

Healthy Change with WITH

2022 WITH ANNUAL REPORT



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2022 ANNUAL REPORT

'WITH (Wholistic Interest Through Health)' is an international health and nutrition-specific non-profit organization, originated from 'FOOD & NUTRITION FOR GOOD NEWS', and founded in 2006 to support the recovery of suffering neighbors around the world with an integrated approach.

'WITH' and 'FOOD & NUTRITION FOR GOOD NEWS' collaborate in the spirit of God's love and sharing.

· Sponsorship inquiries 02.322.2516

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· Address 3rd Fl. Sooyang Bldg., 47, Seongmisanro 2-gil
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WITH, finding new light at the end of a long tunnel



First, I thank everyone who works in corporations with WITH for healthy changes in the suffering global neighbor, the Yellow Window.

The COVID-19 pandemic, which has changed many of our lives over the past three years, seems to have become a normal part of life, and the field of international development cooperation is gradually returning to its former position. WITH, which is finally finding new light after a long tunnel, has also been active with carrying out projects in 2022 that had been stalled by normalizing them step by step.

Cambodia's integrated maternal and child health and nutrition project, which began in 2015, is now in its third phase (2022-2024), accelerating improving the nutritional status of children under age five and pregnant and breastfeeding women, which have been disrupted by COVID-19. Our education initiative in Madagascar, "Seeking Everyone's Dream", complemented the career-enhancing curriculum to help children and youth take a step closer to finding their dreams.

In Tanzania we conducted a demand survey to establish an adequate food-education environment in primary schools in two regions: Morogoro and Mbeya, with the support from the National Research Foundation of Korea, which was unusually for an NGO. In Mongolia, we opened the Korean Cultural Center at Ulaangom College in Uvs to serve as a central hub for Korean language education and cultural exchange. In Indonesia we met with an established foundation that has been there for over 20 years and together we launched a pilot project to improve the nutritional status of children under the age of five.

Most proudly, WITH was selected as the Project Management Consultancy (PMC) organization for the 'Project to Improve School Meal Environment and Building Capacity for Elementary, Middle, and High Schools in Mongolia' for five years from 2022 to 2026. We are honored to have been chosen and consider this a fruitful outcome from the results of the school meal pilot-project over the past 20 years, as well as awareness-improvement projects, policy advocacy projects and life cycle-based health and nutrition projects that followed. It is a significant achievement that the model of civil society cooperation projects has been commercialized as an ODA project. Furthermore, at the end of 2022, WITH's Mongolia project was awarded an excellent example in the "Study on the Effectiveness of Civil Society's International Development Cooperation Projects" by the Korea NGO Council for Overseas Development Cooperation (KCOC) organized by the Office for Government Policy Coordination of Korea.

Domestically, the global citizenship education was conducted as an ODA (official development assistance) innovation project, providing about 2,500 middle and high school students with numerous opportunities to develop the virtues of global citizenship through 'Junior International Activist' training.

We intend to grow to the next level by preparing thoroughly for the future. To this end, I urge all of you who collaborate with us to join us with one mind and to step up into a firm foundation of community of education, training, and loving-kindness, outwardly by the faith and inwardly by the power that God gives us. We desire to be reborn as an organization that embodies communication and harmony, the light of the world serving the Yellow Window.

On this beautiful spring day, I once again thank you for your kind words, and wish you all the best, especially health and joy with WITH as we continue to grow and develop in 2023.

Chairman of the Board of Directors *Chuljai Kim*

Mission·Vision· Core Values·Core Strategy

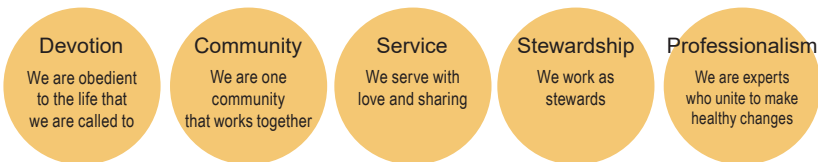
Mission

WITH aims to wholistically serve the suffering global community, with a spirit of love and sharing, and to advance the Kingdom of God

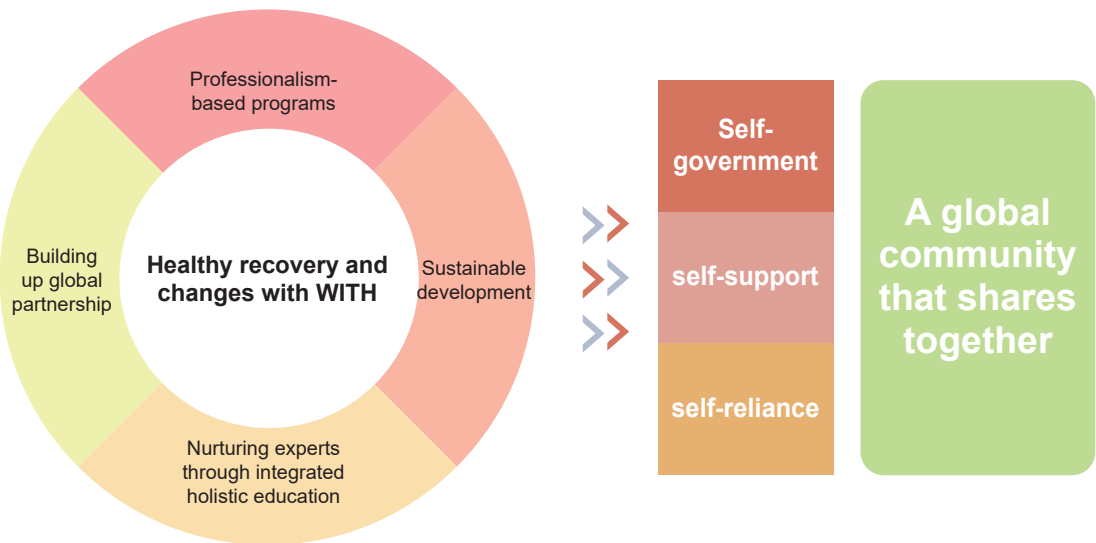
Vision

By serving each other, WITH promotes health changes to the Yellow Window

Core Value



Core Strategy



Projects of WITH

“The Yellow Window”, the group of countries of WITH priority, needs more integrated support to recovering from the polarized malnutrition problems. We are working on various projects based on 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 with nutrients necessary for healthy growth and development through adequate nutrient supply programs.

