

Building global capacity for menstrual hygiene management in emergencies

Final Report / **Training/ Workshop** / 13^h – 16th July 2023, Feldkirch, Austria



Picture 1 - "Menstruation training uniform" - visuals by C. Putz

Background: why this training?

Hygiene Promotion is a planned, systematic approach delivered by Red Cross Red Crescent staff and volunteers, to enable people to take action to prevent water, sanitation and hygiene-related diseases by mobilization and engagement of the affected population, their knowledge, and resources. An often-overlooked aspect is the inclusion of menstrual hygiene in every humanitarian response. Women and girls have menstrual hygiene needs from day 1 of any crisis, and a holistic approach which addresses the 3 core components of MHM - access to materials, private and safe facilities, and information - is essential.

This is specialisation training within AutRCs emergency WASH training pathway, and it is closely related to general hygiene promotion programming (eg. by using the "8-steps of hygiene promotion framework"). We think that the skills and concepts learned within a menstrual hygiene framework are generalizable to hygiene promotion in its broader sense.

It aims to prepare AutRC and other NS staff/volunteers to implement high quality hygiene promotion programmes and operations which adhere to IFRC WASH guidelines for hygiene promotion in emergencies. This training is aligned with [IFRCs WASH Technical Competency Framework](#) (Tier B - Implement high quality MHM activities which adhere to IFRC guidelines and tools for MHM) for hygiene promotion, and the [Rapid Response Profile for WASH Officer – Hygiene Promoter](#).

Traditional class-room based trainings lack real world exposure that builds confidence to translate skills learned in a controlled environment to a messy reality, while at the same time practicing

those skills on disaster affected populations needs careful supervision to follow the do-no-harm principle. The environment of this exercise, being situated in a real-world music festival, with real festival guests that can be approached to talk about menstrual health & hygiene provided the opportunity to develop skills and confidence via trial& error, without running into ethical problems.

Who, when and where?

The workshop took place from Thursday 13th July till Sunday 16th July in a music festival site and adjacent school in Feldkirch, Austria. 27 staff and volunteers (22f / 5m) participated from 7 Red Cross/Red Crescent societies (Zambia, UK, Syria, Sweden, Norway, Netherlands, Lebanon, Austria), mostly with WASH-software or health backgrounds.

Overall goals and learning objectives

The participants know the IFRC frameworks for hygiene and menstrual hygiene management promotion in emergencies and practice various skills and concepts of their choice that are needed in typical hygiene & menstrual hygiene programs.

Secondary goal was to provide a platform for capacity and experience sharing, to strengthen the network of Software-focussed WASH staff& volunteers.

By the end of the exercise, participants can:

- describe Hygiene Promotion in Emergencies and Menstrual Hygiene Management and their importance in a WASH response
- list the steps of Hygiene Promotion in the IFRC guidelines for Hygiene Promotion in Emergencies, and describe how they can be used in a WASH response
- have practiced key hygiene promotion methods with a focus on menstrual hygiene management topics

Description of the training

The training focused on the practical application of the [IFRC Red Cross tools to promote menstrual hygiene](http://www.watsanmissionassistant.org). that can be found on the <http://www.watsanmissionassistant.org>. Another resource that was heavily used throughout the training was the WASH-cluster [HP in emergencies compendium](#). After completing some mandatory and optional pre-reading (see Annex A for the list of pre-reading), a 3 days face-to-face workshop was held.

In addition to theoretical units, the training consisted mainly of the practical application of the tools in scenarios that exploit the available possibilities. One of the scenarios dealt with the promotion of menstrual hygiene at the real music festival, while other scenarios were built on displaced populations. See Annex B for a scenario-description. Participants with more experience or special skills took over the facilitation of specific sessions, eg introduction into the physiology of menstruation was facilitated by a nurse & midwife, a session on the production of IEC material was facilitated by a participant who is experienced in producing visual aids and the M&E session was co-facilitated by a participant from the HQ-PMER team of AutRC.

