



Programme Wamare Institute
8-22 April 2017
Comboni Mission Centre
Co-facilitators - Brigid Inder & Judith Acana
Women's Initiatives for Gender Justice (WI)

Times	Monday 10 th	Tuesday 11 th	Wednesday 12 th	Thursday 13th	Friday 14th	Saturday 15th
All arrivals on	8 & 9th April					
7.00-7.45	Stretching	Stretching	Stretching	Stretching	Stretching	
8.15-9.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.15- 9:45	Official Opening Gulu Municipality & WI	Devotion/Meditation	Devotion/Meditation	Devotion/ Meditation	Devotion/ Meditation	Devotion/ Meditation
10am 1 st Session	Brigid Inder & Judith Acana, WI Introductions, ice- breakers	Nancy Apiyo JRP Evelyn Amony & Grace Acan WAN Peer story telling	Francis Odwong & Carol Adokorach Consultants Savings, loans & credit schemes	9.30 Kizito Wamala CVT Self-awareness and mindfulness	Dr Sam Uringtho, Primary Health	Ali Ayile, Practitioner Food as medicine -nature creates health
11.15	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
11.35 2 nd Session	Brigid Inder & Judith Acana, WI Introductions and icebreakers	Nancy Apiyo JRP Evelyn Amony & Grace Acan WAN Peer story telling & body mapping	Francis Adwong & Carol Adokorach, Consultants Savings, loans & credit schemes	Francis Adwong & Carol Adokorach, Consultants Savings, loans & credit schemes	Dr Sam Uringtho, Primary Health	Judith Acana, WI Parenting
1pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch

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2pm 3 rd Session	Sunday Ojara Braxton, Terra Renaissance Drama, dance and music	Nancy Apiyo JRP Evelyn Amony & Grace Acan WAN Peer story telling & body mapping	Francis Adwong & Carol Adokorach, Consultants Savings, loans & credit schemes	Francis Adwong & Carol Adokorach Consultants Savings, loans & credit schemes	Ali Ayile Practitioner Food as medicine -nature creates health	Free time
3.30pm	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	
3.45 4 th Session	Sunday Ojara Braxton, Terra Renaissance Drama, dance and music	Nancy Apiyo JRP, Evelyn Amony & Grace Acan WAN Peer story telling & body mapping	Francis Adwong & Carol Adokorach, Consultants Savings, loans & credit schemes	Francis Adwong & Carol Adokorach, Consultant Savings, loans & credit schemes	Ali Ayile Food as medicine -nature creates health	Free time
5.30	Reflect on the day	Reflect on the day	Reflect on the day	Reflect on the day	Reflect on the day	Free time
6.30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
		Movie night!	Movie Night!			Fire Pit!

Week two:

Time	Monday 17 April	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st	Saturday 22nd
7.00-7.45	Stretching	Stretching	Stretching	Stretching		
8.15-9.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.15	Devotion/Meditatn	Devotion/Meditatn	Devotion/Meditatn	Devotion/Meditatn	Devotion/ Meditation	Devotion/ Meditation

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9.45 1 st Session	Brigid Inder, WI Shame, vulnerability and courage	Brigid Inder, WI Group planning exercise- taking Wamare home	Francis Adwong, Consultant Income generation Activity	Kizito Wamala, CVT Self-awareness and mindfulness	Free time to prepare for graduation	Departures
11.15	Morning Tea	Morning Tea	Morning Tea	Morning Tea		
11.35 2 nd Session	Judith Acana, WI Parenting	Sunday Ojara Braxton, Terra Renaissance Drama, dance and music	Francis Adwong, Consultant Starting an Income generation activity	Brigid Inder & Judith Acana, WI Group planning resumed- taking Wamare home Next Steps- beyond the Institute	10.30am Graduation Ceremony Graduation Photo	
1pm	Lunch	Lunch	Lunch	Lunch	12.30 Celebration Lunch- Bomah Hotel	
2pm 3 rd Session	Sunday Ojara Braxton, Terra Renaissance Drama, dance and music	Francis Adwong, Consultant Starting an income generation activity	Francis Adwong, Consultant Starting an income generation activity	Reflections and evaluation	2.30 Lunch and blessing of the Peace Path and laying of bricks for all graduates	
3.30pm	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea		



3.45 4 th Session	Francis Adwong & Carol Adokorach, Consultants Report back on group assignments .	Francis Adwong, Consultant Starting an Income generation activity	Ali Ayile, Practitioner Food as medicine - nature creates health	Sunday Ojara Braxton, Terra Renaissance Graduation rehearsal		
5.30	Reflect on the day	Reflect on the day	Reflect on the day			
6.30	Dinner	Dinner	Dinner	Dinner	Dinner	

