

Healthy **Change** with WITH

2021 WITH ANNUAL REPORT



위 드



Wholistic Interest Through Health

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2021 Annual Report

WITH(Wholistic Interest Through Health) is an international health and nutrition specified non-profit organization, originated from FOOD &NUTRITION FOR GOOD NEWS and founded in 2006 to recover and change our suffering neighbors around the world with an integrated approach. WITH and FOOD &NUTRITION FOR GOOD NEWS unite in the spirit of God's love and sharing.

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GREETINGS

Turn a crisis into an opportunity!



I would like to thank everyone who has been supporting WITH with constant love and care for the recovery of our suffering neighbors in the Yellow Window.

The COVID-19 pandemic, which has driven the whole world into unprecedented chaos, has put a lot of restrictions on our daily lives in the past two years by producing delta and omicron variants despite vaccination and the expectations of living with Covid-19. Nevertheless, we had a meaningful time preparing for post-COVID-19 while strengthening our internal stability throughout 2021.

WITH has published 'The Caleb Report Zoom in Swahili' to prepare for the future of our projects by conducting preliminary research in 12 Swahili using countries out of 45 African countries which accounts for two-thirds of the Yellow Window. We also have organized our own training programs to promote cooperation with international organizations and gained an opportunity to discover potential resources through a total of three International Nutrition Activist Training Program sessions.

Cambodia's integrated maternal and child health and nutrition project, which has continued since 2015, laid the foundation for the third phase project that runs for three years from 2022. It aims to be operated independently by the local community and is preparing for the transfer.

"Seeking Everyone's Dream", an educational project to find dreams for children and adolescents in Madagascar was able to steadily grow one step further despite the situations of COVID-19 pandemic, such as reaching for more targets.

We have verified the feasibility of health and nutrition promotion projects for school-age children and adolescents in Mongolia, Tanzania, and Morocco and also took steps for full-fledged regular projects. In Mongolia, Cambodia, Madagascar, Laos, and Bangladesh, where more help was desperately needed in the prolonged COVID-19 situation, we have provided basic livelihood support, which was expanded from 2020. We also have supported victims in Myanmar, where a military coup occurred.

Domestically, WITH continued the global citizenship education and 'Dream Bag' campaign both online and offline as a part of future generation development education. In 2022, we secured financial resources to provide various education for more than 1,500 teenagers.

Like many historical witnesses who have turned a crisis into an opportunity, WITH have taken this opportunity in 2021 to forge a better future despite many difficulties. I thank everyone who has been supporting WITH to make all of these possible. I hope you will continue to bless all domestic and international projects of WITH so that we can achieve the holistic recovery of Yellow Window and achieve miracles with God's grace, and I hope you will be a witness to WITH in this path.

Chairman of the Board CHUL-JAI KIM

A handwritten signature in black ink, reading "Cj Kim".

Mission · Vision · Core Values · Core Strategy

Mission

WITH serves the suffering global community with spirit of love and sharing to be recovered wholistically and to form a kingdom of God

Vision

By serving each other, WITH promotes healthy changes of the Yellow Window

Core Values

Devotion

We are obedient to the life that we are called

Community

We are a community that works together

Service

We serve with love and sharing

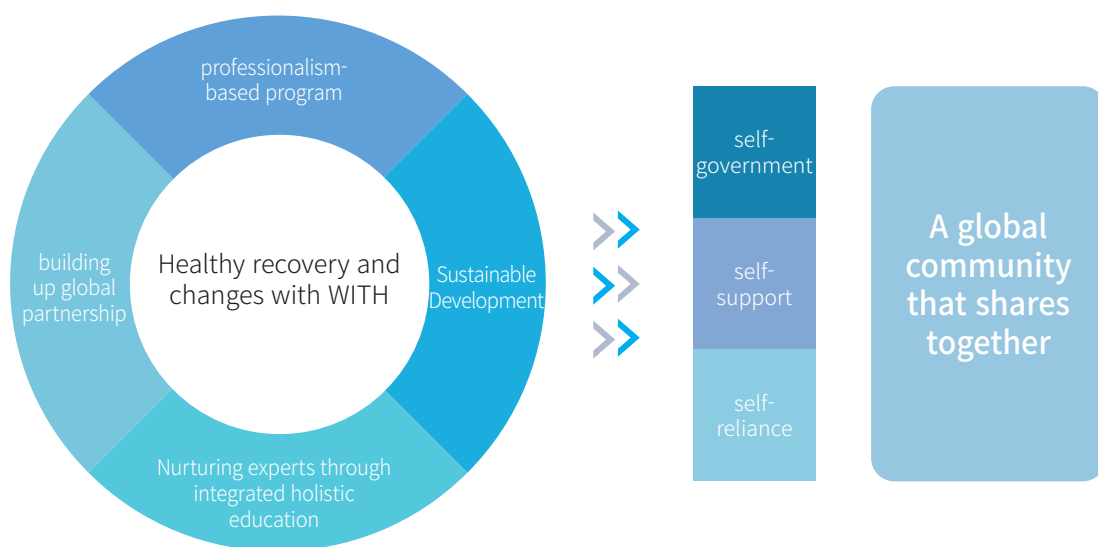
Stewardship

We work as stewards

Professionalism

We are experts who unite to make healthy changes

Core Strategy



Projects of WITH

More integrated support is needed to change and recover healthily from the polarized malnutrition problems, food security, health and nutrition management system, drinking water, health and hygiene education, and poverty in Yellow Window countries, the major fields of WITH's projects. We are working on various projects according to the needs of the regions to improve the fundamental and structural causes of individuals and communities and to ensure continuous recovery in the communities.



Public Health and nutrition

Promoting maternal and young child health and nutritional care

We provide pregnant women and children under 2 years old nutrients necessary for healthy growth and development through adequate nutrient supply programs.

Child nutrition management

We provide education to prevent malnutrition and improve health through improving the nutrition and health of infants, preventing malnutrition in children, reducing infant mortality, and promoting practices of independent health and nutrition behaviors.

School meal project

We provide school meals to improve school-aged children's dietary life style and build proper dietary habits, and improve the education quality by improving students' nutritional status, while continuing to establish institutional settlement such as fostering nutrition and cooking experts necessary for sustainable service implementation.

Chronic disease prevention and care

We prevent and manage chronic diseases of adults in developing countries that are suffering from double burden of nutrition due to coexistence of under- and overnutrition problems.



Overseas scholarship and mentoring program

We provide scholarships and mentoring programs to the teenagers to overcome poverty and to dream for the future, and hence to become leaders the next generations.



Training and exchange programs for experts and research

Training experts

We conduct an integrated holistic education program that can lead to sustainable development projects through self-governance, self-support, and self-reliance.

Providing educational courses for global experts

We provide educational courses to the activists helping them with planning nutrition-related field activities and empowering their abilities.

- International Nutrition Activist Training Program, Nutrition Intervention School (NIS), Wholistic Community School (WCS)

Local Expert Training Program

We train local people and establish them as partners through professional exchange programs and research projects.

- International nutrition improvement activists training, International exchange and education programs, Community nutrition research projects



Improvement of water and public sanitary environment

We secure safe drinking water and improve public health hygiene for healthy community change.



Relief and aids

We provide food, daily necessities, and sanitary supplies to people and areas in need of emergency relief due to natural disasters and conflicts to restore vulnerable food security and hygiene and sanitation environments.



Education on Promoting Self-reliance

We help the community become self-reliant and develop the dreams of the next generation through community-based educational projects.



Nutrition support for North Korea

To improve the health condition of North Korean children who are chronically malnourished, we provide nutritional supplements considering their digestive conditions and growth development, and we also prepare continuous support for nutritional meal services to treat undernutrition of North Korean children gradually.

COVID-19 and Food and Nutrition Security Crisis¹⁾

COVID-19 and Food and Nutrition Security Crisis

Since the World Health Organization (WHO) declared COVID-19 pandemic on January 30, 2020, COVID-19 has been influential by threatening food security and nutritional status along with the global economic downturn. Already, the world is suffering from starvation and nutritional imbalance due to food insecurity, and health and nutrition issues are intensifying along with the collapse of the food system combined with the COVID-19 pandemic.

Global and Yellow Window cases

As of March 22, 2022, the number of COVID-19 confirmed cases in the world is approximately 476 million (475,758,392) and the total number of confirmed deaths is approximately 6 million (6,104,376). Among 73 Yellow Window countries, WITH's main project fields consist of low- or middle-low-income countries, the total number of COVID-19 confirmed cases in 72 countries, excluding North Korea, is about 75 million (75,544,173), accounting for 16% of the world's confirmed cases, and the total number of confirmed deaths is 17% (1,023,020 deaths). This may seem not too high, but for the Yellow Window, which is already suffering from severe hunger, poverty and malnutrition, emergency relief is urgently needed.²⁾

According to the "The State of Food Security and Nutrition in the World, 2021", the global food

768 million people suffering from food shortages globally in 2020

insecurity was largely attributable to COVID-19. It was projected that the number of the undernourished suffering from food shortages would reach 768 million (9.9% of the world's population) in 2020, up 1.5 percent from a year ago. It is estimated that about 660 million people will still face starvation in 2030 due to the lasting effects of the pandemic unless drastic steps are taken to address inequality in food access.³⁾ Loss of income and suspension of food supply due to COVID-19 also affected diet choices, according to a study, which predicted that in low- and middle-income countries, about 141 million more people were unable to afford a healthy diet due to COVID-19 in 2020.⁴⁾ In addition, it is estimated that if new actions are not taken in these countries, more than 13.6 million children will suffer from wasting and 3.6 million children from stunting, and 283,000 related child deaths will increase by 2022, with 4.8 million more cases of maternal anemia.⁵⁾

1) <https://ourworldindata.org/covid-cases> On March 22, 2022, the total number of COVID-19-related deaths around the world is 775 per million, the number of new confirmed cases is 209, and the total number of deaths in 72 YW countries is reported as 255 and 38 new confirmed cases.

