



ADRA

# Mingaladon

## မင်္ဂလာဒုံ

I19 | OCT 21

*U Man Tin's Story*

Support for Sustainable Livelihood in the Chin Hills



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### COVER PHOTO

This month's cover photo is U Man Tin from the SURE project. Photo: © 2021 ADRA Myanmar | Sung Ma Mi

## Editorial

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## FEATURED ARTICLE



### Support for Sustainable Livelihood in the Chin Hills

My name is U Man Tin and I currently live in Chin state. There are seven members in my family and three of my children are currently enrolled in elementary school. I own four acres of farm on which I grow elephant foot yam and corn.

Unfortunately, in 2015, we faced damage to our farm due to landslides and soil erosion in our area. As a result of this, we had difficulty producing enough food, struggling even to support my family. That is why I searched for a new farm. Slash and burn farming had been traditionally practiced year after year. With these devastating practices, climate change, deforestation, and landslides occurring more frequently in our area. This creates many difficulties for farming and producing food.

In 2016, the Ministry of Foreign Affairs & Trade (MFAT) and ADRA New Zealand-funded Sustainable Rural Economic Development (SURE) project, came to our area to develop the livelihoods of the people through sustainable farming. Thus, leading to income generation without damaging the environment.

During these years, the project introduced Sloping Agricultural Land Technology (SALT) in our area. SALT farming is gradually improving the soil and air quality. The main purpose is to maintain and protect nutrient rich soil. From this, other farmers also

started to develop SALT farms. Through the project, I was provided barbed wire, water pipes, annual seeds, and perennial nursery plants for my individual SALT farm. Since the project came, I learned many farming techniques from Extension Workers and Agriculture staff from the ADRA. Therefore, with my skills and experiences learned from the SURE project, gradually over time, I was able to develop my own SALT farm.

"I am really interested in farming, so after the SALT farming system was introduced to me, I decided to develop of my land as a SALT farm. Now, I can plant multiple seasonal crops in the same area, throughout the year."

In 2021, I was able to harvest 5 baskets of corn from my SALT farms in just 0.09 acres. I also used a project-provided solar dryer to dry my harvested corn seeds which was really helpful and time-saving.

**"Thank you for your support. I am happy that now I am able to plant for the whole season in my SALT farm without doing slash and burn in the forest. I can also provide food for my family and I have increased my income through SALT farming."**

David Cung Lan Thang | M&E Officer

# REFLECTIONS



## Healthy Lifestyle with ADRA

As of October 2021, this year, it will be 13 years for me working with ADRA. During these years, I have been blessed to be able to serve in a few different departments- from Human Resources to project, from project to Monitoring and Evaluation for Learning, and now to the Public Relations. I can't emphasize enough how I have loved working all these years with ADRA serving the people in the communities through various projects. Reflecting on the past few years that I have been in Public Relations, I have been able to, [despite some challenges], learn so many good things including building my personal and professional capacity, meet different kinds of people who share experiences, stories and values for development, witness important life changes of those in the communities we serve, and hear lots of good stories.

What is more precious, I have been able to see how ADRA reflects God's character of Love in the communities as well as in my own life over the years. Working for healthy living in primary health, rural livelihoods, human development and education, Non-Communicable Disease and Environmental Health sectors, ADRA has impacted so many people in the communities including its own team members while we serve. Just recently, I, among several team members, have been able to benefit from joining the healthy lifestyle training sessions promoted within ADRA. From the sessions, we have learned and practiced how we can prevent diseases and improve our health through our daily healthy livings including eating brown rice, doing regular exercise, drinking enough water, relieving stress, practicing forgiveness, and more. I also learn to trust in God from the sessions.

As someone in public relations, I have a privilege to hear and share all the related stories above. From being able to hear and share these stories, I believe others have been able to learn about ADRA's work and have positive impacts in their life too. As stated in ADRA's purpose, "To serve humanity so all may live as God intended", I pray that as we continue to work and serve, God helps us to uplift our healthy lifestyle and guide us to positively impact others especially the poor and vulnerable in the communities who are in real need of this healthy living.

PHANO KONG | Public Relations Coordinator, ADRA Cambodia

## IN THE MEDIA



[www.adramyanmar.org](http://www.adramyanmar.org)

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## MEET OUR STAFF



### MAR CU RI CO

Extension Worker

**Q1 What Race/Country are you from?**  
Chin/Myanmar

**Q2 What is your favourite food/s to eat?**  
Noodle

**Q3 What is your favourite colour?**  
Yellow

**Q4 What do you like to do for fun?**  
Singing

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

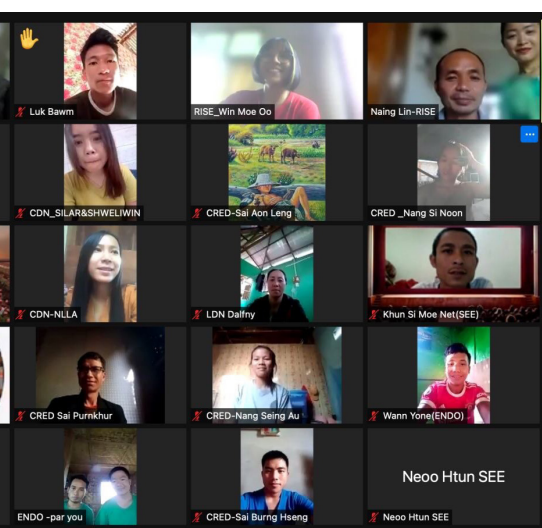
**Q6 In one word, what would define you?**  
Star

**Q7 What year did you join ADRA?**  
April, 2017

**Q8 What do you love most about working in ADRA?**  
I like working because I can share with farmers to develop agriculture in our area.



