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ACRONYMS

ARV	Anti-Retroviral
CRCE	Centre for Rural Community Empowerment
EPAs	Economic Partnership Agreements
ESAFF	East and Southern Africa Small-Scale Farmers Forum
GMO	Genetically Modified Organisms
GRET	Group for Research and Exchange of Technology
IFAD	International Fund for Agricultural Development (UN agency)
HIV/AIDS	Human Immuno Virus/Acquired Immunity Deficiency Syndrome
MP	Member of Parliament
MVIWATA	Mtandao wa Vikundi vya Wakulima wa Tanzania (Tanzania Network of Farmers groups)
NGOs	Non Governmental Organisations
PELUM	Participatory Ecological Land Use Management Association
SADC	Southern Africa Development Community
PS	Principal Secretary
UL	University of Limpopo
VCT	Voluntary Counselling and Testing
CSO	Civil social organizations
DMA	Disaster management Authority
FAO	Food and Agricultural Organisations
FAM	Food Management unit
PLWHA	People Living with HIV/AIDS
WFP	World Food Programme
WTO	World Trade Organisation
UNFCC	United Nations Framework Convention of Climate Change
USAID	United States Agency for International Development

EXECUCTIVE SUMMARY

This report covers the presentations, discussions, strategies and plans of a regional workshop of farmers and youths that was held in Maseru, Lesotho from 29 October to 2 November 2002 and attended by 58 people from seven countries of east and southern Africa. Of these, 22 (40 %) were women. Forty two of the participants (72 %) were youths.

The workshop was organized by the East and Southern African Small Scale Farmers Forum (ESAFF) leaders and Participatory Ecological Land Use Management Association (PELUM) Lesotho. It was facilitated by two consultants, one from Tanzania and the other from Zimbabwe. Three papers presented by two resource people from two universities and one resource person from a well-established farmer organization MVIWATA, which is a member of ESAFF. GRET also provided the technical support. It was opened by the Minister of Agriculture and Food Security and closed by the Minister of Youth and Gender Sports and Recreation.

The workshop sought to bring youths to examine their role in farming and HIV and AIDS with a view to creating space for them to participate actively in addressing food insecurity and the pandemic.

Presentations, group discussions, case studies and personal experiences were used as methods for learning and sharing. Field visits and Voluntary Counseling and Testing (VCT) were also part of the learning process. Participants played football during one afternoon as part of recreation.

The immediate outputs of the workshop were:

- Dialogue between farmers and youths was initiated;
- A youth action plan, focusing on Lesotho;
- Voluntary counseling and testing by some participants;
- Strategies to link youths and ESAFF were developed;
- The youths of Lesotho presented a letter to the Ministry of Youths and Gender; Sports and Recreation, asking for advice and support on setting up a National Youth Forum;
- Participants developed strategies that youths, farmers and governments could employ to address food insecurity in their countries; and
- The event was covered on Radio Lesotho and Lesotho Television.

The evaluation of the workshop (Annex 4) showed that participants were happy with both the content and the process of the workshop.

This event also relied on all financial partners and particularly the Government of Lesotho (Ministry of Youths and Gender; Sports and Recreation), IFAD (International Fund for Agricultural Development), PELUM Lesotho, GRET (Groupe de Recherches et d'Echanges Technologiques), MVIWATA (Tanzanian farmers organization), and all participants who in a way or the other have had to take from their own personal resources to ensure the success of the workshop.

SECTION 1: INTRODUCTION

1.1 About the participants

The East and Southern African Small Scale Farmers Forum (ESAFF) leaders and Participatory Ecological Land Use Management Association (PELUM) Lesotho, with support from GRET organized a one-week workshop which was held in Maseru, Lesotho. ESAFF was initiated in 2002 as a regional forum to bring together small scale farmers, livestock keepers and fisher folk together to increase small scale farmers' visibility and preserve sustainable agriculture. ESAFF strives to increase national and international dynamic alliances and advocate for policy, practice and attitude change that reflects the needs, aspirations, and development of small-scale farmers in Eastern and Southern Africa. ESAFF has been very active to enhance exchanges and participate in regional campaigns to draw policy makers' attention on issues affecting them as the impact of EPAs on small scale farming, Mountain people, seeds protection and GMOs.

PELUM Lesotho is a network of civil society organisations involved in supporting people movements and has actively accompanied ESAFF- Lesotho which is now a registered farmer organization. PELUM Lesotho also signed a Memorandum of Understanding with GRET, a French NGO operating in Eastern and Southern Africa to work together in accompanying ESAFF to grow and develop.

The workshop was attended by 58 farmers and youths from seven ESAFF member countries (Annex 2). Of these 22 were women and 36 were men. Most of the youth came from the host country and they made up the majority of the participants. Forty one of the participants (71 %) of the participants were from Lesotho while the remainder came from the other six countries: Uganda (1); Kenya (2); Zimbabwe (3); Zambia (2); Tanzania (4); and South Africa (5). The workshop was deliberately designed to engage with a critical number of young people from Lesotho who could take some of the outcomes of the workshop forward. Each participating country brought at least one youth except Uganda, which did not bring one. South Africa had four youths. Eighty percent (80 %) of the Lesotho participants were youths.

1.2 Workshop rationale and objectives

The idea was to bring youths and farmers together to reflect on selected key issues affecting agriculture and food production. These issues included food aid; youth participation in agriculture and HIV/AIDS and agriculture. Youths were invited to take part in the workshop because their

involvement was considered to be critical to address issues associated with food crisis, agriculture and HIV/AIDS. Rural youth make up a big proportion of rural communities and have therefore a crucial role to play. They have limited access to land, capital and appropriate training. They are also vulnerable to the HIV/AIDS pandemic.

Specifically, the objectives of the workshop were:

- To get a better understanding of the challenges faced by rural youth in the region;
- To review food crisis and food aid issues in the region;
- To confront rural and urban youth on food crisis and HIV/AIDS;
- To organise a sporting event to celebrate the youth contribution to national development; and
- To develop recommendations on the way forward with regards to youths, farmers, food security, HIV and AIDS.

1.3 Workshop process

The workshop was officially opened by the Honorable Minister of Agriculture and Hon Lesole Mokoma. During the workshop, three papers were presented and discussed (Annex 3); participants went into groups to answer questions and reconvened in plenary to share and agree on their deliberations. Some case studies were shared by participants during the workshop. One day was set aside for a field visit to farming projects to help participants appreciate some of the work that was being done on the ground. Participants played a soccer match against a local team. This was intended to help youths celebrate their contribution to development and formed part of recreation, which is especially important for youth. During the two hours of football, three participants went for voluntary counseling and testing (VCT). Each individual took 45 minutes and many of the participants who wanted to be tested were turned away because of limited time.

Towards the end of the day, the Principal Secretary (PS) of the Ministry of Youth and Gender, Sports and Recreation came to close the meeting, highlighting what his government was doing to address youths and development issues. A youth representative from the group, presented a letter of request to the PS, which came out of the deliberations of the workshop.

On the last day of the workshop, the ESAFF leaders met to review the progress of the year and to plan for the coming year. Meanwhile, instead of leaving on the Friday morning, as planned most youths from Lesotho and all those from outside met to map out the way forward given the deliberations of the week and what the Ministry of Youth and Gender, Sports and Recreation was

doing about it. The plan of action was shared with the ESAFF leaders. The deliberations of the ESAFF meeting on day five are not part of this workshop report. Participants also evaluate the workshop (Annex 5).

The report is organized according to the themes that were discussed so that there first part is concerned with food security and food aid; followed by HIV and AIDS. The field visit and other practical activities are put together in a separate section. The last section deals with what emerged from the workshop, including the Ministry's response.

SECTION 2: FOOD SECURITY AND FOOD AID

2.1 Introduction

The Honourable Minister of Agriculture and Food Security, The Hon Lesole Mokoma, opened the workshop by outlining what Lesotho has been doing to try and address food insecurity in the country, referring to the major development frameworks that have been used internationally: The Poverty Reduction Strategy Papers and the Millenium Development Goals for example (Annex 4). He also encouraged youths to take agriculture more seriously:

“It is also my hope that the Youth attending this training Workshop will use it as springboard for them to be actively involved in activities that will discourage them seeking formal employment but to be encouraged to be entrepreneurs in their own right as self employed citizens of their countries,” he said.

He thanked the French Government for its support and the organisers: GRET; PELUM and ESAFF Lesotho for bring together youths to reflect on and plan about food security in the country and the region.

The discussions on food security and food aid were informed by two presentations: one on the food crises in Lesotho and another on a global analysis of food aid and its implications on local food security. **Dr Taelo Letsela** of the National University of Lesotho and **Thierry Lassalle** of the University of Limpopo, South Africa presented the papers respectively. Subsequent group and plenary discussions focused on what can be done to improve food production and increase food security.

2.2 Historical place of Lesotho in food production

In 1837 “the Sotho of Basutoland...had grain stored for four to eight years” and in 1844 “white farmers flocked to them (Basotho) to buy grain.” In 1872 after losing their land to South Africa Lesotho still exported large quantities of grain (wheat, maize and sorghum). The situation was similar at the beginning of the 20th century.

During the workshop one of the young farmers from Zambia who is a founding member of ESAFF compiled a story of his journey in farming with a view to encouraging youths to take on farming, knowing what they may be getting into.

Box 1: Whispers from a successful young farmer: Boniface Hangala

I am Boniface Rhimorz Hangala, a Zambian farmer aged 35, who got involved in active productive agriculture at 26 years. Though my educational qualifications at that time were good enough to lead me to higher learning institutions, I made up my mind to carry out food production agriculture and continue with learning driven by interest in agricultural studies in crop production, animal health and veterinary skills which I successfully experienced and managed. I use my village farm for agricultural production.

I produce different kinds of food on my farm in order to meet both the nutritional and income needs of my family. When I started farming nine years ago, I had 10 village chickens and two milking cows. We now produce surplus maize, sunflower for vegetable oil, processed on farm. We also keep fish and grow vegetables, herbs, and off-season green maize. We now sell about 3,000 eggs per month to the local and peri-urban areas along with 60 litres of fresh milk every morning. We sell chickens daily. The area under irrigation is about 1.5 hectares. Fruit tree growing is also not left aside where oranges, citrus lemons, granadilla, and guavas are in development.

I use “we” because of the number of people are involved in production system: my family and fellow villagers who work for money. I am pleased that my family has been able to create employment for the youths and elderly people in my area. I am certain that if food crisis is to be stopped, youth must get down to the soil to produce food and they will be happy to live in a healthier, happier and hunger free world.

For a young people to be involved in profitable, active, and productive agriculture, they have to accept and endure the hardships in the sector all levels. As one has to endure the pain of being saved from a prick of a strong thorn under the feet which involves painful implications as efforts to remove it from the flesh are practised.

Youths of nowadays seem to want to enjoy eating what has been produced by others in spite of the fact that they are the most productive age group who can do so many productive activities both mentally and physically. I believe that this is part of the reason why the region has suffered food shortages.

2.3 Causes of food insecurity in Lesotho and elsewhere in the region

- a. Land degradation which makes soil less productive as it has less plant nutrition and is less able to hold moisture;
- b. Unfavorable weather in the form of recurrent droughts. For example The United Nations Office for Coordination of Humanitarian Affairs also declared in July (2007) that Lesotho has in the past growing season experienced the worst drought in history. The winters in Lesotho have experienced heavier snowfalls which as not good for agriculture;
- c. Culture of dependency, which has been partly caused by improper food aid acquisition and management;
- d. Migrant labor system which takes productive men away from rural areas to urban areas and to countries which have employment opportunities;

- e. Poor purchasing power of the farmers and other consumers, which means that even when the food may be in the shops, people have no money to buy it;
- f. Inability of those with land to maintain high productivity levels. A large proportion of the arable land in Lesotho is in the hands of the poor who are unable to derive full potential from it;
- g. Poverty of farmers which means that they are unable to buy the necessary agricultural inputs and to plant with the earliest rains even if they wanted. The combination of these two factors (poverty and high prices of inputs) leads to poor production;
- h. Food aid sadly creates the culture of dependency. People begin to expect to be given food by the government instead of producing their own;
- i. Lesotho has an increasing amount of uncultivated land and its food aid quantities are growing. Recurrent droughts may have created the uncertainties that encourage farmers to plant less land;
- j. HIV and AIDS which is killing the most active group of farmers and causing the well to spend time and resources away from agriculture, looking after the sick;
- k. Poor administration of arable land which results in unregulated expansion of urban areas into the peri-urban areas that were once highly productive agriculturally as well as conversion of fields into villages; and
- l. Landlessness. In Lesotho over 40 % of the households are landless and therefore cannot produce food for themselves.

