Regeneration Initiative
01 April 2013 - 31 March 2014

Metta Development Foundation
Acknowledgement

Metta Development Foundation sincerely thanks individuals, partner and donor organisations, government ministries, friends in the international community as well as our staff, volunteers and the local communities.

Your combined efforts have positively impacted the well-being and quality of life for people in Myanmar.
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The five year period for the Regeneration Initiative (RI) ended on March 31, 2014, during which time Metta Development Foundation (Metta) strategically focused on strengthening its branch offices’ capacities to better manage and facilitate programme initiatives. Other specific focuses included integrating programme responses to more effectively and efficiently to meet local people’s needs, increase training and education opportunities for staff and partners, enhance building networks, and design a more comprehensive monitoring and evaluation system. The fifth year’s activities continued to support people in local communities throughout Myanmar to become more self-reliant, and experience sustainable growth by initiating development activities. Eventually, these ongoing efforts will help them emerge from conditions of endemic poverty, armed conflict and humanitarian emergencies.

A total of 175,961 persons from 1,104 communities and 25,587 internally displaced persons (IDPs) in 33 camps have directly benefited from the activities in year five. The programme activities took place in 5 states and 4 regions of the country. The previous page shows the summary overview of all the accomplishments by programme sector during the reporting year. The following chart shows the distribution of beneficiaries in the states and regions.

**Humanitarian Response** - Nearly 70,000 have benefitted directly from responses to humanitarian crises ranging from various types of natural disasters to armed conflict. This includes 25,587 IDPs from Kachin and northern Shan states where the armed conflict is in its third year and has displaced an estimated 100,000 persons. Metta, in coordination with its partners from the Joint Strategy Team (JST), have reached nearly 90,000 persons with more than 25,000 directly through Metta’s programmes.

**Integrating Sector Activities** - Integrating agriculture and forestry programme sector activities with livelihood sector enterprises to enhance food sovereignty, thereby ensuring year round food security and farmers’ rights are being promoted.

**Advocacy on Land and Natural Resource Management** - Metta is supporting raising civic awareness through regular programming activities such as Participatory Action Research (PAR) process and Farmer Field School (FFS). One specific example of this is that Metta is helping to prepare local people to be more informed and responsive to the impact of government laws and policies on their lives. This includes understanding the laws and applying for their land to be rightfully reclaimed and protected.

**Strengthening Civil Society and Local NGOs** - Civil society and local NGOs are gaining strength through more strategic planning and action as organisations are gradually expanding and negotiating their space and roles, and sharing resources and taking collaborative action.

During year five Metta received USD 6.98 million in funds which represents slight increase (USD 380,000) from the previous year. The emergency and development sector expends nearly 44% of funds, followed by agriculture and forestry at 21% and livelihood at 14%.

Metta looks forward with optimism as the organisation gradually transitions into the Regeneration Spring. While the future holds many unknowns, the organisation’s focus will remain constant on reaching the most vulnerable and marginalised persons both in the conflict areas and other remote parts of the country. Increased advocacy efforts by civil society on the issue of land and natural resources governance, farmers’ rights, right of the IDPs regarding Durable Solutions in return and resettlement remain among the highest priorities.

While many achievements are discussed in each programme sectors, some of the year’s highlights are summarised here.

**Highlights**

Regeneration Spring - Designing the new Regeneration Spring strategic plan for 2014-2017. This plan comprehensively addresses meeting local communities’ needs while strengthening the staff and partner’s capacity, and increasing Metta’s ability to access and analyse program impacts through research and advocacy efforts.
Regeneration Initiative
Summary of Accomplishments by Programme Sector
April 2013 – March 2014

Overall objective: To assist 1,500 communities/villages in 45 townships that will benefit 650,000 villagers to emerge from the devastating consequences of conflict and humanitarian emergencies, and to help communities move towards sustainable growth and development.

Accomplishments
507 staff in 4 branch offices and 4 coordination offices facilitated development projects for 175,961 direct beneficiaries in 1,104 villages, 5 states and 3 regions.
6.99 million USD in total funds were received from 24 donor organisations and 22 individuals.

Agriculture & Forestry
Accomplishments
- Overall 37,103 persons directly benefited from the agriculture and forestry projects in 3 states and 1 region
- Farmer Field Schools engaged 6,445 FFS farmers in 351 FFS activities with 13,820 direct beneficiaries
- 33 FFS field days had nearly 2,000 participant
- FLE engaged 78 farmers from 8 villages
- Forestry projects had 23,301 direct beneficiaries from 134 villages
- 36,390 seedlings were grown at central nurseries
- Nearly 800,000 plants were grown at 134 community nurseries
- 3,656 persons are direct beneficiaries of 31 community and 23 mini forests projects
- 31 community forest groups formed with 10 receiving certificates

Education
Accomplishments
- 71 ECCD village centers attended by 1,670 children
- 1,855 villagers participated in 50 EDDC activities
- More than 900 ECCD parent education sessions were conducted
- 8 new REP-CCA projects reached 616 students
- Inter-School Sports Day with 490 students competing from 5 schools

Health
Accomplishments
- 15 villages built new water systems with 12,024 direct beneficiaries
- Hygiene awareness campaigns in 8 villages reached 2,338 persons
- 3 Positive Living Centres reached 226 villages and registered 1,434 persons
- Positive Living Centres (PLC) conducted 37 public awareness programmes that reached 3,728 persons
- PLC staff reached nearly 1,000 persons through home visits
- Referred nearly 400 persons for HIV testing PLCs
- 106 children attended 2 summer camps coordinated by PLCs

Livelihood
Accomplishments
- 3 separate approaches for implementing livelihood projects were used in 4 states, 2 regions and 1 area
- Nearly 50,000 persons directly benefited from 315 new local village projects

Emergency and Development
Accomplishments
- 93,748 direct beneficiaries in 85 villages and 33 IDP camps were reached by all the emergency and development efforts
- Relief in Kachin and northern Shan states was provided to 25,587 IDPs in 33 camps
- Mangrove Reforestation, Environmental Education and Disaster Risk Reduction (RRD) projects reached 73 villages with 61,287 direct beneficiaries
- Relief to 2,600 direct beneficiaries from 10 villages affected by flooding in the Bago region
- Repair in Thapay Khan A Thin village school for 493 students after damaged by a typhoon in the Bago region
- Sea retaining wall construction benefitting 3,781 persons in Kaing Thaung village, Ayeyarwady region

Capacity Building for Development
Accomplishments
- Metta staff and partners participated in 250 education and training opportunities
- 2 drug forums were conducted in Shan state attended by more than 1,000 persons
- Hosted annual partner meeting attended by 46 persons representing 31 organisations
- Metta’s programmes are staffed by 507 persons, as well as 103 volunteers
- The Bago Centre for Development workers hosted 39 training sessions and workshops for 901 persons representing 15 organisations.
- Metta launched its new five year programme strategy entitled Regeneration Spring
- One external evaluation for the end of the Raza Thitsa initiative was conducted that examined lessons learned for a possible second phase
Agroecological approach of FFS has made fishes to return to rice fields.
Introduction

This report is for the fifth and final year of the Regeneration Initiative (RI) that has been managed and operationalised by Metta Development Foundation (Metta). The culmination of the five year period marks distinctive accomplishments and shifts in strategic direction in order to achieve its long term goal of assisting some of Myanmar’s most needy communities become self-sufficient and resilient. Metta has grown to be the largest and most well known national development non-governmental organisation (NGO) in Myanmar through responding to natural disasters and humanitarian emergencies, as well as supporting communities' development initiatives since 1998. It was founded upon the concept of "Metta" or “loving kindness” which is reflected throughout all its programme activities that embrace diversity, and inclusive participation of local people.

The entire programme structure is founded on local communities’ needs as expressed through the voices of local people, project management committees and the monitoring and evaluation system. Their expressed needs move from the community base throughout to programmes and local projects.

Metta’s current organisational structure is composed of a head office in Yangon, 4 branch offices strategically located throughout the country in Yangon region, Kachin state, northern and southern Shan state; 4 coordination offices; and 3 research and training centres. The head office is guided by a 4 person management team with an executive director, and national managers in the areas of finance, programme and development. A senior management team with representatives from the head and branch offices makes organisational policy recommendations and the board functions as a governing body. Additional, input is also sought from partners, donors and through thematic working groups.

Staff composition includes a total of 507 persons with nearly 70% working in the field directly with people in communities. The following chart shows the percent of Metta’s staff by branch office with Myitkyina at 45.5%, followed by Taunggyi and Yangon at approximately 19%.

Staff’s capacity to understand financial concepts are being enhanced through Metta’ MANGO certified training team’s intensive efforts. Furthermore, the Eco Leadership training has been the catalyst for staff to initiate lessons learned at work and in their personal lives, for example using non-violent communication by becoming better listeners and more reflective to increase understanding.

The rapid and widespread proliferation of international businesses including, hydropower, mining and contract farming, are taking place in Myanmar, especially in the ethnic states. Ultimately, these large projects will have a very negative social, economic and environmental affects on small and marginal farmers. They are creating many ripple effects ranging from confiscating land, to increased conflict and human right violation and migration as the opportunities for local people to earn a living disappear. Metta is helping to prepare communities to respond to these conditions by raising awareness about the impact of new and existing laws on their lives, specifically reclaiming land and becoming land owners. Measures such as these need to reach a critical mass at the grassroots level in order for families to feel secure. New strategies have been integrated into programmes to address these concerns in a more proactive engagement in national level policy development and civic consultation in the coming year.

This report intended to give an overview of the Regeneration Initiative’s accomplishments in year five. It is organized by programme sector: Agriculture and Forestry, Education, Health, Livelihood, Emergency and Development, Capacity Building for Development, as well as separate chapters on Monitoring and Evaluation (M&E), and Finances.
Most of Myanmar’s population lives in rural areas where its food supply is generated through the agriculture and forestry sector by growing rice, fruit trees, other food crops and raising livestock. Metta’s primary objective is for families to have a stable food supply by ensuring their food security. Eco-friendly techniques and new technology combined with traditional wisdom are used for growing these crops and increasing yields. All agriculture and forestry projects are based on the Participatory Action Research (PAR) model as it is the platform for all community development activities.

All participants from FFS and Farmer Led Extension (FLE); central and community nurseries; and community and mini forests practice FFS methods that emphasise being environmentally friendly by using sustainable farm management practices. All participants learn how to increase crop production by selecting quality seeds, transplanting in rows, using rotary weeders, as well as soil conservation and making organic fertilizers. These methods are intended to support long term sustainability and positively impact the local farmers’ practices through introducing eco-friendly practices that replenish the soil, are organic and promote a healthy lifestyle.

While the food supply is slowly increasing for many participating families, their yearly food supply is still insufficient for the entire 12 months. These communities are facing difficulties that have become thematic in recent years. Confiscation of land and other natural resources deprives people of their homes and farmland. Most people have minimal financial security or stability and are often forced to migrate away from local communities in search of work. This has also caused a labour shortage of persons available to work in the fields that help with weeding and harvesting. The continual poverty and cycle of debt also contributes to people growing cash crops rather than rice or other food. The growing presence of NGOs and businesses promoting their own products such as hybrid seeds with chemicals is one example of how this encroaches on the FFS principles that are environmentally friendly. Despite these challenges, the majority of FFS farmers have remained committed to using its practices.

During the reporting year 37,103 persons directly benefitted from activities in the agriculture and forestry sector which took place in villages within 3 states (Kachin, Kayah and Shan) and one region (Ayeyarwady).

The Sector includes descriptions of activities in agriculture both upland and lowland; forestry with community and mini forests; as well as the research and training centres.

Agriculture

Agriculture projects used several approaches in local communities including: Farmer Field Schools (FFS), Farmer Led Extensions (FLE), in addition to new research finding and producing quality seeds. These approaches help farmers stabilize their food supply, as well as increase their income.

FFS is a season-long group-based learning experience where 20–25 farmers meet weekly over one year in their study plots where they grow rice and some other crops such as vegetables. Participating farmers are expected to use on average one acre of their own land as a study plot and adapt one more acre for cultivating rice. This varies depending on the geographic area as farmers in the Ayeyarwady region use, on average, 3 acres, while farmers in lowland areas of southern Shan or Kachin state may average using 1.3 acres. Local community nursery participants use the nursery grounds as study plots.

Farmer innovation: A good variety of local seed was selected and propagated from a mutant local variety.
Achievements

Farmer Field School (FFS)

FFS activities took place in two states (Kachin and Shan), as well as in the Ayeyarwady region. Farmers from northern Shan and Kachin states are located in upland and lowland areas, while farmers from southern Shan state and the Ayeyarwady region grow lowland crops.

During the reporting year, a total of 6,445 FFS farmers participated in 351 FFS activities with 13,820 direct beneficiaries.

The average yield has increased in all the areas and remained relatively consistent within the upland (average 28 baskets) and lowland (average 65 baskets) rice crops. These yields represent between a 5 to 10+ basket increase per acre. Upland farmers’ production has increased, and food security has been extended by 2 months over all.

The following table summarizes the FFS conducted that shows the number of participating farmers and the acreage planted by area.

<table>
<thead>
<tr>
<th>State Region</th>
<th># of FFS</th>
<th>Farmer</th>
<th>Acres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowland</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ayeyarwady</td>
<td>48</td>
<td>387</td>
<td>1,330</td>
</tr>
<tr>
<td>N.Shan</td>
<td>49*</td>
<td>541</td>
<td>83</td>
</tr>
<tr>
<td></td>
<td>28</td>
<td>538</td>
<td>963</td>
</tr>
<tr>
<td>Upland</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kachin</td>
<td>50</td>
<td>1247</td>
<td>2,309</td>
</tr>
<tr>
<td>N.Shan</td>
<td>*</td>
<td>151</td>
<td>155</td>
</tr>
<tr>
<td>S.Shan</td>
<td>176**</td>
<td>3,581</td>
<td>6,593</td>
</tr>
<tr>
<td>2 States</td>
<td>351</td>
<td>6,445</td>
<td>11,433</td>
</tr>
<tr>
<td>1 Region</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Please note that upland and lowland farmers in northern Shan state participated in the same 49 FFS.
**The number of FFS in southern Shan state does not include those from the new project which began early in 2014.

Two new projects began in the reporting year, one on the Ayeyarwady region and the other in southern Shan state. The project in Shan state had identified farmers, but had not begun conducting the FFS during the reporting period. One of the positive changes in southern Shan state was that the number of upland farmers that returned to growing rice nearly tripled from the previous year when 60 farmers were participating.

Some specific examples of FFS achievements include the following:

**Increased Food Security** – The food gap is slowly decreasing, one example is that Kachin upland farmers 476 (38%) reduced food gap by more than 2 months, 771 farmers (62%) by 1 – 2 months.

