

PLA

Exercise 2

Daily Activity Schedule

Introduction

In this activity, participants are asked to describe all of their daily activities and those of members of the opposite sex. This activity is also useful for community workers to collect information on the community's social and gender norms, and gain some insight into the sexual division of labor.

In the context of this toolkit, this activity centers around ideas of gender and sexuality. However, you could also tailor it to other issues, depending on the composition of your group. For example, a group of farmers and a group of office workers could each list their daily activities for themselves and the others, or the same could be done with a group of adolescents and a group of adults. The point is for participants to try to imagine the lives of people who are quite different from themselves. This process tends to expose disparities between different groups, as well as stereotypes and misunderstandings that can be a source of conflict.

Objective

■ Participants will have an increased awareness of gender differences that exist between women's and men's daily activities.

Timeframe: 1 ½ – 2 hours

Materials needed: large sheets of paper, pens

Ideal workspace: enough space for small groups to write on large sheets of paper

Number of Participants: 15-25

STEP 1

If participants are not already acquainted, ask them to introduce themselves.

Describe the activity, its purpose, and how it will work.

Remind participants that this is a group learning exercise, and that it is not necessary for everyone to agree on everything. However, everyone in the group deserves respect. Participants should refrain from judging, interrupting or ridiculing others, and should respect the privacy of others by maintaining confidentiality.

Divide the group into two or more smaller, homogenous groups (i.e. all women, all men, all children, all office workers etc.).

	खाना बनाना	मरफई बनाना	पानी लाना	बिना लाना	गोबर डालना	हाथ को धोना	जान-बिना बिना लाना	गोबर डालना
बच्चे 8-14	X	X	X	X	X	X	✓	X
युवा 14+	+	+	+	+	+	+	✓	+
व्यायक 30+	+	+	+	+	+	+	✓	+
बुढ़ 50+	+	+	+	+	+	+	✓	+

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STEP 2

Ask the groups to write a list of all of the activities they complete in a normal 24 hour period, starting with when they wake up and ending with when they go to sleep. Ask the participants to include details on the amount of time they spend on each activity, where the activities take place, and who – if anyone – helps them with the activities.

After the first list is complete, ask the participants to create a second list that describes all of the activities they can think of that people of the opposite sex do on a daily basis (in other words, women list men's activities, and men list women's activities).

STEP 3

When the lists are finished, ask the small groups to share them with the larger group. Take notes on a piece of flipchart paper, and look for any themes that emerge.

Facilitate a discussion with the group. You can use the following questions to guide you.

Guiding Questions

- What surprised you about this exercise?
- Did the men accurately list women's activities? Did the women accurately list men's activities?
- Is there a difference in the kind of activities that men and women do? What is the difference?
- What is the reason for the difference? Does society expect very different things from men and women? Why does society expect men and women to spend time in different ways? Do you think this difference is justified? Why or why not?
- Which kind of work is a person paid for? Which kind of work is a person not paid for? Why?
- Which group has more leisure time to spend as they like? Which group has a larger workload? Is this justified? Why or why not?
- Was sex listed on the daily schedule? Why or why not? If it were added, would it be listed the same way in all the groups' daily activity schedules? Do men and women have the same expectations for sex? Why or why not?
- How much variation from this general daily activity schedule happens in your community? Do you see some particular men or women acting differently? Why is that? How does their reputation in the community change if they are not conforming to the norm?
- Are there certain ways that you would like to change community expectations of men's and women's daily activity schedules and work loads? What are they? Describe them. What can you do to make these changes happen? What can others do? How can this project contribute to those changes?



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