

FRIENDS OF THAILAND
PCV Small Project Assistance
PROPOSAL FORM

Date of Request: August 20, 2017

Total Funds Requested: 26,500

Title of Project: United for Health 2017

Dates of Project: September 25-November 11

Name, Group Number and Address of PCV Project Leaders:

Megan Carr
PCV Group 128
Teacher Collaborator & Community Service
Sangkhom, Nong Khai
0929842538

Marty Ethington
PCV Group 128
Youth in Development
Mae Ramat, Tak
092-985-6343

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

Site #1: PCV Diana Chavez's Site
Ban Nong Sanuan School
170 Moo 5 T .Kodbot
Amphur Soeng Sang
Nakhonratchasima 30330

Site #4: PCV Megan Carr's Site
Ban Tao-Nabon School
T. Na Ngiew, A. Sangkhom
Nong Khai 43160

Site #2: PCV Mante Petersen's Site
SAO Thakha 30/2 M.1
Amphoe Amphawa, Samut Songkhram
75110

Site #5: PCV India Wirt's Site
Ban Wai School
Moo 8, T. Phu-ngern A. Selaphum
Roi-Et 45120

Site #3: PCV Marty Ethington's Site
Tessaban Thungluang
T. Mae Charao A. Mae Ramat
Tak 63140

Site #6: PCV Anna McGillicuddy
Tessaban Na-Or
151 Moo. 3 Loei-Chiangkhan Road
Amphur Muang Loei 42100

Individuals/Groups Responsible:

The United for Health group leaders are PCVs Megan Carr and Marty Ethington. The individual site leaders are PCVs Diana Chavez, Mante Petersen, Marty Ethington, Megan Carr, India Wirt, and Anna McGillicuddy. They will be working with their local government agencies or schools to host the proposed events. We also will have a group of 129 volunteers that were asked to help: PCVs Christopher Pinkos, McKenzie Paterson, Chandler Smith, Randall Glasgow, and Genevieve Montreuil. This is to ensure sustainability, so that the camps can continue next year.

BACKGROUND INFORMATION/PROJECT HISTORY:

In 2016, RPCVs Ty Miranda and Alyssa Scott came together to create a project aimed at educating and inspiring youth to lead healthier lifestyles. Ty and Alyssa created Issan United for

Health, a series of camps in various locations focused on healthy living. Issan United for Health was a great success, and current PCVs Megan Carr and Marty Ethington want to continue and extend the project beyond Issan. Megan and Marty want to bring United for Health to six sites this year and work with incoming PCVs who can further continue this work.

PCVs Megan Carr and Marty Ethington are currently serving in Northeastern Thailand and Northern Thailand. Currently they have been volunteers for about 19 months and their scheduled COS date is March 2018. Megan and Marty share Ty and Alyssa's concern for the health of Thai citizens, especially among the youth, so they want to continue the project this year.

After participating in Issan United for Health last year, current PCVs have agreed to fine tune this project to two-day health workshops that can be tailored to individual sites. This will allow 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 Megan Carr and Marty Ethington 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 a banner, lesson planning materials/translation, general supplies, one day of food costs given to each of the six schools to help alleviate the burden of the entire amount of funding needed to host the camp.

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 Nakhonratchasima, Samut Songkhram, Roi Et, Nong Khai, Loei, and Tak. In total, the project will reach about 650 (B.5-M3) local students. It will also work with 44 Thai counterparts and 12 PCVs.

PROJECT OBJECTIVES AND BENEFITS:

United for Health's objectives include educating youth in the Northeastern, Central, and Northern regions 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 benefit as well. The project is designed in order to require heavy involvement from the community, which will allow local government staff to build their capacity to facilitate similar events in the future. The project will also 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 takes these details into consideration. Communities are also encouraged to bring their own specialist and/or local citizens to assist with teaching and helping to run the event. By encouraging students and influential adults to take a more active interest in their health and wellbeing, our goal is to jumpstart the propagation of knowledge and inspiration regarding these topics throughout the entire community.

There will be at least 2 Thai counterparts from each site designated as facilitators and/or teachers. They are responsible for aiding in the planning process and all facilitation during the days of the camp.

Site	Thai Counterpart Facilitators	Total Thai Counterpart Contributors	Total Thai National Contribution
Nakhonratchasima	5	14	14
Samut Songkham	5	5	19
Tak	4	4	23
Roi Et	2	5	28
Nong Khai	2	6	34
Loei	6	6	40

The community is also responsible for providing the funds needed to run the activities at the sites. They will provide funding for the food, accommodation, 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 site.

