and methodological options, in addition to training, coaching and backstopping, to the countries/projects implementing the approach. A certification process of the Dimitra Clubs facilitators is underway.

SECTION 4

MONITORING

Monitoring system

Different tools and processes are used to monitor the results and impact of the approach.

— Community level

In some countries there is a ‘bureau’ of Dimitra Clubs who register the themes discussed, solutions found and actions taken.

— Dimitra Clubs’ level

Most clubs record their processes. It is necessary and important not only to take stock and assess the results of the clubs but also the learning opportunities derived by the members who engage in a self-evaluation process of their functioning and activities.

— Implementing participants

There is periodic collection of stories (e.g. number of clubs by community, membership information disaggregated by sex and age, themes discussed, actions taken, achievements realized).

— FAO and external

- A database of the Dimitra Clubs by the country, region and project, includes information on the total number of members disaggregated by sex and age
- On-going design of a monitoring and learning framework, including qualitative and quantitative indicators
- Qualitative studies and stocktaking exercises carried out to measure results and impact
- Case studies

Indicators

— Quantitative

- Number of functioning Dimitra Clubs that have been established with membership statistics disaggregated by sex and age
- Number of people (disaggregated by sex) whose skills and capacities have improved thanks to the Dimitra Clubs model (disaggregated by group, clubs' leaders and facilitators, project, government and FAO staff, radio stations, implementing partners and Dimitra Clubs' experts)
- Number of clubs members (disaggregated by sex and age)
- Number of women and men clubs leaders
- Number of communal Dimitra Clubs Networks
- Number of ICT tools (solar-powered radios and mobile phones) distributed disaggregated by sex composition of the groups

— Qualitative

- Evidence that women's agency, self-esteem and voice have improved at community, organisation and household levels as a result of their participation in Dimitra Clubs
- Perceptions by local authorities and traditional chiefs of the changes in social dynamics triggered by Dimitra Clubs
- Scoring the perceptions of women and men club members (e.g. do they feel they have become influencers in the decision-making processes of their communities)
- Evidence that Dimitra Clubs act as mediators for conflict resolution
- Scoring women's perception of changes that improve their status (see below);
- Scoring men's perceptions in improvements in women's participation in local decision making (see list below);
- Anecdotal material and perceptions of behavioural changes for gender equality:
 - Men's behaviour changes (e.g. do they undertake tasks traditionally assigned to women)
 - Women are not ashamed to speak up in public and look people in the eyes
 - Food taboos are abandoned
 - Cases of early forced marriage are reduced
 - There is a decrease in gender-based violence (GBV) as a taboo (i.e. more women see it as a violation and speak about it)
 - There is an increase in women reporting cases of GBV
 - Men view GBV negatively

SECTION 5

BUDGET

Main items of expenditure

- Letters of agreement with partners in the field, which includes all the work related to field-level activities (e.g. sensitization, series of training sessions and the entire capacity development process at different levels)
- Inception phase workshop to launch the initiative
- One forum of Dimitra Clubs to exchange, analyse and assess experiences and achievements (concluding phase)
- ICTs, specifically wind-up and solar-powered radios and mobile phones
- South-South cooperation initiatives
- Training, coaching, follow-up and backstopping support by FAO Dimitra Clubs International Coordination and experts to follow the whole process
- Monitoring and evaluation and impact assessments

Total budget

It is estimated that the total cost of supporting a Dimitra Club for a period of 18 months is about USD 1 500. This sum, equivalent to USD 50 per member, covers the services provided by the implementing partners (e.g. NGOs) and training/coaching by FAO.

SECTION 6

RESULTS

Number of beneficiaries reached

The approach is embedded in over 30 FAO field development projects. In 2020, there are almost 6 000 Dimitra Clubs with about 180 000 members (60% women) in eight countries of sub-Saharan Africa. It is estimated that more than six million people have been positively impacted by the clubs in their communities.

Main changes attributed to the methodology

Impacts are seen at individual, household, organisation and community levels.

