



## **BERDAYA**

### **Empowerment for Women and Girls through Timor Zero Hunger**

Interim Report | Submitted to Week of Compassion on April 1, 2019  
Church World Service Indonesia

## 1. Summary

Timor Zero Hunger, which Week of Compassion has been supporting since 2015, is designed to help families in remote and impoverished southeast Indonesia face the complex challenges of hunger and malnutrition, especially for young children. To broaden the program's approach to sustainable change for women and teenage girls, and again with Week of Compassion support, CWS has pioneered the *Berdaya* (Empowerment) initiative.

During the past eight months, 350 women farmers in five villages have formed 34 saving groups, improved their knowledge of household and business financial management, started saving and lending small sums to group members. They also started micro-businesses, like home-made snack sales, phone credit selling, traditional scarf weaving, roadside gasoline selling and tire repairing. In addition, 432 adolescent girls, ages 14 to 19, and 170 village health post volunteers learned about adolescent sexual and reproductive health, and 6 girls were identified as new peer educators on the subject.

## 2. Background

Timor island is at the far southeast end of the Indonesian archipelago and about 450 miles northeast of Darwin, Australia. Only the western half of the island, West Timor, is part of Indonesia. The eastern half is Timor-Leste, a separate nation since 2002. Conditions in West Timor are quite difficult for poor families, they mostly rely on subsistence agriculture, being particularly from the effects of climate change, especially drought, which make their lives ever perilous.

In response, T0H activity is in villages where most people are subsistence farmers and where 80 percent of families have farming (home gardening) as their main source of income. Of these, about 30 percent live below the national poverty line of \$25/month. Further, most families are food insecure: they do not have access to enough safe, nutritious food to maintain a healthy and active life. This is especially true during the yearly hungry season before the corn harvest in March and April, and is most starkly evidenced by the fact that the T0H project area has the highest stunting (low height for age) prevalence in all of Indonesia: 70 percent of children under five are stunted, compared to the national average of 37 percent. There is also very limited access to quality health care services, safe water and sanitary latrines.

## 3. Project Description

Timor Zero Hunger's goal is to reduce food insecurity while improving the nutritional status of children under the age of five as well as that of pregnant and lactating women. With a focus on food security and nutrition; water, sanitation and hygiene and small-scale agriculture, Timor Zero Hunger has three objectives: (1) increased access to nutritious food, year-round, for food insecure rural households with children under five; (2) improved health care for and nutrition practices by pregnant and lactating women, with improved caring and feeding practices for children under five through knowledge and capacity-building among community health volunteers, and (3) increased access to safe water, household latrines and hygiene/sanitation information with behavior change support for households.

Together these activities help ensure that extremely vulnerable families can meet their basic human needs for safe water and food, while others help ensure better health and hygiene awareness to strengthen individual and family wellbeing. In addition, households with older children, and the child's caregivers, including community health volunteers, directly benefit from and extend the impact and sustainability of project interventions.

To move toward sustainable development and change for women and teenage girls especially, the T0H initiative, *Berdaya* (*empowerment*), supports women's group saving and lending to help them add to their

earning power and, separately, adolescent sexual and reproductive health education for girls to inform them about their reproductive rights and give them knowledge about their own bodies.

In Berdaya, women's group members start to save from their earnings, such as from selling vegetables or running a small shop. These groups have elected not to receive seed money from given unsuccessful past government-supported savings groups that collapsed once the seed money had been disbursed, and they did not want to repeat this. By their own accounting, groups are thriving and have reaffirmed micro-finance best practices showing that people who form savings and loan groups using their own earned income work hard to make the group work well and sustainably.

### Key Objectives:

1. Improved livelihoods, nutrition and women's empowerment because of increased financial literacy and business acumen, savings opportunities / support, plus access to credit.
2. Improved adolescent wellbeing among girls, especially, due to education about sexual and reproductive health, plus nutrition and basic health.
3. Improved nutrition for children under five due to nutrition education and formation and support of food-related businesses which provide both income and improved nutritional options for women's families.

### 4. Project Locations and Target Beneficiaries

<i>Village</i>	<i>Women Farmers</i>	<i>Adolescent Girls (ages 14-19)</i>	<i>Village Health Post Volunteers</i>
Enonabuasa	32	39	15
Oebaki	43	46	20
Oepliki	34	42	15
Noemuke	45	48	30
Saenam	57	34	20
Op	22	43	15
Fatutnana	23	38	10
Naip	21	47	15
OeEkam	73	98	30
<b>Total</b>	<b>350</b>	<b>432</b>	<b>170</b>

### 5. Project Results

#### **Objective 1: Improved livelihoods, nutrition and women's empowerment because of increased financial literacy and business acumen, savings opportunities / support, plus access to credit.**

Timor Zero Hunger supported women farmers in nine villages. After joining some basic education and information-sharing sessions, families received vegetable seeds and gardening tools to use in putting their learning about organic farming into practice. This included composting and making and using locally-sourced organic fertilizers and pest control applications. Families planted cabbage, red chilli, long beans, green beans and eggplant. Home garden harvests were mostly eaten by the families who owned them, increasing their dietary diversity; surpluses were sold in the market for cash. Additionally, families built chicken coops, and each family received two locally-sourced chickens accompanied with information about poultry nutrition and diseases, as well as proper vaccinations.