The structure of the training was based on the 8 steps of hygiene promotion, as layed out in the IFRC manuals. Consequently, over the course of the training, the situation regarding menstrual hygiene was surveyed in the scenarios, goals were developed, possible interventions were tested and finally, possible monitoring methods were discussed.

The festival offered the opportunity to talk to real people about their real problems, knowledge and preferences about menstruation (which formed the basis of assessing needs, barriers and motivators), and to incorporate these findings into the hypothetical scenarios. In addition, products that were developed during the workshop for the scenarios (e.g.: menstrual hygiene kits or information material) were exhibited on the festival grounds and discussed with the guests with respect to their acceptance and comprehensibility.



Picture 2- Participants practicing FGDs with festival guests to assess needs, barriers & motivators for menstrual hygiene © Austrian Red Cross



Picture 3 - participants testing IEC materials and hygiene kits in discussions with festival guests © R. Abou Kalfouni

For this purpose, "menstrual stands" were decorated on 2 evenings, at 2 different locations in or in the immediate vicinity of the festival site, in order to attract an audience for possible discussions, or to create a suitable setting for in-depth discussions. This in itself was an exercise in applied hygiene promotion. In addition, the training participants wore specially designed T-shirts in the festival area to attract the attention of the audience, which worked well.



Picture 4 - decorated "menstruation booth" – © S. Beyer

Additionally the premises of the school (HAK Feldkirch, where the workshop participants were also accommodated in make-shift dorms in the gyms) were also integrated into the exercise and offered material for self-experience of the hygienic situation in emergency shelters, as well as the possibility of training simple hygiene interventions. For example, adapted usage plans for gender-segregated group showers were developed in order to be able to use them with a minimum of privacy, and these plans were communicated with appropriate information materials, and inadequate emptying of waste bins had to be followed up with the facility managers.



Picture 5 - participants created a system to turn a male group-shower into a one-person unisex shower



Picture 6 - Overflowing waste bin in training accommodation

Throughout the training, participants were encouraged to share experiences about MHM programming with one-another, and participants from Lebanese Red Cross and Syrian Arab Red Crescent gave presentations about actual menstrual hygiene interventions.

Last but not least, various cash & voucher modalities were used throughout the training to familiarize participants with them: Food was provided via unconditional, unrestricted cash support (50€ per day per participant), the groups received value vouchers from a drug-store to shop for menstrual hygiene items for their hygiene kits and finally festival guests that devoted time for being interviewed by participants received a commodity voucher for a drink at the festival food-stalls. Finally, tampons that were used to aid discussions with festival guests were distributed in kind in the festival.



Picture 7 CVA modalities practically used in the workshop



Picture 8 - Discussions aided by actual menstruation items © S. Beyer

An agenda of the training “as run” can be found in Annex C.

Outcome

By means of anonymous surveys before and after the workshop, the participants' self-confidence in various competencies that are important for the implementation of menstrual hygiene programs was assessed: imparting basic menstrual knowledge, using "cash & voucher" methods to promote hygiene, applying qualitative and quantitative methods to obtain data on menstrual hygiene, creating communication materials, evaluating the "menstrual-friendliness" of sanitary infrastructure, compilation of hygiene kits, monitoring, consideration of people with disabilities, analysis of social norms.

The self-confidence of the participants increased significantly in all aspects during the course of the workshop. In addition, the general feedback from the workshop participants was positive or very positive.

Comments from this survey also show that the unconventional setting in the context of a music festival left the participants with impressive, positive memories of the topic of menstruation, which will hopefully motivate them to deal with the topic beyond the training.

"A very useful way of contact women (and some men) to discuss about menstruation in general and theirs in particular." - Quote from a training participant after the workshop.

