



ADRA

Mingalabga မင်္ဂလာပါ

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Zar Zar Naing's Story

Preparing for Healthy Pregnancies in Kayin State

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COVER PHOTO

This month's cover photo is of Daw Zar Zar Naing from EMBRACE Project. Photo: © 2020 ADRA Myanmar | Pyae Phyo Lin

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FEATURED ARTICLE



Daw Zar Zar Naing's Story: Preparing for Healthy Pregnancies in Kayin State

My name is Daw Zar Zar Naing, I am 35 years old living in Ka Di Kan Village with my husband and our three daughters. In 2012 we moved to this area in Hlaingbwe Township, Kayin State. I was recently pregnant and hoping to give birth to a healthy baby.

Our primary livelihood is chicken and goat farming on a plantation. Sometimes my husband finds work outside for additional income. Before the EMBRACE project came to our village, I didn't know how to cook healthy meals or grow vegetables in our garden. I delivered all our children in our home and we never went to the clinic for check-ups because we didn't know any of the risks associated with pregnancy.

I received a lot of knowledge in the health and nutrition trainings which I tried to implement in my home. We learned step by step, so it was easy to follow. Now I know the risks that can come with pregnancy, I will deliver this baby in the clinic. My husband is also encouraging me to go to the clinic for check-ups and delivery. We want to give this baby the best chance we can and we as a family are now more prepared.

I was expecting to give birth to a healthy baby. Now we have another healthy baby girl born in the clinic becoming our fourth daughter.

Ko Nyein Chan Aung, Daw Zar Zar Naing's husband comments; "thank you so much to ADRA and the donor because when the project came to our village, I can learn something I didn't know about agriculture, livestock and healthy living."

The EMBRACE project is funded by Global Affairs Canada and ADRA Canada. EMBRACE is working in Kayin State to improve nutrition rates and increase access to appropriate health services for pregnant women and children.

“As a result, through ADRA's project and the knowledge we have gained, we can take better care of our children. I would like to say thank you to ADRA and the donor, Global Affairs Canada.

PYAE PHYO LIN
Communications Assistant, ADMIN

REFLECTIONS



It is Time to be Creative

Have you heard the old saying “curiosity killed the cat”? If you have, you may agree that cats are one of the best examples of curiosity. When you are curious, you open yourself up to seeing things in new ways. Asking “Why?” can lead you in different directions and produce important discoveries. Curiosity is listed in research as one of the most important elements for fostering creativity and innovation. You are born with 30% of your creative potential, leaving 70% to be developed during your lifespan.

2020 has not been an ordinary year. COVID-19 has changed us, so perhaps it is time to foster your creativity. By the time you read this newsletter, I bet you are not at work and probably asked to continue working from home. Have you noticed your work has changed and the way you do it even though you still have to meet deadlines and donors’ or clients’ requirements? Well, congratulations. You have been ‘forced’ to become creative!

If you have been in the same job for more than two years, I am certain you know how to do your work. However, if you want to add ‘continuous learning’ to the equation, I challenge you to keep on being creative and curious even when everything returns to ‘normal’. Look at your day to day tasks and ask yourself these questions: What one thing am I curious about or want to learn today? What is one thing I usually take for granted to explore further? and What “why” questions can I ask at work today? Remember, curiosity may have killed the cat, but if not cultivated, could kill your creativity too.

CLAUDIO SANDOVAL | Country Director, ADRA Myanmar

IN THE MEDIA



www.adramyanmar.org



ADRA Myanmar

Published 31 May at 14:37

The LIFT funded VESI project in partnership with AVSI and FRC, aims to provide vocational education opportunities for youth in IDP camps to increase incomes and meet labour market needs in skilled employment. In collaboration with GTHS Lashio, Northern Shan State, the first batch of 60 students have completed a short course in 3 subjects including; Motorbike Repair, Electrical Wiring and Basic Computers. Due to COVID-19, the students are unable to start their internships until things return to normal. The VESI project has also been conducting awareness raising activities on Vocational Education in 32 IDP camps under 7 townships in Northern Shan State.



ADRA Myanmar

Published 28 May at 16:55

READ: Learn how ESE ‘Education Sensitisation Events’ are connecting remote ethnic communities on the value of education, and how TEES teachers like Nang Kham Mart are making a positive impact under the European Union in Myanmar funded CASE2Learn project in partnership with ADRA and RISE. Click [HERE](#)



MEET OUR STAFF



HSU MON THEIN

RESEARCH OFFICER | CASE2LEARN

Q1 What Race/Nationality are you from?
Burmese

Q5 What Place/Country would you like to visit?
New Zealand

Q2 What is your favourite food/s to eat?
Karen Cuisine

Q6 In one word, what would define you?
Happy with Open Mindedness

Q3 What is your favourite colour?
Pink

Q7 What year did you join ADRA?
February, 2020

Q4 What do you like to do for fun?
Travelling

Q8 What do you love most about working in ADRA?
ADRA serves the needy with great compassion and love



PROJECT UPDATES



PRICE

The Livelihoods based PRICE project funded by AusAID and ADRA Australia, has reallocated funds to respond to COVID-19 in the Chin State and Magway Region through distributions of rice, medical supplies, and awareness raising posters and pamphlets.

