

# STEP-BY-STEPPE



ADRA MONGOLIA: CREATING OPPORTUNITY, CHANGING LIVES

## HEAT'S FIRST BIRTHDAY: CELEBRATING A YEAR OF SUCCESS

**It's been one year since the Health Education Against Tobacco (HEAT) project first started. Before HEAT started there was very little information available and few advertisements against the use of tobacco in the media.** In some countries tobacco taxes are spent on the health sector; especially in the area of fighting against tobacco. Mongolia is currently ranked 10th in the

world in terms of the highest smoking rates. That is why the HEAT project, as its main goal, is using media to convey anti-tobacco messages to the public. Over the last few months at least 10 articles have been written and published in national newspapers and journals, and 20 news items have been publicised and spread throughout Mongolia. Also 20 television programs and radio

shows have been displayed on television. This is a great success for our project, and many people are turning to us when they want to get information. People are starting to become more informed about smoking and tobacco, and are trying to quit. This year has definitely been a success! The HEAT project is by ADRA Australia and Australian government.

## THE TRAINING "RENDEZVOUS" AND DEBATING COMPETITION



Winners of "Safe Choice" Debating competition

**The Safe Choice project (supported by German Federal Ministry for Economic Cooperation and Development) has successfully organized their "Rendezvous" training for 137 dormitory students from eight universities.**

The newly trained peer educators will be teaching 554 other students, in five days, who live with them in their dormitories. 90 percent of the students are first year students who come from distant provinces of Mongolia to study in Ulaanbaatar city. Students who come from the countryside are not usually well educated on sexual health, and

do not have a lot of knowledge about things like HIV/Aids and Sexually Transmitted Diseases (STD's). One of the students said, "I didn't realise that I knew so little about these kinds of things. It was very interesting and the training was very useful. I will teach my peers and other dormitory students about what I have learned". The 'Safe Choice' project is also training students from the Police Academy and from the '1000 student's' dormitory.

### **Don't sell your life!**

ADRA Mongolia's Safe Choice project and the Mongolian Student's Union organized a Parliament 'Safe

Choice' debating competition in order to develop student's leadership, speech, and debating skills. The main purpose was to help the students to learn more about Sexually Transmitted Diseases (STD's) and other related risks. A total of 108 students formed 54 groups from 15 universities and colleges, and came together to participate in the debate. The winner from Otgontenger college, U. Amarbat's topic was, 'Don't sell your life'. His speech gave a strong message to all of the students who participated and it was about how young people should not sell their countries future by choosing Parliamentary candidates who give you money and other things. He also urged students not to go to bars every Friday because students are already poor and "why spend more money on alcohol?" He cautioned girls not to choose men for their money and also highlighted issues such as prostitution and abortion,

Issue 18, October 2009

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# A "GOLDEN FALL" OF NEW PRODUCTS

**The Sustainable Poverty Through Agricultural Development Project in Zavkhan (SPADE Zavkhan) team organized a 'Golden Fall' harvest festival for 10 cooperatives from 10 different soums (districts) in Zavkhan province. The 'Golden Fall' harvest festival was composed of two main parts, including an exhibition and a training component.**

Cooperative members displayed their handmade products such as shoes, and other equipment. One of the main things cooperative members

did was to teach other people from their community about dairy products, including how to make them and also the health benefits of these products. They were able to make 30 different kinds of new products and dishes. Some of these included: pumpkin soup, pumpkin pancakes, yellow bean pancakes, milk jelly, milk paste, and yoghurt. All the cooperatives made at least 150,000.00-200,000.00 tugriks (\$100-\$150 USD) from the harvest festival.



This project is funded by the European Commission. The contents of this publication are the sole responsibility of ADRA Mongolia and do not reflect the views of the European Union.



*Bayan-Borkh cooperative selling their products on harvest festival day*

## DONATE NOW

If you would like to donate to ADRA Mongolia, please visit the following web pages:

- ADRA Czech** [www.adra.cz](http://www.adra.cz)
  - ADRA Switzerland** [www.adra.ch](http://www.adra.ch)
    - Youth Enterprise Project Mongolia
    - Self Help Groups Microfinance
  - ADRA Australia** [www.adra.org.au](http://www.adra.org.au)
    - First Aid Kit
    - Vocational Training for Youth
    - Project of the Month: "Sustaining the Seasons"
  - ADRA New Zealand** [www.adra.org.nz](http://www.adra.org.nz)
    - Sustainable livelihoods through Micro-finance
  - ADRA Canada** [www.adra.ca](http://www.adra.ca)
    - Tools, Seeds
    - Agricultural Training
    - Feed a family
  - ADRA International** [www.adra.org](http://www.adra.org)
    - Stop Family Violence in Mongolia
    - Plant Gardens in the Gobi
  - ADRA Germany** [www.adra.de](http://www.adra.de)
    - SPADE Zavkhan
    - STI Prevention
- Don't forget to tag donations for "Mongolia".

## VOCATIONAL TRAINING FOR YOUTH SUPPORT A YOUNG PERSON FOR A BRIGHTER FUTURE

Mongolia has one of the highest youth unemployment rates in the world. Many of these youth live in rural areas with limited formal education. Faced with social issues and restricted opportunities they too often end up dependant on alcohol. With only small resources ADRA Mongolia creates opportunities in vocational technical training in baking, sewing, electronic repairs, carpentry, leather and wool processing and other areas that give young people hope for the future. The training changes lives, builds confidence and useful skills for economic independence.

**100\$ per month gives one young person a better future**



*Vocational training for women from Bumbugur cooperative in Bayankhongor province*

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ADRA Mongolia would like to thank and acknowledge our partners,  
ADRA Australia  
AusAID  
ADRA International  
ADRA Germany

Federal Ministry for Economic Cooperation and Development  
ADRA Canada  
Canadian Food Grains Bank  
ADRA Switzerland  
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Without their support we would be unable to improve the lives of many Mongolians.

ADRA Mongolia has been serving people locally since 1993 and we need your support to continue this necessary and important work. Visit [Ammado.com](http://Ammado.com) to donate now and help us in Creating Opportunities and Changing Lives.

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