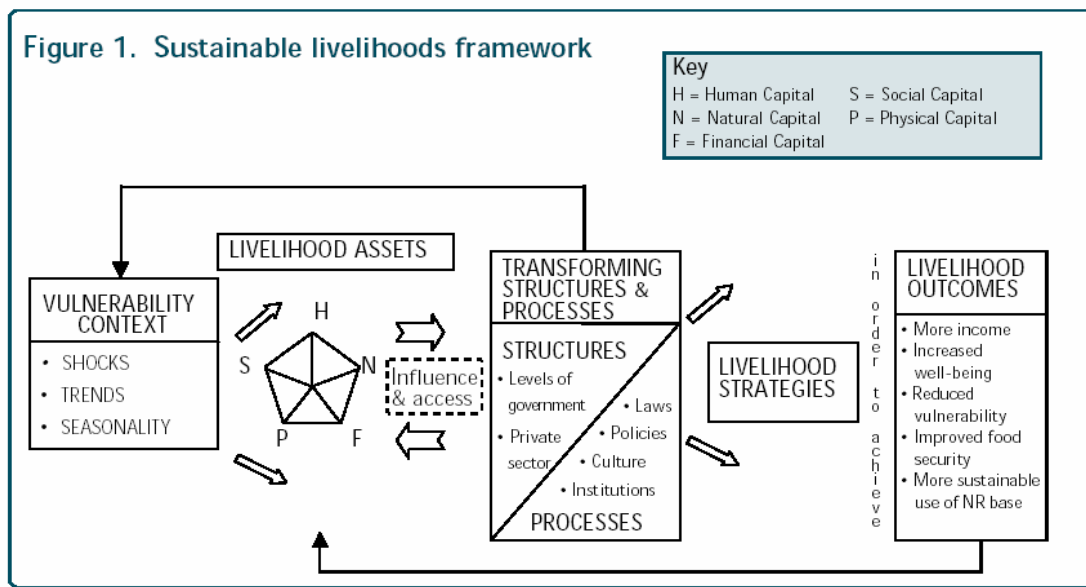


“Following the sustainable livelihoods framework”: a rapid exercise in sustainable livelihoods analysis

The purpose of this exercise is to give participants a feel for the features of the analysis framework using examples of livelihoods with which they are familiar ... such as their own! It provides a quick overview of what a team would go through.

Figure 1 below presents the framework as a flow diagram from left to right with some feedback. As our task, we will work our way from left to right through the various parts in order to think about how they relate to real situations in the fishing industry.

Refer to this diagram and the handout of presentation slides to guide you in the task.



