

ICIMOD Manual 2017

# Community Training Manual



**Greening of the Allo Product Value Chain**

ICIMOD

FOR MOUNTAINS AND PEOPLE



# About ICIMOD

The International Centre for Integrated Mountain Development (ICIMOD) is a regional knowledge development and learning centre serving the eight regional member countries of the Hindu Kush Himalaya (HKH) – Afghanistan, Bangladesh, Bhutan, China, India, Myanmar, Nepal, and Pakistan – based in Kathmandu, Nepal. Globalization and climate change are having an increasing influence on the stability of fragile mountain ecosystems and the livelihoods of mountain people. ICIMOD aims to assist mountain people to understand these changes, adapt to them, and make the most of new opportunities, while addressing upstream and downstream issues. ICIMOD supports regional transboundary programmes through partnerships with regional partner institutions, facilitates the exchange of experiences, and serves as a regional knowledge hub. It strengthens networking among regional and global centres of excellence. Overall, ICIMOD is working to develop economically- and environmentally-sound mountain ecosystems to improve the living standards of mountain populations and to sustain vital ecosystem services for the billions of people living downstream – now and in the future.



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The Governments of Afghanistan, Australia, Austria, Bangladesh, Bhutan, China, India, Myanmar, Nepal, Norway, Pakistan, Sweden, and Switzerland

# Community Training Manual



## **Greening of the Allo Product Value Chain**

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## About Transboundary Landscape Initiatives in the HKH

The Hindu Kush Himalaya are extremely varied, yet there are many interlinkages between biomes and habitats as well as strong upstream-downstream linkages related to the provisioning of ecosystem services. The Convention on Biological Diversity advocates for the use of landscape and ecosystem approaches for managing biodiversity in the region, recognizing the need for increased regional cooperation. ICIMOD and its partners have identified seven transboundary landscapes for programmatic cooperation. From west to east, these are: Hindu Kush Pamir, Karakoram-Pamir, Kailash, Everest, Kangchenjunga, Far Eastern Himalayas, and Cherrapunjee-Chittagong. The transboundary landscape concept makes it possible to address the conservation and sustainable use of natural resources (biodiversity, rangelands, farming systems, forests, wetlands, and watersheds) in landscapes defined by ecosystems rather than administrative boundaries. The approach is people-centred and includes cultural conservation, which is an essential first step to resource conservation efforts in the region and helps translate collaborative action into sustainable and equitable development.

## About the Kailash Sacred Landscape

Located within the remote southwestern portion of the Tibet Autonomous Region of China, adjacent districts in the Far-Western region of Nepal, and the northeastern flank of Uttarakhand State in northern India, the Kailash Sacred Landscape (KSL) is spread over an area of about 31,000 km<sup>2</sup> and represents a diverse, multi-cultural, and fragile landscape.

The Kailash Sacred Landscape Conservation and Development Initiative (KSLCDI) is a transboundary collaborative programme between China, India, and Nepal that has evolved through a participatory, iterative process among various local and national research and development institutions within these countries. The programme aims to achieve long-term conservation of ecosystems, habitats, and biodiversity while encouraging sustainable development, enhancing the resilience of communities in the landscape, and safeguarding the cultural linkages between local populations.

## About Allo

Allo (Botanical name: *Girardinia diversifolia* (Link) Friis; English name: nettle, Himalayan nettle) is a perennial shrub belonging to the Urticaceae family. It is widely distributed in the subtropical and temperate Himalayas. In Nepal, the plant is spread from east to west between the altitudes of 1,200 to 3,500 masl. The bark of the allo plant contains fibres that possess unique strength, smoothness, and silk-like lustre. Allo is found in abundance in the forests and fallow lands of Naugad Rural Municipality in Nepal's Darchula District. Fifty percent of all allo in Darchula comes from Naugad. The allo value chain is a pro-poor value chain as it is mostly women and the poor—with little to no land, and dependent on forests—who are engaged in the collection of allo bark and the production of allo thread and cloth to sell in the local market.



## Contributors

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## Special acknowledgement

RECAST team, Department of Forests' team, and SABAH team for their valuable inputs

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# Foreword

Considering the natural richness and diversity of Kailash Sacred Landscape, the Ministry of Forest and Soil Conservation, Nepal, ICIMOD and RECAST have been working towards enhancing the livelihoods of the people of this remote mountainous region through proper and sustainable resource utilization. For the implementation of the program, the KSLCDI has chosen for districts; Darchula, Bajhang, Baitadi and Humla in the far western region of Nepal. The initiative aims to combine the skills and labor of the locals to make use of the natural resources without hampering its regeneration capacity and introduce an alternative income source for the communities.

Among many other districts in Nepal, allo is abundantly found in Naugad Rural Municipality in Darchula. In the absence of job opportunities, men and women in Naugad have been using allo to produce yarn, clothing materials and various other products to sell it in the local market for their earnings. Through KSLDCI, we aim to improve the quality of allo products in Darchula through introducing new technologies and sell it in the international market. For the sustainable supply of quality products, the initiative has established a common facility center in Godhani in Naugad Rural Municipality. This picture series has a complete information for those who have been working and who wish to work in allo in future.

I would like to thank everyone who contributed in finalizing this manual and would also like to request for the timely update of this manual.

A handwritten signature in blue ink, appearing to read 'D. Paudyal', written over a series of horizontal lines.