The activities carried out by the Dimitra Clubs trigger social transformations that gradually lead to changes in behaviours and social norms that would otherwise prevent women from progressing on an equal basis as men. The clubs boost the self-esteem and leadership of rural women and encourage more equitable power relations between women and men, which improve the quality of life of rural households and smallholder farmers. Many rural communities have reduced harmful practices (e.g. GBV) and improved rural women's access to decision-making processes at the local level.

— Gender transformative changes

- Breaking food taboos in favour of better nutrition for women and children
- Combating girls and women's early marriage and GBV
- Improving girls' school enrolment and recognition of their rights
- Improving dialogue between women and men at the household and community levels, including in conflict situations
- Changes in gender norms and relations, including between generations
- Reducing women's work burden
- Improving women and girls' communication skills, confidence, self-esteem, and their capacity to speak in public, act as role models, become elected in local institutions and operate as peace mediators
- Enhancing women's participation as leaders in decision-making processes at community and district levels and in rural institutions and farmers organisations
- Increasing women's opportunities to generate income

— Other areas of change

Nutrition, climate change adaptation in agriculture, resilience, social cohesion and peace building are all areas where changes are experienced.

— Communities

As a result of the clubs, rural communities become more organized and resilient. They move away from being mere recipients of external aid to becoming agents of change.

— Institutions

As club members reinforce their problem-solving skills and self-confidence, they create their own or join formal organizations in leadership positions, which makes these organizations more inclusive and gender-responsive.

— District level and local administrative authorities

The clubs or networks of Dimitra Clubs interact regularly with local authorities. This creates an enabling environment for improved citizenship, local governance, social cohesion, collective action and accountability.

— Policy environment

The Dimitra Programme provides policy advice to country line ministries on the adoption and integration of gender transformative approaches in their policies, strategies and programmes to fight poverty and hunger.

Key success factors and strengths of the methodology

Key success factors and strengths of the methodology include:

- flexible approach that can be adapted to any context and is easily replicable;
- cost efficiency;
- easy integration as a component into any rural development project in any thematic area;
- first concrete and visible results are obtained after a few weeks of implementation and impact is achieved after a few months;
- the sustainability of Dimitra Clubs beyond the life of the project; and
- full ownership of the approach by the communities and by the authorities.

The strengths of the approach relate to four features:

— Inclusive participation

All members, regardless of their sex and social status, have the opportunity to make themselves heard. The clubs stimulate the active and voluntary participation of many actors in the community, even if they are not club members. Examples of this participation include engaging in community works (e.g. building a health centre) or respecting the decisions taken in village assemblies (e.g. not marrying young girls) that have been endorsed by chiefs. People who are not part of formal organizations and who often belong to the most vulnerable and marginalized groups are able to engage in a group activity and participate in the discussions.

— Gender transformative approach

The clubs pay special attention in their debates to the power imbalances that discriminate against women. The discussions highlight the consequences of discrimination and the local solutions that can be implemented by the community. The community assemblies are encouraged to discuss and collectively challenge discriminatory social norms and behaviours, and legitimize new positive ones. Given that the root causes of gender inequalities are found in entrenched discriminatory attitudes and social norms, triggering changes at the community level has a strong impact on transforming gender dynamics also at household and organization levels.

— Communication and use of ICTs

In isolated rural areas, the main access to information is through the rural community radio. Through partnerships established with community radio stations, the experiences, debates and stories of the Dimitra Clubs inspire other communities, and the voice of the rural people, particularly women and youth, is heard, which encourages the replication of activities. Mobile phones are becoming increasingly important, and are used as a driver for women's empowerment and a training and information tool for the networks of facilitators.

— Community-led and community mobilization and engagement

The clubs encourage their members and communities to play an active role in development and systematically analyse their problems. This process strengthens people's problem-solving and communication skills, and collective action becomes the best way to find solutions and overcome challenges.