2) <https://doi.org/10.1016/j.clnu.2021.08.15>

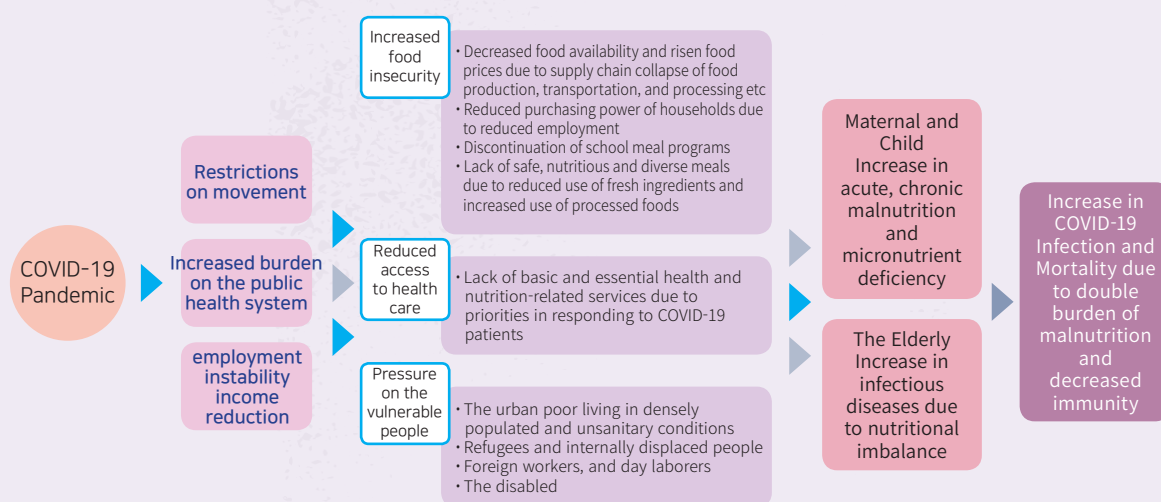
3) FAO(2021) FAO, IFAD, UNICEF, WFP, WHO. The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all. Rome.

4) IFPRI(2022) COVID-19 & Global Food Security- 2 years later

A vicious circle of COVID-19 and food insecurity and malnutrition (Figure 1)

The COVID-19 pandemic has reduced food availability due to socioeconomic impacts, including restrictions on domestic and international movement, employment instability, reduced income and the collapse of food supply chains for food production, transportation, and processing. In addition, the use of agricultural labor declined due to restrictions on movement, resulting in a decrease in food production and an increase in food prices, which reduces the food purchasing power of households. This, in turn, has become a factor worsening food insecurity amid conflicts and climate chaos.⁶⁾ As a result, access to fresh ingredients has decreased, but the use of processed foods with long shelf life and easy access to them has led to a lack of safe and nutritious meals, which is expected to intensify the triple burden of stunting, micronutrients deficiencies like anemia, and overweight and obesity in low-income countries.⁷⁾⁸⁾

Without adequate food environment and health and nutrition services according to the life cycle, the COVID-19 pandemic can adversely affect the formation of healthy human capital, such as poor learning ability and increased risk of chronic diseases as well as child growth and development.⁹⁾ In particular, except age, diet-related cardiac and metabolic disease is reportedly a crucial risk factor for increasing the severity of COVID-19, including the risk of hospitalization and death. Additionally, the COVID-19 pandemic overlaps with the global pandemic of obesity and type 2 diabetes over the past 30 years, contributing to the severity of COVID-19, as well as nutritional instability caused by the pandemic adds to the social burden caused by increased poor eating habits and weight gain.⁵⁾



<Figure 1. Vicious cycle of COVID-19 and malnutrition>

Over the past two years, COVID-19 has posed new challenges to the progress made so far to eradicate hunger and address all forms of malnutrition in most countries around the world. Restoring this progress international organizations such as FAO and WFP, along with major stakeholders, including related countries and NGOs, are making every efforts by establishing short-term and long-term strategies for conflict, climate change, and the long-term economic downturn caused by COVID-19, which is the main driver of food insecurity and malnutrition. Therefore, it is required to come up with integrated and active measures against the double burden of infectious diseases and malnutrition based on our experience of COVID-19 and the vicious cycle of malnutrition at a time when the emergence and pandemic of new infectious diseases are expected to continue.

5) Development Initiatives (2021) 2021 Global Nutrition Report: The state of global nutrition. Bristol, UK.

6) <https://doi.org/10.1016/j.gfs.2018.08.003>

7) WFP(2020) Global Report on Food Crises 2020

8) SUN Factsheet, June 2020. COVID-19 and Scaling Up Nutrition

9) [https://doi.org/10.1016/S0140-6736\(20\)31647-0](https://doi.org/10.1016/S0140-6736(20)31647-0)

Countries in Yellow Window

• Morocco

Health and Nutrition Projects

Dormitory Support for Female Youth in Rural areas in Morocco

• Mongolia

Public Health and Nutrition Project

- Chronic Disease Prevention, Health and Nutrition Training in Mongolia
- Child Nutrition and Foodservice Management Improvement Project in Ulaanbaatar, Mongolia

Training and exchange programs for experts and research

- Mongolia Center for Improvement of Nutrition(MIN) (Training school meal service management experts, standard meal recipe development, consultation on school meal service expansion etc)
- A Preliminary Survey on Mongolian Elementary, Middle, and High School Meal Service Capacity Enhancement Project
- Cooperation with Food and Nutrition Department of Huree University in Mongolia
- Education Project at Ulaangom College in Uvs (Korean Language and Food Sanitation Education)

Relief and Aids

- COVID-19 Emergency Relief
- Online International WITH Volunteers for Mongolia (Online Nutrition Education and Cooking Practice, Delivery of relief supplies)

Tanzania •

Health and Nutrition Projects

Training and Exchange Programs for Experts and Research

Madagascar •

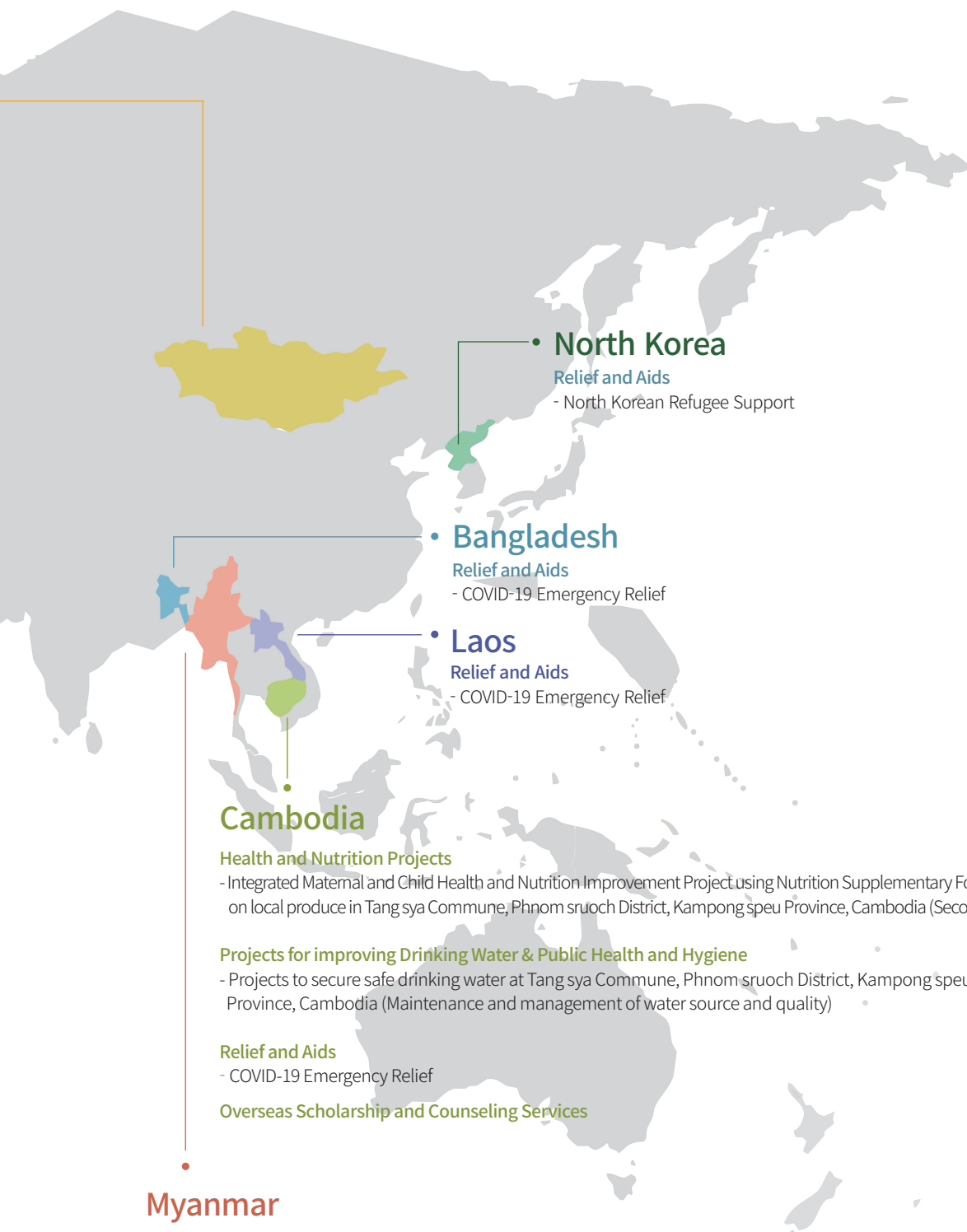
Education for self-reliant development

- Education Projects at Mama Center (Kids club, Teens Club, Mama Chapel)
- Seeking Everyone's Dream, An Educational Project for Children and Adolescents in Talatamaty Commune Madagascar

Relief and Aids

- COVID-19 Emergency Relief
- A Big Feast for mothers(Mama)

Overseas Scholarship and Mentoring Services



• North Korea

Relief and Aids

- North Korean Refugee Support

• Bangladesh

Relief and Aids

- COVID-19 Emergency Relief

• Laos

Relief and Aids

- COVID-19 Emergency Relief

Cambodia

Health and Nutrition Projects

- Integrated Maternal and Child Health and Nutrition Improvement Project using Nutrition Supplementary Food based on local produce in Tang sya Commune, Phnom sruoch District, Kampong speu Province, Cambodia (Second phase)

Projects for improving Drinking Water & Public Health and Hygiene

- Projects to secure safe drinking water at Tang sya Commune, Phnom sruoch District, Kampong speu Province, Cambodia (Maintenance and management of water source and quality)

Relief and Aids

- COVID-19 Emergency Relief

Overseas Scholarship and Counseling Services

Myanmar

Educational Projects on promoting Self-reliance

- Development of Regular course curriculum for Food and Beverages Vocational Training Projects for dropout youth in Yangon, Myanmar
- Good Field Education Project (after-school classes for infants and elementary school students)

Relief and Aids

- Support for the victims of the Myanmar coup

You turned my wailing into dancing (Psalm 30:11)

Two years have already passed since the COVID-19 pandemic began. The sudden appearance of the virus has caused indelible damage to mankind and is still threatening our life. COVID-19 has affected life of all different people, especially the socially and economically vulnerables. In 2021, WITH carried out emergency relief projects in Mongolia, Bangladesh, Laos, Cambodia, and Madagascar to meet the needs of our neighbors in Yellow Window suffering from COVID-19.

