

### Indonesia – Promoting Maternal and Child Health through Vegetable Garden Class and Nutrition Education

PHJ has been implementing a nutrition improvement program at Tirtayasa Autonomous District, Serang District, Banten Province. In the villages far from cities, it is difficult to get fresh vegetables daily. PHJ is continuing to support vegetable gardens managed by villages. Since fall last year, PHJ is implementing two new nutrition education programs.



One is home vegetable garden class aiming at promotion of cultivating vegetables at each household targeting the villagers willing to learn and cultivate their own garden. The class consists of two parts, the basic course to learn the soil fit for the vegetable garden and the practical course to implement the knowhow acquired in the basic course.

The lecturer is a resident of Kebuyutan Village who is an expert well-known for his fine lectureship pointing out basic and important factors. The class is very popular and each class exceeds 30 villagers both men and women. The class completes in 6 months for 13 villages. We hope that the class will encourage at least a few villagers who decide to cultivate vegetables at their own gardens.



The second one is nutrition education toward midwives responsible for nutrition in the Tirtayasa AD. This class also consists of two portions of basic course to learn nutrition knowledge and the second course to introduce the method of knowledge sharing, such as presentation skill and facilitation skill in order to teach health volunteers in villages. To confirm the knowledge level of volunteers, PHJ implements pre and post tests to measure the knowledge improvement. Having confirmed the improvement of the knowledge through this education in general, PHJ is encouraged that these trainees will give lectures to mothers in their villages and people in other villagers. In training of villagers by health volunteers, the menu book PHJ printed and provided to them and new recipe cards prepared in the second session will be

used to share the knowledge.

**This program is implemented under the three year Nutrition Improvement Education support from Ajinomoto Co., Inc. It is our sincere wish that these home vegetable garden class and nutrition education class will lead to the maternal and child health improvement, in other words, healthy life supported by maternal and child health will stay among the villagers.**

Photo: Right up: Participants learning from a lecturer

Left low: Nutrition education by midwives

**By Yoshiko Yanase, Country Director, PHJ Indonesia Office**

## **Myanmar – Preparations for Project Launch**

**PHJ concluded the Memorandum of Understanding (MOU) to extend support to Tuckton Township, Nay Pyi Taw Special Zone, of the Union of Myanmar, with the Ministry of Health of the Myanmar Government in August 2014. We have been preparing for the launch of the Myanmar project since January 2015.**



**Since this is the first time for PHJ to engage in projects in Myanmar, we are facing many new challenges, for example, local**

**rules and regulations that have not been announced before, in establishing an office by an international organization such as PHJ. Particularly, there are restrictions for the expatriates regarding residence and office rental contracts in our project site, Nay Pyi Taw. We could not rent the office building we selected earlier and had to open it in a hotel where the expatriate residence and office are available.**



**Although the office location is determined, we have to find a vehicle and a motor cycle for transportation, hire a local staff, and make other preparations, so that we could start the maternal and child health improvement project.**

**Along with these preparations, we have arranged the transport of the donated ambulance from Japan to Tuckton Township Hospital. The ambulance was shipped from Kumamoto and arrived Yangon via Hakata to transport to the Tuckton Township. \***

Following the hiring of the local staff, we will undertake an investigation of maternal and child birth conditions, extend support for construction of a sub-center of Allegian Village in the Township.

As mentioned above, we are facing many challenges in launching our projects in Myanmar, we are anxious to start the maternal and child health improvement project and other plans.

Photos: Above left: Myawmyai Health Center

Lower right: Tuckton Township Health Office

By Yuichi Shingai, Country Director of PHJ Myanmar

*\* PHJ is now carrying out donation campaign for the transportation of the ambulance on the website of JapanGiving, that helps NGOs' fundraising on the Internet. Please donate from <http://japangiving.jp/p/1279>.*

## Cambodia – Strengthening Health Administration Network



PHJ started the maternal and child health improvement project in Kampong Cham Province (KP project) in October 2014. In this project, we are focusing on the health center which is the closest public health facility in the communities, just as in the previous project in Kampong Thom Province (KT project). The difference from the KT project is Operational District's (OD) involvement, from the beginning of the project, in the project management, meeting arrangement and data collection: PHJ and

OD staff who is responsible for the supervision of health centers work together.

