



CONNECTIONS

LAOS

Water for Women and Children

29 Sept-9 Oct 2019

Enjoy a cross-cultural experience on this trip as you work together with a community on three new water distribution points and home gardens. Be creative in facilitating fun Kids' Clubs as you share the importance of good nutrition, hygiene, and sanitation practices.

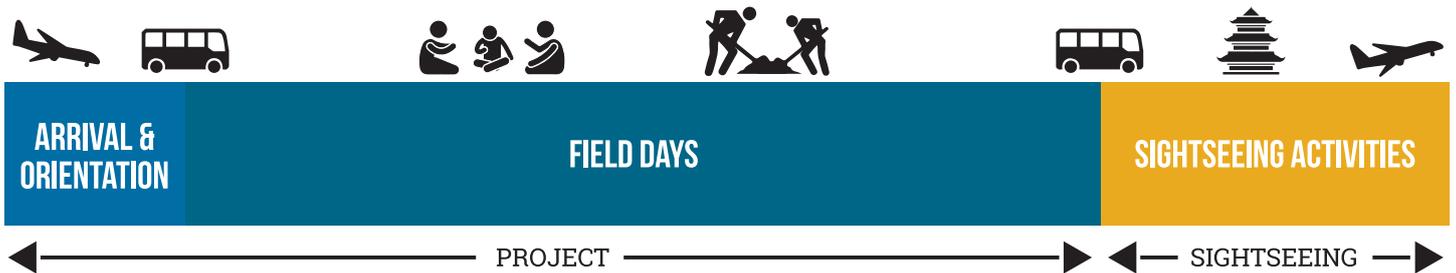


WHAT IS ADRA CONNECTIONS?

ADRA Connections is a short-term volunteer program aimed at connecting Australian volunteers (skilled and unskilled) to cross-cultural experiences and first-hand sustainable community development initiatives in countries across Asia, South Pacific and Africa.

Volunteers engage with the local community through relationship building, cultural activities and practical projects contributing to ADRA's sustainable development program and assisting communities to meet their long term development goals. The goal is for the work to be done primarily by the community members with the team in a helping role. There is a wide scope of project activities available in Connections trips, for example: training, teaching, photography, construction and agriculture.

Each project trip aims to create a life-long connection between ADRA and volunteers, to provide development education to supporters, raise funding for programs and provide greater support to ADRA's international programs beneficiaries.



ADRA IN LAOS

In Laos, 80 percent of people living below the poverty line reside in rural areas. Accordingly, ADRA Lao PDR develops projects in partnership with communities and local authorities, bringing rural villagers the basic resources they need to survive, and empowering them in the process. To achieve this, ADRA Lao PDR has focused their projects in the following areas:

- Health
- Food security and land management
- Education

In particular, the agency has developed its expertise in various subsectors, specifically in Primary Healthcare (Health advocacy, Maternal and Child Health, Nutrition, Water, Sanitation and Hygiene), and integrated Natural Resource Management (Agriculture production/ diversification, land management and community based climate change adaptation).

For more information about ADRA Lao PDR and their projects, visit their website: www.adralaos.org

LAOS FACTS



Infant mortality rate:
49.9 per 1,000 live births

(2017 est., CIA The World Factbook)

Maternal mortality rate:
197 per 100,000 live births

(2015 est., CIA The World Factbook)

Life expectancy:
64 years

(2017 est., CIA The World Factbook)

Adult literacy rate (% ages 15 and over):
63.9%

(2015 est., CIA The World Factbook)

Urban population with access to improved drinking water sources:
85.6%

(2015 est., CIA The World Factbook)

Rural population with access to improved drinking water sources:
69.4%

(2015 est., CIA The World Factbook)

Urban population with access to improved sanitation facilities:
94.5%

(2015 est., CIA The World Factbook)

Rural population with access to improved sanitation facilities:
56%

(2015 est., CIA The World Factbook)

PROJECT OBJECTIVES



Location:

Phonghor Cluster, Xay Village, Phoukoud District, Xiengkhouang Province



Outcomes:

Long-term

Increased access to clean water will save mothers and children water collection time and energy

Reduced water-borne related diseases and illnesses

Improved health and reduced malnutrition amongst children

Increased food diversity in gardens

Short-term

Increased access to safe water by providing 3 additional water access points.

