

Wide Horizons Newsletter



2019 Academic students
Wide Horizons Organization Development Program



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ABOUT WIDE HORIZONS

THE CONCEPT

Wide Horizons Organizational Development Program (WH) was founded in 2006 by Burmese Migrant Worker's Education Committee and World Education (WE) as a school where young adults from Myanmar, working in community-based organizations (CBO) could come to develop their English language, computer and community development skills while cultivating the thought process skills associated with effective leadership. By combining a student-centered, experiential approach to education with a curriculum that emphasizes group work, reflective practice, and critical thinking, WH offers a program with impacts that reach beyond the classroom and into the communities it was designed to serve.

HOW IT WORKS

Community organizations along from inside Myanmar and the Thai-Myanmar border nominate current employees for admittance into Wide Horizons Organizational Development Program (WH) every year. No formal educational qualifications are required of our candidates. Ideal candidates have intermediate English skills, at least 1 year of work or volunteer experience in an organization (clinic, CBO, school, or NGO) and a dedication to developing the capacity of their organization to complete community work. Out of these applicants a multi-cultural, gender balanced cohort of 24 are selected to join the academic program through a competitive application process.

Once admitted, students enter into an immersive residential learning environment in Mawlamyine, Mon State, Myanmar for 10 months. At WH, students live, study and work together. English is spoken 24 hours a day, and skills learned in the classroom are put to immediate use in community life and work. Students practice leadership skills through rotating positions in school governance and through a series of projects in Mawlamyine and nearby Mawlamyine, ensuring that experience and reflection drive their learning as much as their lessons.

WORK PLACEMENT

Following the 10-months of academics, students return to their mother organization for a 10-month work placement to build upon the skills they learned at WH by gaining practical experience, knowledge and skills in the work environment. Students contribute to the capacity development of organizations around Myanmar and along the Thai-Myanmar border by sharing their newly gained skills with colleagues.

Students will complete 3 work placement reports and the supervisors of the students will provide 2 performance evaluations. At the end of the work placement, the supervisor and student complete an evaluation of the program. This will make sure the student is continuing to practice their report writing skills whilst they are working and they are continuously reflecting on their work. Previous students have worked for their organizations by: managing boarding houses, teaching, working as finance managers, M&E coordinators, trainers, etc. Furthermore, some students founded their own organizations and schools with new idea in their community to help change/develop communities.

Wide Horizons Generator Project in 2019

Since Wide Horizons moved to Mawlamyine Mon state, Myanmar, they have faced frequent power cuts. Therefore, in 2018 academic year students and staff have challenges with their studying, teaching, and working. In 2019 academic year, one group was interested to solve this problem. There were six students working on the generator project in Wide Horizons School.

Power cuts is one of the main problem at WH school because the classroom and office are very narrow and very hot during the power cuts. In Mawlamyine the weather is over 40 Degrees Celsius in hot season. When the power cuts, students and staff are not able to stay inside to work and study as it is a risk to their safety and health. Sometimes, teachers try to teach their lesson without electricity. But it is very difficult to get students' attention. Furthermore, it is not possible to go outside during rainy season. Therefore, the students looked for a solution. Their goal was to buy a 7000 KW generator and build a generator house to keep it safely and have continuous access to electricity at Wide Horizons School for students and staff.

Firstly, the student organizers performed a situational analysis based on their own investigation and last year

they used observations, reading, mapping, asset mapping, gap analysis, small group discussion and interview methodology. According to their research, they got a lot of information and suggestions from staff to solve power cuts and hot classroom. Finally, they decided to buy a generator for the school. However, they needed to raise money to implement this project. Therefore, they decided to find donor to support their project. They wrote one proposal and one crowd funding campaign through Indiegogo. They reached their goal of \$1,500 from Indiegogo and so they were able to implement their generator project in September 23, 2019.



They hired an engineer to build the generator room and setup the generator. Firstly, they discussed with engineer about the price how much it will cost. After, they got agreement with the amount of money, the student have to level the ground and build concrete floor for engineer. They got 3 days class time from English and community development teachers to implement their project between September 23 to 25, 2019. On behalf of Wide Horizons students and staff, I would like to thank you for your contribution of some money to our crowdfunding campaign.