Mongolia
(Jun~Nov)

Target: 340 vulnerable households
Items: 340 relief kits(each kit contains 5 kg of rice, 3 kg of noodles, 1L of cooking oil and 2 boxes of vitamin C), 340 anti-epidemic supply kits(each kit contains 20 KF94 masks, 225ml soap and 250ml hand sanitizer)

Target: 5 public institutions in Ulaanbaatar(community service centers, public health centers and police stations)
Items: 5 anti-epidemic supply packages(each package contains 700 masks, 20 soaps, and 20 hand sanitizers)

Target: 4 universities(Mongolian University of Science and Technology, Huree University, Mongolia Trinity Bible College, Ulaangom College in Uvs)
Items: 4 anti-epidemic supply packages(each package contains 2,000 masks, 100 soaps and 100 hand sanitizers)

Bangladesh
(Jul~Aug)

Target: 300 households of the socially vulnerable in Bhairab, Dhaka, Bangladesh
Items: Food relief kits(each kit contains 5-10kg of rice, 2kg of flour, 1~2L of cooking oil, 1kg of mung bean, 70 pcs of vitamin C, etc.), anti-epidemic supply kits(each kit contains 20 masks and 5 soaps)

Laos
(May~Oct)

Target: 1,300 faculty members and college students in foreign language education department at Laos National University College of Education
Items: 3,000 pcs of KF94 masks

Target: 1,000 students living in the dormitory of SEAGAME, Laos National University
Items: 1,000 food relief kits(each contains 8 ramen, 9 eggs, and 4 baguette bread), 8,000pcs of KF94 masks



(Pictures from left) Emergency relief programs by branch offices in Mongolia, Bangladesh, and Laos
*(Psalm 30:11) You turned my wailing into dancing; you removed my sackcloth and clothed me with joy

Cambodia
(May-Dec)

Target: 117 households with COVID-19 confirmed cases in produce in Tang sya Commune, Phnom sruoch District, Kampong speu Province, Cambodia
Items: 117 Food relief kits(each contains 10 kg of rice, 1 box of ramen, and 12 cans of saury)

Target: 375 WITH project-related people including local community officers of the Tang sya Commune, Phnom sruoch District, Kampong speu Province Cambodia
Items: 2,262 masks

Target: 360 vulnerable households in the Tang sya Commune, Phnom sruoch District, Cambodia
Items: 360 Food relief kits(each contains 30 ramen, 1L cooking oil, 10 saury cans, and 500g sausage), 360 anti-epidemic supply kits(each contains a 100ml of hand sanitizer spray, a 500ml of hand sanitizer gel)

Madagascar
(Jun-Dec)

Target: 353 mom members of Mama Center
Items: 155 food relief kits (each contains 2kg of rice, 1 chicken and 1L of oil), 198 food relief kits (each contains 10kg of rice, 1L of cooking oil and 5 packs of salt), 198 anti-epidemic supply kits(each contains 5 masks and 5 soaps)

Target: 135 children and youth members of the Mama Center
Items: 135 food relief kits(each contains fish cans, bread, yogurt and juice) and anti-epidemic supply kits(each contains 5 masks and 3 soaps)

Target: 5 vulnerable households in Androy village in southern Madagascar
Items: 5 goats per family

Target: 607 students, 15 teachers, 25 parents of 3 public elementary schools (Amboasary, Ambohotrinibe and Ambohinanjakana)
Items: Hygiene education and lunch

Target: 265 vulnerable households(poor and disabled) in the Falaraza, Alakamisy and Ankidonona area
Items: 1,650 kg of rice

Despite various restrictions and dangers caused by the local COVID-19 situation, we have not stopped reaching our suffering neighbors. Our support may not meet all the needs of our grieving neighbors, but we hope for a day we can turn the grief into dance by our sharing love, and we will continue to expand our emergency relief programs to meet urgent needs of the suffering neighbors.



(pictures) From left, Covid -19 emergency relief activities by WITH branch offices in Cambodia and Madagascar branches

Cambodia



2021 project report

The "Integrated Maternal and Child Health Promotion Project Using Local produce to produce Nutrition Supplementary Food in Tang sya Commune Region", which began in 2016, aims to improve health and nutrition for pregnant or lactating women and infants under the age of 5 in the region.

In 2021, the last year of the second phase of the project, nutrition supplementary food based on local produce, health hygiene education through home visits, and follow-up management were provided to vulnerable children under the age of 5 and pregnant or lactating women in 17 villages in Tang sya Commune. In order to empower the health and nutrition management capabilities of the community, the Health and Nutrition Committee, nutrition promoters, and medical staff at referral hospitals and health centers in the community were trained in 2021. Despite the COVID-19 pandemic, nutrition education for pregnant or lactating women was conducted in compliance with hygiene regulations and food and hygiene products were provided to meet urgent needs of the vulnerables.

2021 Project Achievements

Public Health and nutrition Projects

An Integrated Maternal and Child Health Promotion Project Using Nutrition Supplementary Food based on local produce in Tang sya Commune, Phnom sruoch District, Kampong speu Province, Cambodia (Second phase)

A screening survey was conducted on **17** villages in Tang sya Commune region to select people with malnutrition

An evaluation survey on project effectiveness was conducted on **17** villages in Tang sya Commune area
1.7 tons of nutrition supplements were provided to **442** people with malnutrition (pregnant or lactating women and children under the age of 5)

Food packages were provided to **74** children with moderate or severe malnutrition and **248** pregnant or nursing women, a total of **16** times: 15,000 won/per child per time, 4,000 won/per time per pregnant or lactating woman

Education on public health hygiene and nutrition through home visits and follow-up management: **208** households with moderate or severe malnutrition children or pregnant or lactating women, 160 households with mild malnutrition kids, and **12** times of education and follow-up management for each household

Nutrition education for **154** pregnant or lactating women

Operation of the Community Health and Nutrition Committee meetings, **6** times
Three times of training of trainers(TOT) to build capacity for community health and nutrition committees is conducted

TOT was conducted for **30** health workers of Trapang Kroloeng Referral Hospital and Health Center
A capacity-building workshop for the Community Health and Nutrition Committee was conducted
Production of **5** types of education materials for empowering the Health and Nutrition Committee
9 sets of education materials for Nutrition promoters (Flip Charts, Brest pump and Breastfeeding Vest) were produced

Production of **6** educational brochures on intensive health and nutrition education

Provide daily necessities (hand sanitizers, eco bags, ramen, sausages, cooking oil, etc.) for **360** vulnerable households in Tang sya Commune

Improvement of water and public sanitary environment

Secure safe drinking water supply in Tang sya Commune, Phnom sruoch District, Kampong speu Province region in Cambodia

Repairs of 6 drinking water systems developed in Tang sya Commune and **2** times of water quality inspections

Emergency Relief and Aid

COVID-19 Emergency relief for vulnerable households in Tang sya Commune area

Food kits for **117** households with confirmed cases and **360** vulnerable households including ramen, cooking oil, saury cans and sausages

Anti-epidemic kits (spray or gel types hand sanitizers) were provided

Overseas scholarship and mentoring program

Scholarships for 8 college students

Special feature

Changes and Expectations of Integrated Maternal and Child Health and Nutrition Improvement Project 3rd Phase

The WITH cambodian branch, which began in 2005, confirmed that despite the economic growth and improved nutritional status index after Cambodia's civil war, the nutritional status of rural residents outside the capital Phnom Penh still faces challenges. Therefore, for the healthy life of Cambodian residents, we have carried out nutrition improvement projects in various ways. In particular, in 2015, three regions were selected to conduct a feasibility study on community-based nutrition improvement projects in rural areas. Tang sya Commune, Phnom sruoch District, Kampong speu Province, where 40% of children under the age of 5 are in the worst condition, including underweight, anemia, lack of micronutrients, and frequent diarrhea, was selected as a project field.

In order to improve the nutrition of children under the age of 5 in Tang sya Commune, the goal of the project was set as "promoting nutrition for mothers, infants and children under the age of 5 through Integrated maternal and child health and nutrition management in Tang sya Commune, Phnom sruoch District, Kampong speu Province". We selected malnourished children under the age of 5 and pregnant and lactating mothers who directly affect the nutrition status of infants and young children as the main targets of the project. In consideration of not only solving nutrition issues in the short term but also being able to provide nutritional support for children born in the future independently, a blueprint for the entire project was drawn, and based on this, we are conducting step-by-step projects (1st phase: 2017~2019, 2nd phase: 2020~2021).

