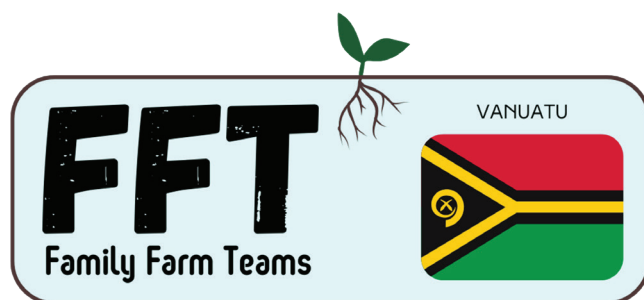




FAMILI FAM TIM WOKBUK



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UNIVERSITY OF
CANBERRA

CENTRE FOR SUSTAINABLE
COMMUNITIES



Pacific Horticultural
& Agricultural Market
Access Plus Program
Supported by Australia & New Zealand

Abaot wokbuk ia

Wokbuk ia oli developem olsem pat blong wan projek we 'Centre of Sustainable Communities' i kondaktem, long 'Faculty of Education', long 'University of Canberra', Australia.

<https://www.canberra.edu.au/research/centres/csc>

'Australian Centre for International Agricultural Research' i fandem projek ia

'Improving opportunities for economic development for women smallholders in rural Papua New Guinea' - luk

<http://aci.gov.au/project/ase/2014/095>

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Website: <https://www.canberra.edu.au/research/faculty-research-centres/csc/livelihoods-and-learning-for-sustainable-communities/family-farms-teams-program>

Facebook: <https://www.facebook.com/familyfarmteams>



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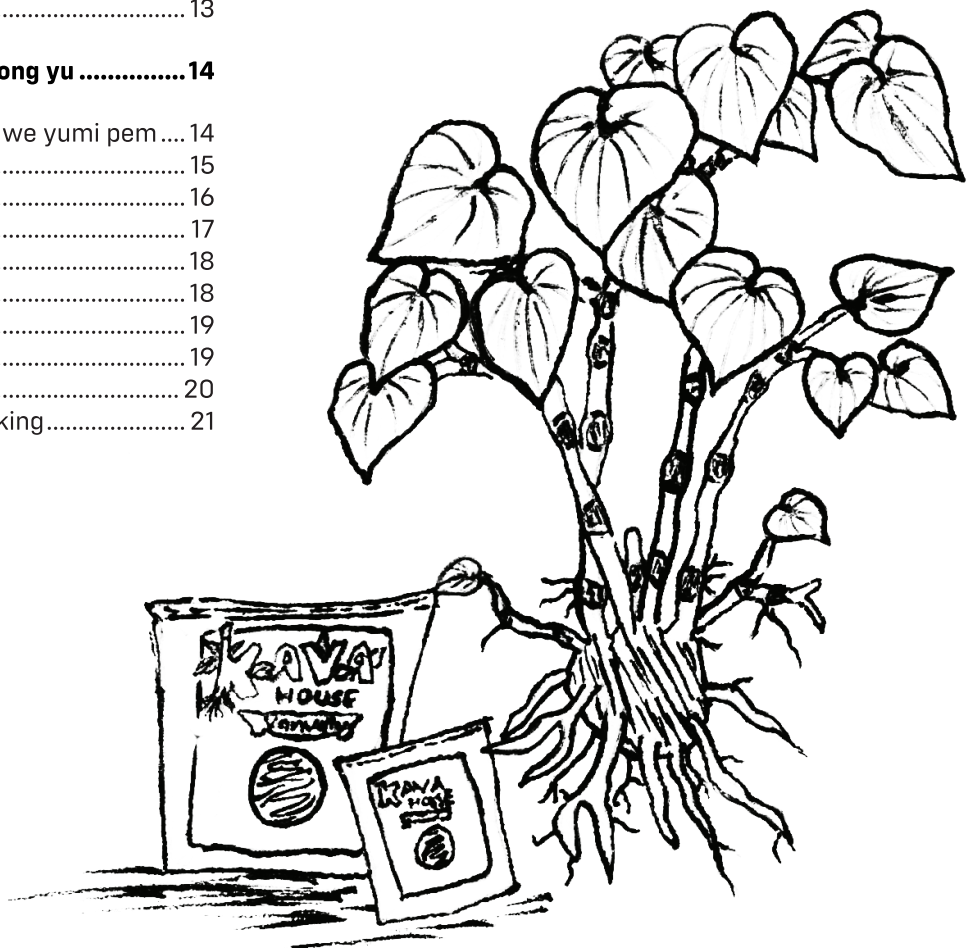
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Famili Fam Tim

Program blong famili fam tim i helpem yumi blong tingbaot ol wok we ol woman, man mo ol yangfala oli mekem. Program ia i save givhan long ol famili blong mekem wok i stret gud long olgeta. Hemi helpem ol famili tu blong oli save hao blong mekem gud ol plan mo disisen tugeta.

