

Thailand – Youth HIV/AIDS Prevention Education Projects in Chiang Mai

Compiled and Expanded to Vocational College Students

Since 2000 PHJ-Thailand has been extending HIV/AIDS Prevention Peer Education (*1) toward university students in Chiang Mai Province. In the past ten (10) years, PHJ has brought up more than 500 peer educators (PEs) who transferred their HIV/AIDS awareness and knowledge to other 30,000 students. The universities participated in these past projects are presently continuing this Peer Education on their own.

In 2012, PHJ made evaluation of past projects and found that its HIV/AIDS Prevention Education Project contributed to raise the university students' HIV awareness significantly and influenced their sexual behaviors. With a strong request from the Chiang Mai Provincial Public Health Office, PHJ decided to extend this education (*2) toward younger students at vocational colleges (VCSs) starting in August 2013. This new project aims at extending the peer education to 720 PEs who will transfer their knowledge to 5,160 students at 18 colleges in three (3) years.

In Thailand there is a serious concern about adolescents' or teenagers' sex. Among the students graduating from secondary schools and enrolled in vocational colleges, there are many who leave their families and reside in dormitories or apartments. Some of them come from socially and economically underprivileged families. Facing the sudden change of their life style and lacking health knowledge about sexually transmitted infections, they tend to take risky behaviors.

It had been recognized that teenagers receive most of their information about sexual expression from other youth and the peer influence becomes increasingly important as adolescents mature.



Considering these factors, PHJ organized the first PE training workshop directed toward VCSs in September 2013 as shown on the left photo. One hundred and twenty one (121) students participated in the PE workshop. PHJ-Thailand's unique training method using videos, movies, games, group discussion, sharing experience from volunteers who has HIV infection, and specialist resource person for each topic were effective in increasing the awareness of HIV/AIDS, knowledge of sexually transmitted infections, life

and leadership skills.

(The right photo shows the PHJ staff explaining the differences in female and male physical features.)



After the project training, the PEs are able to develop their own project proposal such as activities plan, work plan, media production and budget plan, consulting with PHJ staffs and teachers in the respective institute. Based on these proposals and the training materials, the new PEs transfer the HIV/AIDS prevention knowledge. PHJ staffs hold periodical meetings with the teachers and PEs to monitor the progress of the proposed projects.

Dr. Patchareewan Kitmee, Director of Chiang Mai Commercial College, commented on this project as follows:

“All vocational colleges agree that this project conforms to the policy and vision of the institutes in promoting and developing students’ potential to live with safety. Professors, teachers, and staff have learned how to arrange awareness campaign activities and techniques to transfer knowledge through Peer to Peer approach. PEs have conducted training workshop and invite students to participate in the activity they organize themselves. Fortunately, with the generous support from PH-Japan, all VCs were more confident about a good health behavior of our students to prevent HIV/AIDS. PHJ is the organization who has the knowledge on this specifically. VCs don’t have this expertise, so PHJ has managed to fill our needs and gaps. However, we still need to continue to provide ongoing training for the PEs to conduct proper and effective Peer to Peers knowledge and attitude change activities for current and new students.”

By Jeeranun Mongkondee, PHJ Regional Director for Thailand and Vietnam

Notes:



(*1) Peer Education: Sharing knowledge, skills, and behaviors among same age persons (peers) and leaders providing such education are called Peer Educators.

(*2) This three year project is funded by the grant assistance from the Ministry of Foreign Affairs of Japan and the contract was signed on July 31, 2013 at the Consular Office in Chiang Mai. The photo on the right shows from right: Mr. Wattana Kanjanakamon, Chief of Chiang Mai Public Health Office, Mr. Akihiko Fujii,

Consular-General of Japan, PHJ-Thailand Jeeranun and Nantharadkamon Kerdmeesub.

** PHJ is planning to organize Thailand HIV/AIDS Study Tour in July 2014. The details will be announced on the PHJ website in due course.

