



## Let Your Heart Rejoice

### Voices from the Field and Project Implementation

**Project Area:** Eradicating Poverty and Hunger

**Project Name:** Promotion of Primary Education (School Feeding/Nutrition Program)

**Project Location:** Myanmar

**Implementing Organization:** United Nations World Food Programme Association (UN WFP Association)

**Project Overview:**

In Myanmar, approximately 37.5 percent of the population lives in poverty. Malnutrition among children and regional disparities in education are serious issues. While the primary school enrollment rate is 83 percent, fewer than half those students proceed to secondary education with a particularly high dropout rate among girls. To address these challenges, WFP provides nutritious school meals to preschool and primary school children. The aim is to improve their nutritional status and increase school enrollment rates. This initiative also promotes interaction among parents and community members and raises awareness about food and hygiene.

#### Voices from Beneficiaries and Those Engaged in the Project

**Mr. U. David [pseudonym]** (Program Support Staff, Chair of the Early Child Development [ECD] Committee):

“Before the school feeding/nutrition program, parents who were IDPs [internally displaced persons], including me, had difficulty preparing nutritious meals due to lack of income and limited access to food. Some children could not attend school regularly.

After the program started, children became happier and developed better hygiene and handwashing habits. Parents also gained knowledge about cleanliness and nutrition.

Thank you very much to all donors for giving this important support to our children, especially during such a challenging time.”

*Since the military regime took power in February 2021, conflicts have erupted across Myanmar, putting the lives of citizens at risk. Due to the danger to children's lives, it is difficult to share photos of the beneficiaries.*

**Project Area:** Eradicating Poverty and Hunger

**Project Name:** Nutrition Improvement through Home Gardening

**Project Location:** Honduras

**Implementing Organization:** AMDA Multisectoral & Integrated Development Services, (AMDA-MINDS)

**Project Overview:**

In Honduras, 15 percent of the population lives below the international poverty line, leading to severe malnutrition. Conversely, obesity is also on the rise due to the excessive intake of sugar and fats and a lack of fruits and vegetables. About 23 percent of the population suffers from high blood pressure, and around 7 percent has diabetes. To address these challenges, this project supported home and school gardening initiatives in highly impoverished areas to promote balanced diets through the cultivation of fruits and vegetables.

#### Voices from Beneficiaries and Those Engaged in the Project

**Mr. Alejandro Briceño** (a second-year junior high school student):

“I’m very happy to have taken part in this project. It was my first experience creating ridges for planting and eating vegetables we grew ourselves using natural farming methods. I really enjoyed working together with my teacher and classmates. Thank you so much!”



Mr. Alejandro Briceño



**Project Area:** Education and Human Capacity Development

**Project Name:** Community Resilience Enhancement Project for Vulnerable Groups Affected by Conflict in the Dimbelenge Region

**Implementing Organization:** Terra Renaissance

**Project Location:** Democratic Republic of the Congo

**Project Overview:** This project in Dimbelenge, a region in Kasai-Central province heavily impacted by conflict since 2016, aimed to protect the lives and livelihoods of women and children while enhancing community resilience. Support was provided through improvements to clinics, the revival of commercial activities such as local markets, and the renewal of livelihoods through technical training programs in palm oil and soap production.

### Voices of Beneficiaries and Those Engaged in the Project

**Ms. Kamba Tuakazika:**

“Due to the conflict, I was forced to flee my village with my two young children, a two-year-old and a newborn, becoming an internally displaced person, forced to live under extremely harsh conditions. After that, I managed to find shelter in a village where my brother lived, and we supported each other to survive. However, without stable work or sufficient food, I lost my beloved child to malnutrition. With subsequent support, I learned soap-making skills and now support my family through this work. Even today, conflict persists in neighboring villages, affecting my close friends and acquaintances. I sincerely hope the conflict will end soon and we can live peacefully together again. I deeply appreciate the warm support from Japan and pray for God’s blessings upon all of you.”



