

2nd international workshop **Clean cooking and food processing**

21st, 22nd and 23rd June, 2018 at Makerere-Kikoni, Kampala, Uganda

Initiated by Lernen-
Helfen-Leben e.V.



Hosted by the Giving
Hope Foundation

Programme Version 2.03 as per 13 June 2018

20th June, 2018

Arrivals at Better Foundation Accommodation. Evening casual meeting at the **J-Frigh Hotel**, right opposite of the Better Foundation Accommodation on Nanfubambi road. Dinner and breakfast on behalf of the participants. 1 free welcome drink.

Day 1, 21st June, 2018 (Thursday)

09:30, duration: all day

Workshop 1.1: **Production of the clean cookstove Baba Moto**

At the building of Awamu Biomass Energy Ltd., Kampala
You get: instructions, plans, a manual and your own Baba Moto stove (**or** a Fireless Cooker - see 2nd day).

In between, noon time: Esther Nattabi preparing food for the participants using a **gasifier**, explaining the function and advantages to the participants.

Lunch at Awamu Biomass Energy.

Target: Set up your own production for clean cookstoves.

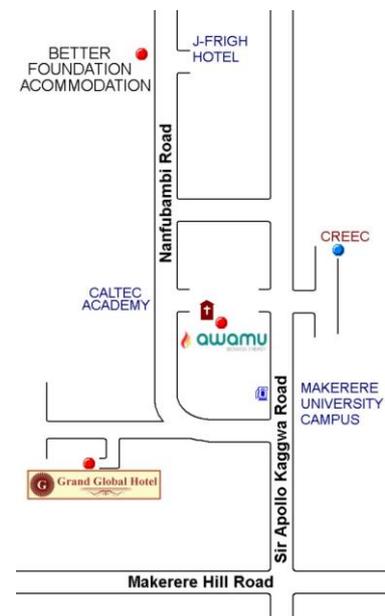
18:00, duration: 1 hour

Workshop 1.2: **What is energy? How can it be applied, managed and saved wisely?**

At the large conference room, 4th floor of the **J-Frigh Hotel**.

By Bernhard S. Müller, Board member of Lernen-Helfen-Leben e.V., Germany.

Followed by an evening dinner at the **J-Frigh Hotel** on behalf of the organiser.



Day 2, 22nd June, 2018 (Friday)

09:30, duration: all day

Workshop 2.1: **Production and use of a Fireless Cooker**

At the **J-Frigh Hotel**, lunch, drinks and all materials included. By Faustine Odaba, CEO of Natural Resources and Waste Management Alliance, Kenya. Co-presenter: John Amayo.

In between: Kora Koch presents the poverty-oriented Uridu system.

You get: instructions and your own Fireless Cooker with appropriate sufuria (or a Baba Moto clean cookstove. Save 50% of cooking energy. Cook with retained heat. Apply solar cookers.

18:15, duration: 3/4 hour

Workshop 2.2: **Organise and conduct a presentation in your community**

At the **J-Frigh Hotel**. By John Amayo, CEO of SURE Solar, Kisumu, Kenya

Followed by an evening dinner at the **J-Frigh Hotel** on behalf of the organiser.

Day 3, 23rd June, 2018 (Saturday)

09:30, duration: 2 hours

Workshop 3.1: **Making chardust and biomass briquettes**

At Awamu Biomass Energy Ltd., drinks included.

By Esther Nattabi, Giving Hope Foundation, Kampala, Uganda

11:30, duration: 1 hour

Programme 3.2: **Visit of the solar and stove testing laboratories at the CREEC Institute**

Information by CREEC scientists. Foot walk from/to Awamu Biomass Energy.

13:00 Lunch at Awamu Biomass Energy, paid by the organizer.

14:30, duration: 2 1/2 hours

Programme 3.3: **Visit of the NGO JEEP Folkecenter**, Kampala, Uganda by chartered bus.

Get educated by Ruth Kiwanuka about Solar Cabinet Style Food Dryers, Lorena Mud Stoves,

Parabolic Solar Cookers, Chardust Grinders and Efficient Drum Carbonisers.

17:00, 1/2 hour coffee break, paid by the organizer.

17:30, duration: 3/4 hour - at the large conference room of the J-Frigh Hotel.

Workshop 3.4: **Solar food drying: Prevent post harvest losses, generate income**

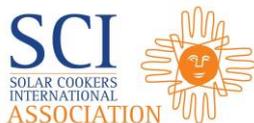
By Bernhard S. Müller, board member of Lernen - Helfen - Leben e.V., Germany

Target: Learn about the basics of solar food drying and the production of fruit leather.

You get: extensive information material, taste dried food, contact addresses and plans.

18:30: Farewell dinner at the **J-Frigh Hotel**, end of workshop. Early departures.

24th June, 2018: Departure of the participants. Special appointments upon request.



Organising committee: Bernhard S. Müller
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