

Field Training in World Hunger and Malnutrition:  
Practical Skills to Make a Difference  
May 15 – 28, 2011  
Course Objectives

This course is designed to:

- 1) Give participants a better understanding of major causes of world hunger and malnutrition
- 2) Demonstrate specific appropriate technologies that can be used to combat hunger and malnutrition
- 3) Increase sensitivity to community development and cross-cultural issues
- 4) Provide a learning atmosphere of adult participatory education which includes engaged dialogue, critical thinking, and hands-on learning.

Courses taught fall into one of the six categories below. Within each category, participants will be able to:

**I. Food Production:**

Make raised beds for gardening  
Set up simple drip irrigation  
Identify options for urban gardening and gardening in difficult conditions  
Demonstrate alternatives to expensive commercial fertilizers and pesticides  
Suggest modifications for gardening for those with HIV/AIDS  
Name key underutilized tropical plants with much promise

**II. Water and Sanitation Technologies:**

Make a simple water pump  
Make a tippy-tap  
Set up a Bio-sand filter  
Learn the Sodis method of water purification  
Identify other low-tech methods of water purification  
Describe two low-tech inexpensive techniques for drilling a well in areas with accessible surface water  
Identify major latrine types and advantages

**III. Food Preservation/Fortification Technologies:**

Preserve foods with an evaporative cooler or "pot in a pot" method  
Make a simple solar dryer and preserve foods by drying  
Consider additional methods of food preservation  
Make leaf powder and leaf concentrate  
Cook a variety of foods fortified with leaf powder  
Identify ways of reducing loss of post-harvest food

#### **IV. Child Nutrition:**

Assess basic child malnutrition in a community  
Identify most effective intervention strategies  
Identify major micronutrient deficiencies and strategies for reduction  
Promote basic child survival technologies such as GOBI appropriately  
Address parasites at the community level  
Make nutritious weaning foods

#### **V. Alternative Household Energy:**

Build and cook with a solar cooker  
Build and cook with a fireless cooker  
Build and cook with a sawdust stove  
Build and cook with a 16-brick stove  
Demonstrate core principles of fuel efficient cookstoves  
Explain how alternative household energies can impact world hunger

#### **VI. Community Development / Needs & Resource Assessment:**

Demonstrate group participatory methods to raise community awareness and participation in addressing basic human needs.

Become sensitized to the vital importance of community participation for sustainability and true community development.

Understand key cross-cultural differences and know strategies for bridge-building

Be familiar with the CD library resource collection in appropriate technologies and community development distributed at SIFAT.

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**Additional Information:**

Classes will be taught at SIFAT's 176-acre rural International Training Campus outside of Lineville, Alabama. (1.5 hours from Atlanta or Birmingham) Some hands-on components will be in our simulated Global Village.

SIFAT Trainers are experienced in international development and cross-cultural dynamics. Additionally, we are partnering with several outstanding instructors for this training including Dr. Martin Price of ECHO, Dr. Larry Winiarski, Rocket Stove inventor (Aprovecho), and Dave Kennedy, Founder of Leaf for Life.

This Field Study is designed for grass-roots community workers, university students, missionaries, development organization workers, and those who want to learn how to make a difference in meeting the needs of a hungry world. This course was first developed with NIH grant funds through the Sparkman Center for Global Health and the University of Alabama in Birmingham, School of Public Health.

**Cost:**

Tuition per week \$380

Books & supplies per week \$69

Lodging per night: \$20 (13 nights for 2-week program program)  
Dorm rooms-- Contact us for other options.

Food per day: \$20 (includes 3 meals per day, 2 snacks, and socials)

Airport Transfers from either Birmingham or Atlanta Airports: \$30 one way/ \$60 round trip Total cost for 2-week training (minus transportation): \$1418

**Training Schedule:**

Program begins 6 p.m. Sunday night, May 15<sup>th</sup> and ends Saturday May 28<sup>th</sup>, after lunch. Additional optional activities are planned for most evenings, including a simulation experience in SIFAT's Urban Slum in the Global Village, cross-cultural activities, group activities for team building and community development, and a Saturday Field Trip. No training on Sunday, May 22<sup>nd</sup>.

**Certificate and International Scholarships:**

Each full-time participant will receive a certificate suitable for framing. For those interested, college credit is available. For international community development workers some partial scholarships may be available. Contact [brysonk@sifat.org](mailto:brysonk@sifat.org).

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