

MWAKERUBO Green Skills Women Empowerment Programme

VIRTUAL FOUNDATION → SUPERVISED PRACTICAL TRAINING

Cohort 1 — Nakuru | 12 Days | 25 Women

DATE _____

FACILITATOR _____



Programme at a Glance

12 DAYS

PHASE 1 VIRTUAL FOUNDATION

Live online learning • recordings/downloadable materials
Guided worksheets • phone or messaging support

PHASE 2 SUPERVISED PRACTICAL

COMMUNITY HALL

HOST HOMESTEAD

DEMONSTRATION SITE

**Community hall • host homestead •
approved demonstration site**

The learning journey

VIRTUAL FOUNDATION

Orientation • live teaching • recordings • worksheets



Virtual orientation + foundational learning come first. Virtual-friendly modules lead into in-person demonstrations and technician-supervised work.

IN-PERSON DEMOS + TECHNICIAN SIGN-OFF

Climate, health & waste are linked

Virtual discussion and household examples: changing weather strains resources. Firewood and charcoal add harmful indoor smoke. Cleaner cooking can reduce pollution, while organic waste becomes fuel or compost — but it does not automatically remove all pollution or guarantee health outcomes.

WASTE → ENERGY → HEALTH



Map your household system

VIRTUAL-FRIENDLY ACTIVITY | Use a guided worksheet, observe at home, discuss in small groups, and optionally share a photo or voice note.



✓ Two benefits of cleaner cooking

✓ One waste-reduction idea
Optional photo / voice-note share

Build compost safely, layer by layer

VIRTUAL FOUNDATION: video/live demonstration + guided household observation. Keep plastics, metals and chemicals out; protect water sources, label the pile, and wash hands and tools after work.

GREEN MATERIALS — food scraps, fresh leaves

DRY MATERIALS — stalks, dry leaves

MANURE / ACTIVATOR — suitable and safe

AIR + MOISTURE — damp, never waterlogged

KEEP OUT

**PLASTIC
METAL
CHEMICALS**

HANDS-ON PREPARATION: OPTIONAL / LATER SUPERVISED PRACTICAL • PPE + HYGIENE

Composting: demonstration → observation → practice

1

Prepare safe work area + label containers

2

Remove contaminants

3

Layer dry, green + suitable manure

4

Turn the pile regularly

5

Monitor moisture + temperature

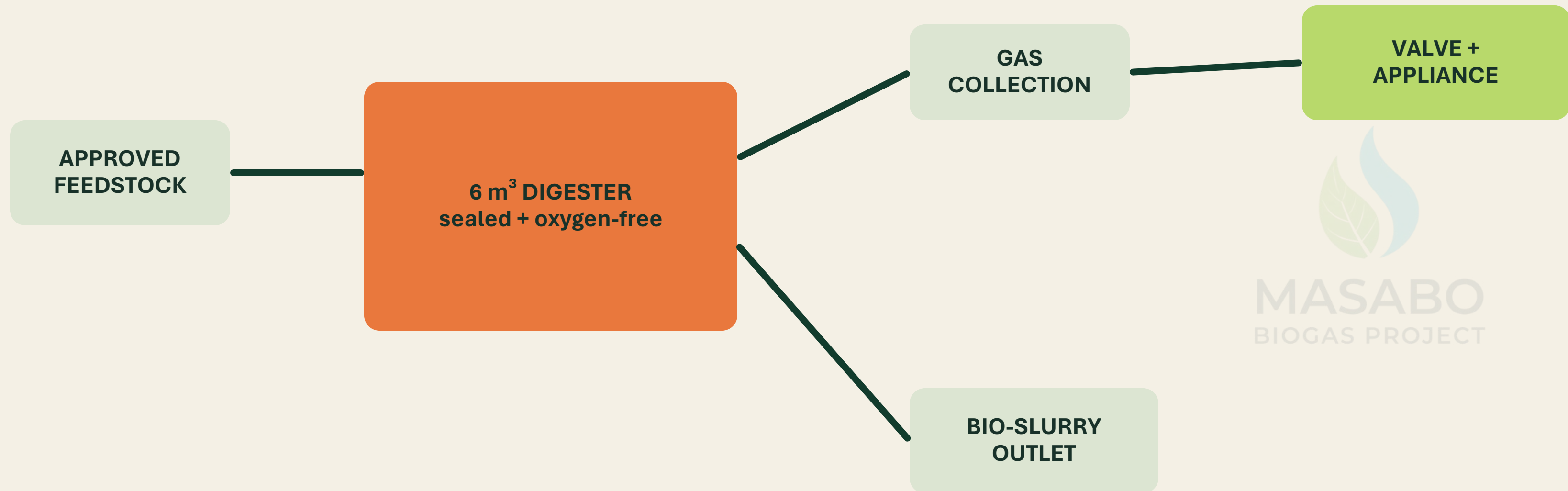
Hands-on compost preparation is optional or part of the later supervised in-person phase. Use PPE and hygiene controls.



MASABO
ECHO AFRICA

Biogas technology, made visible — virtually first

Mainstreamed demonstrations and technician-led remote explanations show how approved organic feedstock becomes methane-rich gas and useful bio-slurry.



INSTALLATION + GAS-LINE CONNECTION: IN PERSON ONLY

Never feed plastics, metals or chemicals into the digester.