2.4 Three classes as food security

Three food security classes were identified in Lesotho as:

- a. The **plenty food class**: consists of the elites, middle class and elements of the bureaucratic bourgeoisie largely found in urban areas who are progressively accumulating wealth and resources provided by the country to the marginalization of the majority of the people.
- b. The **middle peasantry**: consists of employed people who use farming simply as a supplementary source of food. These are the ordinary people who hold regular jobs that give them just enough to stay afloat. They include migrant workers who bring into the country remittances.
- c. The **no food class**: consists of people who are so poor that the next meal is a challenge. Many of them are totally unemployed or from time to time get informal menial jobs such gardening, food-for-work, livestock herding, doing laundry, washing cars, hoeing and domestic work. Some households in this category have lost breadwinners. They may own land but they do not even have capacity to produce much from it.

2.5 Using food aid to address food insecurity

Food aid is often given to avoid malnutrition and starvation of the affected people. Types of food aid are discussed below:

- a. **Emergency food aid** is given in extreme situations such as a political or natural crisis. It aims at the immediate survival of the target populations and may last as long as the conditions creating it are still prevailing. It can undermine locally adapted crop varieties and the local agricultural production

- b. **Project food aid which** targets groups of actors that supports specific development projects and prevention of crisis. It is channeled through grants to governments or NGOs. Its impacts are either slightly positive or extremely negative in that even though vulnerable groups can benefit from it the rest of the people who are dependent on the local and national food production systems do not.

- c. **Programme food aid** aims to support development projects or to improve the trade balance sheet (the beneficiary government saves foreign currency necessary to import the goods). It is provided as a grant or with a lower than market price. Programme food aid has been seen to have negative impact and has been stopped in many countries.

2.6 Effects of food aid

Negative effects of food aid	Positive effects of food aid
<ol style="list-style-type: none"> a. Decrease of price for local producers; b. Change of diet preferences in favour of imported products; c. Poorly timed food for work can remove people from production at critical times and therefore undermine local food production; d. May provide a disincentive to care for risk prevention and investment in agriculture; e. There may be negative moral consequence of having a free insurance; and f. The cost of food aid can be higher than that of producing locally because there are other costs such as procurement, transportation and administration. A study 	<ol style="list-style-type: none"> a. Enhances demand for complementary goods; b. Positive effects on incomes from supply if food aid is well targeted; c. Supply of public goods and inputs within Food for Work framework can increase agricultural productivity and support markets. d. Food aid if wisely used could allow accumulation of capital by creating infrastructure through food for work programmes at a rather limited cost; e. Loosen (on short term) the cash constraints; and f. Smoothens incomes variations and reduce

conducted in Lesotho revealed that the total cost of a tonne of maize meal food aid was three times higher than that of locally sourced food.	the cost of risk management.
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2.7 Participants proposals to address food insecurity

a. Youth-related strategies and activities:

- Get involved in agricultural production;
- Acquire the necessary agricultural skills to increase productivity;
- Compulsory training of the youth in primary and secondary schools eg husbandry, agricultural and land working in agriculture;
- Involvement of youth in the planning and implementation of agriculture and food security solutions;
- Form groups to lobby for and access to land; and
- Youths should establish vegetable gardens in their homes.

b. ESAFF-related strategies and activities:

- Mobilize more farmers in the region to join the farmers' movement;
- Train youths to influence the authorities on youth participation in agriculture;
- Help youths in finding land for farming;
- Participate in lobbying and advocacy for better agricultural policies and farmer support;
- Conduct baseline surveys to identify causes of low food production and create solution; and
- Monitor farming activities and food security in all countries for action.

c. Government-related strategies and activities:

- Improve storage facilities for agricultural products;
- Make agricultural inputs more affordable by small scale farmers;
- Embark on youth support programmes and training;
- Provide for youth access to land and credit facilities for agriculture and income generating projects;
- Build the capacity of farmers to produce in terms of skills, capital, communication, infrastructure and markets;
- Establish more agricultural colleges in the respective countries; and

- Review agriculture and related policies with input from youths and small scale farmers.

2.8 Participants' strategies to address recurrent droughts

- a. Farmers should diversify crops to mitigate the effects of drought
- b. Governments and research institutes should produce crop varieties that are drought tolerant or mature early, which farmers should plant;
- c. Promote water harvesting activities and develop the necessary skills and technologies;
- d. Conduct campaigns to reduce water and atmospheric pollution;
- e. Develop irrigation facilities; and
- f. Engage in water and natural resources conservation activities.

2.9 Participants' strategies to improve farmer and youth participation in policy development

- a. Ensure that youths are represented both at local and national government;
- b. Lobby for policies that will enable youth access to land;
- c. Carry out capacity building, advocacy, lobbying for inclusion of farmers in policy formulation;
- d. Address land tenure policy;
- e. Include youths in food aid programmes, for example, distribution storage;
- f. Farmers and youths should collaborate to express their opinion at local, district and national levels;
- g. Take part in the decision making process of our government and drawing of policies; and
- h. To support government policies on food production and distribution; and
- i. Government should develop and implement strategies to regularly assess food security and determine the bottlenecks for action.

2.10 Strategies on skills development

- a. Establishment of more agricultural colleges;
- b. Primary and secondary schools should make agriculture part of their curricula;
- c. Youths should actively learn from the farming experiences of their parents;
- d. Farmers should give youth opportunities to practice what they learn;
- e. Exchange visits between and among farmers and youths in different parts of the country and region; and
- f. Increase farmer and youth access to information of agriculture and marketing at all levels.

2.11 Strategies to bring youths more into development

- a. ESAFF and PELUM should facilitate the establishment of Youth Forums in all member countries;
- b. ESAFF should create space for youths at various levels of the organization for sustainability; and
- c. ESAFF should lobby governments in the regions to develop incentives that will encourage youths to take part in agriculture and food production.

2.12 Detailed strategies to increase youth involvement in rural development

Broad strategy	Specific strategies
a. Skills, knowledge and transfer	<ul style="list-style-type: none"> • Both youth and ESAFF should be partners in learning process through discussions, demonstrations and exchange visits; • Promote farmers to farmers extension; • Encourage exchange visits with and among youths; • Lobby for the establishment of study clubs for the youths in agro-extensions; • Re-introduce youth clubs in primary and secondary schools; • Demystify agricultural courses as punishment careers; • Establish regional and national farmer training centres; • Establish mass media programmes on farming, marketing and food security; • Establish rotational regional youth farmer days in member countries • ESAFF should share its emergence process with the youths and other interested farmers; • Pamphlets must be distributed and advertised on local newspaper • Family farmers should train their children in farming as they grow up; • Provide for youth and farmer training by specialists in relevant areas; and • Develop youth leadership through training, exposure and experiencing leadership within ESAFF.
b. Groups and networking	<ul style="list-style-type: none"> • Youth and farmer group should be formed with a clear purpose one of which is to bring together different generations for experience and knowledge sharing; • ESAFF is a structure to be filled by youth • Involve the youth at all levels of leaderships, local, national and regional; • Set aside clear slots for youths in ESAFF; • Create competitive platform in ESAFF member countries; • Organise the youth from village level up; • Youth local forum should network and communicate with ESAFF national branches; and • Apart from being part of ESAFF, youth want to have an independent platform to discuss broad matters of interest.
c. Policy development	<ul style="list-style-type: none"> • Develop farmer and youth skills in campaigning, advocacy and lobbying;

	<ul style="list-style-type: none">• Advocate for youth inclusion on policy formulation structures;• ESAFF should inform local government about all associations so that they are included in planning processes;• Lobby for the establishment of Agricultural Exhibitions which include youths so as to expand marketing networks and encourage youth involvement in agriculture; and• Youths should be selected to take part in relevant agricultural, food security and marketing events and programmes taking place in their respective areas to keep them in the know.
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2.13 Conclusions on youth, ESAFF and food security

Youths from Lesotho and South Africa undertook to pursue the idea of establishing youth forums in their countries. ESAFF welcomed the idea of youths joining the forum, convinced that “ESAFF begins with the youths”. At the same time, young men and women were advised to take a proactive role to find a place in ESAFF. Participants’ message to their governments was that they should stop privatization programmes that benefit other countries at the expense of citizens.

Stephen Mubiru: From Extension officer to farmer, to farmer leader to ...

Between 1990 and 1995 I worked for the Government of Uganda as an agricultural extension officer after obtaining a degree in animal science. Soon after that, I retired into dairy farming against the advice of my wife and my parents. How could I retire so early in my life, at 30? The retirement package, made their reactions against my decision even stronger: US\$900.

I dream was to be a model farmer and to inspire farmers around me to do farming for a living. I was particularly keen to help my fellow youths in my village. And I did by taking a leading part in the formation of the Nammadura Dairy Farmers Association, whose mission is to achieve food security, sustainable income, good nutrition and home hygiene. Among other things, I provided a bull: the first bull from my only cow then.

Today, about a dozen years later, the Association has four large scale commercial farms with 246 head of cattle. We have registered about 376 cross bred cows which we distributed among small scale farmers. Eleven small scale dairy farmers have been developed. The Association has also established an agricultural vocational training centre in the district.

Personally, I won a dairy farm with 21 head of cattle, 20 pigs and 200 chickens. My family is now happy that I took the decision. Providing leadership to this association has also helped me get elected to be the chair of the Uganda Small Scale Farmers’ Forum. More recently, because of my successful mobilisation of farmers, I was elected a political leader and I am now the Chairman of the Kamuli District.

My vision for the district is to lift it to prosperity to agricultural production and processing.

The youths need a platform to voice their views and share their ideas regularly and progressively; mechanisms to take part on agricultural, food security and health related policy development and reviewing; financial assistance to engage in meaningful farming and related activities; and fair markets for farmers’ produce. They also proposed an allocation of funds and other forms of assistance specifically for youth education and development; more access to training in agriculture;

and engagement with and mentoring by the elderly so that there is inter-generational sharing of knowledge, skills and experience for synergy.

In addition, youths want to be included in food and agriculture programmes; to form local groups that form the nuclei of development in rural areas. They want the government to provide the necessary rural infrastructure including dams, communication facilities and warehouses.

The youth proposed to add value to the work of ESAFF through taking forward the values, vision and mission of ESAFF into the future, providing a means of bringing new ideas and knowledge; increasing the resource base through for example, membership fees; bringing in new leadership skills and mobilizing more farmers for ESAFF's self-renewal and development.

Stephen Mubiru's Story

Between 1990 and 1995 I worked for the Government of Uganda as an agricultural extension officer after obtaining a degree in animal science. Soon after that, I retired into dairy farming against the advice of my wife and my parents. How could I retire so early in my life, at 30? The retirement package, made their reactions against my decision even stronger: US\$900.

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SECTION 3: HIV AND AIDS

3.1 Introduction

Based on the knowledge that adults learn best when the taught material is immediately relevant to them, participants were asked to go into groups and brainstorm the questions that they expected the workshop to answer in the subject of HIV and AIDS in relation to food security. Nearly 60 questions were developed, some of them similar. These have been combined. The questions that could not be answered adequately were of a technical nature. Answers to some of the questions came through the presentation by a **resource person, Justice Shekilango** from MVIWATA, Tanzania, as well as in the plenary from fellow participants. Apart from the theoretical learning on the subject participants were presented with a practical and personal issue that one of the participants was facing and they gave their advice (See 3.9). In addition, the workshop organized for a New Start Centre to visit the workshop one afternoon and afford participants an opportunity for testing, which was utilized to the full.