**Women’s Participation** – Women represented 36.8% of the lowland FFS farmers in Kachin state. Women from upland areas participated more actively in meetings that took place in the daytime as opposed to in the evenings, as well as at the exchanges.

**Participation of Non-FFS farmers** – Project success is shown in the roll-on effect of 4,128 non-FFS farmers that adapted FFS practices in southern Shan state.

**Community Initiatives** – Many FFS project communities supported their FFS activities through organising rice banks, seed banks, having communal fields, establishing revolving funds, and forming farmers groups with the intention of becoming civil society organisations (CSO).

**FFS in IDP Camps** - In northern Shan state, FFS were expanded to include 6 camps of internally displaced persons (IDPs) and 14 new villages located outside the conflict area. The FFS focus on increasing food security in the camps has included methods of cultivating rice, producing seedlings and growing kitchen gardens. Having their own fresh supply of fruit and vegetables not only supplemented their food supply, but also helped them save money. Each camp participant was able to produce on average 280 kg. of vegetables which was only 20 kg. less than the goal of 300 kg.

**Daw Ja Htang - Upland Agriculture, farmer participant**

Daw Ja Htang is a farmer participant of Metta’s upland agriculture project. Before attending Metta’s upland agriculture training, she was using traditional/old ways of farming and was struggling to manage weeding and did not have a stable food supply for the entire year as her family lived off of 20 baskets/acre (year). Now, Daw Ja Htang uses a new set of farming tools and techniques learned during the FFS training, such as growing crops in rows and using seed selection methods, organic fertilizers, and the weeder. As a result, planting requires using fewer seeds, and at the same time the yield has doubled. These positive results have increased her food security.

Grafting mango plants.

Regeneration Initiative Year V
Farmer Forums - Northern Shan state FFS farmers convened 2 Farmer Forums where they were able to strengthen cooperation with local partner FFS farmers and various organisations. They raised pressing issues such as land confiscation and farmer’s rights, as well as discussed the impact of existing farm and land laws on their lives. A total of 287 farmers attended these forums that were convened in 2 townships. Many resource persons and officials also attended including representatives from: the Kachin Ethnic Ministry, townships’ administrators, political parties, the government land records’ office and the government forestry department, as well as a member of parliament.

The farmers were interested in forming a farmer’s union at the local level that could be a vehicle for addressing their problems. One specific output from the forums was drafting a common statement (March 17 – 19, 2014) agreed to by farmers from 460 villages in Kutkai township representing 5 groups (Shan, Kachin, Palawng, Burmese and Chinese), stating that their rights as farmers were not being upheld by the existing farmland and land laws.

Selection criteria – The upland projects in Kachin and southern Shan state developed new village selection criteria, as well as their process for selecting farmers. These ensured better community support, and farmers were more committed to using the FFS methods. Project staff observed that farmers’ interest and participation was higher than in the 2 previous years. The increased level of interest and participation may have been inspired by the newly revised village leader workshop during which prominent FFS farmers shared their experiences. Afterwards this information spread among the farmers from project villages and stimulated regular attendance which vastly improved from the 2 previous years.

Exchange Visits - The three exchange visits provided opportunities for 226 farmers from southern Shan and Kachin states to observe and share their experiences.

Research - Kachin state initiated a research project that compared the crop yields from three sources of rice seeds using the System of Rice Intensification (SRI) method. Three replication plots were set up where farmers used all the same methods, which meant planting and applying nutrient feeding on the same dates, using the same varieties and number of seedlings.

Project outcomes show that the special SRI seeds and brown rice seedlings were the most resistant to diseases while individual plants’ rate of multiplying was greater than seedlings from the other two sources. This information is being shared with other FFS and farmers in other areas so they can also use it in their fields.

Farmer Led Extension (FLE)

The FLE is a way for farmers in remote areas to learn FFS methods at a local training and research center over a three month period. Separate training courses are also given to participants from various organizations who want to learn the FFS model and share it with their constituents.

78 farmers from 8 villages in the Ayeyarwady delta participated in Farmer Led Extension (FLE) activities accomplished the following:

- Planted 224 acres of rice.
- Twenty (20) participants demonstrated the FFS techniques to other farmers in 5 villages.
- Two (2) villages have formed transplanting groups comprised of women.

FLEs are also held for people in organisations that want to share the techniques with their partners. A three month long FLE was held for 15 persons from 6 organisations located in the Ayeyarwady and Sagaign regions, and Kachin and southern Shan states. Following this training the participants shared the information with farmers in their areas.

Rice Seed Production

Eighty one (81) farmers from 6 townships in the Ayeyarwady region represent the core group of farmers that are reproducing high quality rice and black bean seeds. They raised 9 varieties which included 7 wet season varieties that produced 855 baskets. This year’s rainy season crops were more productive than last year’s as a total of 1,055 baskets of rice and 22 black beans were harvested. The seeds were for sale in 4 other townships.

The seeds produced by the core group this year showed good results using SRI techniques because:

- preparation methods improved
- more SRI techniques were used which proved that the seedlings were more resistant to disease, and plants were of higher quality
- natural fertilizer was used
- seedlings were planted when the water level was lower

In addition to the core group, 58 independent farmers were motivated to produce seeds by using the FFS techniques.
Farmer Field Days

FFS field days were also held in 33 communities where FFS farmers presented the results of crop production to nearly 1,890 persons who attended these events. The field days are opportunities for farmers to interact with each other in a shared learning experience.

Farmer Led Development

Local farmers in the Ayeyarwady region began initiating community development awareness in 90 villages of 6 townships where they provided training and raised awareness on integrated sustainable rural development. Work plans were designed and experts were available to provide information regarding specific topics unique to the Ayeyarwady region. Old villages with previous FFS and FLE projects were surveyed to learn about their impact and whether they were being sustained.

FFS Challenges

The challenges have become thematic as mentioned in the introduction to this sector which remain:

- shortage of the labour force for weeding.
- out migration by persons in search of work.
- pressure to grow cash crops, for example, by hybrid seed company
- confiscation of land and other natural resources
- difficulty applying technologies on steep slopes of upland areas

In addition to these, slash and burn shifting cultivation continues to be practiced by upland farmers. Also, adapting more appropriate technologies and tools, especially for upland farmers, still needs to be addressed.

Daw Ma Htoi, FFS Lashio, Upland and lowland farmer Phan Hat village, northern Shan state

Daw Ma Htoi is a 47-year old mother of 6. Her husband is a daily laborer and three of the children attend primary school, two are in China and one helps her with farming. Daw Ma Htoi farms both upland and lowland crops. Due to poor soil conditions and climate change prevented her from producing stable yields and forced her to rely on chemical fertilizers. Her family’s food shortage gap lasted for about 4-5 months per year. Daw Ma Htoi learned that yields could increase by using FFS techniques, such as transplanting seedlings when they are 25 days old instead of the usual 60 days, as well as using organic fertilizer made from animal manure. Despite her husband’s initial reluctance to support her and other farmers’ skepticism saying, “25 days is not enough for seedlings to survive under the harsh weather conditions in the region,” Daw Ma Htoi was insistent on following the FFS methods. The harvest demonstrated her success when each acre produced 6 extra baskets, thereby ensuring her family’s food security, and expanded to long-term fruit trees. Her success has reversed other farmers’ false perception and changed the way people think about how to grow crops.

Forestry

Forestry projects took place in upland areas that are supported by central nurseries based at the research and training centres, as well as the community nurseries that are established by the project.

Overall Forestry Achievements

Upland Agriculture and Community Forestry

A total of 4,529 farmers from 134 villages in 16 townships participated in upland agriculture and community forestry projects with 23,301 persons directly benefiting from them. Please refer to the table below which summarises the information about participants and beneficiaries.

<table>
<thead>
<tr>
<th>3 States</th>
<th>Villages</th>
<th>Farmer Participants</th>
<th>Beneficiaries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kachin</td>
<td>37</td>
<td>1,670</td>
<td>9,038</td>
</tr>
<tr>
<td>Kayah</td>
<td>12</td>
<td>352</td>
<td>1,855</td>
</tr>
<tr>
<td>N.Shan</td>
<td>49</td>
<td>959</td>
<td>6,012</td>
</tr>
<tr>
<td>S.Shan</td>
<td>36</td>
<td>1,548</td>
<td>6,366</td>
</tr>
<tr>
<td>Total</td>
<td>134</td>
<td>4,529</td>
<td>23,301</td>
</tr>
</tbody>
</table>

 Seedlings are grown and distributed to the local nurseries from the central nurseries located at the CARD and Naung Kham research and training centres. The central nurseries provided seedlings, starter materials and technical support to the community nurseries in Kachin and northern and southern Shan states. A total of 36,390 seedlings were grown at the central nurseries of which 70% were fruit varieties.

The following table summarises forest and fruit seedlings produced by the central nurseries.

<table>
<thead>
<tr>
<th>Centre Name</th>
<th>Seedling Type</th>
<th>Forest</th>
<th>Fruit</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>CARD</td>
<td></td>
<td>4,338</td>
<td>16,260</td>
<td>20,598</td>
</tr>
<tr>
<td>Naung Kham</td>
<td></td>
<td>6,681</td>
<td>9,111</td>
<td>15,792</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>11,019</td>
<td>25,371</td>
<td>36,390</td>
</tr>
</tbody>
</table>

As in previous years, the number of seedlings that were grown in 134 community nurseries was quite high at 777,987 (184,557 fruit and 593,430 forest). A total of 693,759 seedlings were distributed throughout the local communities.
The combined fruit and forest plants' survival rates were fairly high at 84%, 71% and 67% respectively as shown in the following graph.

The following chart comparing participants over the five year period shows a 10% increase in year five from the previous year.

Of the 31 community forest groups that formed, 10 have received certificates and the remainder are in the registration process. The focus in Kachin state was to form community forests and not mini forests which accounts for why none were formed during the reporting year.

The implementation of FFS projects has helped some landless farmers to start owning land when the FFS committees gave them land to own permanently.

Generally the FFS challenges stated earlier are the same or similar in Upland Agriculture and Community Forest (UACF).

Formally registering community forests remains a focus for local forest communities whose land is being confiscated. Local people either may not own their land or may be vulnerable to land confiscation and allocation to outside investors. Registering community forests provides a means for local people to conserve the forests which are the basis of their livelihoods and a food source, in addition to preserving the natural environmental.

Mini forest projects are small areas of community owned land that have been planted with a variety of forest species. Because they use FFS methods, these mini forests model good conservation and eco-friendly practices for the surrounding community.

Achievements in Community and Mini Forestry

A total of 3,656 households are directly benefitting from 31 community and 23 mini forestry projects. The table below summarizes information about both types of projects.

<table>
<thead>
<tr>
<th>State</th>
<th>Community</th>
<th>Mini</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kachin</td>
<td>17</td>
<td>0</td>
</tr>
<tr>
<td>S.Shan and Kayah</td>
<td>14</td>
<td>23</td>
</tr>
<tr>
<td>Total</td>
<td>31</td>
<td>23</td>
</tr>
</tbody>
</table>

Research and Training Centres

Metta has established two research and training centres that support agriculture and forestry projects both of which have been operating for more than 10 years. Participants throughout the country, as well as internationally, attend training workshops offered there.

- Centre Action Research and Demonstration (CARD), Alam village, Kachin State – established in 2001, has 27 staff.
- Naung Kham, Southern Shan state – forest and forest planting, research and training – established in 2003, has 13 staff.

The centres also host training conducted by other organisations/groups. Each has a central nursery where plants are grown and distributed to the community nurseries.
Achievements

The centres host many activities ranging from growing long term crops, kitchen gardens, livestock, holding seed competitions and special events. The following table summarises primary activities conducted through the CARD and Naung Kham centres.

Activity Summary for the Research and Training Centres

<table>
<thead>
<tr>
<th>Activity</th>
<th>CARD Center Kachin State</th>
<th>Naung Kham Center S. Shan State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central nurseries seedling production</td>
<td>4,338 forest 16,260 fruit 20,598 total seedlings grown</td>
<td>6,681 forest 9,111 fruit 15,792 total seedlings grown</td>
</tr>
<tr>
<td>Rice production</td>
<td>267 basket of quality rice seeds</td>
<td>120 baskets from lowland 1.5 acres was sold to local farmers. 400 baskets of upland paddy grown on 10 acres was sold to project beneficiaries.</td>
</tr>
<tr>
<td>Training</td>
<td>36 training sessions and workshops</td>
<td>59 training sessions and workshops</td>
</tr>
<tr>
<td>Construction</td>
<td>One training hall is under construction</td>
<td>One new training hall; upgraded the access road to the centre</td>
</tr>
</tbody>
</table>

Some action research at Naung Kham testing 13 varieties of seeds which examined production per acre during the season and what was most compatible with local conditions. Producing the seeds takes at least 3 seasons, so the final results will be available in the future. They also tested 2 types of organic fertiliser and found that the fertiliser from decomposed paddy plants to be the most cost effective, but its effect on production needs to be tested.

Non-FFS Farmers - The Naung Kham team has focused on achieving a roll-on effect to non-FFS farmers since the LIFT project’s implementation in December 2010. These farmers include medium and large land holders who are impressed with FFS’s good crop performance, low seedling rate, ease of weed control and low cost of external input while eventually experiencing higher yields. A this time a total of 4,128 non-FFS farmers applied FFS methods to 5,698.4 acres.

Special Event - Naung Kham special event late 2013, 10 year celebration of Metta and the Pao National Organisation’s partnership that was attended by approximately 350 persons some of which included representatives from various government ministries.

External Evaluation and Outcome Case Studies

During the reporting year one external evaluation was conducted on the LIFT project for small and marginal landholders in Kachin and southern Shan states. Metta is strengthening its monitoring, evaluation, accountability and learning system which includes building staff capacity to conduct case studies. Two outcome studies coordinated with an external consultant and branch office staff were completed during the reporting period. They include some projects from the Agriculture and Forestry Sector, the findings of which are sited below in addition to those of the external evaluation:

- External evaluation entitled “Farmer Field School to LIFT the Food Security of Small and Marginal Land Holders,” May 2013, Salai Khin Maung Aye, Dr. Win Pe, Dr. Than Tun Sein and Daw Anne Thein.
- Another Four Outcome Case Studies from Southern Shan State, edited by Cho Myint Naing and Andrew Jenkins, October 2013.

Four More Outcome Case Studies from Northern Shan and Kachin States included one case study on agriculture and forestry in northern Shan state reviewed for the period March 2010 – March 2013. Overall, project staff, local organisations and the local people’s ability and confidence to support crop-based sustainable and integrated agricultural development projects has strengthened. Specifically, the study found that of the 1,084 participating FFS households, 51% adopted cultivation practices for their upland paddy crops. All participating households and 173 additional households planted 995 acres of forest and fruit trees with each family averaging planting 0.8 acres. Community nurseries were set up in all 50 participating villages.