The PRICE project has responded in Matupi Township, Chin State and Gangaw Township, Magway Region to 17 target villages. 810 households with an estimation of 3,270 beneficiaries reaching 60% of the community received bags of rice (8 pyi per bag). Other items distributed include; masks, hand gel, gloves, bars of soap, thermometer's and hand wash basins.

Materials were brought from Gangaw in hired trucks to Lungngo village for distribution. Motorbikes transported items to the more remote villages due to poor road access. Read full article [HERE](#)



AEON

This month, the Education based AEON project funded by AEON 1% Club Foundation and ADRA Japan located in Hpa-an, Kayin State, completed 2 activities.

The project finished collecting end line surveys by interviewing teachers for feedback regarding education and ToT training. This was done over the phone due to restrictions from the Government in regards to COVID-19. Post interviews to parents and end line surveys regarding education awareness is still ongoing and set to be completed in June remotely.

The School Handover ceremony had to be cancelled due to the pandemic, however AEON project staff were able to visit the township Education office's in Hpa-an and Kawkerik to conduct a handover of books to Township Education Officers U Than Htike Oo and Daw Khin Nyo Nyo May.



PROJECT UPDATES



SEAQE2

The Norad and ADRA Norway funded Education based SEAQE2 project has reallocated funds to respond to COVID-19 in the Kayin State through distributions of medical supplies, and awareness raising posters and pamphlets.

The distributions were completed in partnership with the PTA (Parent Teacher Associations) and communities in SEAQE2's targeted schools due to limitations in accessing the communities directly.

34 schools including 19 Government schools and 15 Community Schools (ACS) were targeted to reach 5,139 households with a total population of 24,687 beneficiaries. Distributions of flyers, posters, 500ml liquid hand soaps and 60g bars of soap were posted in general locations for awareness raising, prevention and hygiene.

Read full article [HERE](#)



SURE

The Livelihoods based SURE project funded by the Ministry of Foreign Affairs and Trade (MFAT) and ADRA New Zealand located in Chin State, has continued activities within the Agriculture and Soil sector.

Paddy Seeds were distributed to 3 target project villages for 16 farmers. 12 villages will also be provided with rice beans and leucaena, also known as river tamarind.

In the projects SALT (Sloping Agricultural Land Technology) farms, plans are in place to grow the rice beans and leucaena as both act as a defence to the corrosion of topsoil and are fertile. Seasonal crops are usually planted before the end of May. The SURE project is located in a mountainous area that is prone to landslides in monsoon season. SALT farms are helping farmers continue to grow stronger crops in steep slope conditions.



PHOTO COMPETITION



Photo: © 2020 ADRA Myanmar | Thawng Lian Thang

THIS MONTH'S WINNING PHOTO

PHOTOGRAPHER:

Thawng Lian Thang
Field Officer, SURE

ABOUT THE PHOTO:

This is Ding Lia Thang, a beneficiary in the SURE project participating in SALT Farm Training from Lungngo Village in the Chin hills.

WILL YOU BE NEXT?

Want to see your photo in the next volume of 'Mingalaba'? Please send in your photos by **2 July 2020** to: emma.mccrow@adramyanmar.org

The winning photo will not only be featured here, but also advertised on ADRA Myanmar's social media (Facebook & Instagram) and featured on our website under your name.

PHOTO GUIDELINES

For your photo to be eligible to win, you must meet the following criteria:

- Be a Staff Member, Partner or Donor of ADRA Myanmar
- Taken a Photo of a Beneficiary, Staff and/or Activity in an ADRA Myanmar Project
- High-res (preferable at 300ppi: 2480 x 3508 pixels)
- Landscape or portrait accepted
- In focus and exposed correctly
- JPEG or RAW files accepted
- Unedited, original photo only
- Brief description of photo provided

VACANCIES & TENDERS

*Visit www.adramyanmar.org/careers to learn more about the below positions and how to apply. Applications submitted through Facebook will not be accepted.

PROJECT MANAGER

Location/Project: Chin State | ELS
Deadline: 7 June 2020

EDUCATION OFFICER

Location/Project: Kachin State | ELS
Deadline: 7 June 2020

COMMUNITY MOBILISOR (3 posts)

Location/Project: Chin State | ELS
Deadline: 7 June 2020

COMMUNITY MOBILISOR (1 post)

Location/Project: Kachin State | ELS
Deadline: 7 June 2020

FINANCE/ADMIN ASSISTANT

Location/Project: Chin State | ELS
Deadline: 7 June 2020

CIVIL ENGINEER

Location/Project: Chin State | ELS
Deadline: 7 June 2020

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ADRA Myanmar has a zero tolerance policy against cases of Fraud & Corruption, Child Abuse and Harassment. To make a report, please visit: www.adramyanmar.org/report





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