3.2 Synthesis of questions brought by participants to the workshop

- a. What is HIV and AIDS? And what is CD4 count?
- b. Why are people, including youths, afraid of being tested?
- c. Why is the infection rate so high in the region?
- d. What percentages of the infected people are able to access treatment in the different countries of the region?
- e. If I am infected and I want a child, what should I do?
- f. How can a positive mother prevent transmission to her baby?
- g. How long does the HIV take outside the body before it dies?
- h. How is it possible for a positive couple to bear a child who is negative?
- i. How effective are condoms in the control of HIV and AIDS?
- j. What is the origin of HIV? Where was it before?
- k. What makes HIV and AIDS a pandemic?
- l. How does HIV affect us and our communities? How does it affect agricultural production?
- m. How does knowledge of one's status help one?
- n. Are HIV/AIDS infected people sinners?
- o. How long does it take before an infected person dies?
- p. Some people say HIV is only found in semen and not in sperm. What is your comment?
- q. Is it possible for a person to get HIV from an infected person through saliva?
- r. Is HIV/AIDS a curable disease? If not curable what can I do to avoid infection?

- s. Is it possible to have HIV while my partner does not have?
- t. What is a “window” period and what are its implications?
- u. What can ESAFF regional do about the HIV/AIDS awareness?
- v. What can farmers do to assist the HIV/AIDS positive people?
- w. Should I still make love if I contract HIV?
- x. How can rural communities access knowledge of HIV/AIDS?
- y. How safe and reliable and acceptable is the female condom?
- z. What can we do about religions that discourage the use of condom?

3.3 Key point from the resource person’s presentation on HIV and AIDS

Some 7 million agricultural workers have died from AIDS in the 25 most-affected countries since 1985, according to United Nations figures, and another 16 million could die from the disease by 2020. The most-affected African countries in particular, could lose up to 26 per cent of their agricultural labour force.

The HIV affects human beings and is transmitted through fluids in human bodies such as blood and semen. The main mode of transmission in Africa is sexual intercourse, which is often worsened by dry sex, and in some cases, forced sex.

There are four major stages of HIV and AIDS are:

- 1st: HIV Infection
- 2nd: Weakening Immune system
- 3rd: Opportunistic diseases become common and the CD4 count is low
- 4th: Full blown AIDS when the infected in ill for most of the time.

HIV infections can be prevented by **A**bstaining from sex. Those who are married can prevent or mitigate its spread by **B**eing faithful to the partner. **C**ondoms are another practical way of controlling the spread of the pandemic through sexual intercourse. One of the main challenges of HIV and AIDS is that those infected and affected (such as orphans and widows) are stigmatized. This means that they are discriminated against, and given names. They may be rejected in their families and jobs. Part of the discrimination comes from lack of knowledge on the part of those who discriminate. There are three ways in which infected and affected people can be stigmatized. Firstly, the infected and affected could isolate themselves and reduce their self-worth in their own eyes. They could be discriminated by family members who know their status. They could also be discriminated by others once their physical appearance begins to suggest that they may be infected.

Major findings of an HIV/AIDS study conducted 2006 on MVIWATA, Tanzania:

- No Staff policy of HIV/AIDS;
- No mainstreaming of HIV/AIDS;
- It was difficult to realize stigmatization in the organisation since HIV/AIDS was not experienced; and
- In rural areas, among the farming communities, stigma was a major problem.

3.4 Insights from and reflections on the presentation

- a. Condom is important part in sex for the prevention of unwanted pregnancies and sexually transmitted diseases, including HIV;
- b. Abstaining from sex is very important for youths to control the spread of HIV;
- c. Parents should talk to their children about sex;
- d. Important to know ones' status in order to manage lives accordingly;
- e. Community dialogue among parents to exchange issue of HIV/AIDS (culture of being open);
- f. As Africa we share common problems;
- g. We are all potential patients or victims of the HIV and AIDS pandemic;
- h. Very often institutions are in denial;
- i. HIV/AIDS is like any other incurable disease still you can live longer and continue with your life;
- j. Certain sexual behaviours fuel the spread of HIV; and
- k. Counselling is an important aspect in managing HIV spread and negative impact, including stigmatization.

3.5 Participants' analysis on the impact of HIV/AIDS on food production

Negative effects	Positive effects
<ol style="list-style-type: none"> a. Reduced labour efficiency as sick and weak people have less energy and concentration to perform their tasks; b. Household disturbances which come as a result of people setting aside their plans in order to attend to the sick and weak; c. Farm level disturbances which arise from inadequate time and labour to do agricultural work because some farmers are either sick or attending to the sick; d. Reduced household income as remittances from towns and income from agriculture 	<ol style="list-style-type: none"> a. Job creation in health and related areas as more nurses, doctors and counselors are needed; b. Love building between families as they are forced to unite in order to support one another to fight the effects of the pandemic; and c. Increased market opportunities for farmers to grow food and medicinal crops for people in need of healthy crops such as organic produce.

<p>produce is lost through the farm and household level disturbances mentioned above;</p> <ul style="list-style-type: none"> e. The level of expenditure generally increases with the decrease in income through affected families have to buy food, pay medical bills, incur transport costs to look after the sick; f. Many more children grow up orphaned; g. Psychological stress which arises from watching relatives and friends suffering; and h. General loss of opportunities for improving livelihoods; i. At national level, investments are diverted from productive areas to AIDS prevention and mitigation; j. There are fewer able bodied men and women to carry out work in homes and at work places thus increasing the number and proportion of dependants in families and countries; and k. Loss of production time doing care work in order to look after the sick and the orphaned. 	
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3.7 How youth and parents can reduce the spread and impact of HIV and AIDS

At family level, elders and youths should be open in talking about HIV and AIDS. There should be more dialogue between the parents and children so that HIV and AIDS realities are revealed and explained appropriately. Children and youths share the responsibility to initiate dialogue with elders and parents as well as find ways of checking the information they receive from one elder or parent with others (triangulation) in order to get a balanced and more informed perspective as far as possible. In general, parents should practice good parenthood and give their children a good foundation about health and related matters, step by step, stage by stage. This includes guiding children and youths in watching television, teaching them about sexual harassment and linking parental guidance to the taught curriculum in the school and finding effective ways of explaining to children when they ask sex-related questions. For example one participant who was asked about a condom by her nine year old son told her, "When you are old enough, we will talk about it". Children and youths should not be brushed aside when they ask.

At community level, youth should form Anti-AIDS clubs to discuss and support efforts to address the pandemic. These could then form regional forums for mutual learning. Youths should take a more active role to educate members of the community about the epidemic. At the same time parents should lobby educational authorities to include HIV and AIDS in the taught curriculum building on and using some of the local experiences. Youths should conduct exchange visits between youths to share ideas. Youths and elders should both be involved in awareness building and fundraising to support the initiatives at the various levels. Above all, youths and their parents should get tested.

3.7 Participants' perceptions of causes, effects and strategies for addressing stigmatization

a. Causes of stigmatization

- Lack of counseling;
- Denial, individuals not accepting the situation;
- Lack of self confidence;
- Religious beliefs that blame the infected as sinners and therefore deserving the "punishment";
- Rejection by members of the family and friends; and
- Lack of knowledge about HIV and AIDS.

b. Effects of stigmatization

- Loneliness and seclusion;
- Depression and mental disturbance;
- Stress which further undermines the health of the individual;
- Suicide;
- Breaking of relationships and divisions in families;
- Slowing down of development at family and community levels; and
- Wandering away from homes.

c. Strategies to address stigmatization

- ***Love for one another*** is the most important base for developing strategies to address stigmatization;
- The pandemic must be seen as a struggle for everyone because, "***we are them and they are us.***"
- Hold meetings and workshops to explain and discourage stigmatization;
- Run media campaigns against stigmatization;
- Youths and elders should contribute to the building of role models in groups and communities by offering the necessary support;
- Practising what we teach in terms of not discriminating; and
- Lobby for availability of treatment, especially Anti-Retroviral (ARV) drugs.

3.8 Participants strategies to help the infected and affected in their respective villages and communities

- a. Form support groups and provide social services;
- b. Take care of orphans;
- c. Form anti-AIDS clubs;
- d. Acquire land from the community where youth can grow crops for the infected and affected people;
- e. Teach communities about basic health and sanitation at household level
- f. Sensitize community leaders about HIV and AIDS;
- g. Lobby for the availability of condoms in all rural centres and shops;
- h. Campaign for youths in villages to take HIV tests, especially before marriage;
- i. Advocacy for government to educate everyone in the villages to know about the pandemic and how it is spread; and
- j. Lobby NGOs to assist the infected and affected through education, food and nutrition support, medical assistance and education on health and sanitation.

3.9 Group advice on how one of them can break the story to his spouse

During the session when participants were asked to raise important questions that they wanted answered, one of them asked a personal question, which was subsequently discussed in the plenary. His identity was not given. His question was:

“My wife trusts me too much as well as I do. Last time It came to pass that I visited other women to make love. Having tested I realized that I am positive, and afraid that also she is infected. How can I inform her about my test?” wrote one of the participants. The question was then discussed in the plenary.

Participants had a long discussion on the matter before agreeing to give the following comment and advice:

To have found the courage to write a note about one’s HIV status is a commendable and significant step forward. The next natural step is to seek professional counseling assistance. Avoid doing harm to your spouse and do not rush to tell your status to people who are judgmental. In the end, the partner must know.

4. FIELDS VISITS, FOOTBALL AND VOLUNTARY TESTING

4.1 Introduction

Participants spent the morning of the fourth day visiting farmers around Maseru district, learning about how they do farming and the opportunities and challenges that they are facing. Most of the farmers visited were involved in milk production. They highlighted that they make a profit from milk production. Most of the farmers visited use breeds that are crossed and which have daily yields of nearly 20 litres a day. They produce the milk for sale, mostly within the communities, which reduces the agricultural production and distribution chain. Farmers said when all costs are factored they make more money from selling milk locally.

4.2 Challenges being faced by dairy farmers

The challenges that the farmers are facing are that they do not have enough pasture and the fodder they grow do not last the dry season. This situation is worsened whenever there is a drought as was the case during the last agricultural season. The second challenge they face is that of finding the proper dairy cows. They have to travel to South Africa to get them and government regulations tend to be restrictive.

The third challenge was that the agricultural extension system was not robust enough to support them regularly, especially in terms of offering veterinary services. This has resulted in them losing some of their animals to diseases, which are generally easy to cure. A related challenge was that some drugs for cattle diseases are either not available locally or can only be given to licensed people.

While the farmers interviewed showed that they were economically doing well, they agreed that they were not involving their children in the running of their agricultural activities. A second problem was that they were not well organized enough as farmers to have the political clout to influence the agricultural extension system.

4.3 Suggestions from participants

Participants made suggestions on how farmers could organize themselves better in future. At Bishop Allard Vocational School, participants learnt about how the agricultural centre has played a critical role in building the life skills of the surrounding communities through learning by doing in the areas of agriculture, brick-laying, carpentry, home science and catering among other courses. It organizes

farmer associations and has played an important role in the development of the Thulareni Farmers' Association, which is a member of ESAFF Lesotho.

4.4 The football match and Voluntary Counselling and Testing (VCT)

About 15 participants, most of them youths, took part in a football match as part of recreation. Three of the players were female youths. They played against a local football team. The rest of the participants watched the game and cheered players. At the same time, they were given the opportunity to be tested by a team from the local New Start Centre. Three participants were tested and many were turned away because of the limited time. Two of the three were youths. Each session took 45 minutes. The keenness to get tested suggested that the workshop had been useful in persuading participants to know their status.

SECTION 5: BEYOND THE WORKSHOP

5.1 Introduction

This section discusses events that took place after the main workshop itself. The thrust of the discussions was on how to translate what was learnt into practice. This was in keeping with the workshop's approach to share information and knowledge for action, not just for academic purposes. The section also highlights that the workshop was part of a bigger process and in order for subsequent processes to take place, some planning and action beyond the workshop was necessary.

