

# ADRA ASIA focus

*Water for  
Nutrition*

VOL 3 | NO 2  
MAR-MAY 2023

GROWING A  
FAMILIES  
FUTURE:  
MARIA'S STORY  
PAGE 6

HORTICULTURE  
& CHICKEN  
PRODUCTION  
FOR NUTRITION  
PAGE 10

MEET LINA:  
STAFF FOCUS  
PAGE 12



ADRA

# Editorial

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## GET CONNECTED



**PUBLISHER**  
ADRA Asia Regional Office

ADRA ASIA  
**focus**

VOLUME 3 | NUMBER 2  
March - May 2023

ADRA Asia Focus, launched in 2021, is the official quarterly magazine of the ADRA Asia Regional Office serving 17 ADRA offices in Asia, so all may live as God intended.

# CONTENTS



**COUNTRY FOCUS**



**DIRECTOR FOCUS**



**STORY FOCUS**



**REGIONAL FOCUS**



**TECHNICAL FOCUS**



**STAFF FOCUS**



**NEWS FOCUS**



**CAMPAIGN FOCUS**

This quarter, we focus on how ADRA is working to improve nutrition rates and increase access to safe and clean water sources in Timor-Leste.



This quarter we take you to

# TIMOR-LESTE

**CAPITAL**  
Dili

**LANGUAGE**  
Portuguese, Tetun

**POUPLATION**  
1.32 Million

**CURRENCY**  
United States Dollar

## Quick Facts about ADRA Timor-Leste



**2010**

ADRA Office first established



**360%**

Increase in quantity of commercial food produced



**5,845**

People with increased access to safe water



# DIRECTOR FOCUS

This quarter, we sit down and interview ADRA Asia Regional Office's new Regional Director, Frank Reimann. Get to know Frank a little better and learn what his vision for the Asia region is going forward in this position.

## 1 Tell us a little bit about your working background and family

I was born in Germany growing up in an entrepreneurial family. Till the age of 30, I worked in the family business going on to study Master Degrees in Intercultural Studies at Fuller and an MBA Economic Development at Eastern College. I'm married to my wife, Elaine who is Jamaican/British and we have 2 sons, Joshua (30) and Kaleb (28) who both currently live in Germany.

## 2 What has been your experience in working with ADRA so far?

I first started working with ADRA International as an intern back in 1998. I worked as Country Director of ADRA Cameroon and Cambodia before leaving ADRA temporarily in 2005 to go and work with CARE, World Vision and the private sector in South East Asia. In 2018, I rejoined ADRA working in Humanitarian Response supporting ADRA's emergency responses in Bangladesh (Cox Bazar), the Bahamas, Lebanon and Ukraine as well as work with ADRA Switzerland. Since 2021, I have been the Executive Director of ADRA Ltd in Hong Kong. In December 2022, I joined the ADRA Asia Regional Office as Regional Director.

## 3 What is unique to you that you bring to the role of Regional Director for the ADRA Asia Regional Office?

In the past 20+ years I've been living and working in South East Asia, I've gained a unique blend of experiences from working in the private sector, faith and non-faith based NGOs, as a small business owner and my degrees in intercultural leadership and business. In ADRA, I've held various positions in both supporting and implementing offices. Outside of ADRA, I have 6 years Executive Level Corporate experience in the Extractive industry focusing on social performance and community relations in Lao PDR and Mongolia.

## 4 What is your vision for the ADRA Asia region over the next 5 years?

As ADRA is representing the Seventh-day Adventist church, it is my vision that the Church and ADRA's leadership have a formulated shared understanding of ADRA's role and purpose within this mission. In ADRA, we are working towards our offices applying a business model that allows and enables feasible economic operations, that more locals and women are seen in leadership roles, and that our offices here in Asia are known for their high quality and innovative work in line with our humanitarian principles.



## Meet Frank Reimann

Regional Director  
ADRA Asia Regional Office





# GROWING A FAMILIES FUTURE: MARIA'S STORY

Maria lives in rural Timor-Leste with her husband, Salvador, and young children. She makes her living selling the vegetables she can grow at home. But it hasn't always been easy.

"We were selling vegetables, but we could only get \$20 for them," Maria says. "We harvest most vegetables once a month, but some we can only harvest every three months. We weren't making enough to buy things as a family and to provide for the children."