**Dhananjaya Paudyal**

Joint Secretary

Chief, Foreign Aid Coordination Division,  
Ministry of Forests and Soil Conservation  
Government of Nepal



# Foreword ICIMOD

The Hindu Kush Himalaya are extremely varied. Owing to the great altitudinal and climatic variations, the region is considered as one of the richest biodiversity zone. Managing biological resources becomes utmost important in the HKH region and therefore, ICIMOD and its partners have adopted landscape and ecosystem approaches to manage the biodiversity of the region for the wellbeing of mountain communities in programmatic cooperations. Kailash Sacred Landscape and Conservation Initiative (KSLCDI) is a collaborative approach endorsed as a transboundary programme in three countries: Tibet Autonomous Region of China, northeastern flank of Uttarakhand in India and far western districts of Nepal. The initiative aims at improving the livelihoods of mountain people through increased resilience and sustainable use of natural resources. In this regard, value-chain development of mountain niche products has been identified as a major activity under KSLCDI.

Naugad is a remote mountain rural municipality located in Darchula district in far-west Nepal. The community in Naugad struggles with limited economic activities. In 2014, KSLCDI approached Naugad Rural Municipality to introduce an alternative income generating source in the form of the allo value chain. Allo being a niche resource of the area, community are encouraged to use allo in a sustainable manner for their economic growth. The allo value chain is a pro-poor value chain mainly focusing on women and marginalized groups.

This picture series will be used as training material for educating communities and other local level stakeholders on using allo as a sustainable income source. The picture series can be easily used by people with a low-level of formal education. I believe this method of spreading awareness will be useful to improve the knowledge of people and further encouraging them to discuss possible issues and to actively tackle them.



**David Molden, PhD**

Director General  
ICIMOD





## Picture Series: A methodology for inclusive adult education

Picture Series is a participatory, inclusive adult education training method for communities and other local level stakeholders in development programmes.

This method:

- Simplifies difficult technical subjects into the language and messages that resonate with the local communities, NGO staff, and other stakeholders in the field.
- Allows participants to be actively involved in discussions.
- Provokes and steers the participants' thought processes.
- Provides an intensive process for participants, as well as trainers, that results in new insights on the topic of the training.

The material can be used by local authorities or field staff of governmental or non-governmental organizations working in an area related to the respective topic and who have adequate knowledge.



# How to Use the Manual

**Target group:** Community members, local authorities, and cooperatives working with allo products. The ideal number of participants ranges from 20 to 30. Up to 60 participants may be accommodated if the amount of time provided is doubled.

**Aim:** To help participants understand the connections between a healthy environment and improved production, and the marketing of allo products.

**Duration:** Approximately 1.5 – 2 hours

**Note:** *In addition to using the picture series as a whole during a well-organized training session, trainers can also use individual pictures to conduct short, flexible, ad hoc awareness-building activities for a specific purpose.*

*This is the first manual presently existing on greening of Allo Product Value Chain.*

## General rules for the training

1. Give everyone a chance to express his/her point of view freely and without interruption.
2. Actively involve women and quieter participants in the discussion, as they may remain quiet while more active participants express their opinion more emphatically.
3. Listen to each participant attentively, and give her/him the feeling that every answer is important.
4. There are no wrong answers.

An efficient and successful training session on greening of Allo Value Chain in the Hindu Kush Himalayas has three parts:

- Preparation
- Conducting the training
- Assessment

Making the training a success is a difficult task and depends on the way you, as the trainer, address the community members.



# Session Plan

## Preparation

Choose the place for the training. Inform the participants about the place, date, and time well in advance. Gather all the materials and familiarize yourself with them. Arrange the pictures in order. Seats should be arranged in a semi-circle. Ensure there is enough light to see the pictures during the training. Encourage women to participate.

## Conducting the training session

- Step 1** Get introduced by the local leaders and/or the partner. Create a warm and positive atmosphere by telling a story about yourself, the topic, the area, and your visit.
- Step 2** Select one volunteer and ask her/him to come to the front. Ask her/him to take the first picture and to show it to the audience. She/he can move around if necessary to ensure that everyone sees the picture properly. Take your time to ensure that everyone has seen the picture. Do not rush.
- Remember:** It is best if you show the picture yourself, as you can guide the direction, speed, and level of discussion, for example by requesting the participants to only look at the picture and to speak later.
- Step 3** Ask the question: What do you see on the picture? Encourage the participants to describe and discuss the contents of the picture, but not the meanings or stories behind the picture. There are no wrong answers, as people are interpreting the pictures. Make sure they do not feel like they are making any mistakes. If they are not giving the desired answers, ask other questions to steer the discussion and to encourage people to consider other points of view. Do not describe or explain the picture to the participants at any time.
- Step 4** If the participants (and you) are satisfied with the description of the picture, take the next one according to the order suggested in the manual.
- Step 5** After all, or a few connected pictures from the first topic are shown, ask the participants to create stories using the pictures. Ensure that everyone understands the objective and messages of the topic. Only then move on to the next topic. Please leave only pictures relevant for the discussion visible to not disturb the through processes.
- Step 6** Please note that you can be flexible regarding the order of the pictures. You can always go back to already used pictures, ask people to make the right order of a series of pictures, or ask them to set priorities. Adapt to the situation. Play with the pictures, and let others also play with them as well. For example, let sequences change, use volunteers to stand in different sequences with pictures, request new or better drawings, etc.



## Assessment

At the end of the session, ask questions to find out if the participants understand the topic. Gather feedback on the material used and the training session. Make notes of the collected feedback after the training session and try to incorporate the feedback into your next training session.



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# 1. Introduction

## Aim of the topic

Community members to learn about allo.