5.2 The letter from Basotho youths

Following the deliberations of the workshop, youths from Lesotho resolved to write a letter of request to the Ministry of Youth and Gender, Sports and Recreation, asking for support and guidance towards the establishment of a Youth Forum in the country. Thato Mokoma, one of the youths from Lesotho presented the following letter to the Permanent Secretary who received it:

"Youth Programme Support

We, the Youth of Lesotho, have recognized the importance of sports and other youth activities in economic and social development.

We have seen it vital that as young people we become active in development and hereby seek support in terms of financing; advice as to what we should do and the correct channels to follow in order to establish a Youth Forum.

The Youth Forum will serve as a platform for awareness to bring people out of their comfort zones.

Your consideration of this issue will be highly appreciated.

Regards

Youths attending the Food Crisis Workshop in Lesotho"

5.3 Ministry's response to the workshop

He commended PELUM-Lesotho and ESAFF for inviting to youth to discuss food security, agriculture and HIV/AIDS issues and strategies. He promised to work closes with the two CSOs. He highlighted a number of issues that youths face in Africa, especially in the sub-region of east and southern Africa.

5.4 The Ministry's plans concerning youths

- a. Youth's lack of participation in development, thinking and action was noted as a key issue. The Government of Lesotho is addressing this by seeking to establish a Youth Council through a policy instrument which is currently at Bill stage. The government would like youth selection and involvement to be bottom up.
- b. The other important area for youth development was identified as education: formal and informal; short-term or long-term. The government found it important for helping youths adapt to the dynamic world, which is becoming more complex.
- c. Information and Communication Technologies, which are already being taken advantage of in other countries such as India, should also be developed and utilized for the benefit of youths in Lesotho. Farmers could use the internet to establish market prices so that they make more informed decisions about where to sell.
- d. Unemployment is another aspect of development in which the government is encouraging income generating projects and self employment to complement formal employment by youths.
- e. In the area of HIV and AIDS, the government has initiated a programme called Platforms of Excellence. Eight centres have been established in 4 districts and staffed with 60 youths who learn about HIV/AIDS and build awareness about the pandemic in their respective areas down to the village level. The plan is to cover all the 10 districts. The youths do not get a salary but are given an allowance for their upkeep.
- f. The ministry uses sports to keep youths away from trouble and drugs so that they can use their time gainfully. Sporting activities are good for health and mental stimulation. They increase a person's fitness and confidence and bring people together.

- g. Over and above all, the ministry would like to cultivate a culture in which youths contribute more meaningfully to the communities in which they live. The youth should see themselves as being there to serve the community, not the other way round: “a standing army that is prepared to give a hand”. They should give support without expecting to be paid. Plans are to move beyond HIV and AIDS activities to include conservation and agriculture.

5.5 The official closure

There being no other business, the PS closed the workshop and wished everyone a safe journey to their respective homes. The chair of ESAFF thanked the PS for his invaluable time and his supportive spirit and speech.

5.6 Youth Action Plan

On the fifth day, youth stayed to plan the way ahead. Only those who came from distant places of the country left in the morning as planned. Those who stayed worked until the afternoon and produced the action plan below, which is concerned with what the Basotho Youth will do beyond the workshop. Facilitation of the workshop was done by one of them, an ESAFF youth from Zambia, Boniface Hangala.

Action	Who	When	How	Resource
Mobilize and sensitize youths	Youth Representatives from different regions	From now to six months	Meetings and media	ESAFF PELUM Ministry of Gender Youth sports and Recreation
Form a Constitution	Group members	From December 2007	Special General Meetings (participatory)	References from constitution provided by PELUM
Forming youth groups where they do not exist Identification of youth issues Registration of youth forums at local level	Youth in charge of community mobilization	From now on	Meetings Contributions Registration	Contribution by group members (Financial and otherwise)
Attend training of trainers on HIV and AIDS	Youth Representatives through PELUM and ESAFF	From February 2008	Identification of training institutions at country; regional and grass root levels	PELUM; Ministries of Health Other NGOs

Create HIV and AIDS awareness	Trained youths NGOs Department of Health	From now on	Drama, poems youth gatherings	PELUM, Government, NGOs
Get youth involved and participate in Agric Activity	Youths who attended the ESAFF Workshop	From now on	Youth producing from home gardens Sharing knowledge on food marketing	Own or group contribution Inputs Land Micro finance

5.7 Parting messages

A youth member thanked ESAFF for bringing the youth together to think and reflect with them on food security, agriculture and HIV/AIDS. Elizabeth Mpofu, the chair of ESAFF said that the next challenge is how to ensure that participants go back to their respective homes and do something about what they had shared, learnt and proposed. 'Me Gladys Faku, the Chairlady of PELUM Lesotho closed the classroom learning part by recognizing that the workshop was a great and motivating event which inspired youth participation and showed how the concept of participation, which underlies PELUM work across the region, can be shared and passed on to the youths who were profoundly engaged. She challenged participants from other countries to build a similar linkage between the youths and farmers.

5.8 Workshop Evaluation

At the end of the workshop, participants were asked to evaluate the workshop using the following questions:

- a. What did you learn from the workshop?
- b. What did you like about the workshop?
- c. What did you not like about the workshop?
- d. How should the results and energy of the workshop be utilized?
- e. Any other comments.

Participants' comments suggested that they learnt a lot about HIV and AIDS as well as about the fact that they can be an important part of the change process to bring about more food security and to reduce the prevalence and spread of HIV and AIDS. They enjoyed their level of participation and liked the learning atmosphere and the meeting of the minds of the elders and the youths. The main concern was accommodation. Participants generally recommended that the initiative be replicated elsewhere and that there be follow up activities in Lesotho.

ANNEXES

ANNEX 1: WORKSHOP PROGRAMME

Day	Theme	Objectives
29 October	Food crises in Southern and Eastern Africa	<ul style="list-style-type: none"> • What are the underlying causes of food crises? • How do response mechanisms impact the rural areas development? • How to propose adapted responses to such situation?
30 October	The Youth: how do they take part into rural activities?	<ul style="list-style-type: none"> • What do discourage Youth participation and involvement in rural activities? • How to interest young people to stay and work in rural areas?
31 October	Training on HIV and AIDS	<ul style="list-style-type: none"> • To explore linkages between HIV prevalence in rural areas and its impact on agricultural productivity, land mismanagement and food crises; • To provide knowledge and pedagogical tools to ESAFF representatives to be disseminated and used in their respective constituencies. • To mainstream HIV informed approaches to work on with Youth in rural areas
1 November	Field Visits	<ul style="list-style-type: none"> • To introduce the Lesotho context of mountainous rural areas to all participants • To organise a popular event to massively motivate Youth in Lesotho and to inform them on the discussed issues: rural areas, mountainous areas, HIV/AIDS
2 November	ESAFF General Assembly	<ul style="list-style-type: none"> • To review their progress and plan for the future

ANNEX 2: LIST OF PARTICIPANTS

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ANNEX 3: PAPERS PRESENTED AT THE WORKSHOP

ANNEX 3.1: FOOD CRISIS IN LESOTHO: A PERENNIAL PROBLEM



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2007

Introduction

Lesotho is a small land-locked country that is encircled by one dominant neighbor, South Africa. It is a beautiful country that is known for its snow-capped mountains in winter and a proud people who use horses and wear colorful blankets and identify themselves as farmers almost whimsically. Although they are farmers, they never produce enough food to meet their needs. Furthermore, they are unable to access food in the commercial markets because they are bedeviled by poverty and lack of purchasing power.

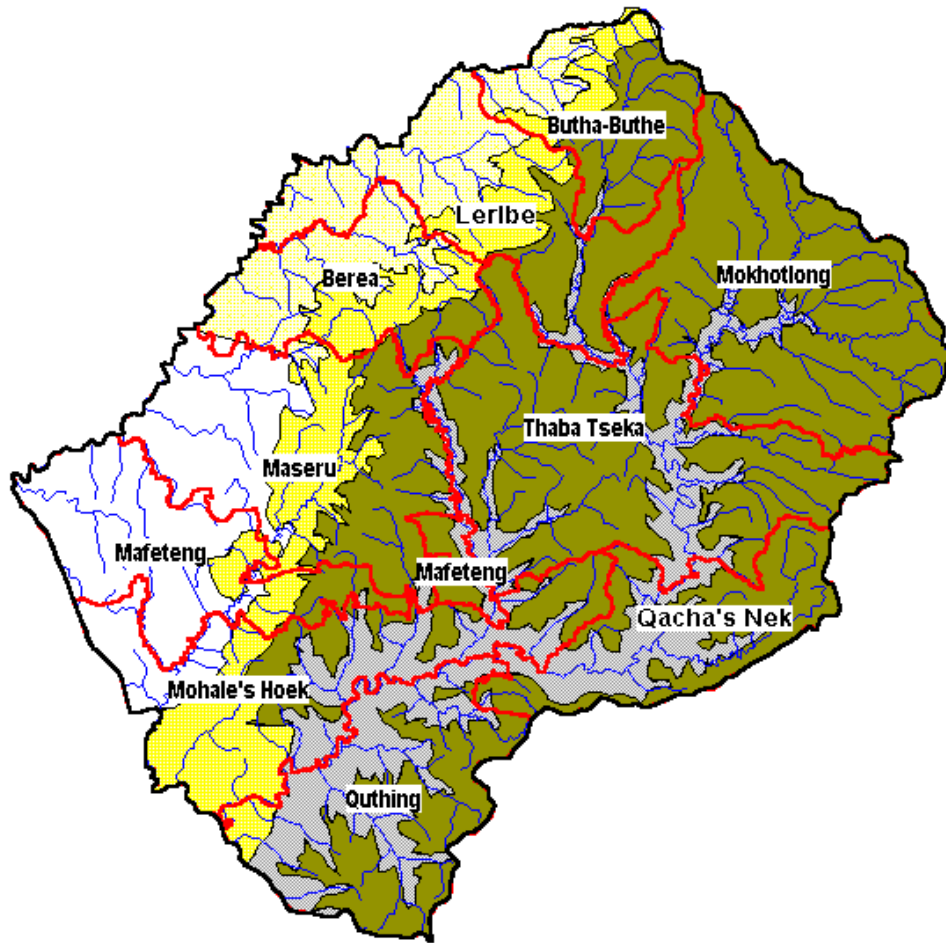


Figure 1: An Ecological Map of Lesotho

As a result, beneath the superficial pride of many Basotho lies a pernicious menace of food shortage that never goes away. From one year to another Basotho experience a problem of food inadequacy, underproduction, undernourishment, malnourishment and the ever increasing food prices. Taking a transect across the breath of this country one sees queues of people in dire need for food aid year after year. Many interventions have been introduced yet no measurable success has been achieved. Basotho have become accustomed to food shortage and hunger. It is a pernicious problem that resonates throughout all communities, particularly the rural communities. Once again, this year in 2007, the Government of Lesotho is pleading with the international community to intervene urgently as an estimated 500,000 people are expected to face food supply problems.

Although Basotho are now used to food shortage, history informs us that this has not always been the case. There was a time in the past when Lesotho had a strong and prosperous agricultural production to the extent that export was possible. That era only remains as a historical reality since the contemporary Lesotho is of a country that completely fails to meet its food requirements. The causes of our current predicament can be debated endlessly though there is a muted agreement that they include land degradation, unfavorable weather, culture of dependency, migrant labor system, poor purchasing power, unemployment, high food prices, declining fertility of the soils, landlessness and many more.

This disturbing reality that Lesotho faces on an annual basis affects other countries in Africa as well. On a global scale no area or continent has in recent years been confronted with the specter of food inadequacy on any scale comparable to the African crisis. Indeed Africa is the most critical area in the world food crisis. Although this problem happens every year, it is always treated as episodic with emphasis on ecological disasters such as heavy rainfalls, tornadoes, drought, pests, etc. Without underplaying the role that ecological factors play in this problem, it is important to note that they are only part of the problem with social factors also playing a significant role. In fact, even in those cases where ecological disasters would seem at first glance to be the root cause deeper analysis would reveal the immensity of social factors.

The critical question is whether the approach of dealing with the food insecurity problems in African states in this manner addresses the real roots of the problem or it merely ducks the hard questions that they need to confront in order to get out of hunger and poverty once and for all. It certainly has come to our realization that food security and insecurity are often instruments and expressions of social and political power which get used to sway and influence the millions who are hungry and undernourished.