Maria's family was reliant on the small variety of vegetables they grew to feed themselves. With what little they made from selling their vegetables, they would buy essentials like rice and fertilizer, as well as setting money aside to travel from their mountainous village to the market. But Maria wasn't earning enough to buy items like medicine or school supplies. It was a constant struggle living from harvest to harvest.

The difficulty of being a farmer in Timor-Leste was compounded by the dry season. "In the dry season, water is really hard for us to get," says Maria. "When it came to the dry season, the water would dry up."

When ADRA began working in Maria's village, she was eager to be involved. Through ADRA's project, which is supported by the Australian Government through the Australian NGO Cooperation Program (ANCP), Maria and Salvador received training on how to best utilize their land and soil to produce thriving harvests, as well as seeds to increase the variety of their crops.

"We learned about planting vegetables and how to use organic fertilizer," Maria says. "Before, we were not using organic fertilizer, and the soil was not healthy. Now we use local materials and we don't have to use our money to buy fertilizer!"

But for Maria and her family, the biggest change came from the addition of the vibrant and sweet strawberries to their garden.

"The strawberries have made a good change in our lives," says Maria. "Strawberries in the dry season are good. We can harvest the strawberries weekly. And when we sell them, we can earn more than \$30 per week!"

As the only strawberry farmers in their region, Maria and her strawberries are in high demand. Maria no longer travels to the markets, as her buyers come to her directly.

"Many people are buying the strawberries and we cannot keep up with the demand!"

To assist with the water shortage in the dry season, ADRA installed a water pump. Now, Maria has an irrigation system set up, saving her from carrying water in buckets to water her vegetables.

Now, Maria and Salvador have the income they need to provide for their family. And their first priority is ensuring their children receive an education so they are set up for their future.

"We want all our kids to go to school. We want them to have a good education."



[CLICK TO WATCH | MARIA'S STORY - TIMOR-LESTE](#)



