

ICIMOD Manual 2016/2

# Community Training Manual

Yarshagumba Management

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 Himalayas (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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# Community Training Manual



**Yarshagumba Management**



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# 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 discussion.
- Provokes and steers the participants' thought processes.
- Is 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 This Manual

**Target group:** Community members near yarshagumba collection sites and collectors of yarshagumba.

**Aim:** Community members and yarshagumba collectors understand the connection between a healthy environment for people and nature, good campsite management, and the growth of yarshagumba.

**Duration:** 1.5 to 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.*

## General rules for the training

1. Give everyone a chance to express his or 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 clearly and forcefully.
3. Listen to each participant attentively, and give her or him the feeling that every answer is important.
4. There are no wrong answers.

An efficient and successful training session on yarshagumba management 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.

## 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 the proper order. Seats should be arranged in a semi-circle. Ensure that 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 pictures, take the next one according to the order suggested in the manual.

**Step 5** After all 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.

**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. The Yarshagumba Life Cycle

## Aim of the topic

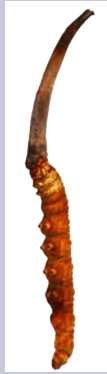
Participants understand the connection between the life cycles of the yarshagumba fungus and its caterpillar host. Both the fungus and caterpillar have to survive in order for the yarshagumba to grow.

## Messages

- Yarshagumba develops from a fungus and a moth.
- There are two life cycles: one of the moth and one of the fungus. Both are important.
- The fungus has to infect the caterpillar of the moth. Only then can yarshagumba grow.

Remember

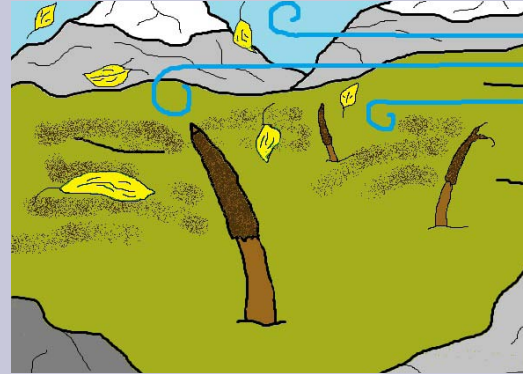
## First round: Yarshagumba life cycle



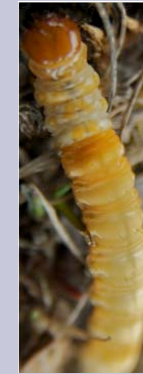
1



2



3



4

## Second round: Moth life cycle



5



6



4



7

### Indicators of the pictures

- |          |  |          |                           |
|----------|--|----------|---------------------------|
| <b>1</b> | Fully grown yarshagumba                                    | <b>4</b> | Caterpillar in the ground |
| <b>2</b> | Unharvested, mature yarshagumba                            | <b>5</b> | Fully grown moth          |
| <b>3</b> | Wind spreads the spores of unharvested, mature yarshagumba | <b>6</b> | Eggs of the moth          |
|          |  | <b>7</b> | Pupa of the moth          |



## 2. Ecosystems with Yarshagumba

### Aim of the topic

Participants understand that yarshagumba needs a specific and undisturbed ecosystem.

### Messages

- The ecosystem changes with altitude (from forest to shrubs and bushes to grassland).
- A good ecosystem is when everything (plants, animals, water sources) has a role and is in its place.
- Each species needs a specific ecosystem, including yarshagumba.

Remember

## Describe the pictures



8



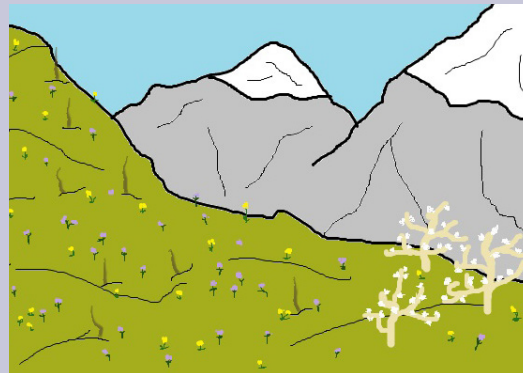
9



10



11



12

## Indicators of the pictures

- 8** High altitude grassland
- 9** White rhododendron bushes on a mountain slope
- 10** Shrubland located below high altitude grasslands and above forests
- 11** Thick forest at lower altitudes
- 12** Plentiful yarshagumba in a healthy environment



## 3. Camp Management

### Aim of the topic

Participants understand that good camp management leads to a healthy environment, which promotes the growth of yarshagumba and helps people stay healthy.