I gat 4 wokshop:

- **Modiul 1:** Famili faming tim
- **Modiul 2:** Planem Famili Fam blong yufala olsem wan tim
- **Modiul 3:** Fidim famili fam tim blong yu
- **Modiul 4:** Komunikesen mo disisen-meking olsem wan famili fam tim

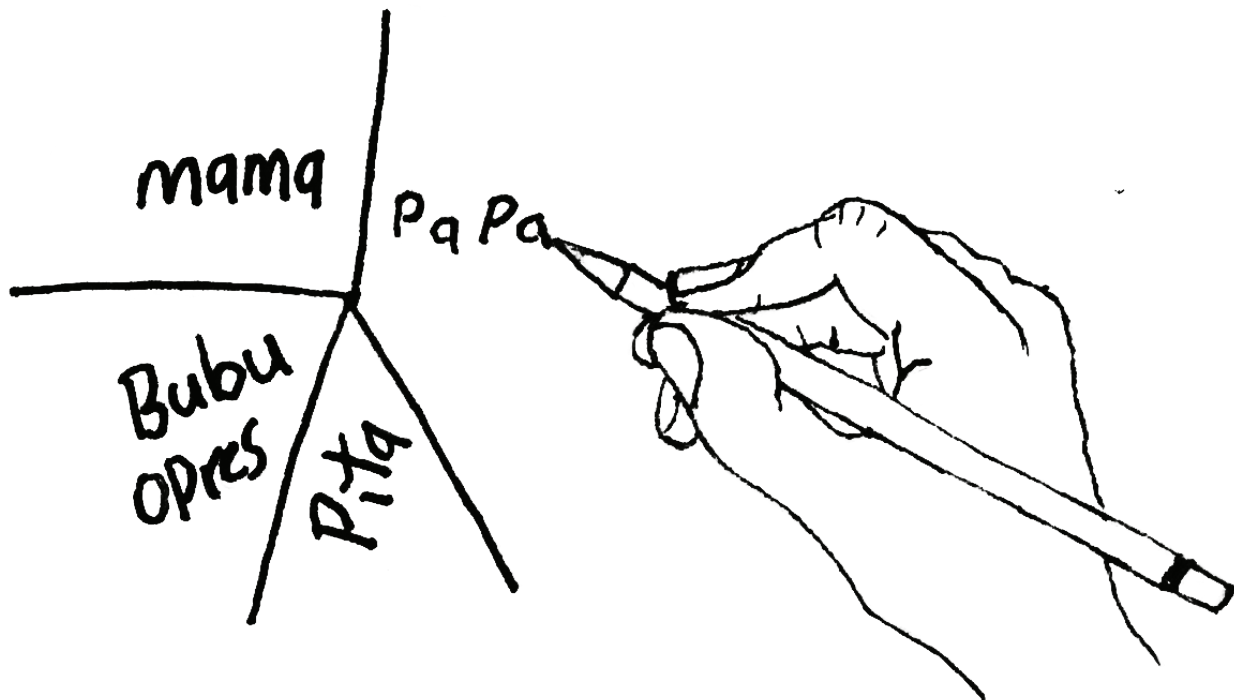


Modiul 1: Famili fam tim

Grup Blong Famili Fam Tim

Grup blong famili fam tim i helpem yumi blong tingbaot ol wok blong ol man, woman, ol olfala, yangfala, mo ol pikinini insaed long famili. Yumi save tingbaot olsem wanem blong serem wok blong mekem se yumi save yusum skil blong evriwan insaed long famili, mo mekem se evriwan i serem gud ol wok. – Listim evriwan insaed long famili blong yu.

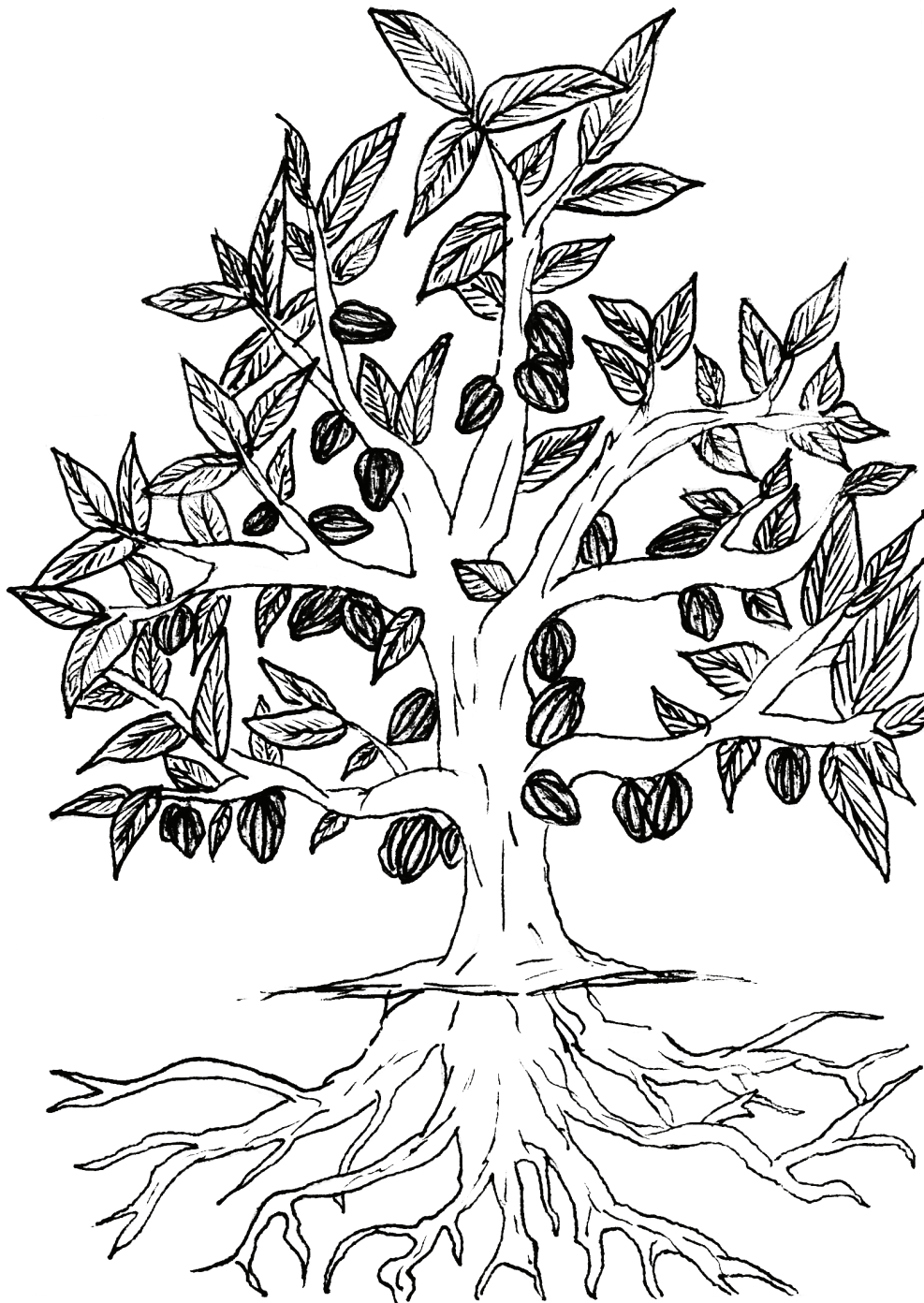
Dro wan sekel – Divaedem sekel ia long ol seksen we i soem se hamas wok ijwan insaed long famili hom mo long famili fam oli stap wokem. Raetem ol nem blong evriwan long ol seksen blong olgeta. Naoia tingbaot olsem wanem blong serem gud wok. Finis, yu droem niu famili sekel blong yu.



