

## Trauma healing and sustainable development for Batwa

A project of the African Great Lakes Initiative with the Evangelical Friends Church of Rwanda

Our facilitators included:



Maniraguha Solange



Ngenda Joseph



Nyiramana Solange (left)  
& Bugenimana Rachel



Elizabeth Cave

Our clientele included:



## Interim Report for QPSW Relief Grants Group, Nov 2010

### Trauma healing and sustainable development for Batwa

#### Work plan and timeline (excerpted from HROC/Growing Together proposal)

Plan	Actual
<b>2010</b> Month 1: April Conduct initial outreach for 2 communities Communicate with local authorities Identify community members who will attend debates	Done as planned  Also met with HROC facilitators and HROC committee members in Rwanda
Month 2- Month 3: May – June Conduct 4 community debates	3 held in Ruhengeri/Musanze and 1 in Kayonza*
Month 4 - Month 6: July - September Conduct 10 HROC Basic workshops: 5 in each community.	7 basic HROC workshops conducted in Ruhengeri + 3 in Kayonza*
Month 7: October Conduct 6 Growing Together (GT) workshops	4 GT workshops held in Ruhengeri + 2 in Kayonza*
Month 8 and 9: November & December Follow-up meetings and community celebrations in each community  Interim evaluation and report for QPSW  Decision making about next stages of work and preparation of QPSW Relief Grant application for 2011	Ongoing  This is it  Ongoing
<b>2011</b> Month 10 and 11: January & February Follow-up workshops	To be arranged
Month 12: March Evaluation and final report for AGLI	

\* Since the Evangelical Friends Church in Rwanda (the owners of Friends Peace House where AGLI is based for work in Rwanda) is focusing on the three areas of Kigali, Ruhengeri/Musanze and Kayonza, it was decided to work with Batwa in a resettlement village near Kayonza rather than in Cyangugu as originally envisaged. The Twa are more numerous in Ruhengeri district so more activities were done there.

## Extract from report of Introductory Debates

The first debate gathered 45 participants, and the second also. For these debates, participants were all present at the time of starting. Participants were excited to hear about the activities which are going to be done for them, one of them said “we’ve heard from others in Batwa group saying that they’ve come in workshops and that it was good to them, especially to find that there are other people who think about them, and who are trying to make them understanding about their problems and trauma that they faced, and still facing.” He said “come to train us, we are ready to attend the workshops” also that they are interested to hear about the new activity which is Growing Together. *Nyiramana Solange and Kanira Joseph, HROC facilitators*

## Extract from report of HROC Basic workshop

The agenda of the workshop is the same as the one we use for the basic workshop, but as we mentioned in the previous reports, it’s a challenge for us (facilitators) to deal with time, as participants want to talk about their sadness stories, and want to express themselves, at every time. As the workshop progress some participants had to come out with the ideas which are: “It’s not often to find us in a room gathering like this one, also we are not given this opportunity to talk about ourselves, like talking about what traumatized us, how feel with the life we live now, and maybe what to do, in order to see ourselves as real Rwandans...”  
*Kayitesi Marie Rose, Maseruka Tharcisse, Nyiramana Uwase Solange*

*Hamissi:* As one of the group of those who have been left behind by history, I used to be in isolation, no one take care of us, we couldn’t think that there could be someone thinking of us, but there are people who think of us and the difficult time we passed through, until now, they know how much we are traumatized. I feel comfortable after this workshop, I take decision now of approaching other people who are not from our group, and share with them what I learned from this workshop.

## Narrative summary from Growing Together workshops

### Musanze

We conducted 2 groups of 2 workshops, each with Day 1 in Musanze Friends Church and Day 2 in a hillside village. We followed the same pattern each time, starting with revision of the HROC teaching on trauma, trust and mistrust, good listening and healing. Thinking about the fruits of good and bad nutrition led into the value of vegetables for nutrition, and the practical assembly of a demonstration sack in the pastor’s garden behind the church.



*Returning to the pastor’s garden for the second pair of workshops, we found seeds already sprouting*

On Day 2 the team of 2 or 3 facilitators traveled by taxi-bus(es), by moto and/or on foot to the home village of our group of students. There we supervised the planting of four more sacks by groups of five students to each sack, gave out different kinds of locally purchased seeds, and told the students they would all be expected to have acquired and planted a sack by the time of the follow-up in November.



*A group prepares to plant their sack in the small space between their house and other people's crops*



*Nyiramajambere Esperance (left) with her group's newly planted sack*

Nyiramajambere Esperance, from the second group, spontaneously offered the following words: 'In the first workshop on trauma healing I learnt to recover from my inner wounds. Now your teaching about vegetables and how to grow them will help me heal my outer wounds.'

## **Kayonza**

We conducted 2 consecutive workshops in the remote resettlement village of Kageyo, in Kayonza district, where Batwa, moved from their traditional part of the country, live adjacent to other groups such as released prisoners, genocide survivors, and Rwandans expelled from Tanzania.