Child nutrition management

We provide malnutrition-prevention and health-improvement education 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 lifestyle and build proper dietary habits and improve the education quality by improving students' nutritional status. We also establish institutional settlements such as fostering the nutrition and cooking experts necessary for implementing sustainable service.

Chronic disease prevention and care

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



Overseas scholarship and mentoring program

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



Training and exchange programs for experts and research

Training experts

We conduct an integrated wholistic 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 education courses to the activists through helping them with planning nutrition-related field activities and empowering their abilities.

• International Nutrition Activist Training Course (INA), Nutrition Intervention School (NIS), Wholistic Community School (WCS)

Local Expert Training Program

We train local people and develop them to be partners through professional exchange programs and research projects.

• Nutrition professional training programs, international exchange education programs, and local institute for improvement of nutrition



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, necessities, and sanitary supplies to help restore fragile food security and sanitation in the areas in need of emergency relief due to natural disasters and political conflicts.



Education on promoting self-reliance

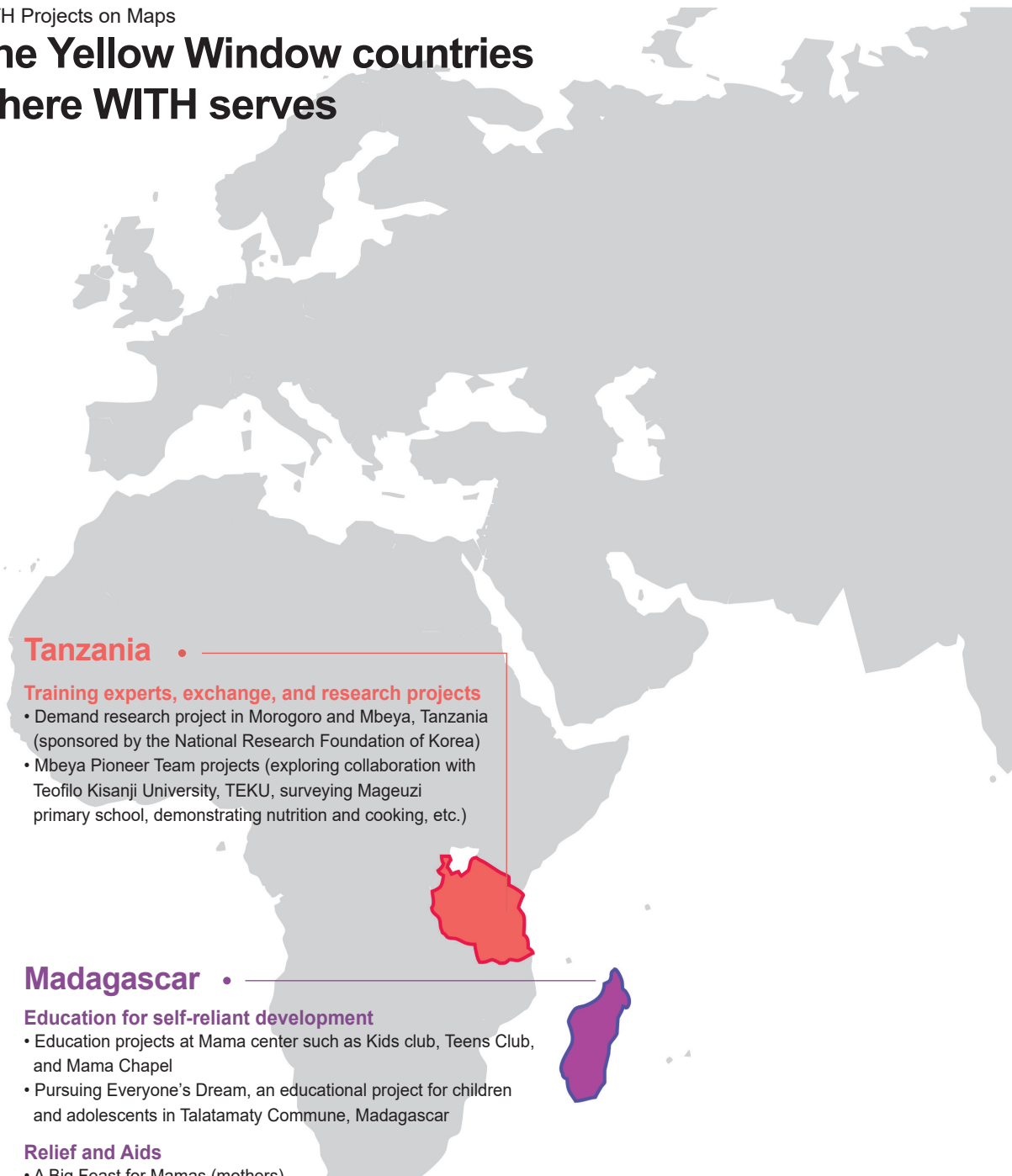
We help the community become self-reliant and develop the dreams of the next generation through community-based education projects.



Nutrition support for North Korea

To improve the health of chronically malnourished North Korean children, we support nutritional supplements developed in consideration of their digestive conditions and growth development. We also prepare nutritional meals for their lasting nutrition to gradually treat the problem of undernutrition among North Korean children.

The Yellow Window countries where WITH serves



Tanzania •

Training experts, exchange, and research projects

- Demand research project in Morogoro and Mbeya, Tanzania (sponsored by the National Research Foundation of Korea)
- Mbeya Pioneer Team projects (exploring collaboration with Teofilo Kisanji University, TEKU, surveying Mageuzi primary school, demonstrating nutrition and cooking, etc.)