By Nay Nay

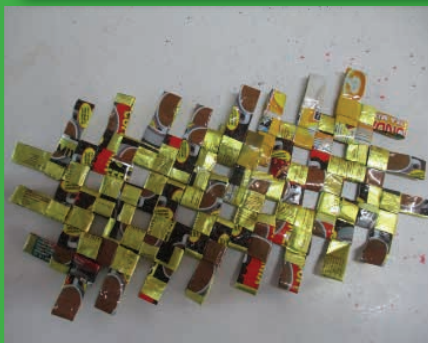
Making Recycled Products

By Naing Zaw

Have you ever attended a workshop about making recyclable products? Wide Horizons (WH) arranged one day training how to make recycled products using plastic bags and coffee packs. We never thought we would receive this sort of opportunity. Thank you to Lian Sain Nen (Sen Sen), Hanna Karin (CUSO) from ChuChu in Dala and Katie Julian from Mote Oo Education in Yangon for delivering a training on Making Recyclable Products to the Wide Horizons academic students and community members on 9 September 2019.



The training focused on two main activities such as knitting plastic bags to make different products (hand bag, and hats) also, how to weave the coffee packs to make mats. By the end of the training, many students and staff obtained knowledge and ideas about how to create and design the products using plastic bags and coffee packs. Also, they made an incredible products and after the training some of students applied their skills to create their own design. Furthermore, in the future they can create new design and some students are interested in starting small businesses making recyclable products using plastic bags or other plastics materials.



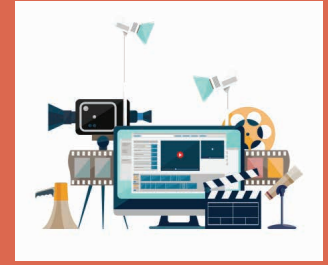
We all were enthusiastic and curious to learn how to make products using plastics waste. Because we hate plastics, we don't want to waste them. We had a lot of plastic in the kitchen, but nobody knew how to recycle them. This training was an amazing, because Wide Horizons academic year students and some staffs from local organizations joined. Also, everyone learned by doing, therefore we had so much fun during training, and everyone was busy making their own mattresses or hand bags. However, it was not only about training. It was about networking with different people from various organizations and it was not only about what we received from the trainer, it was about sharing our ideas, imagination and thoughts with them as well.





Documentary Filming

By: Zaw Myo Lwin



Wide Horizons (WH) students have learnt about documentary video making in which were included all of video steps. Those are plan, equip, film, edit and share. We were trained by Patrick Sone Lin Htoo who is from Yangon, Myanmar and was based in Mae Sot, Thailand and has 10 years experienced with documentary video making. The purpose that we learn documentary video training is to receive the steps necessary to know about video at WH and to be able to adapt and apply in our future. So, documentary training is part of important to know as WH student because all of the students are from different organizations and communities and they are able to apply back not only for their communities and organizations but also for themselves to practice to be expert what they have learnt.

That video training was five days that includes three days of theory and two days practical. In the beginning of class, we discussed how and what important of video, and we continued our class. There are five main steps to know about video, those are plan, equip, film, edit and share. Plan is meant design and strategy for your video, equip is meant to choose the best equipment to meet your video needs: before you start filming review key tips and techniques to ensure you get the best footage you need, Edit is

meant to review the range of free and online editing platforms and see their user-friendly guides to start editing and Share is meant to create that you have created a fantastic video, to review these tips to help ensure your target audience sees it. These are the things that we have learnt in which relevance to those five topic with details.



Moreover, after three day training with theory, we have to practice video shooting and sound in WH school. Then, we divided five groups for students to be more effectively in work, every group has at least five members so we gave responsibilities again such as camera men, sound, interviewer, and general. Those five groups focus on sexual harassment, waste management, the generator project and about Wide Horizons. So, we every group started from plan and equip parts such as write script, which equipment and location will use in the third day of video training.

Additionally, we all groups went outside of school. Every group got different footage from different places such as the market, university, bus station, Strand Road and the rubbish dump. We were so excited when we shot video in public area but we all got our footage as we expected and we enjoyed it.