In Cambodia, the public health administration is divided into the province, the operational district, and the health center.

While PHJ took initiatives in the KT project, in the KC project PHJ is supporting OD as a partner, so that the OD can take the initiatives in the project.

For example, in the KT project, PHJ conducted periodical supervision of health center activities, while in the KC Project, OD and PHJ conduct the supervision of the health centers together. The OD was established shortly before in 2014 and it is



necessary to strengthen the OD management capabilities. The reasons why PHJ and OD work together in this supervision of health centers in the KC project are, first the health center supervision is principally the responsibility of OD and, secondly considering the sustainability, meaning that OD can continue their responsibility even after the completion of the project.

As the first step of network strengthening, PHJ conducted the facilitation skill training targeting the OD staff and health center staff. During the training, a trainer explained how to make effective meeting between the OD staff and the health center chiefs and how to give an effective training to the health center staff. The participants learned the definition of facilitation, role and responsibility of a model facilitator, facilitation skills required at different occasions, etc. We hope that the participants will use what they learned at the training in the project.

PHJ proceeds with this project in partnership with the OD staff so that the OD will take initiatives in management and supervision of health centers.

Photo: Above left: Facilitation skill training : Participants are listening to the lecturer (center)

Lower right: Participants practicing group discussion

By Kazuko Ichihara, Country Director, PHJ Cambodia Office

### **Thailand - HIV/AIDS Prevention Education Project for the Youth**

This project is supported by the Japanese government through grant assistance by MOFA (Ministry of Foreign Affairs) for a span of three years from August 2013 – July 2016.

The project aims to reduce HIV/AIDS infection among the youth by awareness-raising to HIV and providing prevention skill for 18 vocational college (VC) students ( 14 – 19 years old) in Chiang Mai Province.

As the first year project results from August 2013 to July 2014, 121 VC students were trained to be Peer Educators (PE) through 18 time peer educational sessions (three times for each school). Throughout the year, 3,170 VC students, 22% of the total students attended the programs and gained the HIV knowledge. In addition, the project organized seven special events including the World AIDS Day event to which 1,850 students participated.

Moreover, the project provided anonymous HIV screening test to 130 VC students and established a counselling room called “Youth Corner” in each VC where the students can consult about sex and can use for meeting with PEs. New 122 PEs were trained to succeed the graduated PEs to take over the educational programs. The sustainability of the project is assured.

The following is the survey result conducted for 240 students after completion of the 1<sup>st</sup> project.

	Who attended Peer Program 120 students	Who did not attend Peer Program 120 students
Average score for HIV knowledge and prevention consciousness	93	62
Students who had sex in the current 6 months	67	60
Ratio of students who had sex with steady partner	91% (of 67)	33% (of 60)
Ratio of students using condom	96% (of 67)	23% (of 60)

The survey result found that the students who attended Peer to Peer programs have more awareness of HIV, have accurate knowledge of HIV, and intend to take action to prevent HIV transmission.

Ajarn Jaruan Kantitanu, Teacher from Srithana Commercial Technology College who is in charge for student development unit commented to the project.

*“The HIV/AIDS prevention project by PH-Japan was fruitful because it can prevent HIV/AIDS and sexually transmitted infections and compliments the college's policy. Now we have two generations of Peer Educators that secure continuity of the project. They can manage activities by themselves in Peer to Peer educator sessions and on the occasions of Lo Kratong Festival, World Aids Day and Valentine’s Day. I really trust in them now because they can manage all of the activities and teach their friends by themselves even though we had little problems the first time. We are thankful to PHJ staff for their hard work!!!”*

