

LOSA

Livelihood Opportunities through Sustainable Agriculture

Timor Leste



Overview



Inclusion and Wellbeing

The LOSA Project in Timor Leste is working with communities to improve their wellbeing and resilience. Lack of access to food and to clean water and sanitation are key challenges facing the people of Timor Leste. One in two children under 5 years of age are stunted because of limited availability to nutritious food. The LOSA project is working with farmers to improve their access to clean water and sanitation, and to help them manage their household resources in a sustainable manner.

50% OF CHILDREN IN TIMOR LESTE



are stunted due to poor nutrition.

54%



of people live without adequate sanitation.

3 OUT OF 4



workers rely on agriculture for income.

Activities

During this three-year project ADRA will work with the people of Luca and Uma Tolu to:

- Install 17 bore wells and pumps providing water to community gardens, schools, and neighbouring households
- Build 6 community gardens and 4 school gardens
- Train 98 farmers and 100 students in growing fruit and vegetables
- Train 600 farmers in conservation agriculture methods
- Support households to build 111 latrines
- Provide nutrition and sanitation training to 1,140 community members and 924 students.

Impact

The LOSA project helps farmers in rural Timor Leste to gain access to water and to diversity their crops. Working together with community groups, ADRA is helping drill wells to access clean water for personal use and gardening. The community groups are also trained in crop diversity, nutrition, hygiene, sanitation and conservative agriculture to help improve their crop yields and health. With the improved productivity, farmers are able to sell excess produce to earn an income. They can then invest their savings in the community Savings Group which allows them to take turns borrowing money to purchase what they need.



Elvira's Story

Without a toilet, Elvira, her husband and her son were forced to use the bush around their house in rural Timor Leste. "I didn't feel comfortable because people could see me," says Elvira. "The animals would bring the waste back to the house. It would make us sick."

The battle to stay well was constant. Their nearest water source, the river, was almost half an hour away. Elvira's son, Aniceto, was often late to school, or would miss school altogether because he was collecting water.

A water pump was installed within twenty metres of Elvira's house, saving the family time and restoring their health. For Aniceto, this also means less time collecting water and more time in school. The family garden is plentiful now, too. "Before we couldn't plant vegetables, but now we have water we plant vegetables for our food," says Elvira. "Each day we sell some, and we eat some."

Elvira's life has been transformed through the LOSA Project.

You can partner with the LOSA project in the following ways:



Donate

Your donation of \$34 per month, or a one-off gift of \$400, will provide a shallow well to a Timorese family, helping to water their garden.



Pray

Commit to praying regularly for the LOSA Project and for those experiencing the deadly effects of poor water in Timor Leste.



Visit

Join an ADRA Connections trip to Timor Leste and see the impact of the LOSA project first-hand.

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