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I38 | May - June 23

Lawt Aung's Story

Expanding Future Options For Youth



Mingalabq

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ISSUE 38 | MAY - JUN 2023

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.

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FEATURED ARTICLE



Lawt Aung's Story: Expanding Future Options For Youth

Lawt Aung is one of the owners of motorbike repair workshop in Myikyina, Kachin State.

When he was introduced to ADRA Myanmar's vocational training program, VESI project, which closed in March 2023, this project provided vocational education and training in Northern Shan State and Kachin State.

Lawt Aung worked as a mechanic after attending the basic motorcycle repair course through the [VESI](#) project funded by LIFT. He and his friend opened a workshop and worked as mechanics for about a year.

Then he engaged again in advanced motorcycle repair training. And now he is opening his own workshop. He earned about 200,000 MMK as a

monthly income from his own business.

After completing the training, he had more confidence and passion for motorcycle repair and the building of his own business.

"Because I can open my own workshop at 18, I feel delighted, and my lifestyle has changed for the better than it was before, and I believe that anything can happen if we really try for it."

He is planning his future and setting

goals for expanding the workshop, getting married, and adding a motorcycle washing service and petrol store to his own business.



"If we have the confidence to do something, there will be no problems. Besides, we can overcome challenges with that confidence. Thank you to the Donor and ADRA."

PHYU ZIN THET NAING

Education Specialist - BRIGHT PROJECT

- Q1 What Race/Country are you from?**
Rakhine/ Myanmar
- Q2 What is your favourite food/s to eat?**
Waffle
- Q3 What is your favourite colour?**
Purple
- Q4 What do you like to do for fun?**
Watching Movies
- Q5 What Place/Country would you like to visit?**
Bhutan
- Q6 In one word, what would define you?**
Cool
- Q7 What year did you join ADRA?**
2022
- Q8 What do you love most about working in ADRA?**
Standing up for the rights of ethnic people.

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 successfully distributed 2,000 WASH non-food items (NFI) in Belin township. Through this support, a total of 2,000 households, including 92 pregnant women and 46 individuals requiring special support, have directly benefited.
- The project also raised awareness among the community about personal hygiene, proper sanitation, diarrhea prevention, and menstruation hygiene management.
- Additionally, the project has distributed 4,000 booklets in the local Sakaw Kayin language to all targeted WASH areas. As a result, villagers can easily read about WASH, which has a positive impact on the community.

SHAPE

The MFAT and ADRA New Zealand-funded Sustainable Health, Agriculture, Protection, and Empowerment (SHAPE) project completed the following activities:

- The SHAPE project team monitors home gardens in the project-targeted villages.
- Rice research methodologies and inputs: The project planned to conduct rice research in project-targeted villages in Matupi Township. The team is working on the PRF process, the selection of key farmers, and land preparation in the targeted villages.
- The project conducted baseline evaluation meetings with ADRA New Zealand and the consultant for the baseline data collection. After giving the training to project volunteers, the data collection will begin in June.



PROJECT HIGHLIGHTS



WC4P

The UNICEF-funded “Water as Catalyst for Peace among Vulnerable People in Kayin State” (WC4P) project completed the following activities:

- The WC4P project advocacy meeting was held in coordination with ADRA staff, partner staff, village leaders, and community representatives in Hlaingbwe Township.

In the meeting, project staff introduced the project activities and requested that the community participate and provide the necessary support in order for the activities to be accomplished smoothly and successfully.

- Conducted data collection training for the enumerator for Hlaingbwe Township. During this training, nine youths attended.



WinS

This month, the UNICEF-funded “WASH in Schools (WinS)” project distributed bottles of hand gel, hand spray, rakes, dustpans, brooms, and other hygiene kits to improve hygiene promotion in the project’s targeted schools and villages in Kayin State.

The project also improved the community by setting up a water supply system, renovating hand-dug wells, building rainwater collection tanks, and building latrines for schools in project-targeted villages.