**Ashley Stanton**  
ADRA Australia  
Photo: © 2022 Luke Vodell

# REGIONAL FOCUS

**27.4%**

CHILDREN UNDER 5  
IN SOUTH EAST ASIA  
ARE STUNTED DUE  
TO POOR  
NUTRITION

**134**

MILLION PEOPLE  
DON'T HAVE ACCESS  
TO CLEAN WATER IN  
ASIA

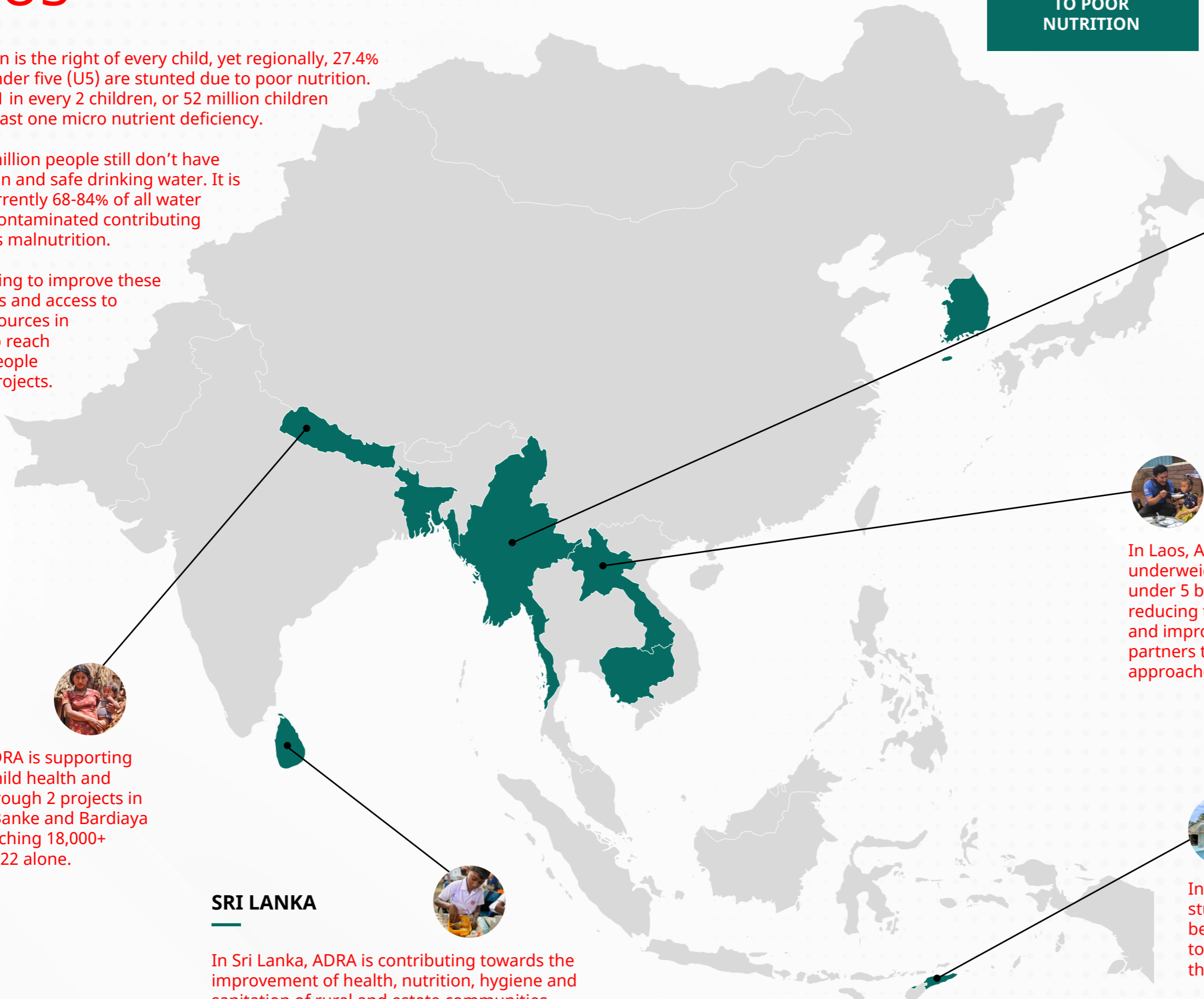
**1.9**

MILLION PEOPLE  
ARE CURRENTLY  
BEING SUPPORTED  
BY ADRA

Good nutrition is the right of every child, yet regionally, 27.4% of children under five (U5) are stunted due to poor nutrition. Additionally, 1 in every 2 children, or 52 million children U5, have at least one micro nutrient deficiency.

In Asia, 134 million people still don't have access to clean and safe drinking water. It is estimated currently 68-84% of all water sources are contaminated contributing further to this malnutrition.

ADRA is working to improve these nutrition rates and access to clean water sources in **8** countries to reach **1.9 million** people through **16** projects.



## NEPAL



In Nepal, ADRA is supporting maternal, child health and nutrition through 2 projects in Mahottari, Banke and Bardiyaya Districts reaching 18,000+ people in 2022 alone.

## SRI LANKA



In Sri Lanka, ADRA is contributing towards the improvement of health, nutrition, hygiene and sanitation of rural and estate communities living in Matale; Moneragala and Nuwara Eilya through 2 projects.



## MYANMAR

In Myanmar, ADRA is working to increase access to clean drinking water sources for various crisis affected communities, in particular the most vulnerable being women and children, to mitigate the spread of water-borne diseases through 4 projects.



## LAOS

In Laos, ADRA is working to reduce acute malnutrition, underweight and chronic malnutrition rates for children under 5 by increasing consumption of nutritious food, reducing the prevalence of malnutrition related diseases and improving awareness and capacity of development partners to adopt best practices and multi-sectoral approaches to nutrition.



## TIMOR-LESTE

In Timor-Leste where 47% of children under 5 are stunted and 60% of all food is imported, ADRA has been working to improve nutrition rates and access to clean drinking water sources supporting more than 3,000 people.

# HORTICULTURE & CHICKEN PRODUCTION FOR NUTRITION



After becoming an independent country in 2002, Timor-Leste is one of the world's newest nations with a population of 1.3 million. Timor-Leste ranks 141 out of 189 countries on the 2020 Human Development Index with more than 45% of people living in poverty. This is the highest number in Southeast Asia.

In its 2013-2020 Strategic Development Plan, the government of Timor-Leste set a goal that "by 2020, rural communities will have adequate food, either directly from agricultural production or through other employment and commercial activities and that this will be achieved through improved farming practices and actions to boost the production of specific crops." Furthermore, "by 2030, all citizens in Timor-Leste will have access to clean water and improved sanitation".

Although the country has made significant developmental progress, Timor-Leste still experiences some of the highest rates of under-nutrition in the world where 47% of children under five (U5) years of age are stunted. Timor-Leste is a food-deficit country that imports 60% of its food, and agricultural productivity is low. Farming in Timor-Leste is mostly for subsistence purposes with basic inputs generally being unpaid family labor, small landholdings, basic tools, and reliance on rainwater.

