

INTERNATIONAL WOMEN'S DAY TIMOR-LESTE 2014; *Inspiring Change in Women's Health, Food, Nutrition and Wellbeing in Timor Leste!*

Date: Thursday 6 March, Time: 08:30 – 13:00, Location: Ministry of Agriculture and Fisheries (MAF) Compound, Comoro

TIME	ACTIVITY	FACILITATOR
08:30 – 09:00	Opening Ceremony: <ul style="list-style-type: none"> Welcome remarks by MAF Minister Speech on importance of International Women's Day for Timor by SEPI Welcome remarks by special guest 	Ministry of Agriculture and Fisheries-Seeds of Life, Secretary of State for the Promotion of Equality (SEPI), Special Guest
09:00 – 09:25	Film screening: Women Farmers Sowing Seeds of Success	Ministry of Agriculture and Fisheries-Seeds of Life
09:25 – 09:55	Facilitated Discussions:	Reproductive health
		Maternal and child health and feeding
09:55 – 10:00	Dance demonstration: <ul style="list-style-type: none"> Young women and men perform together 	Hip Hop Dance
10:00 – 11:00	Healthy cooking and Nutrition Demonstration: <ul style="list-style-type: none"> Cassava (Ai-Luka) and pineapple cake with peanuts (Utamua) WASH Activity: <ul style="list-style-type: none"> Hand washing campaign targeting women to wash their hands with soap at 5 critical times 	HIAM Health, Ministry of Health, BESIK
11:00 – 11:30	Healthy snacks: <ul style="list-style-type: none"> Snacks made from Ministry of Agriculture and Fisheries-Seeds of Life released varieties, with HIAM Health recipes 	Ministry of Agriculture and Fisheries-Seeds of Life, HIAM Health, Feto iha Kbiit Servisu Hamutuk (FKSH)
11:00 – 11:30	Film screenings:	Police recruitment
		Violénsia Bazeia ba Jéneru
11:30 – onwards	Official International Women's Day Dance: <ul style="list-style-type: none"> 1 Billion Rising dance lesson 	CARE Int., Movimentu Feto Foin sae Timor Leste
11:30 – onwards	Self Defence: <ul style="list-style-type: none"> Basic self defence lesson 	Timor Leste Police Development Program
11:30 – onwards	Games: <ul style="list-style-type: none"> Pass the parcel, soccer 	Timor Leste Police Development Program
11:30 – onwards	Self-confidence and public speaking workshop: <ul style="list-style-type: none"> Games Discussion and tips on confidence and public speaking 	Feto iha Kbiit Servisu Hamutuk (FKSH)
11:30 – onwards	Gender Roles Workshop: <ul style="list-style-type: none"> Flash card gender game Discussion on gender roles 	Empreza Di'ak
12:00 – 12:45	Healthy cooking and Nutrition Demonstration: <ul style="list-style-type: none"> Sweet potato (Hohrae 1, 2, 3) soup with rice (Nakroma) and maize (Sele) 	HIAM Health

Plus information stalls on nutrition, food, agriculture, mental health, domestic violence, police recruitment, maternal and child health and more!



SEKRETARIA ESTADU BA PROMOSAUN IGUALDADE