Modiul 1: Famili fam tim

Famili Balens Tri

Famili Balens Tri i helpem yumi blong tingbaot ol mel mo fimel woklod insaed long famili, ol inkam, ol wok, wetem ol ekspens mo ol seves we ol mel mo fimel oli provaedem. Hemi helpem yumi blong luk sapos wok blong famili i seraot gud (i balens). Ol aktiviti insaed long Balens Tri i inkludem ol faming aktiviti, haosol aktiviti mo komuniti wok. Ol pat blong yu dro i gat: Stampa wetem ol mel famili memba long wansaed mo fimel famili memba long narasaed – 3 kaen rus, ol man, ol woman, ol man mo woman tugeta – 3 kaen branj: ol man, ol woman, ol man mo woman tugeta. Naoia yu save tingbaot se wijwan long ol rus i nidim blong impruvum, mo wij branj blong prunum o mekem i strong moa.



Modiul 1: Famili fam tim

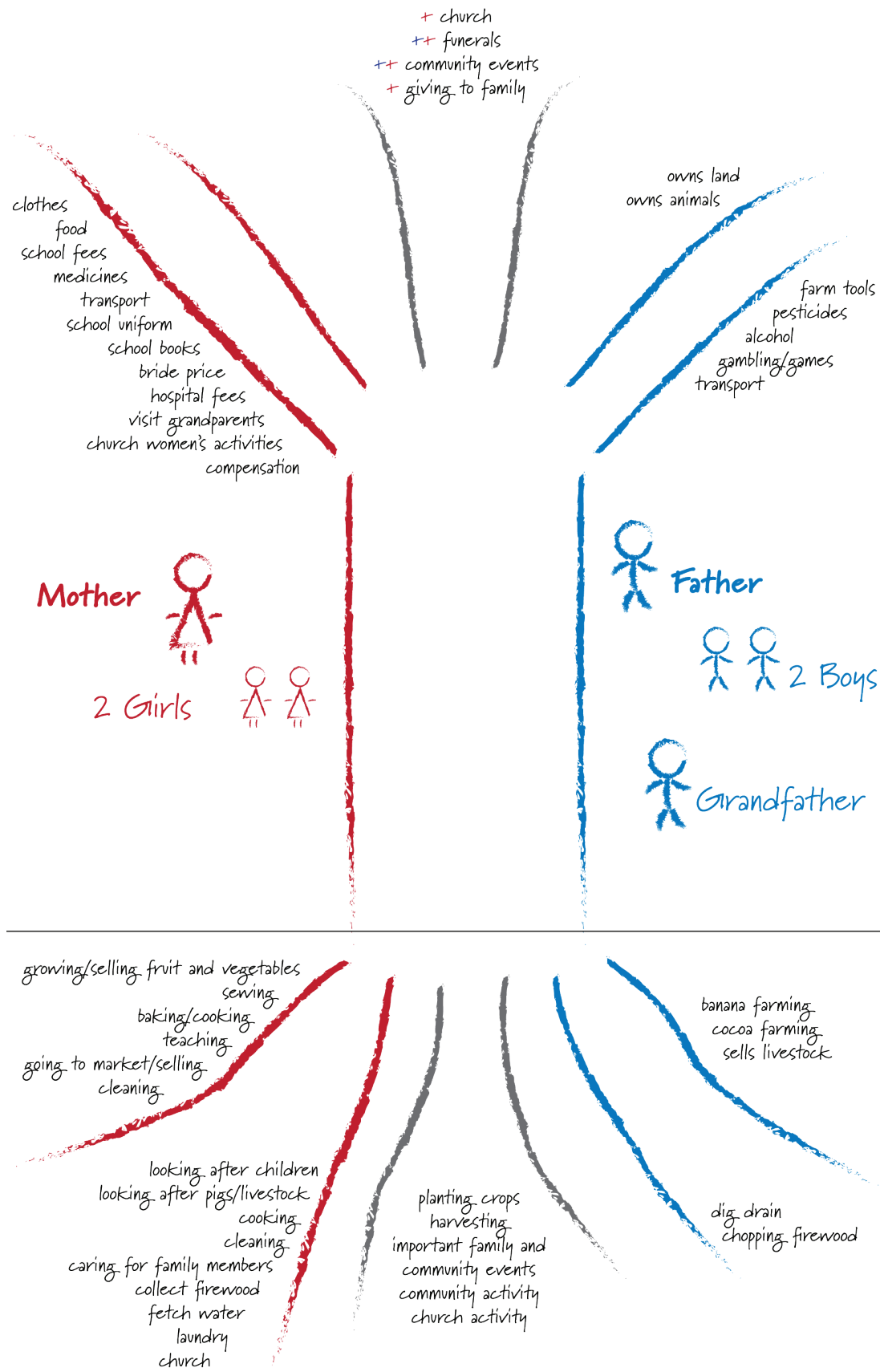
Wok blong ol man, wok blong ol woman

Aktiviti ia i helpem yumi blong tingbaot wanem ol kaen rol we yumi save serem insaed long wan famili fam tim. Raetem daon ol rol we ol woman oli stap mekem. Raetem daon ol rol we ol man i stap mekem. Naoia, raetem daon ol rol we oli save serem.



"Carry each other's burdens, and in this way you will fulfill the law of Christ." Galatians 6:2

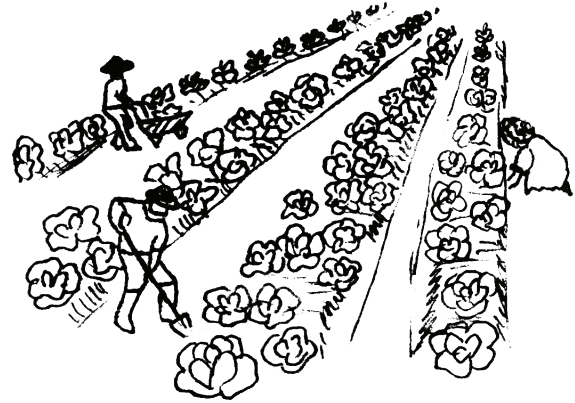
Modiul 1: Famili fam tim



Modiul 1: Famili fam tim

Dei long laef blong wan Fama

Aktiviti ia i helpem yumi blong tingbaot se ol man oli stap wok wataem, mo wataem ol woman oli wok. Mo tu wanem kaen wok ol man oli mekem, wanem kaen wok ol woman i mekem, mo hao yumi save yusum wan taem badjet blong faenem wei blong mekem wok i moa ikwel. Dro fo jat blong wan nomol dei (wan blong ol man, wan blong ol woman, wan blong ol yangfala boy, wan blong ol yangfala gel), mo storian tugeta blong luk olsem wanem blong yusum gud taem long wan fasin we i moa fea (moa ikwel).

