

Six-day intensive Training Seminar in  
“Self-reliance: Food security, health and welfare”  
22 – 27 February 2021, Wakiso, Uganda  
(Arrival on the 21st, departure the 28th)



Organised by Vumbula (Discover) Masaka

Trainers: Rehema Namyalo, Evelyne Nakamatte and Andrew Kyambadde.

The course content, which is very practical, includes:



Our three trainers, all of whom are experienced in the practice and teaching of the course curriculum.

- Organic gardening, soil fertility, the creation of a productive garden and natural pest and disease management.
  - Cultivation of traditional vegetables and medicinal plants, including *Artemisia annua*.
  - *Artemisia annua* for malaria, HIV, COVID, diabetes and other diseases.
  - Preparation of natural medicines from locally available medicinal plants: herbal teas, soaps, oils and ointments, tinctures, cough mixtures and syrups.
  - The use of these natural medicines for helping a wide range of health problems including malaria, diarrhoea, wounds and HIV/AIDS.
- Production, value addition and marketing of herbal teas, tinctures and ointments.
  - Nutrition and 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.
  - Healing massage.
  - Banana management.

Register with:

- Rehema Namyalo in Uganda, Email [r\\_namyalo@yahoo.com](mailto:r_namyalo@yahoo.com), phone 0702 493 186 or 0772 493 186, or
- Dr Keith Lindsey, Email [Keith@discover-src.net](mailto:Keith@discover-src.net), phone +49 1523 439 0386.

Cost: 300 Euro, £275 or 1 million Uganda Shillings.  
This fee includes food and accommodation and all seminar materials including seedlings, booklets, a poster and natural health products.

Once your registration is confirmed, please pay the entire fee of one million UGX to Rehema Namyalo or £275 or 300€ to Discover e.V. in UK or Germany.



Participants in a training seminar earlier this year learn practical composting techniques.