*Kageyo village, new and remote*

The workshops followed the same pattern of HROC revision, teaching about nutrition, and constructing demonstration sacks, as at Musanze.

Nyiramana Solange, HROC facilitator, spoke at the beginning of the second day with the second group. There had been serious arguments, unresolved when we left the day

before, about which of 5 participant in each group should have the sack at their house.

'There is a connection between the tree of trust and planting cooperatively. Giving the sack to one house is not the end of the process but the start of helping each other from

house to house. You're building trust when you show your needs and feelings. To be good neighbours we have to help each other. Think of this work as planting the tree of trust for our new life here together. Remember, working together is the first way to build trust. We can't do anything alone.'

### Participants' testimonies

*Nyiramajoro Angelique:* When we first moved here it was not easy for us and we're still not familiar with the area. As time goes by we're starting to feel human like other Rwandans as we work on activities. This new activity will improve our health - our children's and our own.



*Mukampfizi Esther.* We were wondering what kind of seminar we would be getting and God sent you with this one on vegetables. ... This is the first time we've seen packets of seeds. We knew the vegetables but not how to grow them. Now we've learnt from you we'll work hard and the harvest will be good for our health.

### Evaluation

Part way through the first year, it seems rather early to be spending time and money on external evaluation. Activities are up to schedule and feedback is positive. Participants consistently ask for further training in both parts of the work.

### Accounting

Here is Dave Zarembka's spreadsheet for AGLI's HROC/GT project with Twa in Rwanda. The £6000/\$9000 from QPSW has already been spent and other AGLI funds will be used to complete the scheduled events.

	Budget	Actual	May	June	July	August	Sept	Oct
Debates--4	\$ 873	\$ 791	\$ 643	\$ -	\$ -	\$ 148	\$ -	
HROC workshops--10	\$ 5,236	\$ 5,124		\$ 1,023	\$ -	\$ 1,044	\$ 3,057	
Growing Together workshops--6	\$ 1,728	\$ 1,938						\$ 1,938
Community celebrations--2	\$ 803	\$ -						
Follow-up workshops--10	\$ 1,902	\$ -						
Coordination and accounting	\$ 1,047	\$ 2,425						
Salaries*			\$ 312	\$ 312	\$ 312	\$ 312	\$ 312	\$ 312
Office supplies, local travel, etc			\$ 70	\$ 121	\$ 108	\$ 102	\$ 97	\$ 55
Evaluation	\$ 873	\$ -						
<b>Total</b>	<b>\$ 12,462</b>	<b>\$ 10,278</b>						

\*Salary for coordinator @ \$208/month left out of budget/covered by AGLI

### Further reading

*Peaceways* (quarterly journal), journal letters etc at [www.aglifpt.org](http://www.aglifpt.org)  
Elizabeth Cave's blog: [growingtogetherinrwanda.blogspot.com](http://growingtogetherinrwanda.blogspot.com)

*Bucura David, AGLI Coordinator – Central Africa*

*Elizabeth Cave, AGLI volunteer*

*Maniraguha Solange, HROC Rwanda coordinator and senior facilitator*

*David Zarembka, AGLI Coordinator*

## Outline request for QPSW Relief Grants funding for 2011

We have got off to a good start with this ambitious project in 2010. As we hear and read participants' requests for further training, all of us concerned in delivering the project are beginning to make choices between possible ways forwards for the next year or two. We plan to put in applications for 2011 and 2012.

After the scheduled follow-up sessions, we will be in a better position to select appropriate pieces of work for next year. The main outline will be to do some level 2 HROC trainings, and to take the practical and theoretical work on diet and nutrition further, encouraging those who have been trained to pass on the techniques and knowledge.

HROC facilitators and senior staff at Friends Peace House in Kigali are anxious to bring other groups of Rwandan society into the work: the participants ask for that, and FPH is clear that working exclusively with the one group can perpetuate the divisions we want to eradicate.

Here are some possibilities set out by Dave Zarembka, AGLI Coordinator, in early November:

1. Like last year AGLI has some funds for this project--perhaps in the order of \$4000 which would be in addition to \$9000 from QPSW.
2. One of the objectives could be to integrate the Twa with the Hutu/Tutsi through doing advanced HROC workshops with the mixed group.
3. AGLI programmes in Rwanda have also included AVP and mediation when funds have been available. Mediation will help the Twa to solve their problems and conflicts which arise in their communities, and they could also be included with other Rwandans in peacebuilding.
4. AGLI will be doing an international HROC training in Burundi next August and we could include 4 Twa to become HROC facilitators. This would cost \$600 each plus travel money (\$50 each).
5. Friendly Water for the World is proposing teaching the Twa (and others) to make Biosand Water Filters (from sand, gravel, and cement) and form associations to produce and sell them. They would fund the teaching part of this activity and we could focus on developing the necessary social confidence and skills. Elizabeth also wonders if the Twa could make coolers ('Zeer pots') to sell, to a proven design, building on their traditional occupation as potters.
6. There should be some kind of continuation of the growing vegetables/nutrition part of the work. Participants can then be encouraged to sell vegetables.
7. Do we want to expand to other Twa groups such as the one in Cyangugu?