Madagascar •

Education for self-reliant development

- Education projects at Mama center such as Kids club, Teens Club, and Mama Chapel
- Pursuing Everyone's Dream, an educational project for children and adolescents in Talatamaty Commune, Madagascar

Relief and Aids

- A Big Feast for Mamas (mothers)
- Hunger Pandemic Relief (providing food and supplies for cyclone victims and poor family, English education and supplies for elementary school students in underprivileged areas, and renovation of public elementary school facilities)

Overseas scholarship and mentoring programs

- High School Bank project

Research project

- Evaluation Survey of Samsung Dream
Scholarship Foundation Education Projects in Madagascar



• Mongolia

Public Health and Nutrition Projects

- Project Management Consultancy service for the National Project to improve School Meal Service Environment and Building Capacity in Elementary, Middle, and High Schools in Mongolia
- Chronic Disease Prevention, Health, and Nutrition Training in Mongolia (training clinical nutritionists)
- Child Nutrition and Food-service Management Improvement Project in Ulaanbaatar, Mongolia (training cooks for kindergarten)

Self-Reliance Education Project

- Opening Korean Cultural Center at Ulaangom College in Uvs, Mongolia
- Korean Cultural Center at Ulaangom College in Uvs, teaching Korean language and food-major education

Training experts, exchange, and research projects

- Mongolia Center for Improvement of Nutrition (MIN)
- Our project was awarded by KCOC excellent "Study on the Effectiveness of Civil Society's International Development Cooperation Projects"

North Korea •

Relief and Aids

- North Korean Defector Assistance

• Cambodia

Health and Nutrition Projects

- Integrated Maternal and Child Health and Nutrition Improvement Project using nutrition supplementary food from local produce in Tang Sya Commune, Phnom Srouch District, Kampong Speu Province, Cambodia (third phase)

Relief and Aids

- International WITH Volunteer Programs in Cambodia (capacity building education for health and nutrition activists and cooking practice, nutritional supplement recipe development, malnutrition prevention campaign)

Overseas scholarship and mentoring program

- Dream School to Plant Blue Dreams

Indonesia •

Health and Nutrition projects

- Nutritional status improvement project for children under 5 among Indonesian Anak Dalam Tribe

COVID-19 and food security and nutrition in North Korea

The coronavirus pandemic has threatened the lives of people all over the world, bringing about many changes and taking a heavy social and economic impact. According to the World Bank, from March 11, 2020, when the World Health Organization (WHO) declared the pandemic, to May, Gross Domestic Products (GDP) of most countries declined by the largest amount since 1870, foreshadowing secondary and tertiary social impacts.¹⁾ The United Nations Office for the Coordination of Humanitarian Affairs (OCHA) reported that the number of people without access to adequate food increased by 300 million in 2020,²⁾ and the pandemic is one of triple disasters, along with conflict and climate change, and has reduced global food production.³⁾

North Korea is no exception to this situation. North Korea has been closing its borders since January 2020, shortly after the outbreak of the coronavirus, tightly controlling the flow of people, food, and other goods from outside the country. The combination of international sanctions against North Korea and declining food production since the second half of 2017 has led to serious threats to food security and nutrition.

North Korea's food security and nutrition situation before COVID-19

Even before the outbreak of pandemic, North Korea was in a difficult economic situation, with exports plummeting by one-tenth and imports of capital goods nearly halted due to ongoing sanctions,⁴⁾ and food shortages were already predicted in 2018 due to the lowest food production in a decade.^{5,6)} The proportion of undernourished people who are unable to meet their daily calory needs increased from 32% in 2003⁷⁾ to 47.8% in 2016-2018,⁸⁾ and the Global Hunger Index decreased from 40.3% in 2000 to 28.2% in 2017, but increased again to 34% in 2018, reaching a critical state.⁹⁾

In the case of stunting, which refers to chronic malnutrition among infants and children under the age of five, the prevalence of stunting decreased from 32% in 2009 to 19% in 2017, which seems to be a significant improvement, but there is wide regional variation, with 10.1% in Pyeongyang and 31.8% in Yanggang-do. There is still lots of work to be done given the prevalence of severe stunting, with nearly 5% of children and in Yanggang-do 1 in 10 children stunted.¹⁰⁾ In addition, 4 out of 10 pregnant women are anemic, which is higher than the global average and is the most underachieved of the WHO's global nutrition targets, having declined until 2010 and then rising slightly.¹¹⁾ WFP reports widespread deficiencies of zinc, vitamin A, and iodine, as well as iron, which is associated with anemia.¹²⁾ Thus, even before the coronavirus pandemic, North Korea was already at a dangerous level of food security and nutrition.

Food security and nutrition situation in North Korea due to COVID-19

As mentioned, the COVID-19 pandemic, along with conflict and climate change, has led to a decline in food production. On top of it the border blockade of North Korea due to the pandemic together with international sanctions against North Korea from her nuclear