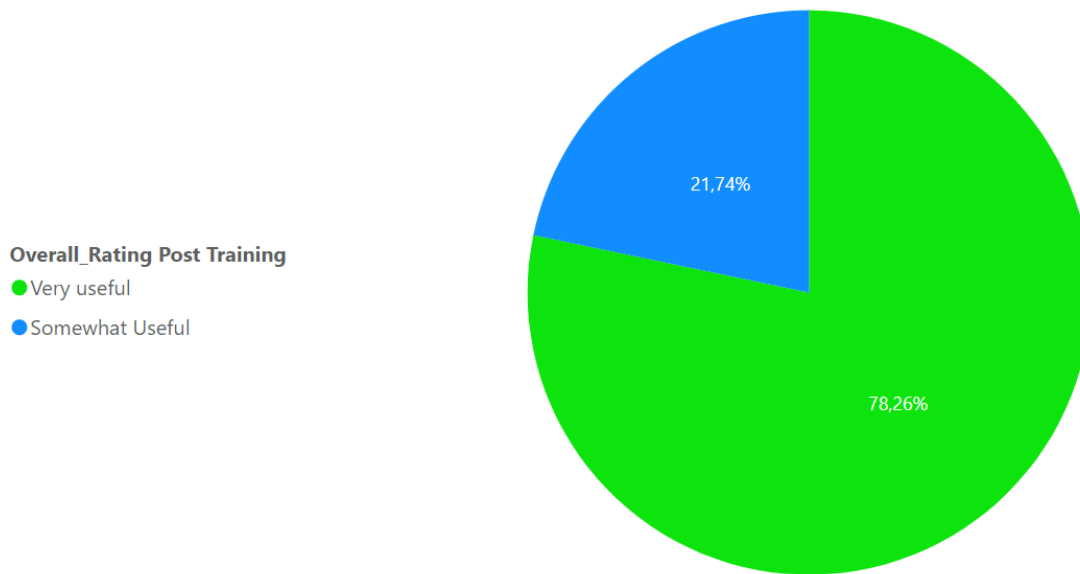


Figure 1 - Post-workshop rating

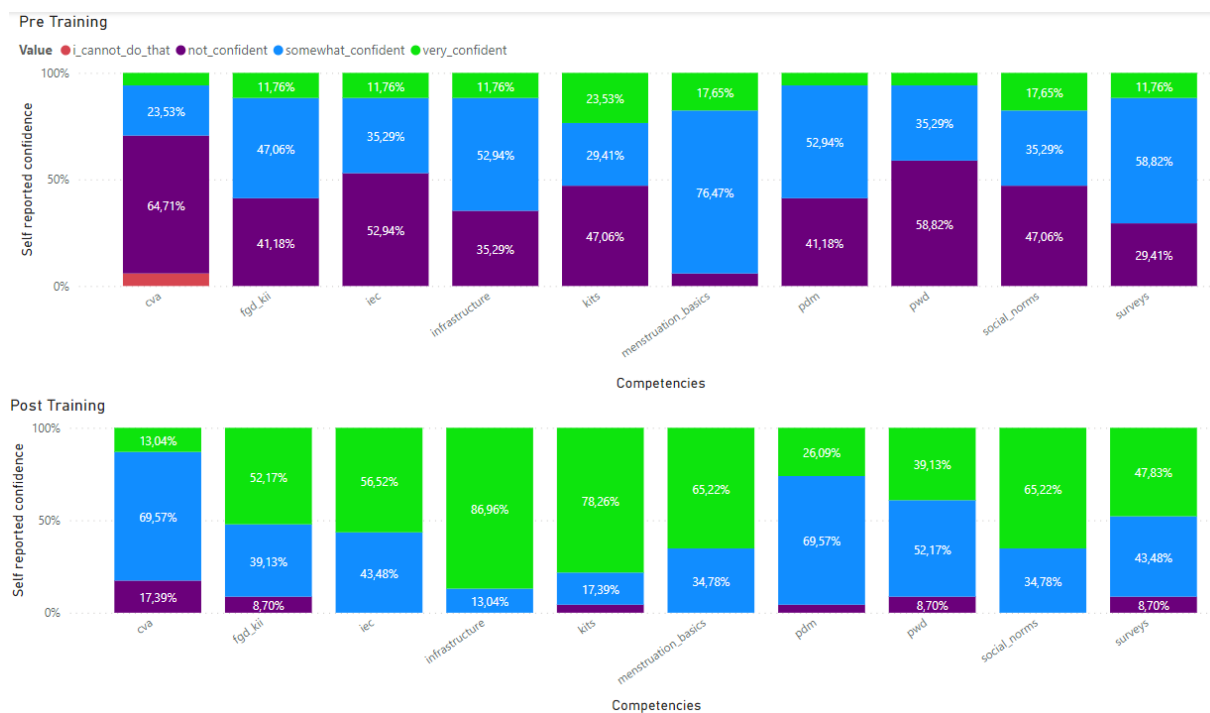


Figure 2 - Comparative self-assessment pre and post workshop

A follow-up survey 2 weeks after the training confirmed that participants kept positive to very positive memories about the training.

The opportunity to interact with real people about real menstruation issues and directly use some of the tools from the training in real life was repeatedly mentioned as a high-light of this workshop, in particular as it gave some of the participants the first opportunity to discuss a somewhat sensitive topic with open minded people. This included interactions between male participants and female festival guests as well as discussions with male festival guests about menstruation, an opportunity that does not often arise in real deployments.

In the evaluations, some issues were flagged for possible improvements:

- The workshop did not pay enough attention to the implications of perspectives of people with disabilities or LGBTQ+, which is regrettable as the festival audience seem to be particularly open to discuss about intimate topics.
- Several participants mentioned that the workshop program was too packed and left too little room for individual reflections or informal experience exchange.
- Increase attendance of men
- The accommodation & hygiene situation in the school gym was found somewhat inconvenient (although bearable for a few nights). However, as mentioned, these issues provided also opportunities to self experience and practically apply hygiene promotion methods.

As a conclusion, we think that the training can be replicated next year without major changes, potentially with reducing the hypothetical scenario parts and focus more on even better utilizing the unique opportunities provided by the festival/ school setting, eg. by turning the hygiene improvements in the school for the training participants into a facilitated exercise; giving more room for informal interactions (between training participants and/ or with festival guests). One interesting issue that was brought up by several participants that could be formally integrated in future trainings was the concept of using vending machines to distribute menstrual material.



Figure 3 - Group photo training participants © L. Freuden

Want to know more? Contact