[illegible]

Modiul 1: Famili fam tim

Ol Gol blong Famili Fam Tim

Sapos ol famili oli planem ol gol tugeta, bae oli wok moa gud tugeta olsem wan famili. Bae ol famili oli save bildim fujia blong olgeta step-bae-step. Long ples ia yu save raetem daon ol gol blong famili tim blong yu, ol strent (wanem we oli gud long hem), mo ol samting we i nid blong jenj...



Ol Famili gol

Ol Fam gol

Ol Sevings gol

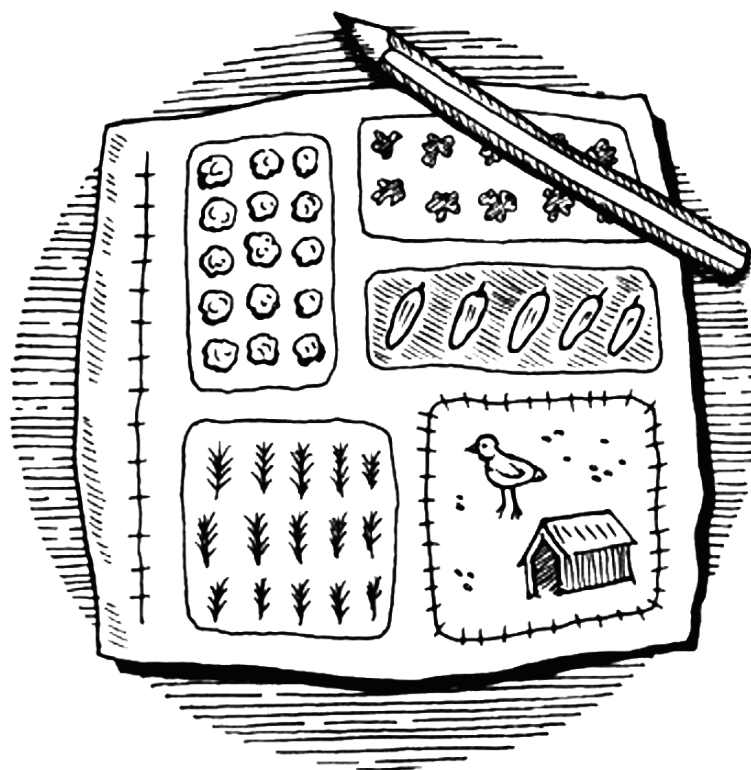
Ol Famili Strent

Ol samting yumi wandem jenjem

Modiul 2: Planing blong famili fam olsem wan famili tim

Mapem famili fam blong yu

Aktiviti ia i helpem yumi blong tingbaot graon blong yumi mo evri faming aktiviti. Map is soem wanem we yumi gat naolia. Hemi helpem yumi blong planem ol fujia famili fam bisnis. Raetem festaem famili nem mo det olsem wan heding (eksampol 'Tomi Famili Fam, Okis 2021). Afta, droem ol men eria blong graon, olsem riva, ol hil, solwota, ol rod, bush. Finis, droem evri samting we i stap long fam – eksampol ol miks plot (2016), kakao (2015), olfala kakao, ol banana (2010), ol navele tri (olfala). Sapos i gat eni krop we i stap longwe, raetem daon se i tekem hamas taem blong wokbaot go kasem. Yu save dro ol pikja nomo sapos yu wandem, ino nid blong raetem daon ol toktok. Afta yu save tokbaot wetem famili blong yu olsem wanem blong serem wok blong ol man mo woman blong mekem se fam i ron olsem wan bisnis.