Increased understanding of good hygiene practices and prevention of disease amongst children and parents through the Kids' Club



Outputs:

3 additional water taps and fence constructed

4 days' of Kids club sessions conducted

4 functional home gardens established



TRIP OVERVIEW



Arrival/Orientation 29-30 Sep

Meet your ADRA host at Vientiane or Luang Prabang Airport, who will take you to your accommodation to refresh and relax. ADRA has prepared a warm welcome and an Orientation Program for you to learn about the needs in Laos, the work ADRA is doing, and how you play a part in ADRA's programs through Connections. After seeing the beautiful scenery en route to Xiengkhouang, visit the local Cultural Centre to learn more about the country and how its history, particularly the Vietnam War and the remaining unexploded ordnance (UXO), has significantly shaped the lives of the Laotian people today.



Field Days 1-6 Oct

The time you spend and the interactions you have with the community all contribute to a unique cross-cultural experience. Immerse yourself in the culture, interact with the locals, and gain a new perspective while working alongside the locals on community-driven initiatives.

Saturday is a day off from work—a time for reflection and rejuvenation. Visit the Plain of Jars in the afternoon, located in the hilly countryside of Phonsavan.

During the farewell ceremony, celebrate the friendships that have been formed and the outputs that have been achieved with the school community.



Sightseeing/Departure 7-9 Oct

Compared to its neighbours, Laos is relatively untouched by mass tourism. Your cross-cultural experience in Luang Prabang wouldn't be complete without seeing the Khuang Si Falls or Mount Phou Si. Community-run enterprise, the Living Land Company also gives you the opportunity to experience the life of a farmer and try your hand at some of the activities. Finish off your trip with a celebration dinner and a final debrief for you to share your reflections and experiences with the rest of the team.



EXPENSES

An ADRA Connections trip provides a memorable and enriching personal experience of development work, where you have the opportunity to be involved in ADRA's work first-hand, in a safe and culturally appropriate manner. The costs associated with your trip reflect this unique and meaningful approach.

Costs are split into two different components: ADRA Donation and Personal Costs.

Please note, travel costs are not included in ADRA Connections trip costs, and are each participant's own responsibility, including all bookings and arrangements. Travel costs include: flights, extra baggage, airport tax, passport, visas, vaccinations, first aid kit, and any additional sightseeing not included in the itinerary.



ADRA DONATION

\$1,910AUD per person, based on a minimum of 12 participants.
Paid in full to ADRA Australia two months before departure.

The ADRA Donation includes: the cost for all materials and equipment for project work; project management and monitoring; and accommodation, food and transport while on project. The ADRA Donation Costs are fully tax-deductible and fully fund-raiseable.



PERSONAL COSTS

\$660AUD per person, based on a minimum of 12 participants.
Paid in full to ADRA Australia one month before departure.

Personal Costs include: a \$250 non-refundable commitment deposit payment; comprehensive insurance cover through RMS (Risk Management Services); International SOS medical and emergency cover; a full criminal check on behalf of each participant; sightseeing costs as included in the itinerary; all accommodation and travel while sightseeing, and most food (you may need to buy your own meals on transit days). Unfortunately, this is not tax-deductible.

Register Now

www.adra.org.au/connections-team/morphettvale

For any questions, contact Mark Elbourne: markelbourne@prescottsouthern.sa.edu.au or 0430 230 824

ONCE YOU HAVE REGISTERED...

Receive email of approval

Pay \$250 deposit to the account details in your email

Once payment has been confirmed, follow setup instructions and personalise your GoFundraise page to start fundraising

Attend Pre-trip Orientation Programs and any other team meetings

Make flight and visa arrangements with your team leader

Make trip payments by the deadlines set by your team leader and ADRA

"...I have come that they may have life, and that they may have it more abundantly."

John 10:10 (NKJV)



CONNECTIONS