Food Security and Nutrition Situation in North Korea

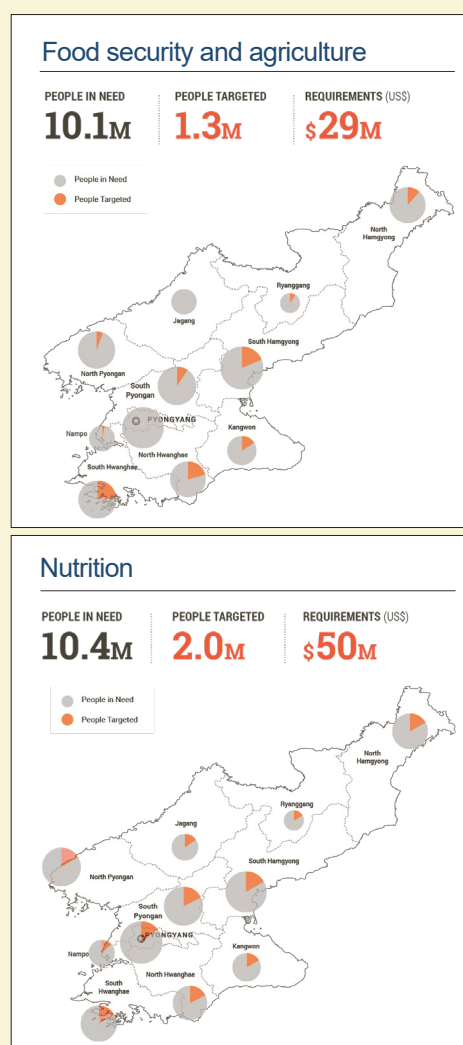


Figure 1, '2020 DPR Korea Needs and Priorities' report, p.37, OCHA

provocation has also triggered a decline in foreign trade, further worsening the country's food security situation. As the volume of imports of intermediate and consumer goods decreased to 20-25% of the previous level, the prices of imported goods (flour, sugar, cooking oil, etc.) increased sharply; the supply of fertilizer, which was dependent on imports has decreased, leading to a slowdown in food production. Natural disasters, such as typhoons, further reduced food production in 2020, in addition to blocking the supply of much-needed food through imports and aid.⁶⁾

According to the RDA's estimates based on North Korea's weather conditions, fertilizer supply and demand, and satellite imagery, food production increased in 2021, but it is still about 800,000 tons short of the country's grain requirements, which

Food Crop Production North Korea

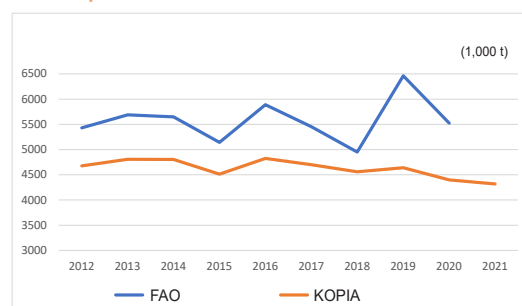


Figure 2, "Agricultural Production Situation in DPR Korea: 2020," Mandal and Roy, FAO, 2021, p.3.

Food Crop Production between North and South Korea

(Unit: 1,000 t)

Nation	Division	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
North Korea	Rice	2,037	2,101	2,156	2,016	2,224	2,192	2,205	2,236	2,021	2,156
	Corns	1,732	1,762	1,722	1,645	1,702	1,667	1,498	1,521	1,513	1,587
	Beans, Wheat	560	582	558	502	550	532	544	573	538	574
South Korea	Rice	4,006	4,230	4,241	4,327	4,197	3,972	3,868	3,744	3,507	3,882
	Corns	83	80	82	78	74	73	78	76	92	95
	Beans, Wheat	228	248	218	199	217	194	204	252	213	219

Figure 3, Statistics: corns, rice, beans, wheat, Korean Statistical Information Service (KOSIS), provided by the Rural Development Administration (RDA) in South Korea.

is not enough to resolve chronic food shortages or improve the food insecurity situation.¹³⁾ Reflecting this, the U.S. Department of Agriculture's report on "International Food Security Assessment 2021-2031" estimated that 16.3 million North Koreans, 63 percent of the total population, will be in food insecure in 2021, and the United Nations Food and Agriculture Organization (FAO) included North Korea among 44 countries in need of external food assistance in early December 2021.¹²⁾

Similarly, the State of Food Security and Nutrition in the World found that 41.6 percent of North Koreans did not get enough calories between 2019 and 2021, the fourth highest rate in the world after the poorest countries like Somalia, Central African Republic, and Haiti.¹⁴⁾ For infants and young children under the age of five, the pandemic was predicted to result in an additional 9.2 million acutely and 2.6 million chronically undernourished children globally, resulting in 168,000 more child deaths in the world.¹⁵⁾ As the UN Special Rapporteur on the human rights of North Korea, who took office in August 2022, reported in "Situation of human rights in the Democratic People's Republic of Korea" to the 77th session of the UN General Assembly that more North Korean children have suffered from malnutrition and hunger since the COVID-19 pandemic.¹⁶⁾

A news report by CNN on March, 2023, stated that North Korea is facing a severe food shortage, increasing the likelihood of an increase in the number of starvation deaths, and that, according to a U.S. economic research institute, even if food were evenly distributed to the population, starvation-related deaths could occur, making it the worst situation possible since the "March of Hardship" era in the 1990s.¹⁷⁾¹⁸⁾ Prior to this, Korea Ministry of Unification also reported in a regular briefing on February 20 that there is an estimated severe food shortage in some parts of North Korea, including outbreaks of starvation.¹⁷⁾ The food security and nutrition situation in North Korea caused by COVID-19 can only be guessed due to the lack of accurate data. Nevertheless, it is an appalling reality that even the most basic humanitarian assistance through international organizations cannot be delivered due to the country's tightly locked border. We hope that the situation in North Korea, the nearest yet the furthest country among the Yellow Window, will soon be resolved and that WITH will be able to resume nutritional support to North Korea.

1) <https://www.worldbank.org/en/news/feature/2020/06/08/the-global-economic-outlook-during-the-covid-19-pandemic-a-changed-world>

2) <https://reliefweb.int/report/world/brief-food-security-and-covid-19>

3) SL Hendriks et al., Global environmental climate change, covid-19, and conflict threaten food security and nutrition, BMJ 2022; 387:e071534

4) <https://www.hrw.org/ko/news/2022/11/17/north-korea-covid-19-used-pretext-seal-border>

5) North Korea's economy since the border closure, Je hwan hong, KDI, Review of the North Korea Economy, May 2021

6) <https://www.wfp.org/stories/inside-democratic-peoples-republic-korea>

7) <https://data.worldbank.org/indicator/SN.ITK.DEFC.ZS?locations=KR-KP>

8) The State of Food Security and Nutrition in the World 2019

9) Situation of human rights in the Democratic People's Republic of Korea

10) Korea Multiple Indicator Cluster Survey 2017, Survey Findings Report – Central

11) <https://globalnutritionreport.org/resources/nutrition-profiles/asia/eastern-asia/democratic-peoples-republic-korea/>

12) World Food Programme DPR Korea 2019-2021

13) <https://www.voakorea.com/a/6375998.html>

14) The state of food security and nutrition in the world 2022

15) Osendarpet et al., Nature Food Vol.2 476–484, 2021

16) <https://www.seoul.co.kr/news/newsView.php?id=20221016500096>

17) <https://m.khan.co.kr/politics/north-korea/article/202303042008001#c2b>

18) <https://www.yonhapnewstv.co.kr/news/MYH20230304008100032>

SOS Hunger Pandemic Projects

In 2022, WITH organized SOS Hunger Pandemic to meet the needs of people in the Yellow Window region who are struggling with access to food and necessities due to COVID-19, and provided hygiene kits and food kits in Mongolia, Madagascar, Cambodia, and Indonesia.