Biogas safety is non-negotiable

REMOTE EXPLANATION + RECORDED DEMO | IN-PERSON SAFETY PRACTICE

**NO FLAMES, SPARKS
OR SMOKING**

**NEVER TEST LEAKS
WITH A FLAME**

**VENTILATE — NEVER
ENTER
CONFINED SPACES**

**PPE + BARRIERS
KEEP CHILDREN AWAY**

**TECHNICIAN SUPERVISES
TESTING + SIGN-OFF**

No flames or sparks • Never use a flame to find leaks • Ventilate • No confined-space entry • No unauthorised modifications • PPE, barriers, children kept away

Inspect. Record. Technician sign-off.

- ☐ Structure + gas tightness
- ☐ Valves + piping
- ☐ Appliance function
- ☐ Feedstock + maintenance records

Remote diagrams and explanations support learning; inspection, pressure testing, commissioning and final safety sign-off stay in person.

NO INSTALLATION, PRESSURE TESTING OR COMMISSIONING WITHOUT QUALIFIED / AUTHORISED TECHNICIAN SIGN-OFF



Bio-slurry: residue with value

Virtual workshop: the nutrient-rich residue can support farming and enterprise — but it is not automatically sterile. Use downloadable worksheets for safe handling plans.

GLOVES • DEDICATED CONTAINERS

CLEAR LABELS • SAFE STORAGE

MATERIAL HANDLING + PACKAGING CHECKS:

SUPERVISED IN PERSON



Virtual workshop: price from real costs — not guesswork

CONTAINERS

LABELS

TRANSPORT

LABOUR

Know your customer

Explain safe use clearly

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MAS PROJECT

TOTAL COST + FAIR MARGIN = SELLING PRICE
Use the downloadable costing worksheet; verify materials in person.

Virtual business planning. Safe, honest green income. Save together.

COMPOST
SALES

BIO-SLURRY
SERVICES

SEEDLING
PRODUCTION

CLEAN-ENERGY
AWARENESS

Virtual discussion: marketing + savings records
Written records • two-person verification • respectful dispute resolution

**Honest labels. Safe handling. No unsupported claims
or guaranteed profits.**

Ready to learn. Ready to work safely.

VIRTUAL LEARNING REQUIREMENTS

LEARNING

Phone or suitable device • connectivity or shared access
Worksheets • recordings/downloadable content •
questions/support channel

PRACTICAL

Gloves, footwear, handwashing supplies, compost
materials
In-person practical materials + PPE

BIOGAS

Approved 6 m³ system, PPE, signage, technician tools

WELFARE

First aid, safe venue, water, accessible toilets, emergency
contacts
Confidential referral information



Assessment: explain it, submit it, practise it safely

VIRTUAL KNOWLEDGE CHECK

What is biogas? → Gas from oxygen-free digestion

3 prohibited inputs?

→ Plastic, metal, chemicals

2 safety rules?

→ No flames; ventilate

Bio-slurry precautions?

→ Gloves, labelled storage



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BIOGAS PROJECT

Why segregate waste?

→ Safety + better recovery

2 business costs?

→ Any two real cost items

Savings records?

→ Written + verified

IN-PERSON PRACTICAL
CHECK

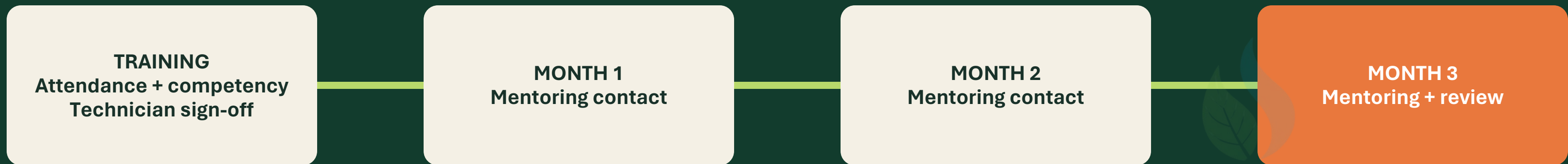
Technician: test,
commission, sign off

Submitted worksheets + virtual answers first • practical competency checks and technician safety sign-off in person

Three months of support — remote and in person

Month 1 / 2 / 3: remote mentoring or contact + in-person support where needed

Track attendance, competency, technician sign-off, plant performance, business activity and support requested.



TARGETS TO VERIFY 5 table-banking groups • 15 women earning • 2 tonnes organic waste diverted monthly

Protect participant data. Use a survivor-centred approach in every contact.

My next green step

Make it specific. Name your virtual-learning access or support needs. Put a date on the first move.

ONE SKILL I WILL PRACTISE

ONE GREEN BUSINESS IDEA

VIRTUAL ACCESS / SUPPORT +
MENTORSHIP I NEED

FIRST STEP + PLANNED DATE



MASABO BIOGAS LTD.

Clean energy is a right, not a luxury.

Virtual-first learning, followed by safe supervised practice — with technician support for installation and sign-off.

THANK YOU

Clean energy is a right, not a luxury.

Stay connected. Keep practising. Grow together.



Prepared by: Harriet Orina — Trainer



Signed by: Geoffrey Nyariki — CEO