Challenges and measures to overcome them

— Methodological

- The Dimitra Clubs is a genuine bottom-up approach that is based on the voluntary participation of rural communities. Apart from a solar-powered radio and mobile phones no other kind of compensation or incentive is provided. Sometimes this strategy is not easy to understand for rural communities that are used to receiving inputs and services from aid organizations.
- The Dimitra Clubs decide the priorities and challenges they want to address. Sometimes these do not align with the priorities of development organizations. To overcome this, the clubs are invited to have various 'baskets' of discussions (e.g. their own, the partners' and one dedicated to emergencies).
- It takes time to see transformational changes. People need to follow a process of change. By knowing each other better, creating group identity and enhancing their capacities to discuss and analyse, they start to tackle issues that were previously unthinkable to discuss openly. Technical and backstopping support is vital for 18 to 24 months to ensure that the clubs move

beyond infrastructural or material changes (e.g. sanitation) towards behavioural dimensions. Project coordinators need to be convinced about the importance of investing in and completing the process, including the support of national and international Dimitra Club experts.

- Gender transformative changes are difficult to measure. The Dimitra Programme is working hard to develop, test and harmonize specific, measureable, attributable, reliable and time-bound (SMART) indicators for monitoring and learning.
- Local women facilitators are not easy to find in areas where discriminatory social norms prevent them from carrying out this role. Strategies involving universities are being used to address this issue.

— Strategic

- There is a lack of awareness in the development community about the utility and importance of non-standard gender mainstreaming approaches for tackling both the underlying causes of gender discrimination and also issues of rural development.
- Key national and international institutions might be interested in the approach, but practical support is not always possible, probably because it is too different from the ‘business as usual’ development practices.
- Regarding the benefits of this approach, it is more difficult to achieve a shift in the mindset of development agents in capital cities (i.e. bureaucrats and policy makers) than at the field level.
- The lack of long-term and continued funding is a challenge, particularly for guaranteeing the coordination of activities at the global level and human resources at the local level.

Potential for upscaling

— Potential improvements

- Develop SMART indicators for the monitoring and learning of the approach
- Increase the collaboration of development actors in evaluating results and impact
- Create and establish a network or community of certified experts on the approach at the international level that will support efforts to expand, replicate, improve and adapt the approach, particularly to support new work in English-speaking countries
- Strengthen partnerships with:
 - the private sector, particularly regarding ICTs
 - universities, research institutions and partners at the national level to undertake impact studies
- Advocate for the recognition of key areas of the Dimitra Programme’s work (social mobilization, participation, community engagement and empowerment and gender equality) to achieve the Sustainable Development Goals and truly “leave no one behind”

Potential for replication

The approach, which is very flexible and underpinned by the basic guiding principles, is being implemented in various contexts, from remote communities in post-conflict contexts to refugee camps.

To replicate the Dimitra Clubs in different contexts, key enabling factors include:

- The main implementing partner must have expertise on gender, knowledge of the context, be able to deploy local facilitators at village level and willing to work ‘differently’ with the rural community and with the right attitude.
- FAO Dimitra Programme needs to spend time on sensitization and advocacy to ensure buy-in at different levels from project coordinators, implementing partners (including partners within FAO and United Nations), government officials and key line ministries, as well as rural communities.
- A baseline study is necessary to (i) understand community dynamics, gender inequalities, women’s leadership, social capital, infrastructural aspects and the causes of rural isolation of rural communities, and (ii) adapt the approach accordingly.

An alliance between the FAO Farmer Field Schools and the Dimitra Clubs has been consolidated in Niger and Senegal in the framework of projects funded by the Global Environment Facility (GEF).

Sustainability of the methodology once project/external input is complete

In 80% of cases, the Dimitra Clubs continue after the end of support as they are not driven by external forces. Empowerment comes from within. The Dimitra Clubs are a driver for local development and improvements in the quality of life, including gender roles and relations. This continuity is linked to the philosophy of the approach. The Dimitra Clubs show that both women and men have not only the capacities to act, participate in local governance and make their voices heard, but are also willing to be real agents of change.