Investment costs went down, but labour costs increased. Improved seed selection techniques reduced their costs, but increased weeding had a higher cost. The yield for the upland crops increased during a one year period in most village groups with them experiencing an average increase of 31% from 20.7 to 27.1 baskets/acre.

Although the case study stated it was too early to measure the long term affects, all village groups have benefited from the FFS plan to establish their own FFS when the project ends.
Another Four Outcome Case Studies from Southern Shan State, edited by Cho Myint Naing and Andrew Jenkins, October 2013, included two case studies from the Agriculture and Forestry sector. These were of the UACF in northern Shan state (April 2008 – March 2012) and the LIFT project in Kachin and southern Shan state (March 2010 – March 2013). Specific outcomes included:

- Participating UACF communities were found to have improved their skills and their capacity to scale-up more economic and ecological activities through establishing nurseries and profitable forestry and farming activities.
- Both studies found farmer’s self-reliance had increased in crop-based sustainable farming, expanded food security and livelihood status of small and marginal farm households.

External evaluation entitled: “Farmer Field School to LIFT the Food Security of Small and Marginal Land Holders”, written by Salai Khin Maung Aye, Dr. Win Pe and Dr. Than Tun Sein, September 2013.

An external evaluation conducted between July and September 2013, examined the FFS ability to LIFT the food security of small and marginal land holders in upland areas of Kachin and southern Shan states. Both qualitative and quantitative data were gathered to measure the evaluation objectives which were to assess:

1. initial outcomes and the likely impact of the upland FFS LIFT programme, and
2. progress made to improve farmers’ knowledge, management and decision-making capacity.

The methods for gathering information from 613 households included: focused group discussions, observations, meetings, using community score cards and conducting in-depth interviews, as well as talking with staff. Participants came from 33 villages that represented 340 FFS participants and 273 local villagers that had not attended a FFS. The non-FFS villagers fell into two categories: 157 were from villages where a FFS had been conducted and 116 were part of the control group and were from villages that had not had a FFS.

Fifty four percent (54%) of the FFS farmers indicated that the FFS training had an excellent impact on rice cultivation; 36% indicated that it was good; 9% poor and 1% weak.

Results found that after the project was implemented the average yield increased by 50% or 11 baskets per acre from 22 to 33 baskets which means that more than 50% of all household incomes also increased, while 29.5% remained the same. Forty six percent (46%) had a secure food supply for a twelve month period (FFS/LIFT external evaluation report, pages 40 and 41). Household assets also increased which included having motor cycles, radio/cassettes, television, mobile phones, storing paddy or other crops, and having more livestock. Despite the increased income nearly 48% of households reported that they remain in debt primarily due to work related costs such as buying supplies and hiring laborers (Aye, et al, FFS/LIFT household survey summary, page 15).

Generally, entire communities where FFS had been conducted benefited because the information was shared by participating FFS farmers with their friends and family. Evidence of this is reflected in their increased average yield. The evaluation showed that the participating farmers usually found the most useful topics were in the areas of seed selection followed by producing micro-organisms and organic manure, as well as using the drum seeder and organic fertilizers. Farmers’ reasons for not using the new information ranged from a not understanding and not having access to tools, money or hiring more laborers.

Overall, the evaluation found that FFS practices saved the farmer’s time, labour and money. The evaluation’s outcomes stated that farmers in southern Shan state preferred using the new methods to their traditional methods because their costs were reduced about MMK 10,000 per acre. The reasons for the cost reductions included planting fewer seed by approximately 40-60% using the line sowing methods or the drum seeder. Their weeding costs were also reduced by 50-60% by using the rotary weeder.
Regeneration Initiative Year V

Harvesting long-term avocado crop
**Objective:** To improve the access to and quality of education at the early childhood and primary school levels through using a child friendly philosophy. This also includes providing parents, teachers and communities awareness/training and ensuring that adequate school buildings, furniture and educational materials are available where possible.

The Education Programme Sector’s focus is to ensure that pre-school through primary age children have a progressive and stable learning environment that is child-centred. Myanmar’s education infrastructure is weak, particularly in remote rural locations, as well as areas which are experiencing armed conflict. Metta's experience has demonstrated how education positively affects long-term development when it uses a comprehensive holistic approach which begins in a child’s early years. This approach prioritises access to quality education at the early childhood and primary school levels, while at the same time raises the community’s awareness and value for education. The two vital components of this early education intervention are:

- The Early Childhood Care and Development (ECCD) model focusing on children below five years of age that helps prepare pre-school age children to enter primary school.
- The Child Centred Approach (CCA) focuses on primary school age children's development and socialisation skills, as well as informing parents and teachers' values, attitudes and behaviours.

During the reporting year, although no new CCA projects were initiated, the Responsive Education Partnership (REP) provided CCA resources and support to 8 primary schools in southern Shan state. The ECCD projects combined with REP and the inter-school sports day were the key activities that took place in the Education Sector.

**Education Sector Summary**

<table>
<thead>
<tr>
<th>States</th>
<th>Centres and Primary Schools</th>
<th>Boys</th>
<th>Girls</th>
<th>Total Students</th>
<th>Teachers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayeyarwady-ECCD</td>
<td>26</td>
<td>186</td>
<td>201</td>
<td>387</td>
<td>52</td>
</tr>
<tr>
<td>Kachin-ECCD</td>
<td>27</td>
<td>344</td>
<td>362</td>
<td>706</td>
<td>65</td>
</tr>
<tr>
<td>Kayah-ECCD</td>
<td>12</td>
<td>151</td>
<td>133</td>
<td>284</td>
<td>24</td>
</tr>
<tr>
<td>REP-ECCD S. Shan</td>
<td>8</td>
<td>147</td>
<td>146</td>
<td>293</td>
<td>16</td>
</tr>
<tr>
<td>REP-CCA S. Shan</td>
<td>8</td>
<td>297</td>
<td>319</td>
<td>616</td>
<td>*</td>
</tr>
</tbody>
</table>

| Total      | 71 ECCD 8 CCA | 828 ECCD 297 CCA | 842 ECCD 319 CCA | ECCD 1,670 CCA 616 | ECCD 157 |

*Please note that all the teachers in the REP project received training in the previous year*

**Early Childhood Care and Development (ECCD)**

ECCD incorporates many learning styles to stimulate children’s growth and interaction with the world around them in meaningful ways. ECCD relies on many types of activities that support the centres for the long term. The activities range from teacher and parent facilitator education and project committee management training to development awareness, in addition to making toys and building playground equipment. Ultimately, ECCD nurtures children’s ability to thrive in a safe learning environment.

**Education Sector activities took place in 73 villages within 3 states (Kachin, Kayah, southern Shan) and two regions (Ayeyarwady and Bago). A total of 616 school children and 1,670 pre-school age benefited directly from these initiatives.** The inter-school sports day is shown separately. The table below summarises the ECCD and CCA activities.
Achievements

A total of 11 new ECCD centres opened in the reporting year where 1,670 children participate in activities. Children's participation is relatively high and ranges from 100% in Kayah state, to 89% in Kachin and 80% in the Ayeyarwady region. The variations in attendance were because many parents are migrant workers and day labourers who take their children with them to the work sites.

During the reporting year many types of activities took place approximately 50 times as most activities were offered more than once. These activities included training for teachers and parent facilitators, toy making, ECCD management committees and village leaders, development awareness, and parent education. A total of 1,855 persons participated in the activities. Women's participation was high on average at 71% and was 2 to 3 times greater than the men's, except in the training for management committees and village leaders where women represented 25% of the participants.

More than 900 parent education sessions were led by the parent education facilitators. The percent of children between 3 and 5 years of age attending the ECCD centres ranged from 70 – 84% across all project areas.

Local villagers report that their children's development is enhanced as they have improved communication and social skills. Parents and adults also have better understanding of good child rearing practices that can be seen in their changed behaviours.

Daw Arr Nyi Sar
Parent from Mar Mu Lei village, Kachin state
Beating Children Serves no Purpose

Daw Arr Nyi Sar is a parent of two children. She became a changed parent, and how she treats her children shifted completely after listening to a parent facilitator tell a story called, “Son, you don’t have to hide anymore.” She learned that beating her children was good for no one, since doing so makes them avoid their parents and be afraid of them.

Now, Daw Arr Nyi Sar has stopped beating her children and no longer blames them or says cruel and mean things to them. She realised that such actions did not and would not result in any desirable outcomes, except to push them away. Daw Arr Nyi Sar use to blame and hit them for any reason or sometimes no reason at all. Now, she explains nicely to her children and tells them stories. Her children are longer fear her and pay more attention to what she says.

Southern Shan State Impact Study - An impact study of 11 village ECCD projects in southern Shan was conducted by local staff that gathered qualitative data through interviews and focus group discussions, as well as reviewing documents for the period of 2003 - 2012. A ranking system was used to measure the centres strengths and weaknesses. Out of the 37 villages where ECCD programmes were initiated only 20 remained open. The reasons for closing the centres included weak leadership, committees no longer functioning and difficulties retaining and replacing teachers; also, Parent Educator's facilitation skills need to be strengthened. In some villages where the centres have closed, former committee members are attempting to revive the programmes. Three villages that have initiated programmes in 2003 are still operating.

Challenges

The major challenges for ECCD projects are similar to previous years, especially having difficulty retaining teachers and consistently providing financial support for teacher's salaries and centre activities.

Responsive Education Partnership (REP)

This was the third year for the Responsive Education Partnership (REP) that was initiated in southern Shan state between the education departments of the PaO National Organisation (PNO) and the Kachin Independence Organisation (KIO). REP’s objective is to improve education services and community access to education in the designated locations where the project is being initiated. Its long term goal was to contribute to more responsive governance practices in the area of education.
Achievements

The project third year include the partners attending training sessions and network meetings. The REP staff has established network links with local non-governmental and community-based organisations and INGOs which strengthens their coordination and also ensures that their activities are not duplicated or overlap. They have also have become a member of the Yaung Zin Teacher Development Group and regularly interact with the Education Thematic Working Group.

Both the PNO and the KIO remain committed to the project and improving the education infrastructure and services. The KIO has increased capacity through offering training in leadership, education in emergencies and strategic planning. The PNO's capacity increased and they designed public administration training modules where TOT training was offered to Administration Department staff. They were also involved in a strategic master planning process.

Generally, communities, school committees, ECCD committees and teachers have participated and are steadily increasing their capacities. Ongoing village level activities to develop the education infrastructure include implementing ECCD programmes. The REP provided additional CCA support in the area of resources and training to primary schools in 8 villages in southern Shan state. All of these schools have now become government schools, additionally all but one of the 31 teachers were replaced with government teachers.

Challenges

The ongoing conflict in Kachin state continues to impact the project’s implementation. The KIO is paying particular attention to staff security and has some travel restrictions. The situation has also impeded their ability to network as extensively as expected.

The PNO has undergone restructuring since the project began as its roles as a political party, social organisation and provider of security have become increasingly separated in Myanmar’s post-election environment. This restructuring has affected who the REP team works with, as well as project implementation.

Third Annual Bago Regional Inter-school Sports Day

The third annual Bago Region Inter-School Day Sports was held on November 30, 2013, hosted by the Lar Ga Mote village primary school. The education system in the Bago region is divided into wards with participating schools located in Ward K which actively supports the event. The Inter-School Sports Day has grown from one school in year one to 3 schools (385 students) in year two, and now 5 schools (754 students) in year three. Parents and teachers from these villages were very supportive of this event and participated in many committees to prepare the area and organise all the activities.

Transportation was coordinated for students from each school with many arriving after sunrise. Student participation from the schools was high and ranged from 50% at Awdagaw La Ka to 95% at Lar Ga Mote. A total of 490 students participated in 13 separate events ranging from relays, tug of war, sack race, 100 and 200 metre races and many more. At least 93 students received prizes. The Taung Boet Tayar primary school was the grand champion.

A total of 31 teachers participated in 3 events and received 12 prizes. In addition to competing in events, teachers also were timers, referees and did many other things to ensure that the event went as planned. Approximately 500 attended this spirited and uplifting event.

The following table summarizes information about the inter-school sports day:

<table>
<thead>
<tr>
<th>Bago Region Inter-School Sports Day</th>
<th>30 November 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>5 School</strong></td>
<td><strong>Total Students</strong></td>
</tr>
<tr>
<td>Awdagaw Law Ka</td>
<td>210</td>
</tr>
<tr>
<td>Bu Lae Inn</td>
<td>216</td>
</tr>
<tr>
<td>Lar Ga Mote</td>
<td>95</td>
</tr>
<tr>
<td>Taung Boet Tayar</td>
<td>98</td>
</tr>
<tr>
<td>Thar Yar Aye</td>
<td>135</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>754</strong></td>
</tr>
</tbody>
</table>

The competing students were given breakfast and lunch, as well as and juice and ice cream. One school principle said that the students gave their best effort, were very lively and had a sense of unity. All in all it was a very happy family sports day.
Two separate ECCD outcome case studies were conducted, one in southern Shan state and the other in Kayah state. Findings are discussed separately below.

The outcome case study in southern Shan state examined whether access to and quality of preschool education had improved in 14 communities. Findings showed that:

• during the 2013-14 school year, the ECCD centres’ average attendance rate was 82%.
• the student retention rate for the period 2010-13 averaged 89% for all three years.
• monitoring data showed that all the centres were adequately equipped with toys, playground equipment and latrines.
• all centres except one had the necessary learning corners with each centre averaging four.
• the qualitative data points to the children’s positive behavioural and developmental changes.
• the parent education component has been effective in enhancing parent’s active involvement in child rearing.
• all the centres reported that 100% of the children who finished the ECCD programme enroll in and attend primary school.

With regard to sustainability evidence indicates that a majority of community members were interested in sustaining their villages’ ECC programmes because they had witnessed the positive results. All the management committees played an important role in ensuring that the ECCD centre activities began, particularly throughout the construction phase. (Source: Another Four Outcome Case Studies from Southern Shan State, edited by Cho Myint Naing and Andrew Jenkins, October 2013.)

The outcome study in Kayah state examined ECCD projects in 12 communities. Findings showed that over 95% of eligible children had access to high quality preschool education which was also apparent in their positive behavioural and developmental changes. The parent education component was also effective in enhancing parent’s involvement in child rearing. Nearly all children who finished the ECCD go to primary school. (Source: Finally, Four Outcome Case Studies from Yangon Branch, edited by San Wai and Andrew Jenkins, February 2014.)
**Objective:** To improve early detection and prevention of endemic illnesses and promote personal hygiene knowledge at the community level, and increase and improve the quality of drinking water and sanitation in at least 300 villages, benefitting an estimated 180,000 persons.