Indonesia – 100th Anniversary Donation of Health Clinic

PHJ appreciates donation of a health clinic and equipment from Iwabuchi Yakuhin Inc., a corporate supporting member, celebrating the 100th year anniversary of foundation this year. The clinic located on Sanbalwadi Village in Tirtayasa Autonomous District was opened on February 27.

The new health clinic was constructed in Sanbalwadi Village with 620 households (about 3000 residents.) About one third of the households are extremely poor. The clinic site was selected at a vacant low-land. The villagers prepared the land and raised the ground level for the clinic construction starting in October 2013. The works progressed steadily, a deep well was dug, and a bridge over a river was built. In the future, a village office will be constructed next to the clinic making the area the village center.



Once the construction of the health clinic started, PHJ promoted its use during the maternal and child health education as shown on the left photo. The village midwife and health staffs explained the villagers how to make use of the clinic with posters that show family planning, birth pacing, pregnancy examination, natural birth, postpartum examination, general health counseling and other services available at the health clinic.



A midwife will be stationed at the health clinic to extend support to expecting mothers and child births as well as general medical support. With the opening of the health clinic, the risks of life at delivery attended by persons without appropriate medical knowledge and emergencies would be significantly decreased. In Indonesia, midwives are licensed to practice medical services such as providing injection and prescribing medicine. So at the new clinic, the midwife will be a health administrator of the 3000 villagers.

On February 27, the health clinic opening ceremony was held at the village with the presence of three representatives from Iwabuchi Pharmacy, namely President Iwabuchi (right photo first row fifth from left), General Manager Iwabuchi (sixth) and Assistant Manager Ishizaki (seventh); PHJ Indonesia Director and staffs, PHJ Chairperson Oda and President Kimura. More than 200 villagers attended the event as shown on the photos above and on the right. The rain stopped just before the ceremony to congratulate the event.



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By Toshio Kimura, President

Eight Days of Learning with Participants (Report of 2014 PHJ Cambodia Study Tour)

PHJ organized the 2014 Cambodia Study Tour from February 23 to March 2 under the theme of “Cambodia x Rural Village x Health”. I joined the tour as a communications staff and an assistant to the tour leader, Yoshimi Nakata, Program Support Group Manager. Nine persons consisting of nurses, university and graduate students, company employee and foundation staff, joined the tour.

During the rural health study, the participants were divided into two teams of “Hygiene Education” and “Community Care Worker for Mothers and Newborns (CCMNs) Training” that are PHJ’s major programs in Cambodia.

Both teams interviewed the villagers and health care professionals to figure out what is going on about the health care in the area, and summarized the current issues. The goal of activities is to propose an improvement plan based upon the study to the directors of the hospitals and the health center staffs in the PHJ program site.



The “Hygiene Education” team initially planned to do hand washing demonstration, but found hand washing had been already practiced daily among the villagers. Having also found that bronchitis was spreading out in the area, they changed the plan to present gargle demonstration to the people. They illustrated how to gargle on the paper and actually practiced it emphasizing the importance of gargle to prevent infection as shown on the above photo. It was outstanding that the team was very flexible in making the proposal adopting to the observed situation.

The “CCMNs Training” team also conducted a good study and presentation. At a final proposal, each participant played a respective role to present a concrete way of taking good care of postpartum mother that was well-accepted by the audience as shown on the right photo.



Hospital directors appreciated the uncomplicated and realistic proposal of the both teams and expressed their intention to put the proposals into action.

The reason why the participants could make quality proposals in such a short period is that they all teamed up in contributing their respective knowledge, experience and insightful ideas. The attractive point of the PHJ study tour is that the participants themselves take initiatives in making the tour truly informative and meaningful.

By Michiko Nambu, Tokyo Office

◆ The voice from the participants ◆

It was hard to share ideas with new acquaintances in eight days about how to reduce respiratory and diarrheal diseases from the Cambodian people’s life. But it was also the period full of compassion

and enthusiasm. I appreciate the study tour that taught me the importance of living with charitable consideration toward all people.