To the poor and hungry the notion of food security one day presents an emotional possibility that makes them highly vulnerable to manipulation. This situation holds true within nations and even between nations. As some analysts have observed the irony of the food crisis in the world is not so much that there is insufficient food but rather that some have more than they need while others have nothing. Put aptly, it is a question of the "haves" and "have-nots." This situation is true for Lesotho as well. The gap between the "haves" and the "have-nots" is widening each year and hardest hit are the rural communities. The interventions proposed are largely superficial and fail to redress the increasing polarization of the urban - rural divide.

The Lesotho society can simply be classified into three broad classes insofar as food security is concerned. (1), the **plenty-food-class**, which consists of the elites, middle class and elements of the bureaucratic bourgeoisie. These are the people who are progressively accumulating wealth and resources provided by the country to the marginalization of the majority of the people. Many of these reside in the urban areas. (2) the **middle peasantry** which accounts for the majority of the people in the country and consists of employed people who use farming simply as a supplementary source of food. These are the ordinary people who hold regular jobs that give them just enough to stay afloat. They include migrant workers who bring into the country remittances. (3) the **no-food-class** which consists of people who are so poor that the next meal is a challenge. Many of them are totally unemployed or from time to time get informal menial jobs such as gardening, food-for-work, livestock herding, doing laundry, washing cars, hoeing and domestic work. Some households in this category have lost breadwinners, some are female headed and some consist of old people who do not have working children to support them. This is the group that lives in misery and deprivation. They may own land but they do not even have capacity to till it. No income and no implements or at best those implements are not functional. These are the down trodden who are at the bottom of the ladder and highly vulnerable to manipulation, diseases and destitution. These are the people that we sometimes classify as ultra-poor (Table 1).

This situation has a history that is traceable to the international order that many African states with scores of hungry people find impossible to extricate themselves from. In fact even though their economies record positive growth the majority of their people sink deeper into poverty and destitution. In this respect

Lesotho is just one among many. The fact that close to 50% of Basotho are classified as poor and about half of those as ultra-poor is disturbing (Table 1).

Table 1: The Prevalence of Poverty by Region in Lesotho

Region	% of households Classified as poor	% of households classified as ultra-poor	The poor as a proportion of the national population (%)
Lowlands	44.1	21.7	38.9
Foothills	56.4	29.1	17.0
Mountains	71.2	41.4	14.2
Senqu River Valley	61.7	35.6	11.8
Rural	53.9	28.6	81.9
Urban (Other)	26.8	11.0	4.5
Urban (Maseru)	28.1	13.6	13.6
Country	49.2	25.8	100.0

On a yearly basis the economy of Lesotho continues to grow although with significant structural changes especially in recent years. It is an economy that is heavily influenced by the larger and wealthier neighbor that encircles it. In the past remittances from the Basotho mine workers in the South African mining industry formed nearly 50% of GNI and have dramatically declined because of the large scale retrenchments that have taken place over the last few years. Manufacturing and construction have been growing in importance from approximately 25% of GDP in the early 1980s to 42% in 2002. The public and private sector service activities have fallen from 50% to around 40% in the same period while agriculture has declined to a mere 17% of GDP. The Lesotho Highlands Water Project has been one of the main factors influencing the growth of the economy of Lesotho with a record growth of 6% at the height of the construction period. Although the textile industry expanded rapidly it begins to decline with many factories closing down in recent years. Although the textile industries are an important source of employment, they have facilitated the rural - urban migration in Lesotho in the manner that had not been seen before. The impact of this new development is exacerbation of un-cultivation as people leave the productive arable lands in search of employment in the urban areas. In some cases the fields are left with old and sickly people. In the past, this situation arose from the migrant labor system that was linked to the South African mining industry while now it is both the South African mining migration as well as the new textile factories that are located in some urban areas in Lesotho.

As indicated earlier there are many causes of food crisis in Lesotho and there is no way that we can deal with all of them in this short paper. Selected cases are explored in detail below simply to highlight the complexity of the problem.

The weather

This is the most cited problem. For example, the Prime Minister of Lesotho declared a state of famine this year citing drought as the cause and appealed to the international community to come to Lesotho's rescue. The United Nations Office for Coordination of Humanitarian Affairs also declared in July (2007) that Lesotho has in the past growing season experienced the worst drought in history leading to a 4 - 5 percent decrease in the production of cereal compared to 2005/6 season. It was indicated that the drought was worse in the months of January, February and March that are critical in the growing calendar. The situation is worse in the lowlands and foothills which are the main areas that are used for cereal production. Furthermore, the problem seems to lead to an increase in uncultivated land as farmers begin to have uncertainties about the agro-climatic conditions.

Unfortunately predictions with respect to climate change are that Lesotho will be drier (Table 3) over the years and experience higher temperatures than the current (Table 2). This suggests the worsening of the weather connection in the food security problem. In the end, good rains that are essential for crops could come in late for successful farming. This implies a delay in cropping time and perhaps a shortened

cropping period. The notion of a shortened cropping season already connotes problems as some of the crops may fail to reach full maturity, especially the staple foods such as maize.

The increased precipitation in winter does not also tell as good story as it may suggest heavier snowfalls and strong winds which are often associated with devastating disasters. In other words, the weather connection to the food security problem is likely to be worse over the years as a result of global climate change. If our adaptive strategies are already failing us now, the worse is likely to come. As a country, we are now in the process of writing the second communication to the United Nations Framework Convention of Climate Change (UNFCCC) secretariat in respect of this matter. As a mountainous country we are biophysically highly vulnerable to climatic fluctuations and highly susceptible to extremes. Recent events suggest that we are beginning to feel the effects of this global phenomenon.

Table 2: Seasonal Temperatures for 2030, 2050 and 2075. Temperatures are in degree Celsius.

Model	Year 2030				Year 2050				Year 2075			
	Autumn	Winter	Spring	Summer	Autumn	Winter	Spring	Summer	Autumn	Winter	Spring	Summer
UKHI	1.1	1.2	1.1	1.0	1.7	1.8	1.7	1.5	3.7	2.8	3.7	3.8
CCCM	0.9	0.8	1.1	0.9	1.4	1.3	1.7	1.4	2.9	2.5	3.7	2.8
GFDL	0.7	0.7	0.7	0.7	1.0	1.1	1.0	1.1	2.0	1.5	2.7	2.0
OSU	0.9	0.9	1.0	0.7	1.4	1.4	1.5	1.4	2.9	2.2	2.9	3.9
GISS	1.0	0.9	0.9	1.0	1.5	1.7	1.4	1.6	3.5	3.5	3.2	4.4
UKTR	1.0	1.1	0.9	0.9	1.6	1.5	1.5	1.4	1.2	3.3	3.4	2.0

Source: Lesotho Meteorological Services

Table 3: Seasonal Precipitation Scenarios for 2030, 2050 and 2075. Precipitation is in mm.

Model	Year 2030				Year 2050				Year 2075			
	Autumn	Winter	Spring	Summer	Autumn	Winter	Spring	Summer	Autumn	Winter	Spring	Summer
¹ UKHI	0.04	-0.02	-0.80	-0.10	0.05	-0.03	-0.90	-0.03	0.50	0.14	-1.00	-0.33
² CCCM	0.01	-0.06	0.08	-0.10	-0.01	-0.09	-0.80	-0.05	0.13	0.01	-0.90	-0.20
³ GFDL	0.01	0.02	-0.70	-0.04	0.00	0.04	-0.70	-0.04	0.17	0.14	-0.70	-0.13
⁴ OSU	0.02	-0.01	-0.70	0.00	0.17	-0.02	-0.70	0.03	0.90	0.07	-0.80	0.13
⁵ GISS	0.09	0.13	-0.70	-0.02	0.12	0.19	-0.70	0.00	0.63	0.27	-0.80	-0.10
⁶ UKTR	-0.06	-0.06	-0.90	0.05	-0.12	-0.09	-1.00	0.09	-0.27	0.01	-1.00	0.53

Source: Lesotho Meteorological Services

The question is whether this situation should always come as a surprise or unexpected disaster each year. Of course climate change is a complex global problem that threatens many countries including those that continue to support poor countries such as Lesotho. Those countries that we rely on when we

are in dire need will soon face challenges that will force them to concentrate their efforts on their coping mechanism with climate change. When that happens, the aid they we get from them may decline or even disappear. This is an eventuality that we must consider seriously. Is it possible that Lesotho could prepare herself for this predictable eventuality? Is there lack of capacity to deal with the problem? The presented scenarios of a worsening weather situation were published in April 2000 and each year since then Lesotho has relied on emergency food aid as a coping mechanism. This reliance on food aid can not be considered to be a permanent solution to the weather problems. It is a temporary measure that leaves Lesotho in a vulnerable food security status unchanged.

It is encouraging though that in April 2005 the government published the Lesotho Food Security Policy which was aimed at mainstreaming food security as one of the strategic processes aimed at reducing poverty in the country. This policy aims to address the issue of food insecurity at different levels; from individual insecurity to households all the way up to the national level. Critical conditions that lead to food insecurity have been identified in the policy and they include challenges of formal and informal employment, agricultural production, lack of infrastructure and services, land tenure issues, HIV/AIDS, information flow, lack of capital, etc. Identification of these bottlenecks is the easy task implementing strategies that would lead to solutions is the most difficult. For example, the issue of the land tenure system has been a thorny issue for several decades yet up to now no changes have been implemented.

The Land Tenure

In terms of land tenure, despite many recommendations by land review commissions from 1963 to 2000 which indirectly or directly argued for introduction of private land tenure system in Lesotho, the government has been reluctant to do so, and instead, continued to allow communal land tenure to operate in the country. The government argues that communal land tenure protects the society against the full blown marketization and proletarianization of many rural households who would fail to pay ground rent for their land. This would accentuate the already high rate of landlessness estimated at over 40% and promote food insecurity. However, landless households, estimated at more than 40% are precluded from this benefit. Despite its positive social protection effect, communal land tenure in Lesotho, presents problems of efficiency and sustainable management because of lack of consensus amongst and within the multiple users and uses involved.

Quite frankly, a large proportion of the arable land in Lesotho is in the hands of the poor who are simply unable to derive full potential from it. The reform has long been recognized yet never implemented. The current Food Policy reiterates the necessity for reform in order to overcome the problem of food insecurity. If we learn anything from history we can proffer that such a recommendation will once again elude us. If the land reform recommendation eludes us and we sincerely believe that crop production is an important element of the food insecurity problems, clearly the solution to the food crisis will remain elusive also.

A large amount of land that lies uncultivated each year bears testimony to this problem. To the extent that a country that relies on regular food aid experiences increasing amount of uncultivated land should be a worrying factor. It suggests that a critical component in the food security equation (food production) is getting worse not improving. Furthermore, this poor administration of the highly scarce resource (arable land) results in unregulated expansion of urban areas into the peri-urban areas that was once highly productive agriculturally. In the rural areas as well villages continue to mushroom in the areas that were once used as fields. These two problems suggest that Lesotho is losing the food security battle from the production angle. That would suggest that other alternatives would have to be employed to fill the gap. The alternatives that could be considered include commercial imports, price stabilization and subsidies. With respect to the commercial imports, there no shortage of food in shops in Lesotho. What is lacking is the purchasing power of the people to access the food. In other words, it is not a problem of availability but access. Prices are influenced by the markets linked to global effects and continue to raise making food inaccessible to many who have purchasing power difficulties.

Food Aid

Food aid has been used as a social protection measure against malnutrition and starvation by the government of Lesotho. Two types of food aid have been dominantly used. These are firstly, disaster relief, which is managed by the Disaster Management Authority (DMA) and used in cases of emergencies such as floods, drought, snow-storms and so on. Disaster food aid is community-targeted. However, problems of corruption, nepotism and politicization of disaster food aid are rife at community and national levels.

Another problem experienced is that of poor capacity to distribute the food aid in time due to lack of transport. External assistance would help in capacity building of the DMA, and urging the government to avoid politicization of disaster food aid at all costs. Secondly, food aid comes in the form of development food aid or food for work under administration by the Food Management Unit (FMU). Again, development of food aid is community targeted and meant to benefit all community members. In reality, corruption, nepotism and politicization of access to development food aid are widespread and promote the marginalization and exclusion of some people, especially opposition party members.