In the first phase, nutrition supplementary food based on local produce in Cambodia was developed, produced, and supplied in consideration of local people's eating habits, and health and nutrition hygiene education was also provided for the main caregivers. In the second phase, it has evolved from supplying nutrition supplements to providing one-on-one nutrition education and follow-up management through food package supply and home visits. In addition, a community malnutrition prevention campaign, nutrition education for pregnant and nursing women, and public health and hygiene education for local residents were provided, and also a reservoir to secure sufficient drinking water was developed and a large water purification system that produces 1 ton of drinking water per day was established. To empower the local community's nutrition management ability, residents were selected and trained to be nutrition promoters. The Local Health and Nutrition Management Committee has been organized to solve the health and nutrition issues of the community independently and to cooperate for major decision-making in the project. In addition, for the continuity of these activities, from the second phase, a nutrition education room was opened in the Referral Hospital, a health care institution in the community, and nutrition education was provided to the main caregivers of children under the age of 5, pregnant or lactating women, and nutrition training was provided to medical staff at the Referral Hospital and Health Care Center.

These activities led to improvement of the nutritional status of children under the age of 5 and pregnant or lactating women, in turn, improvement in low weight and anemia, and the awareness of health and nutrition hygiene of local residents. As a member of the Community Health and Nutrition Committee, the head of the local community recognizes that this project is effective and necessary for the healthy lives of local residents, and above all, it is a great achievement that nutrition promoters consisting of local residents are engaged in trusted health and nutrition activities.

Now, the project begins its third phase (2022-2024) of preparing for a full-fledged transfer for the independence of the community. In the following three years, we will work with local leaders, nutrition promoters, and residents to find out the best model so that the community can continue to operate and manage nutrition supplements production plants, community health and nutrition improvement programs, and drinking water systems. Through these efforts of activists, we hope that the program will continue to be implemented in the community after the transfer, as well as contributing greatly to the nutritional status of the local residents of Tang sya Commune.

Sunmi Kim (Head of Cambodian Branch)



Sharing and contribution of WITH

Madagascar



2021 project report

Since 2013, the WITH Madagascar Branch has been operating a "Mama Center" in the Talatamaty area in Antananarivo to promote self-reliance for mothers and their children from poor households, and from 2019 it has been working on a "Seeking Everyone's Dream' project for Children and Youth at Talatamaty Commune Madagascar " to help children dream of the future. In 2021, it continued the existing branch projects and provided emergency support to poor and disabled households to meet their urgent needs, and provided lunch and hygiene education to students of public elementary schools to assist them for their poor local health and nutrition environments.

2021 Project Achievements

Education on Promoting Self-reliance

MAMA Center Education Project

Integrated Holistic Education for **155** mom members, conducted **29** times a year

Integrated Holistic Education and after-school classes for **36** children, conducted **15** times a year

Integrated Holistic Education and after-school classes for **44** teenagers, conducted **14** times a year

「Seeking everyone's Dream」 project, an Education Program for Children and teenagers at Talatamaty Commune, Madagascar

Education on Life skills, reading, art, and coaching on dream-seeking for **30** 3rd graders in poor households, conducted **6** times a year

Education on personality building, reading, practical life skills, dream-seeking for **40** 4th graders in poor households, conducted **18** times a year

Education on improving learning abilities for 40 5th graders of poor households, conducted **11** times a year

A VINA (dream) exhibition is held once a year for **85** people including students, parents, education officials, and community officials

A short-term "Seeking everyone's Dream" camp for **120** children and youth from poor households, held **once** a year

Training **10** teachers to be coaches, conducted **26** times a year

Teacher Training Workshops for **11** teachers, conducted **once** a year

Parents education for **70** parents, conducted **6** times a year

Relief and Aids

Covid-19 Emergency Relief

Food packages for **353** mom members and **135** children and youth members of Mama Center

Goats for **5** vulnerable households in Androy village in southern Madagascar

Food relief kits for **215** poor households and **50** disabled households

Hygiene education and lunch for **607** students, **15** teachers, **25** parents of **3** public elementary schools (Amboasary, Ambohotrinibe and Ambohinanjakana)

A Big Feast for Mothers

Christmas presents for **157** children and youth members of Mama Center

Overseas Scholarship and Mentoring Program

High School Bank

Providing half of the annual tuition to **166** elementary, middle, and high school students, and school supplies to **128** students from poor households

Dream School

Annual and monthly tuition fees for **2** middle/ high school students from poor households

Annual tuition and monthly transportation fees for **1** middle/high school student from a poor household

Annual tuition and school supplies for **1** middle/high school students from a poor household

Guitar lesson fee for **1** middle school student from a poor household

"High School Bank" is a part of a scholarship project conducted by the WITH Madagascar branch. If a guardian accumulates 50% of the tuition every month for children who cannot go to school due to economic difficulties, WITH will match the rest of the 50% of the tuition. The project, which began in 2016, is mainly targeting children in Ankadivory area, an urban poor village where the WITH Madagascar branch is located.

Special feature

WITH madagascar branch's school funding project 「High School Bank」

'A complete change filled by half'



It was a lovely afternoon with a blue sky and there was an interview arranged for with mothers participating in the "High School Bank". I was able to listen to the mothers' deep stories by exchanging questions and answers about what they felt and what difficulties were while participating in the High School Bank.

"The children were afraid that if they could go to school. Children need money to go to school, but it's too hard to save money because we have to buy food in the first place when we make money. But the kids were so happy to go to school through High School Bank, and now children are not afraid. They believe they can go to school, and they are really happy to go to school."

- In an interview with Nirina

Mothers said that they set aside 540 won in Korean money or 2,400 won for multiple children a month, and how difficult it was to set aside that money. I could see how much this project meant for their lives, hearing about their situation that they couldn't even think about sending their children to school if the WITH Madagascar branch didn't pay half of the tuition.

The 'High School Bank' wasn't just about children going to school and being educated. Children's emotions have been changed from the "heart of giving up" that they cannot go to school to the "security" that they can always be at school. Children who are exposed to numerous criminal environments or become single mothers because they cannot go to school are "cared" at school.

In Madagascar, the world's second-largest country in absolute poverty, saving for the future is a lifestyle and habit that they can't practice or think about. However, parents who participate in the "High School Bank" are doing their best to save money for the first time in their lives and maintain monthly savings.

At first, I thought it was just about sending a child to school, but through interviews, I realized that not only children but also households and regions were changing. Just as small seeds become big trees with good soil, sunlight, and water, I hope that children will grow up with love and care to become Madagascar's dreams and future.

Misoon Kong (Staff of Sejong DaJeon branch)

Mongolia



2021 project report

Mongolia Center for Improvement of Nutrition (MIN) has been closely cooperated with the school food service team under the Mongolian Ministry of Education, Culture and Science for school meals. Although 2021 was a difficult time for gathering, MIN continued to train nutrition experts for school food service in Ulaanbaatar and local areas through online seminars to improve nutrition management in Mongolian kindergartens and schools, and completed the transfer of the promoting infant & children's nutrition management project that we have been preparing since last year. In addition, in the COVID-19 pandemic, we provided food and anti-epidemic supplies to vulnerable groups, health institutions, and schools in Ulaanbaatar and Uvs Imag. We also supported the operation of the cafeteria "Meal Plus" in Mongolian University of Science and Technology, an industry-academic cooperation project. We continued to train experts through major courses at the Department of Food and Nutrition at Furee University, and major courses and Korean lectures at Uvs Imag College. In December 2021, WITH signed an MOU with Ulaangom College to improve the nutrition and food culture of Uvs Imag.

2021 Project Achievements

Public Health and nutrition projects

Chronic Disease Prevention and Health and Nutrition Education Project in Mongolia

Consultation and technical support for the prevention and nutrition treatment of chronic disease

An internship course for **12** clinical nutrition experts (to be completed in March 2022)

Promotion of Nutritional Meal Service Management for Infants and Children in Ulaanbaatar, Mongolia

Monitoring and advising the operation of hygienic foodservice and the nutrition education room at No.117 kindergarten

Complementation and operation support of the online system for children's nutrition management

Hand-over ceremony for the Promotion of Nutritional Meal Service Management for Infants and Children in Ulaanbaatar

Online education to empower **62** kindergarten officials (cooks, financial officers, etc.) for the operation of the online system for infants and children

Expert Training & Exchange Program and Research Project

A Preliminary Study on Improving School Food Service Management in Elementary · Middle · High Schools in Mongolia

Conducting a preliminary survey in Mongolia for the project (Mongolian Ministry of Education's national project: KOICA)

Training school meal nutrition experts for nationwide expansion in Mongolia

Conducting an internship course for nutrition experts of school meal services (**7** completed)

Cooperation with the Food and Nutrition Department of Huree University in Mongolia

Giving career lectures to **10 to 12** "Food and Nutrition" major students (including freshmen)

Education Project at Ulaangom College in Uvs

Providing Korean language education to **5** teachers and cooking education to **8** teachers

Conducting a baking training course for **15** students

Online Seminars on Nutritional Meal Service Management in the COVID-19 Era in Mongolia

Seminars for **110** and **38** people, respectively, under the two themes of "kindergarten and food service" and "hospital food service"

An International Science Seminar Celebrating the Centennial of the Mongolian Modern Food and Service Industry

Special lecture to **114** attendees on "Food Service in the Era of Post COVID-19: Changes & Future Preparation"

Relief and Aids

COVID-19 Emergency Relief

Relief kits and anti-epidemic supply kits to **310** vulnerable households (260 in Ulaanbaatar, **50** in Uvs Imag)

Anti-epidemic supply kits to **5** public institutions in Ulaanbaatar (community service centers, public health centers, police stations) and **4** colleges in Ulaanbaatar and Uvs Imag.

Online International WITH Volunteers for Mongolia

Online Nutrition Education and Cooking Practice for the vulnerable households

Delivery of relief supplies and anti-epidemic supply kits to the **30** vulnerable households at Uvs Imag

Special feature

Online Seminar on 'Nutritional Meal Service and Management In the COVID-19 Era' in Mongolia

Mongolia Center for Improvement of Nutrition (MIN) held an online seminar for 110 kindergarten and school officials and 38 nutrition managers of hospitals in Mongolia for two days from October 29 to 30. In the field of kindergarten and school foodservice, Sookhee Choi, a nutrition teacher at Seongsan Elementary School in Seoul, and in the field of hospital foodservice, Hae kyung Lee, the head of Ajou University Hospital, gave an online lecture.