*Mount Sabyinyo behind a participant's home above Ruhengeri*

# AGLI/Friends Peace House Workshops with Batwa

Additional material for Interim Report for QPSW Relief Grants Group, compiled by Elizabeth Cave

## Extracts from narrative reports, July – September 2010

### Introductory debates

*Musanze, 24th, May 2010.*

This 3<sup>rd</sup> debate took place to Musanze District as other 2 previous debates did, participants who were invited were 50, but in the room you could find around 80 participants, but those other 30, were the ones who came for the second debate, said that they wanted to attend this too. We told them that they will participate in the workshops which are being planned for them, and asked them to go back home.

### KAGEYO Village, Kayonza District, 3 August 2010

#### Participants' feedback :

- We hope this will be an exceptional set of workshops. We have been discriminated for long time, people thought, reacted and planned on our behalf but now we feel very proud to be really involved and be consulted.... The healing has already started considering the way you gave us the opportunity to give our opinions and how you are humble to us.
- We are part at the beginning, this shows how much we will be valued during the workshops... We will not disappoint you after this confidence.
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### Facilitators' observations after HROC workshops

*Kayonza 21<sup>st</sup> August 2010*

1. The participants wanted time to share, any time we gave them opportunity to talk, they talked unstopped and they really need an open space in the advanced workshop to share deeply their traumatic events and time to be listened.
2. We need to do the systematic and systemic follow up of this workshop as soon as possible as suggested by the local leaders who showed their happiness after seeing the big change.
3. They need social and economic reintegration, if this is not done the efforts we made will be like wasted resources due to their level of life and how the community considers them
4. Workshops on conflict resolution is highly desired because one the biggest problem they do have is gender based violence ( rape cases, forced sexual relationship, wife is taken as a tool, .... ) and family conflict.

*Kayonza 15<sup>th</sup> Sept 2010*

Participants could show more energies as the workshop moved on, than when they came.

They want to heal as soon as possible, as they showed the deepest of their wounds

*Musanze 18<sup>th</sup> Sept 2010*

Participants said that this is a revelation from the Friends Peace House, as they could know and understand their wound caused by being marginalized and being left behind by the Rwandan History. Participants were happy as the days move on... and show that they are free to give their ideas, and being listened to. They thank the facilitators who accepted to come to train them, and being kind to them, accepting sharing food with them.

They said that they are ready to change, but need help from Friends' Peace House, continuing doing the follow up to them, giving them supporting ideas and other kind of support, like making them some short projects.

### Some participants' testimonies

**Joseph:** I know how to deal with my anger. I used to fight once I got angry.

**Michel:** I know that I have to share my grief so that I get healed from it

**Jean Bosco:** I know that I have to mourn for my relatives and my goods that I've lost.

**Nyirantezimana:** I know that I have to accept that I'm angry once it happens to me. Because it can help me not to do bad things to others like to revenge.

**Clarisse:** I used to have a deep grief inside me, and thought to kill myself, because I could find nobody to tell my story, but I feel released from my grief. I will no longer have that idea of committing suicide, I find if I can have someone to talk to.

**Munyarubuga:** These lessons helped me a lot, it took me from the darkness. I had no trust for tomorrow, but the tree of trust showed me how I can build trust for myself, and help others to build theirs. Not only for others to build the trust, but also my strengths are needed. I feel strong.

**Nyirampongo:** This is my first time to meet with others, and attend the workshop like this one. May God bless the ones who prepared this workshop and invited me to attend it. I'm proud for I could express what I feel in my heart. Thanks

**Daniel:** This workshop was very interesting to me, as I used to get angry and keep it for long time, and fighting with my wife, but this workshop helps me how to deal with my anger.

**Havugimana:** I used to have a deep grief, and anger, and I feel released from them because of this workshop. The experience I got is that I'm not the only one who has that grief, and I think that others' experience will help me too. Thank you for giving me the opportunity of talking about what is inside my heart. I want to tell you that I forgive those who killed my parents.

**Kotomoni:** These lessons are all good, but the most of them for me is how to deal with my anger, as I used to drink a lot of alcohol, and fight with my family, and neighbors, and now I decide, and found ways to deal with my anger. Thank you.

### **Participants also made some requests**

We request that you train other people from our group (Twa). We request that you reach to all Batwa and give them this workshop if possible

Another workshop so that we know more about trauma and how to heal from it.

Helping us so that we can know to read and write, as it's something also which is traumatizing us.

Train us in other subjects, especially how we can come across to other groups of Rwandans, and work together.

Workshops for youth from Batwa group

Come and visit us in the villages where we live