With Week of Compassion funding, CWS supported women farmers to achieve the following outputs and results:

- Women's Savings Groups: 34 groups formed in nine villages with about 10 members in each group (350 members overall). All groups are saving and 26 are lending to members for micro-business. As of February 2019, capital growth in 11 groups at 15 percent (average) from December 2018 levels. Loan participation averaged 73 percent of all group members across groups.
- Six one-day financial literacy workshops for 94 women, with pre- / post-tests to assess learning. Women improved their knowledge by 67 percent on average on family financial management, savings and bookkeeping.
- All savings groups have agreed on and finalized statutes and bylaws. Groups are managing between \$33 and \$740 in group savings as well as loans to members.
- Elected leaders in all villages issued official decrees recognizing the women's savings groups. These decrees confirm the groups' legal status and allow them to partner with other organizations, for example, local government, to access Village Funds. Four women's savings groups in Oebaki village received loans of around \$700 each from the Village Fund, which has allowed them to extend larger loans to their members.
- In all, 15 women representing women's savings groups from all nine villages, went on a study trip to the Women's Creative Enterprise Network in the provincial capital, Kupang. Now, women are planning to develop food processing home industries in their respective villages. The Network in Kupang will help facilitate this process and help market the products as they frequently participate in relevant expos.

**Objective 2: Improved adolescent wellbeing among girls, especially, due to education about sexual and reproductive health, plus nutrition and basic health.**

With funding from Week of Compassion, CWS has supported adolescent girls and village health post volunteers (*cadres*) to achieve these outputs and results:

- Seven one-day adolescent sexual and reproduction health education / training session for adolescents. In all, 165 girls and 66 boys learned about the subject and their knowledge increased by between 20 percent and 33 percent, on average, based on pre- and post-tests.
- Fifty girls and 20 boys joined a two-day peer educator recruitment and education/training. Pre/post-tests showed that participants increased their knowledge by 57 percent on average. Also, six girls were identified as new peer educators.
- A total of 398 youth (118 boys; 280 girls) joined 24 information sharing / education sessions led by Peer Educators and the CWS team about unwanted pregnancies and pornography. Knowledge increased by 44 percent per pre- and post-tests.
- A total of 303 youth (214 girls; 89 boys) in six villages participated in 29 one-day, peer-led adolescence sexual reproductive health info-sharing, knowledge-building and behavior change sessions. Girls and boys learned about child marriage, unwanted pregnancy and puberty. Knowledge grew 34 percent on average per pre- and post-tests.
- A total of 84 male and 185 female peer educators, other youth, health volunteers, religious and village leaders, and teachers joined four one-day campaigns for adolescent sexual and reproductive health and nutrition in four villages. From the educational component of the campaigns, pre-and post-tests show that participants increased their knowledge of nutrition and adolescent sexual and reproductive health by 32 percent (average).
- A total of 150 youth (111 girls; 39 boys) in three villages joined 10 one-day peer educator-led workshops on adolescent sexual and reproductive health for information-sharing, knowledge-building

and behavior change communication. Teens learned about puberty, avoiding pregnancy and child marriage; knowledge grew 21 percent on average, per pre- and post-tests.

**Objective 3: Improved nutrition for children under five due to nutrition education and formation and support of food-related businesses which provide both income and improved nutritional options for women's families.**

As noted, Timor Zero Hunger is designed to address issues of hunger and malnutrition using three complementary approaches, including (i) continuing education for government health post volunteers, (ii) community-based health and nutrition promotion, and (iii) support of a Therapeutic Feeding Center, operated by local NGO partner *Yayasan Abdi Kasih*, to treat children with Severe Acute Malnutrition.