### Messages

#### Remember

- People are destroying the natural environment around campsites in the collection areas.
- Fuelwood collection and the cutting of trees for tent construction destroy the forests and delicate shrub vegetation.
- Waste pollutes small streams and the environment in and around campsites.
- Open defecation pollutes open water and can cause health problems, such as diarrhoea.
- Collectors should be prepared for the harsh conditions in the campsites. The minimum equipment to bring is enough blankets and tent materials and a first aid kit.
- Better management of campsites can improve the environment and people's health.



## Describe the pictures



13



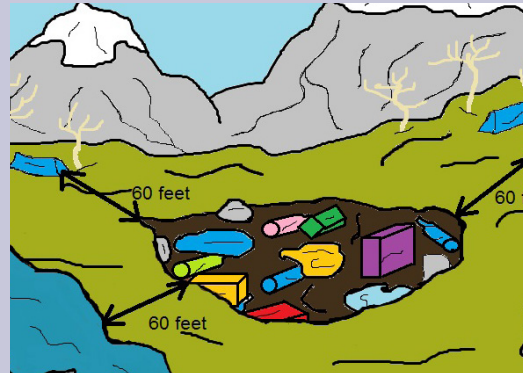
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15



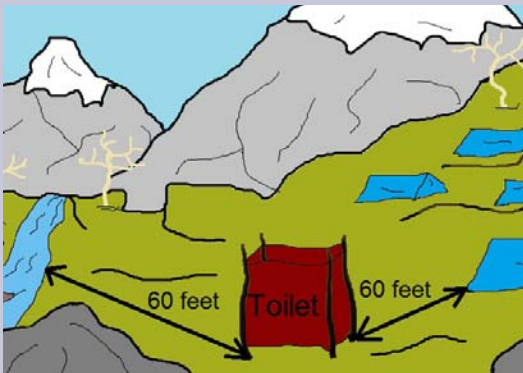
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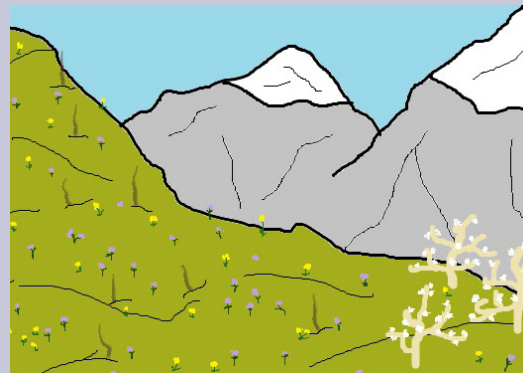
17



18



19



12

## Indicators of the pictures

- 13** Yarshagumba collectors composite with clear signs of deforestation
- 14** Yarshagumba collectors' composite at a lower altitude
- 15** Landscape littered with waste and no yarshagumba
- 16** Sparse yarshagumba in a degraded environment
- 17** Waste pit dug at least 60 feet away from tents and nearest water source
- 18** Dead wood collected at lower altitudes and/or LPG and kerosene cookers used for fuel
- 19** Toilet installed at least 60 feet away from tents and the nearest water source
- 12** Plentiful yarshagumba in a healthy environment



## 4. Proper Harvest Techniques: Better yield and quality of yarshagumba

### Aim of the topic

Participants understand that proper harvest techniques and treatment of yarshagumba lead to better yields, higher quality of yarshagumba, and higher prices.

### Messages

- The yarshagumba life cycle depends on a healthy natural environment.
- Extraction of yarshagumba should not destruct the surrounding ecosystems.
- Collection of mature yarshagumba will reduce the next year's harvest.
- Better treatment of harvested yarshagumba will improve their quality.