In 2009, nearly a decade after the FOOD & NUTRITION FOR GOOD NEWS and WITH took the first steps to Mongolian school meals, I visited Mongolia as an "International Nutrition Volunteer" to host an elementary school nutrition camp. Then after 12 years, I was very moved to give the online lecture on "Kindergarten, School Food Service Operation in the COVID-19 Era" to the related kindergarten and school officials.

In light of the size of Mongolia's population, which is one-third of Seoul's, I was quite surprised to see more people participating than expected, and it was very touching. As a nutrition teacher, I was personally very honored to introduce Korean school food service. It was also a meaningful time thinking about the operation of kindergartens & school food service in Mongolia as we were all experiencing the COVID-19 pandemic. Participants showed a variety of questions and passion, exceeding the scheduled lecture time by more than 30 minutes. I'm looking forward to seeing how Mongolian school meal service will grow and develop.

School meal service is an investment for the future in which a country can achieve the most certain results. For the future, I hope that the Mongolian government will actively implement a policy to expand school meal services, and continuous exchanges with Korean school food service officials will contribute to the development of Mongolian kindergarten and school food services, and God will guide and bless the whole process.

Sookhee Choi (Seoul Seongsan Elementary School Nutrition Teacher)

In 2021, Mongolia had experienced many social changes due to COVID-19, and it was necessary to thoroughly follow the COVID-19 prevention rules such as personal hygiene management, social distance maintenance and hand washing, and group meal services were in crisis. In particular, I felt a lot of difficulties due to the high risk of infection in serving school, kindergarten, and hospital food services. In this situation, it was a useful time for me to learn about Korea's experience through this seminar.

In this seminar, questions and answers were exchanged between lecturers and participants, and participants were very satisfied as we could receive the education necessary in this time. It was a useful education by conveying the actual situation as if we had seen it with our own eyes through photos and videos.

There are many requests on such kind of trainings in the future, so I would like to reflect it in my work plans. I thank WITH Korea for the help.

Baina (Researcher at Mongolia Center for Improvement of Nutrition (MIN))



Uvs Imag is a rural area on the border with Russia, 1,350 km northwest of Ulaanbaatar, the capital city of Mongolia. It is also the coldest region in Mongolia, with a total population of 80,000 people living in about 10,000 households. In the Ulaangom district area, there is Ulaangom College where students from 8th to 10th grades (age 16) can be educated to get a job. The college has leather shoe handicrafts, traditional costume making classes, and farming methods as vocational training courses, and WITH has been providing classes on Korean food, Korean language, and baking to the locals since 2016.

Special feature

Education at Ulaangom College in Uvs Imag, Mongolia



Youth Vocational Education 「Baking Class」

The baking course of Ulaangom college has experienced many difficulties in the last three years due to the COVID-19 epidemic. Despite the difficulties and small number of people, students' dreams are swelling up like bread baked every day with passion and interest in learning.

With the prolonged non-face-to-face classes, the baking class, which requires practice, took a lot of effort to proceed. In particular, it was difficult to get hands-on materials and supplies from the capital city, Ulaanbaatar. What's grateful is that even in this situation, the baking class did not stop, and students participated enthusiastically. Thanks to the cooperation of many people, the training was completed successfully.

In the 2021 baking class, we tried to make bread using local ingredients (pocaccia with olives, scones with nuts, sausage bread, and twisted bread). Bread with strong herb scents such as garlic bread and Pocaccia were still unfamiliar, but bread with sauces such as ketchup and mayonnaise added and various vegetables, which can be served as a meal, were popular. Through these attempts and the hands of students, I hope that various breads using local ingredients will be introduced.

Education for Teachers in Cooking Department 「Korean Food Cooking」

Recently, as interest in health has increased in Mongolia, the media has recognized that garlic and onions are foods that help boost immunity, and interest in Korean food using various ingredients and recipes is also increasing. Amid this interest, Korean food education was conducted for the teachers of cooking department at Ulaangom College. In the process of teaching how to make Korean food, we considered the ingredients and cooking methods that can be easily accessed locally. It is still unfamiliar to them because of the differences, but I hope this will help culture exchange between Korea and Mongolia and help them eat healthy.

Korean Language Education for School Officials

The Korean language class was conducted for teachers at Ulaangom college. Although it started enthusiastically, the class was suspended due to the COVID-19 epidemic, and appeared participants who gave up. However, at the end of the semester, a few teachers were able to write a simple diary in Korean. Meeting through culture is a good way of opening one's heart. As an important channel for sharing curiosity, culture, and life in Korea, I hope this Korean language education will continuously be a channel to meet more local residents and students in 2022.

Young-Ok Lee
(PM of Uvs Imag projects, WITH Mongolian Branch)

North Korea

It seems like the whole world has stopped working for the last three years. The air and the sea, by which people had travelled actively, got blocked, and appeared a social distance between people, and the economic crisis and food shortage was noticeable in the global community.

Among them, North Korea has closed its borders tightly to prevent the spread of pandemic while suspending all trade, and refusing any support from the international community. Therefore, the spread of diseases in North Korea is intensifying due to the lack of COVID-19 vaccine supply. In addition, due to the strict lockdown order, the livelihood and food supply of the residents are facing a major crisis.

According to the "Levels & Trends in Child Mortality 2020" report released by the United Nations, one in five North Korean children is stunted due to chronic malnutrition caused by lack of food and essential nutrients for growth. Malnutrition hinders brain development, causes chronic diseases even as an adult, and in serious cases leads to death. The COVID-19 pandemic and long-term lockdown policies are adding to this pain in young children.

WITH has been supporting these children since 2009 by developing supplements to prevent chronic nutrient deficiency and supply nutrients necessary for growth and development. However, due to the COVID-19 and the blockade of the border, nutrition supplement support, which was delivered to more than 1,500 children every year, has been suspended and is likely to be prolonged. We are looking forward to the day when we can deliver nutritional support to children in need.

Snow melts and sprouts come out when spring comes.

We look forward to seeing the day when North Korean children smile healthily and heartily as your support continues to show interest and love toward North Korea.

Nutrition Intervention School

12th 'NIS' Activity Reports in Morocco



Country Overview of Morocco

Country Name: Kingdom of Morocco

Independence: March 2, 1956 (Independence from France)

Capital City: Rabat

Land: 3.3 times the size of the Korean Peninsula

Population: 36.56 million (CIA 2021)

Location: Located in North Africa, close to Europe

Languages: Arabic, Berber, French (official), and some Spanish

tribes: 99% Arab-Berber, 1% others (CIA 2021)

Religion: 99% Islam (mostly Sunni, less than 0.1% Shiite), 1% others (Christian, Jewish, Baha'i (including Baha'i))

Politics: Constitutional Monarchy

Economy: GDP per capita \$7,515 (156th out of 228 countries) (CIA 2019)

A Preliminary Study on the Health Promotion Plan for Female Teenagers Living in Dormitories in Moroccan Rural Areas

- Azrou and Khemiset regions

The 12th Nutrition Intervention School(2021.1.7~2.8) (NIS) conducted a preliminary research to find ways to improve the nutritional status of female teenagers living in dormitories in rural areas of Morocco based on the report about their needs from the Global Care Morocco branch. Through a two-week visit to Morocco, we conducted a food environment survey, interviews with two dormitories' stakeholders (dormitory president, dormitory meal cooks), assessment of nutritional status (body measurement, blood pressure, hemoglobin measurement) of the teenagers in the dormitory and their opinion on the dormitory meal services through a survey, and conducted nutrition education and school meal demonstration based on the survey.

As a result of this study, the rate of underweight among the teenagers was very low, but the prevalence of anemia was 26.3%, overweight and obesity was 22.3% and hypertensive blood pressure (including boundaries) was 18%, and we confirmed the double burden of malnutrition in which anemia and chronic diseases (especially overweight/obesity) coexist.

In addition, we found areas that needed improvement, such as inappropriate dietary habits, low awareness of nutrition, and dissatisfaction with dormitory meal services. During the survey, we met with local nutrition experts and noticed the existence of nutritionists working actively in Morocco and confirmed the possibility of future cooperation with them. It was a meaningful time to discover nutritional issues for female teenagers in the region and find ways to solve them through the 12th NIS program.

Continuing changes in Morocco

After the 12th NIS, WITH started supporting girls in dormitories in rural Morocco with the Global Care Morocco branch. In the first half of 2021, nutrition education was conducted with educational materials developed by the NIS. Currently, we are developing an educational curriculum (basic nutrition, healthy weight management, high blood pressure, anemia, calcium and vitamin D, basic hygiene and food hygiene) to improve the health and nutritional status of dorm students based on nutrition issues identified through the preliminary surveys.

In addition, most of the Morocco's dormitories supported by the local community, are suffering from financial difficulties due to the spread of COVID-19, and since the second half of the year, we have been providing food and heating supplies to four dormitories (Khemiset, Ait Ouribel, Azrou , and Sidi Addi dormitories). In 2022, we are planning an academic exchange seminar and a capacity-building program for local clinical nutrition experts in Morocco.

We will continue to cooperate with the Global Care Morocco branch to provide nutrition education curriculum and food for students living in Moroccan dormitories to improve their health and nutritional status, and continue health promotion activities through cooperation with Moroccan clinical nutrition experts. In addition, we will support after-school teachers to improve dormitory students' learning skills and cultural education activities so that teenagers can seek for their dreams for the future in detail. WITH together with Global Care, and local clinical nutritionists look forward to a holistic recovery of Moroccan girls.

MINSEO SHIN

(Researcher at WITH Nutrition Improvement Center)





Online International WITH Volunteer Programs in Mongolia

The 2021 International WITH Volunteers held online programs for two nights and three days from June 11 to 13 to encourage the Mongolia branch, which is continuing the project even in the COVID-19 pandemic, and to provide a venue for exchange and sharing with professional volunteers. Five volunteers in Korea worked with local employees and youth volunteers in Mongolia to provide nutrition education, cooking practice, and live home visits to members of the Uvs Eternal Love Church, and shared relief supplies.