- A total of 215 women in six villages joined 16 one-day local food production and processing information sessions. Women learned how to make nutritious, locally-sourced chips and snacks to eat or sell; knowledge grew 48 percent on average per pre- and post-tests.
- A total of 214 parents of children under two, plus some pregnant and nursing mothers, joined 15 one-day cooking demonstration in Saenam, Op, Noemuke, Naip, Fatutnana and Oekam villages. People learned cassava's nutritional value and how to make meals / snacks w/cassava; per pre-/post-test results, knowledge grew 20 percent on average.
- With the help of entrepreneurship training, some group members have started to diversify their micro-businesses. For example, 15 women are now selling homemade snacks while 24 women weave and sell traditional hand-woven textiles. Further, five women have small roadside kiosks for selling gasoline and one woman has opened a tire repair business, while another one sells phone credit.
- Almost 300 women joined nine two-day workshops re: how to start a micro-business (chicken farming, weaving, food production). The workshops covered topics such as developing a simple business plan, developing a marketing strategy, and product quality control. As an immediate result of these workshops, women's knowledge increased by 80 percent on average per pre- and post-tests.

## **6. Story of Change**

### ***Empowerment! One Woman's Experience of Group Solidarity***

Yance Tefa is 36 and she is called Mama Yance by her neighbors and friends in Banli hamlet in remote southern West Timor. She lives with her husband, Samuel Leokuna, who is 38, and their four children, who are all school or preschool students aged four to 16. Most people in Banli and others nearby hamlets and villages are household farmers like Mama Yance. She raises pigs for her primary income while others raise corn and other crops. Besides tending her pigs, Mama Yance weaves traditional ikat fabric for ceremonial shawls used in weddings and funerals, and blankets, which she sells for a nice profit. Usually she weaves with help from her daughter, and she can do so because of CWS support for her to expand her weaving business while also increasing her farming activities to include vegetable gardening that helps improve her family's diet and increase the family income too.

Mama Yance's financial situation is better now than in many past years primarily because of her own ambition and diligence. And, in truth, because CWS has been helping the women of Op village through the BERDAYA, or EMPOWERMENT, initiative for the past year. Like past work with Op and other nearby villages, this new CWS focus on women and girls, which is funded by Week of Compassion, has been enthusiastically received, especially among mothers. One key reason that women like Berdaya is that it has supported savings groups start-up – not with seed funding or grant, but with simple technical assistance, advice and encouragement. Mama Yance, like others, is clear that she has gained a lot of new information from CWS staff to help her expand her knowledge for better household economic management as well as community group operations and management. She is especially happy to know more about



group savings and lending – simple bookkeeping, business opportunity assessment and planning, market assessment and marketing ideas.

Because of BERDAYA Mama Yance is, by her own admission, more active and diligent in working to improve her family’s wellbeing. “A year before CWS came to this village, I and some other mothers in this village were working with textile buyers from nearby Soe town to sell our ikat in Kupang, which is our biggest city and a place we would have more customers, potentially. However, the problem we faced was the lack of enough capital to buy thread and other materials in large quantities, so the number of ikat scarves we could weave was small since the profits we had from selling our pigs or vegetables was quite small with not much left after we paid our bills each month.

So, when CWS approached us about Berdaya about a year ago and we figured we could learn a lot and benefit ourselves through the education and training being offered. And, we were right, especially in creating our savings group! We began to realize In Banli hamlet alone, we started saving our own money: 300,000 rupiah (\$23); after just four months we had 800,000 rupiah (\$61), which we used, in small loans to individual members, to buy yarn, and other weaving supplies and tools.”

Because she learned a lot more than she’d known before about business basics, Mama Yance was able to move from one 200,000-Rupiah (\$15) loan, which she repaid quickly after selling two shawls for a nice profit, to another, and then another – increasing her inputs (thread, primarily) and outputs (shawls and blankets) to grow her profits each time. During four months she wove six shawls and three blankets and sold four of the shawls and both blankets for 900,000 Rupiah (\$69) in profit!

“With this assistance from CWS, I would like to encourage all members of Berdaya-inspired savings group to try new business opportunities since we all have the benefit securing start-up loans. For those of us weaving ikat textiles, I hope that our collaboration with the buyers from Soe will continue to go well so that our handiwork can be regularly and increasingly sold in Kupang for more and more profit.” In addition to profit, Mama Yance and dozens of other women in West Timor are increasing their pride alongside their profits by bringing their talents to bear for their families in improved livelihoods and wellbeing.



## 7. Financial Report

Description	Budget FY'19	Expenditures (28 FEB '19)
Objective 1: Improved livelihoods, nutrition and women’s empowerment because of increased financial literacy and business acumen, savings opportunities / support, plus access to credit.	\$4,044	\$ 3,928
Objective 2: Improved adolescent wellbeing among girls, especially, due to education about sexual and reproductive health, plus nutrition and basic health.	\$5,588	\$4,571

Objective 3: Improved nutrition for children < 5 due to nutrition education and formation and support of food-related businesses which provide both income and improved nutritional options for women's families	\$6,471	\$1,785
Personnel	\$12,132	\$10,916
Support Costs	\$1,765	\$1,372
<b>Total</b>	<b>\$30,000</b>	<b>\$22,572</b>