



# walk

# In Her Shoes

Deepening our connection to the realities of women and violence in sub-Saharan Africa

"This exercise is so different. It's not the same as someone coming to your desk and telling you a story. For sure I felt like I was the woman experiencing so much suffering."

- Network Member, Zambia

## What is In Her Shoes?

- An interactive activity that gives women and men the opportunity to 'walk in the shoes' of a woman who is experiencing violence
- A rare space for deeper reflection and discussion about supporting survivors and preventing violence against women
- An exercise that creates empathy, inspires action, and connects participants to women's realities in a way which they have not experienced before
- A unique resource, adapted by members of the GBV Prevention Network, to specifically represent sub-Saharan Africa

## What's inside In Her Shoes?

- A Handbook that provides detailed guidance for facilitators, relevant information on violence against women, discussion questions and ideas for action
- 10 story sets, each depicting a woman experiencing violence in sub-Saharan Africa
- 16 station cards that serve as props in the interactive exercise
- A kitenge bag for easy transport and storage of the Toolkit contents

"This tool triggered so much thinking about how I do my work. Now that I know about the violence that women experience, I must do something. We must start immediately."

- Network Member, Uganda

## Who can walk In Her Shoes?

Anyone who wants to learn about the realities of women experiencing violence in sub-Saharan Africa can benefit from walking In Her Shoes.

This may include:

Students  
Service Providers  
NGO Staff  
Police Officers  
Community Members  
Government Officials  
Health Care Workers  
Religious and Cultural Leaders

## What is needed to walk In Her Shoes?

No special training or additional resources are needed to walk In Her Shoes!

- All you need is 3 hours, a large space for moving around, a facilitator, and the Toolkit
- Read the Handbook prior to conducting the activity for straightforward facilitation instructions and you'll be ready to go!

## Do you want to walk In Her Shoes?

- Download the Toolkit for free in English or Kiswahili at [www.preventgbvafrica.org](http://www.preventgbvafrica.org)
- Contact the GBV Prevention Network at [info@preventgbvafrica.org](mailto:info@preventgbvafrica.org) to request a hard copy of the Toolkit.





# Tembea Kwenye Viatu Vyake

Uimarishaji wa namna tunavyohusiana na uhalisia wa wanawake na ukatili katika eneo la Afrika Kusini mwa Jangwa la Sahara

"Zoezi hili ni tofauti kabisa. Siyo sawa na mtu kuja kwa meza yako na kukusimulia hadithi. Kwa kweli, nilihisi kama nilikuwa mwanamke jule mwenyewe anayekabiliwa na mateso."

- Mwanachama wa Mtandao, Zambia

## Kwenye Viatu Vyake ni nini?

- Zoezi la kimaingiliano ambalo huwapa wanawake na wanaume fursa ya 'kutembea kwenye viatu' vya mwanamke anayekabiliwa na ukatili
- Mahali pazuri pa kufikiria kwa undani pamoja na kujadilia namna za kuwaunga mkono wasaliaji pamoja na kuzuia ukatili dhidi ya wanawake
- Zoezi ambalo linazusha hisia karimu, linasababisha mwitikio wa kimatendo, na kuunganisha washiriki juu ya uhalisia wa wanawake kwa njia ambayo hawajahusishwa awali
- Rasilimali ya kipekee iliyotoholewa na wanachama wa GBV Prevention Network, ili kuwakilisha moja kwa moja hali ya eneo la Afrika kusini mwa Jangwa la Sahara

## Kuna nini ndani mwa Kwenye Viatu Vyake?

- Kiongozi ambacho huwatolea maelekezo ya kina wawezeshaji, habari mahususi kuhusu ukatili dhidi ya wanawake, maswali ya kujadilia pamoja na maelezo kuhusu nini kinachofaa kutendeka
- Seti 10 za hadithi, kila moja ikionyesha mwanamke mahususi ambaye anakabiliwa na ukatili
- Kadi 16 za vituo ambazo hufanya kama viigizi katika zoezi la kimaingiliano
- Mfuko wa kitenge wa kusafirishia na kuhifadhia vijenzi vya kifuko cha nyenzo

"Zana hii ilizusha mawazo chungu nzima kuhusu namna nifanyavyo kazi zangu. Kwa kuwa sasa navelewa ukatili ambao wanawake hupitia, lazima nishugulikie hali hiyo. Lazima tuanze kufanya hivyo mara moja."

- Mwanachama wa Mtandao, Uganda

## Ni kina nani wanaoweza kutembea Kwenye Viatu Vyake?

Mtu yeyote ambaye anataka kujifunza juu ya uhalisia wa wanawake wanaokabiliwa na ukatili katika eneo la Afrika kusini mwa Jangwa la Sahara anaweza kufaidika kwa kutembea Kwenye Viatu Vyake.

Hawa ni pamoja na: **wanajamii**

**wafanyakazi wa Mashirika**  
**Jasiji ya Kiserikali** **Maofisa wa Polisi**

**watogaji wa huduma zozote**

**watogaji wa huduma za Kiafya**

**wanafunzi**

**Viongozi wa Dini na wa Jaji**

**Maofisa wa Serikali**

## Ni nini kinachohitajika ili kutembea Kwenye Viatu Vyake?

Hakuna mafunzo maalumu au rasilimali za ziada zinazohitajika ili kutembea Kwenye Viatu Vyake!

- Unayohitaji tu ni masaa matatu, mahali pakubwa panapowezesha kutembea hapa na pale, mwezeshaji, pamoja na Kifuko cha nyenzo
- Kisome Kiongozi kabla ya kuendeleza zoezi ili kupata maagizo ya moja kwa moja ya uwezeshaji, na hapo utakuwa tayari kuanza!

## Je, wataka kutembea Kwenye Viatu Vyake?

- Pakua Kifuko cha nyenzo kwa Kiingereza au Kiswahili bila malipo yoyote kwenye [www.preventgbvafrica.org](http://www.preventgbvafrica.org)
- Wasiliana na GBV Prevention Network kwenye [info@preventgbvafrica.org](mailto:info@preventgbvafrica.org) ili kuomba nakala halisi ya Kifuko cha nyenzo.