Metta’s focus in the health sector is to improve access to health services by approximately 180,000 persons by 2014. In order to accomplish this, multiple approaches were used all of which include a strong education/hygiene awareness component focusing on:

- improving the quality and availability of drinking water and sanitation.
- strengthening the early detection and prevention of endemic illnesses.
- increasing knowledge of and positively impact behaviours related to personal hygiene.
- strategising harm reduction initiatives and mobilising people to stop the spread of communicable diseases such as HIV/AIDS and malaria.

The local projects are based on the PAR method to ensure local participation, ownership and long term sustainability.

### Summary of Health Sector Activities by Project Type

<table>
<thead>
<tr>
<th>3 Project Types</th>
<th>State/Region</th>
<th>Villages</th>
<th>Beneficiaries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Supply*</td>
<td>N.Shan</td>
<td>1</td>
<td>1,126</td>
</tr>
<tr>
<td></td>
<td>S.Shan</td>
<td>4</td>
<td>2,128</td>
</tr>
<tr>
<td></td>
<td>Ayeyarwaddy</td>
<td>11</td>
<td>8,770</td>
</tr>
<tr>
<td>Hygiene</td>
<td>Ayeyarwaddy</td>
<td>8</td>
<td>2,338</td>
</tr>
<tr>
<td>Positive Living Centre</td>
<td>Kachin</td>
<td>226</td>
<td>141 new PLHs 1,434 registered</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>2 States 1 Region</td>
<td>242</td>
<td>13,458 Persons</td>
</tr>
</tbody>
</table>

*Please note that the type of water supply depends on the community’s need including: tube wells, wells, water storage tanks and ponds.

The Health Sector’s activities benefited a total of 13,458 persons from 3 project types in 250 villages of 2 states and one region. Each project is discussed separately as follow.

### Water Supply Systems and Hygiene Projects

#### Water Supply System in Northern Shan State

The new water supply system was constructed for 1 village directly benefitting 372 households of 1,126 persons in northern Shan state. The gravity flow water system consists of one intake tank, one reservoir and 9 tap stands. The hygiene awareness campaign successfully identified 13 village leaders to participate in the TOT and reached 218 persons who attended local workshops.

#### Water Supply in the Ayeyarwady Region

A water supply project was implemented in 11 villages that provided 8,770 local people with water from the following sources: 6 tube wells, 2 wells, 5 water storage tanks, and 3 ponds.

#### Hygiene Projects in the Ayeyarwady Region

The new hygiene projects were initiated in 8 villages directly benefitting 2,338 persons. Project activities included:

- conducting TOT training for village development committee members and volunteers who led the hygiene workshops, 27 hygiene sub-workshops attended by 740 persons
- constructing 300 latrines for 300 households
- conducting HIV and reproductive health training attended by 319 persons

#### Water Supply System in Southern Shan State

The water supply system for 4 villages located in a mountainous area of southern Shan state directly benefited 445 households of 2,128 persons. Although heavy rains delayed the project’s implementation progress is notable as the essential committees for project management, installation and maintenance were formed, 46 peer hygiene promoters were selected and received training, the hygiene campaign was initiated and the pre and post health assessments were conducted. Three hundred and ninety (390) persons and 421 students were reached through the hygiene campaign. The water systems are composed of gravity flow systems, intake reservoirs, 48 tap stands and 5 model latrines per village.
Pre and post Knowledge, Attitude, Practice (KAP) of Health Promoting Hygiene Behaviour surveys were administered by project staff that measured indicators of the villages’ status before and after the project was implemented. Some significant results of the KAP surveys for 4 villages in southern Shan state are shown in the following table.

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Survey Results % of Change</th>
<th>% of Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boiled drinking water</td>
<td>8.20%</td>
<td>59.40%</td>
</tr>
<tr>
<td>Wash hands with soap after defecing</td>
<td>15.60%</td>
<td>91.10%</td>
</tr>
<tr>
<td>Wash hands with soap before eating</td>
<td>16%</td>
<td>88.70%</td>
</tr>
<tr>
<td>Wash hands with soap before feeding children</td>
<td>7.20%</td>
<td>93.50%</td>
</tr>
<tr>
<td>Wash hands with soap after cleaning a child’s bottom</td>
<td>18.50%</td>
<td>99.30%</td>
</tr>
<tr>
<td>Covering food</td>
<td>12.20%</td>
<td>78.20%</td>
</tr>
</tbody>
</table>

The post survey results were encouraging because they showed improvements in many areas. Among them were that hand washing behaviour increased, as well as overall understanding and practice of good hygiene habits and their relationship to good health and preventing diseases. The following story supports the positive changes in hygiene awareness and behaviour after the project was initiated in southern Shan state.

Daw Nang Tone from Pone Long village, Southern Shan state

Daw Nang Tone (above picture) lives with her 3 children. Prior to the participating in the water supply project’s hygiene awareness training, she had no basic knowledge about health and sanitation. She didn’t wash either her hands or her children’s hands before eating and after using the toilet, and did not understand the benefit of having a properly constructed hygienic latrine. Attending the training provided incentives for using good hygiene habits and she became a volunteer peer trainer. Eventually she had a new latrine built. Now she and her children are much cleaner and healthier, as they understand the benefit of having good hygiene habits.

The following graph shows how much time was reduced for fetching water. In all 4 villages the minutes dramatically decreased to less than half the time it originally took to fetch the water as shown below.

Challenges

The government is increasingly focusing on rural developing including basic infrastructure development like water supply projects. However, the government’s approach could have been improved if it is decentralised and providing uniform service delivery package such as providing education or hygiene awareness.
Positive Living Centres
Kachin State

Positive Living Centres’ project goal is to create a safe space for people living with HIV and AIDS (PLH) to live productive healthy lives and is focused on 3 townships, Wai Maw, Moegaung and Myitkyina, where it has reached 228 villages. In order to accomplish its goal the centres provide a broad range of services that includes: peer and health education, focus groups, counseling, peer group meetings, referrals for HIV testing and treatment, hospital visits and home based care, children’s summer camp, nutrition and livelihood support in conjunction with intensive public awareness for local authorities, government departments and other organizations. The centres also provide some support in case of emergencies, as well as to orphans.

The groups targeted to be reached are among the most vulnerable persons at risk of HIV/AIDS that includes intravenous drug users (IDU), youth, sex workers and men having sex with men. Many persons from these groups are reached through the extensive awareness programmes, as well as other activities.

Summary of Accomplishments
For the 3 Positive Living Centres
Reached 228 Villages in 3 townships

<table>
<thead>
<tr>
<th>Activities and Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>254 new PLHs identified</td>
</tr>
<tr>
<td>3,728 persons were reached through 37 public awareness programmes</td>
</tr>
<tr>
<td>15,533 condoms distributed and 11,110 health information education leaflets</td>
</tr>
<tr>
<td>Total 39 of Local AIDS Committees (LAC) functioning</td>
</tr>
<tr>
<td>4 new PLH Peer groups formed</td>
</tr>
<tr>
<td>959 persons reached during home visits</td>
</tr>
<tr>
<td>399 persons referred for HIV testing</td>
</tr>
<tr>
<td>2 new self help groups formed</td>
</tr>
<tr>
<td>106 children’s attended 2 separate camps</td>
</tr>
</tbody>
</table>

Please note that the Positive Living Centres project is an outgrowth of the successful Community Led HIV/AIDS Intervention Programme in Kachin state that ended in 2012. Although the programme phased out, the local AIDS committees are leading the HIV programme in collaboration with Centre staff. The programme successfully reduced the level of stigma and discrimination faced by persons living with HIV/AIDS. This has dramatically improved their quality of life as they are now able to interact more with local villagers and the general public. The successful transition of the programme to the centres is attributed to increased understanding and acceptance of the situation, as well as the deep commitment of staff, local AIDS committees, self-help groups and peer groups.

Achievements

The programme’s overall achievements are summarized in the following table.

In order to sustain the Centres’ efforts extensive training was provided to staff, peer educators and volunteers on a variety of topics.

Challenges

The challenges are listed below:

• Amphetamine use has increased among youth as it cheaper than heroin and readily available.
• SHGs and PLHs managing income generation activities need technical training on sustainable livelihoods
• The ongoing conflict in Kachin state has impacted persons in the target groups including PLHs, SHGs and migrant workers who have difficulties finding work and supporting their livelihoods in general.
• The number of sex workers including male sex workers have increased.

Zau Mai from Ying Hkaw village, Myitkyina, Kachin state
“Life is Meaningful Again”

Zau Mai is a PLH who, after learning about his HIV status in 2006, became depressed and engaged in self-destructive behavior, which resulted in his health deteriorating. Thankfully, Zau Mai found a peer group through the positive living centre where he received comfort and health knowledge shared by other PLHs.

Realizing his life didn’t have to end just because he was HIV positive, Zau Mai quit drinking and smoking, participated counseling training and became actively involved in HIV prevention programmes. Through sharing his story, he contributed to help increase awareness and reduce stigma. Zau Mai became a peer group member and eventually worked for an organisation.
Daw Nwe Ni Myint from Panmati Village, Kachin state
“A Villain No More”

Daw Nwe Ni Myint is a PLH who used to be a hot-tempered gambling addict and was known to say mean things to others without thinking, for which she was hated. She often got into fights with her husband, who is HIV negative.

After learning of and participating in peer group sessions, Daw Nwe Ni Myint became more aware of health knowledge related to HIV. This changed her behaviour and now they are using condoms to protect her HIV negative husband. Daw Nwe Ni Myint has also become more interested in social work. In fact, she is a peer group member now and a volunteer at the Positive Living Center. Along the way, other behavior has changed as she has stopped gambling and is now helping with HIV prevention activities. All these transformations in Daw Nwe Ni Myint have earned her community’s respect.

Outcome Case Study

One outcome case study examined a water supply program in southern Shan state. Outcomes showed all 15 of the target communities now have regular access to clean water and the time taken to fetch it is one-fifth of the time taken earlier. Other positive outcomes included improved hygiene habits, especially of children, better health conditions, increased time to earn an income because the time to fetch water was significantly reduced, and generally an overall better quality of life. (The findings were taken from Another Four Outcome Case Studies from Southern Shan State, edited by Cho Myint Naing and Andrew Jenkins, October 2013.)
**Livelihood Sector**

**Objective:** To improve food security, quality of life and increase income by supporting small scale livelihood projects for local people, and small scale community-based projects in at least 535 villages.

Metta helps to improve local people’s economic status and their quality of life through increasing and stabilising food production and food security. This takes place through increasing families’ incomes by managing small-scale community-based projects, which are a means for local people to secure life’s necessities. The projects are based on the core principles of being people-centered, responsive and participatory, multi-level, conducted in partnership, sustainable and dynamic.

The process for emerging livelihood projects involves communities receiving PAR training after which local people conduct a needs assessment to identify which projects are suitable for their community's needs. The findings from the needs assessment are developed into a proposal which is submitted to a Metta branch office. After proposals are approved, Metta project staff provides start-up grants, training, technical and field support.

Extensive training was provided in all project areas to prepare and support the local people’s capacity to manage their small businesses. Training included: PAR, development, setting up and managing savings and loans, training for committee members such as accounting, village leader workshops, food preservation, animal husbandry and project monitoring and evaluation to name a few.

During the projects’ first two years immediate results are not necessarily expected because participants are learning the process through implementation. Some individual’s world views have expanded with the exposure to new ideas through Metta staff, donors and others into their communities. Their ability to interact and communicate more confidently with others is also evident. Additionally, some learn valuable lessons about building capacity and often projects experience that their assets base has grown. They also have access to more affordable credit and better livelihood opportunities.

The majority of Myanmar’s citizens are persons and families that live in rural areas where they face ongoing struggles to earn an adequate income that will support their basic survival needs, including debt relief. Metta’s integrated programme strategy includes the Livelihood Sector through which local communities have the option to initiate income generating projects that best suits their situation. After completing PAR training, local communities conduct a needs assessment which helps to identify the type of livelihood project that is best for them.

After their proposals have been approved, Metta provides start-up grants, training and technical assistance to communities. Communities can chose from several approaches for implementing their projects that are:
- Community-based Development Programme (CDP)
- Community-based Initiatives (CBI)
- Community Cluster Development Programme (CCDP) formerly Community Master Plan

The following table shows the summary of livelihood projects by category. During the reporting period local people have initiated new projects in 315 villages directly benefiting 49,098 persons.

<table>
<thead>
<tr>
<th>Approach and Geographic Location</th>
<th>Villages</th>
<th>Beneficiaries</th>
</tr>
</thead>
<tbody>
<tr>
<td>CDP Kachin, Kayah, Mon, S. Shan and N. Shan states</td>
<td>155</td>
<td>24,740</td>
</tr>
<tr>
<td>CBI Kachin, Kayah, Kayin, S. Shan, N. Shan states, Ayeyarwady, Yangon regions, and Kayan area</td>
<td>125</td>
<td>21,229</td>
</tr>
<tr>
<td>CCDP northern Shan state</td>
<td>35</td>
<td>3,129</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>315</strong></td>
<td><strong>49,098</strong></td>
</tr>
</tbody>
</table>

The primary difference between the CDP approach and the community based initiatives (CBI) is that the Metta staff facilitator lives in the villages where the CDP projects are operating. Consequently, these villages receive more technical support. The facilitators visit CBI projects but are not available as often to provide ongoing technical support.
The results of the livelihood approaches are varied as described below.