## Messages

- Allo is a plant that contains fibre.
- It can be found at altitudes ranging from 1,000 to 3,000 masl in mountainous areas.
- Allo can be used to make various products (porters' straps, fishing nets, handbags, clothes etc.).
- Allo products are sold at different markets.

Remember



## Describe the pictures and tell stories



### Indicators of the pictures

- 1 Allo plant
- 2 Allo plants in hilly landscape
- 3 Women separating allo bark from its stem
- 4 Handicraft shop in Kathmandu
- 5 Local market place in a village





## 2. Processing of allo plant

### Aim of the topic

Participants understand the different steps in preparing allo for further processing.

### Messages

- The preparation of allo bark has different steps.
- Every step is important to get good bark and later fibre of high quality.
- The steps includes:
  - Harvesting the plant;
  - Removing the fibre from the stem;
  - Soaking the fibre in cold water for 24 hours;
  - Adding ash to the pot before the water boils;
  - Boiling the fibre for 3 hours;
  - Washing the fibre and soaking it in white clay; and
  - Drying the fibre on a line in the sun.
- The use of improved cooking stoves reduces the amount of wood.
- The use of ash for bleaching, instead of caustic soda does not pollute the water.
- The allo bark can only be sold at local markets. It needs further processing, so that it can be sold in national markets.

Remember

## Describe the pictures and tell stories



### Indicators of the pictures

- 6** Allo harvest from November to January (Mangsir to Magh)
- 3** Women separating allo bark from its stem
- 7** Allo bark soaked in cold water
- 8** Women adding ash to water
- 9** No use of caustic soda
- 10** Allo bark cooking in boiling water on an improved cooking stove
- 11** Women washing allo bark in river
- 11a** Afterwards soaking in white clay
- 12** Allo bark hanging to dry in the sun



### 3. Processing of allo wool

#### Aim of the topic

Participants know the different steps of allo processing and understand the importance to ensure quality and standards.

#### Messages

- The processing of allo has different steps.
- Every step is important to get good fibre, thread and later products of a high quality.
- The steps of processing includes:
  - Separating the woollen material from the treated allo bark;
  - Spinning the wool to make a thread;
  - Weaving the thread to a fabric; and
  - Knitting or stitching the thread to a product.
- The use of a spinning wheel will improve the quality of the thread.
- Weaving, knitting and stitching are good techniques to make high quality allo products.
- All products should look the same.
- All products should be produced over a long time and should have a nice design.
- Finished allo products can be sold in national markets with higher prices than on local market.
- A value chain marks the process of developing a product from its source all the way through to consumption.

Remember



## Describe the pictures and tell stories



13



14



15



16



17



18



4



19

### Indicators of the pictures

- 13** Women separating the woolen material from the treated allo bark
- 14** Women spinning allo by hand and women ordering the thread
- 15** Woman spinning thread using a spinning machine
- 16** Woman using a loom to make fabric
- 17** Women knitting allo thread
- 18** Women using sewing machines to make allo products
- 4** Handicraft shop in Kathmandu
- 19** Allo preparation and processing chain



## 4. Marketing of allo products

### Aim of the topic

Participants understand markets, demands, and the need for highquality and standards.

### Messages

- Specific products need different markets.
- Proper packaging and branding of the products ensures that shop-owners and consumers know about the products and product quality.
- For a well-known brand with high quality shop-owners and consumers are willing to pay higher prices for the products.
- When products are sold for higher prices, the income of producers will increase.
- Common facility centres can ensure the sustainable supply of value added allo products.

Remember



## Describe the pictures and tell stories



5



20



4



21



22



23

### Indicators of the pictures

- 5 Woman selling allo products in a village
- 20 Random shop selling different products
- 4 Handicraft shop in Kathmandu
- 21 Packaging of allo products
- 22 "Kailash – Truly Sacred" brand
- 23 People depositing money in bank



## 5. Improved value chain through the formation of a community group

### Aim of the topic

Participants are able to understand the advantages and rules of collective bargaining through the formation of a self-help group and value chain analysis.

### Messages

- The formation of community group helps that community member's work together to make better and more products.
- The community facility centre is a place where all members of the group meet and work together.
- Training of the community group members will improve quality and standards.
- In groups, there are different roles, skills, and responsibilities.
- With trust and respect to each other and good group management, there is less conflict.
- Ensure that all group members follow the same rules and have common objectives.
- The formation of groups/cooperatives will provide better access to financial support.

Remember



## Describe the pictures and tell stories



24



25



26



27



28



29



30

### Indicators of the pictures

- 24** Trust between member of allo community groups
- 25** Members of the allo community group handling different tasks
- 26** Allo community group discussion and rule setting
- 27** Allo community group fights
- 28** Community Centre
- 29** Allo community group receiving loan from bank
- 30** Trainer giving allo community group training





## 6. Sustainable harvesting

Sustainable management of allo in nature, plantation, seeding production etc should also be covered.

### Aim of the topic

Participants understand the need for sustainable harvesting to ensure that allo plants will be still available in high quantity in the long run.

### Remember

### Messages

- Exploitation of the plant will affect the availability of allo in the long term and may stop income of the group members.
- Measures to ensure sustainable harvesting of allo:
  - Harvest allo only from November to December (Mangsir to Magh).
  - Leave allo plants with many branches for seed production, as no good quality fibre is possible.
  - Use sharp tool to cut diagonally and leave one hand's width (3 to 4 inches) to the ground.
  - Never pull out allo with roots (e.g. for grass collection for cattle), as it will not regrow.
  - The replantation of allo and allowing animals to graze in the allo forest can help in the regrowth of allo.
  - Follow the rules of the allo community group.