Madagascar

Duration: Feb. 4th – 8th in 2022
Target: 110 flood victim families in Muraranu and Antahdiburi
Content: Food (rice) relief for survivors

Duration: Nov. 8th – 12nd in 2022
Target: 180 poor families in southern Ambubombe
Content: Cooking pots, bowls, etc.

Duration: Jul. 25th – Aug. 31st in 2022
Target: Ampanathovana Sud Public Primary School
Content: Renovation of public primary school facilities
- Construction of interior walls, windows, blackboards and restrooms, etc.

Duration: Aug. – Dec. in 2022
Target: 400 students from four primary schools in Antanipisaca
Content: English language training and school stationery for primary school students

Date: Dec. 23rd in 2023
Target: 110 mothers who are members of the Mama Center, 77 children (kids and teens club), 80 elementary school students (VINA club)
Content: A big feast for Mamas
- Food (chicken, oil, rice, etc.) support



Indonesia

Duration: Sep. 2022 – May. 2023
Target: 20 children under 5, 17 fosters from the Anak Dalam tribe in Jambi, Sumatra.
Content: Improvement of the nutritional status of the children under 5
- Nutrition surveys
- Capacity building of community health and nutrition workers
- Food delivery to the kids, etc.



Mongolia

Duration: Jul. 29th – Nov. 28th in 2022
Target: Ulaangom College
Content: Setting up a facility for the Korean Cultural Center

Duration: Jul. 29th – Nov. 28th in 2022
Target: Ulaangom College
- 122 faculty members and about 1000 students
Content: Cafeteria facilities
- Facility renovation and equipment support

Duration: Jul. 29th – Nov. 28th in 2022
Target: About 300 students at Ulaangom College
Content: Building residential dining facilities and equipment support

Duration: Jul. 29th – Nov. 28th in 2022
Target: A school in district 3, Teriyalingsom, Uvs
Content: Livelihood support – Stationery, face masks, children's gloves, Christmas trees, etc.

Duration: Jul. 29th – Nov. 28th in 2022
Target: Direct support to the Office of Instruction in Uvs
Content: Supplies for institutions
- Christmas trees, quarantine supplies, clothing, etc.

Duration: Jul. 29th – Nov. 28th in 2022
Target: 125 households in district 5, Teriyalingsom, Uvs
Content: Livelihood support – Disinfectants, socks, tote bags, food, etc.)

Duration: Jul. 29th – Nov. 28th in 2022
Target: local residents in Teriyalingsom, Uvs
Content: Livelihood support – Clothing, Christmas trees, etc.)



Cambodia

Duration: Jul. 30th – Aug. 6th in 2022
Target: A total of the 750 malnourished residents from 17 villages in Tang Sya commune
- 520 children under age 5, 230 pregnant and nursing women
Content: Nutritional supplement feeding for the malnourished and vulnerable people



Cambodia



2022 Project Achievements

Public Health and Nutrition Project

Integrated Maternal Child Health and Nutrition Improvement Project using nutrition supplementary food from local produce in Tang Sya Commune, Phnom Sruoch District, Kampong Speu Province, Cambodia (third phase)

Conducted a survey to select “the malnourished vulnerable people” in **17** villages in Tang Sya Commune; 639 children under age 5, and **256** pregnant and nursing women were selected

Provided **7.23** tons of supplemental food to **532** infants and toddlers under 5 and **256** pregnant and nursing women. (Total 259 days)

19 food packages were provided to **180** moderately to severely undernourished children under 5 and **256** pregnant and nursing women

Conducted training of trainers (TOT) on community health and nutrition activists (HNPs), **3** sessions

Visited malnourished families for education and follow-up, **9** sessions

Conducted malnutrition prevention campaigns for residents

Organized the Community Health and Nutrition Integrated Management Committee (CHNIMC) and conducted TOT, total **8** sessions (including 1 workshop)

Conducted TOT for **15** health workers from the referral hospital and public health center, **2** sessions

Conducted effectiveness evaluation (physical measurements, surveys) for the first year of Phase 3 and targeted

833 children under 5 and **332** pregnant and nursing women

Conducted capacity building workshops for community stakeholders (district officers, ODs, health workers at public health centers and the referral hospital, health and nutrition activists, etc.)

Improvement of Water and Public Sanitary Environment

Secure and safe drinking water supply in Tang Sya Commune, Phnom Sruoch District, Kampong Speu Province, Cambodia

Appointed a manager of water purification systems and tested water quality in **5** villages in Tang Sya Commune

Relief and Aid

International WITH volunteer programs

Conducted a capacity building training and cooking exercises for Health and Nutrition activists in Public (HNPs)

Developed a nutritional supplement (muffin) recipe and conducted the sensory evaluation

Promoted a malnutrition prevention campaign

Overseas Scholarship and Mentoring Program

Dream School to Plant Blue Dreams

Scholarship for youth from low-income families, 1 student

2022 Projects Report

Starting with a project-discovery survey in 2015, the “Integrated Maternal 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”, the project has begun its third phase to continue improving the nutrition of children under age five and pregnant and nursing women. Meanwhile, we strengthened the integrated health and nutrition management system in the community through continuing our ongoing activities such as providing supplementary meals and food packages for moderately malnourished people. In addition, we developed a new nutritional supplement recipe in the form of muffins, resumed nutritional counseling through the Health and Nutrition Education Clinic at the local public health center, which had been suspended during the COVID-19 pandemic, provided one-on-one education to moderately malnourished people, and established a basic system for non-face-to-face education.