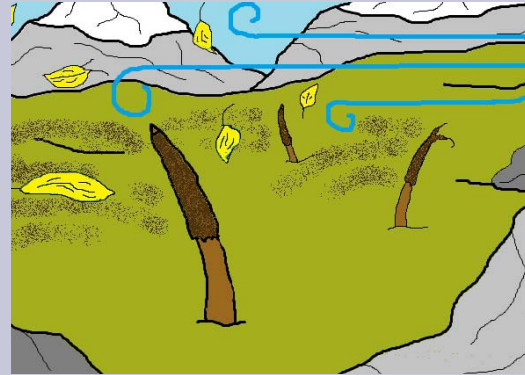
Remember



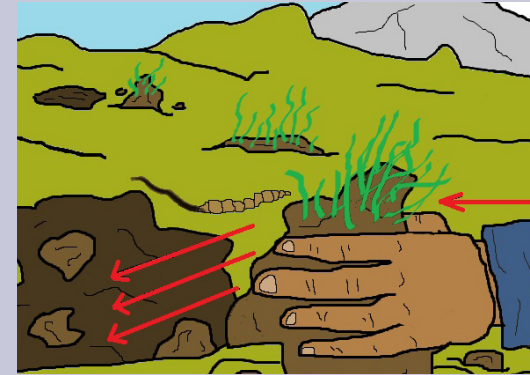
## Describe the pictures



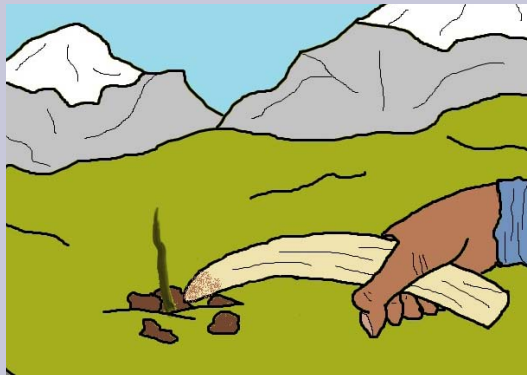
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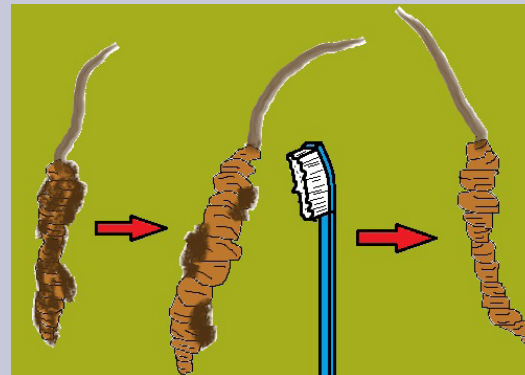
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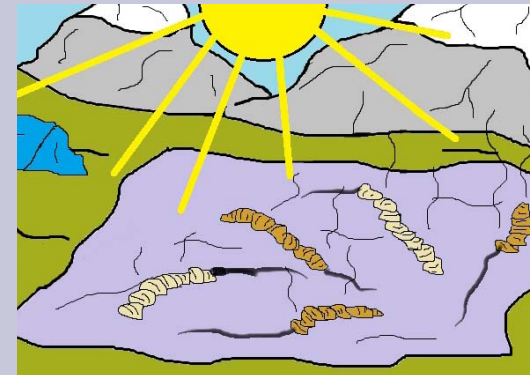
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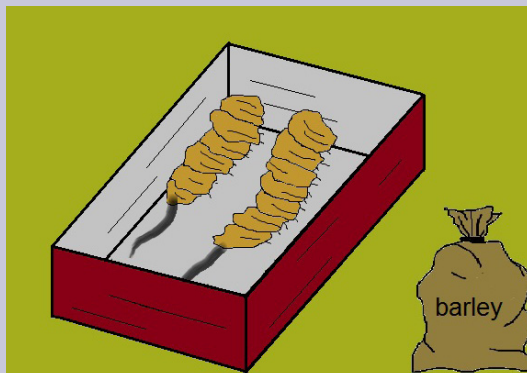
21



22



23



24

## Indicators of the pictures

- 2** Unharvested, mature yarshagumba
- 3** Wind spreads the spores of unharvested, mature yarshagumba
- 20** An upturned chunk of soil with grass attached is placed back in the hole
- 21** Small tools are used to dig out yarshagumba
- 22** Soil is removed from yarshagumba with a soft brush
- 23** Freshly harvested yarshagumba are spread out on a blanket in the sun to dry
- 24** Dried yarshagumba is stored in a small, solid box with barley to prevent moulding



## 5. Management Guidelines for Yarshagumba

### Aim of the topic

Participants are aware of the need for regulations regarding yarshagumba management to achieve sustainable harvesting and good campsite management.

