

# FARMERS' FOOTSTEPS

How are farmers turning  
the tables on climate  
change?

Practical  
**ACTION**



# Guess where?

**Namaste** is the standard greeting which means hello.

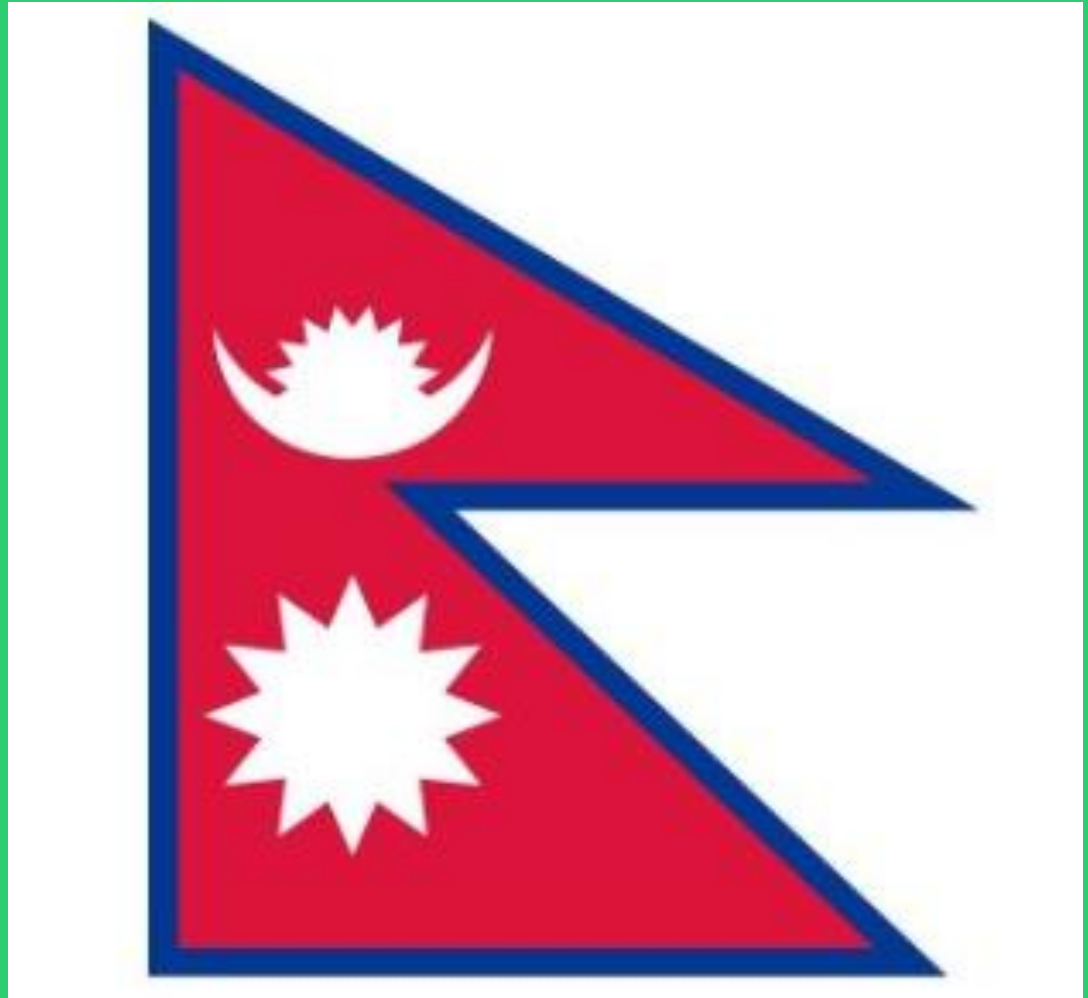
Often people put their hands in a prayer position when saying it.



# Guess where?

It is the only country in the world that **does not** have a rectangular national flag. The shape is a double-pennon.

The colour red represents bravery and the blue border represents peace.



# Guess where?

It is home to eight of the world's highest mountains including Everest.





# Did you guess Nepal?

In this lesson you will be learning about farmers who live in the remote and mountainous regions of Dang District in Western Nepal.



# What do you see?

Look at the set of photographs from the Rang district of Nepal.

