GHANA PERMACULTURE INSTITUTE LBG
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NARRATIVE REPORT

Project Title: "Empowering Youth and Women through Sustainable Bag Production from Recycled Water Sachets"

Organized by: Ghana Permaculture Institute (GPI) in partnership with the Global Partnership Network (UniKS)

Date of Training: 14th and 15th May, 2026

Venue: Ghana Permaculture Institute Demonstration Site, Techiman, Bono East Region, Ghana

1. Introduction

The project titled "Empowering Youth and Women through Sustainable Bag Production from Recycled Water Sachets" was successfully organized by the Ghana Permaculture Institute (GPI) as part of efforts to promote environmental sustainability, entrepreneurship, and community empowerment.

Plastic and non-biodegradable waste have become major environmental challenges in Ghana. Across many communities, discarded water sachets, plastic bottles, and other waste materials are commonly seen littering streets, gutters, farms, and public spaces. Poor waste disposal practices and the increasing use of single-use plastics continue to contribute to environmental pollution, blocked drainage systems, flooding, and land degradation.

The situation becomes even more concerning when these waste materials are burned indiscriminately, releasing harmful substances into the atmosphere. This poses serious health risks to individuals and communities, including respiratory problems and other long-term health complications. The accumulation of plastic waste also threatens ecosystems, affects agricultural lands, and places an environmental burden on future generations.

In response to these growing environmental concerns, the training was designed to equip youth and women with knowledge and awareness on transforming plastic waste materials into useful and marketable products. Although the initial focus was centered on sustainable bag production from recycled water sachets, the project outline was later adjusted to focus more broadly on empowerment through recycling and creative waste management. As a result, participants were introduced not only to sachet recycling, but also to innovative ways of repurposing plastic bottles, used car tyres, and other non-biodegradable waste materials.

The workshop combined environmental education, entrepreneurship discussions, community engagement, and demonstration site exposure to inspire participants to see waste as a valuable resource rather than a nuisance.

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The project also contributed to the achievement of the United Nations Sustainable Development Goals, particularly:

- SDG 12: Responsible Consumption and Production, which promotes waste reduction, recycling, and sustainable resource use.
- SDG 11: Sustainable Cities and Communities, which encourages proper waste management and environmentally sustainable communities.

Through the promotion of recycling and creative reuse of waste materials, the workshop emphasized the principle of "No Waste" and sustainable living practices.

2. Objectives of the Training

- Empower youth and women with knowledge on recycling and upcycling opportunities.
- Create awareness about the environmental dangers of plastic waste.
- Promote sustainable livelihood opportunities through waste recycling.
- Encourage creativity and entrepreneurship among participants.
- Demonstrate practical examples of environmental sustainability within local communities.
- Inspire participants to become advocates for cleaner and healthier environments.

3. Participants and Facilitators

A total of 47 people participated in the workshop, comprising:

- 41 participants (mainly youth and women)
- 2 experts from the Environmental Protection Agency (EPA):
  - Mr Daniel Mensah
  - Miss Emmanuella Ampofoa
- 4 workshop facilitators from GPI:
  - Mr David Niibyetin
  - Miss Shulamite Owusu-Yeboah Ankomah
  - Mr Selassie Akwensi

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- Mr Eric Fagan Yeboah

To ensure effective communication and participation, attendees were divided into two groups based on language preference:

- English Group: Facilitated by David Niibyetin and Shulamite Owusu-Yeboah Ankomah.
- Twi Group: Facilitated by Selassie Akwensi and Eric Fagan Yeboah.

4. Participant Selection Process

Participants for the workshop were selected through announcements and public outreach conducted by GPI. Information about the training opportunity was shared through GPI's social media platforms as well as through local community information centres to ensure that interested youth and women within nearby communities could apply and participate.

The outreach process generated strong interest from community members who were eager to learn about environmental sustainability, recycling, and empowerment opportunities. At the end of the selection process, participants were drawn mainly from:

- Kranka, Bono East Region
- Nkwaeso, Bono East Region
- Tuoboduom, Bono East Region
- Forikurom, Bono East Region
- Techiman, Bono East Region

The selection approach helped ensure inclusiveness and community participation, particularly among unemployed youth and women who could benefit from empowerment opportunities related to recycling and sustainable livelihood initiatives. The participants included farmers and traders in the above stated communities.

5. Training Duration and Structure

The training was conducted over a period of two days, with each day consisting of approximately three hours of learning and interactive engagement.

