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EMPOWERING INDIGENOUS YOUTH AND THEIR
COMMUNITIES TO DEFEND AND PROMOTE THEIR FOOD HERITAGE

Case study on capacity-building and empowerment of Indigenous Youth activities



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ACRONYMS AND ABBREVIATIONS

AME	Africa and the Middle East region	LAC	Latin America and the Caribbean region
AP	Asia-Pacific region	SF	Slow Food
IFAD	International Fund for Agricultural Development	SFYN	Slow Food Youth Network
ITM	Indigenous Terra Madre	TM	Terra Madre event
ITM AB	Indigenous Terra Madre Advisory Board	ToRs	Terms of Reference

Executive Summary

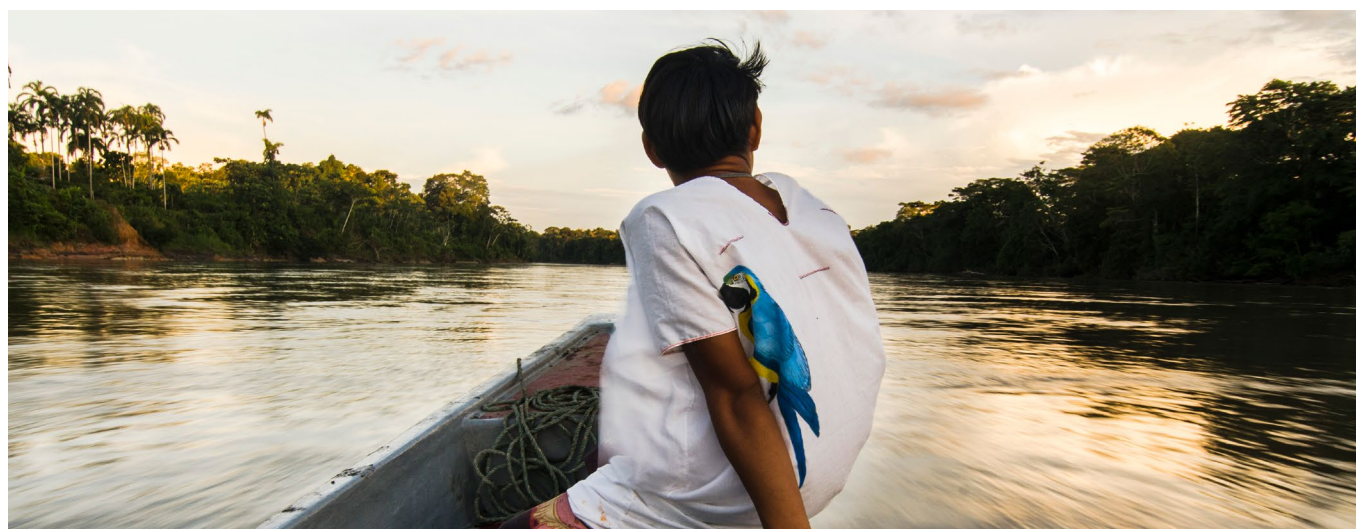
BACKGROUND

ES 1. In 2017, after several years of partnership between IFAD and Slow Food (SF) on themes related to food security, indigenous peoples and youth, IFAD approved a large grant project entitled “Empowering Indigenous Youth and their Communities to Defend and Promote their Food Heritage,” to be implemented by Slow Food over a period of three years. Total project costs amounted to US\$ 1.16 million, through a co-financing scheme whereby IFAD would provide US\$900,000 and Slow Food the balance.

ES 2. The overall goal of the project was to empower indigenous youth and their communities, and to improve the livelihoods of beneficiaries by protecting and promoting their food heritage, and upholding the sustainability and resilience of their practice. The project was fully anchored into the IFAD Strategic Framework 2016-2025, within which it contributed to Strategic Objectives 1 and 2. It also met the four objectives established by the 2015 IFAD Policy for Grant Financing.

ES 3. Component 2 aimed to provide institutional support for the SF Indigenous Terra Madre network (ITM) and develop the capacities of 300 indigenous youth to become pro-active and empowered members of the network. To achieve this purpose, eight capacity-building events were organized and were attended by 136 indigenous youths, 53.6% of whom were young women. In addition, training events staged within the framework of Project Component 1, aimed at establishing SF Presidia, also included modules on leadership and empowerment, which were attended by 189 indigenous youths. A total of 325 indigenous youths thus received training under the project.

ES 4. Through end-of-event questionnaires, interviews and an e-survey, the case study made a detailed analysis of the management and results of TM2018 and the three regional ITM events in the Asia-Pacific, Africa, Latin America and the Caribbean regions (hereinafter referred to as ‘events’). The main report and its annexes provide detailed information and statistical data for each event and a set of canvassed evidence.



KEY FINDINGS

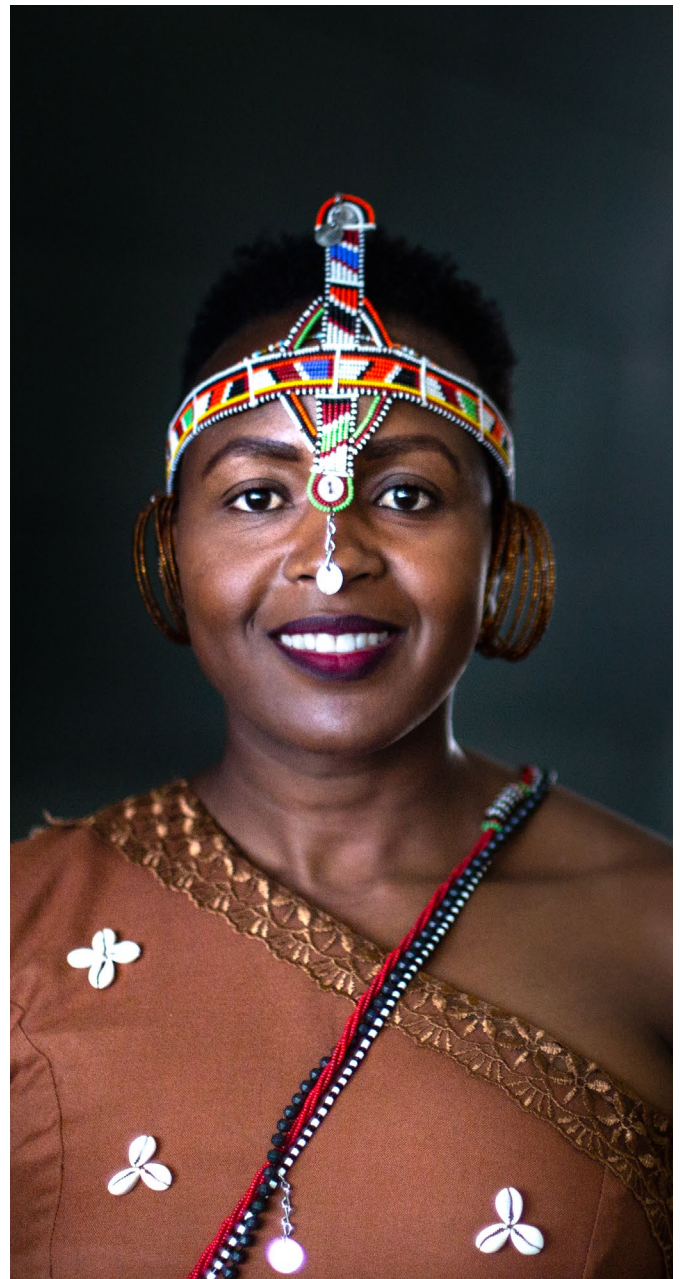
ES 5. Most indigenous youth expressed strong appreciation for the quality of the events, the materials made available and the opportunity to meet their peers from elsewhere. The events were conducted in a respectful and safe environment, which encouraged participants to fully engage and feel confident to share their views and enabled them to make good use of the learning, exchanging and networking opportunities made available. Participants learned and understood how indigenous peoples around the world face similar challenges, what their rights are, and how they can join forces and put SF principles and initiatives into practice. Participants also explored and connected the concepts that underpin and inform the work of Slow Food and IFAD—good, clean and fair food, agro-ecology and sustainable agriculture, food sovereignty, and equitable access to resources, indigenous peoples' rights to land and self-determination—with their own experience as indigenous youth—and learned how to use this knowledge in the context of advocacy, communication and fund-raising activities.

ES 6. At the individual level, impacts were significant. Most participating indigenous youth looked upon the SF event they had attended as a life-changing and empowering event. Recurrent messages were:

- SF ITM inspired, motivated and empowered participants by providing access to opportunities to develop, strengthen and express their skills and competences, in advocacy, organization and action;
- SF ITM participants deeply identified with SF as a worldwide movement that embodies their ideals for a better world, where everybody can have access to good, clean and fair food; becoming part of the SF movement has deeply impacted the participants' personal and professional lives and gave them a goal, a direction and a structure for the way forward in pursuit of their ideals;

- SF ITM empowered their communities by giving value and visibility to their indigenous agricultural, cultural and culinary traditions.

ES 7. At the same time, new knowledge and individual empowerment are necessary but not sufficient to generate change and the case study used participants' follow-up actions as an indicator



of effectiveness. All interviewees who attended TM2018 dedicated time and energy to put in practice what they had learned, and all reported that the first action carried out was the organization of meetings with peers and others to share the experience and the messages acquired during the training events inside and outside their communities. Many participants in all the events subsequently engaged actively as Presidium/Community members and Presidium/Community leaders, while 20% of participating indigenous youth founded new SF Communities after training. Of these, more than half were women or had not been SF members before the event.