Madagascar



2022 Project Achievements

Self-Reliance Education Project

Mama Center Education Project

Wholistic worldview education and after-school classes for **15** children, **32** sessions a year

Wholistic worldview education and after-school classes for **35** teenagers, **32** sessions a year

Wholistic worldview education for **110** mothers, **71** sessions a year

“Seeking Everyone’s Dream” project, an education program for children and teenagers at Talatamaty Commune, Madagascar

Conducted the dream finding education programs (personal and social area, careers, academics, and integrated practices) for **30** students in Step 2 class, **26** sessions a year

Conducted the dream finding education programs (personal and social area, careers, academics, and integrated practices) for **48** students in Step 4 class, **31** sessions a year

Trained **10** coaches with a proper curriculum, **25** sessions a year (including 1 workshop)

Held the VINA (Dream) Exhibition for **190** students, parents, education officials, and community officials, once a year

Conducted short-term camps for each dream for a total of **134** students from the Kids, Teens, and VINA Clubs, once a year

Education for **70** parents, **4** sessions a year

Relief and Aid

A Big Feast for Mamas

Conducted cultural events and provided food (chicken, oil, rice) to **110** mamas, members of Mama Center, and **157** children and teenagers

Overseas Scholarship and Mentoring Programs

High School Bank

Provided half of the annual tuition to **82** elementary schoolers, **29** middle schoolers and **5** schoolers from low-income families and supplied stationery to **133** students

Scholarship mentoring

7 elementary, middle, and high school students from low-income families with scholarships, transportation, and talent development cost

Research Projects

Evaluation on the Effectiveness of Education Project in Madagascar sponsored by Samsung Dream Scholarship Foundation

Survey targets: **30** 3rd graders(14 boys and 16 girls), **40** 5th graders(14 boys and 26 girls), **77** parents, and 8 coaches

2022 Project Report

Starting with a project-discovery survey in 2015, the “Integrated Maternal 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”, the project has begun its third phase to continue improving the nutrition of children under age five and pregnant and nursing women. Meanwhile, we strengthened the integrated health and nutrition management system in the community through continuing our ongoing activities such as providing supplementary meals and food packages for moderately malnourished people. In addition, we developed a new nutritional supplement recipe in the form of muffins, resumed nutritional counseling through the Health and Nutrition Education Clinic at the local public health center, which had been suspended during the COVID-19 pandemic, provided one-on-one education to moderately malnourished people, and established a basic system for non-face-to-face education.

Mongolia



2022 Project Report

Mongolian School Meal, which began in 2006 by signing an agreement with the Mongolian Ministry of Education, Culture, Science and Sports and had been operating three pilot schools for 10 years, continued its efforts after the handover, including advising on the institutionalization of school meals, supporting the training of school meal professionals, and improving awareness of school meals. In 2019, the Mongolian School Meals Act was passed by the National Assembly and WITH was selected as the implementer of 'Project Management Consultancy (PMC) Project to Improve School Meal Service Environment and Building Capacity for Elementary, Middle, and High Schools in Mongolia.

A KOICA national cooperation project planned at the request of the Mongolian government in the process of expanding School Meal nationwide for five years from 2022. In addition, Mongolia Center for Improvement of Nutrition continued to cultivate experts through School Meal and clinical nutrition internship training courses, and Korean Cultural Center was opened at Ulaangom college in Uvs, which will serve as a hub for not only Korean language education but also cooking practice and cultural exchange.

2022 Project Achievements

Health and Nutrition Project

PMC Service Contract for Improvement of Food Service Environment and Capacity Building for Elementary, Middle, and High Schools across Mongolia (NEW)

Chronic Disease Prevention and Health Nutrition Education Project in Mongolia

Training, consultation, and technical support for clinical nutritionists in Mongolia

Conducted 11th Clinical Dietitian Internship Program (CDIP), with **8** students completing the program

Clinical Dietitian Intensive Course (CDIC): Conducted NPC training, **35** participants completed the course

Improvement of Infant and Young Child Nutrition Management in Ulaanbaatar, Mongolia

Organized training for preschool cooks on preschool meal production and service management,

64 participants completed the training

Mongolia School Meal pilot project

Provided training support, operational management, and advisory services to professionals for school meal operations.

Hosted the 9th School Feeding Dietitian Internship Program (SFDIP), **7** students completed the course.

Conducted the School Feeding Dietitian Intensive Course (SFDIC), a capacity-building program

for school registered dietitian nutritionists and school meal-related officials, **19** participants completed the course.

Self-Reliance Education Program

Education of the Korean language and food at the Korean Culture center in Ulaangom college at Uvs

Opened Korean Cultural Center in Ulaangom college at Uvs Aimag in Mongolia

Opened Korean language classes for instructors in Ulaangom College

Opened cooking class for instructors and baking class for students in Ulaangom College

Professional Training, Exchange, and Research Programs

International Diet and Nutritional Improvement Support Project through Mongolia Center for Improvement of Nutrition (MIN)

Consultation on MIN's annual activities (education, academic exchange, policy)

Operated a counseling center in the Nutrition Research Laboratory

Conducted nutritional health education for faculty and staff at Ulaangom College, with **85** participants completing the program

Conducted nutrition education and cooking practice for Ulaangom College youth school caterers (professors and cooks),

8 participants completed the program

Nutrition survey, consulting, and education activities

Was selected as an excellent practice study of KCOC's 'Civil Society's Effectiveness in International Development Cooperation'

Tanzania



2022 Project Achievements

Training experts, exchange, and research

Project of Demand Surveys in Morogoro and Mbeya, Tanzania sponsored by National Research Foundation of Korea

Surveyed **136** primary school principals on the status of food-related programs

Surveyed **339** primary schoolers' parents and **339** upper primary school students

- Household generalities and eating habits
- Drinking water sanitation situation
- Participation in school-based nutrition programs
- Nutrition knowledge level
- Assessment of nutritional status of 4th - 6th grade children

Conducted in-depth Interviews with **9** primary school principals, **2** government officials, and **2** nutrition experts

- Resources and needs for dietary education programs
- Facilitators, barriers, etc.