On the last day, we edited our videos and other editing group members gave suggestion that to be effective video message to audiences. Consequently, this was the most nervous time because all participants would watch each group of videos then trainer and participants gave suggestion each other video. Even though we did not get much time for video as well as our first time video those all video was amazing. However, we continued editing those video after the training had finished to improve our video. You can watch one of our videos on our Facebook Page.

Mushroom Training



Based on our research in students interests in receiving fundraising and income generation projects. One project group organised a training on growing Mushrooms. Mg Mg Htay from NEED Myanmar came to Wide Horizons and taught us abut how to grow mushrooms, how to build mushroom plot and how to take care mushroom including other thing revealed it. We had two days of mushroom training with staff, students and some alumni at WH school.

Every year all students have to learn how to write formal proposal and how to write formal organization report at school. Therefore, we proposed to provide mushroom training by theory and practice including how to create guideline pamphlet at WH. According to our research in Wide Horizons' school, students and staffs are from different places and different organizations including boarding house. Although the students learn many skills at Wide Horizons, students need vocational and income generation



project skills to share community to help sustain their organizations. Moreover, these skills are kind of important thing for people because after this training they can share with their community who are interesting to do business for their income and for their habit. Also, we can get benefit for people and environmentally because who are growing mushroom and who are sharing back to communities. So, they have experience and confidence how to do and how to share vocational project for future. Nowadays, many of youth are thinking to treat themselves for their future life. So, I think, this training are related for us because we are trying hard to get knowledge and to understand human life.

This training was very interesting for us because he explained to understand and we knew how to grow many kinds of mushrooms. We learnt 5 kinds of Mushroom with theory during the 2 days training at classroom. Also, the students learnt straw mushroom's through practice at the same time. We built straw mushroom house with all students and trainer during the training time. In addition, after training we divided 6 groups to practice and plant mushroom 6 layers in the mushroom house and one plot was on the ground behind boy dormitory's toilet.



By: Mee Chay



Length = 9 ft,
Width = 9 ft,
Height = 8 ft

Need of material for building

Iron (or) Wood (or) Bamboo (7ft 8 (iron, wood and bamboo) and 9ft 3 (iron, wood and bamboo))

For roof bamboo (14ft 10 bamboo)

Plastic stick

Knife

Tarp (31 yard)

Hoe (2)

Saw (2)

Building wire (2 vises)

Shovel (2)

Nail (1 inches 0.5 vises)

Under layer need to far with ground 6ft to 8ft

Between layer and wall need to far 2ft

We can build at list 3 to 4 layers



Before grow we need preparation

Card board need to put with water 1 hour or 1 hour half

Cow's dung(dry) need to put water 15 minutes

Need to clean mushroom house

Material to grow straw mush-room (for 3 layers)

Card board	50 Vises
Cow's dung	40 Buckets
Straw mushroom pod	25 Packs
Rice power	1 Bucket
Watering can	3 Can
Chalk or limestone	1 Viss
Mushroom's fertilizer	5 Packs
Hyacinth	1.5
Water	(PH 6.7 or 7.8)



Youth Break the Silence on Sexual Harrassment

On Saturday, October 26, Wide Horizons and Jeepyah Civil Society Development Foundation (JCSDO) collaborated to host an event called 'Youth Break the Silence on Sexual Harassment' supported by Tharthi Myay Foundation. This event was inspired by the research that the students completed in 2019 and was designed with the support of various stakeholders in Mawlamyine. The event was designed to bring all the stakeholders and youth together to begin a dialogue on the most important SRHR issue the youth are currently facing. Over 500 people from around Mawlamyine came together to learn, discuss, play, sing, and share their experiences. We encourage you all to keep talking about it and working together to host more events! We truly hope this is only the beginning of the movement to end sexual harassment in Mawlamyine and Myanmar.