Community-based Development - CDP

CDP was used more often by local communities than the other livelihood approaches. The following table summarises the CDP information and shows the number of beneficiaries by village within each state. The table shows that **24,740 beneficiaries are participating in 155 villages.**

<table>
<thead>
<tr>
<th>State</th>
<th>Village</th>
<th>HH</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kachin</td>
<td>54</td>
<td>1,417</td>
<td>4,184</td>
<td>4,319</td>
<td>8,503</td>
</tr>
<tr>
<td>Kayah</td>
<td>21</td>
<td>1,022</td>
<td>1,705</td>
<td>1,718</td>
<td>3,423</td>
</tr>
<tr>
<td>Mon</td>
<td>29</td>
<td>388</td>
<td>786</td>
<td>899</td>
<td>1,685</td>
</tr>
<tr>
<td>S.Shen</td>
<td>33</td>
<td>1745</td>
<td>4,178</td>
<td>4,349</td>
<td>8,527</td>
</tr>
<tr>
<td>N.Shen</td>
<td>18</td>
<td>478</td>
<td>1,323</td>
<td>1,279</td>
<td>2,602</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td><strong>155</strong></td>
<td><strong>5,050</strong></td>
<td><strong>12,176</strong></td>
<td><strong>12,564</strong></td>
<td><strong>24,740</strong></td>
</tr>
</tbody>
</table>

Community-based Initiatives - CBI

The following table summarises the village projects that are using the community-based approach (CBI). The CBI approach was used in **125 villages with 21,229 persons directly benefitting from them.**

<table>
<thead>
<tr>
<th>2 States 2 Region</th>
<th>Village</th>
<th>HHS</th>
<th>Beneficiaries</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Male</td>
</tr>
<tr>
<td>Kachin</td>
<td>25</td>
<td>1,461</td>
<td>3,208</td>
</tr>
<tr>
<td>Kayah</td>
<td>10</td>
<td>254</td>
<td>683</td>
</tr>
<tr>
<td>S.Shen</td>
<td>19</td>
<td>488</td>
<td>1,097</td>
</tr>
<tr>
<td>N.Shen</td>
<td>20</td>
<td>583</td>
<td>1,607</td>
</tr>
<tr>
<td>Ayeyarwady</td>
<td>10</td>
<td>289</td>
<td>621</td>
</tr>
<tr>
<td>Yangon</td>
<td>4</td>
<td>88</td>
<td>237</td>
</tr>
<tr>
<td>Kayan Area</td>
<td>29</td>
<td>636</td>
<td>1,787</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>125</strong></td>
<td><strong>3,759</strong></td>
<td><strong>9,240</strong></td>
</tr>
</tbody>
</table>

Community Cluster Development - CCDP

Community Cluster Development, formerly known as the Community Master Plan (CMP), resumed in the reporting period. Using this approach, 30 villages that had participated under the CMP were selected and 5 new villages where eight clusters were formed to initiate projects. Examples of some successes by local village projects included:

- Profits earned by one cluster were enough to purchase land and build an ECDC centre on it.
- One rice bank expanded by 8 households.

Mangrove forest conservation rewards bountiful catch of salt water crabs for coastal livelihood
Ying Wa, Lower Maw Phawng village, Myitkyina

A forty-one-year old mother of two named Ying Wa is the manager of the crop trading project from Lower Maw Phawng village. Before she became involved with Metta’s livelihood project, she was a daily laborer. She was always consumed with worries how to feed her children and support their education, as well as how her life would end. Her husband, the bread winner of the house, did not trust her ability to conduct a small business, often shouting at her and telling her to obey.

Through Metta, she gained more confidence and knowledge about the market. Hence, she started trading masala leaves and made a profit of MMK 10 lakhs. Her husband now trusts her ability, recognizes value in attending meetings and training, and encourages her to try new businesses. And he tells their children to be appreciative of their mother and her hard work for the things they have. Her success has changed the household dynamics and earned her respect from both her husband and children, who have requested to inherit her businesses when they grow up.

Aung Soe Oo, Kant pa Lar village, Ayeyarwady

Aung Soe Oo was an anti-social and hot-tempered individual always ready to get into a fight. He wasn’t interested in nor did he do anything regarding community development. He grew cashew nut trees and cut trees on river and stream banks, without understanding the consequences of his actions. That, however, changed after attending training and workshops by Metta, particularly PAR training. The training gave him a lot of knowledge, such as environmental consequences of cutting down trees, and motivated him to become involved in community development activities. He has become more interactive with others in the community and beyond as well. In fact, he is now taking on a leadership role in his community and has a good relationship with the government, other NGOs and social organisations. Also, in addition to cashew, he is now growing fruit trees and has a personal nursery. He has been selling plants for 2 years and earns MMK 300,000 net profit/year. He reads a lot now and is more forward-thinking. Having realized the consequences of cutting trees, he has started planting trees. He wants to see others change the way he has, and wants to be the president of Myanmar to bring about more development.

Outcome Case Studies

Two separate groups of outcome studies were conducted that included livelihood projects which were:

- **Finally, Four Outcome Case Studies from Yangon Branch**, edited by San Wai and Andrew Jenkins, February 2014.

Three outcome studies were conducted on three separate categories of approaches for establishing livelihood projects in northern Shan and Kachin states. The approaches assessed were Community Master Plan (CMP), Community Development Programme (CDP) and the community-based initiatives were grouped under Community Managed Livelihood Project (CMLP). The following summarises the relevant findings from **Four More Outcome Case Studies from Northern Shan and Kachin States**, Naing and Jenkins.

Methods for gathering information included reviewing documents and conducting in-depth interviews of local villagers. Persons interviewed represented beneficiaries, committee members, village leaders, and persons who did not participate in the projects. The following methods were used for gathering information about each livelihood approach:

- **Community Managed Livelihood Project (CMLP)** – The approach used in northern Shan state was implemented in 20 villages with 492 participating households; in-depth interviews were conducted of 30 persons from 6 villages.

- **Community Master Plan (CMP)** – This approach used in northern Shan state was implemented in 57 villages with 1,104 participating households; in-depth interviews were conducted of 26 persons from 5 villages.

- **Community Development Programme (CDP)** – The approach used in Kachin and northern Shan states was implemented by 1,571 households in 64 villages. Seventy percent (70%) of the households were in Kachin state (46 villages in Kachin and 18 villages in northern Shan); in-depth interviews were conducted of persons from 35 households from 10 villages (7 in Kachin state and 3 in northern Shan state); and 12 committee members and 12 non-beneficiaries were interviewed from the 10 villages.
The participants’ reasons for being involved in the projects stated that:

- it helped meet their basic needs; food security and alleviate poverty
- it improved their quality of life
- they learned to solve problems by working collectively.

The benefits participants received through their participation included:

- increased awareness and knowledge of development concepts
- increased sense of happiness and security; more unity and reduced community conflict
- having access to affordable loans
- generating income that covered their expenses; observable improvement in standard of living; and increased family assets.

Outcomes varied by approach which are discussed separately below:

- Community Managed Livelihood Project (CMLP) – “The project initiative appears to have started a process of development by providing potentially measurable benefits to the more needy two thirds of households. This has been achieved through a combination of ‘assets transfer’ and different types of credit managed within the village. Village committees appear to be working well although this is difficult to confirm from the available data. The limited information about the effects on households suggests improvements in income and food security.” page 22.

- Community Master Plan (CMP) – “Overall, the CMP seems to have produced the expected results in terms of capacity development, although the demands made on the committee members may become a constraint. . . . Without detailed information on the financial viability of committees and the household enterprises, only tentative conclusions can be drawn, but the qualitative data is rather encouraging on the success of the livelihood initiatives.” page 29.

- Community Development Programme (CDP) – “From the selected 35 households it appears that capacity for planning and managing suitable enterprises has been developed sufficiently for successful operation, and that most of the village committees are able to disburse and recover the necessary capital effectively”, page 40.

- “In terms of social and economic benefits, all households built their assets and are successfully repaying their loans. 20 of the households which generated a new income from the enterprise in year two of operation increased their household income by an average of 30%, which is very encouraging.”, page 41.

- There are positive indications that these livelihood projects will be sustainable by experiencing increases in net income and related improvements in communities’ social and economic situations. The long term sustainability can be assessed after more extensive monitoring and data analysis is conducted.
Emergency and Development Sector

**Objective:** To improve the effectiveness of emergency responses and the chances of survival by activating the response mechanism via capacity building of local groups, individuals, Metta staff and volunteers.

**Humanitarian Context**

Metta’s Humanitarian Framework

Metta’s involvement in responding to humanitarian emergencies has steadily increased during the past 10 years following the tsunami of December 26, 2004. They have a leading role among the network partners mobilising resources to emergencies by covering the entire humanitarian cycle including rehabilitation, reconstruction and development. Throughout these efforts Metta has focused on relief, rehabilitation and recovery, as well as capacity the building of its staff and community members. The emergency efforts are consistent with the programme sector activities by strengthening food security, education, health, disaster preparedness, mitigation and lifeline systems and transportation.

In year five, Metta responded to 4 types of emergency situations in 2 regions and 2 states. They also continued the mangrove reforestation project, as well as concentrated on its Disaster Risk Reduction (RRD) activities in the Ayeyarwady region. The activities benefitted 68,161 persons in 85 villages and 25,587 IDPs in 33 IDP camps.

The following table summarises activities that took place in the Emergency and Development Sector. Please refer to the Annexes for the Emergency and Development Sector’s summary tables.

**Summary of Emergencies to which Metta Responded**

<table>
<thead>
<tr>
<th>Project</th>
<th>Villages and IDP Camps</th>
<th>Beneficiaries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Relief - Kachin state - Northern Shan state</td>
<td>22</td>
<td>22,089</td>
</tr>
<tr>
<td></td>
<td>11</td>
<td>3,498</td>
</tr>
<tr>
<td>Bago region - Flooding - Thapyay Khan A Thin Village - storm damage</td>
<td>100</td>
<td>2,600</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>493 students</td>
</tr>
<tr>
<td>Ayeyarwady region - Mangrove Reforestation &amp; Disaster Risk Reduction (DRR)*</td>
<td>73</td>
<td>61,287</td>
</tr>
<tr>
<td>- Protection of costal erosion in Kaing Thaung Village</td>
<td>1</td>
<td>3781</td>
</tr>
</tbody>
</table>

The emergency situations to which Metta responded are described in the following sections:

**Flooding in the Bago Region**

In October 2013, during a period of heavy rain, dams were opened to release water. This action affected the areas near the dams in the Taungoo township of the Bago region. Villagers were not given any advance warning of the situation and fled their homes before midnight. Some people took refuge in churches and monasteries, while others went wherever they could find shelter. Since this took place during the harvest season, the villagers’ crops were a total loss along with their personal property and seed paddy.

Two church-based organisations initially contacted Metta for assistance to which they responded by providing rice, beans, oil and other basic food items to 2,600 persons of 536 households from 10 villages. The Ministry of Social Welfare also coordinated with various NGOs and the World Food Programme (WFP) to respond to this crisis.

**Reconstruction in Thapyay Khan A Thin Village**

On April 17, 2013, a typhoon struck Thapyay Khan A Thin village in the Bago region that damaged large public buildings and trees. The roof of the largest school was blown away, as well as one fourth of the roof of another school. The roof repair and construction enabled 493 students from pre-school through grade seven to continue their primary and middle school classes.

**Protection of Costal Erosion in Kaing Thaung Village, Ayeyarwady Region**

The fishing village of Kaing Thaung was seriously impacted by a rapidly eroding coastline, cliff face and flooding after the December 2004 tsunami followed by Cyclone Nargis in 2008. Using their development experience, they applied the same principles for constructing a 890 foot long sea retaining wall and village wide drainage system to prevent flooding. All the construction has been completed and villagers feel more secure knowing that their village is safe for the time being. The construction directly benefitted 730 households consisting of 3,781 persons.
Emergency Relief in Kachin and Northern Shan States

Programme Sectors for the Humanitarian Response

**EFSL – Emergency Food Security and Livelihood**
- Food – distributing rice, oil, beans, chilies and ground nuts
- Unconditional cash grants – given to IDPs to buy food, medicine, and other essentials
- Livelihood support – awarding small loans for the IDPS to initiative businesses in the camps such as small vegetable, food and grocery shops, raising livestock to sell. This also includes providing farmers with tools and seeds; providing seedlings to families vegetable gardens.

**Shelter** – constructing housing, communal learning spaces, as well as renovating existing shelters

**WASH** – constructing safe water systems, toilets and hand washing facilities, raising hygiene awareness

**Health** – building health care centres and distributing health care kits

**Non-food items** – kitchen utensils, bedding and clothing

**Education** – building schools, making and distributing classroom furniture, learning materials and providing teachers training and subsidies

**Protection** – Focuses on women, girls and children including: setting up women and girls’ centres, child-friendly spaces, reuniting children with families and providing training to volunteers on child protection. Parents who are not able to care for their children, as well as children who are unaccompanied, with disabilities, and/or are orphans are supported.

**Psychosocial Support** – The IDP’s lives have been disrupted with little normalcy of village life being restored. Various activities are used as a means to increase the IDP’s sense of well being and decrease the impact of trauma.
- Community Kitchens – Focused on improving well-being and reducing trauma through sharing experiences, preparing and eating monthly meals together, and having a good time.
- IDP Women to Women Peer Gatherings and meetings also take place in the community kitchens.
- Art and Music workshops, counseling and other types of activities are used as a means to increase the IDP’s sense of well being and decrease the impact of trauma.

**Capacity Building** – Providing training to staff and volunteers on topics relevant development and humanitarian assistance including Sphere standards, the International Humanitarian Code of Conduct and the Humanitarian Accountability Partnership (HAP).

The ongoing conflict has displaced more than 120,000 internally displaced persons (IDPs) (UNOCHA) from 231 villages Kachin and northern Shan states that are in search of a safe haven in the boarder lines between Myanmar and China, as well as into approximately 129 camps. The camps where the IDPs are living are located in government controlled areas (GCA) and KIO controlled areas (KCA). The camps in the KCAs are situated in more remote areas in the border lines between Myanmar and China and not necessarily located in villages. During the three year period since the conflict began, Metta has reached more than 70,000 persons in 121 camps.

**Coordination**

Since the onset of conflict in 2011, Metta was the first nationally-based NGO that was given access to provide an immediate response to the conflict-affected communities both in government and non-government controlled areas. In 2012, six organisations, including Metta, coordinated to conduct a protection assessment which became the platform for responding more systematically and strategically from which the Joint Strategy Team (JST) emerged. The JST has been able to strengthen and expand their combined efforts reaching more people evenly throughout the conflict area. The JST is composed of the following organisations include Metta:

- Bridging Rural Integrated Development and Grassroot Empowerment - BRIDGE
- Kachin Baptist Convention (KBC)
- Kachin Relief and Development Committee (KRDC)
- Kachin Women’s Association (KWA)
- Kachin Development Group (KDG)
- Karuna Myanmar Social Services (KMSS)
- Shalom Foundation
- Wunpawng Ninghtoi

The JST promotes more cooperation and sharing of information, knowledge, and facilities. Their strategy aims to minimize donor driven policies and maximize the use of international opportunities from a locally owned common strategy.

In 2013, the JST provided humanitarian assistance across ten different programme sectors to 88,898 IDPs in both government and non-government controlled areas. Sixty-five percent (65%) of the IDPs are hosted in the KCA areas.

Assistance from Metta during the reporting year was targeted in 33 camps which are located in both the government and KCA areas of Kachin and northern Shan states. The need is greater in the KCAs where the IDP population is larger.

A total of 30,935 IDPs from more than 7,500 households residing in these camps have received various types of relief during the past year. Of the people benefitting from Metta’s emergency relief effort, 87% of the IDPs are in Kachin state with the remaining 13% being in northern Shan state.

The programme sectors descriptions are shown below:

Each type of relief provided is described separately in the following sections.
Emergency Food Security and Livelihood – EFSL

Three categories are grouped under EFSL, each of which is described below.

