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Mingalabga

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I22 | JAN 22



Chan Loung's Story

"Learning Through Play" Principles Transform Communities in Northern Shan State

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FEATURED ARTICLE



Chan Loung's Story: "Learning Through Play" Principles Transform Communities in Northern Shan State

My name is Chan Loung and I am 22-years old. I am living with my family in Northern Shan State. In our family, we have 5 family members and we raise chickens and pigs for our livelihood.

Soon, I heard about the Global Affairs Canada and ADRA Canada funded BRIGHT project targeted to provide livelihood opportunities, women's empowerment, and focusing on education for out-of-school children in remote areas.

In 2021, I was given a chance to attend 5 days of training for Learning Through Play.

The "Learning through Play" training focuses on children learning through play, the development stages of children, child development areas, parenting cards, and Making Mealtime Matters.

During the training period, I received 10,000 MMK each day as support from the project. Through the training, I gained a lot of knowledge related to how to train and care for children in our environment. In the past, the way parents would discipline their children in the village resulted in some children suffering physical and emotional harm.

Our village needed support from the project. Most of the children are poor and their parents are struggling to make ends meet. Parents are often too busy to take care of their children.

I also changed my point of view on children. Before, I didn't like when they played too much. I also did not allow children to eat food by themselves, because when they eat by themselves, it is dirty. Only after attending this training I learned that children need to strengthen their fingers and tongue muscles by playing and eating. Therefore, this training is very effective for us.

Parents have also become interested in this when knowledge was re-shared in the village. The training provides teaching and learning aids for the children in each village. All villagers are very happy and learn about the needs of the children according to their age.

I am very happy that this project supports children. I believe that the future of children will be bright. I would like to say thank you to the donor and ADRA.

"As a teacher and as a sister, I want my children to grow up to be happy and independent. And also, I want them to make their own decisions."



COVER PHOTO

This month's cover photo is of Chan Loung from the BRIGHT project.

Editorial

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PUBLISHER
ADRA Myanmar
*'Mingalaba' is the official newsletter of ADRA Myanmar re-launched in March 2020. Photos and content are the property of ADRA Myanmar.



REFLECTIONS



Stress

Stress and depression can be occurring in all persons regardless of age, gender, and background. Our mental well-being is important to our health, and it can be impacted by stress, especially during this kind of crisis like an outbreak of the COVID19 pandemic and the current crisis in Myanmar. Mental and physical health are equally important components of our overall health. When we faced stressful life events, such as loss, family conflicts, hardship due to loss of work, or being unable to afford for our basic needs. We can react differently to stressful situations according to our personal situation; we should not compare ourselves to others or feel bad if we feel more stressed than others.

Overwhelming feelings and emotions are normal reactions. We all have the inner strength to achieve optimal mental health, and this can be achieved through practicing forgiveness, gratitude, and humility, and taking care of our well-being. We can take care of our well-being and the well-being of others by trying to maintain healthy life habits, including getting enough rest, exercise, and healthy food. May you find encouragement and gratitude in the following powerful Bible verses for stress and depression.

Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God".

Psalm 9:9 "The Lord is a refuge for the oppressed, a stronghold in times of trouble".

Psalm 30:5 "For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night but rejoicing comes in the morning".

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest".

AUNG BO BO HTAY | Program Coordinator, ADRA Myanmar

IN THE MEDIA



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MEET OUR STAFF



PHYOPA PA HLAING

Finance & Admin Assistant | BRIGHT

Q1 What Race/Country are you from?
Kachin/Myanmar

Q5 What Place/Country would you like to visit?
Inlay Lake, Myanmar

Q2 What is your favourite food/s to eat?
Watermelon

Q6 In one word, what would define you?
Kind

Q3 What is your favourite colour?
Blue

Q7 What year did you join ADRA?
August, 2017

Q4 What do you like to do for fun?
Shopping

Q8 What do you love most about working in ADRA?
Supporting community

PROJECT UPDATES



CASE2Learn

The European Union funded CASE2Learn project in partnership with RISE, ADRA UK and ADRA Germany completed the following activities.

1. CDI; FPC and the team led and conducted an Education Sensitization Event (ESE) activity on 20-21 December 2021 in Kap Teel village, Tedim Township. During the event, the team provided special talks which covered the importance of MTB-MLE in education, introduction on the current education system, and the importance of parent's participation within the education sector. The team also provided sports and essay competitions in the event for participants.