We would like to give a big thank you to our guest speaker Daw Khine Khine Lei, our moderator Mi Cherry Soe, our panelists Thazin Aye, Nyan Linn Htet, Daw Myint Myint Wai, Hsu Yee Ko Ko, Wide Horizons staff and students, Jeepyah Civil Society Development Organization, Phyu Sein Eain, Marie Stopes International, PlayOnside, Legal Clinic Myanmar, Mon Women's Organization, Rainbow Star Alliance, Anar Gart Alin, Equality Myanmar, SEED Myanmar, Point B, Cyberbaykin, Sein Sein Lin, Just Cafe, Mon News Agency, Skynet, the Riverside Center

Value of Asking Questions

“Asking question is very importance for everyone to have successful life and it is one of the ways of understanding. We learn different things all the time. We have to ask question to understand what we do not know. One answer of your question can help you make changes. You can get many achievement by listening to answers from other people for your question. On the other hand, we can face with many challenges and we will be unsuccessful because we do not ask questions about what we need to know. So, one question can change your life and it is very important to have questions.”

by Aye Dar

Waste Management Campaign

Wide Horizons students worked closely with the Gulf of Mottama Project (GoMP) and communities in Southeastern ChaungZone to develop the first of many waste management projects around Mon State to encourage behavior change and conservation of the Gulf of Mottama.

The students conducted a waste management campaign after months of research in 5 villages. We began in Hnyee Hmoke, a fishing community that is very active in recycling. The WH students worked together to create a “waste bank” where the students can easily keep their recyclables to be ready to sell. They created the waste bank out of recyclable materials to showcase the value of waste. In addition, the students held a waste management campaign at the school where they played waste segregation games, completed a “gallery walk” which included drawings from their drawing competition, and sang “Plastic” songs written by WH students. We hope this encourages the children to be more aware of the impacts of plastic. Thanks to the GoMP for supporting this project and Patrick Sone Lin Htoo for the photos!



Children's Life Skills

by Korn Khure



Playing sports can create many benefits and opportunities for the player, such as leadership skills, team work, making new friends, self-confidence, decision making skills, communication skills, im-

proving knowledge, critical thinking and life skills. Moreover, the player can be able to understand more about gender equality because girls can also play football. Besides these benefit of sports can improve social skills in their community. Therefore, nowadays most countries are giving a lot of interest to the sports, but in Myanmar the government doesn't provide sport or sports equipment for schools. Moreover, girls also do not have a chance to play like boys. Additionally students in Myanmar just focus on only tuition. Therefore, their children do not have time to play outside activities and children do not have a chance to learn these kinds of knowledge. Based on these reasons, the Play-Outside organization and Wide Horizons organizers want to provide football training in Mottama section (9) Paung Township, Mon State, Myanmar.

Firstly, children do not have the opportunity to play outside activities in section – 9 Mottama, Mon State, Myanmar. Because they do not have people in the community who can lead outside activities such as football, volleyball, badminton and drawing pictures (Art). Also local organizations, NGOs, CBOs and the government do not provide outside activities. This Mottama community has never worked with organizations before. In addition, children have never received sport training or equipment for activities. The community needs outside training or activities to help them to gain knowledge so that they can able to continue outside activities by themselves in the future to develop their community.

In addition, teachers and parents focus on tuition, because they think tuition is effective for obtaining higher marks and passing final examinations. Therefore, every week children do not have time to play activities as individual or with friends. After school if they want to play games or activities, they do not have time to play, because they have to go tuition. In school breaks (Thadinkyut and Water festival) they still need to go tuition, because teachers called children to attend. These are the reasons why, children cannot give time to play outside activities in their free time. So the children do not have a chance to communicate with friends from other communities to build strong relationships. In addition, children have lack of knowledge about outside activities and life skills. because teachers do not explain to the children the importance of sport and physical development is for them.