Food and Non-Food Items (NFI)

Food was provided by Metta’s partner in the JST during the reporting year. This year Metta expanded the options for transferring cash to the IDPs that give them more flexibility to meet their needs including buying food. The reason for using the cash transfer approach during humanitarian responses which can be used to address basic needs and/or to protect, establish or re-establish livelihoods or economic productive activities. Cash transfers can assist populations affected by disaster and conflict particularly where employment, income livelihood or economic production opportunities have been lost. The options included a voucher transfer and unconditional cash grants as means for transferring cash.

During the reporting year the option of voucher transfer was also added. The voucher transfer enables the IDPs to purchase the goods and services that they need, and may also encourage productivity and stimulate markets. Metta voucher transfer has been adapted for the IDPs to use for buying hygiene materials, livestock and materials for livelihood initiatives.

This year a voucher programme was introduced to be used for acquiring educational and hygiene materials A total of 3,641 IDPs received hygiene kits.

Unconditional Cash Grants

In 2012, Metta Development Foundation introduced the unconditional cash grant (UCCG) for persons population affected by the conflict in Kachin and northern Shan states. The cash grants helped the IDPs to buy goods and services of their choice directly from the local markets.

The UCCGs were provided in the daily amount of 250 MMK to 25,000 persons for various intervals (e.g., 30 days).

Education

Accomplishments that took place under the education programme include:
- building 1 permanent school
- building 8 temporary schools and provided subsidies for the 521 volunteer school teachers and tutors
- providing 8,859 primary school students with places to go to school

Shelter

The IDP’s need for shelter is ongoing and the shelter was both constructed and renovated during the reporting year. Accomplishments include:
- constructing a total of 279 new units, one per family, in long buildings with multiple units
- renovating 2,062 units
- constructing 20 communal buildings in 17 camps for families for social events

Protection

Protecting women, girls and children has been a primary focus during the reporting year. Accomplishments in the reporting year reflect this focus including:
- constructed 44 child learning spaces where 5,400 predominantly pre-school age children have a safe space to learn and play
- recruiting and training 50 volunteers in areas such as human trafficking, HIV/AIDS, child protection, drug use
- setting up 8 centres for women and girls to have sanctuary
- training 32 IDP volunteers on gender-based violence
- identifying 78 cases of gender based violence, 27 of which were referred and 51 cases received counseling about gender violence and 64 received psycho-social counseling
- facilitating 56 prevention activities related to gender-based violence for women

WASH – Water, Sanitation and Hygiene

WASH activities focused on improving hygiene behaviours by raising awareness, providing health kits for personal hygiene, constructing and accessing sanitation facilities (latrines and hand washing stands), and reducing public health risks. Accomplishments include:
- establishing 3 water supplies
- establishing 4 gravity water supplies
- digging 4 wells
- constructing 10 water tanks
- digging 1 pond
- conducting 11 hygiene TOT sessions
- training 400 IDPs in hygiene awareness
- constructing 371 latrines
- distributing hygiene kits to 2,500 IDPs
Psychosocial Support

Psychosocial support is being provided as a way for the IDPs to form relationships and increase their sense of well being. Accomplishments include:

• constructing 3 community kitchens in northern Shan state
• 70,000 persons shared communal meals at community kitchens in 4 camps benefitted over 6 times during a 6 month period.
• 219 IDPs attended training on preparing healthy food
• 242 women sharing experiences at the monthly community-based psycho-social camp during peer to peer sessions
• 450 persons received psycho-social support

Alternative Livelihood Initiatives

The majority of IDP families have been camp residents for more than two years with little or no possibility of earning an income. Metta provided small grants averaging from $1,500 to 2,000 USD to 462 households consisting of 22 groups. These grants have been used for initiating small enterprises including selling vegetables, fruit, food; gardens, and farming, as well as setting up mini grocery shops. The IDPs also attended technical training to help them manage their small livelihood business.

Capacity Building

The capacity building component is essential for staff, volunteers and persons managing small enterprises to have the knowledge and skills needed for their work. Intensive training was provided for each of these groups some of which has been mentioned in the previous areas of the humanitarian response. Additional accomplishments in the area of capacity building include:

• providing mine risk education – for youth and children
• providing parent education training for 60 volunteers
• providing psycho-social and trauma healing training to 837 persons
• conducting one training session in humanitarian accountability and response for 21 staff
• conducting SPHERE standards training for 28 persons
• providing emergency response training for 10 staff and 13 volunteers
• providing HAP standards training to 40 camp leaders
• providing bookkeeping training to 62 IDPs involved in livelihood projects

Mangrove Reforestation Project

The Mangrove Reforestation Project is being implemented in 73 villages and 5 townships of the Ayeyarwady region as part of Metta’s Integrated Nargis Rehabilitation and Future Mitigation Programme which is an extension of the post-Nargis Reconstruction, Rehabilitation and Development programme. A total of 14,800 households or 61,287 persons live in these townships. The following table summarizes the project’s achievements which includes the activities, outputs and direct beneficiaries or participants.

Achievements

The following table includes a summary of the project’s achievements during the reporting year.

Summary of Mangrove Reforestation Project Achievements

<table>
<thead>
<tr>
<th>Combined Mangrove and Non-Mangrove</th>
<th>Beneficiaries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mangrove &amp; non-mangrove seedlings:</td>
<td>338 HHs</td>
</tr>
<tr>
<td>- 439,320 mangrove plants maintained in 18 nurseries</td>
<td>881 participants (F=495; M=386)</td>
</tr>
<tr>
<td>- 76,500 fresh water seedlings produced in 8 nurseries</td>
<td></td>
</tr>
<tr>
<td>Planting:</td>
<td>457 HHs</td>
</tr>
<tr>
<td>- 215 acres of mangroves were planted</td>
<td>982 participants (F=492; M=490)</td>
</tr>
<tr>
<td>- 985.3 acres of mangroves and 578.5 acres of non-mangrove were maintained by local communities</td>
<td></td>
</tr>
<tr>
<td>Conservation:</td>
<td>513 HHs, 1,866 persons</td>
</tr>
<tr>
<td>- 788 forest acres conserved by 6 villages</td>
<td></td>
</tr>
<tr>
<td>- 30% of households collected firewood</td>
<td></td>
</tr>
<tr>
<td>Home Gardens:</td>
<td>398 HHs, 698 persons</td>
</tr>
<tr>
<td>- 33,327 fruit and vegetable seedlings planted in home gardens</td>
<td></td>
</tr>
<tr>
<td>- 70% of home garden plants survived</td>
<td></td>
</tr>
<tr>
<td>Environmental Education:</td>
<td>20 teachers, 1,875 primary, middle and high school students</td>
</tr>
<tr>
<td>- 1 EE workshop with 20 teachers from 11 schools</td>
<td></td>
</tr>
<tr>
<td>- 1,875 students from 13 villages received environmental training</td>
<td></td>
</tr>
<tr>
<td>Community Forestry</td>
<td>169 HHs, 852 participants</td>
</tr>
<tr>
<td>- 1,270 acres of Community Forest are still surviving</td>
<td></td>
</tr>
<tr>
<td>Regeneration Improvement Felling (RIF):</td>
<td>30 HHs</td>
</tr>
<tr>
<td>- 30 acres in Kaing Thaung village</td>
<td></td>
</tr>
<tr>
<td>- 75 acres in a conserved forest</td>
<td></td>
</tr>
<tr>
<td>Community Learning and Sharing workshop conducted in 53 villages</td>
<td>164 participants (F=61; M=103)</td>
</tr>
<tr>
<td>Training for making fuel efficient stoves offered two times reaching 11 villages</td>
<td>45 participants (F=26; M=19)</td>
</tr>
<tr>
<td>Community Forest Certificate</td>
<td>In process</td>
</tr>
<tr>
<td>Kaing Thaung village, 290 acres</td>
<td>730 HHs and 3,781 persons</td>
</tr>
</tbody>
</table>
Women contributed more of the labor and experience to this project than the men because the men were working elsewhere on farms and in fisheries. Based on their experience, the women have become very knowledgeable and proficient at the nursery work and planting, in addition to other project areas. Planting takes place in a variety of locations such as along coastal belts, river banks, farm boundaries, private and communal land and long roadsides. Through the forest planting and conservation efforts, project staff and local people have observed that wild life including birds (eagles, egrets, cormorants), animals (snakes, wild pigs, wild cats) and insects (bees) have returned to some areas.

Due to the increased awareness of forest conservation, fishermen report illegal cutting in the project area. They are particularly concerned about maintaining the mangrove forests because the fish population increases when the forests are not depleted.

**Disaster Risk Reduction (DRR)**

Although disasters take place throughout Myanmar, the damage by the tsunami of December 2004 and Cyclone Nargis in 2008 have demonstrated how vulnerable the Ayeyarwady River delta area is. Because of the situation in the delta area, community efforts to prepare for and respond to future disasters are being proactively and holistically addressed through Metta’s Mangrove Reforestation Project.

In addition to expanding the mangrove forests that protect river boundaries, the reforestation project also provides intensive training specifically focused on raising local villager’s awareness of the environmental and ecological issues they are facing. This includes specific training so that they can develop a village disaster risk reduction (DRR) management plan.

**Achievements**

In the reporting period 16 villages have formed a DRR management committee and plans for mapping disasters. These village committees are meeting regularly in order to implement their plans. Metta provides technical assistance for recordkeeping and motivating the villagers to prepare for putting their DRR plan into action.

In year five DRR training activities took place in the Ayeyarwady region that benefitted approximately 1,125 persons from 78 villages. The training activities included: the PRA process and DRR planning, Community DRR awareness, stove making; forestry management planning and cross village exchange visits.

**Mangrove Environmental Education (MEE) Programme**

The environmental education curriculum was linked with the ongoing school curriculum so that its relevance is understood in a broader context. The environment education component is further supported by pamphlets and posters that are distributed throughout the villages. Videos related to environmental conservation were also shown in targeted villages to a total audience of more than 2,600 persons.

**Outcome Case Study**

One outcome case study of the mangrove project was conducted as reported in *Finally, Four Outcome Case Studies from Yangon Branch*, edited by San Wai and Andrew Jenkins, February 2014.

The study’s output’s were included project components of mangrove plantations, the environmental education programme and DRR management. Overall the outcomes showed that:

- more than 6,000 families from 84 villages participated in the project with an average family planting 0.3 acres of mangroves and 35 seedlings for home gardens.
- some areas where communities conserved the natural mangrove forests became seed production areas where seedlings were produced and sold to other areas
- increased forest land and improved species composition was achieved in some areas within 3 years.
- 72 DRR management committees were formed that designed management plans in 72 project villages
- the environmental education programme reached 5,848 students in 35 schools
- the education programme also established demonstration nurseries at 10 schools and planted 3,500 fresh water trees for shelter at 20 schools
- much information regarding the environment was widely distributed to students and communities
Income increases from seaweed collection; yet another benefit of Mangrove forest conservation
Metta proactive approach to achieve long lasting development results throughout Myanmar involve a rigorous in-depth organisational effort that integrates capacity building into all programme sectors and cuts across the work at all levels. **Metta has a total of 507 staff in the head office and branch offices that work in the areas of administration, finance, programme management and project implementation. One hundred three (103) volunteers helped support the emergency response in Kachin state.**

Activities in this sector focus on how Metta is becoming more responsive to local needs, while at the same time assuring that the head and all branch offices are capable of independently planning and implementing projects programmatically and financially. Metta accomplishes this through various ways that are described in the following sections.

**Metta’s Annual Partner Meeting October 2013**

The two day 2013 annual partner meeting was hosted by Metta at the Centre for Development Workers, located near Yangon. This was the first time the meeting was held in Myanmar which was attended by 46 people and 31 organisations.

Presentations and discussions included a country update, the programme and finance overview indicating achievements and challenges, the humanitarian response in Kachin and northern Shan states, the new joint humanitarian response strategy, the strategy for internally displaced persons” (IDPs) return and resettlement, the launching of Metta’s strategic plan for 2014 – 2017.

Space continues to open for Metta’s input in the area of public policy formulation on issues that directly affect Metta’s programmes and development in Myanmar. Their contributions at the national policy level included working with the:

- Ministry of Environmental Conservation and Forestry
- Community Forestry Policy
- Reducing Emissions from Deforestation and Forest Degradation (REDD+)
- Ministry of Social Welfare, Relief and Resettlement on ECCD
- Food Security Working Group, Land Core Group on land use policy

The way forward for the next three year strategic plan includes:

- Preparing for the IDPs possible return and resettlement
- Continued capacity building and strengthening branch offices
- Strengthening and expanding networks
- Increased research and advocacy efforts.

**Metta’s Organisational Structure**

Metta’s organisational structure is composed of a head office, 4 branch offices, 3 coordination offices, and 3 research and training centres. The head office is guided by a management team with an executive director, and three national managers in the areas of finance, humanitarian responses and development. A senior management team with representatives from the head and branch offices makes organisational policy recommendations, and the board functions as a governing body. Input is also sought from partners and donors, as well as through thematic working groups.

During the coming year in order to implement the new Regeneration Spring strategy, the organisational structure will refocus and strengthen the branch offices to meet the strategic objectives.

**Regeneration Spring Strategy for 2014–2017**

Metta’s strategic plan for 2014 – 2017 was finalised using a process that involved conducting a staff assessment and interviewing diverse groups of stakeholders. After the strategy was approved by the Metta board, it was launched during annual partner meeting which was attended by 31 international and local partner organisations.

Metta’s strategic intent emphasises their commitment to supporting communities achieve sustainable growth by implementing development programmes using its integrated, multi-sector approach. The strategic objectives holistically address meeting local community needs while strengthening staff capacity, and increasing Metta’s ability to access and analyse program impacts through research and concerted advocacy efforts.
The strategic objectives support:
- food sovereignty and sustainable livelihoods
- essential services in the areas of health (WATSAN, HIV & AIDS, community managed health care) education (ECCD and child protection) and rural infrastructure
- humanitarian responses
- research and advocacy and incorporate an Action-Research Department by the end of 2016.
- strengthening civil society
- enhancing Metta’s branch offices and support 2 existing coordination offices to become branch offices.

The Regeneration Spring strategy also specifically identified 6 primary risks to programme implementation and possible contingencies for addressing them if necessary. These risks include:
- political chaos or paralysis
- civil war or violent conflict escalates in programme areas
- communal or religious conflict deepens in programme areas
- funding falls by more than 20% of the target
- Metta’s reputation is damaged with donors or the government.

The plan also includes a financing strategy for achieving its targeted funding goal, as well as policies related to core funding and ethical funding.

Education and Training

Many opportunities for Metta’s staff and partners are made available to ensure the long term sustainability of its development projects. As many as 250 workshops and training sessions and other education opportunities were available in several categories for Metta’s staff during the reporting year. The project specific training shown is for staff knowledge and skill building, as well as partner organisations. The information regarding training provided to local villagers for project operations is shown within each sector.