The Dimitra Club approach considers men as key stakeholders in the process of change and includes other community-level actors (e.g. customary and religious chiefs and local authorities). Changing behaviours requires the participation of the entire community. While discussions may start in single-sex groups, all clubs share their proposals and thoughts about a specific subject with the whole community. The community debate on the best solutions to solve the problem legitimizes the clubs' solutions and triggers acceptable changes at individual, household and community levels.

SECTION 7

RESOURCES

Publications

- *Dimitra Newsletter 30, Special Edition: Dimitra Clubs in Action* (FAO-Dimitra 2019)
 - English: <http://www.fao.org/3/i7865en/i7865en.pdf>
 - French: <http://www.fao.org/3/i7865fr/i7865fr.pdf>
- *Communicating Gender for Rural Development, Integrating gender in communication for development* (FAO-Dimitra, 2011)
 - English: <http://www.fao.org/docrep/014/am319e/am319e00.pdf>
 - French: <http://www.fao.org/docrep/013/am319f/am319f00.pdf>
- *Community listeners' clubs: stepping stones for action in rural areas* (FAO-Dimitra, 2011)
 - English: <http://www.fao.org/dimitra/dimitra-publications/publications>
 - French: http://www.fao.org/fileadmin/templates/dimitra/pdf/clubs_d_ecoute_2011_fr_light.pdf

Briefs

- *Dimitra Clubs: A unique approach* (FAO-Dimitra, 2013)
 - English: http://www.fao.org/fileadmin/templates/dimitra/pdf/fiche_cec_2013_en.pdf
 - French: http://www.fao.org/fileadmin/templates/dimitra/pdf/fiche_cec_2013_fr.pdf
- *Community listeners' clubs empower rural women and men* (FAO Partnering for results series)
 - Arabic: <http://www.fao.org/docrep/018/i2940a/i2940a14.pdf>
 - Chinese: <http://www.fao.org/docrep/018/i2940c/i2940c14.pdf>
 - English: <http://www.fao.org/docrep/018/i2940e/i2940e14.pdf>
 - French: <http://www.fao.org/docrep/018/i2940f/i2940f14.pdf>
 - Russian: <http://www.fao.org/docrep/018/i2940r/i2940r14.pdf>
 - Spanish: <http://www.fao.org/docrep/018/i2940s/i2940s14.pdf>

Website

- *Dimitra Clubs, What's the impact* (in six FAO official languages)
<http://www.fao.org/fao-stories/article/en/c/1200214/>

Videos

- Stepping stones for action in rural areas – Democratic Republic of Congo and Niger (7'22)
https://www.youtube.com/watch?v=gyzYvIbPao8&index=1&list=PLzp5NgJ2-dK6OBbZpPuTMn_7wSrclUE0I
- Access to Water and Land – Niger (6'34)
<https://www.youtube.com/watch?v=t9OwqupVuDM&feature=youtu.be>
- Food Security and Nutrition – Democratic Republic of Congo (6'53)
<https://www.youtube.com/watch?v=jHG07gQ2H8Q&feature=youtu.be>
- Community Mobilization – Democratic Republic of Congo and Niger (6'20)
<https://www.youtube.com/watch?v=ixZOJd0b55w&feature=youtu.be>
- Women leaders – Democratic Republic of Congo and Niger (6'50)
<https://www.youtube.com/watch?v=F6cPjEYzC8I&feature=youtu.be>
- Dimitra Clubs and Farmer Field Schools produced by German international broadcaster Deutsche Welle (DW)
 - <http://www.dw.com/en/senegal-listening-instead-of-looking-away/av-41610558>
 - <http://www.dw.com/en/in-senegal-and-west-africa-villages-fight-climate-change/a-41654815>
 - <http://www.dw.com/en/young-voices-for-senegals-villages/av-41605270>
- Dimitra Clubs, Stepping Stones towards Climate Change Resilient Communities in Rural Senegal
<https://www.youtube.com/watch?v=S7aWWtDbI5Y>

Cover photo: Dimitra Clubs from Yaisonge, Tshopo Province,
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