ES 8. Sustained networking among participants and with SF staff after the events was another significant result, with virtually all being active in this respect, despite connection difficulties for those living in remote communities. A significant number of participants also asked SF for support to launch initiatives, but only a minority reported having received it. The key issue is that access to resources—financial, land, equipment etc.—to implement follow-up actions continues to be highly challenging for most indigenous youth. Thus, unless financial support for follow-up activities is provided in one form or another, the overall effectiveness and impact of the capacity-building events ceases at the level of the individuals participating, and there is only minimal spillover and impact in their communities. This is one of the complexities that SF, which has limited financial resources, faces in supporting its membership across the world. Although the movement is actively trying to address the problem, it has emerged as a gap in the current Project design.

ES 9. The case study also analyzed how the events performed with regard to gender equality. Across all events, gender balance was adequately achieved



and, in some cases, even shifted in favor of women. Young indigenous women led or co-led the three regional ITM events, during which young women and men had equal opportunities in terms of participation and contribution. Gender equality was also addressed directly or indirectly as a topic in the context of discussions on factors that cause discrimination and inequality. In this respect, the case study concluded that workshop facilitators who correctly respect the traditional ways of life and beliefs of indigenous peoples, should nevertheless take a more active role in stimulating discussion and analysis of beliefs, attitudes and practices that enable male control over access to assets, resources and opportunities to the detriment of women.

OVERALL RELEVANCE AND CONCLUSIONS

ES 10. The case study concludes that the Project approach was highly relevant for the achievement of the established objectives and that implementation was highly effective. The capacity-building events assessed have significantly contributed to:

- empowering 343 indigenous young women and men by developing their leadership and advocacy skills and competences, as well as their knowledge and understanding of SF's principles and goals;
- fostering the engagement and visibility of indigenous youth within a global movement that is striving to address their common challenges;
- inspiring and providing a boost of energy and motivation for all participants, indigenous and non-indigenous, youth and adults, to enhance the protection, appreciation and value of their food heritage and their sustainable practices;
- developing and consolidating national, regional and global networks through which indigenous and non-indigenous youth and adults communicate, exchange views and experiences, and acquire new knowledge,

inspiration and motivation;

- providing guidance for and monitoring of the advocacy efforts and actions of active indigenous youth in their communities and beyond.

ES 11. The Project has generated several lessons and insights that may be easily integrated into similar initiatives in the future. Deserving of specific attention are:

- during training event, it is important to create space for respectful but, at once, assertive challenges to participants' deeply held beliefs, in particular with regards to gender roles and relations;
- tailor-made measures are required to ensure that young indigenous women benefit as much as their male peers from the opportunities offered by similar interventions, particularly after events;
- financial resources are necessary to support participants in launching initiatives in their communities, so as to achieve stronger and more sustainable impacts from the training events themselves.



1. Introduction and background

1. In 2017, after several years of partnership between IFAD and Slow Food (SF) in support of innovative grassroots projects and the development of a strong indigenous peoples' network with specific attention to the inclusion of youth, IFAD approved a large grant project, with title "Empowering Indigenous Youth and their Communities to Defend and Promote their Food Heritage", to be implemented by Slow Food over three years¹. Total project costs amounted to US\$1.16 million, through a co-financing scheme wherein IFAD provided US\$900,000 and Slow Food the balance.
2. The overall goal of the project was to empower indigenous youth and their communities, improve the livelihoods of beneficiaries by protecting and promoting their food heritage and upholding the sustainability and resilience of their practice. The project was fully anchored into IFAD Strategic Framework 2016-2025, wherein it contributed to Strategic Objectives 1 and 2. It also met the four objectives established by the 2015 IFAD Policy for Grant Financing².
3. The project was structured into three components, each with its own outcome and outputs:
 - 1) Valorization of food heritage products through the Presidium model³;
 - 2) Institutional support and capacity-building for the Indigenous Terra Madre Network (ITM);
 - 3) Knowledge Management, including the "Participatory identification, development and dissemination of four case studies on project experiences and best practices actively involving project beneficiaries and stakeholders based on the Presidia as 'Living Labs'."
4. As part of Component 2, in addition to supporting the establishment and development of an ITM Advisory Board, SF carried out eight capacity-building events aimed at developing the capacities of young indigenous people to become pro-active and empowered members of the Indigenous Terra Madre network. The events are listed in Box 1 below.

Box 1. Capacity-building events organized as part of the Project⁴

Date	Location	Event title
June 2018	Nakuru, Kenya	ITM Kenya Road Map Towards 2020
September 2018	Turin, Italy	ITM and ITM-Slow Food Youth Network (SFYN) events at Terra Madre
September 2018	Turin, Italy	ITM Advisory Board workshop
May 2019	Nakuru, Kenya	Workshop and Exchanges Between Youth and Elders
October 2019	Ainu Mosir, Hokkaido, Japan	Asia Pan-Pacific ITM, including specific training for indigenous youth
December 2019	Nakuru, Kenya	ITM-SFYN Shaping the Future of Food Systems in Africa
December 2019	Goma, Democratic Republic of Congo	Terra Madre Grand Lacs
February 2020	Tlaola, Puebla State, Mexico	ITM Pueblos de América

Source: Slow Food

1. The case study adopted the definition of indigenous youth provided in the project document, i.e. persons with age in the range 15-34 years, who live in indigenous communities. IFAD defines youth any person in the age-range 18 to 24 years old ([link](#), visited on 4 May 2020) while the Slow Food Youth Network uses the age-range 18-32 years.

2. [See this link](#)

3. The project supported two Presidia in each of four countries plus one each in Colombia and Ecuador, as well as the development of a Participatory Guarantee Scheme (PGS) in two Presidia. For more information on Presidia and PGS, please refer to the reports of the other case studies.

4. Section 4 of the report provides detailed information on each event and Annexes 3a to c provide data on participants of each event

5. Furthermore, through Component 1 many capacity-building events and a few South-South exchange initiatives were carried out at the local and national levels, in the context of the support provided to the selected Presidia. Among these, several training events also included modules or elements aimed at developing the leadership skills of the indigenous youth participating and contributed to the objectives of Component 2. Hence, the number of participants in these events was included as part of the Project's overall target of developing the capacity of 300 indigenous youths.
6. This is the final report of the case study that analyzed the results of these events, supplemented by comments and suggestions by IFAD and SF stakeholders. Due to the outburst of the Covid-19 pandemic, the project's closing date was postponed to December 2020. The report was finalized in August 2020 and took into account Component 2 activities implemented as of March 2020.

2. Conceptual framework for all case studies

7. IFAD and Slow Food agreed that all case studies would refer to the same conceptual framework and criteria. The IFAD Policy for Grant Financing⁵ was selected for this purpose, based on the close match between project objectives and the approach to the Policy's principles, as shown in Box 2.

Box 2. Principles of the IFAD Policy for Grant Financing and the case studies

Principle	Grant Project Component	Case study
i) Promote innovative, pro-poor approaches and technologies with the potential to be scaled up for greater impact	Component 1, through the establishment of five new Presidia, the strengthening of five existing Presidia and the launching and testing of the Participatory Guarantee Scheme (PGS) for two Presidia	Two Presidia case studies and Participatory Guarantee Scheme (PGS) case study
ii) Strengthen partners' institutional and policy capacities	Component 2 of the project, through the institutional strengthening of the ITM network that also include Presidia's youth members, as a means for social empowerment, exchanges and South-South triangular cooperation	Capacity-building case study
iii) Enhance advocacy and policy engagement	Component 2, which foresees the participation of the ITM network in international events and platforms, and pursues communication, advocacy and policy engagement	Capacity-building case study
iv) Generate and share knowledge for development impact	Component 3, through provisions for knowledge exchanges through local, regional and international events and workshops	All case studies

Source: IFAD Policy for grant financing

5. See footnote 2.

8. Using the same conceptual framework also entailed that all case studies would contribute to the same goals, respond to the same overarching questions, and adopt the same criteria and cross-cutting issues as analytical domains, as shown in Boxes 3 and 4 below.

Box 3. Overarching goals and questions

Goals

To learn lessons on the enabling factors and challenges that affected the implementation process and the achievement of results and impacts.

To assess how the engagement of participants with the project (process) has led to results (outcomes) and to significant changes (impacts), positive or negative, in their lives and in their communities, as well as the prospect for these changes to be sustained over time.

Questions

What have been the main enabling factors in the achievement of positive changes, can they be replicated elsewhere, under what conditions?

What were the challenges and related lessons generated that need to be learned for similar interventions the future?

What have been the changes in the lives of participants as a result of the project and what are the prospects for positive changes to be sustained over time?

Source: Source: Case studies Terms of Reference, August 2019

Box 4. Core criteria and cross-cutting issues

Core criteria

Effectiveness: through this criterion, the case studies analyzed the enabling and challenging factors in the process for the establishment and strengthening of the Presidia, as well as the degree of achievement of project results

Impacts: the case studies analyzed what have been and are likely to be the long-term changes in the livelihoods of participants, positive and negative

Sustainability: this included environmental, economic and social sustainability, providing insights into the prospects for long-term functioning of the Presidia

Relevance: unlike the traditional evaluation practice⁶, here the criterion of relevance will represent a synthesis of the overall performance of the selected Presidia.

Cross-cutting issues

Gender equality: this is a key principle for both IFAD and SF and should be mainstreamed in all activities; the case studies thus analyzed the extent to which the project took gender equality into consideration during implementation, as appropriate, and the specific results in this respect.

Empowerment: the project aimed at both economic and socio-cultural-political empowerment. In its 2012 gender equality and women's empowerment policy, IFAD defines empowerment as “...the process of increasing the opportunity of people to take control of their own lives. It is about people living according to their own values and being able to express preferences, make choices and influence – both individually and collectively – the decisions that affect their lives...”⁷ The case studies analyzed any available objective evidence about the empowering process, along with the changes in the self-perception of participants in this regard as a result of the project.

