

FRIENDS OF THAILAND  
PCV Small Project Assistance Funding  
REPORT FORM

**We ask that you send an electronic copy of your project report to Friends of Thailand within ninety (90) days of your Close of Service date to: [carolynnickels@earthlink.net](mailto:carolynnickels@earthlink.net)**

Date of Report: January 25, 2018

Total Funds Received: 25,770 Baht

Type of Report :   X   Final

Title of Project: United for Health 2017

Dates of Project: September 24, 2017-November 18, 2017

Name, Group Number and Address of PCV:

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:

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

Site #3: PCV Megan Carr's Site  
Ban Tao-Nabon School  
T. Na Ngiew, A. Sangkhom  
Nong Khai 43160

Site #2: PCV India Wirt's Site  
Ban Wai School  
Moo 8, T. Phu-ngern A. Selaphum  
Roi-Et 4512

Site #4: PCV Anna McGillicuddy  
Tessaban Na-Or  
151 Moo. 3 Loei-Chiangkhan Road  
Amphur Muang Loei 42100

**THE FOLLOWING TEXT IS FROM THE ORIGINAL REQUEST FOR FUNDING**

Individuals/Groups Responsible:

The United for Health group leaders are PCVs Megan Carr and Marty Ethington. The individual site leaders are PCVs Mante Petersen, India Wirt, Megan Carr, 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 Thai 129 volunteers that were asked to help: PCVs McKenzie Paterson, Randall Glasgow, and Genevieve Montreuil. This is to ensure sustainability, so that the camps can continue next year.

**PLEASE PROVIDE INFORMATION ON THE FOLLOWING.**

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

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. The original idea for this camp, came from PCVs Alyssa Scott and Ty Miranda who have finished their service in beginning of this year. Megan and Marty share the same concern about health of Thai citizens—especially among the youth, so they want to continue the camp this year. It was such a success last year, that it would be a waste, to not try to touch more students and communities this year. Originally titled “Isaan United for Health”, the name will be changed to “United for Health”, because this year, the camps will also take place in other regions in Thailand.

PCVs Ty Miranda and Alyssa Scott came together to create a project aimed at educating and inspiring youth to lead healthier lifestyles. PCVs Megan Carr and Marty Ethington expect to work off of this solid foundation. They invited all of the volunteers who hosted a camp last year to collaborate on ways to fine tune the camps for this year. The group agreed to continue as 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 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.

## **THE REPORT BEGINS HERE**

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

The project was very successful. The students were able to expand their knowledge and awareness of overall fitness, nutrition, and mental health, while learning in a fun and interactive environment. Students’ knowledge about health issues increased an average of 20 percent improvement on the pre/post tests. We also had the opportunity to train counterparts on the skills and activities, who co-taught every session with a PCV.

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

We were disrupted due to 2 of the 6 schools backing out. We were able to have 4 very successful camps, but the last 2 sites had changed their mind about having the camp. They said that there ended up being scheduling conflicts that could not be worked out.

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

We used most of the budget for a food allowance for each site. 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. They did most of the work during the camps.

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

In addition to including local residents into the program, we planned 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, 5 group Thai 129 PCVs 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 who were interested in hosting a camp on their own.