

FRIENDS OF THAILAND  
PCV Small Project Assistance Funding  
REPORT FORM

Date of Report: December 19, 2016

Total Funds Received: 20,000 Baht

Type of Report : \_X\_ Final

Title of Project: Isaan United for Health 2016

Dates of Project: October 2-21, December 12-18, 2016

Name, Group Number of PCV:

Alyssa Scott  
PCV Group 127  
Youth in Development  
Phanomdongrak, Surin

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

Location of Project:

Site #1: PCV Alyssa Scott's Site

SAO Bakdai  
หมู่ที่ 3 ตำบลบักได  
อำเภอพนมดงรัก  
สุรินทร์ 32140

Site #4: PCV Amber Los's Site

Tessaban Non Sang  
320 บ้านโนนสัง ตำบลโนนสัง  
อำเภอโนนสัง  
หนองบัวลำภู 39140

Site #2: PCV Vince Winn's Site

SAO Ban Yang Noi  
178 หมู่ที่ 1 ตำบลยางน้อย  
อำเภอโกสุมพิสัย  
มหาสารคาม 44140

Site #5: PCV Abby Harris's Site

SAO Photak  
Srichiangmai-Klangyai Road  
Amphur Photak, Nongkhai 43130

Site #3: PCV Ross Rinehart's Site

SAO Kudwa  
ตำบลกุดหว้า เลขที่ 367 หมู่ที่ 13  
ตำบลกุดหว้า  
อำเภอภูผินารายณ์  
กาฬสินธุ์ 46110

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 Abby Harris. 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, India Wirt, Diana Chavez, and Megan Carr.

## **PLEASE PROVIDE INFORMATION ON THE FOLLOWING.**

### **Background Information of the Program/Project:**

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 within 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. The group is also requesting funds to pay for transportation fees for the bikes and general supplies.

Each of the six sites were invited by invitation 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, Nong Khai, 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 13 PCVs.

### **Describe how the Program/Project's Objectives and Benefits were met:**

The project went really well. The students improved their knowledge about health issues with an average increase of 20 percent improvement on the pre/post tests. We also had the opportunity to train counterparts on the skills and activities.

### **Describe how the Program/Project Schedule and Initiatives were implemented:**

We were disrupted due to recent events in Thailand, but were able to reschedule the last two events of the program.

### **Detail the Program/Project Budget as implemented:**

We used most of the budget for translation purposes. The other funds were spent on supplies and volunteer transportation.

### **Detail any Community Involvement (if applicable):**

The communities of each site were involved extensively from funding their own projects to helping us teach the material. The counterparts and communities were motivated and super helpful.

### **Describe the Program/Project Sustainability (if applicable):**

In addition to including local residents into 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 were translated into Thai and the communities are 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, five group 128s participated in the project with the intention of bringing the project back to their sites. We are also helping other PCVs with the material and lesson plans.