



## **INTENSIVE FISHERY COURSE FOR FISH PROCESSING, NET MENDING AND FRIED FISH COOKING FOR LOCAL WOMEN FROM BANADIR REGION**



**Duration of the workshop: 2 Weeks 1st - 15<sup>th</sup> of Feb, 2025**

**Venue: Hifo Fishery Training – H/Weyne District,  
Mogadishu-Somalia**

**Facilitators: - Mohamed Dahir**

**- Maki Idris**

**- Hajji Abdullahi Eebow**

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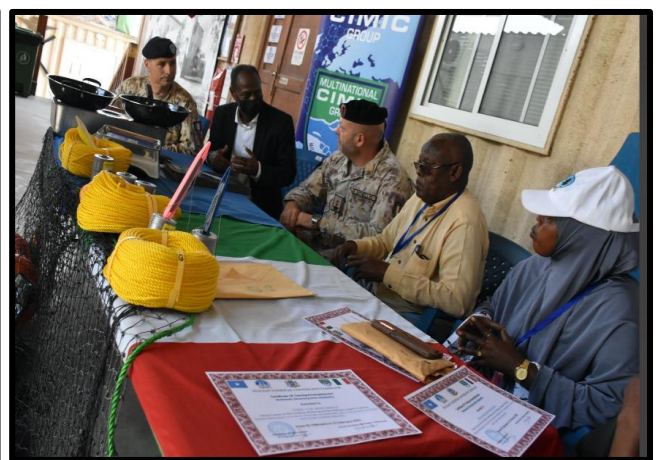
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**THANKS FOR THE SUPPORT IN FISHERY SKILLS EMPOWERMENT AND THE SUCCESS COMPLETION OF THE INTENSIVE COURSE TRAINING FOR THE LOCAL WOMEN IN BANADIR REGION**



## I. Executive Summary

In a bid to organize local Somalia women in fisheries, strengthen their position and enhance their participation in fishery industry, the Italian Civil-Military Cooperation (CIMIC) cell, part of the Italian National Contingent Command-Somalia supported Hibo Fishery Network to conduct two weeks intensive fishery course for fish processing, net mending and fried cooking as part of the accelerating women in fishery business.

This fishery intensive course program was designed to empower local women with essential skills, knowledge and disclose the barriers hindering their engagement in fishery business. Through plenary discussion, demonstration, brainstorming and field tours the participants managed to learn how the fishery butchery works, safe handling is made, delivery is organized and business is conducted by both buyers and sellers. This made amicable seizure and encouraged some of the participants to show interest in starting their fishery business upon finishing the course.

During the training challenges and opportunities for women in fishery sector was fully addressed. In the presence of a female members from the Ministry of Fishery and Blue Economy, Ms. Khadija, the participants stated challenges as lack of skills and knowledge of handling fish, limited access to the butchery procedure and lack of investment to develop and grow fishery startups and SMEs. The training session were divided into two, basic business documents work out and net mending which participants show interest in it. Within the session the trainees learned factors promoting small business, calculate profit, sea safety measures, fish handling and hygiene, net mending, types of fishes, freshness and pricing with respect to season, fish processing and preservation, different methods of cooking fish and how to start fishery business at the nearest point.

The report also describes on how trained women can help build resilience against economic changes supporting families and communities and the best practices female fishery business could be promoted so that improvement is made in house hold nutrition since fish provides vital source of protein and another essential nutrient



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## **2. Objectives of the training.**

- To learn different techniques of mending nets for sustainable fishery practices
- To provide skills, knowledge and insights in handling and processing fish
- To train on how to maintain hygiene and food safety standards in fish cooking
- To teach participants how to record income, expenses and calculate profit

## **3. Training Methodology**

The training was both interactive and participatory. The participants were exposed to varieties of approaches to experience on fishing practices, handling and hygiene promotion. They were also exposed to field knowledge and skills including using life-jackets, fishery business taking place in the butchery and how to identify the newly caught fishes from the old ones.

The following methods were employed to deliver the intensive course training

- Role-play
- Question and answer
- Demonstrations on developing fishing nets, repairing and maintain procedures
- Open discussion
- Presentations using projector
- Presentations; as group, pair and individual work.

## **4. Materials used during the workshop**

- Flip charts
- Projector and computer
- Markers, scotches, note books and pens
- Netting needles, twines, marline spike, gloves, scissors and mesh gauge.

## **5. Opening of the Training**

The training was officially opened by Captain Hussein Moghe representing CIMIC and Mr. Hassan Roble the chairperson of Hibo Fishery. Captain Moghe who in his opening remarks thanked various district head heads for selecting and designating capable female participants for the training and welcomed the participants to access skills, knowledge and insights on fishery industry. Followed Ms. Khadija from Federal Ministry of Fishery and Blue Economy whose presence encouraged participants as gender and as highly respected government authority witnessing the course coverage and finally Mr. Dahir the director General of the fishery for the Bandir Regional Administration. The facilitators were introduced and the session kicked off effectively.