Also, in schools, teachers do not give equal chances between girls and boys to be involved in sports or other outside activities, because of cultures, stereotypes and people thinking that playing football is not suitable for girls. Therefore, during government sport events, teachers select only boys to participate in sport events if the government invited them for an official event. Moreover, parents also do not allow their daughters to participate in sports, because they do not think it is necessary for girls and they are worried their daughter will get injuries by playing so the girls do not have the opportunity to play sports



and they lose their interests in participating in sport. They do not have the chance to have fun with their friends, they lose leadership skills, life skills, self-confidence, decision making skills, and communication skills. So the girls are less confident than boys, because they do not have access to equal chances to participate in activities even if they are interested. This not only affects current situation, but it also affects girls when they became adults. Most parents believed girls are too weak, too pretty and too afraid to play sport activities. Parents only want to allow them to participate in easy activities like arts, dance, sewing, and singing. Based on our situational analysis and needs assessment research, the children are really willing to play sport activities or they want to try new things such as football, caneball, badminton, running, and volleyball.

Finally, the community does not make any sport events for the children to enjoy and make friendly with new communities. Moreover, children easily imitate older children. In this community some children who are not even 10 years old yet they are following older youth, who are smoking and drinking. Therefore, children are not interested to go to school and lose interest in their lessons. They just want to waste their time outside by smoking and drinking with youth. According to the International Day against Drug Abuse and illicit trafficking event, the drug issue is very common in Mon State.

Therefore, to solve this problem we provided football training, leadership training, life skills, and basic English skills for 8 days during Thadinkyut holiday. To access these training and skills is very important for the Mottama community, because children need to improve their life style and to have an enjoyable holiday, without spending time with outside people who are using drugs. Moreover, this training provided equal chances for children to participate and play sport activities. Furthermore, this training improved girls' participation by being aware of giving equal chances to boys and girls to play activities and they will increase their interests in sports.



Building Food Waste Compost System (Treasure Waste)



There are many kinds of waste such as plastic, leaves and food waste. Students faced many difficulties at Wide Horizons School in 2019. It caused many challenges for our school such as smell, and a lot of plastic bags that we needed to carry to the garbage truck. Even though we have many type of waste, the only thing we prioritized ungently issue is food waste. WH student face every single day with food waste full bin day by day and no systematic place to throw and rubbish truck does not come regularly to pick rubbish at WH school. Therefore, WH students and teachers decided to do food waste compost system building project for solving WH food waste issue at WH school.

The food waste compost system building project was lead by one WH group with collaboration from the rest of students, staffs and teachers. This food waste compost system idea got from Minmahaw's alumni students at WH school. It was very interesting and amazing implementation day. The group members lead and delegated the responsibilities well for all students and explained all the tasks and the process of building steps before we start to build food waste compost system. We divided responsibilities with groups which carried the wood for posts and the wall for dividing the section and cleaning grass and constructing the building and some went to buy food for refreshment. Therefore, we were working together and helping each other even though we divided different groups.

We have built successfully food waste compost system building with three sections for throwing food waste. We set up some rules and clarified again to students to understand clearly which kind of waste we can throw and which we can not throw. The main things that we can not throw in the compost system are plastic bags, bottles, straws, glass and rags. We can only use it for food waste and leaves. For the respon-

sibility, we added to the student daily duties and the cooking group has to carry food waste from kitchen and leaves from compound every Wednesday and Saturday. We only can throw food waste in first compartment in the first month and we have to move to second compartment if the first one is full before one month. At the same time, we handed on the monitoring responsibility on the WH student's shoulder to check they throw with plastic or not and do they cover the food waste with tarp well or not and does the liquid flow in the channel or not. Also, we brought those rule to student meeting and staff weekly meeting.



All in all, food waste compost system skills and knowledge are really interested and helpful for us. It really solves the food waste problem at WH school. We do not have

to carry food waste from WH school and run to the street and wait the truck to come. We can manage the food waste issue by ourselves right now. In addition, we gained some knowledge from this food waste compost system building process and we can share back to our community to solve their food waste problem at their house. Likewise, they can take fertilizer from the compost building and use it in the garden. Therefore, I appreciate that I had a chance to learn and try the food waste compost system building.

Lastly, I want to say that waste has a valuable thing, every waste have value when we know how to use in effective way. You can create your beautiful environment if you use waste in right way.



By: Pray Reh Say & Pue Pue

International Youth Day Celebration in Mawlaymine

Youth are future generation for country so youth participation is very important so they should be given a chance for participation. On August 20th, 2019, all students and teachers went to join international youth day of celebration in Than Lwin Park, Mawlamyine. Actually, August 12th is international youth day but because the weather was not good and there was flooding in Mawlamyine, and so the organizers changed date.

