



Action Project Reference: 51-05

Organisation: Women's Empowerment

Action Project Proposal:

“Design women's empowerment workshops to be delivered by TP volunteers in rural areas”

Who Are Think Pacific Foundation?

Think Pacific Foundation (FIJI) is the locally registered Fijian charity and NGO behind Think Pacific volunteer projects. The 'TP foundation' works year round to support sustainable development in Fiji's rural communities. Under national strategies with the Fijian Ministry, we help communities achieve their local ambition and become sustainable.

Mission:

Think Pacific Foundation works to empower rural communities and in particular, young Fijians, to expand their education, skills and opportunity.

Long Term Aims & Vision:

The TP Foundation's long term vision is a Fiji where all communities may be self sufficient achieving holistic development, including access to improved infrastructure, quality and consistent healthcare, advanced education and training, employment and enterprise opportunities that empowers all Fijians to achieve their goals.

The empowerment of Fiji's youth so they can realise their aspirations as Fiji's next generation of leaders, both as traditional leaders and 'national' leaders.

Further Information:

Contribute ideas, resources or example workshop 'lesson plans' to be submitted to Think Pacific Trustees and our partners at the Fijian Government and local NGOs for implementation during projects or programs in Fiji.

How can Think Pacific provide activities during our programs to specifically engage village women and provide positive messages of empowerment?

Consider group activities such as art, dance, drama, sport, team games or other concepts.

Consider the objectives of empowerment. What is to be gained from such activities and how could these objectives be achieved, encouraged and demonstrated?

Focus areas for empowerment may include:

- Building self-esteem
- Team work
- Confidence
- Communication skills
- Leadership skills
- Career or skill development
- Health promotion
- Diet and Exercise
- Healthy use of social media
- Sports Development
- Mental wellbeing and mental health promotion
- Addressing domestic violence

Video Resources

- Rural Interview - Perspectives from female youth in rural Fiji:
<https://vimeo.com/437489581>
- Fijian Female Perspectives- Interview with Sisilia Seavula:
<https://vimeo.com/437489767>

- **Discussing Women's Empowerment in Fiji - Interview with Elenoa**
<https://vimeo.com/437491438>

Key Research & Discussion Areas:

Plan and deliver ...

- What contribution can you make to this project within the time available which has a SMART aim? (specific, measurable, achievable, realistic, timely)
- How will you research your content? How will you make sure it's from good sources?
- How can you make this information specific to women in rural areas of Fiji and the Pacific?
- Consider cultural norms, societal restrictions and Fijian culture and traditions
- We anticipate activities to last approximately 1 hour
- How will you make your programs clear and easily understood by villagers and team leaders?
- How will you present your content and program?
- How could activities become sustainable with the village? What would they need to continue long term? What would need to be done to create the best chance of local continuation?
- Consider lack of resources available in rural communities
- Research and consider other women's empowerment programmes globally
 - In what ways are they successful?
 - How could they be improved?
 - Would these programs be able to apply directly to a Fijian village environment or need adaptation?

Create content ...

- Clear, engaging, low cost, easily accessible, fun,

Barriers to success ...

- What are the potential barriers to women's empowerment in Fiji?
- What are the potential issues of engagement?

- What are possible solutions?
- How have other organisations achieved success?

Evaluate ...

- How will you evaluate your contribution to the development of the unique resources?
- How will you present and share your results?
- Report, Presentation, 'lesson plans' ?
- What advice can you offer to someone to continue this project and provide further development?

Further Questions

Are there any questions you would like to ask in completing this project?

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