Modiul 2: Planing blong famili fam olsem wan famili tim

Sisenel Planing Kalenda

Aktivi ia i helpem yumi blong mekem plan blong luk wanem blong planem ol krop mo wataem blong havev blong mekem se yumi save kasem mane moa taem long wan yia long ol krop blong yumi. I helpem yumi blong plan tu olsem wanem blong yusum mane blong bildimap famili fam tim mo kasem ol famili gol. Dro festaem ol 12 manis blong yia. Afta adem wan ro blong ol fes krop we yu wandem groem blong mane. Makem wataem nao bae yufala i planem mo havestem. Mekem olsem blong evri krop we yu wandem groem blong mekem mane.

Ol manis blong yia

J	F	M	A	M	J	J	A	S	O	N	D
---	---	---	---	---	---	---	---	---	---	---	---

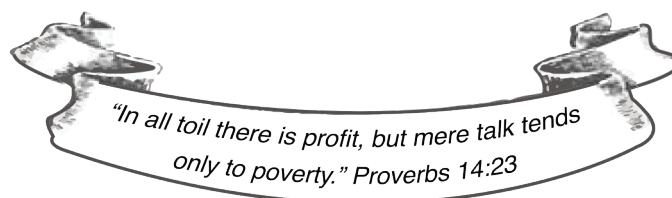
Adem plan blong krop

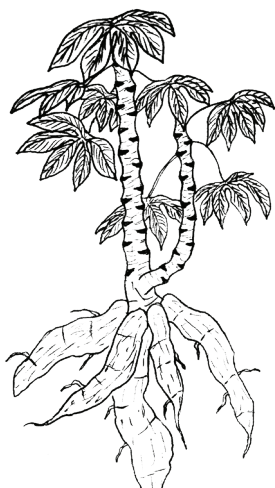
	J	F	M	A	M	J	J	A	S	O	N	D
Pinat	Pla-nem 1		Have-stem 1	Pla-nem 2		Have-stem 2	Pla-nem 3		Have-stem 3	Pla-nem 4		Have-stem 4

Badjet: Afta long maket, kaontem mane we yufala i kasem mo karemaot mane blong evri-dei living. Yufala i save plan olsem wanem blong yusum mane we i leftova blong ol fam gol, ol famili gol, blong komuniti, mo jioj o kastom.

Eksampol blong Pinat

Manis	J	F	M	A	M	J	J	A	S	O	N	D
Pinat	Pla-nem 1		Have-stem 1	Pla-nem 2		Have-stem 2	Pla-nem 3		Have-stem 3	Pla-nem 4		Have-stem 4
Fam / Garen Gol			Kakai blong ol Piki-nini			Mane blong niufala tank wota			Fanis blong pig			Mane blong niufala tank wota
Famili Gol blong laef			Skul fi Mane blong niufala haos			Niu matres Mane blong niufala haos			Niu sospen Mane blong niufala haos			Gra-duesen
Kas-tom wok			Ista			Mekem bunia blong ol famili						Kris-mas





Sisenel Planing Kalenda

Yia.....

	J	F	M	A	M	J	J	A	S	O	N	D
Krop 1												
Krop 2												
Krop 3												
Krop 4												
Famili gol												
Ol Famili gol												
Kastom mane												

Modiul 2: Planing blong famili fam olsem wan famili tim

Fiuja Famili Fam long 20??

Evriwan long famili tim i shud mekem aktiviti ia blong mekem se evriwan i filim se oli pat blong famili tim. Festaem, raetem daon ol fam gol. Afta, listim ol strent blong famili blong yu (wanem we yufala i save mekem gud) – eksampol, yufala i gat ol strong yang pipol, yufala i save gud hao blong groem kakae. Finis, listim ol jalenj – eksampol i nogat inaf inkam long ol krop blong yumi, i nogat inaf graon. Tugeta yufala i save tingbaot olsem wanem blong fixim ol jalenj – lukluk long ol niu krop, pem wan graon, o planem ol krop long wan difren teknik.

Ol Sot-tem plan — wanem yufala i mas mekem festaem — e.g. (eksampol) jenjem wan miks plot igo long wan niu vejtebol krop; bildim wan haos blong faol, sevap blong wan ruf wetem wota tank. Ol long-tem plan – long faev yia taem bae fam igat wanem niu eria? Naoia droem fujia famili fam blong yufala.



Ol jenj long Fam

Ol Sot-tem plan

Ol Long-tem plan

Modiul 3: Fidim famili fam tim blong yu

Kakae we yumi groem, mo hemia we yumi pem

Aktiviti ia i helpem yumi blong luk ol difren kaen kakae we yumi gat long eria blong yumi. Raetem daon festaem ol difren kaen krop blong kakae we oli gru long eria blong yu. Naoia raetem daon ol kaen animol we yufala i yusum blong kakae. Finis, raetem daon ol kakae we yufala i pem long stoa.