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ANNEX A – Pre-reading list

Mandatory	Link
The 8 Steps for Hygiene Promotion in Emergencies	https://ifrc.csod.com/client/ifrc/default.aspx
MHM IE	https://watsanmissionassistant.org/?mdocs-file=6638
PGI in WASH	https://watsanmissionassistant.org/?mdocs-file=12158
CEA in WASH	https://watsanmissionassistant.org/?mdocs-file=19757
CVA in WASH	https://watsanmissionassistant.org/?mdocs-file=13934
IFRC Case studies	https://watsanmissionassistant.org/?mdocs-file=6636
Definition of menstrual health	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8098749/pdf/ZRHM_29_1911618.pdf
Sphere MHM standard	https://handbook.spherestandards.org/en/sphere/#ch006_003_003
Optional	Link
GWC research repository	https://www.washcluster.net/resources?f%5B0%5D=theme%3Amenstrual%20health%20management
MHM mini-guide	https://www.elrha.org/wp-content/uploads/2017/10/themhminemerciestoolkitminiguide.pdf
IFRC 8 steps	https://watsanmissionassistant.org/?mdocs-file=11386
Emergency HP compendium	https://www.emergency-wash.org/hygiene/en/hp-components/8
Menstrual Health indicators	https://watsanmissionassistant.org/wp-content/uploads/2022/04/priority_list_of_indicators_for_girls_menstrual_health_and_hygiene-technical_guidance_for_national_monitoring.pdf
JMP menstrual health data	https://washdata.org/monitoring/menstrual-health
Vanuatu Research	https://oldmedia.ifrc.org/ifrc/wp-content/uploads/2020/05/MHM-Report_final_21May.pdf
Bangladesh Case study	https://watsanmissionassistant.org/wp-content/uploads/2020/12/Report_MHM-and-Solid-waste_PMO-CXB_August2018_final.pdf
MHM friendly latrine manual	https://watsanmissionassistant.org/wp-content/uploads/2022/05/IFRC_MHM-Friendly-Accessible-WASH-Facility-Manual_March2022_WithoutAppendices.pdf
Recordings of webinar series about the IFRC case study pack	Find the recordings on the "Playlist RCRC Menstrual Hygiene Management Experiences" on the IFRC learning platform: https://ifrc.csod.com/
The Palgrave Handbook of Critical Menstruation Studies	https://link.springer.com/book/10.1007/978-981-15-0614-7
Cash Flow The businesses of menstruation	https://library.oapen.org/handle/20.500.12657/57800
Period. End of Sentence.	https://www.youtube.com/watch?v=QdIKervJ0-Y
Padman	https://www.youtube.com/watch?v=K9uix8vO_A
Global MH-day campaign	https://menstrualhygieneday.org/