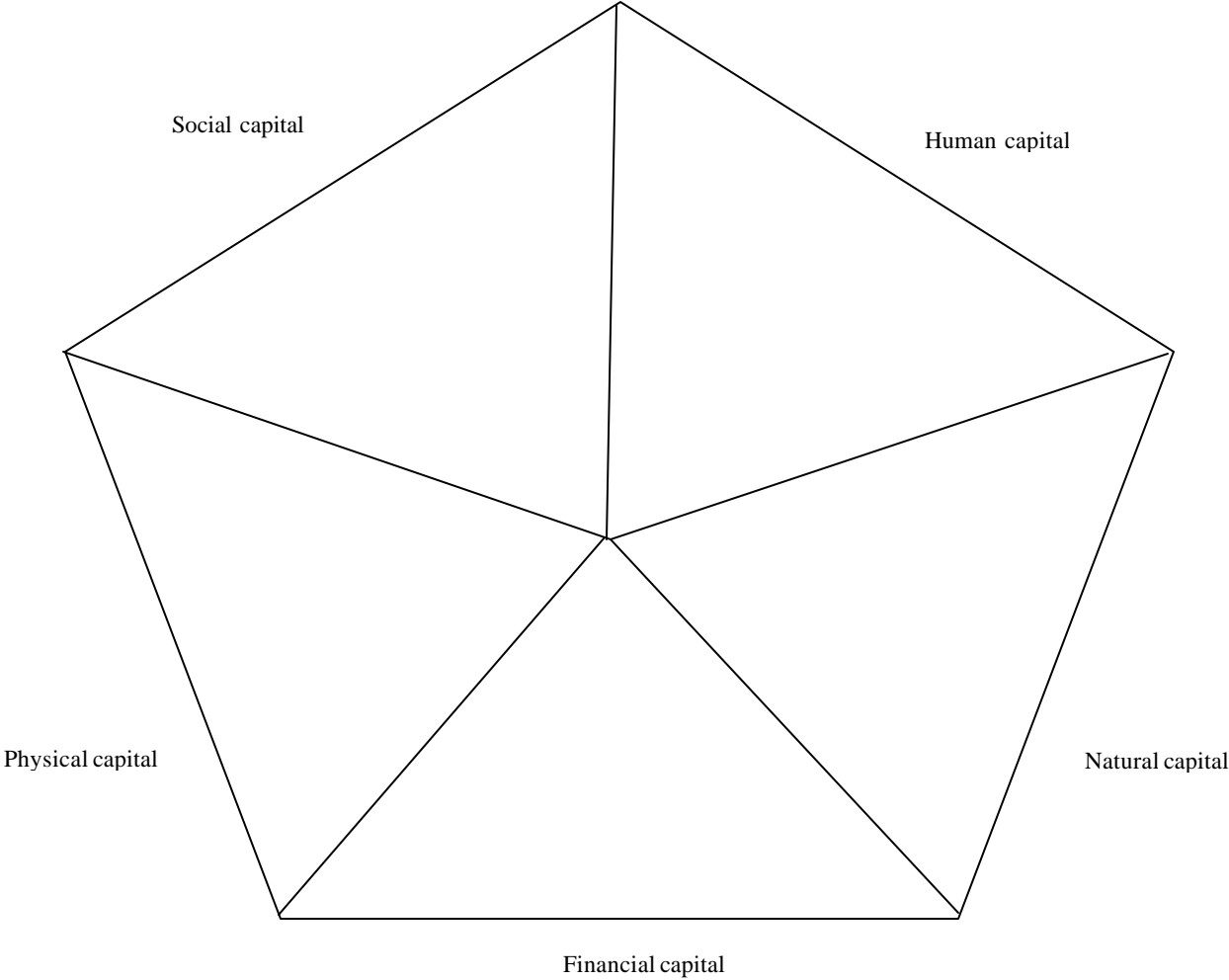
Vulnerability context

List five types of shocks, trends and seasonality that contribute to the vulnerability of your livelihood. Think about the kinds of things that make you worry or concerned about your livelihood, and particularly types of things over which you have no control.

Shocks	Trends	Seasonality

Livelihood assets

Construct your own asset pentagon by listing examples of the five types of livelihood assets or capital that you are able to draw upon. You may need to check first that the special terms used to describe or label the types of assets are clearly understood.



Transforming structures and processes

Refer to your notes and list five structures and processes that impact upon your livelihood. Try to be as clear and specific as you can in naming each of them.

Structures	Processes

Livelihood strategies

For this task, think of the ways in which you reduce e your vulnerability and use your assets to produce beneficial livelihood outcomes ... like making enough money most of the time. Briefly describe what you do in the following categories of strategies.

Question about livelihood strategy	Strategies that you use for livelihood
How do you combine income generating activities ?	
What are the ways in which you use your various types of assets ?	
Which are the types of assets that you choose to invest in most?	
How do you manage to preserve your existing assets and income?	

Livelihood outcomes

Different people may seek different livelihood outcomes, some of the goals in life. But there are usually some outcomes that most people go after. Five common ones are listed below, and you can probably list some more. Have you achieved any? Try to answer to provide feedback to the start and make conscious decisions to improve.

Some desirable livelihood outcomes	Which have you achieved? How to improve?
More net income	
Increased well-being	
Reduced vulnerability	
Improved food security	
More sustainable use of the natural resource base	

What else is there to say?