In 2019-2022, ADRA Timor-Leste, with the support of ADRA Australia, implemented the ANCP-funded Hamutuk Hadia Nutrisaun Familia (Together Improve Family's Nutrition) or HAHAN Project in 7 villages in Viqueque Municipality benefiting 17,281 people (49% female). The project addressed several important drivers for under-nutrition through

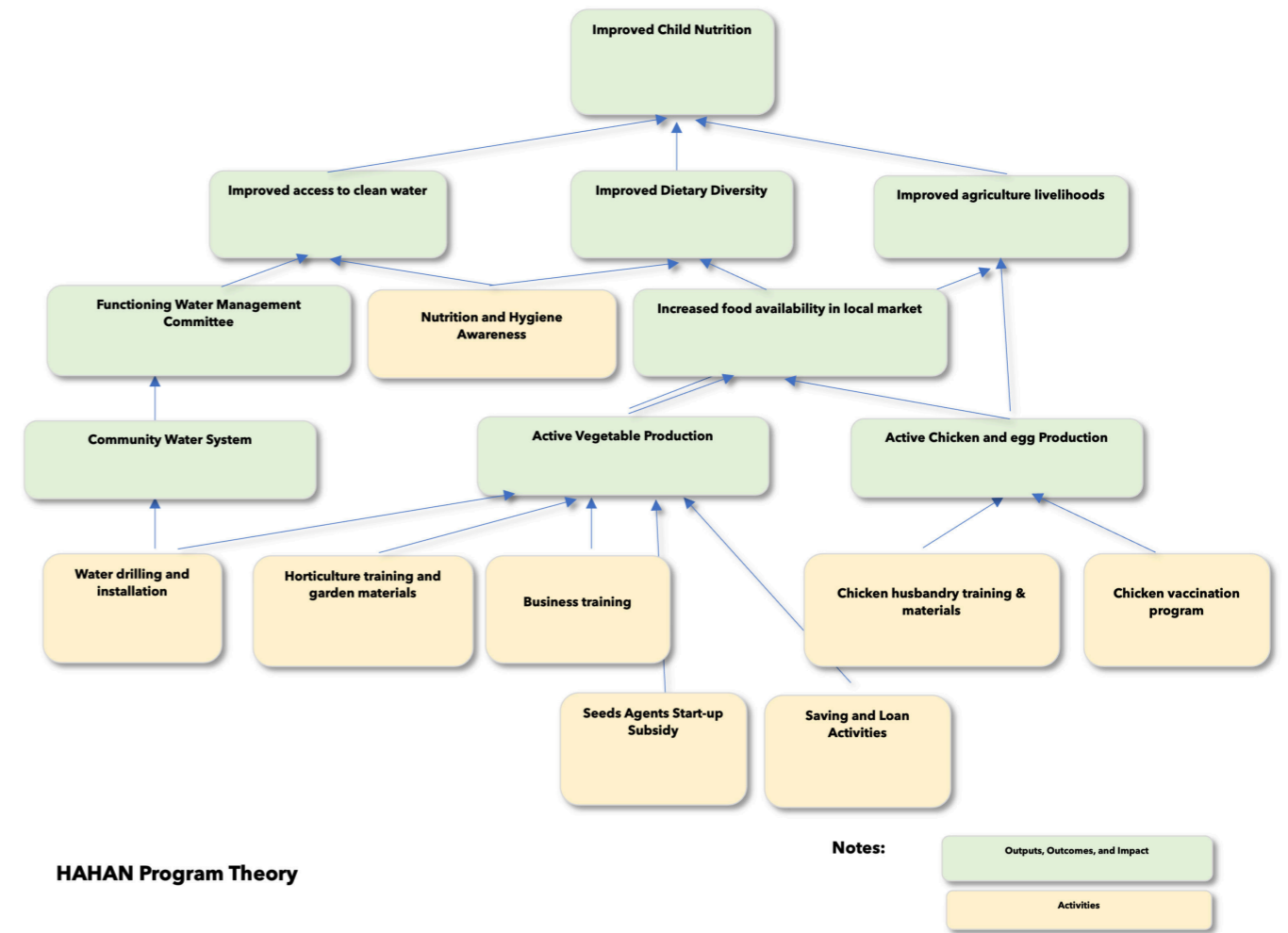
increasing food available for consumption, diet diversity, and access to water and sanitation.

