

Training Methodologies adopted in Improved Stoves and Kitchen Improvement Programmes in Sri Lanka.

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The ongoing Kitchen Improvement Programme implemented by the Integrated Development Association (IDEA) targets to improve 1000 rural kitchens with the support of the ARECOP and UNDP/GEF. The methodology adopted is to strengthen and empower the network member organizations to carry out these activities in their areas of operation. There are nearly 30 NGOs who participate in the kitchen improvement programme.

Basically the improvements to kitchens incorporate modification of certain features in the existing kitchen structure for better air circulation, ventilation and lighting and the installation of improved stoves and chimney hoods and provision of shelves to store food items and cooking utensils and arranging the interior to facilitate kitchen operations to be performed more ergonomically, hygienically and economically. The methodology of training therefore does not favour or adopt a standard models of the kitchen but promote and facilitate the traditional kitchen to be modified to incorporate features which make the above improvements to be achieved. The cost of modifying a kitchen to meet the above standards is quite high and therefore certain amount of voluntary work (shramadana) is required from the users and neighbors and also whatever materials that can be secured free such as clay, forest timber, roof thatching material, bricks, sand etc has to be provided by the user. The training methodology therefore has to impart not only technical skills in the construction but also to facilitate social mobilization.



The training is done by the IDEA staff which covers

Training of potters to make the improved stoves

Training of stove installers

Training of masons/carpenters to make necessary improvements in the kitchen

Training of social mobilisers to sensitise and promote improvements in kitchens

Several training modules are used in this training exercise.

(1) Training manual on Improved Cookstove Selection and Dissemination which has been developed by Asian Region Cookstove Programme (ARECOP). This manual consists of 122 pages divided into seven chapters. The training manual is designed to transfer skills so that the trainees are able:

- (a) to evaluate stove designs based on combustion and heat transfer concepts, knowledge of material and stove components.
- (b) to determine an appropriate modification/improved stove design based on the needs, wants and conditions of the target group in addition to technical knowledge.
- (c) to become familiar with stove construction techniques
- (d) to determine the appropriate dissemination strategy based on existing technology dissemination channels and the improved stove design to be disseminated.
- (e) to incorporate gender analysis into stove design, dissemination and introduction.
- (f) to monitor the progress of stove programmes and trouble shoot where necessary.

The chapters deal with the following topics.

1. Some Issues- An overview of biomass use
2. Assessment – Community context, the kitchen, user and gender analysis
3. Stove Design- Combustion, heat transfer and heat loss, raw materials and stove parts.
4. Stove installation- Mud stoves, pottery stoves, metal stoves and brick stoves.
5. Stove Dissemination- Local systems of technology dissemination, local systems and improved stoves, which system is best, what to do to support the dissemination system.
6. Monitoring and evaluation- Benefits, monitoring, indicators, trouble shooting, evaluation.
7. Stove selection as a process- Why use a process, reviewing a process.

(2) Training Manual on Kitchen Improvement based on the workshop held in Nepal in May 1996 organised by ARECOP. The workshops conducted in Sri Lanka has a duration of 7 days. The participants selected for the workshop are expected to have basic masonry or carpentry skills so that after the training they are expected to take up kitchen improvement as an income earning activity. The objectives of the programme are:

- (a) to sensitise the participants of the importance and role played by the kitchen in poverty alleviation and holistic development covering energy, health, economics, gender and environment aspects.
- (b) to impart technical skills and knowledge to improve the kitchen atmosphere to overcome the adverse effects of using a traditional kitchen.

The workshop agenda is designed to achieve the above objectives through lectures, dialogue, practicals, field trips and field exercises

Ist Day.

Lectures and discussions

The role of kitchen in development: Why improve the kitchen
Kitchen realities. Kitchen functions and layout.

Introduction to combustion principles, stove components and technical aspects of kitchen improvements

Comparative Cooking Tests by participants in groups



2nd Day

Introduction to guidelines for observing the kitchen based on four different steps.

(1) Discover the kitchen (2) Reading the kitchen (3) Measuring the kitchen (4) Design applications based on the above observations

Introduction to basic features of improving a kitchen
Field Visit to Improved kitchens.



3rd Day

Practical exercise of domestic stove installation

Field Visit to traditional kitchens proposed to be improved. Application of guide lines

Observing the kitchens according to guide lines provided.

Planning of improvements to be made.

Preparation of materials and Practical exercise of improving selected kitchens; Stove installation, Chimney hood Installation and improvements in

ventilation and lighting

4th Day

Continuation of the kitchen improvements



5th Day



Continuation and testing

Discussion. Kitchen improvement as an incoming generation activity. Financial models that can be adopted. Organising a campaign and Plan of action