Participation: the “who, how, when and for what” of participation was assessed in all case studies, as appropriate, with regards to the project implementation process and its results.

Source: Case studies Terms of Reference, August 2019, slightly adapted.

6. In international evaluation practice (see OECD/DAC Evaluation Glossary at [this link](#)) the criterion of Relevance assesses the “extent to which the objectives of a development intervention are consistent with beneficiaries’ requirements, country needs, global priorities and partners’ and donors’ policies”.

7. See [this link](#)

9. In all case studies, the approach was highly participatory, inclusive and transparent; as far as it was possible, project participants' views and opinions were thoroughly explored throughout the process and reflected in the report. Triangulation of the collected information and evidence strengthened the robustness of the findings⁸.

3. Methodology for the Capacity –building and Empowerment case study

10. Component 2 had two outputs: the institutional consolidation of the ITM network; and the capacity-building of 300 youths, including members of the supported Presidia, in networking and leadership. Although both could be analyzed through case studies, the second appeared to be more interesting from the perspective of the project's key target group—i.e. youth—and the potential for up-scaling and replicability of the experience. It was thus agreed that this case study would analyze the project's process and achievements in terms of capacity-building among indigenous youth.
11. Two key aspects of the project's work were assessed:
- the results and impacts of the capacity-building efforts, formal and informal, of the ITM Youth Focal Points, which relied on a variety of perspectives, including: participants' self-assessment of skills developed; analysis of follow-up activities carried out by each participant, including challenges and results;
 - the degree of networking across the ITM through analysis of the actual level of exchange and interaction with other members (nodes) of the network and related results and impacts.
12. The following criteria and cross-cutting issues could be applied:
- Effectiveness, meaning the achievement of the capacity-building objectives for each event;
 - Impact and empowerment, or the lasting changes in the lives of participants and their self-perceived empowerment through the events;
 - Gender equality, concerning the gender balance of participants and the attention given to gender equality during the events that were directly observed;
 - Overall relevance, comprising the overall performance of the capacity-building events.

8. Triangulation means gathering data from at least two different sources, possibly through different methods, and comparing and cross validating the findings.

13. The case study included the following steps and tools:

- a. Desk-review of the capacity-building activities carried out; preparation of questionnaire/s, checklists and interview protocols for the different contexts and profile groups⁹, addressing both capacity-building and networking aspects;
- b. Anonymous questionnaires canvassing the views of participants in the three regional ITMs on the quality of each event, in terms of contents, organization and logistics, as well as on the immediate perceived result of the training on participants' knowledge and skills;
- c. Analysis of post-event follow-up activities carried out by participants, based on information provided by interviewees and e-survey respondents and updated as of June 2020 by Slow Food staff;
- d. Direct observation of ITM-SFYN in Kenya and ITM-Pueblos de América in Mexico;
- e. Face-to-face, phone, skype and email interviews with 21 participants who had attended one or more of the training events¹⁰.

14. In addition, an e-survey was conducted in June 2020 through an online questionnaire sent to all participants in the events listed

above for whom an email or phone contact was available. Its aim was to canvass information on the work carried out by each participant as a follow-up to the training attended. The questionnaire reached 199¹¹ people and had a response rate of 27%, with 53 respondents. It is well known that many factors influence the response rate to on-line surveys and the exceptional circumstances of the COVID-19 pandemic across the world have certainly not facilitated the access to internet for indigenous people who often live in remote locations. A higher share of indigenous persons responded to the questionnaire compared to the percentage share of their profile group among recipients of the e-survey, (87% against 79%), with a slight prevalence of indigenous adults over youths. Gender-wise, a slightly higher share of men than women responded across all profile groups. Region-wise, respondents to the e-survey from Latin America and the Caribbean (LAC) were more numerous than their share among e-survey recipients (36% against 23%), whereas respondents from Africa and the Middle East (AME) were slightly fewer (36% against 41%) and from Asia-Pacific (AP) even fewer (15% against 24%)¹². The questionnaire also included questions on the impact of the COVID-19 pandemic on the Slow Food-related work of each participant.

9. The case study established 8 profile groups of participants, taking into account ethnicity (indigenous, non-indigenous), gender (male and female) and age (youth and adults).

10. Interviewees had attended Terra Madre 2018 (15), the workshop for ITM Advisory Board members (3), one national ITM event in Kenya (3) and one or more of the three regional ITMs (13).

11. Email addresses were not available for 57 ITM Grand Lacs participants and 8 other participants; three ITM AB members had contributed comments on the questionnaire draft and were not included in the mailing list.

12. Annexes 4a and 4b provide detailed information on the profile of respondents

15. The profile of the respondents to the e-survey was also found to be somewhat different from that of the 'non-respondents' in terms of length of collaboration with SF, as well as of post-event engagement in SF-related work. Among other indicators, 68% of respondents had already collaborated with SF before attending any SF event, against 47% of non-respondents, while more respondents were assessed to be more active after the event than non-respondents, as discussed later in the report. Further, the time dedicated to responding to a boring, albeit short questionnaire was in itself an indicator of interest and commitment to SF. Thus, this report considers respondents to be a "more engaged" group of participants than non-respondents.

16. The case study had three main limitations:

- the contents and results of the ITM Grand Lacs conducted in December 2019, in Goma, Democratic Republic of Congo, could not be analyzed due to the complexity of communication in the country, further aggravated by the COVID-19 pandemic;
- the analysis of the results at community level was only possible on few communities, through the case studies on Presidia and PGS;
- the case-study was initially planned to be carried out in the period between October 2019 and March 2020 but the outbreak of the COVID-19 pandemic and the related lockdown measures in Italy and most other countries led to a delay and a smaller outreach in the collection of data and information. The draft report was eventually shared with Slow Food and IFAD in August 2020.



4. Brief description of the events analyzed in the case study

17. As shown in Box 1 above, the project capacity-building activities that specifically aimed at developing the leadership skills of and empowering indigenous youth included workshops and regional meetings at Terra Madre 2018, one specific workshop for the ITM Advisory Board members after TM 2018, two national workshops in Kenya, three regional and one sub-regional ITM events, in Japan, Kenya, Mexico and the Democratic Republic of Congo respectively. The eight events were attended by 268 participants, 84% of whom were indigenous people, 51% were indigenous youth, 51% were women and 62% were indigenous and non-indigenous youth¹³. Indigenous youth from AME countries were the largest social group across all participants (24%), thanks to the organization of the sub-regional ITM Grand Lacs. Indigenous youth from LAC and AP represented 16% and 6% of all participants, respectively. Many indigenous youths who were members of the IFAD-supported Presidia attended the respective regional ITMs. Events differed in terms of number of participants, purpose, structure and contents, as described briefly below¹⁴.

18. Terra Madre 2018 devoted significant space and importance to Indigenous Peoples and 324 indigenous delegates, including 142 youth, attended the five-day event. Among the indigenous delegates, five adults and 11 youths represented the ten Presidia supported by the IFAD project. Preparatory work had included the development of the ITM capacity-building

strategy by SF Indigenous People Focal Point (IPFP) and a young indigenous woman member of the ITM Advisory Board, with the overall goal of building the capacities of young indigenous food leaders. The ITM Network was established and the capacity-building strategy launched, with the following activities:

- three sessions to develop participants' knowledge and capacity to implement Slow Food-related activities; topics included the development of a Slow Food project, communication and IP rights;
- a workshop aimed at developing a close link between ITM and the Slow Food Youth Network (SFYN) at the global level, by raising awareness of the challenges faced by indigenous peoples and by connecting indigenous and non-indigenous youth to enable collaboration towards shared SF goals; a "Youth ITM and SFYN Declaration" was the immediate output of this session;
- five regional meetings to develop regional road maps towards ITM 2020 and plan their implementation, including regional ITM events.

19. Sessions were attended by 37 indigenous youths, including 11 youths from the Project Presidia, and two indigenous adults. In addition, 18 non-indigenous youths attended the ITM-SFYN workshop. Participants came from 26 different countries across all regions, mostly from LAC (46% participants, eight countries), followed by anglophone AME countries (26% participants, six countries) and AP (16% participants, five countries).

13. In total, 297 persons attended the eight events, with 17 participants attending more than one. See Annexes 3a, 3b and 3c for detailed breakdowns of attendance at each event. No detailed information was available about non-indigenous participants in the ITM Grand Lacs.

14. In order of reducing repetitions, all analysis and discussion about gender balance among participants is consolidated in Section 5.3 below.

