



ADRA

Mingalaba

မင်္ဂလာပါ

137 | April - May 23

Nang Mom's Story

Sewing Success



Mingalaba

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ABOUT ADRA

The Adventist Development and Relief Agency (ADRA) is the global humanitarian arm of the Seventh-day Adventist Church - part of the 20 million strong Adventist Community, with hundreds of thousands of churches globally and the world's largest integrated healthcare and education network. ADRA delivers relief and development assistance to individuals in more than 107 countries regardless of their ethnicity, political affiliation, gender or religious association. By partnering with local communities, organizations, and local authorities we are able to deliver culturally relevant programs and build local capability for sustainable change.

ABOUT ADRA MYANMAR

ADRA Myanmar is an 'implementing office' within the ADRA network, a registered and recognized INGO in Myanmar. Established in 1984, ADRA Myanmar is one of the oldest country offices in ADRA network providing development and relief assistance opportunities throughout the country. We operate under 4 key sectors that cater to: Livelihoods, Education, Health and Emergency. With the head office located in Yangon, ADRA Myanmar maintains 4 sub-offices within the regions of: Kayin State, Shan State, Magway and Mandalay Region.

CONTENTS

2 EDITORIAL

3 FEATURED ARTICLE

4 MEET OUR STAFF

5 PROJECT HIGHLIGHTS

7 PHOTO OF THE MONTH

EDITORIAL

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ADRA Myanmar

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FEATURED ARTICLE



Nang Mom's Story: Sewing Success

Nang Mom, 16 years old student from Lashio township, Northern Shan State.

Despite having completed middle school, she is unable to continue her education because of the political situation, the COVID-19 pandemic, and her family's lack of income.

But she hasn't let the pandemic and deteriorating situation stop her. One day, a new opportunity arose for her to attend vocational training under BRIGHT project.

ADRA Myanmar is implement the Breaking barriers, Improving Girls Education, Hope and Totality (BRIGHT) project funded by ADRA Canada and Global Affairs Canada.

The project provides basic sewing training for young girls in Northern Shan State.

When she heard about this, she was very interested and decided to join the training.

Through the BRIGHT project, she received two months basic sewing training opportunity in October and November, last year 2022.

After the training, the project provides as a extra support a sewing machine and related equipment to start onces own business. Nang Mom was able to run her own business and sew 30 clothes within two months. During these two months, she earned 3 lakhs as a income.

"I am happy and proud that I receive regular income now. I would like to become a sewing trainer and open a large sewing shop in the future" Says Nang Mom.



“I would like to say thank you to the donor and ADRA for giving me this opportunity, and I also would like to suggest expanding activities to as many different places as possible in the future.”

MOE JULY AUNG

WASH Engineer

- Q1 What Race/Country are you from?**
Mon-Kayin
- Q2 What is your favourite food/s to eat?**
Mon Ethnic Food, Thai Food
- Q3 What is your favourite colour?**
Grey, purple
- Q4 What do you like to do for fun?**
Climbing mountain, Eating
- Q5 What Place/Country would you like to visit?**
Ha Long Bay, Vietnam
- Q6 In one word, what would define you?**
No Pain No Gain,
- Q7 What year did you join ADRA?**
September, 2021
- Q8 What do you love most about working in ADRA?**
No discrimination between individuals of different religions, genders, positions, cultures, or sexual orientations in ADRA.

MEET OUR STAFF



JOIN OUR TEAM!

The Adventist Development and Relief Agency (ADRA) has been serving countries all over the world for more than 60 years to reach the most vulnerable communities and ADRA Myanmar is an 'implementing office' within the ADRA network.

Please visit our website www.adramyanmar.org or express your interest by emailing recruitment@adramyanmar.org

PROJECT HIGHLIGHTS



ReCAP

Relief for Vulnerable Population (ReCAP) project completed the following activities:

- The project renovated the existing water source and piping system in Shwegyin Township. From this support, 498 beneficiaries (250 Female & 248 Male) have since directly benefitted from this water supply system to access clean water.

This intervention will reduce exposure to waterborne disease within target communities, and to ensure communities have access to a convenient source of water for nutrition purposes.

- The project conducted hygiene promotion ToT training in Thaton and Belin. During this training, 42 Female and 8 Male of community hygiene promoters (CHPs) joined this refresher training.

SHAPE

The MFAT and ADRA New Zealand-funded Sustainable Health, Agriculture, Protection, and Empowerment (SHAPE) project conducted the monthly volunteer meeting on April 27, 2023.

To Start with all volunteers introduced themselves to the new MEAL staff. During this meeting, the agri-soil officer led the meeting and discussed the monthly work plans, achievements, claim process and log sheets.

Home garden training was conducted in project-targeted villages. The purpose of the training is to impart and enrich the knowledge of selected community members in the area of home garden plot selection.



