

FRIENDS OF THAILAND  
PCV Small Project Assistance  
PROPOSAL FORM

**Date of Request:** May 15, 2016

**Total Funds Requested:** 19,800 Baht

**Title of Project:** Isaan United for Health 2016

**Dates of Project:** October 2-21, 2016

**Name, Group Number and Address of PCV Project Leaders:**

Alyssa Scott  
PCV Group 127  
Youth in Development  
Phanomdongrak, Surin  
0616518278

Ty Miranda  
PCV Group 127  
Youth in Development  
Amphur Muang, Loei  
0616518158

**Location of Project (School or Organization, Moo Baan, Tambon, Amphur, Province):**

Site #1: PCV Alyssa Scott's Site

SAO Bakdai  
หมู่ที่ 3 ตำบลบักได  
อำเภอพนมดงรัก  
สุรินทร์ 32140

Site #2: PCV Vince Winn's Site

SAO Ban Yang Noi  
178 หมู่ที่ 1 ตำบลยางน้อย  
อำเภอโกสุมพิสัย  
มหาสารคาม 44140

Site #3: PCV Ross Rinehart's Site

SAO Kudwa  
ตำบลกุดหว้า เลขที่ 367 หมู่ที่ 13  
ตำบลกุดหว้า  
อำเภอภูผินารายณ์  
กาฬสินธุ์ 46110

Site #4: PCV Amber Los's Site

Tessaban Non Sang  
320 บ้านโนนสัง ตำบลโนนสัง  
อำเภอโนนสัง  
หนองบัวลำภู 39140

Site #5: PCV Annie Grayson's Site

Tessaban Phuphaman  
สำนักงานเทศบาล ตำบลภูผาม่าน  
อำเภอภูผาม่าน  
ขอนแก่น 40350

Site #6: PCV Ty Miranda's Site

Tessaban Na O  
111 Moo. 3 Loei-Chiangkhan Road  
Amphur Muang, Loei  
Thailand 42100

**Individuals/Groups Responsible:**

The Isaan United for Health group leaders are PCVs Alyssa Scott and Ty Miranda. The individual site leaders are PCVs Vince Winn, Ross Rinehart, Amber Los, and Annie Grayson. They will be working with their local government agencies to host the proposed events. We also have a group of volunteer who helped create the project including PCVs Emily Schell, Julie Walker, and Abby Harris.

## **BACKGROUND INFORMATION/PROJECT HISTORY:**

PCVs Alyssa Scott and Ty Miranda are currently serving in Northeastern Thailand, also known as the “Isaan” region. Currently, they have been volunteers for 14 months and their scheduled COS date is March 2017. The idea for the project “Isaan United for Health” came from a mutual concern about the health of Isaan citizens, especially among the youth. The PCVs noticed that there were many misconceptions and a general lack of knowledge about health information at our sites.

The PCVs came together to create a project aimed at educating and inspiring youth to lead healthier lifestyles. The PCVs invited several other volunteers throughout the Isaan region to collaboratively plan and create “Isaan United for Health 2016.” The group created a two-day health workshop that could be tailored to individual sites, allowing communities and PCVs to decide what the best options are for the youth in their respective communities.

In general, the first day of the workshop will consist of a community exercise day chosen by the site to fit the interests and needs of their community. Communities can choose from activities, such as: biking, aerobics, yoga, running, or hosting a sports day. On the second day, PCVs Alyssa Scott and Ty Miranda will lead a healthy living workshop that will encompass the “triad of health”: nutrition, physical, and emotional health. The elements from the “triad of health” will be transformed into rotations where the local students will be able to learn and understand what it means to be healthy in a holistic way. Some sites will also do murals to commemorate the event.

The funding for the programs at the site will come from the local government agencies. The group is requesting funds for transportation between sites for PCVs to assist with the two-day workshops at the six sites referenced above. The group is also requesting funds to pay for transportation fees for the bikes and general supplies from one site to the next.

Each of the six sites were invited and each site specified how they wanted to tailor the two day workshop. The project has six confirmed sites with confirmed dates, as well. These include Surin, Maha Sarakham, Kalasin, Nong Bua Lompu, Khon Kaen, and Loei. In total, the project will reach about 350 (B.5-M3) local Isaan students. It will also work with 24 Thai counterparts and 10 PCVs.

## **PROJECT OBJECTIVES AND BENEFITS:**

Isaan United for Health’s objectives include educating youth in the Northeastern region of Thailand about healthful living and maintenance. This includes educating youth on nutrition, physical, and emotional health. The project also hopes to inspire youth to find their own ways of staying healthy and to encourage youth participation in the community.

Not only will the youth benefit, but the community at large will also benefit . Furthermore, because of the community’s heavy involvement and input into the event, the project will build the capacity of the local government staff in teaching youth about health. The project also will inspire the adults participating to lead healthier lifestyles and become role models for the youth.

## **COMMUNITY INVOLVEMENT:**

The project is focused on keeping the local communities involved throughout the planning and facilitating process. The activities at each site are tailored to the individual community. Some communities may prefer aerobics over biking or murals over a sports day, and the project is taking these details into consideration. Communities are also encouraged to bring their own specialists and/or local citizens to assist with teaching and helping to run the event. Our ultimate goal by encouraging students and influential adults to take a more active interest in

their health and well-being, is the propagation of knowledge and inspiration throughout the entire community.