ANNEX B – BRIEFING SCENARIO 2

LANDSLIDES, DEBRIS FLOW AND ROCKFALLS IN VORARLBERG

Global warming has a massive effect on alpine regions. Landslides, debris flows and rockfalls present a substantial hazard and become more likely to occur on a regular basis, particular in remote mountainous areas. The impacts of such natural disasters on people and livestock are both short and long term and in general are huge.

Trigger events for landslides and rockfalls are manifold, but can be more or less always traced back to the global warming. Rainfalls, temperature change, glacial recession, permafrost degradation and anthropogenic factors such as removal of slopes, road and hydroelectric power plant constructions, deforestation or dynamic human induced changes like constant tourist expansions are the main risks to stability of alpine soils.

The village of Braz

Braz is a gorgeous small village right at the beginning of the Klostertal Valley in Vorarlberg. Braz is made up of two autonomous municipalities, Innerbraz – where some 1000 people live and Außerbraz with some 700 inhabitants. Between the two municipalities the river of Mühlebach flows. Braz is situated at the altitude of 700 meters, next to steep slopes and surrounded by a mountain range up to 2200 Meters above sea level. The distance between Braz and Feldkirch is some 30 kilometers. Taking the state road it will take some 30 minutes by car from Feldkirch to Braz.

Braz is well known as a tourist destination. People from all over the world appreciate the quiet village, the hospitality, the picturesque landscape and the variety of activities which can be done during winter and summer holidays.

High precipitation in April 2023

June 2023 was one of those months forecasters would call an “unusual or exceptional” June. It more or less rained non-stop for one month throughout the country. After a very dry winter the soil was not able to absorb these amounts of rainfalls, which far exceeded the average rainfall amount per month. The temperature dropped to zero and the mountain areas were covered white, as heavy snowfalls took place over days. Rivers rose dramatically and some local flooding occurred, also in Braz next to the Mühlebach. People worried and action forces were on alert over days. The western part of Austria was most affected by the flooding - the regions of Tyrol and Vorarlberg, where the village of Braz can be found in between. By the end of June and beginning of July the weather improved. It was still cool, windy and changeable, but not as nasty as during the weeks before. But the water lines remained on a very high level.

Unusual observations

As the sun slowly came out again, many people took the advantage of a short term holiday, as July 1st is a public holiday in Austria anyway. Also the hoteliers in Braz were happy, as their hotels were well booked. On the 2nd of July 2023 a group of German tourists went for a hike to the hillside of Braz. When their hiking path led through a rocky area just above Innerbraz they observed some rocks and debris coming down the hills. Being scared for a moment, they were safe by the end but found their observation unusual. Back to the hotel they informed their host about what they saw; not being sure about the observation himself, the host got in contact with the local commanders of the fire brigade and police station to inform them about the occurrence. Taking such information seriously, the local authorities, police and fire forces informed the regional geologists and went on an inspection of the area, described by the tourist hikers.