One of Metta’s focuses in the area of capacity building is to prepare staff more holistically for working in Myanmar’s fluid country context, as well as in their personal lives. The Eco-Leadership training engaged 22 participants to think deeper beyond development at other levels such as ecological, social, economic and political. The course help gives them a perspective about how to be an advocate for their community. It also increases self-confidence in their general knowledge base and expanded their worldviews. During the exposure visit to Thailand, participants were inspired by various alternative education models and inner-city gardening that could be adapted in Myanmar. They also become better communicators, especially through the module on non-violent communication which helps them be more constructive about their thoughts, actions and speech.

The following four reflections from staff show how this intensive training has positively changed their way of thinking and acting:

One person who attended the Eco-Leadership said that the course opens your mind to examine everything more critically. It makes you take into consideration the human side, the environmental side and the spiritual side when working. This is the heart of the training and knowledge that all development workers should possess.

Branch staff – I shared information with field staff about environmental awareness and conservation, as well as planting a tree. This also included information about good eating habits like not to eating food with preservatives or drinking 3 in 1 packaged coffee. The training facilitators were good models from which I observed how to be more appreciative, to listen and not asking closed questions.

Branch staff – Now, I have a new understanding about democracy and human rights, so I shared this information at the office and with project staff, and it is also helpful for civil society. In the past people have been afraid to speak up and even learn about these topics, so now we are ready to receive new information since the space has opened for all of us to learn.

Head office staff – I learned a lot from many modules, however, the non-violent communication was really helpful. In the past when a person provoked me, I was impatient. Now, I respond differently now, and ask what the problem is and try to understand the situation.

Additionally, the PINRM Participatory Indigenous Natural Resource Management training is another important means for staff to apply the PAR process to valuing and identifying indigenous knowledge that can be used for managing natural resources. The workshop report stated that the participants had formed the trainer pool. They were also creating the conditions for fulfilling the overall objectives to defend and develop sustainable resource management based on indigenous knowledge and organisations. Appreciating and integrating understanding about their diverse backgrounds, their work contexts and the bio-diversity of the regions contributed greatly to the learning process.
The following table shows the education and training category sessions by category.

<table>
<thead>
<tr>
<th>Education and Training Category</th>
<th>Training Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metta’s organisation wide staff development: Human resource management, financial management, financial software for head and branch office staff, drug policy, international donor partner’s meeting, international and local conferences</td>
<td>34</td>
</tr>
<tr>
<td><strong>Project Management:</strong> Development awareness, PAR, development management (DMT), financial management, basic accounting, team building, gender, report &amp; proposal writing refresher, logical framework &amp; project cycle management, organisational review, partner’s meeting, hygiene TOT</td>
<td>80</td>
</tr>
<tr>
<td><strong>Monitoring and Evaluation</strong></td>
<td>16</td>
</tr>
<tr>
<td><strong>Staff education:</strong> Critical thinking, environmental awareness, Master’s Degree in Development Studies, Diploma in Social Leadership, MBA, Special Course in Sustainable Agriculture, Eco Leadership, Indigenous Natural Resource Management</td>
<td>20</td>
</tr>
<tr>
<td><strong>Disaster reduction:</strong> Humanitarian accountability, disaster preparedness</td>
<td>15</td>
</tr>
<tr>
<td><strong>HIV:</strong> Work place policy, life skills and follow-up, stigma reduction, harm reduction refresher</td>
<td>7</td>
</tr>
<tr>
<td><strong>Project Specific:</strong> Organic food awareness, crop plantation, livestock raising, fruit preservation, handicrafts, savings &amp; loan, livelihood value chain management, agri-sector workshop; ECCD: teacher training, parent education, management committee; Agriculture and Forestry: forest management &amp; conservation, community forestry awareness</td>
<td>78</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>250</strong></td>
</tr>
</tbody>
</table>

All four staff that were enrolled in higher degree programmes or special courses in development and agriculture completed them.

**Drug Awareness Forums in Northern and Southern Shan State**

In collaboration with local partners, Metta conducted two three day drug awareness forums in Lashio, northern Shan state and Taunggyi, southern Shan state. Since the drug problem is common in the region, there is a high level of interest in learning more about prevention. During the first day, presentations were given by local and national technical experts and community leaders on the psychological, social and health impact of drug use, youth, customary laws and prevention measures in cooperation with civil society.

More than 1,000 persons attended both forums with approximately 600 persons in Lashio and 416 persons in Taunggyi. Overall, it was very successful because of its interactive nature, as reflected in the high level of audience participation and positive response.

A two day workshop followed the opening forum with 40 participants in both locations for a total of 80 persons that worked in small groups to develop indicators for why people use drugs, its consequences and challenges. They also examined the root causes that stem from the economic situation of extreme poverty which is why people grow poppy, as well as the need for education, and treatment options. The small groups developed action plans.

Participants during the three days represented 88 organisations in Taunggyi and 30 in Lashio. These organisations included government agencies, civil society agencies, women’s groups, political parties, the media, UN agencies, NGOs, civil society organisations and faith-based organisations.

Raza Thitsa

Multiplying Accountability in Local Initiatives

Raza Thitsa is a consortium project for local non-governmental organisations (NGOs) to become more effective, accountable, and provide high quality support to some of Myanmar’s disadvantaged communities. The project’s partners are:

- Better Life Organization (BLO) - Rakhine state.
- Link Emergency Aid and Development (LEAD) - Magway region.
- NGO-Gender Group (NGO-GG) - Ayeyarwady region.
- Southern Shan Local Development Organization (SS-LDO) - southern Shan state.
- Metta in a coordination role.

During the 3 year project period, the partners have increased their organisational and staff capacity in the following areas shown below by partner organisation:
During November 2013, a delegation of persons from each partner organisation visited Metta project sites in the Lashio area of northern Shan state. This visit focuses on understanding the humanitarian relief effort taking place as they met with persons in at least 4 camps for internally displaced persons (IDP). They gained a new perspective about the complexities of providing relief during emergency situations.

A second exchange visit took place in January 2014 when a group visited Rakhine state where they also met with IDP camp leaders and families.

Technically, the Raza Thitsa project ended in March 2014. In order to transition from the project status, a planning workshop was held in October 2013, attended by persons from the partner organisations and observers. An action plan was developed during the workshop to support the partners during the transition, as well as request more funding. The partners recognise that they need to further strengthen their relationships and continue their collaboration efforts. They have also compiled 15 case stories to be published that documents to their shared learning experience.

An external evaluation of the initiative was conduct entitled, *End of the Project Evaluation for Raza Thitsa Initiative*, lead by Dr. Naing, Principal Investigator, EMPOWER Consultancy Limited. The evaluation’s primary focus was to identify the lessons learned and their implications for a second phase. The evaluation’s findings stated that the partners still need to strengthen their institutional capacity and the initiative should continue to be nurtured in order to assist the growing number of local NGOs in forging the partnership model, as well as enhancing their systems and capacity. Any future project model needs to describe the importance and ways of establishing management systems, such as clarifying the roles and responsibilities of project management team, project coordinator, accountant, in addition to setting ground rules among partners.

**Bago Centre for Development Workers**

The conveniently located centre in the Bago region has welcomed many visitors and training participants during its first full year of operation. It is conveniently located relatively near Yangon, yet in a rural area making it accessible to people throughout the region and the country.

The centre is staffed with 15 persons who participated in capacity building courses including food preparation and development. They planted season crops on 0.8 acres for the centre’s consumption.

The centre hosted a total of 39 training sessions and workshops that were attended by 901 persons from 15 NGOs and other organisations.
Monitoring and Evaluation (M&E)

Objective: In order to ensure programme and financial accountability to its partners, people in local communities and donor organisations, Metta’s activities will be regularly monitored and evaluated. The monitoring and evaluation activities taking place at various levels (local, regional and countrywide) will be conducted by Metta staff, as well as independent programme evaluators and financial auditors. In order to ensure transparency, the findings and recommendations will be shared with donor organisations, partners and local communities.

All of Metta’s organisational and programme activities include monitoring and evaluation (M&E) activities. This section describes the organisation’s M&E activities that took place in the reporting year which includes the M&E system pilot project; external evaluations and assessment, and financial audits, as well as project visits by donors and consultants.

External Evaluations, Other Assessments and Outcome Case Studies

During the year 3 separate groups of case studies, one evaluation of the community development programme, and two external evaluations were conducted. They were:

- **Four More Outcome Case Studies from Northern Shan and Kachin States**, edited by Cho Myint Naing and Andrew Jenkins. May 2013
- **Another Four Outcome Case Studies from Southern Shan State**, edited by Cho Myint Naing and Andrew Jenkins, October 2013.
- **Finally, Four Outcome Case Studies from Yangon Branch**, edited by San Wai and Andrew Jenkins, February 2014.
- **Community Development Programme Phase II**, Andrew Jenkins, Pjyu Ei Aung, Htu Bu, Naw Eh Mwee and Ja Nu, January 2014.
- **External evaluation entitled “Farmer Field School to LIFT the Food Security of Small and Marginal Land Holders,”** May 2013, Salai Khin Maung Aye, Dr. Win Pe, Dr. Than Tun Sein and Daw Anne Thein.
- **End of the Project Evaluation for Raza Thitsa Initiative**, Dr. Naing, Principal Investigator, EMPOWER Consultancy Limited.

Outcome Case Studies

Metta is taking steps towards increasing the effectiveness of its Monitoring, Evaluation, Accountability and Learning (MEAL) System of which conducting outcome case studies is a part. A total of 18 outcome case studies from all four of Metta branch offices demonstrated that generally sufficient data and information has been collected, or can be collected without difficulty, to establish credible outcome assessments. This process has also supported the recent evaluation of the entire community development projects.

The reduction in time needed for editing and assembling case studies from the first set (Myitkyina) to the last (Yangon) shows progress in the field staff’s ability to collect and analyse information themselves, which shows how much the understanding and measuring of outcomes also has improved.

Overall, it has been found that projects in different sectors have achieved their expected outcomes.
Lessons learned so far include:
- Planning outcome assessment as part of the original project plan or proposal will make data collection easier and assessments more effective.
- Branch office team members can learn from each other, different techniques of quantitative and qualitative data collection, storage and analysis.
- It is important for livelihood projects to regularly collect (at least annually) and collate financial data from each village committee so that a standard financial statement can be made, itemised by village for each project. In relation to this, annual auditing by project staff may also be considered.
- A standard system of analysing village management committee and household’s enterprise financial performance could be developed, so that an overall outcome assessment could be made.
- Community development initiatives should be carefully monitored and included as outcomes in evaluation.
- Also, in the case of agricultural projects, a more standard system for measuring and analysing changes in yield, household income and food security could be developed.
- More systematic effort should be made to record and analyse factors contributing to the growth of ‘social capital’ through, for example, collective action for development.
- Attention can also be given to measuring and assessing decision-making in the community development process, particularly how women and youth participate.
- When more data is available (from baselines, external evaluation and collaboration) it should be carefully preserved for future use.

Community Development Programme Evaluation

Community Development Programme evaluation was participatory in nature involving project implementers and target beneficiaries from 145 community participating projects in Kachin, Kayah, Mon and northern and southern Shan states. (Community Development Programme Phase II, Andrew Jenkins, Phyu Ei Aung, Htu Bu, Naw Eh Mwee and Ja Nu, January 2014.)

The evaluation also examined the cross-cutting themes of gender perspective, conflict sensitivity, environment, and race and religion.

The primary research question was to determine how far the project has come to achieve its objectives. The sub-questions specifically addressed the evaluation’s objectives. In order to measure the objectives the methodology was designed to select villages from the five project areas, conduct in-depth interviews and focus group discussions, as well as review relevant documents.

The evaluation team found that the project is responsible for important achievements to reduce poverty and improve living conditions within the 146 communities in Kachin, Mon, Kayah and Shan states. It successfully supported adopting participatory community development processes that supported diversified livelihood enterprises that have a good chance of being sustained. The project also attained its intended outcomes, as well as some unintended ones including: facilitators becoming village administrators, encouraging the emergence of effective women leaders. It was also found to be highly relevant in the context within which it is operating; effectiveness, efficiency and coherence are good, however, coordination has had challenges for geographic reasons which have largely been overcome. Over all prospects for sustainability are good providing that monitoring and capacity building support can be maintained over time. It was found that of the persons from households participating in the focus group discussions, “94% stated they believed they had benefitted and 31% thought they had benefitted very much,” page 13. One example of how families benefitted is that the “average enterprise is currently increasing average family income by about 30%,” page 14.

Strengths relate to the previous areas mentioned, in addition to the noting the project team’s high level of commitment and professionalism. Weaknesses related mainly to the possibility that maintaining monitoring and capacity building may not be possible. Some specific limitations were found in the project’s limited coverage and the need to extend activities into other communities as well as the need to develop self-supporting clusters in communities. Another limitation is to identify and involve poor families that have excluded themselves from participating in CDP so they can be linked with the market chains. Ongoing armed conflict in Kachin and northern Shan states impeded project implementation in those areas.
Lessons learned include that:

- combining two main project elements such as livelihood and leadership/community action is possible. This can affect government level policy and laws.
- capacity development can be and has been achieved both within the project and Metta as a whole using a bottom-up approach

The evaluation team’s recommendations included:

- to continue using the CDP approach and extended into new areas while providing monitoring and capacity building support in the communities with existing projects.
- for Metta to conduct an internal review of recent projects which contributed to its Food Sovereignty and Sustainable Livelihoods Strategic Objective in order to design an optimal coordinated approach for CDP.
- that a strong link be made with the Research and Advocacy Strategic Objective so that well developed and organised community clusters can plan an increasingly significant role in civil society, as well as engage more effectively as advocates and impact relevant policy making, particularly regarding natural resource management.

Financial Accountability

The external audit for the financial year ending 31 March 2014, was conducted by Khin Su Htay & Associates, Certified Public Accountants, Auditors & Financial Consultants, Yangon, Myanmar. The audit was conducted in accordance with Myanmar Standards in Auditing requiring that the auditors comply with ethical requirements, and plan and perform the audit to obtain reasonable assurance whether the accounts are free from material misstatements. According to the report: "... the Financial Statements are prepared in accordance with the accounting policies set out in the Notes to the Financial Statements to present fairly, in all material aspects, so as to give a true and fair view of the state of affair of Metta as at 31 March 2014 and the results and cash position for the year ended on that date."

Additionally, some donor organisations also conduct independent audits of the projects that they support and the findings are sent to them.

Visits to Projects by Donors and Others

The country context is changing as the new government implements new policies, opens to international businesses and conflict continues in Kachin and northern Shan states. This also impacts the development context which makes visits by donors and consultants all the more relevant. These visits usually take several days to reach areas and meet local people.

