**“Fighting bombs with perfume” -Case study from Nuba Mountains**

Nuba Mountains has been cut off from external aid since the war restarted there in 2011. However, local civil society has remained active in helping local people respond to the crisis and find strengths to build on and opportunities for self-protection.

<https://vimeo.com/109753187>

Facilitators notes

This 12 minute video provides talking points around a number of issues:

1. How communities respond to a crisis (humanitarian, protection) without external aid, i.e. as first responders
2. Outcome of palc volunteers who collected success stories (appreciative inquiry) of how people coped with the last war and then disseminated back to the wider population to help them cope better with the current conflict
3. The importance of dignity and psychosocial well-being in crises (hence “fighting bombs with perfume”)
4. What can be done by local people to contribute to psychosocial recovery.
5. The importance of cohesion within resilient communities (not least Muslim and Christian communities supporting each other)
6. The key role that women can play as active promoters of local protection (not helpless victims!)
7. How the palc process led to a local CBO (the Nuba Mountains Women’s Association) organising their own multiple women’s self-help groups to provide a range of protection and psycho-social services to over half a million people, with minimal outside support. They provided:
   * 1. Self-protection measures from war (e.g. fox holes, run bags , early warning systems etc)
     2. Psychosocial support
     3. Food management (rationing)
     4. Collection and preparation of edible wild foods
     5. First aid
     6. Traditional medicine
     7. Religious harmony and social cohesion
     8. Self-worth/dignity
     9. Leading to long term issues
     10. Documenting for advocacy
8. Technical ToT outside experts (in physical First Aid, in community based psychosocial first aid) was provided to key women who then trained group members.
9. Local experts were identified and used to provide local skills training – e.g. in preparation of traditional foods, traditional medicines and food rationing.
10. How protection can lead to local level peace building (although not shown in the video, this same process of looking at self protection lead eventually to cross-line peace building.