Evri kaen krop blong kakae we oli gru long eria blong yu

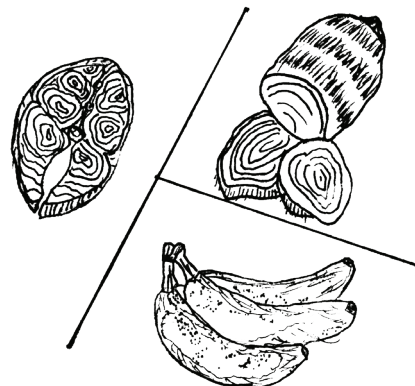
Ol animol we yufala i yusum blong kakae

Ol Kakae we yufala i pem long stoa

Modiul 3: Fidim famili fam tim blong yu

Ol 3 kaen grup blong kakae

Aktiviti ia i soem long yumi ol 3 kaen grup blong kakae we yumi shud fidim famili blong yumi wetem evri dei blong oli save stap helti mo strong – Ol kakae we oli bildimap bodi (protin), ol kakae we oli givim eneji (kabohaedret), ol kakae we oli protektem helt blong yumi (ol vaetamin mo mineral). List ia i sam long ol kakae long ij grup. Yu save ademap ol narawan we oli gru long eria blong yu.



Kakae blong Bildimap Bodi	Kakae blong Givim Eneji long bodi	Kakae blong Protektem Bodi
Mit wetem Fis Pig Buluk Tinfis Tinmit Fis wetem selfis	Ol Kakae blong graon Kumala Taro Fiji Wota Taro Yam Maniok Bigfala Banana	Ol Frut Banana Paenapol Popo Mango Korosol Melen Pasenfrut Nakavika Nandao Naus Nakatambol
Ol Bin Snekbin Hariko bin	Sereal Raes Flaoa Kon Nudels Bred	Ol Grin Kakae Kukamba Pamken Anian Tomato Kabis Karot Egplant Kapsikam
Ol Nat Navel Pinat Nangae Natapoa	Gris mo oel Oel blong kuk Oil blong kokonas	Ol Grin Lif Kabis Top blong pamken Top blong susut Top blong kumala Waet bun Top blong manioc Wotakris
Ol Deiri Milk Egg	Ol Swit kakae (samtaem nomo) Sugaken Swit Suga, Limoned, Biskit, Tin kek, Tjoklet	

Modiul 3: Fidim famili fam tim blong yu

Renbo Kakae

Wan nara wei blong meksua se kakae i helti, i blong putum enikaen kala kakae long plet. Fulaptaem kakae we i kalakala moa hem nao i helti. Raetem daon ol difren kala kakae we yu save groem blong fidim famili blong yu.



(orenj)

(pepel)

(dak grin)

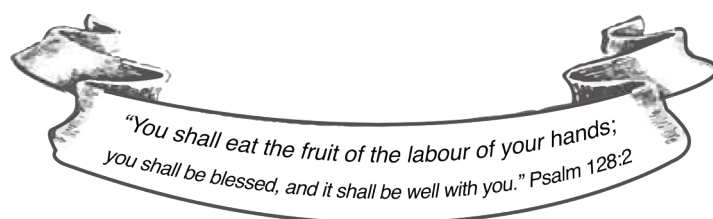
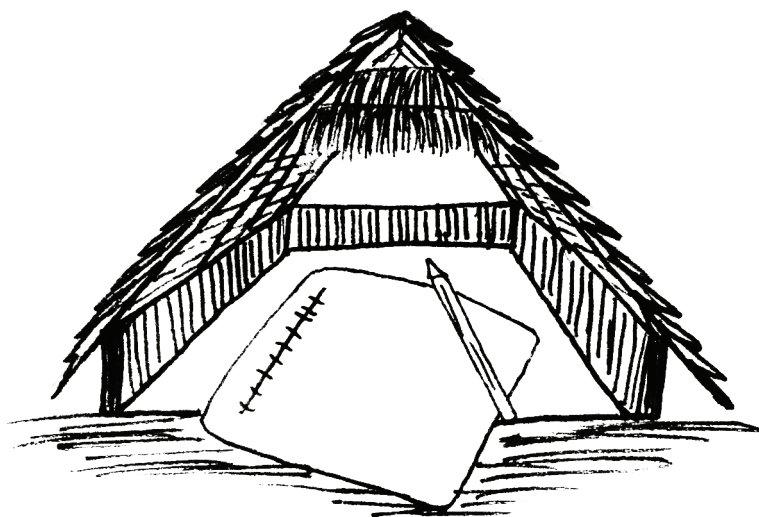
(yalo)

(red)

Modiul 3: Fidim famili fam tim blong yu

Famili FAITH garen

FAITH garen hemi wan garen we i gat kakae long ol trifala grup, mekem se famili i gat heliti kakae i avelabol oltaem. FAITH i minim 'Food Always In The Home' o long Bislama 'Kakae i gat long haos oltaem'. Yu save adem garen ia igo long fujia famili fam plan. I moa gud sapos hemi stap klosap long haos blong mekem se famili i save kasem kakae we oli nidim evri dei. Droem plan blong FAITH garen blong yu long ples ia.