20. Soon after Terra Madre 2018, SF organized a three-day capacity-building event for ITM Advisory Board members, comprising three young and six adult indigenous people. In addition to the AB members¹⁵, five guest indigenous people and several SF staff attended the workshop. The program included sessions on communication, leadership, and the fine-tuning of regional ITM strategies. Since then, the Board has been meeting on a regular basis, in person whenever possible though mostly virtually, to share information and experience, develop ITM strategies, and advise and make proposals to the SF Council on indigenous people matters.
21. The first regional ITM, organized by Slow Food International, Slow Food Nippon and Ainu Women Association, took place in October 2019 in Ainu Mosir, Hokkaido, Japan. An indigenous young man, who had the role of SF Nippon Youth Focal Point and was a member of the ITM Advisory Board, took the lead in developing the program and contents of the event. Over four days, 38 sessions were held, including conferences, workshops and taste workshops. In total, 82 people attended from 21 countries in the region, including Russia and the USA, in addition to a few others¹⁶. The large majority of participants, 88%, were indigenous people and indigenous youth represented 29% of all participants, the lowest share for this profile group across all events. An ITM Advisory Board meeting and a dedicated training event for indigenous youth were also held, the latter with 19 participants.
22. The dedicated training event for indigenous youth was facilitated by two young indigenous women, one a member of the ITM AB. It had the following goals: a) to lay the foundations for a solid network of indigenous youth in the region; b) to enable the sharing of food-related experiences among youth and elders; c) to make in-depth analysis of issues emerging in the sessions for the broader public. The feedback on the entire event provided through an end-of-event anonymous questionnaire, responded to by 31 participants, was overwhelmingly positive. All answered that the event had an influence on their life or work, and “new knowledge” and “inspiration” were the most recurrent concepts in the open-ended questions. Most respondents also stated that the event had been a major opportunity to meet people who face similar challenges, share experience in this respect and initiate a regional network. Approximately 20 respondents also asked for support from Slow Food to initiate a SF-related project in their own countries.
23. The second regional ITM took place in December 2019 in Nakuru, Kenya, and was entitled ITM-SFYN Shaping the Future of Food Systems in Africa. Organizers included the SF ITM network, SFYN and HIVOS, a humanist organization that strives for a free, fair and sustainable world. A four-day training event brought together 19 indigenous and nine non-indigenous young food activists, plus one indigenous adult man, to develop their capacity to advocate for better food systems. The majority of participants, 66%, were indigenous youths. Participants came from six anglophone countries in Eastern and

15. Two ITM AB adult members could not attend the training meeting.

16. Three ITM Advisory Board members and a representative of the United Nations Human Rights Office of the High Commissioner's Focal Point for Indigenous Peoples, all from countries outside the Asia-Pan Pacific region, also attended.

Southern Africa, and from the Democratic Republic of Congo. The training event, held in both English and French, aimed at providing participants with knowledge and tools to act as agents of change and advocate in and for their own communities. Lecture-style sessions alternated with interactive sessions and field visits. Topics included land rights, agro-ecology, gender issues, communication, fundraising and the development of seven national advocacy action plans.

24. One of the main outputs of the ITM-SFYN workshop was the creation of the “African Youth Leaders for Inclusive and Sustainable Food Systems,” a Slow Food Community bringing together indigenous and non-indigenous youth from the seven participating African countries, to advocate for indigenous peoples’ food systems and rights. A one-day public event at the end of the workshop enabled the Nakuru population to be informed about the ongoing work and the collaboration with IFAD and the SF network in the region. It included thematic panels, speeches, presentation of the outputs from the four-day training event, stands for the sale of indigenous groups, dances and convivial get-together.

25. Also in the case of the ITM-SFYN event, the responses to the anonymous end-of-event questionnaire were overwhelmingly positive, with virtually all replies in the positive range with regard to the quality of the event, acquired skills and competences in initiating SF-related work and the opportunity to meet other people and develop a network. New knowledge on gender issues and agroecology was specifically mentioned as important. The majority of respondents also stated they would like to receive more technical, organizational and managerial support from SF.



26. The third regional event brought together LAC countries and was held in February 2020 in Tlaola, Puebla State, Mexico. Entitled ITM Pueblos de América, it was organized by the SF ITM network, Comida Lenta México, the Christensen Fund and the Nahua women and youth who live in Tlaola and are members of the Slow Food Chile Serrano Presidium. The event consisted of three days of training sessions plus a public open day engaging the entire population of Tlaola. Of the 41 participants, 76% were indigenous youths, 5% were non-indigenous youths, and 12% indigenous adults. Eight countries in the region were represented, along with the USA. Lecture-style sessions alternated with interactive sessions and field visits. The training extensively analyzed the role of women and youth in the conservation of traditional food systems. Topics included Slow Food goals and principles, networking, the development of an action plan for the



ITM network in America, initiatives aimed at protecting and promoting biodiversity, and mechanisms to access resources for community projects. Participants also contributed extensive and detailed proposals for an ITM Action Plan in Latin America.

27. The anonymous end-of-event questionnaire showed that a large majority of participants appreciated the quality of the event, the materials made available and the opportunity to meet other indigenous youth. Most respondents mentioned that improved knowledge about traditional food systems and indigenous people was the direct result of the event and that they had learned to explain what SF is and how to launch a SF-related project. The majority also stated that they would like to receive further technical and managerial support from SF.

28. Across the three regional ITMs, responses on the organization and logistics of the events were also highly positive. The program and duration of the events appeared appropriate, albeit very demanding in terms of the contents

addressed. Observation of two regional ITM events suggested that approximately 30 participants was the appropriate dimension that allowed both sufficient diversity and meaningful interaction among participants, fundamental elements for effective capacity-building and the development of robust networks. Suggestions for improvement formulated by participants mostly concerned internal organizational issues and could easily be catered for by SF at future events. It was suggested, for example, that more time should be dedicated to case study discussions, which ought to be as relevant as possible to the contexts of participants and to field visits¹⁷.

29. Furthermore, the two directly observed events were conducted in a respectful and safe environment, which encouraged participants to fully engage and feel confident to share their views. This appeared to enable most, if not all, of them to make good use of available learning, exchanging and networking opportunities. Most of the participants at all events who were interviewed stated that they had learned and understood how

17. The author of the case study also noted that time should be dedicated to explaining and clarifying whenever there is evidence of misunderstanding among participants on concepts and definitions of any kind.

indigenous peoples around the world face similar challenges, what their rights are, and how they can join forces to put SF principles and initiatives into practice. The concepts that underpin and inform the work of Slow Food and IFAD, including good, clean and fair food, agro-ecology and sustainable agriculture, food sovereignty and equitable access to resources, and indigenous people's rights to land and self-determination resonated deeply with all. The training events offered the participants the possibility to explore and connect these concepts with their own experience as indigenous youth, and to learn how to use this knowledge in the context of advocacy, communication and fund-raising activities.

30. The age range of participants at the events also appeared appropriate to facilitate learning and exchange across different age cohorts. The mix of younger (aged 18 to 24, 20%), young (aged 25 to 34, 43%) and adult (older than 35, 38%) participants made it possible to capture the energy and enthusiasm of the younger generations by building on their needs and expectations, while constructively engaging with young and adult persons, who typically have more clout and experience, can more easily play a role model in their communities, and may have easier access to resources.

31. In addition, two small-scale workshops were held in Kenya. The first, which took place in June 2018, was held in conjunction with the Slow Food International Council organized in that country. It brought together five indigenous youths to develop the first building blocks for an ITM Africa roadmap. The second was held in May 2019 and brought together seven indigenous youths and four indigenous elders with the purpose

of strengthening the national ITM network in Kenya by developing closer links across different indigenous communities, creating intergenerational and inter-food-sector exchanges, and updating the ITM Kenya Road Map 2020.

32. The project also supported a sub-regional ITM event for Central African francophone countries, the ITM Grand Lacs held in Goma, Democratic Republic of Congo, in December 2019. This event was in itself a major result of the efforts of DRC Slow Food members, in particular of an indigenous adult member of the ITM AB who had attended Terra Madre 2018, the Asia Pan-Pacific ITM and the Kenya ITM-SFYN, and two indigenous youths who had participated in the latter event. Out of approximately 125 indigenous people attending the entire event, 60 participated in a dedicated training event, 58% of whom were youths.

33. Finally, two South-South exchange initiatives were organized and carried out, as follows:

- Two women crab gatherers, a youth and an adult, and two facilitators, one from the Esmeraldas Blue Crab Presidium in Ecuador and the other from the Providencia Black Crab Presidium in Colombia, participated in a South-South exchange in November 2018 and March 2019 to share experiences, challenges and solutions in their respective local areas;
- an exchange got underway at Terra Madre 2018 between the women of the Gran Chaco Wild Fruits Presidium and the Wichi Honey Presidium, with a representative of the former visiting the latter to share knowledge of processing carobs into flour. The plan is now for a group of Wichi women to visit the Gran Chaco Presidium by the end of 2020 to exchange best practices and strengthen the relationship.

5. Analysis by criteria and cross-cutting issues

5.1 EFFECTIVENESS

34. This section analyses the results of the training events in terms of participants' uptake of lessons and knowledge, and participation in Slow Food work. Information was canvassed through written feedback, interviews, the e-survey of June 2020 and feedback from Slow Food staff.

35. The capacity-building events listed in Box 1 above trained 136 indigenous youths and 31 non-indigenous youths, of whom 54% and 45% respectively were women. Moreover, as mentioned above, several training events organized to support the five existing and five new Presidia comprised modules on leadership and networking skills or related topics, which were attended by other 189 indigenous youths. Thus, overall, the Project overcame the established target of training 300 youths in networking and leadership.

36. A key factor to be considered in assessing the short-term effectiveness of the regional ITM events, in particular in the AME and LAC regions, was the outbreak of the COVID-19 pandemic and the related lockdown measures in most countries. Virtually all e-survey respondents (94%) stated that lockdown measures were implemented in their countries, and for 81% of them the measures have affected progress in their SF-related work. Open-ended comments indicated that the impossibility of meeting and carrying out community mobilization, awareness-raising and planned events, was further aggravated

by the limited access of indigenous peoples to digital technologies. Many indigenous groups have faced very dire circumstances resulting from the lockdowns, including increased community conflicts over grazing and agricultural areas, increased food insecurity due to loss of employment and market outlets, and limited or no access to health services and other governmental support services. Only about 10% of respondents reported successfully organizing local gardens, markets and local relief schemes, sharing on-line information on local value chains with customers, and promoting the use of medicinal herbs. Overall, negative impacts to date have been from serious to dramatic at all levels and in all countries.



37. With regard to the learning and knowledge aspects of the events, 96% of respondents to the e-survey stated that the event they had attended had been “interesting.” This feedback confirms the comments provided by most participants through the end-of-training questionnaires mentioned above. In any event, the learning curve and the messages “taken back home” are obviously not the same for all. Direct observation and a few comments from the end-of-the-event questionnaires suggest that a few sessions and concepts were difficult and distant from the reality of a number of participants¹⁸. In these cases, some of the newly acquired knowledge will likely be passed on to the concerned communities, but little autonomous action will emerge.