The sessions included:

- Environmental education and awareness talks

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- Group discussions
- Entrepreneurship and empowerment sessions
- Demonstration site tours
- Interactive participant engagement sessions

6. Workshop Activities

6.1. Opening Session

The workshop officially commenced with an opening session led by Dr. Agnes Ameyaa, Director of the Ghana Permaculture Institute.

In her opening remarks, she welcomed participants and emphasized the importance of environmental sustainability, creativity, and community empowerment. She highlighted the growing challenge of plastic waste pollution in Ghana and encouraged participants to see waste materials as opportunities for innovation and economic empowerment rather than environmental burdens.

Dr. Agnes Ameyaa also introduced participants to the sustainability initiatives of GPI and encouraged them to become agents of change within their communities by promoting recycling, responsible waste management, and sustainable living practices.

6.2. Environmental Education by EPA Experts

The two invited experts from the Environmental Protection Agency, **Daniel Mensah and Emmanuella Ampofoa**, delivered educational sessions on the environmental impact of plastic and non-biodegradable waste.

Their presentations focused on:

- The increasing problem of plastic pollution in Ghana.
- The harmful effects of burning plastics and sachet waste.
- Health risks associated with improper disposal of plastic waste.
- Environmental consequences of littering.

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- Long-term impacts on current and future generations.
- The need for responsible waste management and recycling practices.

The experts stressed that indiscriminate disposal and burning of plastics contribute to air pollution, land degradation, flooding, and health complications. Participants were again encouraged to become environmental ambassadors within their communities.

6.3. Group Discussions and Empowerment Sessions

The workshop focused heavily on empowerment and entrepreneurship discussions. Facilitators engaged participants in interactive sessions on how waste materials can be converted into economic opportunities and sustainable livelihoods.

Participants were introduced to various forms of recyclable waste materials, including:

- Water sachets
- Plastic bottles
- Car tyres
- Other reusable waste products

The discussions emphasized the importance of creativity, innovation, and environmental responsibility in addressing waste management challenges within communities.

Participants were encouraged to:

- Start small recycling initiatives
- Explore eco-friendly business opportunities
- Organize community clean-up and recycling activities
- Promote environmental awareness within their localities

The sessions also highlighted how recycling initiatives can help improve household incomes and support economic independence, particularly among women and unemployed youth.

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The English-speaking group sessions were facilitated by David Niibyetin and Shulamite Owusu-Yeboah Ankomah, while the Twi-speaking sessions were facilitated by Selassie Akwensi and Eric Fagan Yeboah. This ensured effective communication and active engagement among all participants.

6.4. Demonstration Site Tour

Participants were taken on an educational tour around the GPI demonstration site.

During the tour, participants observed practical examples of how recycled materials had been integrated into sustainable systems and infrastructure. These included:

- Gardens developed using recycled materials
- Buildings incorporating reused waste products
- Sofas and seating arrangements created from recycled items
- Creative landscaping approaches using recyclable materials

The tour provided participants with practical exposure and inspired them to think creatively about recycling possibilities within their own communities.

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7. Outcomes and Impact

The training achieved several important outcomes, including:

- Increased awareness of environmental sustainability among participants.
- Improved understanding of the dangers of plastic pollution.
- Greater appreciation for recycling and creative waste management by participants.
- Enhanced confidence among participants to explore entrepreneurship opportunities.
- Increased interest in environmental conservation activities.
- Strengthened community awareness on proper waste disposal and management practices.

Participants expressed enthusiasm about applying the knowledge gained and sharing the information with others in their communities.

The bilingual facilitation approach also contributed to strong engagement and effective learning outcomes for both English-speaking and Twi-speaking participants.

8. Conclusion

The project successfully demonstrated that environmental sustainability and community empowerment can go hand in hand. Through environmental education, awareness creation, and community engagement, the workshop empowered youth and women with valuable knowledge on recycling and sustainable waste management practices.

The collaboration between the Ghana Permaculture Institute and the Environmental Protection Agency contributed significantly to the success of the training by combining environmental education with empowerment-focused discussions.

The project further reinforced the principles of responsible consumption, recycling, and “No Waste” practices aligned with the Sustainable Development Goals (SDGs). It served as an important step toward promoting cleaner communities, reducing plastic waste pollution, and encouraging sustainable livelihood opportunities.

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It is expected that the knowledge shared during the workshop will continue to inspire positive environmental action and sustainable community practices among participants and their communities.

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