This event day was organized by Mon State Youth Affairs Committee. Organizer explained their purpose was to raise awareness of youth policy and the importance of youth participation in social activities. The event day started at 2:00pm and went till 5:00pm. The message for this year of the international Youth Day is "Transforming Education". One of student from Mawlamyine Technological University, he gave a speech to youth with message. He said there are many opportunities to learn the important things that you need by doing self-study.



There were many organizations who attended this event. Moreover there were ethnic traditional dance and modern dance, songs, quiz, poem reading, games and free dance with DJ songs. They gave honor to pray for youth with our own religious beliefs. When we all arrived there, our community development (CD) teacher gave us for responsibilities to collect other organizations name at least three organizations by asking in person the reason is to build networking each other and to improve our networking skills. To improve our networking skills we need to curious and ask if you are not clear do not shy whatever the thing that you want to know about.

There were also a lot of booths, and some had quiz questions to answer about Sexual Reproductive Health issues. If you answer their questions correctly, then they gave you some presents such as back pack or key chain. Some organizations gave some notebooks and pen to who joined this event. In addition, Organizers also provided for refreshment coffee, cake, and drinking water. Furthermore, I really like one thing from this event day which is the garbage bins that they created with plastic board then they used for the event day whoever after they eat we have to go and throw into garbage can. This was very creative.

From this event day I had learned many idea so when I go back to my community and host organization that I can share ideas from their event. I realized youth are eager to learn and they like free style. On this event day, the youth participation were so active even when it was raining, the participants continued celebrating and dancing.



In conclusion, the international youth day celebration is one of important thing to do in communities. From this event day at least youth can give their idea, share information and see young be active. We can also build networking each other for the future. Youth are generation for country so it is very important to give a chance for participation.

By Chaw Su

Hand-made Soap

There was a special day for Wide Horizons (WH) students. It was hand-made soap training which was organized by Mon Cantana Development Foundation in Mawlamyine. The training was given by Mi Gho Lon and Min Banyar Chan Mon on the 16th June 2019.

We started by dividing into 3 groups with 6 people in each group. In each group, we have one pack of N-70 in which is the most important ingredient. After that, we started to boil water including rough salt and sour fruit like tamarind or lime. These sour things are acid therefore, we cannot make soap without those sour fruit and leaves. To make a soap with one pack of N-70, we need 0.4 viss of rough salt (not iodine salt), Lime 0.5 viss and 10 liters of water. Lastly, we have to wait until the water is boiled enough. When the water has boiled, we waited for a few minutes then, we can start making the soap.

At first, we added one pack of N-70 and stirred it until it turned white. When you start to stir, you have to choose which direction you are going to stir. You cannot change your direction of stirring. Also, you cannot stop stirring. You have to stir non-stop until you finish completely the whole process. If you are tired and exhausted, you can change with other people to stir the N-70 but you cannot stop

When the mixture turns completely white, you can start to add water but you have to put in a little at a time. You cannot put a lot of hot water at the same time because if you put water a lot at once, it makes it hard to check how the process is going. When we have completed every step of the process, we have to keep it for 24 hours to be ready to use.

After 24 hours, the soap can be used to wash our clothes, clean the dishes, bowl, and pots etc.... It does not give people any risks by using it. We can wash everything except your body. It is a good thing to learn hand made soap because it is not expensive to buy materials like N-70 which is only 3000 Kyats for one pack. You will only have to buy N-70 if you have your own sour fruits.

Consequently, WH students were very active to participate and were interested to learn about making soap because they know that it is valuable and useful for them and they hope that it will be helpful in the future when they want to make by their own.



In conclusion, hand made soap is easy to make and you can make it by your own if you have the ingredients. Therefore, I would like everyone who read about this soap training to try and make in your home.

Ingredients

N-70 = 1 pack

Salt = 0.4 viss (not iodine)

Lime = 0.5 viss

Water = 10 liters

By Mg Yan

2019 Newsletter Group

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Wide Horizons Students 2019 Academic Year



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