PROJECT HIGHLIGHTS



WC4P

The UNICEF-funded “Water as Catalyst for Peace among Vulnerable People in Kayin State” (WC4P) project conducted workshop for social media campaign strategy with youth at Taw Win Yadana Hotel, Hpa- An. In this workshop, 24 youths participated successfully.

The workshop aimed to develop a unified social media campaign strategy with messaging, content outlines, and implementation plans to promote positive messages in support of diversity and respect for ethnic and religious minorities across target villages.



WinS

This month, the UNICEF-funded “WASH in schools (WinS)” project provided lifestraws, menstrual hygiene management (MHM) kits, waste bins, and other items under the WinS project in 23 schools in Kayin State.

The project improved the community by setting up a water supply system, handing out WASH supplies, and raising awareness about hygiene promotion in project-targeted schools. The project also provides water filters to the needy families and the construction and renovation of school facilities.



PHOTO OF THE MONTH



PHOTO DESCRIPTION

Through the WASH facilities in Schools (WinS) project, schoolgirls received awareness about menstrual health in Kayin State.

CONTACT US

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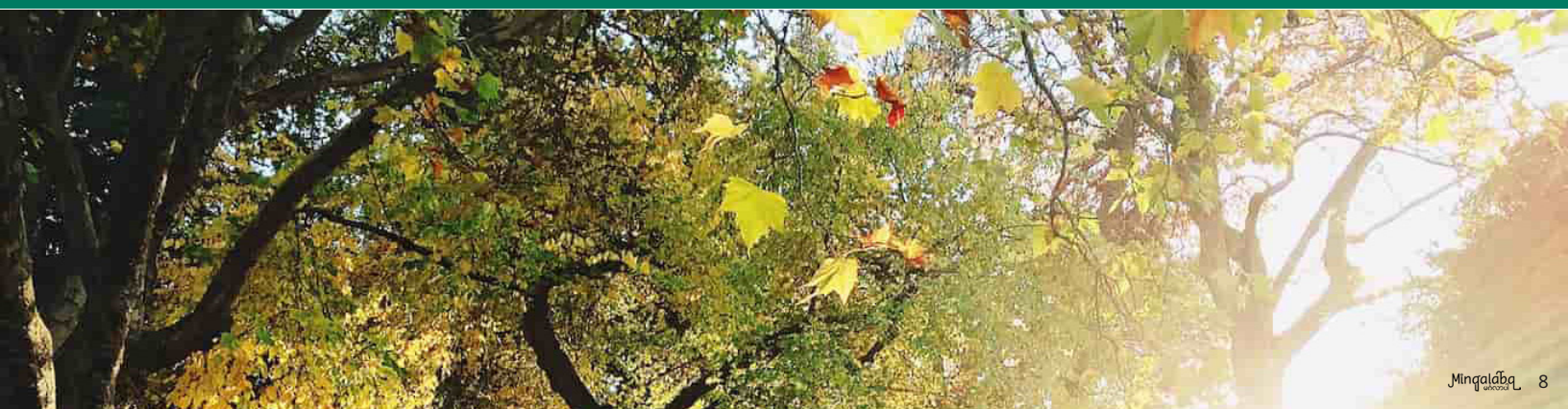
Website: adramyanmar.org

TIPS OF THE MONTH



Work-life balance refers to how you manage the demands of both your career and personal life. It is important in our life. Here are some tips to improve your work-life balance.

- Establish boundaries between your work and personal life. Create a schedule that allows you to dedicate time to both areas and stick to it.
- Prioritize your tasks and tackle the most important ones first. This will help you stay on top of your workload and reduce stress.
- Take breaks throughout the day to rest and recharge. Even short breaks can help you regain focus and be more productive.
- Communicate with your supervisor or colleagues if you are feeling overwhelmed. They may be able to offer support or adjust your workload to help you achieve a better work-life balance.
- Go out for lunch, or enjoy lunch with co-workers. Even if you're working from home, you can go out for your lunch break or connect with colleagues. The change of place will be refreshing.
- Exercise regularly to improve your physical and mental health. Exercise can help you manage stress and increase your energy levels.
- Engage in offline activities that you enjoy, such as reading, playing soccer or spending time with family and friends. This can help you relax and disconnect from work-related stress. Our hobbies boost our energy and vitality. When we play and feel creative, we bring our fresh selves back to work.



INTRODUCING NEW STAFF MEMBERS

APRIL - MAY



WAR WAR HTUN
Finance Officer
SEAQE2 Project

CALENDAR

MAY 2023

SUN တနင်္ဂနွေ	MON တနင်္လာ	TUE အင်္ဂါ	WED ဗုဒ္ဓဟူး	THU ကြာသပတေး	FRI သောကြာ	SAT စနေ
	1 Labor Day	2	3 Kasong Fullmoon	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

UPCOMING EVENTS

Timesheets are
due on the 25th of
each month

'MINGALABA'
Next Volume:
15 Jun 2023



ADRA