Conducted focus group discussions with **13** elementary school principals and **11** school committee members

- About resources and needs for food education programs
- Facilitators, barriers, etc.

Mbeya Pioneer Team Project

Visit to Teofilo Kisanji University (TEKU) and collaboration meeting

Visit to Mageuzi and Mbalizi-II Primary School (schools surveyed by the 11th NIS) and meeting with the school principals.

Conducted pilot survey, nutrition, and cooking education for **30** 6th-grade students at Mageuzi Primary School

2022 Project Report

Based on the 10-year experience with the school lunch program at Kasanga Primary School in Morogoro, a research project, funded by the National Research Foundation of Korea, was carried out in Morogoro and Mbeya to find a suitable school meal system for Tanzania. We examined issues, facilitating or hindering factors related to school meals and health/nutrition sanitation education by interviewing government officials and school principals and by conducting focus group discussions, and by surveying students and their parents. In addition, in Mbeya, we discussed cooperation with local universities for an adequate adjustment of our programs to the region and visited several primary schools to conduct surveys and pilot cooking classes following the 2020 NIS program.

North Korea

Mentoring program for the second-generation North Korean defectors

Dreaming of the year of unification to come, WITH started a **mentoring program for the second generation of North Korean defectors in South Korea** in collaboration with 'Yeomyung' school and started meeting with 13 students in July 2022. Through the meetings, we wanted to specifically prepare for unification by taking keen interest in the North Korean defector community, supporting their material and emotional needs, and helping them adjust to life in South Korea with a sense of security.

It has been three years since the North Korean border with China was closed by COVID-19, and there is still no sign of its opening. During this time, when it seemed like everything had stopped and we couldn't do anything, we met a new group of children. They are the second generation of North Korean defectors. Born to North Korean mother and Chinese father, they spent most of their childhood in China, and although they have been in South Korea for some time, they are still more familiar and comfortable with the Chinese culture, which makes their transition to South Korea even more challenging. We decided to start a mentoring program for them to understand their challenges and help them adjust to life in South Korea, preparing them for the future unification generation.

Episode 1. The first meal fellowship

One hot summer day in July 2022, we met them for the first time over a meal. There were questions and excitement of meeting them: what kind of food would they like, what would they be interested in? But we had a great time eating delicious meals and playing a claw crane machine. When we heard their heartbreaking family stories from the dormitory manager after the meeting, all the crews realized that we wanted our future meetings to be truly comfortable and cordial.

Episode 2. Wholistic Church retreat and Han River picnic

The second meeting took place in October with a cool fall breeze. We participated in a church retreat in the morning and a Han River picnic in the afternoon. We played some games at Han River Park with four students, ate ramen, took pictures, and had a more intimate fellowship. We could feel their mild anticipation toward us.

Episode 3. The Christmas party

Christmas parties are the highlight of year-end gatherings. We went to Yeomyung school's dormitory in Nonhyeon-dong, Seoul. With the children, we set up a Christmas tree in the dormitory and decorated 'Merry Christmas' Garland to celebrate the Christmas spirit. We prepared the gifts for each of them that were given out through a game. It was the most meaningful time to share the real meaning of Christmas and the love of Christ through a video.

Although it was only three short meetings, the children opened their hearts a little more each time we had met, and they were getting closer to us step by step. We hope to prepare more diverse programs in the future and meet with the students regularly. We look forward to the students of Nonhyeon dormitory at Yeomyung school becoming the healthy next generation who will live in the upcoming unification era.



International WITH Volunteers

CAMBODIA



International WITH Volunteers CAMBODIA

After a long break due to the prolonged coronavirus pandemic, the International WITH Volunteers finally visited Cambodia in 2022. The volunteers stayed for 6 days and 8 nights from July 30, 2022 (Saturday) – August 6, 2022 (Saturday) and supported the 'Integrated Maternal Child Health and Nutrition Improvement Project Using Nutrition Supplementary Food based on Local Production' currently being run by WITH Cambodia. We provided capacity-building training and cooking practice for health and nutrition activists, who are the main collaborators of the project, and focused on developing new menus for the nutritional supplementary meals provided to vulnerable people with malnutrition, as well as campaigns to prevent malnutrition in the local community.

Dates : July 30 – August 6, 2022

Location : WITH Cambodia Branch, Tang Sya Commune, Phnom Sruoch District,
Kampong Speu Province, Cambodia

Content : Capacity-building training and cooking practice for health and nutrition activists, experimental cooking and sensory evaluation of nutritional supplement recipes, malnutrition prevention campaigns, environmental beautification, etc.

Voice from a Volunteer, Ji Sang Park

When I was a nursing student, I heard about WITH Volunteers through a friend. I applied for it because I wanted to get out of my comfort zone and because of my faith. Our team worked with the local WITH branch in Cambodia to improve nutrition, focusing on educating the community on how to eat well and to be healthy through various trainings and activities.



The most memorable part of my volunteer work was being invited to the home of a local lady who was trained by us. I had delicious food and met an adorable cat. Although it was hard from time to time because we had to fulfill a lot of schedules in a short period of time, it was a very rewarding and worthwhile experience, and I really enjoyed it. I would recommend it to people like me who want to take on a challenge once in their lives, who want to make their lives more rewarding, and who want to regain a deeper connection and intimacy with God. I think it's something that both kids and adults would enjoy.

