



## The 24-hour schedule (5.3)

<b>Description:</b>	A tool for data collection in a reflective and visual way. It assesses gender roles in different generations to better understand and influence practical actions towards desirable changes in the gender balance, relations and perceptions.
Goals of the session:	To generate an understanding of what the daily life of different groups (women, men, boys and girls) look like and how gender roles affect the division of roles in households and the community as a whole.
Target group:	Men, women, elders, youth and children. Three generations (older, middle, younger) plus children, each split into male and female sub-groups. With a total of 8 groups, each group not exceeding 10 people.
Preparation time:	15 minutes.
Duration:	1-2 hours.
Materials:	Use flipchart and markers.
Copyright:	Freely usable.

### Process

Form three groups based on one generation per group (older, middle and youth), plus one group of children. Then, divide those groups between sexes (male and female). Ask the different groups what their average day looks like. What time do they wake up? What are the first things they do? Where do they spend their time? Are there any changes per season? Let them plot and write their schedule on flip chart paper.

**With the children:** the same questions can be asked in the youngest group with the children (starting from 8 years old). It is important to try and involve them in the reflection part of the tool as well.

**Reflection:** after each of the groups has completed the schedule, let the male and female groups of the same age discuss the things they have in common, what is different, why are they different? Are tasks divided among the household members in a fair manner? Who or what determines their activities? Later on, let all the groups discuss their outcomes together.

What are the trends with regards to activities? Do they do things now differently than in the past? How will that be in the future? Are we happy with these trends? What should happen? How are you going to change the things you'd like to change? What actions are needed? The group can write these things down.

*For more tools and information, go to our [Participatory Toolbox](#).*

40 - 65 Yrs		
24 hrs	Men	Women
6:00-7:00	- wake-up 4P	- Preparing breakfast
7:00-8:00	- Take breakfast 4P	- feed their children - milking cows P
8:00-9:00	- Opening the cow shed 4P - going to the field 4P	- Clearing the bushes from - collecting firewood P - fetching water 4P
9:00-10:00	- meeting with their agremates 4P	- taking firewood to market - taking grass, vegetable, etc
10:00-11:00	- Meeting/Chatting Playing games 4P	- Selling firewood, milk, vegetable, grasses etc
11:00-12:00	- Chat, Play game - Slaughter & roast animals 4P	- Barter trading - food for work
12:00-01:00	- eating, cont'd Chatting 4P	- Same activities from to 01:00 continued
01:00-02:00	- Chatting Continues 4P	- The same activities continue
02:00-3:00	- Chatting continues 4P	- coming back to home the market 4P