(Ai Kaneko: Company employee)

The participants have varied backgrounds from students to working adults. Their ideas and perspectives are all different and I learned a lot from them. We discussed seriously till late every night and that will become a cherished memory.

(Maho Kumagai: Nursing college student)

East Japan Disaster Reconstruction Support – Three years since the disaster, PHJ support is ongoing

Since the disaster in March 2011, PHJ has extended support of the first to third phase activities focusing on the Kesen-numa area in Miyagi Prefecture, tied up with the Kesen-numa Medical Association (KMA). Dr. Kiyoshi Morita, Chairman of KMA sent a message to PHJ as follows:



We are very much thankful for the great help and support of PHJ and donors to the hospitals and clinics belonging to the KMA that had seriously suffered from the East Japan Disaster. PHJ provided us with medical equipment, furniture, office equipment, and doctor cars. In addition, not a few personnel visited us many times all the way and gave us encouragement that toughened us up. With your continuous support, approximately 80 percent of medical facilities including temporary ones have been reconstructed and started operation, maintaining the system to provide medical services to the area. Though it has been three years since the disaster, the real recovery of the local medical service and healing process of people are just starting. It would take some more years for the complete

reconstruction of the devastated area. We reaffirm our commitment to vigorously push forward to the completion of reconstruction for the sake of people's safe life. Your continued support and cooperation will be highly appreciated.

As the 3rd phase support to the Kesen-numa area, PHJ mainly provided the medical equipment, such as an operating table and an adjustable desk to the Shida Orthopedic Clinic as shown on the



left photo and an infusion pump and a height scale to the Sanjo Pediatric Clinic as shown on the right photo.



By Masaru Yokoo, Tokyo Office

Report of Disaster Donation from March 15, 2011 to December 31, 2013

PHJ reports with great gratitude on the donation received up to December 2013.

(unit: million yen)

Income	Cash donation	119.60
	Goods donation (medical equipment, office equipment)	206.77
Expenditure	Dispatch of doctors/procurement of medical equipment	87.41
	Goods donation	206.77
	Transportation/staff activities	23.25
Balance	To be used for reconstruction support	8.94

Thank You for Donation to Help Victims of Philippines Typhoon Haiyan

On November 8, 2013, Typhoon Haiyan hit the central Philippines. PHJ started the Typhoon Victims Support Donation on November 19. By March 20, 2014, seven organizations, employees of three organizations and 75 individuals donated 1,773,500 yen. The donation is used to help the victims through Mercy Relief, a Singapore NGO engaged in disaster relief and other humanitarian support. PHJ sent 10 units of solar power charger in December 2013 and one million (1,000,000) yen in January 2014. **This donation will be closed on April 30, 2014.**

Masahiro Ishizeki, International Projects Manager, Mercy Relief (MR), expressed MR's gratitude as follows:

“On behalf of Mercy Relief, I would like to express my sincere appreciation to the PHJ donors and staffs for extending donation money and solar light power chargers to support our humanitarian relief activities toward the victims of the Typhoon Haiyan. With the donation money, MR distributed food and other emergency relief items to the disaster victims, while the solar light chargers were distributed to the NGOs and peoples' organizations engaged in disaster relief in the areas suffering from power shortage.



The typhoon hit Visayas in the central Philippines directly on November 8, 2013. According to the Philippines Government announcement on January 29, 2014, there were 7,986 dead and missing and over 16.07 million victims.

On November 5, MR started monitoring the typhoon then located on the South Pacific. On November 8, MR's relief team working for the October 15 Bohol Earthquake victims in the central Philippines immediately responded the Typhoon Haiyan. In November and December seven MR relief teams were deployed to the disaster areas to extend emergency relief operations to about 80,000 residents.



Emergency relief items consisted of foodstuffs such as rice, noodle, dried fish, beans as well as soap and other hygiene goods. In the areas where the clean water was not available, we installed a portable water filtration system not requiring electric power to purify the river and rice paddy water to secure drinking water. We also distributed such shelter materials as tarpaulin to be used as a tent as well as nails to meet the local needs.