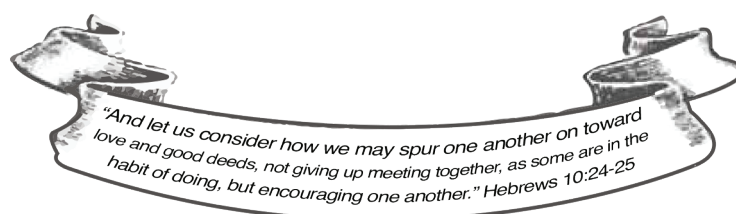
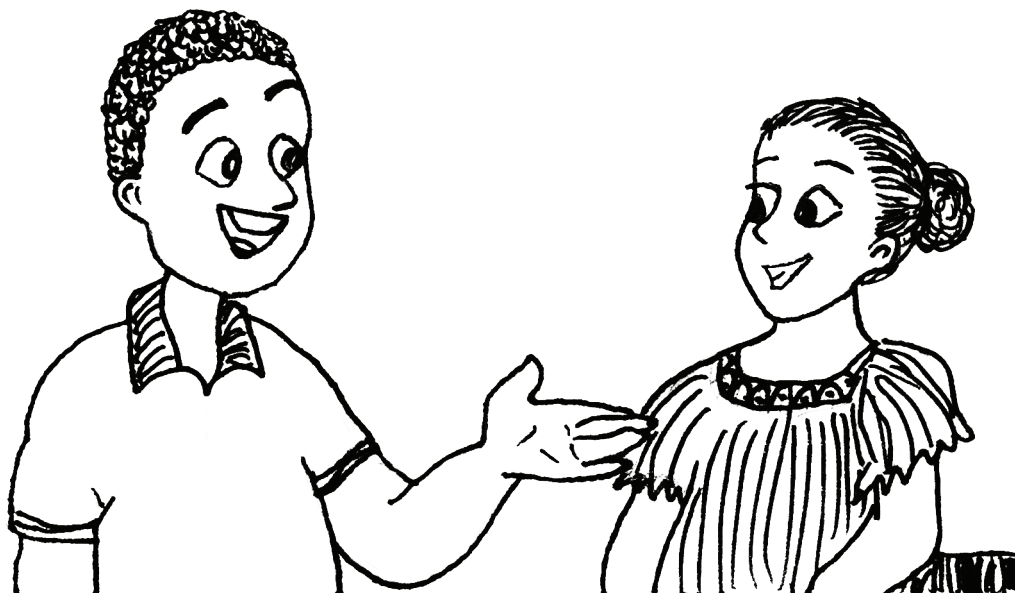
*"You shall eat the fruit of the labour of your hands;
you shall be blessed, and it shall be well with you." Psalm 128:2*

Tingting long komunikesen

Raetem daon ol difren wei we ol pipol i yusum blong komuniket – yu save tingbaot ol ting olsem toktok mo raetem ol toktok, be tingbaot tu ol fasin long kalja blong komuniket, mo long jioj tu.

Bodi lanwis pleple

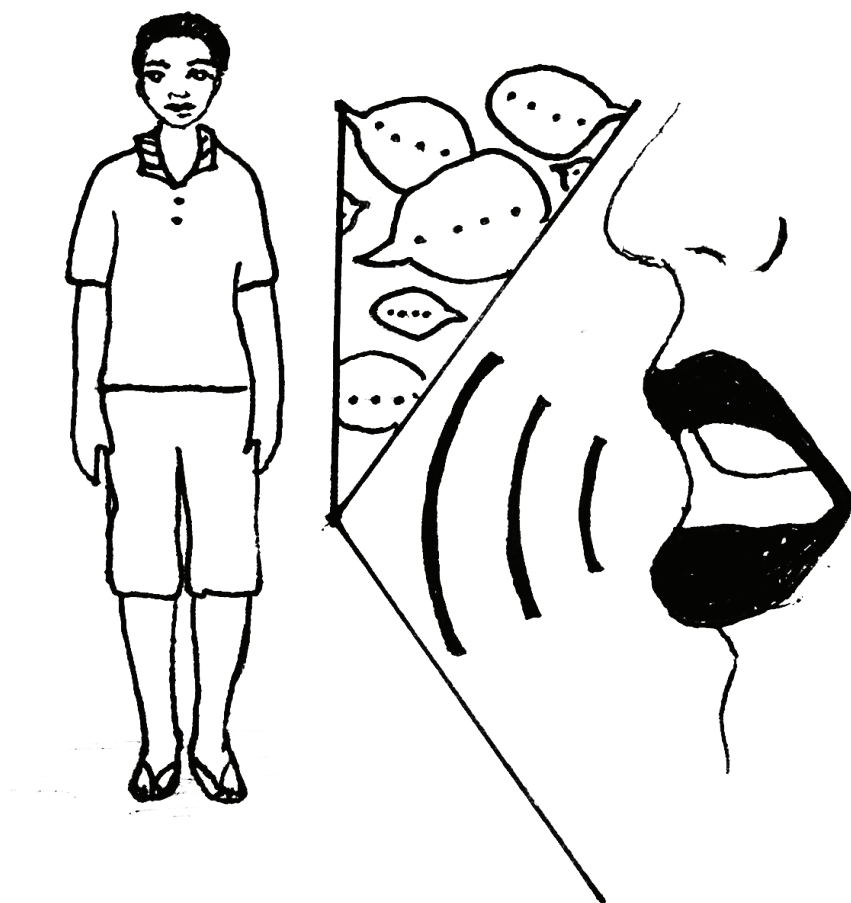
Samtaem toktok blong yumi i talem wan samting be bodi blong yumi i talem wan difren samting. Yu lanem wanem abaot gud famili komunikesen long ol sotfala pleple we yumi mekem?



Modiul 4: Disisen-meking mo komunikesen olsem wan famili tim

Bodi lanwis sekel

Sekel ia i soem se taem yumi komuniket, wan smol pat nomo blong mesej i kam long ol toktok blong yumi. Bodi mo vois blong yumi i mekem bigfala wok long komunikesen.