38. New lessons and knowledge are necessary but not sufficient in themselves to generate change. A more reliable indicator of the effectiveness of the events was follow-up actions by participants. All interviewees who attended TM2018 had dedicated time and energy to putting into practice what they had learned and all reported that the first action carried out was the staging of meetings with peers and others to share the experience and messages acquired during training. Virtually all e-survey respondents stated they had made presentations about SF and what they had learned both inside and outside their communities.

39. Many e-survey respondents also actively engaged as Presidium/community members (74%), Presidium/community leaders (58%) and/or founders of a new community (45%)³⁹. The results about new SF communities were confirmed by Slow Food staff, who also reported on new SF communities being established by non-respondents. In total, 56 participants (50% of whom indigenous youth) established more than 60 new SF communities as a direct result of their attending an ITM event. Moreover, slightly more than a third, 21, had not been SF members before attending the event. Participants in Africa ITM-SFYN were

18. For example, a non-African country was selected as a discussion topic for one specific session, thus reducing the relevance of the session for participants.

19. Slow Food formally adopted the SF Community model at the Chengdu International Congress in 2017 as the building block for organizing supporters and members across the world. The ITM Advisory Board adopted the Slow Food Community Declaration in June 2019 and presented to the SF international Council in Chiusi, Italy, a plan to establish 100 SF Communities by TM 2020. The Slow Food website, <https://www.slowfood.com/our-network/slow-food-communities/faq/>, accessed on 24 June 2020, stated: “A Slow Food Community is a group of people who share the values of the international Slow Food movement (reasserted in the Chengdu Declaration), starting from the core principle that everyone has a right to good, clean and fair food and that Slow Food will not give up the fight until every last person on the planet has access to it. Made up of at least 10 people (approximately—the exact number will vary depending on the area), it represents the basic nucleus of the Slow Food network, similar to the *convivia*. A community is formed for a specific purpose (for example to protect and promote a local food, to create a food garden, to launch an education project, etc.) linked to Slow Food’s general aims, and works in a specific area, in dialogue with the rest of the local and regional network. At the same time, it undertakes to make the international network stronger by supporting it in various ways.”

the most active founders of SF communities, with more than half being successful (16 out of 29), virtually all established by indigenous youth. Among participants in the ITM Asia-Pan Pacific, 30% (25 out of 82) engaged in establishing new SF communities, but in this case the majority were indigenous adults. A slightly smaller percentage of participants in TM2018, though virtually all indigenous youth, did create SF communities (28%, 16 out of 57). Although only nine participants out of 40 in ITM Pueblos de América established a new SF community, it is important to note that 16 participants were already members of SF Presidia before attending the event, hence establishing a new community was not a meaningful activity for them. Furthermore, the lockdown measures adopted by governments to contain the COVID-19 pandemic have blocked most social work since mid-March 2020, two weeks after the event itself.

40. E-survey respondents also engaged in developing action plans (72%), organizing or taking part in advocacy events (57% and 60% respectively) or preparing a budget (47%), and in other SF-related work (77%)²⁰. Across all these activities, indigenous youth were systematically more active than any other profile group, with the exception of “other SF-related work” wherein the other profile groups showed higher levels of engagement.

41. Most respondents across all profile groups replied positively to the questions about staying in contact with other participants from the same and other countries, with average values of 91% and 89% respectively;

indigenous and non-indigenous youth were the most active groups. Extensive contacts across peers were also confirmed by most interviewees, although access to reliable internet connections varied significantly with obvious impacts on the possibility and frequency of interactions. Data from the ITM Network Facebook Group showed that the number of members in the group increased to 872 in 2019, and that in the same year more than 5,122 interactions took place, including 909 posts (+167%) and 415 comments²¹. Overall, there is no doubt that SF events have resulted in significantly expanding the personal and professional networks of all participants and contributed, at least to some extent, to their empowerment.

42. Most respondents, 89%, had also been in contact with SF staff. A small majority, 66%, said they had made requests, but only 51% of respondents said they had actually received any technical support. Requests and access to administrative/organizational and marketing support were reported by 40% and 26% of respondents respectively. The most active groups in requesting and accessing various types of support from SF were non-indigenous youth followed by indigenous youth. These data reveal the huge challenge that SF faces in meeting the support needs of its membership. A first issue in this regard is that requests reach SF at different levels and in many different forms, ranging from the occasional technical question to a national coordinator in a meeting to a written email addressed to a regional coordinator based in headquarters asking for funds, and anything

20. Respondents did not explain what ‘other’ SF-related work meant; probably, it includes networking and coordination.

21. In 2019, Facebook grouped under the term “interactions” the reactions, i.e. emotions, the views and the shared actions.

in between across all social media used by SF staff. With such a variety of approaches, it would be impossible to organize a corporate repository and keep track of members' requests, hence there may be requests that occasionally go unheeded. At the same time, different interpretations may exist about what is a "request for support," which is often understood to be mostly financial even when qualified as technical, or organizational or in the marketing domain. However, SF has virtually no spare financial capacity, which automatically means that financial support cannot be provided. Overall, the e-survey responses suggest that the issue may need more in-depth analysis to understand how to better provide follow-up assistance to SF members.

43. The high level of commitment and engagement with SF by e-survey respondents was confirmed by Slow Food staff, who observed that 85% of the e-survey respondents (45 persons) had become more active in SF activities after attending training meetings, compared to 56% of non-respondents. Taking into account the fact that a few other indigenous youth leaders attended the events but did not respond to the e-survey for a number of reasons, data show that approximately 20-25% of participants were able to fully take advantage of the events²². They appropriated the new tools and concepts proposed, strengthened their personal networks, and started putting into place the next steps for their own activities and for those at community level. Through the SF events, these youths have become leaders and flag-bearers for Slow Food and for their own

communities, and their contribution to the global movement should be duly recognized and valued.

44. On the other hand, based on Slow Food staff's analysis, 56 participants who represent 28% of respondents and non-respondents together, had not become active members of the local communities or presidia after attending an event²³. It is important to note that a large majority of the non-active participants (77%, 43 people) had not been active SF members before attending the event and the event had thus been the first opportunity for them to learn about SF and for SF to know them. This means that only 22% of participants did not engage further with SF after the events, or only to a very limited extent. This seems to be an acceptable degree of limited success and it would probably occur under stricter selection methods too. These results should also be compared with the finding that 41 participants—including 15 respondents to the e-survey, i.e. highly performing participants—had not been active members before the event but did become active promoters after the events.
45. The data above show that for approximately 50% of non-responding participants, the events were an opportunity to join a global network of people who face similar challenges and share similar ideals, and to learn about tangible actions and processes they can promote within their communities for the improvement of their livelihoods. Members of this group should be able to initiate activities in their communities with support and monitoring from SF.

22. This and the following percentages are calculated out of the 199 participants who were reached through the e-survey, who are those for whom SF has some information on their follow-up activity.

23. The profile group composition of the non-active group closely mirrors the profile group distribution of respondents and non-respondents together.

46. The ITM-SFYN strategy developed at TM2018 has been implemented since then. In addition to the joint event in Kenya in December 2019 mentioned above, groups were created in six countries which carried out a range of SF activities. These included the promotion of traditional products and recipes, Disco-Soup events, environmental conservation initiatives, discussions and debates on various topics. In each country, the participation of indigenous youth varied depending on the context and, in some cases, the local networks have included indigenous communities that had not yet engaged with Slow Food. In general, these events contributed to raise awareness among the broader public on Indigenous Peoples and SF themes and were useful opportunities for indigenous and non-indigenous people to get to know each other better and develop mutual trust and respect. These initiatives were also instrumental in allowing youth who have leadership and activist capacities, to naturally emerge and gain confidence and skills.
47. Furthermore, eight participants in the regional ITM-SFYN event in Kenya in December 2019 enrolled in a Slow Food Academy project supported by the Agro-Ecology Fund for a six-month training initiative on agro-ecology to be organized in Uganda during 2020.
48. Last but not least, in terms of results, access to resources has emerged as a major challenge for all active participants, irrespective of their individual skills and competences. Few e-survey respondents were successful in raising funds for either a SF project (12, representing 23%) or an advocacy event (5, representing 9%). Interviews and e-survey open-ended comments indicated that availability of financial resources remains the main obstacle for most participants in their SF-related efforts. Challenges include access to land to establish SF gardens, raising funds to organize events and promote and advocate for SF principles, as well as participants' own time availability as volunteers, often in conflict with their need to earn a living.

5.2 IMPACT AND EMPOWERMENT

49. Evidence about both concepts was canvassed through interviews and the e-survey.
50. All interviewees looked upon their participation in a SF event as a life-changing experience. Among the respondents to the e-survey, all indigenous and non-indigenous youths answered positively about the empowering impact of the event they had attended, together with the majority of indigenous and non-indigenous adults. In addition to the relevance and importance of the acquired new knowledge to their livelihoods and to their communities, the common thread emerging from all interviews was that the events enabled respondents to see connections, links, causalities and similarities of which they were previously unaware, and this contributed to their changing their mindsets and perceptions about themselves and their communities. The core message was that participants

understood how widely shared the plight of indigenous communities across the world is. They were thus inspired by the SF principles and concepts as possible ways forward to improve their communities' food systems and livelihoods.