HAHAN Final Evaluation Report in 2022 showed a 2.8% increase of U5 nutrition rates in the target communities and a 21% increase in diversity of foods consumed by households. The main contributors to the achievement of this impact are:

- increase of diverse vegetables planted in kitchen gardens and sold, 38.8% and 43.3% respectively.
- increase in the number of households growing vegetables themselves from 72% to 89%.
- Year round 40-60% of the vegetables produced are consumed in house.
- Increase in sourcing vegetables from market or neighbors, suggesting an increase in demand within communities.

By the end of the project, 66 households (20 people with disabilities) were still active in commercial food production such as horticulture and chicken and egg production. Those with disabilities were mainly involved in local chicken production. 18 Savings and Loan Groups (SLGs) (69% female members) are active, although the SLGs are not used as much for business loans as intended but provide an important fall back to supplement food in hard times and to pay education fees.

In December 2022, six months after the project's end, ADRA Timor-Leste conducted a sustainability evaluation that found: 60% of the water committees are still operating, 100% of the SLGs are still active with an average saving of \$4,668 per group, 100% of the chicken husbandry are still operating, and 75% of the input supply agents are still operating.



The effectiveness and impact of the project is built on the combination of addressing the community felt needs that motivate people; provision of small-scale water systems; horticulture gardens that match Timor's dry climate; strong local leadership; technical skills brought by the ADRA team; and to a lesser extent, the support of government partners. This project is a small, localized project in Viqueque Municipality, but it has potential to be expanded given its high impact/effectiveness to address agriculture and nutrition issues.



Marsaulina Pasaribu  
ADRA Timor-Leste

# STAFF FOCUS

5  
YEARS  
WITH ADRA

1

## When did you first join ADRA and why?

I joined ADRA in May, 2018 as Program Director as it was relevant to my past working experience in leading program implementation and program quality. I had been working in several Non-Government Organizations (NGOs) in Timor-Leste when I heard about this opportunity with ADRA. I also heard there was a new project focused on agriculture and value chains which I am very interested in.

2

## What do you love most about your position?

I love to work in the program department because this is where working with the local community takes place. In this position, I find space to implement good project implementation, monitoring and evaluation, program quality, donor relationships and new project development. What I love the most about my position is seeing how I can build the capacity of the project team and how they, in turn, are able to deliver work that brings a difference in people's lives.

3

## Can you tell us about one of your most memorable experiences working in ADRA?

I have many memorable experiences working with ADRA. One of the most memorable is when we did a flood response in April 2021. While we were conducting an NFI (Non Food Item) distribution in an IDP (Internally Displaced Person) camp in Metiaut, the IDP Camp Manager with tears in his eyes, heartily thanked ADRA for being the first agency to respond and distribute quality useful items to the displaced families in need. The sincerity of this gratitude made me so proud of ADRA, the team and this work.

4

## What does the work of ADRA mean to you?

Working in ADRA is a devotion, not only a vocation. It is a life journey with God where we fulfill our life purpose and meet our daily needs, while at the same time, we are also building each other in faith and capacity.



Meet  
**Marsaulina Pasaribu**

Program Director  
ADRA Timor-Leste

# NEWS FOCUS

## BANGLADESH

ADRA Bangladesh is supporting farmers through their CEP project to produce maize in Manikganj. In this area, floods are common leaving cultivable land filled with sand. This is ideal for growing maize. Maize also requires less water and brings in higher income than most staple crops in Asia leaving farmers good production.



## CAMBODIA

In Cambodia, ADRA's TOGETHER project in Preah Vihear province conducted a Night Show to bring awareness on Sexual Reproductive Health and Rights, sexual and gender-based violence, and nutrition through entertainment. This event also targeted community members who are unable to attend day time activities run by the project, particularly men.



## JAPAN

ADRA Japan was selected as one of the official charities of the Tokyo Marathon Foundation Charity 2024. This is a very popular event with on average 30,000 runners and 10,000 volunteers. If you are interested, one way you can participate is as a charity runner. You can choose to pledge a minimum of 100,000 Japanese Yen to ADRA Japan. Registration will open at the end of June 2023, check the **official website** for more details.



© TOKYO MARATHON FOUNDATION "from Tokyo Marathon 2023"

## LAOS

This quarter, ADRA launched the Well-Being Program which aims to improve staff's physical, emotional, and mental health. The activities chosen for the Vientiane team were voted by staff to be new and enjoyable including basketball and badminton so far. ADRA Laos expressed happiness in seeing team spirit with the hope this is bringing improvement to the staff's well-being.