Wan-wei komunikesen

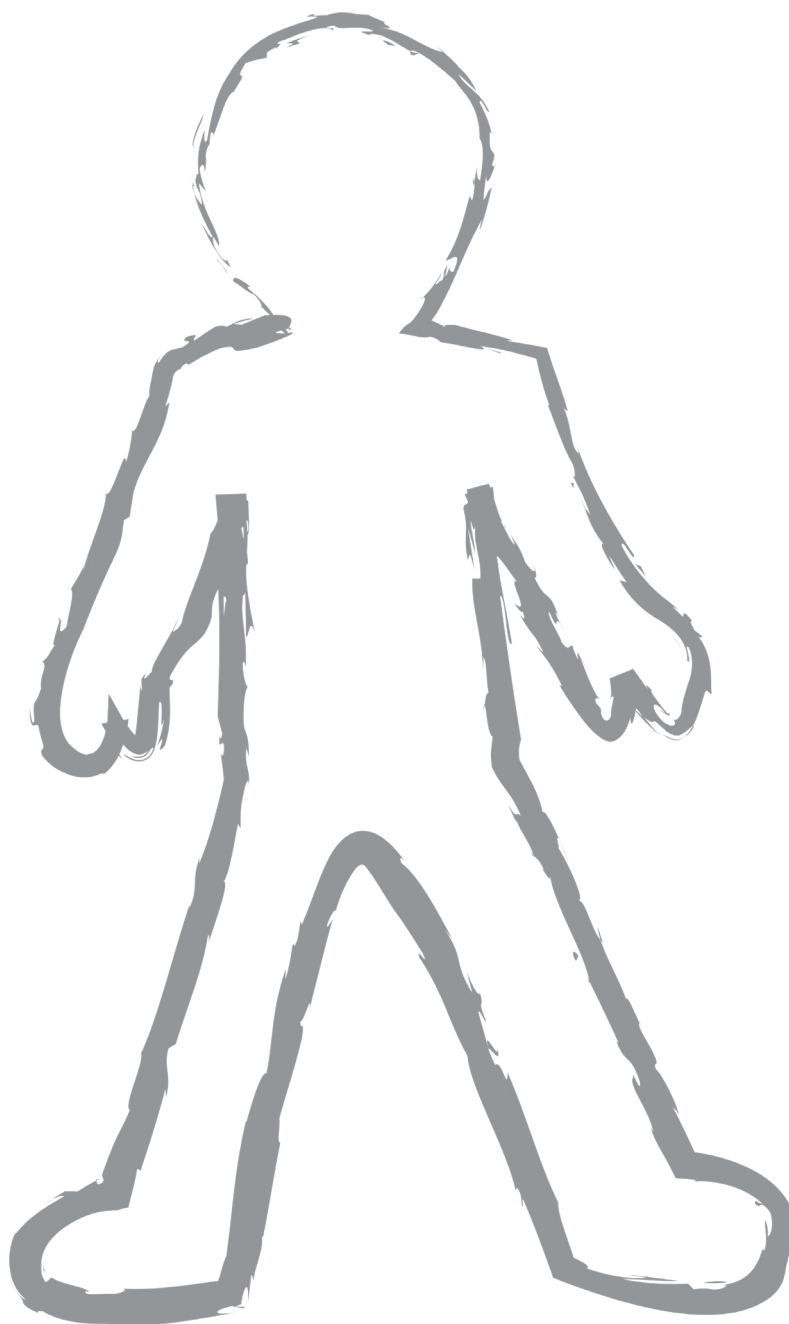
Aktiviti ia i soem impotens blong 2-way komunikesen long famili. I helpem ol famili blong tingbaot ol wei blong storian tugeta, i no blong toktok nomo igo. Tu pesen i sidaon bak-to-bak. Pesen namba 1 hemi Spika/Instrakta, Pesen namba 2 hemi Lisena/Folowa. Tugeta i gat wan pis pepa wetem pen. Pesen 1 i dro ol sep long wan pej mo i talem long pesen 2 olsem wanem blong dro pikja. Pesen 2 i no save toktok be i folem nomo instraksen. Afta pesen 1 mo 2 i komperem ol droing mo storian se hao nao oli difren mo from wanem.

Wanem ol lesen blong gudfala famili komunikesen we yu save luk long tufala aktiviti ia?

Modiul 4: Disisen-meking mo komunikesen olsem wan famili tim

Bodi Map blong Kros

Hemi impoten blong save olsem wanem bodi blong yumi i rispond long kros, olsem yumi save luksave eli ol saen blong kros we i stap long yumi mo long narafala. Yu save yusum aotlaen ia blong droem weaples bodi blong yu i stap filim kros. Naoia yumi luksave se kros i stat wetem tingting blong yumi, mo yumi save stopem tingting ia mo stopem kros blong yumi. Long saed blong droing yu save raetem daon ol difren wei blong kontrolem kros blong yu.



Modiul 4: Disisen-meking mo komunikesen olsem wan famili tim

Famili Tim Faenensol Disisen-Meking

Ol kad ia¹ oli helpem yumi blong luk se olsem wanem nao ol famili oli save mekem disisen long saed blong mane.

Las kad hemi eksampol blong wan strong famili tim. Yu save yusum olgeta long famili blong yu blong diskasem olsem wanem rabis disisen-meking i save spoelem famili. Mo tugeta yufala save tingbaot olsem wanem famili blong yufala i save kam gud moa.

Raetem ol plan blong yufala daon long ples ia



¹ From Carnegie, M., Rowland, C., Gibson, K., McKinnon, K., Crawford, J., and Slatter, C., (2012). *Gender and economy in Melanesian communities: A manual of indicators and tools to track change*. <http://melanesianeconomies.files.wordpress.com/2010/09/gender>



3a



2d



3c



2b



3d



2c



3b

Olsem wanem famili blong yu i save kam wan strong Famili Fam Tim?

FAMILI FAM TIM
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