## Describe the pictures and tell stories



6



31



32



33



34



35



26

### Indicators of the pictures

- 6** Allo harvest from November to January (Mangsir to Magh)
- 31** Do not cut allo plants with thin stems and lots of branches
- 32** Do cut allo plants with thick stems and few branches
- 33** Do cut mature allo with a knife three inches above the ground, and use gloves
- 34** Do not ripallo plants out of the ground
- 35** Nurture the ground with allo leaves
- 26** Allo community group discussion and rule setting



## 7. Allo value chain

### Aim of the topic:

Participants understand the benefits of the allo value chain.

### Messages:

- A value chain marks the process of developing a product from its source all the way through to consumption.
- Every product passes through a chain of different value adding inputs or actions before it reaches the final consumer.
- Value chain inputs include resources and labour from various persons.
- The formation of a community group will help to improve quality and standards.
- Define all actors involved in the value chain and ensure that they act together.
- All actors should follow the same rules and objectives
- Monitor the changes regularly.

Remember



## Describe the pictures and tell stories



18



## Indicators of the pictures




- 18 Allo preparation and processing chain
- 28 Community Facility Centre
- 24 Trust between member of allo community groups
- 26 Allo community group discussion and rule setting





## Summary of the pictures



No.	Picture	Indicator of picture
1		Allo plant
2		Allo plants in hilly landscape
3		Women separating allo bark from its stem
4		Handicraft shop in Kathmandu
5		Local market place in a village






No.	Picture	Indicator of picture
6		Allo harvest from November to January (Mangsir to Margh)
7		Allo bark soaked in cold water
8		Women adding ash to water
9		No use of caustic soda
10		Allo bark cooking in boiling water on an improved cooking stove










## Summary of the pictures

No.	Picture	Indicator of picture
11		Women washing allo bark in river
11a		Afterwards soaking in white clay
12		Allo bark hanging to dry in the sun
13		Women separating the woolen material from the treated allo bark
14		Women spinning allo by hand and women ordering the thread

No.	Picture	Indicator of picture
15		Women spinning thread using a spinning machine
16		Woman using a loom to make fabric
17		Women knitting allo thread
18		Women using sewing machines to make allo products
19		Allo preparation and processing chain



## Summary of the pictures

No.	Picture	Indicator of picture
20		Random shop selling different products
21		Packaging of allo products
22		"Kailash – Truly Sacred" brand
23		People depositing money in bank
24		Trust between member of allo community groups

No.	Picture	Indicator of picture
25		Members of the allo community group handling different tasks
26		Allo community group discussion and rule setting
27		Allo community group fights
28		Community Facility Centre
29		Allo community group receiving loan from bank



## Summary of the pictures

No.	Picture	Indicator of picture
30		Trainer giving allo community group training
31		Do not cut allo plants with thin stems and lots of branches
32		Do not cut allo plants with thick stems and few branches
33		Do not cut mature allo with a knife three inches above the ground, and use gloves
34		Do not rip allo plants out of the ground

No.	Picture	Indicator of picture
35		Nurture the ground with allo leaves







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# 1 Allo plant

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## 2 Allo plants in hilly landscape







