

Livestock projects from 2012

Cattle for rural women

Pregnant cows are bought for needy village women. The first calf that the mother cow gives birth to is given to another needy woman. The mother cow remains with the first owner and provides her with a livelihood by selling milk, yogurt and butter.

In this way, the purchase of 10 cows, for example, can support 20 families in the long term.

The first cow project was carried out in Kamari, the 2nd and 3rd in Nejrab, Kapiza province. A pregnant cow costs about 1.000 €.



Livestock market in the province of Kapiza

In rural areas, women and girls usually have only the traditional role of wife and mother. Since the villages are often far away and there are no roads, let alone any means of transportation, there are rarely schools or educational opportunities. In the villages, the best and most immediate way for women to build their

own livelihood is to keep livestock. That is why the NAZO women developed the "Cows for Rural Women" projects.

From the beginning, the men of the village are involved:

- in the selection of families
- in the purchase of cows
- in the choice of the trainer

In addition, the men help build the cow barns, renovate and equip the classroom.



From the beginning, the project is accompanied by the influential men of the villages. This strategy is followed by the NAZO/ALS women in every project. Only if the men are involved, there will be no trouble or envy in the village society later on. For this purpose, the most important men of the villages (village chief, intelligence chief, police, mullah, etc.) are invited to a feast. Several goats have to be bought and slaughtered, then the feast is prepared by the women.



Classes for the rural women

In the village itself, a room is rented from a farmer for 6 months for the lessons.

Most women in the province already keep small animals, such as goats and/or chickens. Nevertheless, it is necessary to teach them the basic knowledge of large animal husbandry. A monthly course is held where the women meet at the veterinarian's office. He teaches the cow owners everything that is important for

successful livestock keeping. This starts with hygiene in the barn and continues with education about the right feed, recognizing certain diseases and how to combat them.

In another course, the women learn how to process milk into yogurt or other products. Here, the women come together outside their homes, exchange experiences and support each other. In this way, a supporting network is built up.



In the Kapiza region, many men (heads of families) have been killed in the fight against the Taliban or IS in recent years. Therefore, some women had to take over the position of the head of the family. In this position, it is easier for them to learn how to market the products on the regional market and to pass on their knowledge to other women.

Madina, a member of ALS Afghanistan, says of the livestock projects:

„The experience of the cow project in the village of Kamari had shown us that the women in remote villages can be helped best and most sustainably by setting up their own livestock farming. In June, five NAZO women again went to Nejrab to encourage the rural women and show them that they are not alone. When we were there, we took part in lessons: the clean removal of milk from the udder, hygienic processing into yogurt, etc.



We were very impressed by everything, but especially by the fact that after only one month after the women had received their cows, their self-confidence and self-esteem had noticeably increased.

These women already told us how they market their milk products - and developed hopeful plans for their future. Since the first 8 women are taught together with the other 8 who will have the baby calves in the future, a group of 16 women had emerged to support each other in their plans and ventures. We city women were amazed at their new courage.“

Interview with the rural women:



Question: What have you produced?

Answer: If we feed the cows well and take good care of them, they can give 3 or 4 liters - even up to 10 liters - of milk. More is not possible. Then I process the milk into yogurt. 1 Zel (about 7 kg.) I could sell for 170 Afghanis. I save the sum from one week, sometimes from 10 days. Then I buy flour and other things that I need for the household.

Question: How did you sell the yogurt?

Answer: Since I am a woman, I cannot bring the things to the small town. I asked my cousin. He comes to me, takes the yogurt, sells it in the small town and brings me the money. Yes, he gives me the money right in front of the door.

Question: Did you learn a lot?

Answer: Yes, we learned a lot from Kazem the farmer: at what times to feed the animals, how to keep the feeding place clean, how to keep the ground clean under the feet of the cattle. After all, you can't feed the animals at any time. All this is done according to a plan. You clean the feeding trough beforehand and then you throw the feed for the cattle in there. In the same way, you have to give them water at certain times. Just as we want our home to be clean and comfortable, so does the cow.

Question: Did you have any previous experience?

Answer: No, I had no previous contact with cattle.

Cattle projects