This results in a lot of conflicts over the food within the communities. Moreover, lack of finance and transport to distribute the food aid to the needy communities is problematic. External assistance would be well used in capacity building efforts of the FMU and storage networks at community levels; together with devising mechanisms to depoliticize development food aid and make it more target-focused on the poor and vulnerable households within the communities so as to promote their household food security.

It needs to be said that food aid is not necessarily a cheap option. In fact the Lesotho Food Security Policy reports that taking into account all factors needed for food, i.e. procurement, transport, distribution, cost overheads, administrative cost of food aid agencies, the costs are significantly higher than if Basotho had produced and locally sourced their own food. For example, total cost for maize meal food aid is estimated at USD 890/tonne while the local market price of the same commodity is USD293/tonne. This means that the costs of food aid are three times higher than in the local markets. It behooves us to consider whether it is necessary therefore to take such an expensive route in making food available to the hungry Basotho especially when the problem is never failure of the local markets to meet demands but purchasing power.

Table 4: Cereal Production, commercial Imports and Food Aid in Lesotho

	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
Cereal production	93,896	153,428	223,243	81,221	257,418	206,122	169,192	173,852	178,605	241,500	191,250
Cereal imports	362,152	373,152	366,176	268,233	394,198	268,788	307,450	238,913	164,541	192,430	113,324
Food Aid	42,180	25,242	14,902	45,898	11,628	13,164	7,401	3,116	860	5,308	38,440
Total Availability	500,220	553,815	606,315	397,347	665,240	490,071	486,041	417,880	346,006	441,239	345,016
Food as % of Availability	8.4	4.6	2.5	11.6	1.7	2.7	1.5	0.7	0.2	1.2	11.1

Source: FAOSTAT

Crop Production

Crop production has been on a downward spiral since the year 2000. Each year records less production than the preceding one (Figures 2 and 3). The factors responsible for this problem include delayed rainfall, increasing uncultivated land, food aid, etc. Other reasons cited include reduction in the use of

improved seeds and chemical fertilizers. Of course weather challenges are also part of the problem. The reasons given for this low production on the part of the farmers is the removal of subsidies by the government.

This year (2007/2008) those subsidies have been re-introduced although to a few selected farmers across the country. There is a general belief within government that the subsidies will promote positive externalities. The subsidies are necessitated by the high poverty levels among the people who are engaged in farming and the ever increasing prices of farming inputs. The combination of these two factors (poverty and high prices of inputs) leads to poor production as a result of poor farming methods as well as more and more uncultivated land from one year to another. Food aid sadly creates the culture of dependency. People begin to expect to be given food by the government instead of producing their own. This is counter productive and must be carefully evaluated to make sure that it does not result in this unintended effect.

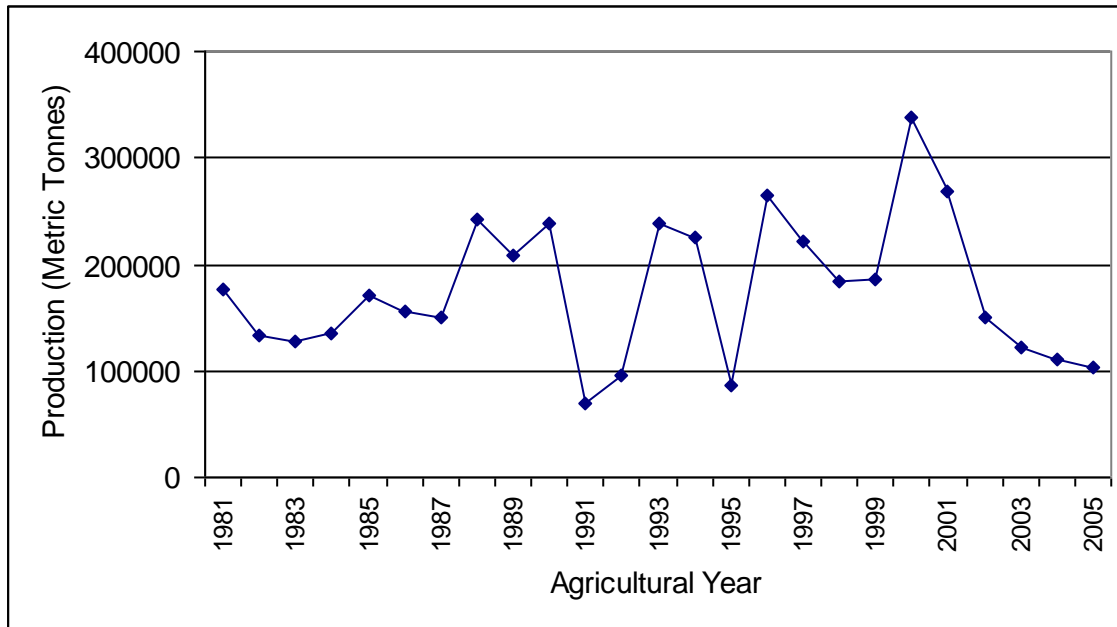


Figure 2: Food production in Lesotho from 1981 - 2005

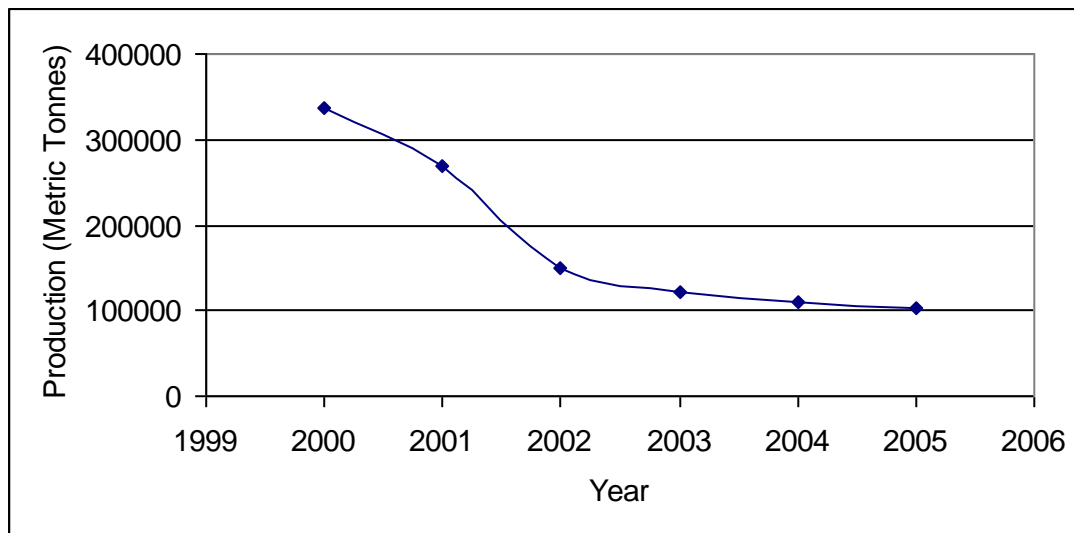


Figure 3: Food Production in Lesotho from 2000 - 2005

Food production continues to decline despite the introduction of several interventions by the government to curb the trend. Some of the latest interventions include the introduction of the Agricultural Sector Strategy in 2003. This is a broad policy document that charts way for the Ministry of Agriculture in respect of its mandate of ensuring food security in the country. In 2005, the Food Security Policy was published and in 2006 the National Action Plan for Food Security was published. Looking at these documents, they are beautiful and well meaning. The problem therefore does not lie in lack of policy direction but somewhere else.

What is surprising is why contemporary Lesotho cannot produce her own food if in 1837 just a few years after the arrival of the missionaries Basotho were able to do so. In 1837, we are told that “the Sotho of Basutoland...had grain stored for four to eight years” and in 1844 “white farmers flocked to them (Basotho) to buy grain.” In 1872 after losing their land to South Africa they still exported large quantities of grain (wheat, maize and sorghum).

In 1910 Encyclopaedia Britannica reported that “Basutoland is one of the greatest grain growing countries of South Africa” and continues by saying that “in summer the country appears as one waving field of wheat, millet and mealies.” Today what we see are large tracks of uncultivated land yet food security remains unattainable. This is incomprehensible. It does not show determination to overcome this problem nor does it show commitment to finding a lasting solution. It is high time that we learn that no amount of equivocation will lead us to a lasting solution. We need to make hard choices and painful decisions. In the meantime our nutritional condition is getting worse over the years (Figure 4).

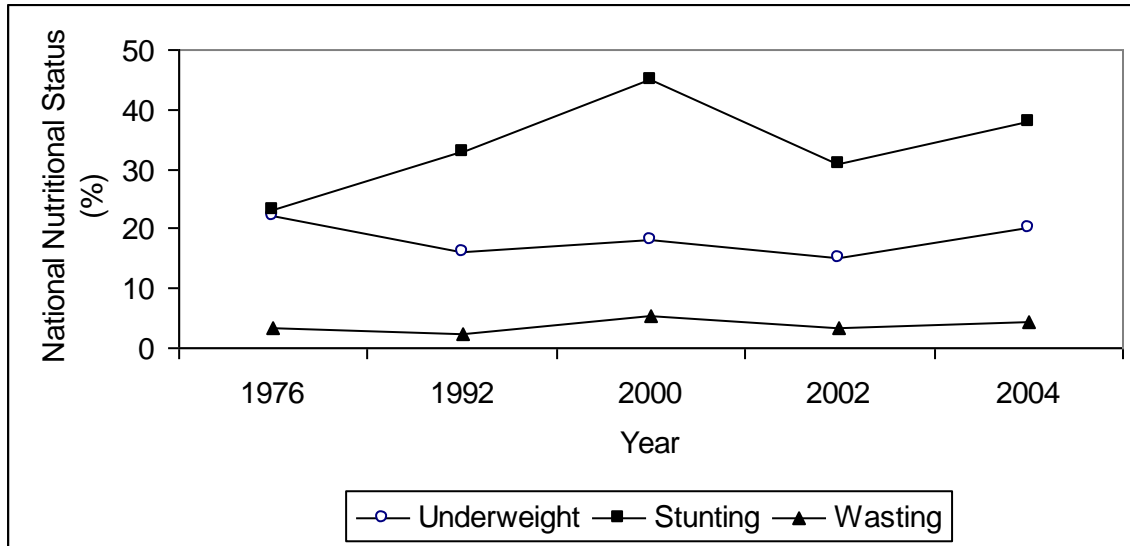


Figure 4: National Nutritional Status of Basotho over the years

HIV/AIDS

Our discussion would be incomplete, especially when the audience is the youth if we ended it without taking about HIV and AIDS. HIV/AIDS is a cross-cutting issue in our social fabric and it is of such gigantic importance that it merits special attention in the food security debates. Households that are affected by HIV and AIDS may experience food insecurity from the point of view of access to food, utilization and even reliability of supply.

This may occur because breadwinners may be lost or they may get so debilitated that they fail in their function within households as breadwinners. When the breadwinners succumb to the disease, those who are left may not have skills nor means to find sufficient food for their needs. From this point of view HIV/AIDS is a real threat to food security in many countries including Lesotho. In Lesotho, the infection rate among the productive adults is estimated at 31% which is the fourth highest in the world. The other three, are also found in southern Africa and they are Botswana, Zimbabwe and Swaziland. Prevalence rate in Maseru district is estimated at 42% which is a mind boggling figure considering that this is a deadly disease. UNAIDS estimates that prevalence among young (15 - 24 year old) Basotho women is between 25 and 51% which is the highest rate among young women in the world.

These facts are scary and indicate the immensity of the problem that Lesotho is facing. HIV/AIDS leaves orphans and economically unproductive people. As the youth, you have a reason to be very worried and concerned about these bad news. You have your whole future ahead of you and wish to be productive and see yourselves and your countries prosper. HIV/AIDS is one area where the youth can have the greatest impact in the food security equation. You can do so by staying alive and clear of the disease so that you do not form part of this unfathomable statistics.