# PROJECT UPDATES



## CASE2Learn

This month, the European Union funded CASE2Learn project implemented the following activities:

1. MTTs and SMAs from CRED, LDN, CDN,SEE, STEDF, BF, ENDO, SENG,CDI and DDI have attended MTT and SMA reporting , planning and training.
2. The first mobile cycle reflection was completed on 27th September and NFE training was delivered to MTT and SMA from 28th September to 4th October by external trainers.
3. Data security training was delivered from 5th-7th October by external trainers and COVID-19 awareness was delivered by RISE team on 8th October.
4. ADRA chaired the quarterly EESR meeting on 8 October which had a focus on home-based learning strategies and lessons, KECD presented home-based learning strategies to the group.

## BRIGHT

The Global Affairs Canada and ADRA Canada funded BRIGHT project implemented the following activities:

1. The Education Sensitization Event was held in Man Pwe village, Nar Kwam Lone village, and Nar Hwei village in Lashio Township.167 participants( 68 female, 99 male) participated in the ceremony including parents, village leaders, teachers, women's group members, and students.

After the event, the project provided a drawing book, pencil, eraser, and crayons to the students.

2.The Women's Leadership Training was conducted by the partner, Women's LEAD, in Northern Shan State. The training was 3 days and, 20 women from 5 townships in Northern Shan State attended the training.





# PROJECT UPDATES



## SEAQE2

The Norad and ADRA Norway funded SEAQE2 project completed the following activities:

1. Reopening the TVET short course training for the youth in Kayin State. In this training Batch 2, a total of 177 (96 male, 81 female) students have been enrolled in Basic Sewing, Advanced Sewing, Rural Mechanic, Hair Dressing, Hair Cutting, Welding, and Hospitality training in KECD VT center and in Hpa-an.

2. Coordination meeting with ACS in Mawlamyine on 8 October to share the updated information, success, and challenges in the implementation of program activities.

3. Reopening NFE Program (2/2021) Batch 2 on October 1. This program included 13 female and 8 male students from nearby villages of NFE center, Dae K' Hee, and the training period will be 5 months.

4. Teacher training was shared with 111 teachers from SEAQE2 targeted Schools (8 ACS schools, NFE Center, and 17 GoM schools) via Zoom.

## VESI

This month, the LIFT funded VESI project in partnership with AVSI and FRC completed the following activities:

1. The project plans to open basic computer training in northern Shan State. The collection of quotations has been completed at the computer training centers in Kutkai and Namtu Townships.

2. Conducted an awareness session on vocational education programs in target IDP camps (Hoko, Mine Yu Lay, Aung Tha Pyay, and Pan Kucamp) under Kutkai township.

3. Opening Ceremony of Basic Computer and Basic Sewing Trainings were held in Namtu KBC Camp, Nam Hpak Ka KBC Camp, and Nam Sa Lar KBC Camps in the Northern Shan State. After that, the training fees and consumables/ materials were provided to the trainers. Distribution of Covid-19 protective items, sewing curriculum book, and life skills curriculum books to the trainees.







## SURE

With the closure of the MFAT and ADRA New Zealand funded SURE project completed the following activities:

1. Farmer Field School Training, SALT Compound Farms Training, Agriculture and Horticulture Training, pipe, and canal line maintenance training to the farmers project villages in Chin State.

The training was led by the Extension Workers under the guidance of the Agriculture Officer according to the agriculture curriculum. The main purpose of the training is to successfully and systematically cultivate in target villages, in Chin state.

By establishing a 'Farmer Field School' with technical support from the SURE project, paddy and maize farmers can enhance new skills and techniques.

2. Community planning meetings were held to share awareness to farmers on land use in project target villages.





## PHOTO COMPETITION



## THIS MONTH'S WINNING PHOTO

### PHOTOGRAPHER:

Zoe Bawi  
Extension Worker  
SURE Project

### ABOUT THE PHOTO:

This woman is a beneficiary of the SURE project from Voti village, Chin State.

### WILL YOU BE NEXT?

Want to see your photo in the next volume of 'Mingalaba'? Send in your photo with a brief description within the next month to be eligible.

The winning photo will not only be featured here, but also featured as the background image of the ADRA Myanmar web portal.

### 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

\*To be considered, please submit your full applications as directed in the job advertisement. Applications submitted through Facebook will not be accepted.

## CONTACT US

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ADRA Myanmar has a zero tolerance policy against cases of Fraud & Corruption, Child Abuse and Harrassment. To make a report, please visit: [adramyanmar.org/report/](http://adramyanmar.org/report/)



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