- What do you see?
- What might be some of the problems that people living in this area experience?



# Life in Rang District

Most people living in Rang district rely on farming for a living.

Two thirds of the farmers are women, many of whom are widowed or have husbands who have headed to cities in search of work.

The women face a tough workload with their day often starting at 4am with long walks to fetch water and firewood.

Once these chores are completed, work on their farms begins.





# Farming life

A typical day for a farmer here involves tending the land and looking after animals.

If they have produced enough food to feed their families they will take any extra produce to sell at market.

This involves carrying their heavy loads on treacherous mountainous paths to reach the market.

They will try to sell what little they have leftover for a vital cash income.





# Climate change

Over the past few years life has become **even harder** for farmers.

**Climate change** has led to increasingly extreme weather. Torrential rain causes flooding that destroy crops, and landslides on the steep terrain (see picture of landslide).

In the dry season that follows, water for drinking and watering crops runs short, this often leads to crop failure and a poor harvest.



# Failed crops

Failed crops means food runs short in this region where farmers used to be able to feed their families and sell extra produce at markets.

In desperate times many farmers sell whatever they can to buy food – including their farm land.

***“I couldn’t get produce from even a single plant. It hurts. I had planted them with the expectation of earning money. But could neither earn a rupee nor eat the produce.”***



# Sustainable Development Goals



# The SDGs

So many people in the world are now affected by **climate change** that the United Nations (UN) and many other organisations felt that action was needed.

The UN called a meeting with leaders from over 30 countries who then formed an action plan to address climate change and other big issues that lead to people living in poverty. This plan is called the **Sustainable Development Goals** (SDGs) or Global Goals for short.



# The Sustainable Development Goals



# Farmers' footsteps

Learn more about some of the challenges farmers face growing and transporting their produce down the mountainous path to market by playing **Farmers' footsteps**.

## What you need to know

- You can play in a group of up to 4 players
- Before you start each player needs to read the *Meet the farmers* sheets
- Each player needs to select a farmer and a counter
- Place your counter at the top of the board. Highest dice (or spinner score) starts the game
- Take it in turns to throw the dice and help your farmer get to market
- If you land on a ? square, one of the other players need to pick up a ? card from the pile and read the question out loud. If you get it right move two spaces. If incorrect don't move!
- The first player to reach market is the winner.



# What have you learnt?

Now that you have played Farmers' footsteps, make a list of some of the problems that farmers face and some of the solutions to the problems.

For example,

**Problem:** Little water to irrigate their crops

**Solution:** Solar water pump installed for crop irrigation.



# Five point plan

The development charity Practical Action in Nepal worked with local groups of farmers, companies and local government to find out how best to improve the lives of farmers living in the mountainous regions of Nepal.

This diagram shows the main **five** areas that were identified as the most important to farmers.

**But who will help fund this work?**



# Stepping forward

In December 2020, Practical Action had some great news!

The Foreign, Commonwealth and Development Office of the UK Government decided to fund some of the work to support farmers in Western Nepal.

We look forward to telling you more about how this has improved lives of farmers and their families over the next few years.





# Ingenious solutions

Where Practical Action has worked with  
farmers in other other mountainous  
districts in Nepal.

# Access to markets

The installation of gravity goods ropeways (in the picture) have been life changing for farmers in the hills of Nepal.

Many can now transport their produce to market in 15 minutes. A journey that used to take hours.

***'It used to be very tiring and risky at the same time. The roads are very steep and narrow. Sometimes I was all by myself crossing the jungle, it used to be very scary.'*** Niramal





# Water for crops

The installation of water pipes to remote mountainous areas in Nepal has been good news for farmers!

It has meant that farmers whose crops were previously failing are now producing enough to feed their families and to sell at markets.



# Farming skills and knowledge

Thapa is a farmer who has received training on animal healthcare. He is known locally as the 'barefoot vet'.

His service is affordable and making a big difference to the lives of farmers by keeping their animals healthy.

Thapa is always in demand and earning enough to be able to send two of his children to a school in Kathmandu (the capital of Nepal).



# Practical **ACTION**

We hope you  
enjoyed Farmers'  
footsteps

For more information and resources go to:  
**[practicalaction.org/schools](https://practicalaction.org/schools)**

