

Seven-day intensive Training Seminar in
Natural Healthcare
October 2018, Bundibugyo



- Dates: 14 – 19 January 2019
- Location: Bugombwa Catholic Parish, 3km beyond Bundibugyo. Take the first right after the Bugombwa sign.
Participants from far are asked to arrive on the evening of Sunday 13 January.
- Organiser: Vumbula Masaka, on behalf of Discover e.V., Germany.
- Facilitators: Rehema Namyalo, Nakamatte Evelyn, secondary school headteacher in Kirimya and Kyambadde Andrew, a herbalist and farmer from Busunju.
- Cost: 250 Euro, £225 or 1 million Uganda Shillings. This fee includes food and accommodation and all seminar materials.

Course content:

- Organic gardening, soil fertility and the creation of a productive garden.
- Cultivation of traditional vegetables and medicinal plants, including *Artemisia annua*.
- Preparation of natural medicines from locally available medicinal plants: herbal teas, medicinal soaps, oils and ointments, tinctures, cough mixtures and syrups.
- The use of natural medicines for treating and helping a wide range of health problems including malaria, diarrhoea, wounds and HIV/AIDS.
- Nutrition.
- Hygiene.
- Construction of simple devices that contribute to health and hygiene such as a charcoal fridge, fuel efficient stoves, black stones, a solar oven, a solar drier and tippy-taps.
- Income generating activities such as liquid soap, making bagiya, candles and chalk.
- Healing massage.



The medicinal garden in Bundibugyo has already been prepared ready for the training seminar.

Register with:

- Rehema Namyalo, Email r_namyalo@yahoo.com, phone 0702 493 186 or 0772 493 186, or
- Dr Keith Lindsey, Email Keith@discover-src.net, phone +49 1523 439 0386.

Once your registration is confirmed, please pay the entire fee by 31 December 2018. That is, either 1 million UGX to Rehema Namyalo in Uganda or £230 or 250€ to Keith Lindsey in Germany.