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Testimonial following the FALAH (Family Farming, Lifestyle and Health) workshops**



"The FALAH (Family Farming, Lifestyle and Health in the Pacific) project has proved to be a central platform for research and learning on the link between agriculture, food production, lifestyle, health and family farming in the Pacific region. FALAH involves collaboration between several universities in the Pacific region; I am a student at one of them, the University of the South Pacific (USP), where I am a PhD student at the Pacific Centre for Sustainable Development (PaCE-SD). In this capacity, I took part in the FALAH workshop held in Port-Vila and Nouméa from 17 to 21 October 2022. I would like to thank the USP PaCE-SD for giving me this opportunity. The French Embassy in Fiji covered my travel expenses as well as those of Mr Filipe Veisa. The University of the South Pacific advanced the costs of my participation, which were reimbursed by the AUF (Agence Universitaire de la Francophonie). The workshops provided an opportunity to learn about different research methods for collecting quantitative and qualitative data, while exploring the importance of family farming, lifestyle and health in the Pacific region. Field visits were organised to family farms. Family farming plays a crucial role in maintaining local communities and food security. It is a traditional way of life deeply rooted in Pacific culture, where farming practices are passed down from generation to generation. Reminding people of the importance of family farming helps to preserve the cultural heritage and maintain the delicate balance between modernity and tradition. FALAH highlights the influence of different farming practices on the quality and nutritional value of the food produced. The project explores sustainable farming methods that minimise environmental impact and promote healthier lifestyles. The workshops also provide an opportunity for participants to collaborate and share their knowledge. Finally, it provides a platform for farmers, researchers, community leaders, policy-makers and even chefs to exchange ideas, experiences and best practice. This collaborative approach is helping to find innovative solutions and sustainable strategies to improve agriculture, food production and general well-being in the Pacific".

Jyoti Prasad









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