Ground rules were developed as the first and foremost activity and points agreed upon. These included: -

- Keeping Time
- Switch off/snooze phones
- Do not react or retaliate to someone's suggestions
- Listen carefully and say your words
- Unnecessary noise should be avoided
- Follow instructions, when using kitchen and net mending materials.

## DAY ONE:

### First sessions

From the onset the participants were grouped according to their respective districts making them feel comfortable at the beginning and after a while groups were deformed to make the participants get to know one another. The facilitator after going through the course content asked the participants to state **why female participation in fishery business is lower** when compared to male. As they took turns the points were recorded on the flipcharts and some of the reason were as follows. Lack of skills and knowledge to catch fishes, traditional and culture of typical Somali communities undervalue fishery, poor of access to the suppliers, shortage of storage facilities for the product, lack of access to investment, loans and grants and finally lack of policy reforms to promote women fishery support in governmental projects. The participant also present ways in which female could participate in the fishery industry as getting access to trainings, preparing business plans for investments and disregarding cultural behaviors that undermine fishery business. The facilitator again asked the participants to discuss on factors of production regarding to establishment of new fishery business. Factors such as capital to start business, suitable place where clients can access the business with ease, skilled labor to handle fishes and eventually management to monitor and run the business without loss.

### Second session

Later the second trainer took the lead and explained the importance of acquiring skills and knowledge to mend the fishing which is already a source of income for coastal community. The trainer presented and introduced the tools and equipment sed to mend the fishing net. These included the shuttle, the thread, mesh gauge and the personal protective equipment. The trainer also began to show the beginners on how to go about the twist and the thread. Commercial names and the quality of the shuttle were equally discussed and the session continued. The female trainees were happy to learn the products.



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## **DAY TWO**

### **First sessions**

After going over on the recap of day one the facilitator began the session by asking the female participants on how to start fishery kiosk, what kind of fishes would be suitable and the suitable cooking methods.

Mama Deqa was once engaged in the business but soon withdrew due to limited resources. After the discussion the participants realized that fishery business could be started by someone who has made market assessment including the source of the fishes, suitable location to establish the business and what product do community in that particular place feel comforted with and can bring big sale. The requirement was concluded as market place where other meat are sold to provide alternative for those who may not buy other meat, access to better storage, suitable delivery mechanism. It was noted that fish is multiple sources and could come in various food. Cooking the fish within market, in piece and as a whole, sometimes supplementary food and could be bought by pregnant mothers, order from hotels and resultant and lastly most people along the coast use fish during Fridays. All these opportunities would avail someone the opportunities make business from fish. The points were recoded by the trainees after discussion.

### **Second Session**

The second session began on fish handling to extend the scope of fishery industry knowledge of the participants. Fisherman Maki Idris took the session to explain the handling process. Fish handling operations refer to the processes involved in the capture, transportation, processing, and storage of fish to maintain quality, prevent spoilage, and ensure safety. Proper fish handling is crucial for both commercial and subsistence fisheries to maximize yield and maintain product integrity. Questions were asked to the teachers on the various stage's fishes go through. Mr. Maki explained as follows. Fishes are caught using various tools and equipment including nets, traps and lines that begin from traditional time and still exist. The quality of the catch is sometimes spoil by the fishermen if they don't observe the principles of preservation. Separating fishes in terms of size, species and quality is the second thing fishermen do. Bleeding and gutting is the third stage to ascertain proper removal of excreted and washed Mr. Maki shared FAO prepared lesson for the quality catch, transport and storage of fresh fishes. This took a while and the participants had time to ask and receive Responses from the trainers.



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## DAY THREE

### First sessions

After going over the recap of day two the facilitator began to present the topic of the day as quality of the fishes, types and pelagic. Mr. Mohamed began the session by asking the participants if they could easily understand the difference in terms of fish freshness. The groups discuss and a few of them managed to state the differences. According to Sahra the smell of the fresh fish is like the ocean water but the old has stouging smell. Almost all participants have suggest their points and finally the trainers stated the difference through the projector as follows. Freshly caught fish tend to have ocean smells, bright eyes and skin, firm and elastic skin that springs when pressed, moist red gills, intact belly, the fins are still and intact, the fishes caught awhile ago shown dull or faded. Skin with dim eyes, unpleasant smell, softy and marshy body when pressed it doesn't spring back, gills are brown or grey, becomes black and blow due to decaying process. The pictures were shown on the project.