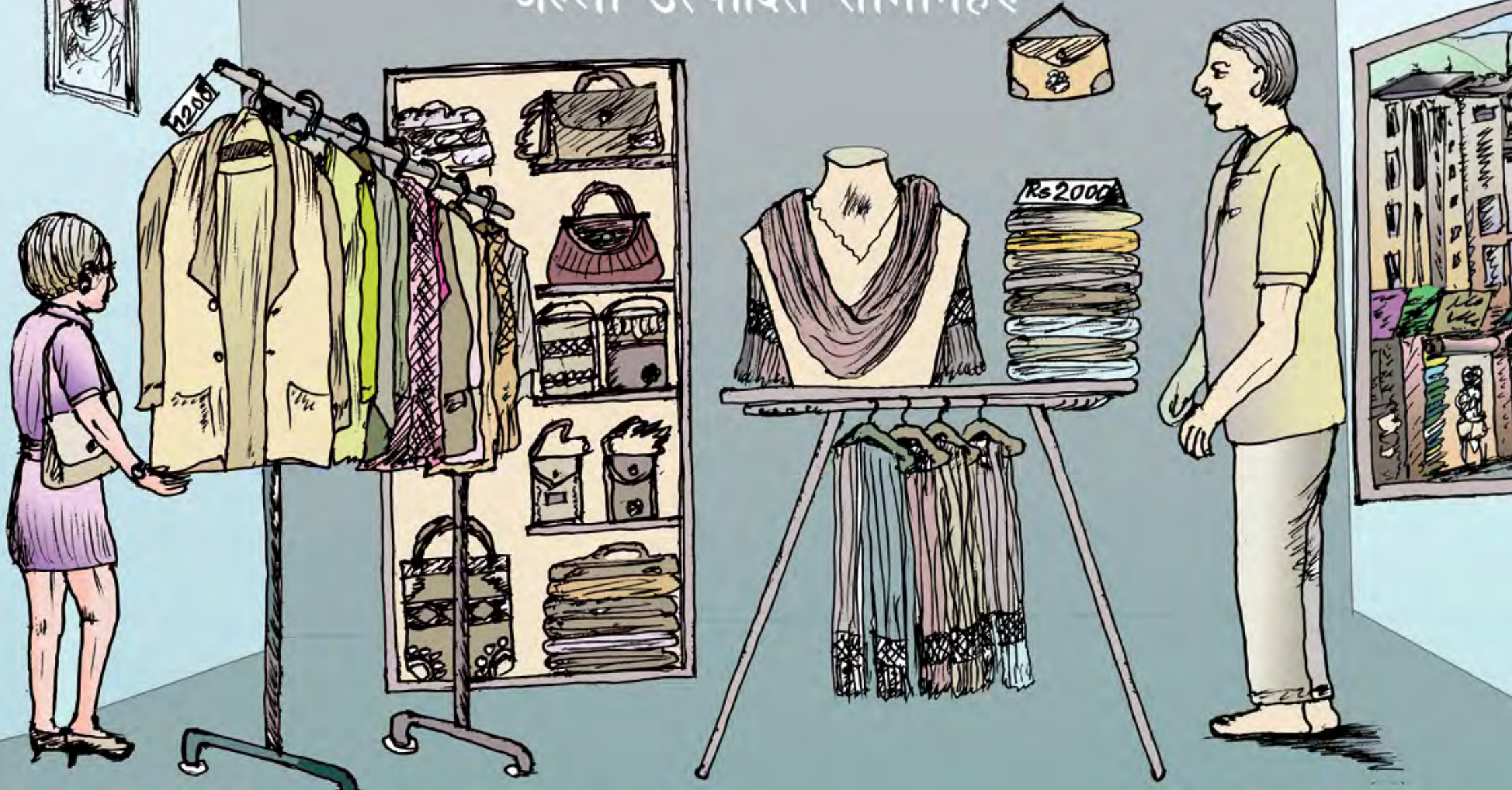


### 3 Women separating allo bark from its stem





# हस्तकला अल्लो उत्पादित सामानहरु



## 4 Handicraft shop in Kathmandu







## 5 Local market place in a village









## 6 Allo harvest from November to January (Mangsir to Magh)





24 hours



## 7 Allo bark soaked in cold water







## 8 Women adding ash to water

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## 9 No use of caustic soda







## 10 Allo bark cooking in boiling water on an improved cooking stove









## 11 Women washing allo bark in river





कमेरो



