DO NO HARM:

Integrating the Elimination of Violence Against Women into Savings Clubs

FLASHCARD SET 1

1A

1A – COOKING

All the time that is spent cooking for yourself, your family, the community and any other cooking.

1B

1B – CLEANING

All the time that is spent cleaning including cleaning the house, clothes, pots and pans and other cleaning activities.

1C

1C – COLLECTING WATER

All the time that is spent collecting water including the time traveling to and from the water source, the time collecting water and the time distributing the water.

1D

1D – GARDENING

All the time that is spent gardening and growing food for yourself, your family, the community and any other gardening.

1E

1E – INCOME GENERATION

All the time that is spent earning an income including paid employment, time spent preparing goods for sale (gardening raising animals, weaving, sewing, cooking etc.) Time spent transporting goods to market, time spent selling goods and any other activities where you are earning income.

1F

1F – PREPARING FOR CUSTOM ACTIVITIES

All the time that is spent preparing for cultural and customary activities including weddings, bride price, compensation, funerals and any other cultural events. This includes all the work that is done in the weeks and months leading up to the event as well as any work that is done after the event.

1G

1G – CARING FOR CHILDREN

All the time that is spent caring for children including your own children, other children in your family, other children in the community or any other children.

1H

1H – COMMUNITY ACTIVITIES

All the time that is spent doing things for the community including meetings, cleaning around the community, building, working on community projects, fundraising and any other activities that benefit the community.

11

1I – RELAXING

All the time that is spent resting or doing activities for pleasure including relaxing, playing sport, telling stories, sewing or weaving for pleasure, listening to music or the radio and any other activities that are relaxing.

1J

1J – PREPARING FOR CHURCH ACTIVITIES

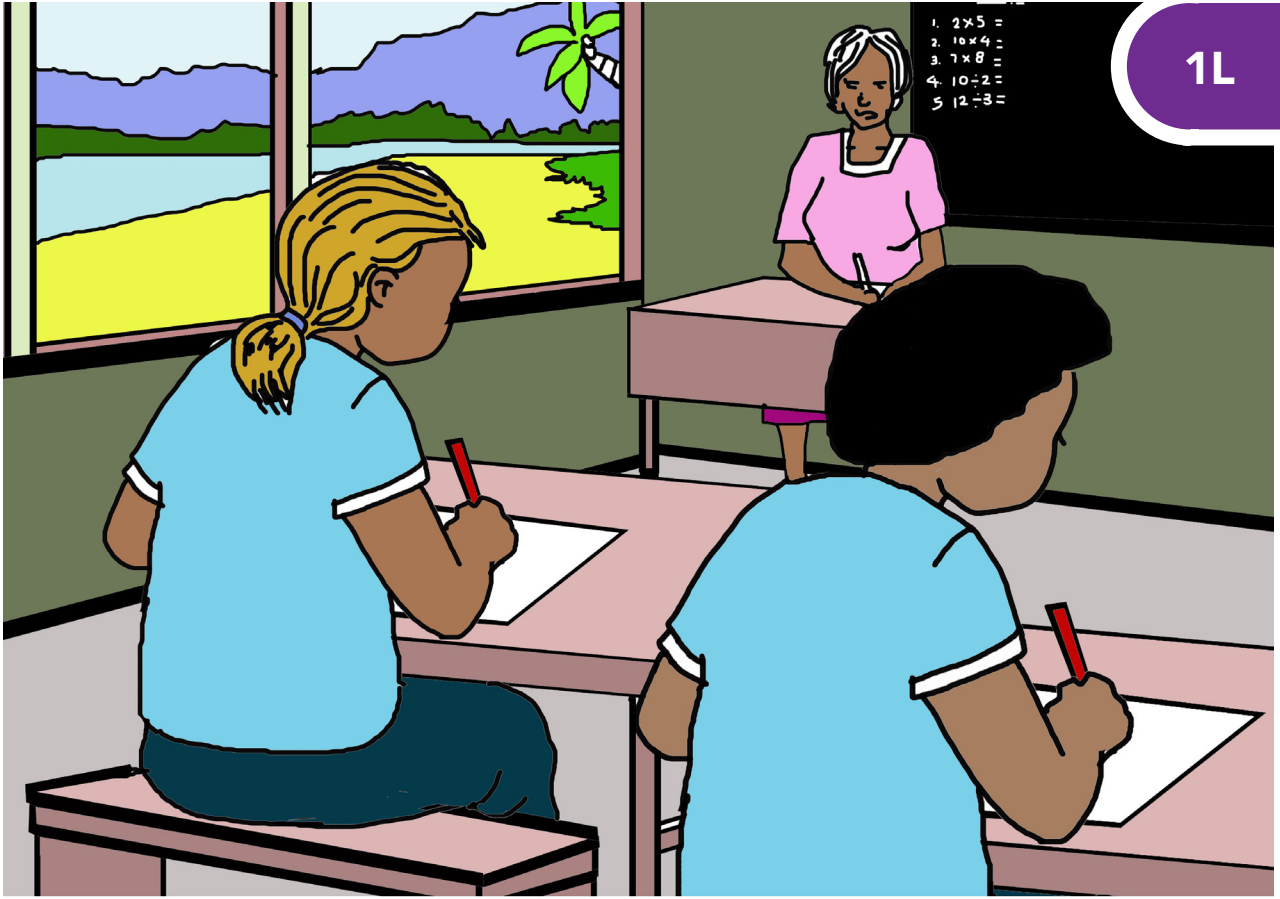
All the time that is spent doing things for the church including cleaning the church, preparing for the church service, preparing food for the pastor or priest, choir practice and any other things that help prepare for church.

1K

1K – CARING FOR OTHER PEOPLE

All the time that is spent caring for other people that are not children including other family members, older people, members of the community and any other people who you care for.

1L



1L – EDUCATION

All the time that is spent developing new knowledge and skills including adult literacy, training and any other activities where new skills and knowledge are being developed.

1M

1M – SLEEPING

All the time that is spent sleeping.

1N

1N – SAVING CLUBS

All the time that is spent participating in the Savings Club including attending meetings, trainings, and other activities related to the Savings Club.