Photos:

Above right: December 2013: Mobile phone relay tower torn by the typhoon in the Leyte Island

Above left: November 2013: Carrying emergency supplies to off Palawan Island



Message from Ms. Minet, Leyte Center for Development:

We would like to acknowledge the receipt of the two solar battery systems. We are sending a photo of the solar batteries while they are being charged on the first sunny day in weeks. (photo on the left)

Message from Ms. Armie, Panay Center for Disaster Response: *More than three months have passed since the disaster but in Capiz, northern part of Iloilo, there is no electric power. The victims are glad of having light. We thank PH-Japan for donating GS Yuasa Solar light kits. (photo on the right)*



Member's Voice – Shigeto Iwabuchi as PHJ's HOPE Partner and Supporting Member



I joined PHJ as a supporting member in 1997 when the company I had been working for since 1990 invited its employees to become PHJ's supporting members. In the initial period, I just paid the membership fee without active involvement in PHJ's programs. Having visited many countries on business, I was fully aware that there were many different cultures as well as economic and social conditions, for better or worse. Yet I did not pay much attention on the health and medical conditions in these countries nor their needs for external support.

There were some changes in my life in 2000. I was fortunate to have a son, changed my job, and moved our house to Musashino City where the PHJ office is located. At the same time, I joined PHJ's HOPE Partner program to extend support to physically challenged children in Thailand.

It is a pleasure to receive HOPE Japan News periodically to know updates of PHJ activities and find names of persons, among the Board of Directors, Steering Committee Members, and PHJ staffs, who used to help me in my previous job.

Speaking of performing my social responsibility and volunteer activities, I have following two channels.

One is to implement corporate social responsibility as a corporate employee. Presently I am on the staff of a non-Japanese insurance company and aware of the company's social responsibility. The company encourages volunteer services and educational support at primary schools in Tokyo and neighboring areas. I have been participating in these programs and intend to continue such services actively.

Another channel is my family and a neighboring community. My family join community activities and volunteer services as much as possible. A few months ago, my son told me and my wife that a PHJ staff gave a lecture on the life and medical/health conditions in a Cambodia village in the secondary school's social science class.

PHJ periodically sends me photos and reports of the child I am supporting as a HOPE Partner. Sometimes I read the reports anxiously while other times I am pleased to find happy reports. I am also impressed with the prompt decision and contents of the donation programs PHJ initiated to support the 2011 East Japan Earthquake and Tsunami victims and 2013 Typhoon Haiyan victims. They were effective to win the trust of individual and corporate donors.

Being blessed with a wonderful family, community, and job, I intend to continue my support to PHJ.

Report on the Asian Fairy Tale Calendar 2014 Donation

PHJ launched this Calendar donation program late September 2013. Thanks to the generous cooperation of donors, approximately 3.8 million yen was raised by the end of January 2014. The donation will be used in the maternal and child health improvement, infectious diseases prevention, and other programs in Cambodia, Indonesia, and Thailand as well as for the East Japan Disaster reconstruction program.



The 2014 calendar marks the fourth year of the Asian Fairy Tale series. Taking this opportunity, we sent a questionnaire on the calendar to the supporting members. About 50 members responded. We are starting the 2015 Asian Fairly Tale calendar planning taking into consideration of these responses.

1. **Size:**
Present size (B4): 85% A4 size is better: 6% Prefer desk top size: 9%
2. **Space for dates :** Good 83% Too small: 11% Other: 6%

3. **Concept of the calendar:**
Interested in the fairy tales of various countries and paintings by the children 85%
Would like to see photos of the children, life style, sceneries of Asia 15%
4. **General comment:**
A unique calendar hoping this design continues
Very useful to enter daily schedules of all family members
Good to know different cultures of Asian countries

Photo: School children of Cambodia drawing the tale of the hermit and tiger

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Editor-in-chief: Toshio Kimura

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

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

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