Landslide and rockfall in Braz

As the task force arrived up the hills, they were immediately concerned. The rock falls were dramatic, the soil soaked and volatile and they determined there were cracks all over the slopes. When the regional geologist-team arrived just an hour later, the experts were even more concerned about what they saw. After some immediate tests and sample analysis their assumption was that the whole slope and rocky area was about to collapse and there was no doubt about the seriousness of the situation. Immediately the mayor of Braz was informed and confronted with the urgent recommendation of the experts, to evacuate

the Village of Braz due to a foreseeable landslide and rockfalls. All the buildings just underneath the slope were potentially affected by an upcoming landslide. Most of the buildings are houses and farmhouses with one or several families, but also four fully-booked hotels are situated within the area potentially affected by the expected disaster.



Crash evacuation of people

The major of Braz immediately followed the recommendations of the experts and released an official directive to evacuate 4 hotels, 2 'multi-family' houses, 4 one-family houses and 4 farmhouses. As the hotels were fully booked by that time, a total number of 272 people had to be informed and evacuated, 210 of them from Innerbraz, 62 of them from Außerbraz. With very little information at that time, all the affected people got the chance to pack no more than a 'grab bag' and had to leave their houses with basic baggage. A bus transportation service was set up using local buses. Rapidly all people were transported to Feldkirch, Bundeshandelsakademie, as this was the place where the emergency accommodation could be set up quickly as the school is empty during summer holidays.

More or less when the last bus left the village, a terrifying noise shocked Braz. Within a couple of minutes a massive landslide - with rockfalls followed - just above the village set off and started its destruction. This showed once again, how short the time was for the evacuation and how correct the major's decision was. No one was injured by the landslide, no livestock was affected, people were safe, but shocked and without belongings.

Emergency Accommodation: Handelsakademie Feldkirch, Vorarlberg

The Handelsakademie in Feldkirch was set up for an emergency lodging up to 300 people. The local Red Cross branch started to set up the field beds, blankets, pillows and hot soup, tea and water were organised as well. Also, standard AutRC hygiene kits have been distributed (see attachment) and a RC crisis intervention team is providing psycho-social support.

By the time people arrived at their emergency accommodation, no one could answer their question as to what really happened to Braz, how the situation is there after the landslide and how long people had to stay in the school. The situation at such was chaos and uncertainty. By 8 pm the Mayor of Braz, the commanders in Chief of the local fire brigade, police and Red Cross were expected for some further information. Meanwhile, a Red Cross Team was assigned to register all people arriving at the school. As this worked very well and on a very cooperative basis, this Team could already present a full list of the accommodated people by 7.30 pm.

List of people to take care of, their special needs and characteristics (as known by 12th of July, 7.30 pm).

Length of stay in the emergency accommodation by that time: unknown.

In general, no one was hurt or injured by the landslide, but people in general were scared and concerned. Some of them, in particular families, elderly and children, were emotionally affected. Uncertainty and the fact, that people had to leave the village without belongings, led to an unpleasant stress. Some of the elderly need assistance, the two pregnant women (3rd and 6th month of pregnancy) were in good conditions.

Further data of special needs, chronic illnesses or diets have not been collected so far.

- Total number of people: 272
- Sex
 - Femal: 139
 - Male: 133
 - Other sex: 0
- Composition of people:
 - Inhabitants of the Villages: 140
 - Tourists from Germany, Italy, France and Saudi Arabia: 101
 - Hotel- and other seasonal Staff: 31

In general, inhabitants are mainly family structured. Tourists are family structured and individuals. Staff members are mainly individuals, most of them are from Hungary. Worth mentioning is one group of older tourists from Great Britain, altogether 20 people. Due to disrupted train lines guests and migrant workers will have no chance to leave Austria within the forthcoming weeks. Also the Saudi Arabian tourists face the same situation.