The community is also responsible for providing the funds needed to run the activities at the sites. They will provide funding for the food, accommodations, resources, tools, and any other activity needs. They will also work with the project leaders to find sensible and suitable methods of transportation to and from the sites.

### **SUSTAINABILITY:**

In addition to including local residents in the program, we plan on leaving many of the resources and tools for the communities to reuse when the project finishes. All of the project's lesson plans and materials will be translated into Thai and the communities will be able to model the same activities with different populations in the area. Also, the site PCV will remain at the site for at least an additional 5 months. Therefore, the site PCV will be able to carry on some of the education and activities with help from the local government and schools.

Additionally, if the project's model is successful, the group hopes the project will be continued by the next group of PCVs. This could take place in either Isaan, or another region of Thailand. The project plans to invite one PCV from Group 128 to join at one of the site activities. This will provide them with the opportunity to pass the project onto incoming volunteers. The project group's hope is to create a solid curriculum and model to be used by future PCVs in Thailand to educate youth about a holistic approach to health. This year, "Isaan United for Health 2016" will be a test model, with the goal of paving the way for "Isaan United for Health 2017" or perhaps "Southern Thailand United for Health," and so on.

**BUDGET:**

<b>Item</b>	<b>Cost</b>
PCV Transportation (bus tickets). See Project Schedule below. <ol style="list-style-type: none"><li>1. Bus tickets from Loei to Surin (2)</li><li>2. Bus tickets from Surin to Maha Sarakham (2)</li><li>3. Bus tickets from Maha Sarakham to Kalasin (2)</li><li>4. Bus tickets from Kalasin to Nong Bua Lompu (2)</li><li>5. Bus tickets from Nong Bua Lompu to Khon Kaen (2)</li><li>6. Bus tickets from Khon Kaen to Loei (2)</li><li>7. Roundtrip ticket from Tak to Nong Bua Lompu (1)</li><li>8. Roundtrip ticket from Nakhon Phanom to Kalasin (1)</li><li>9. Roundtrip ticket from Nong Khai to Khon Kaen (1)</li><li>10. Roundtrip ticket from Roi Et to Surin (1)</li></ol>	4,900
Bike Travel allowance for six volunteers (250/trip) <ol style="list-style-type: none"><li>1. Two project leaders (6 trips/each)</li><li>2. Three collaborating PCVs (2 trips/each)</li></ol>	4,500
Travel Allowance (50 baht/day) <ol style="list-style-type: none"><li>1. Two project leaders (21 days/each)</li><li>2. Four collaborating PCVs (2 days/each)</li></ol>	2,500
Banner for project	400
Activity and workbook translations into Thai language (300 baht/A4 page)	7,500
<b>Total</b>	<b>19,900</b>

## PROJECT SCHEDULE:

- October 1, 2016 PCV Ty Miranda will travel to Surin.
- October 2, 2016 PCV India Eve Wirt will travel to Surin.
- October 3-4, 2016 Isaan United for Health 2016 in Surin. PCVs Ty Miranda, India Eve Wirt, and Alyssa Scott will work with SAO Bakdai to host a two-day workshop. On October 3, the community will host the healthy living activities. On October 4, the community will host an aerobics and mural activity.
- October 5, 2016 PCVs Ty Miranda and Alyssa Scott will travel to Maha Sarakham. PCV India Eve Wirt will return to site.
- October 6-7, 2016 Isaan United for Health 2016 in Maha Sarakham. PCVs Ty Miranda and Alyssa Scott will work with SAO Ban Yang Noi and site PCV Vincent Winn to host a Two-day workshop. On October 6, the community will host the healthy living activities. On October 7, the site will host a biking and sports day event.
- October 9, 2016 PCVs Ty Miranda, Alyssa Scott, and PCV Emily Schell will travel to Kalasin.
- October 10-11, 2016 Isaan United for Health 2016 in Kalasin. PCVs Ty Miranda, Alyssa Scott, and Emily Schell will work with SAO Kudwa and site PCV Ross Rinehart to host a Two-day workshop, On October 10, the community will host a biking and aerobics activity. On October 11, the community will host the health living activities and a mural activity.
- October 12, 2016 PCVs Ty Miranda, Alyssa Scott, and Julie Walker will travel to Nong Bua Lompu. PCV Emily Schell will return to site.
- October 13-14, 2016 Isaan United for Health 2016 in Nong Bua Lompu. PCVs Ty Miranda, Alyssa Scott, and Julie Walker will work with Tessaban Non Sang and site PCV Amber Los to host a two day workshop. On October 13, the community will host a biking event. On October 14, the community will host an aerobics activity and the healthy living activities.
- October 15, 2016 PCVs Ty Miranda and Alyssa Scott will travel to Khon Kaen. PCV Julie Walker will return to site.
- October 16, 2016 PCV Abby Harris will travel to Khon Kaen.
- October 17-18, 2016 Isaan United for Health 2016 in Khon Kaen. PCVs Ty Miranda, Alyssa Scott, and Abby Walker will work with Tessaban Phuphaman to host a two-day workshop. On October 17, the community will host the healthy living activities. On October 18, the community will host a biking and sports day event.
- October 19, 2016 PCVs Ty Miranda and Alyssa Scott will travel to Loei.
- October 20-21, 2016 Isaan United for Health 2016 in Loei. PCVs Ty miranda and Alyssa Scott will work with Tessaban Na O to host a two day workshop. On October 20, the community will host a biking event. On October 21, the community will host

healthy living activities.

October 22, 2016

PCV Alyssa Scott will travel back to Surin.