### Second sessions

As usual the net mending session began again on the second session and the trainer Mr. Haji grouped participants according to their familiarity with fishing nets. The trainer presented an old fish net and asked the participants to identify problem. The tears, knos and holes were identifying with possibilities of fishes to escape. The trainer began with simple knotting techniques including how to thread the shuttle and hold the needles. Reinforcing weak spots that needed tightening and patch work for the largers holes were made. The session continued with trainer's suppression



**DAY FOUR : First sessions** After going over the recap of day three the facilitator to ask the participants to discuss on making fish kiosk business and calculating the profit. Using the flipcharts, the trainees listened and work out with the trainer. Prior to thinking of profit the business is supported understand the gross profit, cost of goods, net profit and operating expenses. These business terminologies would help the business person understand whether she is making progress or working towards failure. Gross profit is equal to total revenue minus the cost of goods sold. Example: A woman sells dried fish for \$500. The cost of fish, salt, and drying materials is \$300.  $Gross\ Profit = 500 - 300 = 200$ . Therefore, net profit would be  $\{Net\ profit = Gross\ Profit - Operating\ Expenses$ . trainee calculate in multiple times and finally understood the concept. As usual the second session the advanced net mending techniques whereby large straitening larger seams began



## DAY FIVE

### First sessions

After going over the recap of day four the facilitator began their routine and present the day's work. Food safety and preservation. Mr. Maki took the lead to present the various ways in which the fish goes spoiled with time and the suitable food preservation techniques that would help keep the product last long. Equally, maintaining proper hygiene and sanitation in fisheries is essential to ensure food safety, prevent contamination, and improve the quality of the product. To begin with personal hygiene was sought important, cleanness of the fishing equipment's, proper fishing handling, storage and preservation, market and selling point hygiene and finally waste management and disposal.



### Second session

The second session began with food preservation and the methodologies suitable for locally available materials. To begin with, the trainers presented video projector showing the types and counted as the following. Some of these include: salting, drying, smoking, icing or freezing and pickling. Demonstration was made and the community sensation is also considered as part of the business since large number of the market vendors are scared of iced fishery products. The demonstration continued and every participant learned ways to keep their fishes preserved

## DAY SIX

### First sessions

After going over the recaps on day five and reminding the participants on the various food preservation methods the facilitator began to question on cooking methods, suitable fish recipe, methods, ingredients and the most liked fish food preparation the population like in the area where the participants came from.

Mr. Maki explained the types as boiling fish for broth and meat. Usually elders like these type of cooking, fried fishes which is the most common type of fish cooking liked by the people. Usually youth, women and child are a like when it comes frying. Grills were equally presented and done in Hotels and some restaurants. Steam cooking is another type the participants learned while eventually stewing was presented which is served with plain rice or spaghetti

## Session two

The participants after learning the various cooking methods managed to work out on the remaining parts of the net mending. This was given special because it is a source of income for Somali women along the coast. Repairing nets is cost and can generate income. In this regard season maintenance and repairs were learned along side with quality of the product and procurement process. This training would participants gain insights on fishing nets ToTs as well.

## DAY SEVEN

### First sessions

Going through the six day recaps the facilitator began the lesson on sea safety. Key reason for learning the session is to understand the risk that can be encountered such as strong currents, boat instability and sudden accidents. Life jackets were provided to all participants and take to the sea. Types in term of quality, durability and cost of the product was equally shared. First aid was also discussed on based on hypothermia and drowning. During the session the survival techniques were equally addressed on and the participants realized to have gained profitable skills and knowledge.



## Session two

The second session began and the trainer took the participants to the fishery market in Hamar Weyne where business on fishery was being conducted in multiple purpose including. Fishery weighing, sorting and gradings, gutting and skinning at some points and the participants realized the possible hygiene requirement of the site. Despite being access to various activities the participants managed to learn the way customers are served in the butchery ad how the local benefited from the butchery. They also learned where they could come when starting the business. It was joyful touring day



## DAY EIGHT

### First sessions

Throughout the day the session was subject to examination and test allowing the participants to practical manage the activities with out being supported. To begin with the participants were asked to mend fishing nets and demonstrate as though teaching others. This would help the trainer evaluate the capacity of the trainees and decided whether to engage them as part of the training teams with Hibo Fishery Network. Out of the twelve, ten managed to meet the trainers requirements in net mending grade two while the remaining two were still beginners.



### Session two

The groups were again subjected on the test for fish cooking and presentation methods so that the trainers would evaluate their capacities to start business on their own. The facilitator ascertained that participants who prepared best fried fishes will be awarded and certified by the Hibo Fishery. Though it was stiff competition, three categories were formed. One group obtained above 80% marks which brought seven trainees, the second group was 70% which brought two trainees and finally three managed to score 50% of the fish frying preparation contest.