Staying clear of HIV/AIDS is not impossible or beyond reach. HIV is one of the most difficult viruses to get. It lives in places that are hard to reach, the blood, breast milk and sexual fluids. If we as the youth can stay away from these places we will be home dry. In the event that we feel the need or are faced with situations beyond control that get us into these places, we have to employ techniques that will allow us to stay alive.

The families that are already affected need the youth to help them. Volunteering as one great thing to do, it leaves one with a sense of personal gratification and also has immeasurable impact on those that are being helped.

Way Forward

The Government of Lesotho needs to translate the voluminous paper trail that it has been generating over the years into action. Many studies have been done on food security and food vulnerability in Lesotho. They include such studies as the Emergency Food Security Assessment Report, Lesotho Food Security Issues Paper, Lesotho Livelihoods-Based Vulnerability Assessment and policy documents have been developed. What is needed is to move beyond talk into action.

The youth must have interest in these matters and get involved from the point of view of evaluating the adequacy of the proposed initiatives to their implementation. As youth, you need to realize that it is easy to criticize but hard to implement. You need to get your hands dirty. It is no longer useful to continue to blame our food insecurity problems on weather. We can never change the weather but we have power to influence our predicament.

The predicted worsening of weather in the future requires determination to overcome this problem now rather than later. As said earlier, even in cases where this food crisis seems to arise from ecological disasters, there is always a human factor. Looking around Lesotho one sees this issue so frighteningly clear. The magnitude of the socio-cultural factors in worsening the problem probably varies from country to country but we are all culprits in this issue. We therefore need to look inwardly. We need to introspect. Each one should believe that change begins with them. Because of this, the youth should not be shy to get into advocacy responsibilities to urge the powers that be to act in the common interest of all, particularly the future generations. It is only when we act together that we may have power to influence change.

With respect to HIV/AIDS, we cannot say more than has already been said. The youth should stay clear of this virus, support those who are already infected and empathize with those who are affected. We should all join hands to defeat this monstrous disease which is wrecking havoc in our communities. Of course we should not lie to ourselves by believing that it is a disease for other people and not us. No one is immune to contracting the HIV but we all have the ability to avoid it. In the event that we have already contracted it, we have to manage it so that we can live. To do that we need as many friends as we can, not the enemies. That is where each one of us is called upon to his or her part.

Annex 3.2: FOOD AND FOOD SECURITY: Friends or Foes?

Presentation by Thierry Lassalle

THE DIFFICULT QUEST FOR AN EFFICIENT FOOD AID WITHOUT PERVERSE SIDE EFFECTS

THERE ARE 3 KINDS OF FOOD AID

- Emergency food aid
- Project food aid
- Programme food aid

1. Emergency food aid in extreme situations as political or natural crisis. It aims at the immediate survival of the target populations and may last as long as the conditions creating it are still prevailing (post-crisis, refugees,...). It is punctual and distributed for free to the beneficiaries. Although acutely needed, perverse side effects are observed:

- Limited offer of products that may not be culturally or nutritionally well-adapted mainly due to the fact that emergency food aid is often imposed by the donor
- A late delivery that may even compete with the local agricultural production

2. Project Food Aid target groups of actors that supports specific development projects and prevention of crisis. It is channeled through grants to governments or NGOs. Its impacts are either slightly positive or extremely negative and in fact very difficult to evaluate. Vulnerable groups can benefit from it. While others, often the more needy, are systematically excluded if they are already excluded from the basic support system: women not attending clinics sessions, non schooled children.

3. Programme food aid has a mid-term or long-term logic. It is often part of bilateral agreements between countries. Its objectives may be to support development projects or to improve the trade balance sheet (the beneficiary government saves foreign currency necessary to import the goods). It does not target specific population and sold on local markets. It is provided as a grant or with a lower than market price. Programme food aid has been evaluated to have quite negative impact and many countries stopped to provide such assistance since no real impact on food security has been shown while it generates many perverse side-effects.

CHANNELS OF FOOD AID

Food Aid can be **channeled** through various ways

1. **Bilateral** food aid has one donor-one beneficiary logic
2. **Multilateral** food aid gathers various donors and sometimes several beneficiaries and it is generally channeled through the **World Food Programme** (WFP) that coordinates all food aids received from various donors.
3. **NGOs** can also supply food aid either directly in kind to the beneficiary populations or through sales on local markets as the other channels.

Multilateral food aid is mostly used in emergency situations while bilateral food aid tends to be more structural and project or programme related.

DISTRIBUTION MECHANISMS

Various kinds of distribution co-exist

1. Direct transfer: In kind directly from the donor country.
2. Financial transfer aimed at purchasing food either on the local markets in the beneficiary country (local supply)
3.or in neighbouring countries (triangular supply)

- Food Aid can be **grant** or **sale at preferential conditions** (long period -20 years or more- loan instalment, low or lower interest rate than the ones observed on world markets. Between 1988-2002, about **178 millions tons** have been delivered as food aid with huge variations during the period
- 148 countries benefited and amongst them 70 received food aid all along the period which shows that Food aid often lasts over time.
- 3 main beneficiaries: Bangladesh, Ethiopia and Russia, (6 to 7 % of the distributed quantities each).
- First 14 beneficiaries received more than half of the total food aid volume when the 89 last share 10 % of the volume.

MAJOR FOOD AID DONORS

Main food aid providers during the 1998-2002 period

- USA 56%
- European Union 26%
- Canada 5%
- Japan 5%
- Australia 2%

In 2004, food aid reached 7,5 millions tons

- 74% are purchased in donor countries with 90% in the case of the USA.
- Japan has a different policy since it purchases most of the food aid it provides to developing countries
- EU and its member states, direct transfers have decreased following the 1996 ministerial council decision on food aid.

Food aid is made of:

- **Cereals 85%** (52% as wheat/ flour wheat 25% as other cereals,16% as rice.)
- **Non-cereals15%**(35% as oil and fat, 47% as legumes, 7% as dairy products)

In 2004, food aid represented 0,3 % of the world production and 2,8% of the world importations.

MAIN FOOD DONOR PRACTICES

Main donor practices can be summarised as follows:

- 1 Australia, Canada and European Commission: **towards more food security practices**: Since 1996 for European Commission and more recently for the 2 others, they adopted a policy aiming at only using food aid in **emergency situations and post-crisis** through **local market purchase** (not exclusively). Food aid is **not linked to donor production** and preferably targeted towards vulnerable populations. In the case of EU, food aid is exclusively provided in cash to limit perverse side effects.
2. USA and Japan: food aid also address **donors internal needs**: Four US food aid programmes are managed by the US Department of Agriculture and two by USAID. The first ones have commercial aims (food aid on loan) and a regulation of the internal US market. Japan bought most of food aid for developing countries by direct transfers of rice in bigger volumes to get rid of any excess supply on its internal market since WTO compelled Japan to open its internal rice market to rice imported from the region.

THEORETICAL EFFECTS OF FOOD AID

<i>On prices of products</i>	<i>⊗ Negative potential impact</i>	<i>⊕ Positive potential Impact</i>
<i>On prices of factors</i>	<i>Decrease of price for local producers Change of diet preferences for imported products</i>	<i>Enhance demand for complementary goods Positive effects on incomes from supply if food aid is well targeted</i>
<i>On risk management</i>	<i>Decrease of salary in real terms and disincentive to work</i>	<i>Supply of public goods and inputs within Food for Work framework can increase agricultural productivity and support markets Loosen (on short term) the cash constraint</i>
<i>On prices of products</i>	<i>May provide a disincentive to care for risk prevention and investment in agriculture Moral consequence of having a free insurance</i>	<i>Smoothen incomes variations and reduce the cost of risk management</i>

REAL IMPACT OF FOOD AID FROM CASE STUDIES

Targeting Food Aid is crucial

- Targeting or auto-targeting
- Punctuality
- Direct distribution (in kind or in cash)

Auto-targeting poor labour force (by providing a job opportunity that can only attract them) is rather efficient. Other targeting process is rather inefficient mostly due to non rational choices due to bureaucratic processes, and previously distributed food aid history. Food for work is to be evolving and limited to transition period between emergency and development. When the fear of hunger disappear, cash payment is more appropriate than in kind payment.

An ambiguous impact on development

During transition period, Food Aid can complement an efficient development policy (but cannot be substituted to it).

It can create and maintain dependency syndrome and to sustain non adapted policies. For example in India, what really brought an end to hunger: donor aid and pressure or the availability of higher yields rice and wheat cultivars?

A pro-active internal economical policy highly supported by government played a crucial role that contributed to stabilize prices at production level, to increase production, and to reduce food insecurity.

Food aid to support infrastructure development

Food aid if wisely used could allow accumulation of capital by creating infrastructure – roads, irrigation canals, storage capacities through food for work programmes at a rather limited cost equivalent to the labour force distributed food.

But

Many Food for work programmes have been launched at the worst moment eg at harvesting or sowing seasons when labour opportunity costs is the highest. The effect of such programmes is then to lower productions and prices. FFW also tend to comfort the idea that labor costs is just the subsistence costs of the labour force.

CONTROLLING FOOD AID

- Food aid limits have been denounced mainly due to its bad use
- Food aid that is led by donors interests and not enough by the beneficiary countries
- Difficulties in timing food aid

ANNEX 3.3: CRITICAL INCIDENTS OF HIV/AIDS OF YOUTH IN KINOLE – Research conducted in Kinole rural.

By Justice Shekilango-MVIWATA, Tanzania

Box 1 Critical Incidence of People living with HIV/AIDS (PLWHA)

Rose Moses, 30 years old LWHA, of Ngerengere Morogoro. PLWHA encountered problems when wanted to attend clinics..."It involves travelling costs. It is expensive for us people. We have to secure our resources for transport and lunches". None of the public or private institutions provide support to PLWHA to attend clinics. In her society she has joined group of PLWHA, about 35 members. Sometimes they have to drain all their cash and also sell cloths, chicken and involve in petty feminine activities and petty trading to get cash to attend clinics. These petty activities are continuously done and drain calories of the infected persons. It is a distance of 160 Kilometres to attend a clinic in Morogoro town and there are ARVs only located in these town centres or district headquarters. This is not the case in all poor countries or parts of Tanzania. Also is not the case of rich countries where social security and health insurance are well organized. It might be seen as associated with health policies that Tanzania is implementing but the ARVs dispensation policy is questionable.

Variation on individual impacts was illustrated mostly by judge Erwin Cameron in his speech to the XIII international conference on HIV/AIDS. Cameron described how, although he fell severely ill, his access to good health care and drugs enables him to pursue a vigorous health and productive life.

"I can take these tablets because I am able to afford their costs, having a judge's salary. I exist as a living embodiment of the inequity of drug availability and in-access in Africa. My presence embodies injustices of AIDS in Africa because on a continent in which 290 million Africans survive on less than a dollar a day, I can afford monthly medication costs of about 400 dollars per month. Amidst poverty in Africa I am standing before you because I am able to purchase health and vigour. I am here because I can afford to pay for life itself¹.

The above testimonies show the reality for PLWHA that, as the person is being infected, the impact of the disease will depend on the circumstances and resources that they can command.

The prescribed ARVs medicines were generally unavailable in health care facilities in rural areas. ARVs dispensation is available only in regional hospitals. In Tanzania, shortages of ARVs even in government hospital are common. Although medicines for opportunistic infections were reported to be available in most of the facilities, these were not always dispensed free of charge. Suggestions for ways of improving the ARV dispensation programme include: providing food and financial loans to ARV users; adequate counselling; using education and information to help reduce stigma; efforts to reduce waiting times; an increase in the number of ART clinics and in staffing levels; ensuring a reliable medicine supply chain; improvements in staff motivation and training; providing transport for staff involved in home based care (i.e., treatment monitoring and adherence counselling); and an increase in laboratory services.

Challenge of culture and spread of HIV/AIDS in rural livelihoods

Wives Inheritance has been seen as insignificant in rural area of Kinole. It was applied in the past but due to conflicts between family members and widows it has been abolished gradually by the society.