Ms. Kamba, working diligently on soap making

**Project Area:** Healthcare, Medical Services, and Welfare

**Project Name:** HIV/AIDS Initiatives and Birth Registration Promotion Project

**Implementing Organization:** Community of Sant’Egidio

**Project Location:** Malawi

**Project Overview:**

At the DREAM Center, a health and medical facility established by the Community of Sant’Egidio, comprehensive free medical care is provided, including blood testing, nutritional improvement, and counseling. This project particularly focuses on the prevention of mother-to-child transmission of HIV, and thanks to its efforts, 99 percent of children are now born HIV-free. Additionally, in cooperation with government authorities, the project also carries out birth registration for children.



Medical Consultations at the Health Center

### Voices of Beneficiaries and Those Engaged in the Project

**Ms. Purser** (DREAM Health Center Expert Client):

“My encounter with the DREAM program began in 2006, when the new center was opened. I visited the center with my child and, during the support process, discovered that I was HIV positive. It was a painful moment, but I was able to begin treatment immediately, and my daughter is now growing up healthy. Her health is my greatest joy, and I am sincerely grateful to everyone involved.

This project gave me not only medical treatment but also hope and a new purpose. After receiving training, I began working as an Expert Client. My role is to share with other women that it is possible to live a full and dignified life while being HIV positive, and to convey the importance of continuous treatment for both mother and child.

This program has given me a new life. My current goal as an Expert Client is to help other women believe that they, too, have a future.”



Ms. Purser





**Project Area:** Emergency Relief and Reconstruction Support

**Implementation Year:** 2024

**Support Recipient 1:** Emergency support focusing on children's nutrition in the Gaza Strip, Palestine.

**Support Organization:** Japan International Volunteer Center (JVC)

**Amount of Support:** 5 million yen (approx. \$33,300)

**Overview of Activities:**

- Conducting health check-ups
- Distributing milk and high-calorie biscuits to prevent malnutrition
- Providing cash assistance

**Support Recipient 2:** Support project for Ukrainian refugees in Krakow, Poland

**Support Organization:** Japan Chernobyl Foundation (JCF)

**Amount of Support:** 3 million yen (approx. \$20,000)

**Overview of Activities:**

- Distributing basic food, daily necessities, and school supplies to mothers and children who have fled to neighboring countries
- Providing support for emergency health check-up expenses

**Support Recipient 3:** Support for internally displaced persons and landmine victims in Myanmar

**Support Organization:** Japan Campaign to Ban Landmines (JCBL)

**Amount of Support:** 1 million yen (approx. \$6,660)

**Overview of Activities:**

- Providing medical services and support for social reintegration of war and landmine victims
- Providing assistance for restoring safe living environments in evacuation sites
- Providing mobile medical services to remote areas, supplying medicines, and distributing supplementary nutritional food for children
- Supporting the creation of educational materials to raise awareness about the dangers of landmines, in response to the increasing number of child victims



A mother giving a nutritional supplement to her child (© Japan International Volunteer Center)



Letters from Ukraine

**Project Area:** Education and Human Capacity Development

**Project Name:** Dream Gift

**Support Recipients:** Ukraine (2024)

**Project Overview:**

This project enables children in Japan to take part in a Donate-a-Meal initiative through which they send heartfelt letters and essential items as gifts to children living under harsh conditions due to conflict. In return, the children who receive these gifts write thank-you letters back to Japan. The project fosters emotional interactions between children and creates opportunities for them to feel a sense of connectedness.

In 2024, children in Ukraine received 1,353 letters from children in Japan, along with 100 tablets purchased through donations as gifts. Many children in Ukraine are currently displaced and living in shelters, unable to attend school regularly due to repeated air raids and power outages. In response to the children's requests, this year's gift was a tablet, enabling access to remote learning. In appreciation, 402 thank-you letters were sent from Ukrainian children to Japan.

**Voices from the Beneficiaries and Those Engaged in the Projects**

**Children in Ukraine:**

"Thank you so much for giving us these tablets. Please don't forget about us."

"We used to study on old computers, but thanks to these new tablets, doing homework has become easier, and now we can attend online classes."

**Children in Japan:**

"I was wondering what I could do to help children suffering around the world, and I'm so glad there's a Dream Gift project."

"Since joining Dream Gift, when I see news about Ukraine on TV, I feel like my donation is being sent there, and even though it was a distant country before, it now feels closer to me."



A letter from Japan



Children receiving their gifts