This year, the Mongolia International WITH Volunteers held an online program. Even though it was for the first time to have an online gathering with the members of the "Uvs Eternal Love Church", it was good and fun. It was a meaningful time to realize that Mongolians and Koreans can learn, encourage, and build up others wherever they are, even if they are not all in one place.

First of all, I was happy to meet with people whom I haven't seen for a long time through the International WITH Volunteer programs. The most memorable activities were nutrition education and cooking demonstration. While learning cooking, I was able to learn a lot about healthy meals and healthy food for my family as a mother and wife. My children don't like eating, but through cooking practice and education on the efficacy of vegetables by color, I found effective ways of making them like eating. I learned what's in the food and why it's good for the body. I explained what I learned to my kids, and it made them eat more than before. For example, I explained that eating carrots, which are orange vegetables, is good for the eyes, and eating garlic, which is a white vegetable, fights colds. Every time they ate, they would ask, "What is this vegetable good for?" and they really enjoyed eating. I'm really happy that I can explain what I learned to my children to make them enjoy eating. Meat and flour are Mongolian's staple food, but my family becomes more interested in healthy meals and consumes more vegetables and mushrooms than meat through nutrition education and cooking practice.

I hope the day will come that Mongolia International WITH Volunteers come to Mongolia and Uvs Eternal Love Church and meet us in person. Thanks to WITH for your continuous love, prayers, and service for us. May the grace of the Lord God be with you forever.

Purvee Narantuya (Mongolia Uvs Eternal Love Church)





While working as a nutritionist at the Children's Foodservice Management Center in Jeonbuk province, I got married and moved to Gwangju recently. As I moved to Gwangju, I participated in the WITH Gwangju Jeonnam branch meeting and learned how WITH is being used with expertise in the field of food and nutrition. Later, while taking the WITH International Nutrition Activist training program at the recommendation of the branch manager, I saw an advertisement for recruiting International WITH Volunteers and joined it. At first, there was a question about doing it online, but I applied with the hope that I could serve even the smallest things.

The five volunteers, who were not considered a large number of people, were needed with expertise in the big category of food and nutrition. The question of doing online was solved naturally with the progress of volunteer works. During the preparation, there were some concerns on COVID-19 in both countries and the online communication of the Mongolia branch, but thankfully, we were able to carry out all the scheduled works in wise ways.

With the loving support of staff members at WITH Head office, recreation, cooking practice, and worship went well online. The whole session was filled with a warmth seeing the faces of the church members of the Mongolian Uvs Eternal Love Church, sharing love and materials, and praying together.

There were two most memorable things during the preparation. One was to get together to record a special song for Sunday worship and prepare for a cooking demonstration. It was amazing to see the volunteers in person, who had been seen only on the computer screen throughout the preparation period. Because of the COVID-19, it was even difficult for members of the same church to gather, and it was fun and exciting for us praising God and preparing for cooking demonstration with young people in this pandemic.

The second memorable event was to join an online home visit with the Mongolia branch. When I looked at the scene with the explanation of a staff member there, I felt like I was in Mongolia. I was also happy to see the children jumping around when they received supplies from the volunteers. We could get a glimpse of the local family for a short time, and the local people welcomed us. When the volunteers prayed for the family, it was a praying time beyond Korea and Mongolia that we surrendered everything to God.

As a member of the volunteers, I've heard the history of the Eternal Love church in the Uvs region, and seeing the faces of the minister Minde and the church members online made me feel closer to Mongolia. I got to know Lee Young-ok, who continues to serve the land alone in the Uvs in the COVID-19 pandemic, and I continued to support and pray for her with my heart.

Due to COVID-19, there are fewer opportunities for us to interact with people in person. While thinking about how to handle and implement the calling in the COVID-19 era, I came to know and pray for a country called Mongolia through the International WITH Volunteers this summer, which I had never thought of. I would like to thank God for allowing this opportunity and giving all glory to Him.

Dajung Hong (member of Gwangju Jeonnam Branch)

International Nutrition Activist Training Program

Welcoming the 30th International nutrition activists training program



2021 activities / participants

28th

Date: January 20 to February 6, 2021 (Every Saturday for 5 weeks, online)

Participants: Overseas experts capacity building program, **19** activists from 9 countries completed

29th

Date: May 1st to 29th, 2021 (Every Saturday for 5 weeks, online)

Participants: People interested in nutrition activities in developing countries, **29** completed

30th

Date: September 25th to November 6th, 2021 (Every Saturday for 5 weeks, online)

Participants: People interested in nutrition activities in developing countries, **19** completed

Special feature

17 Years of International Nutritionists, 30 Stories

Participate in International Nutrition Activist Training Program in various fields,
including food and nutrition experts throughout the year

The International Nutrition Activist Training Programs has produced 459 graduates over the past 17 years from the 1st training course (one student completed) in 2005 to the 30th training course (19 students completed) in 2021. The purpose of this training program is to understand the situation and issues of Yellow Window countries and communities suffering from hunger, poverty, and nutritional imbalance, and to conduct basic training for field activists through practice. Along with this, we have been developing the contents and formats of educational programs for sustainable nutrition improvement activities and health promotion amid the changing circumstances and trends of the times.

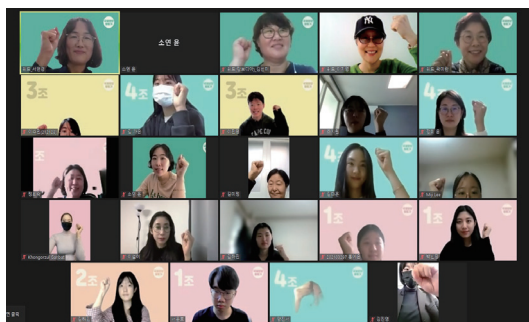
In particular, as COVID-19 prevented us from attending lectures and doing activities, we had an opportunity to reorganize the International Nutrition Activist Training Program by producing 10 online lectures, conducting small group practices using online platforms, and strengthening networks with local branches to change into a curriculum suitable for the Online era.

As the online curriculum was conducted for the first time in January 2021, 16 field workers and local workers from 7 countries participated in the 28th training course online to build the capability. In the 30th training course, staff members from the Cambodia branch and local nutritionists cooked healthy menus, developed by the trainees, for Cambodian pregnant lactating women and infants and conducted sensual evaluations on them, and the applicability in the Cambodia was highly appreciated.

The level and competitiveness of the International Nutrition Activist Training Program can be confirmed through participating trainees. In the early days of the program, participants were mainly from or related to WITH, or food and nutrition major students. Currently, people in charge of nutrition work at international organizations or other NGOs, experienced community nutrition activists in developing countries, or various majors join the course with various expectations and goals to explore the field of international health and nutrition.

In the future, the International Nutrition Activist Training Program is preparing to develop and expand curriculum in English and local languages, including more information needed in local situations, to train local activists who know the local situation better than anyone else and can continuously mediate nutrition. Therefore, I hope that the International Nutrition Activist Training Program will grow as a starting point and a contact point for healthy partnerships with local experts that can help and grow with each other, not just stay in the relationship between sponsors and beneficiaries.

Ji Young Lee (Researcher at WITH Nutrition Improvement Center)



Interviews with graduates of International Nutrition Activist Training Programs



Hyunjoo Park
class of the 31st

Q1. Please introduce yourself.

Hello, I'm Park Hyunjoo, a missionary in Indonesia. I worked as a nurse for about 10 years and studied international health. Currently, I am serving in Sumatra Island, Indonesia, as a missionary belonging to the Korean Presbyterian Church's Worldwide Mission.

Q2. What was your motivation and attitude when you start the program?

There are about 1,400 tribes in Indonesia, and still many unreached tribes have not heard the gospel. My team is conducting various programs on a tribe called Anak Dalam. Since I was in charge of health, and I was working on a nutrition program for children in Anak Dalam, I contacted WITH for experts' advice and support.



Eun Ja Nam
class of the 28th

Q1. Please introduce yourself.

I am Eun Ja Nam who is currently serving in Bangladesh. I graduated from Busan Women's College majored in Food and Nutrition (currently changed to Busan Women's University). Currently, I am doing children's ministry, middle-aged women's evangelism and relief ministry, and I am preparing to do a nutrition support project in the future.

Q2. What is the most memorable part in the program?

In the process of making nutritional supplements, it was difficult to buy food and put it on a scale for nutritional evaluation, but I felt a sense of achievement while doing it, and I received a lot of help from other trainees.



Nyamsuren
class of the 28th

Q1. Please introduce yourself.

I am Nyamsuren from Mongolia. I graduated from the Department of Food and Nutrition at Huree University in Mongolia. Now I am attending a language course at Daegu University to start my master's degree in food and nutrition at Gangneung Wonju University.

Q2. How did the program affect you?

After attending the program, I've wanted to study more, and I also wanted to make use of my major to share my knowledge and help other people.

Q1. Please introduce yourself.

Hello, I'm Koo Ye-mo, a participant in the 29th International nutrition Activist Training Program. When I was a college student, I became interested in food security since I took a class that looked at food from a sociological perspective. After graduation, I worked as an intern at UN institutions and NGOs related to food and gained professional skills related to work.

When I was taking the International Nutrition Activist Training program, I was working as a young professional at INGO, and now I am attending graduate school to gain more knowledge about food security in the field of international development.

Q2. What kind of program do you want the International Nutrition Activist Training Program to be?

I hope it will be a program that lowers barriers so that people like me who have long been interested in international development but have no knowledge about nutrition/health can challenge related fields without much difficulty. Also, it is an opportunity for people with similar interests to gather, so I hope there will be more communication between participants during the training course.