2. SEE; MTT/SMA and FPC facilitated an ESE activity on the 1 January 2022 in Kone Thar village, Loikaw Township. The ESE topic covered parenting education, the role and responsibilities of school management committees and parent and teacher associations, and discussion on the challenges and successes in education during the crises.

BRIGHT

This month, the Global Affairs Canada and ADRA Canada funded BRIGHT project implemented the following activities.

1. The project conducted Y2 annual data collection by using both quantitative and qualitative data collection methods in 16 villages in Lashio, Hsipaw, Kutkai, Tangyan, and Namptu Township from Northern Shan State.

2. A village level project coordination meeting was held in Tangyang Township on 21 January in Namhu and Kone Sone villages. A total of 23 people attended the meeting.



PROJECT UPDATES



VESI

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

1. An opening ceremony for students enrolled in Batch 7 of Basic Sewing, Basic Computer and Basic Motorcycle Training was held in Northern Shan State in January.
2. As a part of the COVID-19 emergency response, COVID-19 protective items were distributed to Panku, Namt Hpa Ka-KBC camp, Zup Awng, and Kone Khem IDP Camps in Northern Shan State.
3. The project provided curriculum books, uniforms, and COVID-19 protective items to the Basic Sewing, Basic Computer, and Basic Motorcycle trainees.

SEAQE2

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

1. A 2021 monitoring trip using the ETLE tool (Effective Teaching Learning Environment) was completed in five ACS schools in Hlaingbwe Township and two ACS schools in Kawkareik Township between 18 to 21 January 2022.



2. Vulnerable and displaced SDA Church members from 100 households in Kayin State received food assistance between 26 January to 2 February 2022. Financial support was provided by a private donor in Norway with distribution completed in collaboration with ACS partners and SEAQE2 project staff.

Each household received a package containing 10kg of rice, 20 canned fish, 40 sachets of calsome quaker, 60pc of dry noodles, and 2 bottles of 1-liter oil.



PROJECT UPDATES



ELACAP

The USAID-funded Emergency Life-Saving Assistance in conflict-affected population (ELACAP) project in partnership with the Karen Department of Health and Welfare, conducted awareness-raising training on health and WASH in Kayin State.

Hygiene promotion training related to WASH activities was completed on January 13-14 2022. The trainings objective is to enhance awareness of hygiene for improved health conditions.



UNICEF EMERGENCY WASH

This month, the UNICEF funded UNICEF Emergency WASH project conducted training and orientation sessions on "Hygiene Awareness, Mitigating COVID-19 Spread and Health Services" for 29 community volunteers at Myaing Gyi Ngu village tract, and Me The Mu village in Hlaingbwe Township.

The 29 community volunteers then provided awareness on hygiene, mitigation measures in the spread of COVID-19, and health services to the projects targeted 25,000 community members.



PHOTO OF THE MONTH



January

PHOTOGRAPHER:

Thet Paing Oo
Business & Life Skills Officer, VESI Project

ABOUT THE PHOTO:

Distributing COVID-19 protective items to beneficiaries in IDP camps in Kutkai Township for prevention against COVID-19 through the VESI project

VACANCIES & TENDERS

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

ADRA Myanmar is seeking a suitable candidate for the post of "Project Assistant" which is to be based in Hpa-an, Karen State.

The deadline is 15th February 2022.

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/

INTRODUCING NEW STAFF MEMBERS



ZAW LWIN
Logistic Officer
MoFA



MIN THUREIN SOE
Logistic Assistant
MoFA



WIN WIN THANT
M&E Officer
MoFA



NAW SAH PAW
Community Mobilizer
MoFA



NAW TAMALAR PAW
Community Mobilizer
MoFA



SAW MAUNG AUNG
Community Mobilizer
MoFA



CHIT PHYWE NGE
Junior Finance Officer
MoFA



SAW EH DOE
Community Mobilizer
MoFA



SAW DEGARÆ
Security
MoFA



DR.SU EI MON
Admin& Advocacy
Coordinator
ADMIN

UPCOMING CALENDAR

FEBRUARY 2022



SUN တနင်္ဂနွေ	MON တနင်္လာ	TUE အင်္ဂါ	WED ဗုဒ္ဓဟူး	THU ကြာသပတေး	FRI သောကြာ	SAT စနေ
		1	2	3	4	5
6	7	8	9	10	11	12 Union Day
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

UPCOMING EVENTS

Timesheets are due on the 25th of each month

Public Holidays:

12 February - Union Day



ADRA