- Age
 - 0-3 a: 5
 - 4-10 a: 15

- 11-20 a: 31 (out of which 1 neuro-diverse girl with Autistic Spectrum Disorder ASD, supported by her father)
- 21-30 a: 34 (out of which 1 pregnant woman)
- 31-50a: 81 (out of which 1 pregnant woman)
- 50-60a: 43
- 60-80a: 57
- Over 80: 6
- Languages (native)
 - German: 207
 - English: 34
 - French: 11
 - Italian: 2
 - Hungarian: 14
 - Arabic: 4
- Religion: this data was not collected. But we know, that residents of the Klostertal Valley are mainly evangelic protestants. This differs from the rest of Vorarlberg and Austria as well, as the majority of the Austrian population are Christians.
- Belongings: Most people were dressed in casual clothing, carrying jackets/ jumpers and good shoes with them. Most of them had some extra underwear and some spare clothes. Almost all people had their ID Card, insurance card, bank card and cash. Sanitary articles: Almost all people had their toothbrush, toothpaste, shampoo, shower gel and body lotion with them. Families with young children (0-3a) had diapers and some Baby sanitary products. Almost no one put some menstrual hygiene products in its individual grab bag.

Your task

The local RC team received many complaints about the inadequacy of menstrual hygiene management, and as a consequence they approach your team to improve the situation with respect to menstrual hygiene management.

ANNEX C - Training Agenda “as run”

Time Approx as run	Led by	Topic	Method	Key message
Thurs 13th				
17.00 – 18.50 approx	Alex	Welcome	Activities: e.g. standing in lines according to various questions – length of time to get to venue, when you last menstruated, general knowledge of MHM, & HP; getting into scenario groups Flipchart presenting results of competency self assessment survey Flip chart with training rules	To welcome & to know each other & the overall structure of the training Key rules: all are responsible to co-create successful training, etc Setting up Whatsapp group for communication
19.00 – 20.30	Georg	Infrastructure assessment	Opening with flipchart; then scenario groups making checklist using Kobo	Use & adapt the checklists in the MHM IFRC guide
Friday 14th				
9.00 – 9.45	Alex	Review homework	Showed posters, poems, songs etc submitted as ‘homework’ (about 12 presentations)	
9.55 – 10.15	Lena	Menstruation basics	Discussion	
Throughout the day 2 sub-groups creating a key advocacy/information message on MHM for festival & setting up the booth in the festival area				
10.15 – 11.15			In scenario groups; reading scenario details, & completing checklists	
11.25 – 13.20	Georg & Sarah	Defining information gaps	Plenary, Barriers & motivators, & then scenario groups on completing grid on infrastructure, information & material – information gaps & how to collect & then feedback in plenary	Describe key elements of MHM projects: material, infrastructure & information & identifying data sources & methods
13.20 – 14.20	Lunch			

14.20 – 14.50	Annie & Sarah	2 simultaneous groups: FGD (Annie) & KII (Sarah)	FGD: Discussion on how to do a FGD & what to avoid & flipchart of main messages	FGD: A FGD is a Discussion not a Question & answer meeting. Useful tools in MHM guide & in HP Compendium
15.10 – 15.30	Alex	Market assessment for MHM	Plenary discussion aided by flip-chart example of a market system map Introduction into humanitarian market assessment	Introducing various tools from RCM with varying levels of complexity; focus in this training on the simple tools provided by IFRC MHM manual;
15:30 – 18:00, with flexible breaks	Groups flexibly supported by Alex, Georg, Sarah & Annie	Scenario based preparations for FGDs, KII and market assessment	Preparation of one FGDs and one KII guide per scenario Market assessment Members from all groups assessed local shops for availability and prices of MHM material, guided by MHM tools	FGD target groups: Women in menstruating age KIs: Mayor (scenario 2&3), Festival organizer (scenario 1) 3 local shops visited
18:00 - Till late, including meal break	Groups flexibly supported by Alex, Georg, Sarah & Annie		Groups 2 & 3 acted for each other, & Group 1 in the festival, conducting interviews with festival manager & FGDs with guests about MHM problems and preferences	FGDs & KIs are not easy, need good facilitation skills, planning, but also to be flexible.
Saturday 15th				
9.00 – 9.30	Annie with Lizzie & Anna	Review of yesterday	Pocket chart voting	Use the HP box; there are many other methods for collecting information, not only FGDs & KIIs
9.30 – 9.45	Alex	Information on the format of the day	Plenary	
9.45 – 11.30	Georg	Reflection on practicals	Plenary & scenario groups, produce matrix: findings, gaps,	