Ye-mo Koo
class of the 29th



Development Education for Future Generation

Development Education for Future Generation Global Citizenship Education,
Dream Bag Campaign

2021 Activities / Participants

Training contents

- Distribution of dream bags and sanitary products to overseas project sites by donations from individuals, schools, and groups
- Education for future generations as global citizens, understanding development education, sharing practice, etc.
- Education for global citizens' sharing and related activities: Dream Bag Campaign, Making Succulent Plant Pot from Can, etc.

Participating Organizations and Personnel in 2021

18 institutions and organizations, **1,733** elementary, middle and high school students

Seoul Area: Dapsipri Elementary School

Incheon area: East Asia International Education Center, Samsan High School, Hakik High School, Okryeon Girls' High School, Inhang High School, Seonhwa Girls' Middle School, Seorim Elementary School, Songdo Elementary School, Yaksan Elementary School, Ganseok Girls' Middle School, Gyesan Girls' Middle School, Sangok Elementary School, Cheonma Elementary School, Hajung Elementary School, Yeonsong High School, Dongincheon High School

Chungcheong Province: Cheongju Daesung Elementary School

Global Citizenship Education by Experiencing and Learning

“We are all Global citizens”

Do you know “Bean Sprout Siru”? It refers to a bowl used to grow bean sprouts, and it has several holes so that the water can be drained. A teacher we met during the Global Citizenship Education program compared students to bean sprouts and the education program to “Siru”. He said, “Even if students seem to be educated and drain everything they’ve learned now, I believe that Global Citizenship Education will be nourishing students just as the bean sprouts in the Siru grow well one day.” “School is also becoming a fierce competition place, but I hope children can live with a wider perspective and mind,” This teacher’s wish made WITH look back on the true value of Global Citizenship Education program as well.

Sometimes people curious about why WITH, an NGO for international development cooperation, provides “Global Citizenship Education”, which implies it would be more realistic for WITH to promote or raise funds to support those in need right away than provide the education program. However, the power of an agency or a country is not enough to solve various issues in the world. Each individual should be united as we are global citizens living in the global village.

Students are future partners of international development cooperation and the next generation to live on this planet. The purpose and reason of Global Citizenship Education program of WITH is to teach students to care for the planet they will live in in the future, to look back on their neighbors in the global village, and to grow together as partners. Looking forward to future generations that will grow well, WITH would like to develop and supplement new educational plans in 2022 to meet with more generations. Many thanks to schools, institutions, teachers, and students for participating in the Global Citizenship Education program with passion and interest.

Student 1: I couldn't do many activities at home because of COVID-19, and it was good to have a fun education.

Student 2: It was amazing to know the fact that we are global citizens, which I didn't know before. It was also interesting that we could reuse these plastics and aluminum in real life. I worked harder because the teacher was kind.

Student 3: I was nervous to make an eco-bag and send it to my friends abroad. This program is excellent to give qqqqqqqqq points!

* Those were comments extracted from students' writing on their own thoughts and opinions, who participated in the Global Citizenship Education Program of WITH.



Domestic News

Online Activities of Mongolia International Volunteers of WITH

This year, Mongolia International WITH Volunteers had a fun and meaningful time online for two nights and three days from June 11th to 13th, which was conducted by five volunteers in Korea and church members from Eternal Love Church in the Uvs region, northwest Mongolia. Various online activities of International WITH Volunteers were conducted, including introductions on the Mongolia branch and Uvs region, a time to get to know each other, and a mini-talk concert sharing concerns and lives of Mongolian and Korean young people.



Presentation at the 2021 National Nutritionist Conference: 'New Challenges and Mission of Nutritionists in International Development Cooperation'

From November 5th to 6th, the Korean Nutritionists Association held the 2021 National Nutritionist Conference under the theme of "Creating the Value of Nutritionists in the New Normal Era". This conference was designed to help nutritionists maximize their capabilities and prepare for the New Normal era as a key human resource to make a healthy post-COVID-19 Korea. At the conference, Jisung, Woo, General Manager of the WITH Head office, gave a lecture under the title of "New Challenges and Mission of Nutritionists in International Development Cooperation."

22nd Seminar for Prepared Graduation

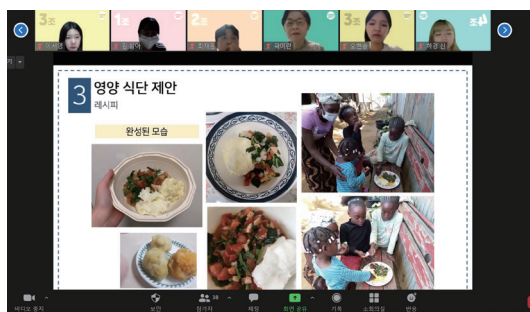
On Oct. 30, the 22nd Seminar for Prepared Graduation was held online. Jae-hyun, Cho, head of Samsung Well Story's BMI Innovation Group, gave a plenary lecture under the title of "Trend of the Foodservice Industry in the Covid-19 Era," and panel discussions and question-and-answer sessions were held with experts in four food and nutrition-related areas (clinical nutrition: Min-young Park, food management: Eun-yeol Woo, Food Development

and Marketing: Yoon-hye Kim, International Health and Nutrition: Jisung Woo). Although the seminar was held online this year as well, students' enthusiasm for their careers was no less on the scene.



Online International Nutrition Activist Training Programs (28th to 30th)

In 2021, the International Nutrition Activist Training program was held three times, producing graduates of 28th, 29th, and 30th classes, respectively. In particular, due to COVID-19, those were conducted through non-face-to-face education, and the programs were reorganized online. 19 students in the 28th class, 29 students in the 29th class, and 19 students in the 30th class completed the program.



2021 Global Citizenship Education Program

Since 2015, development education for future generations has been conducted with various activities on issues related to UN sustainable development goals (SDGs) for infants, children, teenagers, institutions, and organizations. This year, in particular, education was conducted for 1,733 elementary, middle, and high school students along with various activities under the theme of marine pollution and children's human rights.



WITH center for Nutrition Improvement and WITH Head Office provided special lectures for Food and Nutrition major students of Huree University

On November 29, December 6 and 13, WITH provided special lectures to assist the course of Professor Kyung-hee Park, a member of Mongolia branch, on food nutrition-related careers, activities, and vision for nutritionists to 20 freshmen and other students majoring in Food and Nutrition at Huree University in Mongolia. The special lectures include a lecture of Yeon-kyung Suh, Director of Nutrition Improvement Center, under the theme of “Career Trends in Korean Food and Nutrition”, a lecture of Jisung Woo, General Manager of the Head office, under the theme of “Challenge and Mission of Nutritionists in International Development Cooperation”, and lecture of Miran Gwak, Senior director, under the theme of “Trends in foodservice”. It was a meaningful time to encourage students who took their first steps as nutritionists and exchange academically between Korea and Mongolia.



Ramah Naioth Yellow Window Group published a collection on Swahili-speaking countries

On August 7, the WITH Nutrition Improvement Center published Caleb Report: Zoom in Swahili volume 1 and 2, a collection on Swahili-speaking countries. Caleb Report Zoom in Swahili is a 35th anniversary collection of the Food and Nutrition for Good News, which includes information on integrated intervention approaches like school meals, business and international development cooperation activities, along with regional, nutritional and gospel issues in 12 East African Swahili speaking countries.



ODA Young Professional Selection

For the KOICA ODA Young Professional project, WITH selected one young professional each in the first and second half of the year for international development projects.

A project to help North Korean defectors

As part of the North Korean nutrition support project, monthly and semi-annual living expenses were provided to two North Korean defectors in Korea.

Overseas News

12th Nutrition Intervention School (NIS)

In Morocco, the field trip of 12th NIS was held in collaboration with the Global Care Morocco branch for 11 days from January 29 to conduct assessments and surveys on nutritional status of 89 female teenagers living in dormitories in the Khemiset and Azrou regions of Morocco. It was a meaningful time for WITH to make the first entry into North Africa.



WITH and Global Care's Moroccan Dormitory Support Project

In 2021, WITH and Global Care collaborated to support dormitories of female teenagers in Morocco's rural areas. Most dormitories in Morocco, which are operated with the support of the local communities, were suffering financially due to the COVID-19. This year, WITH supported dormitories in four regions: Khemiset, Ait Ouribel, Azrou and Sidi Addi.



Cambodia 2021 YW COVID-19 Emergency Relief

On May 21, food kits were provided to 117 households of COVID-19 confirmed patients living in 17 villages in Tang sya Commune, Kampong speu Province, Cambodia. Emergency relief supplies were provided through the local offices since households could not be visited in person.



A hand-over ceremony of Mongolian Infant and Child Nutrition Management Promotion Project

On March 16, a hand-over ceremony for the infant and child nutrition management promotion project, which was conducted in Ulaanbaatar for three years since 2018, was held in the conference room of the Ulaanbaatar Office of Education. This project was a public-private cooperation project of KOIKA, which provided education on eating habits and capacity building and awareness improvement for infants, parents, and local residents in Ulaanbaatar, Mongolia. At this hand-over ceremony, Gantulak, the head of the city office of education also presented a plaque of appreciation to WITH as a special appreciation.

Seminar on Nutrition Management and Foodservice in the era of COVID-19 in Mongolia

From October 29 to 30, a non-face-to-face online seminar was held in Mongolia under the theme of "Nutrition Management and Foodservice in the era of COVID-19" for 148 foodservice personnel in kindergartens, schools, and hospitals. Sookhee Choi, nutrition teacher at Seongsan Elementary School, and Hae kyung Lee, head of Ajou University Hospital, gave a lecture respectively.

Internship Course for Mongolian School Feeding Dietitians

The 8th School Feeding Dietician International Program(SFDIP) in 2021 ended successfully when lockdown and release were repeated due to COVID-19. Hosted by the Mongolia Center for Improvement of Nutrition, this program, which trains nutrition experts in charge of Mongolian school feeding, celebrated its 8th anniversary this year, and was conducted through online lectures and practice, with a total of 8 people completed. It is hoped that graduates who have completed the training course successfully will contribute to the development of Mongolian school feeding.