SUSTAINABILITY:

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. 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 any region of Thailand. The project plans to invite one PCV from Group 129 to join at one of the site activities. This will provide them with the opportunity to pass the project on to 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.

BUDGET:

Item	Cost	Total
Transportation for PCVs to travel along the project route (bus tickets) 1. Bus ticket from Tak to Nakhonratchasima (1) 2. Bus ticket from Nong Khai to Nakhonratchasima (1) 3. Roundtrip ticket from Christopher's site to Diana's site in Nakhonratchasima (1) 4. Bus tickets from Nakhonratchasima to Samut Songkhram (2) 5. Roundtrip ticket from Kanchanaburi to Samut Songkhram (1) 6. Bus ticket from Bangkok to Tak (1) 7. Bus ticket from Bangkok to Nong Khai (1) 8. Bus ticket from Tak to Roi Et (1) 9. Roundtrip ticket from Kalasin to Roi Et (1) 10. Bus ticket from Roi Et to Nong Khai (1) 11. Roundtrip ticket from Khon Kaen to Nong Khai (1) 12. Bus ticket from Nong Khai to Tak (1) 13. Roundtrip ticket from Nong Khai to Loei (1) 14. Roundtrip ticket from Khon Kaen to Loei (1) 15. Roundtrip ticket from Nong Khai to Tak (1) 16. Roundtrip ticket from Chandler's site to Marty's site in Tak (1)	9000	9000
Travel Allowance (50 baht/day) 1. Two project leaders 7 days/each 2. Six collaborating PCVs (2 days/each)	1400	10400
Banner for project	500	10900
Activity and workbook translations into Thai language (300 baht/A4 page)	3600	14500
Food/ Snacks for 1 day of camp (2000/school) (1 day/workshop)	12000	26500
	Total	26500

PROJECT SCHEDULE:

- September 24, 2017 PCVs Megan Carr, Marty Ethington, and Christopher Pinkos will travel to Nakonratchasima.
- September 25-26, 2017 United for Health 2017 in Nakonratchasima. PCVs Megan Carr, Marty Ethington, Diana Chavez, and Christopher Pinkos will work with Bannong Sanuan School to host a two day workshop. On September 25, the community will host the healthy living activities. On September 26, the community will host a helmet safety and biking event.
- September 27, 2017 PCVs Megan Carr, Marty Ethington, and McKenzie Paterson will travel to Samut Songkhram. PCV Christopher Pinkos will return back to site.
- September 28-30, 2017 United for Health 2017 in Samut Songkhram. PCVs Megan Carr, Marty Ethington, McKenzie Paterson and Mante Petersen will work with SAO Thakha to host a three day workshop. On September 28 and 29, the community will host the healthy living activities. On September 30, the community will host a community exercise day consisting of a 5K biking event, a 5K running race, and a aerobics event.
- October 1, 2017 PCVs Megan Carr, Marty Ethington, and McKenzie Paterson will return back to site.
- October 6, 2017 PCVs Megan Carr and Chandler Smith will travel to Tak.
- October 7-8, 2017 United for Health 2017 in Tak. PCVs Marty Ethington, Megan Carr, and Chandler Smith will work with Tessaban Thungluang to host a two day workshop. On October 7, the community will host the healthy living activities. On October 8, the community will host the community exercise day.
- October 9, 2017 PCVs Megan Carr and Chandler Smith will return to site.
- November 8, 2017 PCVs Marty Ethington and Liz Simpson will travel to Roi Et.
- November 9-10, 2017 United for Health 2017 in Roi Et. PCVs Marty Ethington, Liz Simpson and India Wirt will work with Ban Wai School to host a two day workshop. On November 10, the community will host the healthy living activities. On November 11, the community will host a community sports and yoga event, along with a mural painting event.
- November 11, 2017 PCVs Marty Ethington and Randall Glasgow will travel to Nong Khai. PCV Liz Simpson will return back to site.
- November 13-15, 2017 United for Health 2017 in Nong Khai. PCVs Megan Carr, Marty Ethington, and Randall Glasgow will work with Ban Tao-Nabon School to host a three day workshop. On November 12, the community will host a sports, yoga, and aerobics event. On November 13-14, the community will host the healthy living activities.
- November 15, PCVs Megan Carr and Genevieve Montreuil will travel to Loei and PCVs

2017

Marty Ethington and Randall Glasgow will return to site.

November 16-
17, 2017

United for Health 2017 in Loei. PCVs Megan Carr, Genevieve Montreuil, and Anna McGillicuddy will work with Tessaban Na-Or to host a two day workshop. On November 16, the community will host the healthy living activities. On November 17, the community will host a community biking event.

November 18,
2017

PCVs Megan Carr and Genevieve Montreuil will return to site.