## 11a Afterwards soaking in white clay







## 12 Allo bark hanging to dry in the sun



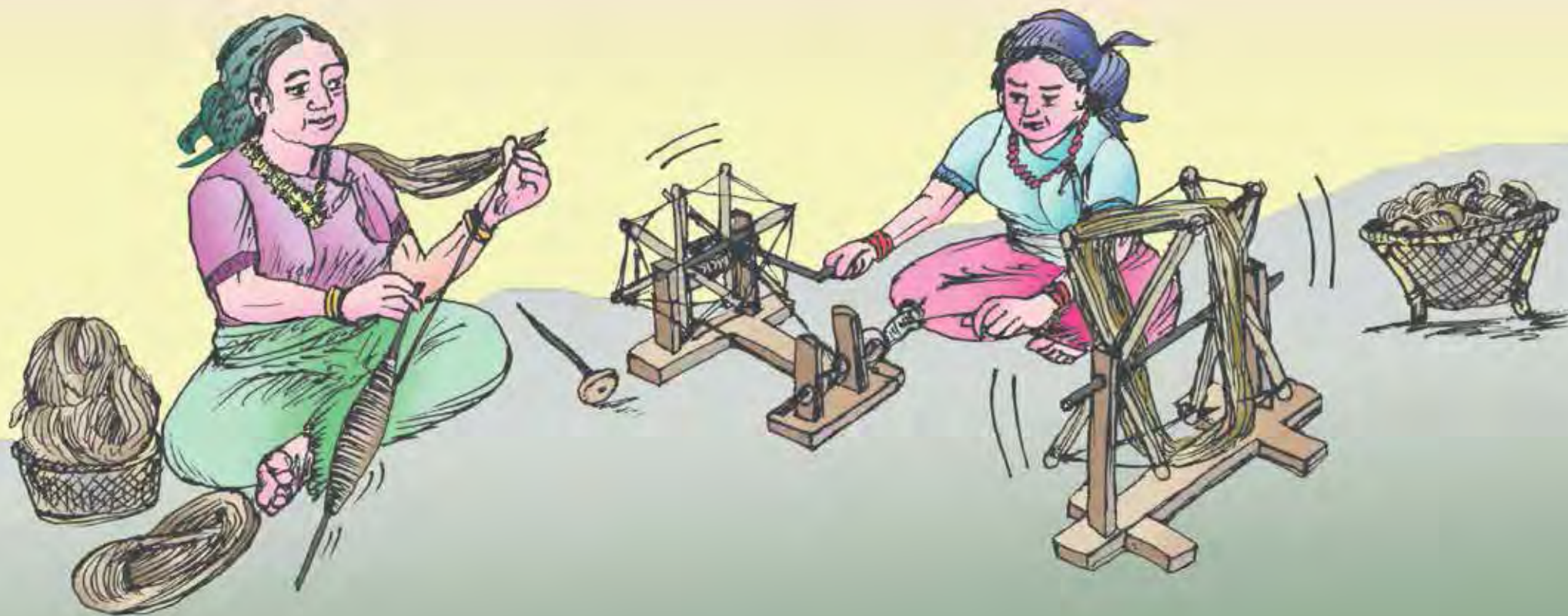




## 13 Women separating the woolen material from the treated allo bark









## 14 Women spinning allo by hand and women ordering the thread

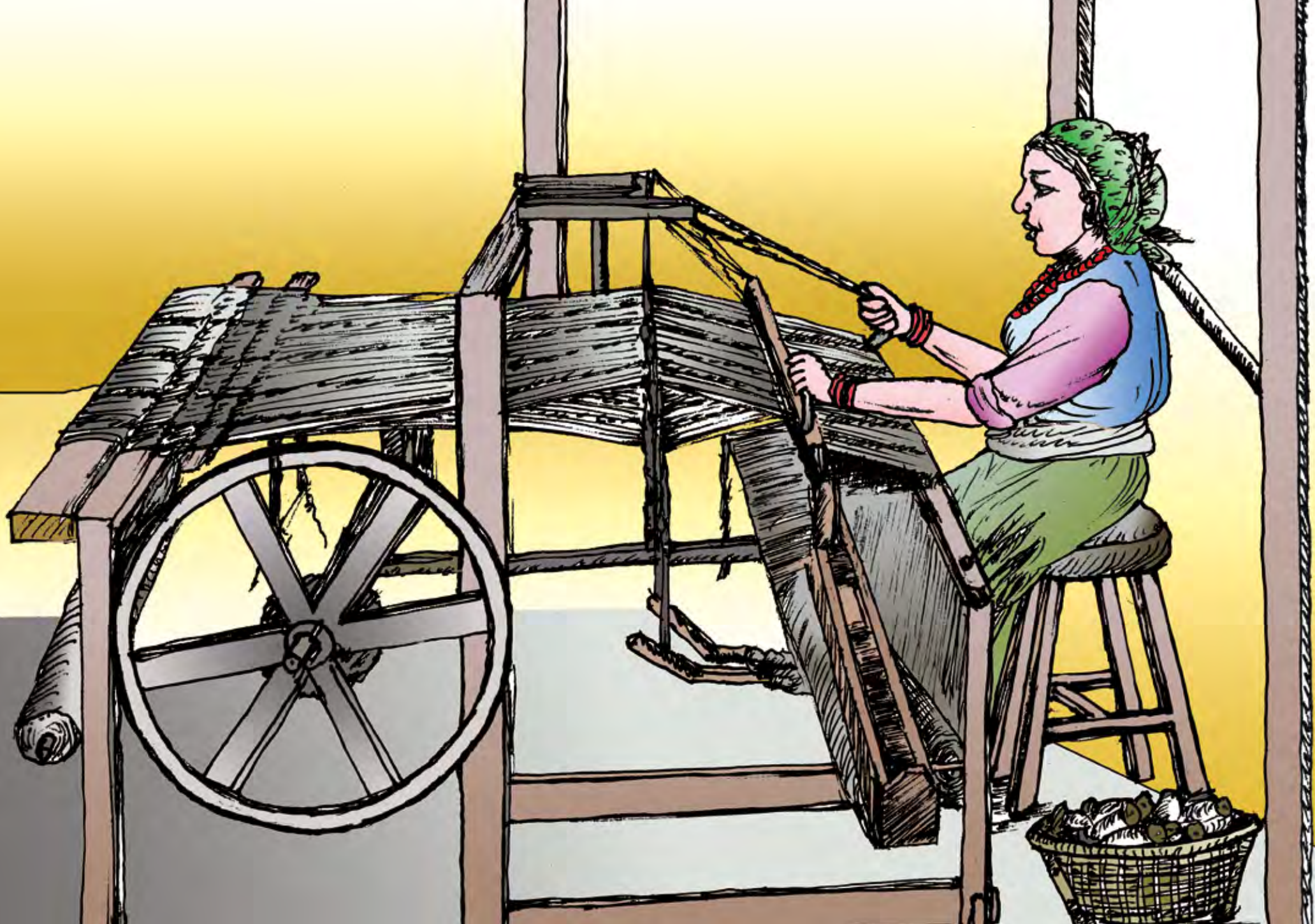




## 15 Woman spinning thread using a spinning machine







## 16 Woman using a loom to make fabric

ICIMOD



sabaa  
Nepal



UKaid  
for Nepal 2015







## 17 Women knitting allo thread





## 18 Women using sewing machines to make allo