Through the WinS project, ADRA is supporting the community in building gravity-fed water supply systems, distributing 500 Nos of water filters to needy families, constructing and renovating school facilities, providing WASH supplies, and raising awareness on hygiene promotion in 31 targeted schools in Kayin State.



PROJECT HIGHLIGHTS



BRIGHT

This month, the Global Affairs Canada and ADRA Canada-funded BRIGHT project conducted basic agriculture trainings in Lashio Township, Tant Yan township, and Nanmatu township, Northern Shan State. During this training, 50 participants attended. After the training, the project also provided corn seed packages to 35 beneficiaries as starter kits, according to their requests.

The purpose of the agriculture training aimed to aware of agriculture, soils, and fertilizer, and the provision of the starter kit aimed to increase income for the TEES students' parents and caregivers for their children's education.



CASE2Learn

The European Union funded CASE2Learn project completed several activities this month.

- RISE visited Disability Development Initiative (DDI) and Living Hope Myanmar Ministries (LHMM) partner organizations from the 3rd to 7th May in Kalay Township. Meeting with both organizations provided the opportunity to discuss and share the challenges and success from the partners.

- Living Hope Myanmar Ministries (LHMM) successfully completed SVT activity and ECCD workshop on 15 May. Vocational training have been started from April to June. During the training, 25 female of participants join to sewing and came from coverage of Kalay Township.

- LDN engaged the summer vocation workshop from 20th April to 5th May 2023 at Mai Pyin Township, at eastern shan state. 42 participants joined in SVT training.



PROJECT HIGHLIGHTS



SEAQE2

This month, the Norad and ADRA Norway-funded SEAQE2 project completed the following activities:

The project recently introduced five major short courses catering to diverse skillsets. These courses include Basic Sewing, Rural Mechanic, Hair Dressing, Hair Cutting, and Wedding.

In the vocational training program, with a total of 85 male and 82 female trainees enrolled in the current batch (1/2023).

- In addition to the completion of the construction of the one new school building this month, the school fence, latines building and solar installations were also carried out in the project targeted schools.



PHOTO OF THE MONTH



PHOTO DESCRIPTION

She is one of the beneficiaries of the SHAPE project and participates in home garden training in the Chin Hills.

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TIPS OF THE MONTH

Tips for Eye Health

Our eyes play a vital role in our everyday lives, especially for those of us who spend a significant amount of time working in an office setting. However, prolonged screen time can take a toll on our eye health. That's why it's crucial for staff to prioritize their eye well-being.

In this guide, we will explore practical tips and habits to help maintain healthy eyes. By implementing these simple tips, you can protect your vision and promote optimal eye health throughout your workday.

- Ensure that your workstation is properly set up to reduce strain on your eyes. Position your computer screen at eye level, about 20-26 inches away from your face. Adjust the brightness, contrast, and font size to comfortable levels.
- One of the most important things to remember when working is to take regular breaks. Every 20 minutes, look away from the screen and focus on an object at least 20 feet away for 20 seconds. This exercise helps reduce eye strain and fatigue.
- When working on a computer, we tend to blink less, leading to dry and irritated eyes. Make a conscious effort to blink frequently to keep your eyes moist and prevent dryness.
- Drink plenty of water throughout the day to keep your body and eyes hydrated. Proper hydration helps prevent dry eyes and maintains optimal eye health.
- Regular eye examinations are essential for maintaining good eye health at work. Eye care professional can provide personalized recommendations based on your specific needs.

INTRODUCING NEW STAFF MEMBERS

MAY - JUN



Dr. Su Ei Mon
Admin Coordinator
Head Office



Aung Zaw Win
Project Internal Auditor
BRIGHT Project

CALENDAR

JUN 2023

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	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

UPCOMING EVENTS

Timesheets are
due on the 25th of
each month

'MINGALABA'
Next Volume:
15 July 2023



ADRA