Sexual harassment also was insignificant in the society. Not many cases have been reported in the leadership systems or the health clinic. Sex-harassment can be defined as rape or any act of forcing women to have sexual intercourse or by influencing the decision of child girl deciding to have sex. And influencing of having sex without own decision for adult women. Based on this definition this practice was

¹ Living with HIV/AIDS, Ervin Cameron, 2005

not found within Kinole society for quite long time. The only practice that fits in the definition would be sexual harassment marriage of a young girl.

Box 2: Abduction sexual marriage:

This is a common practice of a man or adult one who needs a young wife influences the family of the young girl to marry. Some of the family members participate to make a trap for sex acts with a target girl. The girl is invaded in her room and once she makes noise the informed family members come closer to witness and call a community leader to make official marriage.

This is a forced marriage to a young woman as it is famously known in Swahili as “Ndoa ya Mkeka”. This kind of marriage is not recognized by any religion in Tanzania, apart of Muslim population which is estimated to be more than 90% in the research area. The majority have advised to enforce legal services to girl children who are in vulnerable situation.

Box 3: Critical incidence of expected husband to be tested before marriage

A young woman tries to be aware with this forced marriage. The example of one daughter of the family of Ramadhani Fufumbe, refused to get married to a man who appeared once in her life. Although she agreed with the proposal to get married to a man that lived far away from the village, she asked her parents to convince the man for testing and insisted to get the certification. The whole family went to Morogoro town for VCT. The journey was incurred by this “middle age” son in-law. Although it is a one-time test, it is a step ahead from the other ladies in the Mkuyuni division. The man married the daughter later after having been found negative.

Another sort of cultural practice associated in the risk of HIV infection is male circumcision; almost 90 % of the respondents have explained how this culture exposes young boys with susceptibility. Endogenous practitioner famous known as “Ngariba” in Swahili have exercised circumcision for many decades in the area until the entire research period.

HIV/AIDS - FAO RESEARCH IN RURAL AFRICA

ROME, 1 December (FAO) -- The steady advance of HIV/AIDS is devastating rural households in Africa, plunging families into poverty and hunger, the United Nations Food and Agriculture Organization (FAO) said on World Aids Day 2005.

Recent research carried out by the FAO in selected rural communities in sub-Sahara Africa heavily affected by HIV/AIDS, shows the complex effects of the pandemic on rural communities and their livelihoods, ranging from a deepening of household debt levels, to forcing children out of school and changing farming techniques and diet.

“HIV/AIDS strikes indiscriminately, but the poorest rural communities and households are always hit hardest”, said Sissel Ekaas, Director of the FAO's Gender and Population Division.

“For women who have lost a husband to the disease, it can mean losing everything else as well -- property or assets, such as land, farm equipment or livestock, effectively undermining their capacity to earn an income and grow food to feed themselves, their children and the orphans they are often caring for”, she said.

Some 7 million agricultural workers have died from AIDS in the 25 most-affected countries since 1985, according to United Nations figures, and another 16 million could die from the disease by 2020.

The most-affected African countries in particular, could lose up to 26 per cent of their agricultural labour force.

The FAO undertook quantitative and qualitative research in three countries in sub-Saharan Africa, covering nearly 2,000 households.

The study, funded by the Government of Norway, highlights the need for protecting property rights in the context of the increasing number of female and youth-headed households.

Women who have lost a husband to AIDS face the dual burden of funeral costs and the risk of losing their assets.

Following the death of a spouse, up to 44 per cent of households headed by widows lost cattle, which represent both a store of wealth and a sign of status, and 41 per cent lost farm equipment to the husband's family, according to one of the case studies.

The study also identified the widening inequality caused by HIV/AIDS, which prevents resource-poor groups from participating in development initiatives.

It was found that, under the national agriculture policies that promote the commercialization of agriculture, non-affected households are increasing the cultivation of export-oriented crops, whereas households affected by HIV/AIDS are not able to respond to this initiative and reduce the area under cultivation for all crops.

The most vulnerable are female-headed households affected by HIV/AIDS who cultivate only half as much land as households headed by males.

Often women-headed households lose their land altogether, either being forced to sell it or having it taken from them by relatives.

The study also examined the uneven distribution of wealth between male and female headed households with AIDS orphans. The AIDS epidemic is leaving vast numbers of orphaned children.

The study showed that female- and grandmother-headed households are caring for a greater number of AIDS orphans but with fewer resources.

To cope, many households sell off their assets or withdraw their grandchildren from school as they cannot afford to continue to pay the fees.

Additional research, funded by Development Cooperation Ireland, found that female-headed households and grandmothers with orphans participate little in Community Based Organizations in general, and in the farmer cooperatives in particular, due to insufficient time and poor targeting by service providers.

Only 6 per cent of the female-headed households with orphans participate in farmer cooperatives compared to 31 per cent of male-headed households with orphans.

DEFINING COMPETENCIES FOR RURAL DEVELOPMENT PROFESSIONALS DEALING WITH HIV/AIDS RESEARCH IN ZAMBIA AND THE NETHERLANDS

BY DINE BRINKMAN AND ANNEMARIE WESTENDORP IN WAGENINGEN

Rural professionals lack the knowledge and skills to face the consequences of the HIV/AIDS pandemic (²Witteveen et al., 2001; Marete, 2004). Also the attitude of some of their colleagues should change in the sense of taking their responsibility in the fight against the disease.

..... in the rural area we find people are not aware of the disease, they don't talk about the disease, it was our responsibility to talk about the disease and to train them about safe sex and whatsoever. That's why I am saying I feel guilty because we didn't play our role at the very beginning.

Ali Gilla, Mviwata Farmers Organisation, Tanzania in: Kilio, the Cry, documentary on HIV/AIDS in Eastern Africa 2002³

Conventional rural development education and training is not adequate for developing the competences needed to respond to the changes caused by the HIV/AIDS pandemic. These changes are manifold:

- Changing rural livelihood strategies as a result of
 - a) an affected/changed labour force (female headed households, orphan headed households, grandparents headed households, households with chronic patients)
 - b) reduced capital in the farming system and the household
- Altered food security situation.
- Special dietary requirements for HIV positive persons and AIDS patients.
- Decreased non-formal transmission of agricultural knowledge
- Emergence of new client groups in the rural service delivery system (training, advice, credit, research, input supply)
- Traumatic stress at organisational, community, household and individual level, due to frequently being faced with chronic illnesses and deaths
- Access to resources, for example insecurity and disputes regarding land rights
- Reduced number and reduced capacity of professionals in the rural service organisations.

The impact of HIV/AIDS on food security and livelihoods of rural communities is still insufficiently understood. But it is clear that rural development professionals need to respond to the changes that take place in rural areas due to the pandemic.

² Specialisation in Networking of Rural Professionals competencies in HIV/AIDS

ANNEX 4: Speech by the Honourable Minister of Agriculture and Food Security, The Hon Lesole Mokoma at the official opening of the Regional Youth Training Workshop at State Library in Maseru Lesotho.

29th October 2007

Your Majesty, King Letsie 111

The Right Honourable The Prime Minister, and Head of Government, Mr Pakalitha Mosisili

Honourable Ministers of his Majesty s Government

Distinguished Representatives of International Organisations in Partnership with the Government of Lesotho

Distinguished Representatives GRET from France

Chair Person of ESAFF Mrs Elizabeth Mpofo

Representatives of Youth organisations in East and Southern Africa

Distinguished invited delegates.

It gives me great honour and sense of privilege that I am given the opportunity to welcome you all to this important event marking the Regional Youth Training Workshop on Rural Youth against Food Crises in Eastern and Southern Africa.

We are particularly humbled by the French Government with the contribution for the financial support they rendered in making this Regional training workshop possible, through the close collaboration of Pelum Lesotho, GRET and ESAFF.

I am informed, chairperson, ladies and gentlemen that the Collaboration between PELUM Lesotho, GRET and ESAFF have made this regional Training workshop possible and that more initiatives in the coming years are being planned, that will focus among others, range management issues in the mountain districts of Lesotho and establishment of a mountain in Lesotho.

Chairperson, Ladies and Gentlemen the Government of Lesotho in mindful of the fact that Agriculture offers the most equitable way of tackling poverty.

This Regional Training workshop I am informed that it will deal with three basic issues namely;

1. Food Crises in Southern Africa and Eastern Africa
2. How do the Youth take part in Rural Development?
3. Training on HIV AIDS

The three aspects are being addressed through the Food Security Policy document developed by the Government of Lesotho and are also in line with the Poverty Reduction Strategy [PRS] and further more in assisting in the attainment of the Millennium Development Goals and the Lesotho Vision 2020.

Chairperson, Ladies and Gentlemen, The workshop will also be used as a planning forum for the future activities among the three NGOs, The government of Lesotho will wish to see the outcome of this workshop as this will assist Government in policy formulation. It is also my hope that the Youth attending this training Workshop will use it as springboard for them to be actively involved in activities that will discourage them seeking formal employment but to be encouraged to be entrepreneurs in their own right as self employed citizens of their countries.

Lastly, The relevancy of this workshop being held in Lesotho at this time is that the Right the Hon Prime Minister of Lesotho Mr Pakalitha Mosisisli has just declared state of Emergency in Lesotho on Food Crises early this year, as the and the ministry of Agriculture and Food Security we see this workshop as another way to assist the ministry in implementing many of its policies.

In conclusion for those who have never visited Lesotho before, I hope you will have an opportunity to visit several good places in Lesotho and meet the happy and wonderful people of Lesotho.

With this few remarks, Chairperson, ladies and gentlemen once again, let me thank you for having sacrificed your time to attend to this important regional training Workshop. From the bottom of my heart and the Government of Lesotho you are most welcome and therefore I officially open the Workshop.

Thank you and may GOD Bless you

Khotso Pula Nala

ANNEX 5: WORKSHOP EVALUATION

1. What I learnt from the Workshop

- a. That there are numerous solutions to African problems and what needs doing is implementation;
- b. Youths can take on some of the challenges that our countries are facing;
- c. Youths should pull up their socks in order to increase food production;
- d. The food crises in Lesotho and their reasons;
- e. Agriculture is not a punishment;
- f. As youth we can and should support members in the community without expecting to be paid for it;
- g. HIV/AIDS is like any other incurable disease;
- h. How HIV can be contracted;
- i. Everyone has a role to play to stop the spread of HIV and AIDS; and
- j. Some skills on facilitation.

2. What I liked about the Workshop

- a. High level of participation by youths and farmers;
- b. Good time keeping by participants;
- c. The facilitation made it easy to participate and follow the proceedings;
- d. Group discussions;
- e. The workshop was lively;
- f. The fact that youths and elders worked together;
- g. There were experts from different fields who were well-informed;
- h. The papers that were presented were good;
- i. The workshop focus and content because it is what we experience everyday;
- j. Good learning and sharing environment which encouraged both the youths and the elders to participate;
- k. Open discussions between youths and elders about AIDS;
- l. Knowing that there are opportunities for youth;
- m. The introduction of ESAFF to youths in Lesotho;
- n. Building of linkages among youths, elders and different farmers in east and southern Africa; and
- o. Meeting different people from different countries with different experiences about food crises and sharing ideas about how to tackle the problem.

3. What I did not like

- a. The pace of the workshop made it difficult to take notes;
- b. Youths were not given enough time for games and yet they learn better by drama and games
- c. As a foreigner, would have liked to stay at the same lodge as the Basotho for more information sharing;
- d. HIV/AIDS facilitator should have taken less time talking than he did;
- e. The noise of vehicles outside, the hooting; and
- f. The accommodation was not good.

4. Possible ways of taking learnings from the workshop forward

- a. Establish a Forum or Task Team of youths in countries and at regional level;
- b. Conduct this kind of workshop in each country on a rotational basis;
- c. Form a network of youth in which they share information on pertinent issues;
- d. Organisers should source funds to support some of the activities that were proposed;
- e. Participants of the workshop should spearhead campaigns on HIV and AIDS, and food security;
- f. The workshop organizers should continue to "push" youths to get more involved in food production and HIV and AIDS issues; and
- g. Youths should be at the forefront of fighting HIV and AIDS.

5. Other comments

- a. More people should be informed about HIV and AIDS so that they don't attribute high deaths rates to superstition.