

25 September, 2025

Activity Report 5

From August 27 to September 10, 2024, two project members (experts) traveled to Malawi, where they visited relevant local institutions and targeted Community-Based Childcare Centers (CBCCs). They also conducted workshops for caregivers and primary school teachers.

The workshop was held from September 2 to 4, spanning three days and two nights. The purpose of the workshop was to equip caregivers and lower-grade primary school teachers with the knowledge and skills to effectively educate and care for children aged 3 to 5 years. Based on the "Caregiver Support Handbook," developed by the experts and local coordinators, the workshop focused on three key areas: understanding child development, understanding health and nutrition, and creating childcare plans. In addition to lectures, the workshop included hands-on practice to ensure that participants could immediately apply what they learned at their respective CBCCs and schools.

A total of 38 people participated, including 15 caregivers from five CBCCs, 14 teachers from seven nearby primary schools, 3 local child protection officers, 4 staff members from the Nkhata Bay District Social Welfare Office, and 2 staff members from the Nkhata Bay District Education Office. Seventeen JICA Overseas Cooperation Volunteers, who are active in Malawi, also joined the workshop and helped energize the event.





Workshop Participants:

1. Schedule of Workshop

JICA Grass-root Project Schedule of Workshop		
Date: 2 nd – 4 th September, 2024		
Venue: Mkumbira resource centre, Nkhata Bay		
Date	Activity	Caregiver Support Book
2 nd Sep.	8:00-12:00 am Opening remarks ● Explain the purpose of the workshop ● Questionnaire Introduction ● Introduction of participants ● What we want to learn	
	1:00-4:00 pm Knowledge ● Understand the development of children aged three, four, and five years old ● Manage facility Activity ● Introduction of activities ● Conduct play-based activities ➢ Physical development, e.g. Chipako (tag), phada, drawing, etc. ➢ Cognitive development, e.g. ndido, ntchuwa, etc. ➢ Socioemotional development, e.g. playing house, dramatic play, etc.	pp. 6-19 pp. 38-42
3 rd Sep.	8:00-12:00 am Knowledge ● Support the health and nutrition of children ● Check health record	pp. 28-37
	1:00-4:00 pm Activity ● Make a dietary education board by participants	pp. 37
4 th Sep.	8:00-12:00 am Knowledge ● Create a plan Activity ● Develop plans by participants	pp. 20-27
	1:00-4:00 pm Presentation ● Present created weekly and daily plans by participants Closing remarks ● Questionnaire	pp.25-26

2. Caregiver Support Handbook





JICA Grassroots Project

Improving the Access and Quality of Pre-primary Education in Rural Malawi

Caregiver Support Handbook

Plan for Children Aged 3, 4, and 5 Years in Pre-primary Schools



Kyoko Taniguchi
Yoko Yamamoto
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Supported by JICA

The project members developed this handbook based on Malawi's syllabus, the caregiver training book, and the caregiver guidebook.

3. Introduction to Learning Through Play



Learning numbers through the Malawian game



Introduction to the Japanese game "Shiritori"

4. Health and Nutrition Care



Handwashing Demonstration



Height Measurement



Learning about Nutritional Balance

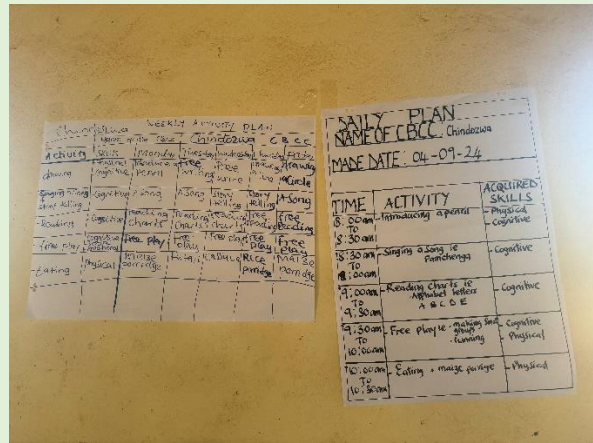


Creating a Food Education Board

5. Planning



Creating a Weekly and Daily Activity Plan



Presenting the Created Plans