By Jeeranun Mongkondee, Regional Director for Thailand and Vietnam



**Infection Game**

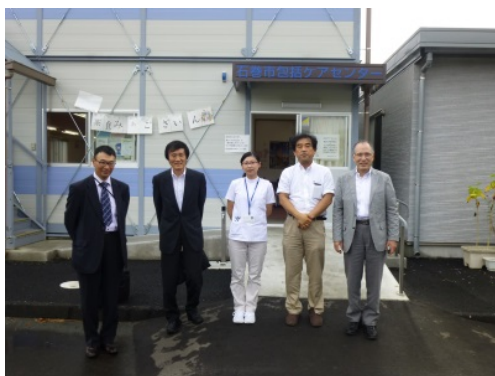


**Peer Educator’s Training**

## East Japan Disaster Reconstruction Support

Four years have passed since the disaster hit the East Japan on March 11, 2011 and the people seem to pay little attention on the disaster these days. However, when we visit the disaster area, we cannot but notice the difference in reconstruction rate from place to place. PHJ has been extending reconstruction support to Kesen-numa, Ishinomaki, and Tagajo. In this report, we focus on our efforts in Ishinomaki.

Ishinomaki suffered extensive damages including the loss of 4,000 lives (including the missing persons). The temporary housing, in front of the Kaisei Temporary Clinic of the Ishinomaki City Hospital that PHJ has been supporting, holds 1,000 residents from all over Ishinomaki, even today. Some have lost loved ones while others are suffering from post disaster physical damages. Their mental and physical health is at stake.



The City considers this issue seriously and opened the Comprehensive Care Center (Care Center) next to the Kaisei Temporary Clinic in the fall of 2014. Medical doctors, physical therapists, social workers are serving at the Care Center to extend mental and physical care of the people suffering from the disaster as well as forming a local community. In

November 2011, PHJ donated a doctor car and medical equipment to the Kaisei Temporary Clinic. This spring, PHJ donated a doctor car and rehabilitation equipment to the Care Center. PHJ is happy to extend support to Ishinomaki City's program of community health improvement.



Photo: above left: Medical staff and PHJ visitors in front of the Care Center

Photo: above right: a doctor car donated to the Care Center

### Report of Disaster Donation from March 15,2011 to December 31, 2015

Unit: 10,000yen

<b>Income</b>	<b>Cash donation</b>	12,876
	<b>Goods donation (medical equipment, office equipment)</b>	20,677
<b>Expenditure</b>	<b>Dispatch of doctors/procurement of medical equipment</b>	9,853
	<b>Goods donation (medical equipment, office equipment)</b>	20,677
	<b>Transportation, staff activities</b>	2,447
<b>Balance</b>	<b>To be used for reconstruction support</b>	576

By Masaru Yokoo, Tokyo Headquarters

## What is PHJ's Career Advice Café?

PHJ has been organizing Career Advice Cafe, to provide opportunities for the students and business persons wishing to work in the international cooperation to meet persons and professionals active in the field.

In Japan there are not many NGOs engaged in international cooperation. Also there are not many opportunities to get to know about NGOs. As each person in international cooperation has different careers, it is difficult for students to start making career plans for international cooperation.



Considering this situation, PHJ organized events targeting students and persons thinking of career change in international cooperation. By meeting and hearing practical career experiences from NGO staffs stationed abroad as well as development consultants, participants learn what these international personnel do at their jobs. The events provide good opportunities for PHJ also to learn aspirations and expectation toward NGOs of the students and other participants.

Until the end of March, PHJ organized three Career Advice Cafe. The first one held in September 2014 (photo above left) offered career stories of a researcher, development consultant and student. At the second cafe held in December 2014 (photo on the right), NGO staffs with experience in business companies talked about their careers. The third café focusing



on communication skills needed in international cooperation was held in March 2015 (photo lower left). At these events, first the guest speakers explained their experiences and job descriptions at respective organizations. Then at the group discussion section, the participants



asked many questions to the speakers.

Among the participating students, some had clear career plans while others had some vague ideas about working at NGOs. Also some of the participants were thinking of changing their jobs. Depending on the theme, participants varied from students to business persons. We found that all participants appreciated varied opportunities to learn about careers. At each event, they fully utilized the time for questions and answers and sometimes it was difficult to close the event in time.