products







## प्रशोधन प्रक्रिया



## 19 Allo preparation and processing chain









## 20 Random shop selling different products





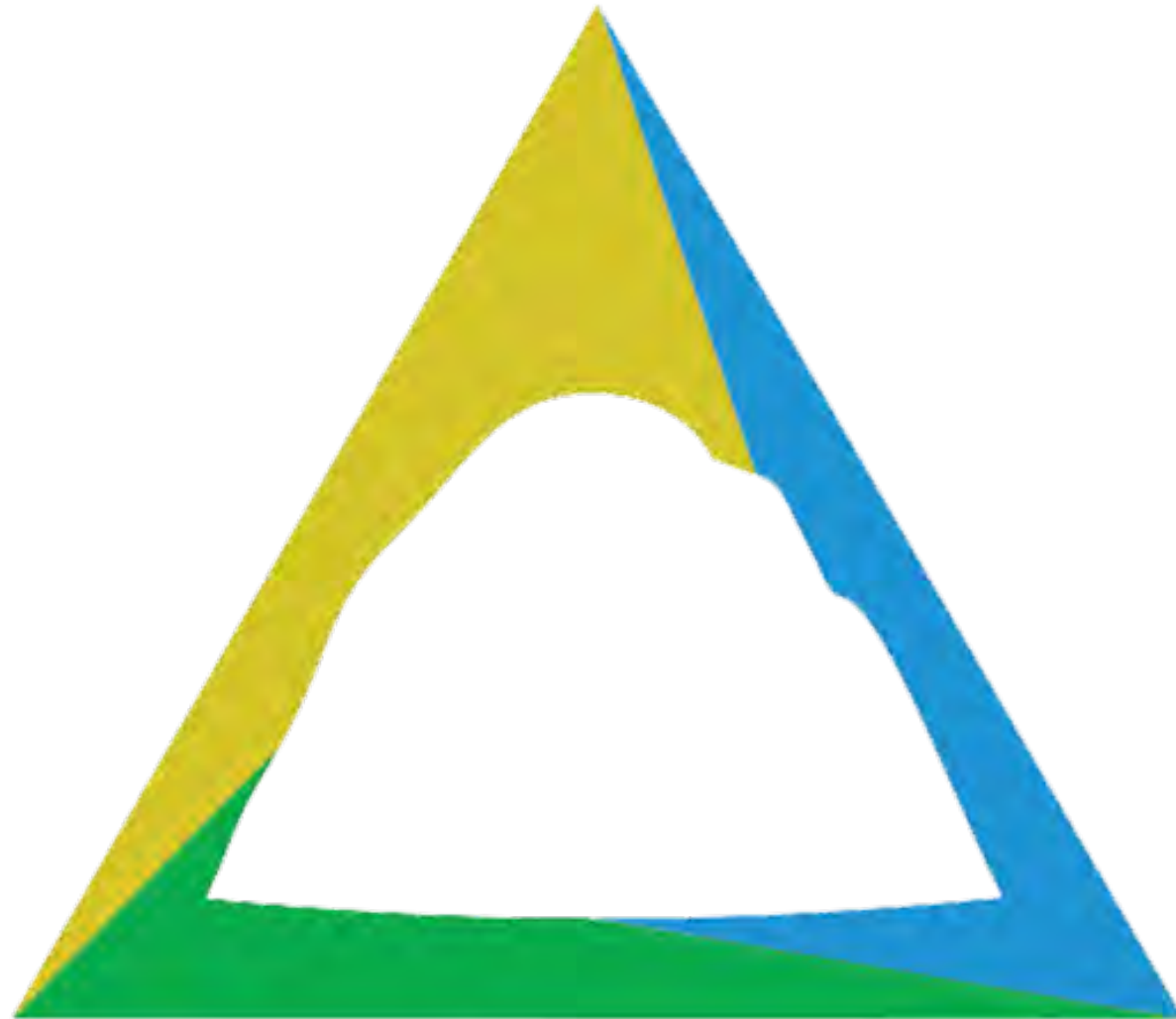




## 21 Packaging of allo products







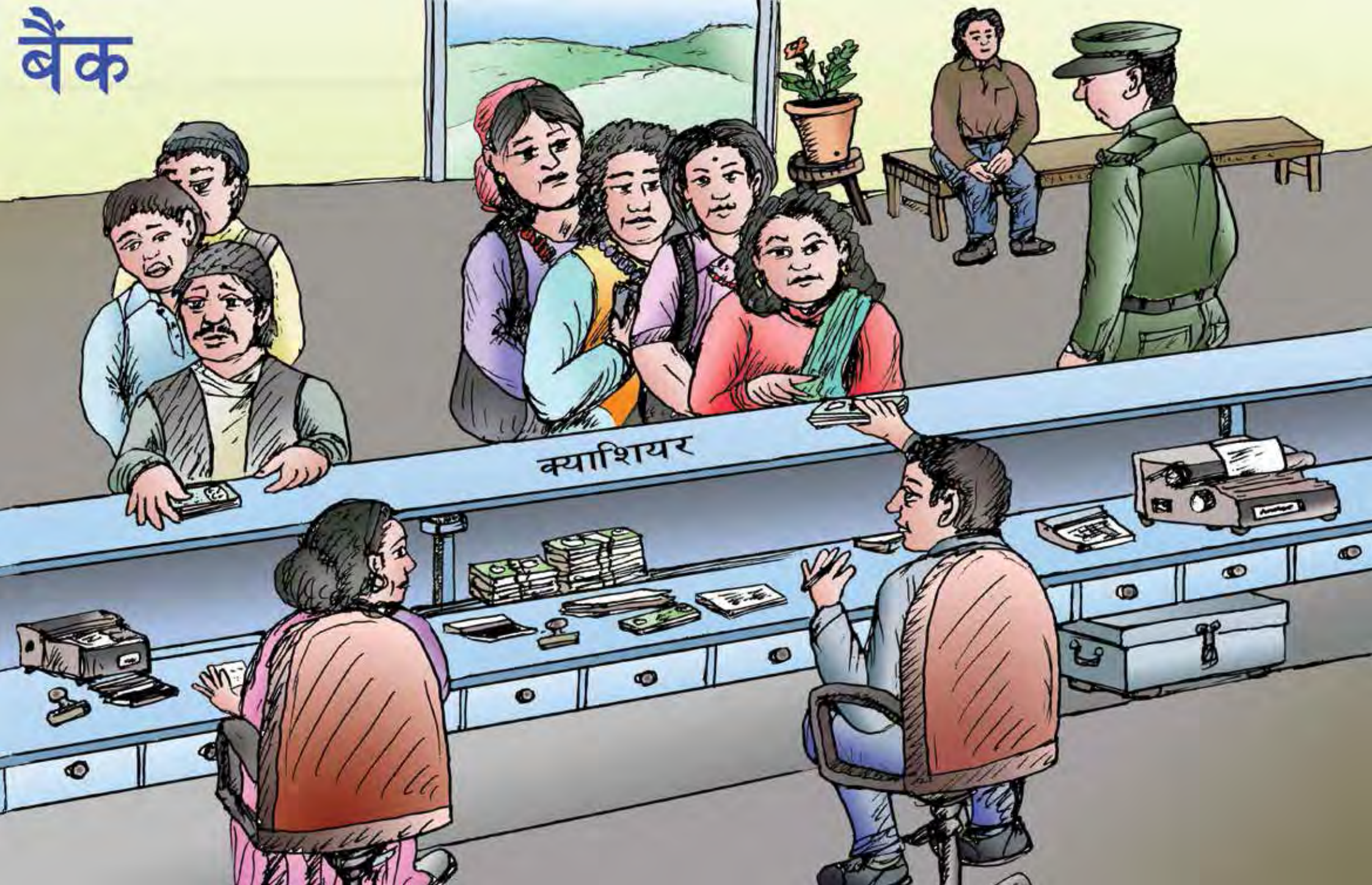
# kailash

TRULY SACRED



## 22 “Kailash – Truly Sacred” brand







## 23 People depositing money in bank





## 24 Trust between member of allo community groups







## 25 Members of the allo community group handling different tasks



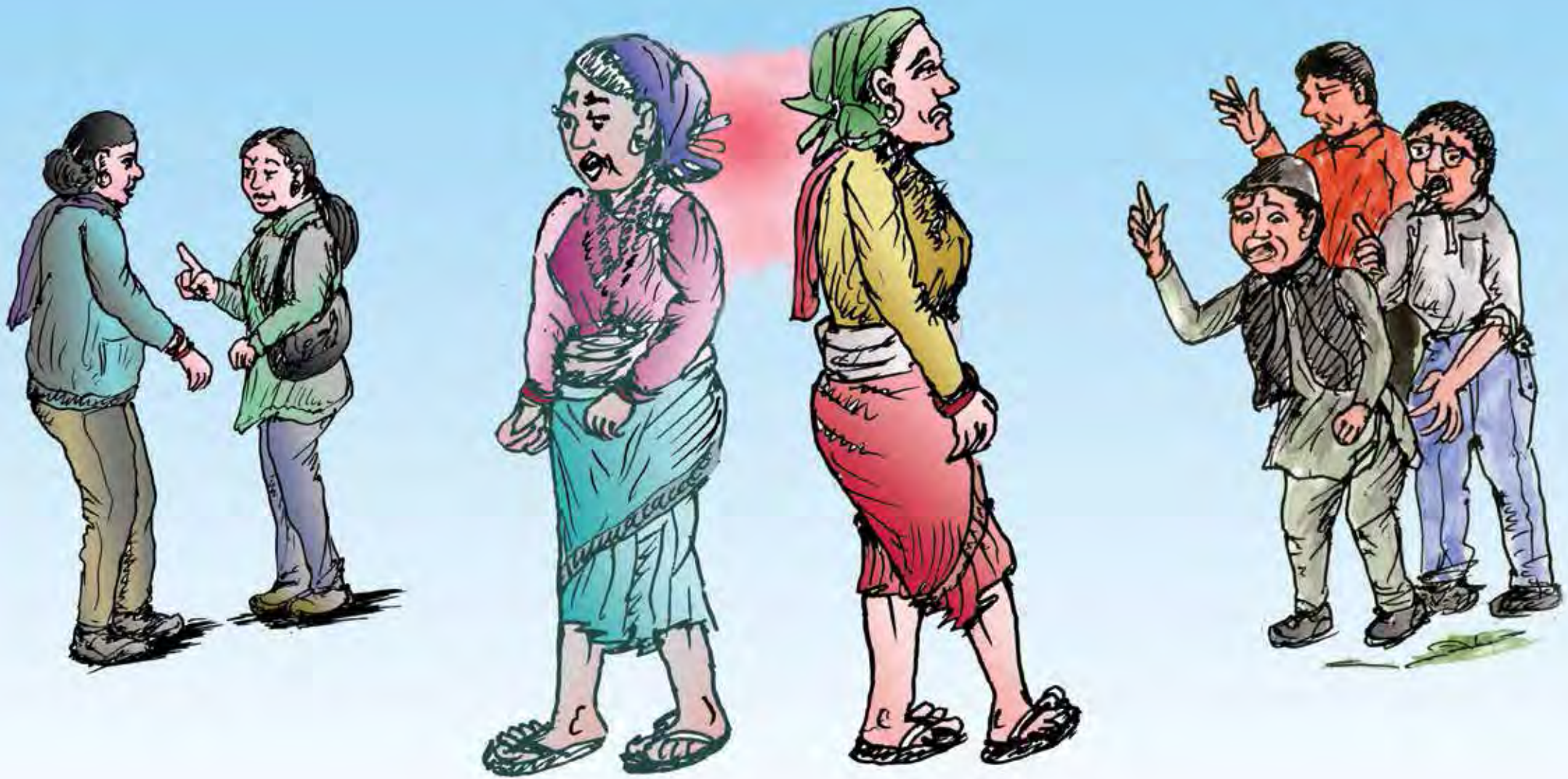






## 26 Allo community group discussion and rule setting





## 27 Allo community group fights





# सामूदायिक अल्लो उत्पादन केन्द्र



## 28 Community Facility Centre









## 29 Allo community group receiving loan from bank





## 30 Trainer giving allo community group training







**31** Do not cut allo plants with thin stems and lots of branches







**32** Do cut allo plants with thick stems and few branches





**33** Do cut mature allo with a knife three inches above the ground, and use gloves







34 Do not ripallo plants out of the ground









## 35 Nurture the ground with allo leaves