### Messages:

- Guidelines should be developed in consultation with communities. This will create greater ownership for smoother implementation and monitoring.
- Collectors must be aware of relevant topics: the importance of a healthy environment for yarshagumba harvest, appropriate legal markets, and possible punishments for illegal harvesting.
- Issues that should be addressed in the guidelines include:
  - Transparent system and guidelines on access to collection sites
  - Good behaviour in campsites

Remember



## Describe the pictures



25



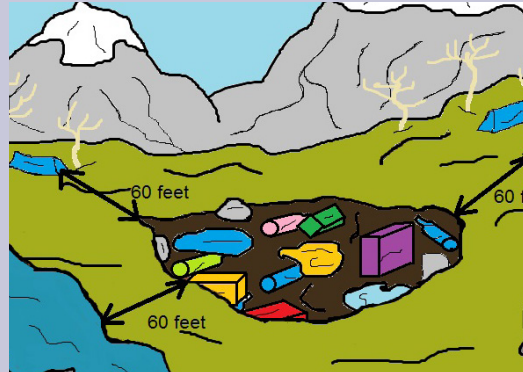
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27



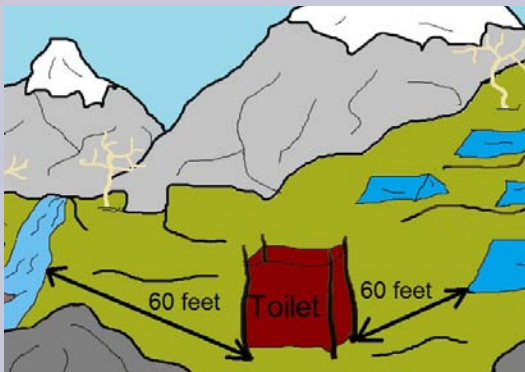
28



17



18



19








29






## Indicators of the pictures

- 25** Community members from different backgrounds discuss regulations, rights, and responsibilities
- 26** Community and government authorities discuss regulations, rights, and responsibilities together
- 27** Communities learn about yarshagumba management regulations and best practices






- 28** Official yarshagumba collector ID card from Nepal
- 17** Waste pit dug at least 60 feet away from tents and the nearest water source
- 18** Dead wood collected at lower altitudes and/or LPG and kerosene cookers used for fuel
- 19** Toilet installed at least 60 feet away from tents and the nearest water source
- 29** Good behaviour should be promoted and the consumption of alcohol and drugs and gambling regulated






## Summary of the pictures

No.	Picture	Indicator of Picture
1		Fully grown yarshagumba
2		Unharvested, mature yarshagumba
3		Wind spreads the spores of unharvested, mature yarshagumba
4		Caterpillar in the ground
5		Fully grown moth

No.	Picture	Indicator of Picture
6		Eggs of the moth
7		Pupa of the moth
8		High altitude grassland
9		White rhododendron bushes on a mountain slope
10		Shrubland located below high altitude grasslands and above forests



No.	Picture	Indicator of Picture
11		Thick forest at lower altitudes
12		Plentiful yarshagumba in a healthy environment
13		Yarshagumba collectors' campsite with clear signs of deforestation
14		Yarshagumba collectors' campsite at a lower altitude
15		Landscape littered with waste and no yarshagumba

No.	Picture	Indicator of Picture
16		Sparse yarshagumba in a degraded environment
17		Waste pit dug at least 60 feet away from tents and the nearest water source
18		Dead wood collected at lower altitudes and/or LPG and kerosene cookers used for fuel
19		Toilet installed at least 60 feet away from tents and the nearest water source
20		An upturned chunk of soil with grass attached is placed back in the hole

## Summary of the pictures

No.	Picture	Indicator of Picture
21		Small tools are used to dig out yarshagumba
22		Soil is removed from yarshagumba with a soft brush
23		Freshly harvested yarshagumba are spread out on a blanket in the sun to dry
24		Dried yarshagumba is stored in a small, solid box with barley to prevent moulding
25		Community members from different backgrounds discuss regulations, rights, and responsibilities

No.	Picture	Indicator of Picture
26		Community and government authorities discuss regulations, rights, and responsibilities together
27		Communities learn about yarshagumba management regulations and best practices
28		Official yarshagumba collector ID card from Nepal
29		Good behaviour should be promoted and the consumption of alcohol and drugs and gambling regulated





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