51. Interviewees obviously had different capacities expressing their experience with SF, but all conveyed the same key messages:
- SF is a worldwide movement that embodies their ideals for a better world where everybody can have access to good, clean and fair food;
 - SF ITM inspired, motivated and empowered them—young indigenous women and men—by providing access to opportunities for developing, consolidating and expressing their skills and competences, in advocacy, organization and action. Becoming part of the SF movement has deeply impacted their personal and professional lives by giving them a goal, a direction and a structure for a way forward in pursuit of their ideals;
 - SF ITM empowered their communities by giving value and visibility to their indigenous agricultural, cultural and culinary traditions.

52. In a number of cases, participation in a SF event also opened up opportunities that were previously well beyond the imaginable reach of participants and significantly contributed to their personal empowerment. The most tangible examples concerned two Japanese indigenous youths, a man and a woman, who had attended TM2018 and had played a key role in the organization of the ITM Asia Pan-Pacific. This background led to: 1) the successful application by the indigenous young man to an Indigenous Fellowship Program offered by the Office of the High Commissioner for Human Rights, which entailed five weeks in Geneva to study Indigenous People's rights worldwide and relevant UN mechanisms; 2) the nomination of the indigenous young woman as a delegate for the Ainu Women's Association at the Asia-Pacific Regional meeting for the Beijing+25 Review in November 2019. Furthermore, three members of the ITM AB became members, respectively, of the International Indigenous Forum on Biodiversity of the Convention on Biological Diversity, of the IFAD Regional Preparatory Meetings for the IFAD Forum for Indigenous Peoples and of the Steering Committee of the IFAD Forum for youth.





53. The invitation to be part of the ITM Advisory Board and the related capacity-building workshop, had similar life-changing impacts on the indigenous youth members, projecting them to a regional and global visibility that would previously have been unthinkable. Likewise, the opportunity offered to a few young indigenous chefs to prepare food at TM2018 alongside world-famous chefs had a similar impact on their professional national and international visibility and credibility.
54. Based on the narratives of some participants and interviewees, the case study also used “travel outside one’s community” and “travel abroad to attend one of the SF events” as indirect indicators of empowerment. Responses to the e-survey show that, for 15% of the respondents, the event was the first time they had travelled outside their own communities and that, for 34% of them, it was the first time they had travelled outside their countries. Thus, for half of the respondents, simply attending a SF event was, in the words of interviewees, a memorable experience that, on its own, triggered a change in terms of self-confidence and the opening up of possibilities. Taking into account that any Terra Madre Salone del Gusto is a deeply impacting experience even for seasoned professionals, it

is easy to understand the transformative role that TM2018, a multi-culturally rich, lively and stimulating event that provided wide scope and visibility for indigenous people, had for participating indigenous youth.

55. Thanks to active participants, the ITM events triggered impacts in a number of indigenous and non-indigenous communities, too. The establishment of a sizable number of new SF communities was a direct positive impact of the training events and, with 125 new SF indigenous groups being established, the target of 100 new SF communities has been exceeded. In any case, with or without formal SF communities being established, more than 60% of participants were more active or highly active after the events²⁴. The activities that were most frequently reported included: the setting-up of Slow Food gardens and poultry, beekeeping and other animal production units in accordance with SF principles; spreading information about and advocating “Good Clean, and Fair Food”; the training of new chefs on SF principles; the launching and running of Farmer’s Markets; the proposing of products for the SF Ark of Taste; the launching of procedures to establish new SF Presidia; and the organizing of Disco Soup events.

24. Respondents to the survey were considered ‘highly active’.

5.3 GENDER EQUALITY

56. Across the eight capacity-building events, women represented 51% of participants. Indigenous women, both young and adult, represented 49% of all indigenous people and 42% of all participants; young indigenous women represented 29% of all participants and 53% of all indigenous youth. Women's attendance varied across events, as Box 5 below shows. With regard to overall women's attendance, the highest level was registered at ITM Pueblos de América, 63%, and the lowest at ITM Grand Lacs, 40%.

57. Indigenous young women were more adequately represented than indigenous young men, with the highest share, 68%, at ITM Pueblos de América, and the lowest, 40%, at ITM Africa Road Map. However, the share of indigenous young women out of all participants attending the events varied from a low of 13% at the Asia Pan-Pacific ITM, to a high of 53%, at ITM Pueblos de América. Average attendance was 29%, compared to 26% for indigenous young men.

Box 5. Women's attendance at each capacity-building event

	Kenya ITM Africa road map	Terra Madre 2018	Advisory Board workshop, including guest participants	Kenya national ITM	Asia Pan-Pacific ITM All	ITM-SFYN Africa	ITM Grand Lacs Africa	ITM Pueblos de América	Total
Women participants as share of all participants	40%	49%	58%	45%	54%	48%	40%	63%	51%
Indigenous women as share of all indigenous participants	40%	54%	58%	45%	50%	45%	40%	61%	49%
Young indigenous women as a share of all indigenous youth	40%	54%	60%	43%	46%	47%	48%	68%	53%
Young indigenous women as share of all participants	40%	35%	25%	27%	13%	31%	27%	51%	29%

Source: Slow Food

58. Gender balance was thus adequately achieved across all events and, in some cases, even shifted in favor of women. Furthermore, young indigenous women led or co-led the three regional ITM events, and during them young women and young men had equal opportunities in terms of participation, presentations, interventions and working groups. Still, the reasons for the low presence of indigenous young women in the Asia-Pan Pacific ITM event should be explored and addressed in future.
59. Gender equality was also addressed as a topic, directly or indirectly, in the regional ITM events, in the context of discussions about factors that cause discrimination and inequalities. In the ITM-SFYN event in Kenya, a session explicitly focused on gender issues, whereas in the LAC ITM, the topic was a thread throughout all discussions and sessions. These were very positive features of the regional ITMs and of the work carried out throughout the project.
60. Some room for improvement was nevertheless noted, in particular during the ITM-SFYN event in Kenya, in terms of strengthening the effectiveness of the discussions by challenging long-held beliefs by participants on traditional gender roles. In this respect, workshop facilitators who correctly respect the traditional way of life and beliefs of indigenous peoples, should nevertheless take a more active role in stimulating discussion and analysis of beliefs, attitudes and practices that enable male control over access to assets, resources and opportunities to the detriment of women.
61. Likewise, it could be argued that ensuring equal opportunities for participation to young women and men may not be enough in cultural settings where women are traditionally considered inferior and refrain from speaking in public. As mentioned above, to an external observer the training environment appeared to be highly respectful and safe, including for young women who had had limited exposure to similar settings. Admittedly, gender dynamics among youth are slowly changing in many cultural contexts. Nevertheless, it will be important in future events to actively enable such a safe environment, and to ensure that remedial action be taken should facilitators notice any tension in this regard. This also relates to the previous point of challenging deeply held traditional beliefs that contribute to maintaining women–young women in particular—in a position of inferiority and inequality.
62. The case study analyzed the gender profile of respondents to the e-survey. The ratio of the numbers of responses from women and men was close to 50:50, but within each profile group the share of women respondents was systematically lower by 3 to 7 percentage points, with the sole exception of non-indigenous adult women²⁵. The number of responses from young women increased significantly after a reminder for the survey, nevertheless a sizable number of responses was provided only by indigenous women from AME and LAC, whereas one was received from North America and none from AP and Europe. This seems to suggest lower time availability or limited interest among indigenous young

25. Please refer to Annexes 4a and b for detailed figures. Note also that only one non-indigenous adult man attended one event and he did not respond to the e-survey.

women for this type of tool. Self-confidence might also play a role in this respect. These features will have to be taken in due account in future, should data-gathering at a distance become necessary again.

63. With regard to the effectiveness of the training events and follow-up activities, including both respondents and non-respondents, women represented a large minority, 45%, of participants who established Slow Food communities after attending one of the assessed events, and the majority of participants, 56%, who had become more active after training. Among e-survey respondents, with a few exceptions indigenous and non-indigenous young women provided answers suggesting more activity than their male peers. First, only 29% of indigenous young women against 71% of indigenous young men established new SF communities. Second, more than half (57%) of indigenous young women had never traveled outside their country until they attended the SF event, against 43% of indigenous young men. This clearly shows lower mobility for indigenous young women compared to their peers.

64. Differences also emerged with regards to the support received from Slow Food. Although more indigenous young women than indigenous young men reported having contacted Slow Food staff for support, young women who actually received it were less than half than their male peers. Conversely, indigenous adult women were more successful than their peers in receiving support, which suggests a different capacity to command attention. Even fewer positive responses for indigenous young women were reported regarding organizational, management or marketing support. As discussed earlier in the report, this is a topic that will require more in-depth analysis.

65. Another area where indigenous young women performed less successfully than their male peers was advocacy, including participating in and organizing advocacy events. No clear reason for this emerged from the comments, nor had it been referred to during the interviews. However, considering that advocacy work is an important pillar of SF work, it might be useful to explore the issue more in depth through targeted conversations and qualitative analysis of the identified causes.



OVERALL RELEVANCE AND CONCLUSIONS



66. The overall goal of the project was to empower indigenous youth and their communities and improve the livelihoods of beneficiaries by protecting and promoting their food heritage and upholding the sustainability and resilience of their practice.

67. The data and analysis above show a high degree of relevance of the Project approach in achieving these objectives, and a high level of effectiveness during implementation. The capacity-building events that were analyzed through the case study have significantly contributed to:

- empowering 325 indigenous young women and men by developing their leadership and advocacy skills and competences, as well as their knowledge and understanding of the SF principles and goals;
- fostering the engagement and visibility of indigenous youth within a global movement that strives to address their common challenges;
- inspiring and providing a boost of energy and motivation for all participants, indigenous and non-indigenous, youth and adults, to enhance the protection,

appreciation and value of their food heritage and their sustainable practices;

- developing and strengthening the national, regional and global networks through which indigenous and non-indigenous youth and adults communicate, exchange views and experience, and acquire new knowledge, inspiration and motivation;
- providing guidance for and monitoring the advocacy efforts and actions of active indigenous youth in their communities and beyond.