Seminar on Celebrating the Centennial in Mongolia

On December 15, the Ministry of Food and Agriculture, the Ministry of Foreign Affairs, the Ulaanbaatar City Hall, the Mongolian Chamber of Commerce, the University of Industry and Trade, and Mongolian University of Science and Technology held an international science seminar called "Mongolian Trade and Food 100 Years: Past, Present and Future", celebrating the centennial of the Mongolian

trade and food service industry. Various Mongolian national figures participated in the seminar, and there were six keynote lectures looking back on Mongolia's trade and food service history and six presentations on food production, service, and nutrition. Il Sun Yang, a board member of WITH Korea and an honorary professor of food and nutrition at Yonsei University, presented the direction under the title of "Food Services in the Post COVID-19: Changes & Future Preparation".



2021 Mongolia YW COVID-19 Emergency Relief

From August to September, sanitary products such as soap and toothpaste, as well as food such as cooking oil, rice, and flour were provided to 30 vulnerable households suffering from COVID-19 in Uvs Imag, 1400kms away from Ulaanbaatar, the capital city.

Laos 2021 YW COVID-19 Emergency Relief

Although there weren't many confirmed cases due to a strong lock-down policy since April, WITH has provided 3,000 KF-94 facial masks to about 1,300 faculty members and foreign language education major students at education college of Laos National University. In addition, WITH provided relief supplies and dream bags to 200 poor people in cooperation with the Laos Christian Gospel Churches.



Tanzania Food and Nutrition Center(TFNC) Meeting

On December 3, there was an official meeting with officials from the Tanzania Food and Nutrition Center under the Ministry of Health, which was a time to explore the possibility of future cooperation. WITH Tanzania branch had experience in conducting school feeding service at Kasanga Elementary School in Morogoro region from 2011 to 2020. This meeting was meaningful to discuss step-by-step cooperation with mid- to long-term goals such as exchange and support for TFNC laboratories and nutrition training centers based on WITH's education program to

train nutritionists who will improve Tanzania's nutritional status through lifecycle-based interventions, including school feeding.

Nutrition Assessment Survey on Malnourished people in Cambodia

From March 10 to 19, the WITH Cambodia branch selected subjects who were vulnerable to malnutrition, and conducted a body measurement and a survey to have an interim evaluation on the project. Nine personnel measured the height, weight, upper arm circumference, blood pressure, and blood sugar of 791 children under the age of 5 and pregnant or lactating women. After the survey, one-on-one nutrition management service was provided by distributing nutritional supplements to beneficiaries selected as malnutrition vulnerable.



Completion Ceremony of Cambodia Nutrition Education Room

As part of the "2020-2021 Integrated Maternal and Child Health and Nutrition Improvement Project using Nutrition Supplementary Food based on Local Produce in Tang sya Commune, Phnom sruoch District, Kampong speu Province, Cambodia (Second phase) ", the completion ceremony of the nutrition education room established in the Tropaing Kroleong Referral Hospital and the health center was held. A total of 100 people attended the completion ceremony, including the WITH Cambodia branch, hospital officials, village committee members, and officials of Commune office. In the future, this nutrition education room will provide nutrition services to infants under the age of 5 and pregnant or lactating women among patients visiting the Tropaing Kroleong Referral Hospital and the health center to alleviate the nutritional problems of infants under the age of 5 in Phnom sruoch District.

Big Feast at the Mama Center on Christmas Day in Madagascar

On December 18 and 22, WITH had a Christmas feast with residents of Ankadivory, Madagascar, encouraging mothers and children in financial difficulties, delivering gifts, and sharing gratitude together.

VINA Exhibition in Madagascar

On July 17, the "VINA Exhibition" was held for the second time in Madagascar. Art works created by students through the "Seeking Everyone's Dream" education project were

exhibited, with parents and officials from educational institutions participating. Through this exhibition, children growing up with their dreams could be seen.



Emergency Relief & Celebrating Madagascar's Independence

From June 22 to 24, the Madagascar WITH branch celebrated the national Independence Day and distributed relief supplies to 198 MaMa Center members, and 135 kids and teenager members by keeping social distance. The items provided were raw chicken, rice, cooking oil, and 1kg of 'sharing rice' packaged separately to share with poorer neighbors. It was a time to practice sharing, not just receiving.



Madagascar's COVID-19 Relief

From November 20th to December 20th, COVID-19 relief were provided to two poor areas (Alakamisy and Ankidonona) and public elementary schools in Ambosary, Ambohitrinbe and Ambohinanjakana. Relief supplies were provided to poor households and disabled households, and school meals were provided to students who were unable to attend school or continue their studies due to hunger.



A Sponsor's Story of Sung-Eun Jang

The fruit of courageous sharing

Sung-Eun Jang is a member of "sharing family " who started with participation in Seminars for Prepared Graduation and International Nutrition Activist Training programs and supports us with a warm heart.



Q1. Please introduce yourself.

While majoring in food and nutrition, I continued to be interested in health and nutrition, and after graduation, I went to graduate school and am studying clinical nutrition. I currently work at a health center and provide nutrition education and mentoring and supply supplements to pregnant women and infants who are nutritionally vulnerable.

Q2. What do you think is good about sharing or what do you think about sharing?

In the past, I thought sharing was a grandiose thing, and I could do it when I could well afford. Since sharing was treated visually and formally, I felt ashamed when I shared small things, and I had a passive attitude toward sharing. Sponsoring WITH was my first courageous sponsorship. I felt overwhelmed by the fact that I was helping someone, and I realized that mind and attitude are more important than quantity and size in sharing. The more I share, the more I look for what kind of sharing I can do in other areas, and if it becomes a good influence on the person who receives the sharing or the viewer, I think it brings another sharing.

Q3. I understand that you have continuously sponsored WITH. How did you feel about it? How do you feel now?

I met WITH while looking for a sponsoring agency to help North Korean children. When my daily life became busy and difficult, I lost my mind, and I was not interested in sharing or other people's lives. So I applied for regular sponsorship to continue the interests. Since then, WITH's vision of helping people suffering from poverty, hunger, and disasters to change and recover healthily is similar to the vision I had while majoring in food nutrition, so I participated in various activities of WITH.

Q4. What does sharing mean to you?

Since the things I have received and enjoyed so far are not given to me freely, I think I should continue to share without ignoring the difficulties of my neighbors. Looking back, I think I have lived every moment with the help of various people and society. I also want to share in various ways as I can in addition to material things.

Financial Report of 2021

WITH operates all of its donations, considering them as sponsors' support on valuable things and lives. Based on this, WITH will continue to do our best to make healthy changes in Yellow Window regions based on stable and continuous support, as well as to satisfy both sponsors and beneficiaries.

Revenues and donor support

(000 Korean Won)

	Contents	Somme
Contributions	Program services	1,408,391
	Without donor restrictions	185,291
	Government support	28,083
Annual dues		115,083
Total revenues from donor		1,736,849
Other revenue and gains		844
Other revenue and gains		1,737,692

(000 Korean Won)

	Contents	Somme
Program services	International programs	951,029
	Missionary support	332,658
	Domestic programs	35,707
	Government programs	28,083
	Total program services	1,347,477
Supporting activities	Compensation & benefits (Note)	286,452
	General activities	122,238
	Fund raising activities	6,998
	Total supporting expenses	415,688
Total expenses		1,763,165
Changes in net assets		(25,473)
Net assets at beginning of year		786,151
Net assets at end of year (Note)		760,679

sponsors of WITH in 2021

(2021.1.1. ~ 2021.12.31.)

Individual sponsors

Individual sponsors Kim Yeeun and about 420 others

Institution sponsors

Gaebong Central church and 27 others

Online sponsors

GatchiGachi (meaing together for values) and Happy Beans

In-kind sponsors

Miryung Gwon and 45 others

“Please join the healthy changes with WITH”

Sponsorship application and inquiry

www.iwith.or.kr

You can easily apply through ARS certification on the website

Tel. 02.322.2516

E-mail. with@iwith.or.kr

Types of Donations

General Donations

Priority support given to the suffering global community where they need it most

Bank account: Kookmin Bank 479037-01-005594 WITH Inc.

Corporate Donations

Organizations such as business corporations, public institutions, churches, etc.
can join the WITH projects in various ways

_Monetary donations, technology transfer, project participation, etc.

Legacy Donations

A legacy donation is one of the planned givings,
which is a will in which a donor gives all or part of his or
her property to a non-profit organization or charity without compensation

In-kind donations

Priority support given to the suffering global community where they need it most

Donated items (computers, sanitary products, school supplies, clothing, etc.)
are delivered to the intended beneficiaries or sold for donation at bazaar and campaign
and used for the purpose of WITH projects.

Address to be Sent: (03996) 3rd Floor of Suyang Building,
Seongmisan-ro 2-gil, Mapo-gu, Seoul (Seogyo-dong 442-5)

Information on issuing donation receipts

All donations are eligible for year-end income deductions

The National Tax Service's year-end settlement simplification service or mail delivery service is available
(Available only for members whose resident registration number is correctly registered)

If your contact information or address has been changed, please contact WITH

Programs for Stages of the Life Cycle



Period of Pregnancy and Lactation

Promotion of Maternal and Child Health

Provide customized nutrition programs to promote healthy growth and development for pregnant women, lactating women, and children under 2 years old.



Infancy

Management of Infant Nutrition

To reduce infant mortality rate, health nutrition improvement activities to prevent and manage imbalance of child's nutrition are carried out.



School-Age

School Lunch / Bread for Life

At least one balanced diet is provided through school lunch to increase attendance and ensure proper eating habits.



Adolescence

Adolescence Basic Health

Support adequate growth through adequate nutrition and basic health education, and help girls prepare as healthy, fertile women.



Adulthood

Chronic Disease Prevention and Management

Support health nutrition counseling education to prevent and cure chronic diseases in underdeveloped areas where under-nutrition and chronic diseases are coexist.

Improvement of Drinking Water and Sanitation Environment/ Development of Self-Reliance Education/ Aid

Support holistic change and recover by increasing self-sufficient capacity through improvement of drinking water and health hygiene environment, operation of regional center, food development, income increment, social enterprise operation, aids, etc.