



CONNECTIONS

MYANMAR

Planting a Future

5-15 Jan 2020

Lend a hand to work the land! Experience what it's like to be a farmer in Myanmar as you work alongside them to plant, harvest, and prepare locally-grown produce. Assist farmers with constructing fences to protect their gardens and water sources. What an amazing opportunity!



WHAT IS ADRA CONNECTIONS?

ADRA Connections is a short-term volunteer program where participants can experience first-hand the sustainable community development initiatives ADRA engages in with local communities around the world. Connections trips are categorised into four focus areas:

Advocacy

Volunteers visit ADRA projects to learn and write about issues faced by local communities. Using the stories captured and their own experience, volunteers are encouraged to advocate for social justice upon their return.

In-depth

Through cultural immersion and extensive community engagement, volunteers personally see the work ADRA does and how it makes a positive impact in people's lives, and are challenged to explore the underlying causes of poverty.

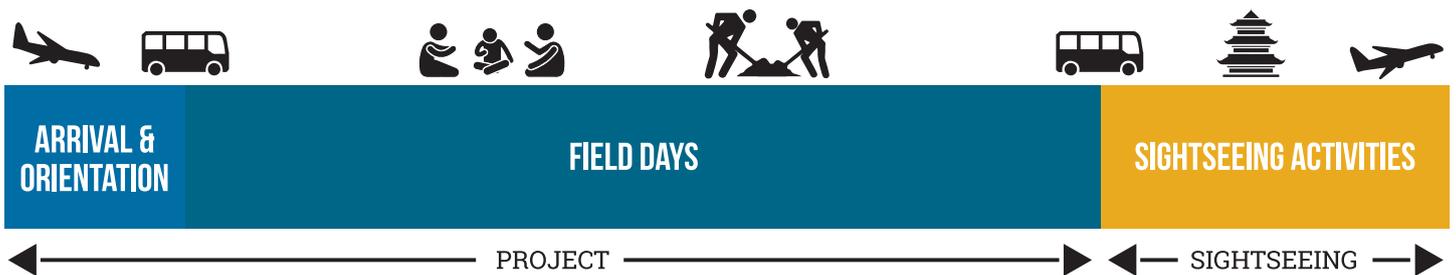
Hands-on

After raising funds for project activities, volunteers get their hands dirty, helping people experiencing poverty actively achieve their goals in practical, collaborative ways. Volunteers share their journey when they return home and inspire others to go.

Families

Families travel with other like-minded families to make a positive impact, helping children value the important things in life and inspiring them to fighting poverty both now and in the future.

Although short in duration, Connections trips are a powerful way to deepen relationships with communities while contributing to sustainable community development in meaningful ways.



ADRA IN MYANMAR

Established in 1984, ADRA Myanmar has provided development and relief assistance opportunities throughout the country. With the head office located in Yangon, ADRA Myanmar has 4 main sub offices within the regions of the; Kachin State, Southern Chin State, Magway Region, and Kayah State.

Through a wide variety of projects, ADRA Myanmar aims to foster and encourage the following goals:

- Cultivate empowering partnerships
- Alleviate and reduce poverty
- Create sustainable livelihoods
- Facilitate community development

Projects focus on sustainable development within the framework of four primary sectors: sustainable livelihoods, education, health and nutrition, and emergency response.



For more information about ADRA Myanmar and their projects, visit their website: www.adramyanmar.org

Your Trip Focus: *Hands-on*



Raise funds for project activities



Learn about the needs and goals of the community and how to support them



Discover the importance of relationships and working together



Upon your return, share your journey and inspire others to go



TRIP DETAILS



Location

Lungngo Village, Chin State



The Need

According to UNICEF, Chin is Myanmar's least developed and most remote state. Almost three quarters of its population live in poverty and its children achieve the lowest health and nutrition outcomes in the whole country.

ADRA's project in the Chin State aims to sustainably grow and supply markets with goods produced in order to reduce local poverty.

Your contribution will help families keep their crops and water sources protected from animals so they can increase their production so they can not only survive, but also provide an income.



Activities

Construct fences and trellises
Harvest and prepare locally grown crops
Assist locals with their home vegetable gardens

TRIP OVERVIEW



Arrival/Immersion/Cultural Activities 5-6 Jan

Meet your ADRA host at Yangon, who will take you to your accommodation to refresh and relax. ADRA has prepared a warm welcome and an Immersion Program for you to learn about the needs in Myanmar, the work ADRA is doing, and how you play a part in ADRA's programs through Connections. Take a short domestic flight to Kalemyo and then drive to Gangaw after your lunch.



Field Days 7-11 Jan

The time you spend and the interactions you have with the community in Lungngo Village 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. During the farewell ceremony, celebrate the friendships that have been formed and the outputs that have been achieved with the local community.



Sightseeing/Departure 12-15 Jan

Compared to its neighbours, Myanmar is relatively untouched by mass tourism. Your cross-cultural experience in Myanmar wouldn't be complete without seeing the thousands of temples spread across the plains of Bagan. These temples span across the centuries and are one of the richest archaeological sites in Asia.

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.



PAYMENTS

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

**Please note, travel costs are not included and are each participant's own responsibility, including all bookings and arrangements. Travel costs include: flights and visas (unless otherwise indicated), extra baggage, airport tax, passport, and vaccinations. All costs below are based on a minimum of 11 participants.

Fundraising

GoFundraise is ADRA's chosen online platform for peer-to-peer fundraising. Once your registration has been approved and you have paid your \$250 commitment deposit, you will receive an invite to set up your GoFundraise page and start fundraising for your project and logistic costs as soon as possible!

TAX-DEDUCTIBLE PROJECT COSTS



Due **two months** before departure

- \$250 non-refundable commitment deposit
- All materials and equipment for project work
- Project management, monitoring and implementation

TAX-DEDUCTIBLE LOGISTIC COSTS



Due **two months** before departure

- Accommodation (project days) and meals
- Transportation (including domestic flights)
- Risk mitigation and emergency management
- Associated costs for logistic management (e.g. ADRA hosts)

Sightseeing

Unfortunately, sightseeing costs are not eligible for tax-deductibility. If you wish to do additional sightseeing, please arrange for this to happen outside of the Connections trip dates.

NON-TAX DEDUCTIBLE SIGHTSEEING COSTS



Due **one month** before departure

- Sightseeing activities
- Accommodation (sightseeing days)
- Associated management costs

Register Now!

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

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)



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