## INDIA

Aiming to empower Sri Lankan refugees in Tamil Nadu to become self-reliant, ADRA India provided livelihood skill training on Aari embroidery to non-camp refugees. 15 refugees also participated in exposure visits to stitching and designer studios where they were oriented on how to start a tailoring & embroidery business, the process of registration and ways to manage customers.



## MONGOLIA

This quarter, PLUS project staff conducted a monitoring field trip to Ider soum of Zavkhan Aimag. Meetings were held with local governments and herders to outreach and disseminate information regarding the projects activities and the Pasture Holistic Management approach. Information was also exchanged regarding better milk processing opportunities.



## INDONESIA

The REAF II project recently conducted Training of Trainers for farmers from 4 villages including; Jonoge, Tuva, Omu and Bangga in Sigi District, North Sulawesi Province. The aim of the training was to improve their knowledge and skills as Field School Facilitators.



## MYANMAR

This month, ADRA's BRIGHT project conducted Basic Agriculture Training in Northern Shan State. 50 participants attended the training and were taught awareness on agriculture, soil, fertilizers and the purpose of the starter kit (corn seed packages) supplied by the project. This starter kit aims to increase income for the parents of TEES student for their children's education.





# NEWS FOCUS

## NEPAL

In Nepal, ADRA is educating school children in Gender Equality and Social Inclusion through the GOAL II project. This enables students to consider how they treat each other, with an aim to safeguard and end gender-based violence. This initiative also aims to challenge gender stereotypes and promote equal and respectful relationships.



## PHILIPPINES

On May 22, ADRA Philippines signed an MoU with the Adventist International Institute of Advanced Studies (AIIAS). The partnership will include resource sharing, project cycle management training, research collaboration and community developmental engagement. In addition, ADRA aims to equip students with internship competencies needed in the NGO sector.



## THAILAND

ADRA Thailand took part in the launch event entitled 'Enhance Resilience and Self-Reliance: Preparing Myanmar Displaced Persons for their Future'. The signing ceremony of a new EU refugee programme was hosted in Bangkok by the Delegation of the European Union to Thailand with representation from five programme partners. ADRA will be taking the lead on Livelihoods (Vocational Training) with partner ACTED Thailand



## TIMOR-LESTE

This quarter, ADRA Timor-Leste signed an MoU for a third year to continue partnership with Rede Feto Timor-Leste in the Hakbiit Feto Project which aims to strengthen the capacity of Rede Feto as an umbrella organization, and CSO members and women groups in agriculture; food processing; marketing & value chain; and savings & loans in Ainaro, Baucau, Bobonaro and Dili.



## KOREA (SOUTH)

ADRA Korea has been actively supporting victims of the 2023 earthquakes in Turkiye/Syria following the ADRA Network's initial emergency response. ADRA Korea provided \$240,000 to the Adventist Foundation in Turkiye with an additional \$100,000 to Syria. To ensure ongoing support, ADRA Korea sent an emergency relief personnel to monitor the project on-site, as well as a team from 5 Korean conferences for 10 days in April. These efforts highlight ADRA Korea's commitment to support affected communities work towards reconstruction.



## VIETNAM

Through ADRA Vietnam's 'Syntropic Community Agriculture Project for the Environment (SCAPE)' project, this quarter, ADRA and partner CEWDS organized training courses on raising chickens according to bio-safe and environmentally friendly methods, distributing seedlings to participating houses and completing 4 courses on syn tropic farming.



## SRI LANKA

On May 10, ADRA Sri Lanka hosted a visit from the European Union Delegation for Sri Lanka and Maldives, Dr Johann Hesse - Head of Cooperation. Dr Johann visited the Brunswick Division water system constructed by the EU funded ACCEND project and learned about its impact on the local community.



## ADRA ASIA

Program & Planning Director, Brendon Irvine recently visited Mongolia to monitor ADRA's PLUS project in Ider soum of Zavkhan aimag. Brendon was able to visit four pasture demonstration plots and develop appropriate grazing plans for each plot alongside ADRA representatives and the Savory Institute in time for summer grazing.





# Clean Water

Did you know 2 billion people lack access to safe drinking water globally?  
With your donation, you can support ADRA increase access to clean  
water sources in these communities and save lives.

[GIVE NOW](#)