68. With regard to gender equality and women empowerment, the evidence available indicates that Slow Food made visible efforts to engage women, indigenous young women in particular, during Project implementation. The training events were successful in empowering indigenous young and adult women and in providing them with the tools and skills for effective follow-up. Nevertheless, two lessons to be learned were also identified:

- during training events, concepts about gender equality should be unpacked and clarified and facilitators should challenge, always respectfully, deeply held beliefs that

prevent progress towards gender equality also among indigenous people;

- the responses to the e-survey suggest areas of SF-related work where indigenous young women have performed less successfully than their male peers, possibly due to lower self-confidence. It would be useful to understand and further analyze the reasons underpinning this behavior in order to identify adequate mitigating measures.

69. The e-survey also pointed to follow-up support to participants as one area of potential weakness affecting a large share of participants, and had some gender-relevance as well. Responses indicate that follow-up support received by participants in the events fell short of expectations and that indigenous young women benefitted less than other profile groups. A number of factors may have come into play, and these should be identified and explored in detail through SF's various communication channels with regional groups of participants, including the ITM AB. The effort should comprise a clarification of roles, responsibilities and actual support available through SF and other actors as part of the overall goal of further empowering SF indigenous youth members to achieve their objectives.

70. With regard to empowering participants' communities, the case study could not assess what type of effects and impacts were brought about by the new knowledge and skills acquired by indigenous youth who attended the SF capacity-building events. Evidence from the other case studies conducted through this Project suggest that indigenous youth usually play an important role in establishing SF Presidia and communities and that they generate

improvements in the value given to food heritage as well as in food security and livelihood opportunities in general. But the same evidence also indicates that resources and more intensive follow-up will be required over a longer time span to enable groups to launch and develop activities that can be sustainable. Training one or two youths per community is a necessary and positive step but is nowhere near being sufficient for the establishing of sustainable development processes at community level.



71. In this respect, a major challenge repeatedly mentioned by interviewees, and confirmed through the e-survey responses, is access to financial resources and/or equipment and materials to implement SF-related projects. Participants were trained and encouraged to raise funds for their projects but, more often than not, this remained wishful thinking insofar as financial resources in their communities tend to be scarce, donors, who are few and far between, already have their own priorities, and national governments typically do not have financial resources for this type of micro-project. In such contexts, access to land for Slow Food gardens or animal raising and financial resources to acquire simple tools or materials for events are often beyond the reach of participants in the training events. This, understandably, generates frustration among participants and risks diminishing the positive results achieved at the level of individual capacity-building.



72. One of the lessons learned by the development community a number of decades ago is that financial and technical resources for follow-up work are necessary to trigger broader, community-level empowerment and development processes. In this Project, a strong limiting factor to fuller effectiveness and impact of the entire endeavor was the lack of such resources and of time to enable and allow young food activists to pursue the initiatives they had discussed about, or been asked to design, during the training events. Although SF is constantly engaging with donor organizations to raise funds to support Presidia and Communities—and the recently launched fund-raising campaign directly in support of the latter testifies to this—this remains a major challenge. In future, a possible option would be to provide micro-grants or awards to those participants who can elaborate credible and sustainable community micro-projects in the six months after the capacity-building event. The necessary funds could be part of the initial IFAD grant and disbursed only on the basis of approved micro-grant proposals. Technical support should be provided by SF itself, or by securing time and expertise from national partners, including governments, as contribution to match micro-grants.

73. The effectiveness of the Project at community level was also undoubtedly affected by the COVID-19 pandemic and the worldwide economic crisis it has triggered. Consequences will vary significantly across locations, and at the time of finalizing this report no reliable forecast could be made. Conversely, one aspect on which there is a certain degree of certainty is

that, at least until a vaccine is developed and made available globally, the pandemic will significantly affect the possibility of organizing capacity-building events in the format adopted by the Project. At the same time, it is highly unlikely that similar levels of inspiring dynamics and interactions could be achieved through virtual meetings. A useful test case will be the model adopted for Terra Madre 2020 as an extended and itinerant event reaching out to the various corners of the globe. At the same time, SF is actively exploring and developing new tools and approaches, including drawing on suggestions from ITM AB members to allow the existing networks and knowledge sharing mechanisms to remain fully active, inclusive and effective, and possibly even to expand their outreach.



74. Finally, collaboration with other organizations in the management of the regional ITMs has proved to be an interesting and enriching model for participants, who had the opportunity to learn about other entities and different approaches. However, considering that each party has its own principles, language and culture and that both strive to make an event as useful and relevant to participants as possible, joint management requires significant preparation. The decision to jointly run such events should thus be informed by an attentive weighting of advantages and challenges in the final expected result.

75. In conclusion, the Project was highly relevant and effective and has largely achieved most of its objectives. The experience has generated several lessons and insights that may be easily integrated into future

similar initiatives and a few deserve specific attention: during training events, it is important to create space for respectful but, at once, more assertive challenges to participants' deeply-held beliefs, in particular with regards to gender roles and relations; tailored measures are required to ensure that young indigenous women benefit as much as their male peers from the opportunities offered by similar interventions, particularly after the events; financial resources are necessary to support participants in launching initiatives in their own communities in order to achieve stronger and more sustainable impacts of the training events themselves.

76. Finally, the constructive collaboration between IFAD and SF has undoubtedly contributed to the successful outcome and will hopefully inform further partnerships between the two organizations.

ANNEX 3A

PARTICIPANTS BY EVENT

Profile group/Event	Kenya ITM Africa road map, May 2018		Terra Madre 2018		Advisory Board workshop September 2018		Kenya national ITM May 2019		Asia Pan-Pacific ITM October 2019		ITM-SFYN Africa December 2019		ITM Grand Lacs Africa December 2019		ITM Pueblos de América February 2020		Total	
	Participants	%	Participants	%	Participants	%	Participants	%	Participants	%	Participants	%	Participants	%	Participants	%	Participants	%
Young indigenous women	2	40%	20	35%	3	25%	3	27%	11	13%	9	31%	16	27%	21	51%	85	29%
Young indigenous men	3	60%	17	30%	2	17%	4	36%	13	16%	10	34%	17	28%	10	24%	76	26%
Adult indigenous women			1	2%	4	33%	2	18%	25	30%			8	13%	1	2%	41	14%
Adult indigenous men			1	2%	3	25%	2	18%	23	28%	1	3%	19	32%	4	10%	53	18%
Young non-indigenous women			7	12%					1	1%	5	17%			1	2%	14	5%
Young non-indigenous men			11	19%					1	1%	4	14%			1	2%	17	6%
Adult non-indigenous women									7	9%					3	7%	10	3%
Adult non-indigenous men									1	1%							1	0%
Total	5	100%	57	100%	12	100%	11	100%	82	100%	29	100%	60	100%	41	100%	297	100%
Event participants as share of all participants	2%		19%		4%		4%		28%		10%		20%		14%		100%	

ANNEX 3B**PARTICIPANTS BY PROFILE GROUP**

Profile group	Attendance of events		Participants	
	N.	%	N.	%
Young indigenous women	85	28,6%	73	27,2%
Young indigenous men	76	25,6%	63	23,5%
Adult indigenous women	41	13,8%	39	14,6%
Adult indigenous men	53	17,8%	51	19,0%
Young non-indigenous women	14	4,7%	14	5,2%
Young non-indigenous men	17	5,7%	17	6,3%
Adult non-indigenous women	10	3,4%	10	3,7%
Adult non-indigenous men	1	0,3%	1	0,4%
Total	297	100,0%	268	100,0%
Indigenous youth	161	54,2%	136	50,7%
Indigenous people	255	85,9%	226	84,3%
Indigenous Women	126	42,4%	112	41,8%
Youth, all	192	64,6%	167	62,3%
Women, all	150	51%	136	50,7%

ANNEX 3C

PARTICIPANTS BY REGION

Profile group/ Region origin	All Participants		AME				Asia-Pacific				Europe				LAC				North America							
	N.	% of all partici- pants	N.	% of all partici- pants	% of re- gional partici- pants	% within pro- file group	N.	% of all partici- pants	% of re- gional partici- pants	% within profile group	N.	% of all partici- pants	% of re- gional partici- pants	% within profile group	N.	% of all partici- pants	% of re- gional partici- pants	% within profile group	N.	% of all partici- pants	% of re- gional partici- pants	% within profile group	N.	% of all partici- pants	% of re- gional partici- pants	% within profile group
Young indigenous women	73	27%	28	26%	26%	38%	8	12%	12%	11%	1	13%	13%	1%	31	50%	50%	42%	5	21%	21%	7%				
Young indigenous men	63	24%	36	33%	33%	57%	9	14%	14%	14%					12	19%	19%	19%	6	25%	25%	10%				
Adult indigenous women	39	15%	10	9%	9%	26%	18	28%	28%	46%	3	38%	38%	8%	2	3%	3%	5%	6	25%	25%	15%				
Adult indigenous men	51	19%	21	19%	19%	41%	21	32%	32%	41%					5	8%	8%	10%	4	17%	17%	8%				
Young non-indigenous women	14	5%	5	5%	5%	36%	2	3%	3%	14%	3	38%	38%	21%	4	6%	6%	29%								
Young non-indigenous men	17	6%	9	8%	8%	53%	2	3%	3%	12%	1	13%	13%	6%	5	8%	8%	29%								
Adult non-indigenous women	10	4%					5	8%	8%	50%					3	5%	5%	30%	2	8%	8%	20%				
Adult non-indigenous men	1	0%													1	4%	4%		1	4%	4%	100%				
Total	268	100%	109	100%	100%	41%	65	100%	100%	24%	8	100%	100%	3%	62	100%	100%	23%	24	100%	100%	9%				
Indigenous youth	136	51%	64	24%	59%	47%	17	6%	26%	13%	1	0%	13%	1%	43	16%	69%	32%	11	4%	46%	8%				
Indigenous people	226	84%	95	35%	87%	42%	56	21%	86%	25%	4	1%	50%	2%	50	19%	81%	22%	21	8%	88%	9%				
Indigenous Women	112	42%	38	14%	35%	34%	26	10%	40%	23%	4	1%	50%	4%	33	12%	53%	29%	11	4%	46%	10%				
Youth, all	167	62%	78	29%	72%	47%	21	8%	32%	13%	5	2%	63%	3%	52	19%	84%	31%	11	4%	46%	7%				
Women, all	136	51%	43	16%	39%	32%	33	12%	51%	24%	7	3%	88%	5%	40	15%	65%	29%	13	5%	54%	10%				