## DAY NINE

### First sessions

After going over the recap of the test done during the previous day the trainer began to adjust the points where the trainees had gone wrong during the previous examination. Newt mending was taken as an absolute skill that would generate income from the local coastal women. usually, men have others roles and this provides opportunities for the ladies. The teachers requested them to ascertain the seam tightening. They also learned the type and the species caught using each of the three methods

- a) Purse seines target high-value, highly migratory species in the deep sea, like sharks and schooling tunas.
- b) Longline vessels operate in deep water, targeting the larger, more solitary, highly migratory stocks such as sharks, swordfish, or billfishes, and the larger schooling fishes such as tuna
- c) Gillnets are one of the more versatile types of gear used in Somali waters. They can target highly migratory fishes (tuna, swordfish, billfish) in deep water or reef fishes close to shore.
- d) Bottom trawlers in Somali waters operate close to shore in relatively shallow water, targeting reef fishes or demersal fishes (bottom feeders). Relatedly, midwater trawls do not contact the seafloor and target pelagic invertebrates (squid and shrimp)

### Second session

The food preparation was also discussed and the mistakes made in the previous day solved through keenly watching the fried fish preparation and eventually perfect results were announced by trainer Mr. Maki, whose experience was exciting.



## DAY TEN

### First sessions

The last of the training came and the participants were willing to practice their last supported session. With trainers watching trainees began to exercise and demonstrate the session ensuring that their families would be proud of their newly acquired skills which would partly contribute income generation and partly enable trainees to support others as ToTs in various skills including cooking, net mending and basic accountings. It was joyful session and the participants ascertain to have gained what was necessarily planned is achieved with utmost good faith.

## Session Two

### Closing Ceremony

The Hibo Fishery Chairperson and Captain Hussein Moghe from the Italian CIMIC participated the closure of the intensive which took two consecutive weeks enabling local women from various district to acquire skills and knowledge on fishery business and promotion. The trainees took turns and explained what they had acquired, their expectation in joining the fishery markets and the fact that Somalia is willing to make useful aspect from Blue economies. Mr. Hasan thanked to the CIMIC, Italian unit for the incredible support they offer to the Somalia communities in multiple ways and for the special intensive course. Equally, Capaitn Moghe thanked to Hibo Fishery and trainees on behalf of the Unit and finally closed the activity officially.



### Training outcome

- » Individuals who participated the course understand essential seas safety measures
- » Trainees can start their business in fish frying using acquired skills and recipe
- » Almost entirely can start and end net mending repairs and maintenance
- » The trained participants can calculate net profit and monitoring their business progress.

### Challenges and lesson learned

- » Training contents were so interesting but the duration was short to cover and profess someone
- » Gender based and inclusivity consideration would be captivating next time

### Recommendation

Training female on fishery skills and knowledge would help uplift their morale in participating the fishery industry. This will pave the way for income generating activity hence help improve their livelihood. Provision of startups support including seed money to start new fishery business in their respective village would also be suitable so that female can get into the market with the courage and determination to make benefits from acquired skills and knowledge.

Annex-I : Activity Pictorial









**TRAINING TITLE: INTENSIVE FISHERY COURSE FOR FISH PROCESSING, NET MENDING AND FRIED FISH COOKING**

**PARTICIPANTS ATTENDANCE SHEET**      Date 03-02-2025

No	Participant Name	Gender	Contact	Signature
1.	IFRAH MOHAMUD MOHAMED	FEMALE	0611545313	<i>[Signature]</i>
2.	MADIHO ALI MOHAMED	FEMALE	0616909774	<i>[Signature]</i>
3.	NIMO NOR MOHAMOUD	FEMALE	0618937155	<i>[Signature]</i>
4.	HAWO MOHAMED AWEIS	FEMALE	0612458796	<i>[Signature]</i>
5.	SAHRO HASSAN ELMI	FEMALE	0617348230	<i>[Signature]</i>
6.	AMINO HASSAN ABDI	FEMALE	0614378377	<i>[Signature]</i>
7.	KHADUO SAID AHMED	FEMALE	0614784018	<i>[Signature]</i>
8.	FAHIMO ADNAN MOHAMED	FEMALE	0615164603	<i>[Signature]</i>
9.	KHADIA MOHAMUD ABDI	FEMALE	0615493211	<i>[Signature]</i>
10.	SOKOREY OSMAN ADDOW	FEMALE	0615777453	<i>[Signature]</i>
11.	QALI ALI HASSAN	FEMALE	0615999071	<i>[Signature]</i>
12.	DEQO IBRAHIM MOHAMED	FEMALE	0615509070	<i>[Signature]</i>

**Facilitators**

1. Maki Idris Mohamed	Signature <i>[Signature]</i>	Date
2. Hajji Abdullahi Eebow	Signature <i>[Signature]</i>	Date
3. Mohamed Dahir Mohamad	Signature <i>[Signature]</i>	Date