# ABSTRACT

Just like anywhere else in the developing world, women in Amuru District are struggling to have their land rights fully realized. The study was carried out in Atiak, Pabbo, Lamogi, and Amuru sub-counties in Amuru district and used a mixed methods approach.

The main objective of the research was to examine women’s land rights and how they influenced household livelihoods in Amuru district. The study had three specific objectives; to analyse rural women’s situation with regards to their land rights in Amuru district, to discuss the effects of women’s land rights on their livelihoods in Amuru District and to assess the opportunities both structural and institutional in the promotion and protection of women’s land rights.

I conclude that land rights directly impacted women’s livelihoods. The majority of women only had the right to use land; this directly affected their livelihoods as control and ownership eluded them. Given that agriculture remained the main livelihood activity, women were able to work out their way to ensured they continued surviving. Women pulled together in labour groups ‘*aleya*’ to ensure they gained labour and social capital, their saved together in village saving groups. Land was essential for any livelihood activity in Amuru district livelihoods like charcoal burning and alcohol brewing all depended on secure land rights.

Land rights were tenuous for some groups of women and enriching for others depending on their socio-demographic profile. However, a woman’s relationship with her husband’s kin, being respectful, hardworking morally upright and bearing a male child was critical with customary tenure. Adherence to culture and custom permeated the discussion of women’s land rather than human rights and the realization of achieving sustainable development goal five.

I recommend continuous sensitization of communities in Amuru district to about women and girls’ property rights. The government of Uganda through the Ministry of Lands Housing and Urban Development should expedite the certification of customary land and train land governance stakeholders on gender inclusiveness, equity, and rights. Women should constitute at least two-thirds of customary institutions by law to enable them to have a voice.