In May we will be organizing the fourth career advice café. Those interested in this event, please look at our website for detailed information and join the event.

By Michiko Nanbu, Communications Dept.

## **PHJ Square: “Treasure every meeting, for it will never recur.”**

**Hina Nagayama, 4<sup>th</sup> Grade, International Cooperation Course, Faculty of International Studies, Takushoku University**

If I express my university life in a word, a suitable one is “Encounter”. So far in my life, there have been splendid once-in-a-lifetime encounters, and one of which is with the PHJ. I first got to know about the PHJ while I was studying in Indonesia as an exchange student in the 2<sup>nd</sup> grade of the University. I met a Japanese lady in a language school who was engaged in international cooperation activity in another NGO. She recommended me to take an intern position at an NGO. So returning Japan, I searched an NGO engaged in Indonesia and found PHJ. I applied for the internship at the PHJ and found their intern’s tasks are wide ranging, e.g. translation of documents, writing articles, PR activities such as planning and management of the events. All the staffs are very generous to accept the opinion of the young generation like me. Through working with the staffs with respective backgrounds, I could recognize my strengths and weaknesses and the one year with the PHJ was very stimulating to me.



I visited Tirtayasa, Serang of Indonesia last summer to observe the PHJ’s maternal and child health education activity and had an opportunity to talk with the mothers in the village. I confirmed that the most important thing to enhance the activity is to visit the site and listen to the actual voices of the people on site. The experience gave me a sense of pride and responsibility.

Before joining in the internship program, I had been thinking about my future very vaguely. I only wished to be involved in the international cooperation activity. Now after one year experience engaging in the maternal and child health issues in Asia which has very complex elements, I realized my clear idea for the future job.

Today I really understand my father’s words given to me since I was young, that is “You do not need to take future too seriously now because the way are naturally opened if you try a certain thing hard in front.” It is important to challenge seriously the issues in the very front. I strongly realized that such a series of meaningful encounters in my life will help to create my path to walk. I hope to return a favor to those who opened my way, and to keep seeking my best way to contribute to international cooperation activity.

Photo: Event in July 2014, Author-the fourth from the back row right



## Report on the Asian Fairy Tale Calendar 2015 Donation

During the calendar donation campaign from the fall, 2014 to January 2015, PHJ received 3.52 million yen donation. Thank you for your generous donation.

The fairy tale calendar series continued for five years till the 2015 calendar. PHJ is planning to start a new series of animal parent and child with the 2016 calendar using the drawings by the children of Thailand, Cambodia and Musashino City, Japan.



Photo: The Cambodian children drawing the picture of a rabbit fairy tale



Photo: A Thai child draws a fairy tale of Horse-faced Princess

## Staff Introduction

Following two staffs joined PHJ in March.

**Ikuko Tamura, International Operations Department**

*“Hello all! Having resigned from a company where I served for 23 years at the end of 2014, I joined PHJ in March. As I did many volunteer activities when I was an office worker, I have some acquaintances here in PHJ I can rely on. As a staff of International Operations Dept, I am going to support Myanmar project to be launched soon from HQ. I hope that my small activity leads to big success in Asia of PHJ.”*



**Atsuko Nagasaki, Communications Department**

*“Greetings to you! Being interested in operations and fund raising of international cooperation NGOs, I joined PHJ to work in the Communications Dept. Prior to PHJ, I had been working as a web content planner and editor. I hope my experience will be useful in introducing PHJ’s diverse activities to supporters and many people.”*

.....  
**PHJ News No. 72, 2015 Spring Edition**

**April 1, 2015**

**Published by PH-Japan (PHJ)    *All articles translated by PHJ***

**Editor-in-chief: Kimimasa Hiromi**

**Editor: Sachiko Yazaki**

**Address: PHJ , 2-9-32 Nakacho, Musashino-shi, Tokyo 180-8750**

**Phone: 81-(0)422-52-5507    Facsimile: 81-(0)422-52-7035**

**e-mail: [info@ph-japan.org](mailto:info@ph-japan.org)**

**URL: <http://www.ph-japan.org>**

**All rights reserved**  
.....