ANNEX 4A

YOUTH EMPOWERMENT CAPACITY DEVELOPMENT CASE STUDY

Profile group	Survey outreach		Responses to survey			Previous collaboration with SF			Event interesting			Event empowering		
	N.	% responses	N.	% re-sponses	% within profile group	Yes	% re-sponses	% within profile group	Yes	% re-sponses	% within profile group	Yes	% re-sponses	% within profile group
Young indigenous women	55	28%	14	26%	25%	9	25%	64%	14	27%	100%	14	29%	100%
Young indigenous men	44	22%	14	26%	32%	10	28%	71%	14	27%	100%	14	29%	100%
Adult indigenous women	29	15%	8	15%	28%	7	19%	88%	8	16%	100%	6	13%	75%
Adult indigenous men	30	15%	10	19%	33%	6	17%	60%	8	16%	80%	8	17%	80%
Young non-indigenous women	13	7%	2	4%	15%	1	3%	50%	2	4%	100%	2	4%	100%
Young non-indigenous men	17	9%	3	6%	18%	3	8%	100%	3	6%	100%	3	6%	100%
Adult non-indigenous women	10	5%	2	4%	20%				2	4%	100%	1	2%	50%
Adult non-indigenous men	1	1%												
Total	199	100%	53	100%	27%	36	100%	68%	51	100%	96%	48	100%	91%



Profile group	Prior travel outside community			Prior travel outside country			Lockdown measures imposed			Lockdown measures affected SF project			Lockdown measures did not affect SF project		
	No	% re-sponses	% within profile group	No	% re-sponses	% within profile group	Yes	% re-sponses	% within profile group	Yes	% re-sponses	% within profile group	Yes	% re-sponses	% within profile group
Young indigenous women	2	25%	14%	8	44%	57%	14	28%	100%	14	33%	100%	1	9%	7%
Young indigenous men	3	38%	21%	6	33%	43%	13	26%	93%	12	28%	86%	3	27%	21%
Adult indigenous women				1	6%	13%	7	14%	88%	5	12%	63%	2	18%	25%
Adult indigenous men	3	38%	30%	2	11%	20%	10	20%	100%	7	16%	70%	4	36%	40%
Young non-indigenous women				1	6%	50%	2	4%	100%	2	5%	100%			
Young non-indigenous men							2	4%	67%	2	5%	67%			
Adult non-indigenous women							2	4%	100%	1	2%	50%	1	9%	50%
Adult non-indigenous men															
Total	8	100%	15%	18	100%	34%	50	100%	94%	43	100%	81%	11	100%	21%



(ANNEX 4A)

Profile group	Explained to community about SF			Explained outside community about SF			Established a SF Community			Became active member of SF Community or Presidium			Became leader of SF Community or Presidium			
	Yes	% responses	% within profile group	Yes	% responses	% within profile group	Yes	% responses	% within profile group	Yes	% responses	% within profile group	Yes	% responses	% within profile group	
Young indigenous women	14	27%	100%	14	29%	100%	4	17%	29%	13	33%	93%	11	35%	79%	
Young indigenous men	14	27%	100%	11	22%	79%	10	42%	71%	12	31%	86%	10	32%	71%	
Adult indigenous women	7	13%	88%	7	14%	88%	3	13%	38%	4	10%	50%	3	10%	38%	
→ Adult indigenous men	10	19%	100%	10	20%	100%	5	21%	50%	6	15%	60%	6	19%	60%	→
Young non-indigenous women	2	4%	100%	2	4%	100%	1	4%	50%	2	5%	100%		0%		
Young non-indigenous men	3	6%	100%	3	6%	100%	1	4%	33%	2	5%	67%	1	3%	33%	
Adult non-indigenous women	2	4%	100%	2	4%	100%		0%			0%			0%		
Adult non-indigenous men																
Total	52	100%	98%	49	100%	92%	24	100%	45%	39	100%	74%	31	100%	58%	

Profile group	Prepared action plan for SF project			Prepared budget for SF project			Raised funds for SF project			Organized advocacy events			Took part in advocacy events		
	Yes	% responses	% within profile group	Yes	% responses	% within profile group	Yes	% responses	% within profile group	Yes	% responses	% within profile group	Yes	% responses	% within profile group
Young indigenous women	12	32%	86%	7	28%	50%	2	17%	14%	7	23%	50%	9	28%	64%
Young indigenous men	11	29%	79%	7	28%	50%	2	17%	14%	9	30%	64%	10	31%	71%
Adult indigenous women	4	11%	50%	4	16%	50%	4	33%	50%	6	20%	75%	5	16%	63%
Adult indigenous men	7	18%	70%	4	16%	40%	4	33%	40%	5	17%	50%	5	16%	50%
→ Young non-indigenous women	2	5%	100%	1	4%	50%		0%			0%			0%	→
Young non-indigenous men	2	5%	67%	2	8%	67%		0%		3	10%	100%	2	6%	67%
Adult non-indigenous women		0%			0%			0%			0%		1	3%	50%
Adult non-indigenous men															
Total	38	100%	72%	25	100%	47%	12	100%	23%	30	100%	57%	32	100%	60%

(ANNEX 4A)



Profile group	Raised funds for advocacy events			Was in contact with SF staff/network			Was in contact with people from my country			Was in contact with people from other countries			Contacted SF when needed help		
	Yes	% responses	% within profile group	Yes	% responses	% within profile group	Yes	% responses	% within profile group	Yes	% responses	% within profile group	Yes	% responses	% within profile group
Young indigenous women	1	20%	7%	13	28%	93%	14	29%	100%	12	26%	86%	10	29%	71%
Young indigenous men	2	40%	14%	13	28%	93%	14	29%	100%	14	30%	100%	9	26%	64%
Adult indigenous women	1	20%	13%	7	15%	88%	6	13%	75%	7	15%	88%	5	14%	63%
Adult indigenous men		0%		8	17%	80%	8	17%	80%	7	15%	70%	6	17%	60%
Young non-indigenous women		0%		2	4%	100%	1	2%	50%	2	4%	100%	2	6%	100%
Young non-indigenous men		0%		2	4%	67%	3	6%	100%	3	6%	100%	3	9%	100%
Adult non-indigenous women	1	20%	50%	2	4%	100%	2	4%	100%	2	4%	100%			
Adult non-indigenous men															
Total	5	100%	9%	47	100%	89%	48	100%	91%	47	100%	89%	35	100%	66%



Profile group	Received technical support			Asked and received organizational and management support			Asked and received support on marketing			Other SF related work		
	Yes	% responses	% within profile group	Yes	% responses	% within profile group	Yes	% responses	% within profile group	Yes	% responses	% within profile group
Young indigenous women	5	19%	36%	5	24%	36%	3	21%	21%	12	29%	86%
Young indigenous men	11	41%	79%	7	33%	50%	6	43%	43%	8	20%	57%
Adult indigenous women	4	15%	50%	2	10%	25%	1	7%	13%	8	20%	100%
Adult indigenous men	3	11%	30%	4	19%	40%	1	7%	10%	8	20%	80%
Young non-indigenous women	2	7%	100%	1	5%	50%	1	7%	50%	2	5%	100%
Young non-indigenous men	2	7%	67%	2	10%	67%	2	14%	67%	3	7%	100%
Adult non-indigenous women											0%	
Adult non-indigenous men												
Total	27	100%	51%	21	100%	40%	14	100%	26%	41	100%	77%

ANNEX 4B**YOUTH EMPOWERMENT CAPACITY DEVELOPMENT CASE STUDY**

Profile group	Survey outreach		Responses to survey			AME			Asia-Pacific			Europe			LAC			North America		
	N.	% responses	N.	% re-sponses	% within profile group	N.	% re-sponses	% within profile group	N.	% re-sponses	% within profile group	N.	% re-sponses	% within profile group	N.	% re-sponses	% within profile group	N.	% re-sponses	% within profile group
Young indigenous women	55	28%	14	26%	25%	4	21%	29%							9	47%	64%	1	17%	7%
Young indigenous men	44	22%	14	26%	32%	9	47%	64%							5	26%	36%			
Adult indigenous women	29	15%	8	15%	28%	1	5%	13%	3	38%	38%	1	100%	13%				3	50%	38%
Adult indigenous men	30	15%	10	19%	33%	1	5%	10%	5	63%	50%				2	11%	20%	2	33%	20%
Young non-indigenous women	13	7%	2	4%	15%	2	11%	100%												
Young non-indigenous men	17	9%	3	6%	18%	2	11%	67%							1	5%	33%			
Adult non-indigenous women	10	5%	2	4%	20%										2	11%	100%			
Adult non-indigenous men	1	1%																		
Total	199	100%	53	100%	27%	19	100%	36%	8	100%	15%	1	100%	2%	19	100%	36%	6	100%	11%