Forty (40) visits were made by donors and consultants to projects in this reporting year. However, more visits by donors and consultants were made to the head office. Please refer to the following table for details about the visits:

<table>
<thead>
<tr>
<th>Donors and Consultants</th>
<th>Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caritas Austria</td>
<td>2</td>
</tr>
<tr>
<td>Caritas Swiss</td>
<td>2</td>
</tr>
<tr>
<td>Christian Aid</td>
<td>2</td>
</tr>
<tr>
<td>Consultants</td>
<td>14</td>
</tr>
<tr>
<td>Finn Church Aid</td>
<td>2</td>
</tr>
<tr>
<td>Intermediate</td>
<td>1</td>
</tr>
<tr>
<td>IIRR</td>
<td>1</td>
</tr>
<tr>
<td>Irish Aid</td>
<td>1</td>
</tr>
<tr>
<td>LIFT</td>
<td>3</td>
</tr>
<tr>
<td>Mercy Corps</td>
<td>1</td>
</tr>
<tr>
<td>Miseroer</td>
<td>2</td>
</tr>
<tr>
<td>Oxfam Novib</td>
<td>3</td>
</tr>
<tr>
<td>Plan International</td>
<td>1</td>
</tr>
<tr>
<td>TDH</td>
<td>1</td>
</tr>
<tr>
<td>UNICEF</td>
<td>2</td>
</tr>
<tr>
<td>Weltungerhilfe</td>
<td>2</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>40</strong></td>
</tr>
</tbody>
</table>
Finance

Metta’s head office financial staff has the responsibility to support the organisation’s entire budget which involves receiving and distributing funds. Each branch office has financial staff that are responsible for managing funds for local projects. A new ethical funding policy is being used throughout the organisation by programme and finance staff.

The finance staff’s primary activities are described in this section.

Financial Software Implementation
The transition to using Metta’s new financial and accounting software has some challenges. As originally planned, the new software was not installed in all offices because it was cost prohibitive. However, a new template was developed that has the capability to import the information between the two systems. The staff’s capability to input the data is steadily increasing as they are learning to work with the new system. While the new system has the capacity to generate reports directly, this has not happened yet because of the time needed to make the transition. Also, it needs to be noted that even when the new system is fully functioning, some donors have specific reporting requirements that may not be generated by the new system.

Financial Training
After Metta’s finance staff completed the training by the UK based MANGO (Management Accounting for Non-Governmental Organisations), Metta was given a two year license to use all the training materials and methodology. During the reporting year Metta’s MANGO TOT alumni have successfully given financial management training, as well as budgeting and accounting training to both Metta’s financial and non-financial staff, the senior management team and others.

Many improvements have taken place as a result of using the new financial software and having the financial training. They are:

- All branch offices are provided reports on a more timely basis and reports are more accurate.
- Staff’s general financial management practices have improved which means that the budget management has also improved.
- Staff are able to do monthly bank reconciliations on a modified cash basis which uses both cash and accrual depending with all branches.
- Metta has met the requirements for some international and national donor organisations when intensive organisational assessments were conducted by USAID (pre-award survey) which included a financial assessment, UNFPA, Myanmar Education Consortium (MEC) and Oxfam GB.
- Constantly updating financial policies and procedures to reflect best practices.

Financial Status
The end of year balance is $2,735,595 USD as shown in the Financial Summary for the reporting period.

The reasons for the remaining balance are:

- 300,000 Euro was received in March 2014 for the 2014-2015 period.
- The emergency response in Kachin and northern Shan states continues.
- Unexpended funds from the training centres: the CARD Centre in Kachin state, the Naung Kham Centre in southern Shan state and the Bago centre in the Bago region.
## Financial Summary
### 01 April 2013 to 31 March 2014

<table>
<thead>
<tr>
<th></th>
<th>USD</th>
<th></th>
<th>USD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Opening balance as at 01 April 2013</strong></td>
<td>1,574,212</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Receipts</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bank interest &amp; other income</td>
<td>251,467</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oxfam Novib</td>
<td>1,575,357</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Welthungerhilfe</td>
<td>1,325,160</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Misereor</td>
<td>787,978</td>
<td></td>
<td></td>
</tr>
<tr>
<td>European Union</td>
<td>444,889</td>
<td></td>
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</tr>
<tr>
<td>UNOPS</td>
<td>441,506</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hope International</td>
<td>310,766</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Finn Church Aid</td>
<td>268,545</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UNICEF</td>
<td>235,239</td>
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<td></td>
</tr>
<tr>
<td>Kadoorie Charity Foundation</td>
<td>213,324</td>
<td></td>
<td></td>
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<tr>
<td>Christian Aid</td>
<td>142,593</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plan International</td>
<td>140,735</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Embassy of Ireland</td>
<td>133,220</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caritas Switzerland</td>
<td>133,116</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trocaire</td>
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<td>Temporary borrowing from Core Fund</td>
<td>100,184</td>
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<td>141,850</td>
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**Total receipts** 6,979,034

| **Payments**                  |       |                               |       |
| Direct assistance             | 5,282,923 |                               |       |
| Capital expenditure           | 29,002  |                               |       |
| Support cost                  | 363,876 |                               |       |
| Temporary borrowing from Core Fund | 100,184 |                     | 141,850 |

**Total payments** 5,817,651

**Closing balance** 2,735,595

**Grand Total** 8,553,246
The detailed information about the financial status is shown on the Financial Summary at the end of this section. Expenditures are shown in several charts graphs within the reporting year, as well as comparing the past four year's expenditures. Expenditures by programme sector show that the Emergency and Development Sector have expended nearly 44% of all programme costs followed by Agriculture and Forestry at 21% and Livelihood at 14.4%. The Capacity Building and Development Sector's projects' effort expended nearly 11% to ensure long term sustainability. Please refer to the chart below which shows expenditures by programme sector.

Expenditures by Branch Office

Expenditures by branch offices are shown on the following chart with the Myitkyina branch in Kachin state at nearly 49% followed by the Head Office at 15%. The Myitkyina branch expenditures are due to the costs expended to support the emergency relief effort in Kachin state.

The following bar graph compares expenditures by programme sector for the past four years. The most significant growth is in the emergency and development sector.

Expenditures by Branch Office
Administrative Costs

Metta’s administrative costs are supported by many projects and are calculated across the range of 1% to 10% based on the project’s total costs and actual expenditures. These administrative costs have been established separately as a core fund to meet Metta’s administrative expenses that includes:

- Project feasibility studies and assessments, planning and preparing new funding proposals.
- Institutional expenses such as the senior management team meetings, board of director’s meetings, strategic review and planning sessions.
- Staff related benefits including salaries, health care, other social welfare benefits (for example, funerals) and capacity building.

The core fund’s budget has four distinct categories:

- **Survival budget** - to avoid redundancies or closing project operations and/or advance expenditures that are anticipated to be covered and reimbursed by outstanding grant commitments.
- **Guaranteed budget** - to cover/advance any expenditures that are expected to be reimbursed by outstanding commitments for grant funds.
- **Complementary budget** - to cover expenditures which depend on funding that is not yet guaranteed, but for which plans exist such as orientation, assessments, all stages of proposal preparation and so forth.
- **Optimal budget** - to cover strategic organisational aims including capacity building for staff and board members.

The following shows percent of core fund expenditures in the reporting year:

- Salary and related benefits 58%
- Office operating costs 16.6%
- Travel and transportation 8%
- Communication 5%
- Social welfare 3%
- Office supplies 2.7%
- 5.75% in the following categories have been grouped together because they individually have less than 2% of expenditures: meetings and workshops; auditors’ fees; management and fund raising; compensation, insurance and legal fees; optimal cost; and survival cost.
### Funds Received
01 April 2013 to 31 March 2014

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<th>Total USD</th>
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<td>Ceo Logicalis</td>
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<td>Cash Transfer Response In Kachin State</td>
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# Project List by Programme Sector, Geographic Area and Donor

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<th>Project Title</th>
<th>State/Region</th>
<th>Donor</th>
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<td>Upland Agriculture and Community Forestry (UACF)</td>
<td>Kachin, S. Shan, Kayah states and Sagaing Region</td>
<td>Oxfam Novib, Oxfam Hong Kong, CCFD</td>
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<tr>
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<td>Farmer Field School (FFS) for Sustainable Development in N. Shan</td>
<td>N. Shan</td>
<td>Caritas Switzerland</td>
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<td>Upland FFS</td>
<td>Kachin and S. Shan states</td>
<td>LIFT-UNOPS</td>
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<td>Lowland Farmer Field School (FFS) in Kachin</td>
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<td>Oxfam Novib</td>
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<td>Integrated Sustainability Rural Development Through FFS</td>
<td>Ayeyarwady</td>
<td>Misereor</td>
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<td>Capacity Building &amp; Development</td>
<td>Raza Thitsa -Multiplying Accountability in Local Initiatives</td>
<td>Partner Organisation-Better Life, Link Emergency and Development (LEAD), NGO Gender Group, S. Shan Local Development Organisation (SSLDO)</td>
<td>Oxfam Novib</td>
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<td>Bago Centre Construction and Supporting Eco-Friendly Centre</td>
<td>Bago</td>
<td>Misereor</td>
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<td>Capacity Building</td>
<td>For All</td>
<td>Oxfam Novib</td>
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<td>Inter-School Sports Day</td>
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<td>Individual Donor</td>
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<td>Responsive Education Partnerships</td>
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<td>European Union</td>
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<td>Oxfam Novib</td>
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<td>Emergency Relief for Communities Affected by Rodent Infestation</td>
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<td>Misereor</td>
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<td>Tha Paya Kan Village School Construction and Renovation</td>
<td>Bago</td>
<td>Finn Church Aid Welthungerhilfe</td>
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<td>HIV Intervention PLAH Drop in Centre</td>
<td>Kachin state</td>
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<td>S. Shan and N.Shan</td>
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<td>Community Cluster Development Programme</td>
<td>N. Shan state</td>
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<td>Covers all Sectors</td>
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<td>Agriculture and Forestry Livelihood Integrated Rural Development with Emphasis on Self Promotion in the Kayin Area</td>
<td>Kachin Area (Kayin and S. Shan states)</td>
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relationships, objects and challenges in their environment. Psychologically, mastering complex understanding of people, and socially, managing family dynamics and social interactions. Young children grow physically, mentally, spiritually, and emotionally. They need a unique programme that focuses on children below the age of 5 years. The Community-Based Early Child Centred Development (ECCE) is a programme that focuses on children below the age of 5 years. Young children grow physically, mentally, spiritually, and psychologically, mastering complex understanding of people, relationships, objects and challenges in their environment.

- **Community Nursery** - Each of the three research training centres has a central nursery which supports the community nurseries through providing parent planting materials and other starter materials.

- **Central Nursery** - A central nursery that supports the community nurseries. It is a facility where parents can access planting materials and other resources.

- **Community Forestry** - Community Forestry has been viewed as a strategy for expanding forest areas located on marginal and sub-marginal land by involving local communities. It is a process where communities are involved in the decision-making and management of forest resources.

- **Community Forest** - Community Forest receives its designation through a 30 year land use certificate that is issued by the Government’s Ministry of Forestry Department. The process to receive this designation takes several years.

- **Community Forestry** - Community Forestry is a process that involves local communities in the decision-making and management of forest resources.

- **Community Master Plan (CMP)** - The Community Master Plan is an approach to transition from emergency relief to rehabilitation and development in the project areas. It encourages the production and exchange of local commodities based on the communities’ existing strengths and resources.

- **Community Cluster Development Programme (CCDP)** - Community Cluster Development Programme is one approach used by livelihood projects which is founded on the PAR processes that includes a results-based management system. The goal is for local people to become self-reliant and able to manage their development initiatives.

- **Community Forestry** - Community Forestry is a process that involves local communities in the decision-making and management of forest resources.

- **Community-Driven Early Child Centred Development (ECCE)** - Community-Driven Early Child Centred Development is a unique programme that focuses on children below the age of 5 years. Young children grow physically, mentally, spiritually, and psychologically, mastering complex understanding of people, relationships, objects and challenges in their environment.

- **DRR** - Disaster Risk Reduction

- **ECCD** - Community-Based Early Child Centred Development is a unique programme that focuses on children below the age of 5 years. Young children grow physically, mentally, spiritually, and psychologically, mastering complex understanding of people, relationships, objects and challenges in their environment.

- **FFS** - The Farmer Field School (FFS) is a season long group based learning process that has been used to promote integrated crop and pest management. Between 20 to 25 farmers attend the FFS that meets once a week in farm fields. During the FFS, farmers learn through experience and by conducting simple experiments about the ecology of growing rice.

- **FLE** - The Farmer Led Extension (FLE) training model emerged as a way for farmers in remote areas to participate in FFS at a local training, research centre. It directly involves farmers in deterring and fulfilling their own development goals which recognises them as the owners and shapers of their own development. FLE courses are opportunities where farmers and development workers share indigenous and scientific knowledge as they learn from each other. The FLE is usually offered during a three month period to farmers, interested organisations, and local NGOs.

- **GCA** - Government Controlled Areas

- **IDP** - Internally Displaced Person

- **JST** - Joint Strategy Team

- **KCA** - KIO Controlled Areas

- **KIO** - Kachin Independence Organisation

- **LAC** - Local AIDS Committees composed of religious and women leaders, health care providers, village elders, youth leaders and local authorities. Each LAC includes at least 2 PLHIVs.

- **Mini Forest** - Mini Forests are small areas of community owned land which has been planted collectively with various forest species.

- **PAR** - Participatory Action Research is a collective learning process which helps the community to formulate a critical analysis of its own situation: its strengths, weaknesses, needs, resources and challenges. Through identifying and consolidating the knowledge and skills which they already have, poor women and men can use these as tools for their own development. (Source: The Oxfam Handbook of Development and Relief, Volume 1, 1995.)

- **PLHIV** - People living with HIV and AIDS

- **PNO** - PaO National Organisation

- **PRA** - Participatory Rural Appraisal is an assessment process used to gather information in local communities.

- **REP** - Responsive Education Partnership is a new project piloted with the PaO National Organisation (PNO) in Southern Shan state.

- **SRI** - System of Rice Intensification that includes using new technology in the FFS to increase rice yield.

- **VHW** - Village Health Worker in hygiene projects that facilitates awareness and training sessions as well as managing the local drug stores.
# Metta Offices and Centres

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Metta Development Foundation was established in 1998 to assist communities in Myanmar recover from the devastating consequences of conflict and humanitarian emergency.

The primary objective of Metta is the evolution of self-reliant and peaceful societies through social and economic growth. The driving force behind Metta is the concept the very word embodies that of “loving kindness.”

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