			motivators & barriers & report back in plenary	
11:30	Break and one ad-hoc team to solve actual hygiene problems in accommodation (brainstorming problem, suggesting solution and preparing IEC materials)			
12.05 – 12.40	Lena	Endometriosis & incontinence	Plenary presentation	Use the IFRC Fact sheet on WASH & Incontinence
12.40 -	Syrians: Farah & Aya	Syria MHM assessment	Presentation with slides to plenary	
13.00 – 14.30	Lunch break			
14.30 – 15.00	Annie	Menstrual Hygiene items	Plenary: Look at items bought with them & in the box!	Menstrual items need to be appropriate to the context
15.00 – 15.30	Annie & Carina	Two simultaneous groups on IEC material & MHM kits	Menstrual kits: presentation Yara's poster	See Page 12 of IFRC MHM guide: IFRC terminology, adapt to context, coordinate with others, think about disposal
15.30	Energiser (with thanks to Natascha)			
15.45 – 16.15	Alex	CVA for MHM	Flipchart with plenary discussion	Basic introduction into key terminology clarifications Response options vs. CVA modalities, (Un)restricted, (Un)conditional, MEB, PDM Guiding participants to more in-depth training and resources (Cash hub, etc)
16.15 – 18.00		Defining goals and planning of interventions, developing of products	Scenario group work: All groups to prepare simple PoA Preparation of materials: Groups 2 & 3 purchase hygiene items (with 50 Euros value voucher) – kit for testing aided by	One participant brought the example of vending machines that are more and more used to distribute MHM material

			<p>sample specs of an AustrianRC hygiene kit</p> <p>All groups to produce & IEC material for their scenario ready to be tested in the festival</p> <p>Each group reflecting on possibilities to use CVA mechanism for their scenario (group 2&3 aided by an injected hypothetical MEB calculation)</p>	
Simultaneous sub group for setting up the booth in festival				
18.00 – 18.30			Feedback from Scenario groups; plan of action with priority, demonstration of IEC & CVA mechanism & Hygiene items	
18.35	Group photo			
Dinner & Evening at festival		Practical testing of products in festival	Practical, testing IEC, gathering information about IEC ; Testing acceptance of material packages	
Sunday 16th				
09.00 – 09.15		Outline of the day	Flipchart for leaving times	
9.20 – 9.40	Lebanese group	Real life example from RC MHM programming	Presentation with slides	
9.40 – 10.45	Georg, Sarah & Annie	Reflections, on yesterday's practicals – CVA, IEC, kits, PoA, Teamwork: what did you learn, what would you change, & what resources did you use	Plenary discussion, included questions submitted from yesterday on distribution hygiene items	
10.45 – 11.00	Break			

11.10 – 11.40	Alex & Edith	M & E	Plenary, with flipchart of Acronyms, missing words	PDMs, surveys, FGDs, as in IFRC MHM tool, photovoice, participatory video → HP compendium Cash hub for CVA focused PDMs Link to CEA
11.40 – 11.45	Annie	Quick review exercise	Using a telephone to sound like a call & asking participants for a top tip!	
11.45 – 11.55	Alex	Individual reflection on training program	Reflective mediation Everyone relaxed, lying down, sitting comfortably etc, using workshop program as a prompt	
11.55 – 12.20	Alex	Evaluation of training programme	Everyone individually completed evaluation on Kobo forms & key changes to competencies shared on the screen	
12.20 – 12.30	Alex	Thanks & goodbye & keep in touch		Safe travels home, keep in touch
12.30 – 13.15	Cleaning & leaving			