When I was an undergraduate student majoring in food and nutrition, I learned about a nutrition-specific NGO called 'WITH' through a senior in my department. After graduation, I worked as a nutrition teacher at a high school and kept my interest in their newsletters and social media contents because it was related to my major and career path. When I read the recruitment announcement, I wanted to participate in a volunteer service related to my major food and nutrition and applied for International WITH Volunteer Corps.



Our Corps assumed three activities.

- 1) Conducted Training of Trainers (TOT) and Capacity-Building Training program for local health and nutrition activists.
- 2) Developed nutritious muffins (pumpkin, banana, carrot), pork liver scones, etc.
- 3) Ran a malnutrition campaign in partnership with local health centers.

There are many impressive things about each activity, but TOT that I oversaw preparing and conducting was the most memorable. As a nutrition teacher, I had been providing nutrition education to Korean youth, so the process of preparing a nutrition class for local nutrition activists in Cambodia, whom I had never met before, was somewhat challenging and unfamiliar. However, I was able to prepare the class smoothly by communicating with the Cambodian branch about the local situation and getting their helpful feedbacks. I still remember the class I taught in the field. It was so touching to see them hanging on to my every word and actively participating in the class. I could feel their “enthusiasm” in their eyes as they smiled and looked at me, which made me feel more challenged and grateful. In addition, the nutrition activists were more skilled and hygienic in their cooking practices than I had expected. I could see that this was the result of the hard work and dedication of those who had been working for Cambodia for a long time, and the sweat and prayers of countless people who had come beforehand.

I would highly recommend International WITH Volunteer Corps to anyone majoring in food and nutrition, culinary arts, or other related fields. I put the stickers while packing cookies for a nutrition campaign. The phrase was “Together we share, together we are happy.” The joy of being able to share with someone what you are most confident with and good at is priceless. While our sharing may seem temporary and insignificant on the surface due to the short-term nature of the program, I am confident and hopeful that it will become a spark and a flame that burns brightly on the ground.

Participating in this program was a great reminder of how much the Lord loves Cambodia, working tirelessly in the country. We hope that the firm foundation of WITH Cambodia branch will continue to be strengthened, and that new winds of grace and helping hands will blow in to fulfill God's amazing plans for both WITH and Cambodia.



Sharing Activities and Contributions of WITH

Seminar for Prepared Graduation

2022 The Seminar for Prepared Graduation

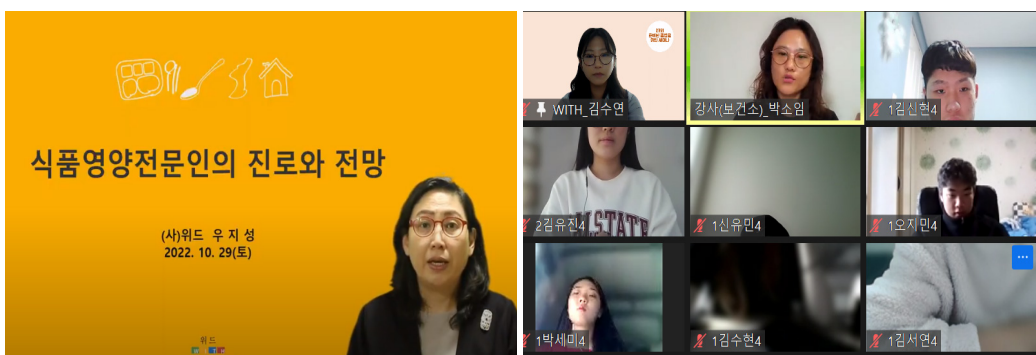
The 23rd Prepared Graduation Seminar was held online for current students and graduates of the Department of Food and Nutrition to help them discover their identity as food and nutrition professionals and provide them with direction to grow into food and nutrition professionals who embrace the world.

Date : October 29th, 2022

Participants: Current and graduate students of food and nutrition nutrition-related majors, 104 in total

The 23rd Prepared Graduation Seminar was held online (with Zoom) on Saturday, October 29 with 104 students from food & nutrition and related majors across the country participating as this time the seminar was held online without the constraints of location. The seminar was divided into two parts: the first part, consisting of two topic lectures that all participants attended together, and the second part, consisting of four optional lectures that participants could choose to attend in their desired field.

The first topic lecture was given by Jisung Woo, the headquarter general manager of WITH, on 'Careers and Prospects of Food and Nutrition Professionals,' and the second topic lecture was given by Sun-Woo Lee, Team Leader of Marketing at Samsung Wellstory's Food & Service (FS) Division, on 'Next Round of FS Business'. The optional lectures were on Clinical Nutrition by Dietitian Soo-Jung Kwon; Food Development by Ju-hee Lee, the Marketing Team Leader of Sempio Foods Company; Social Enterprise by Mi-Ji Jang, CEO of 'Let's Digin'; and Health Center by So-Im Park, the clinical nutritionist of Disease Prevention and Visiting Health Team in Seongdong Community Health Center, followed by a Q&A session.



International Nutrition Activists

2022 International Nutrition Activists

The International Nutrition Activist (INA) Program is an educational course that trains field activists who apply basic knowledge of nutrition, hygiene, and health to identify the health nutrition needs of communities in developing countries and plan and implement site-specific health nutrition interventions and is offered at least twice a year. In 2022, online lectures and practical exercises resumed offline after a long hiatus following the COVID-19 pandemic. A total of 36 students completed the 31st to 33rd courses.

31st INA

Dates : December 8, 2021 – January 29, 2022 (4 periods)

Content : Capacity-building training for domestic and international experts,
a total of **3** experts completed

32nd INA

Dates : May 7 – June 4, 2022 (on Saturdays for 5 weeks)

Participants : People who are interested in nutrition action in developing countries,
a total of **21** people completed

33rd INA

Dates : October 22 – November 26, 2022 (on Saturdays for 5 weeks)

Participants : People who are interested in nutrition action in developing countries,
a total of **12** people completed



WITH STORY

Training Experts and Development Education

36 students were certified in the International Nutrition Activist program which resumed in-person training after more than three years.

In 2022, the International Nutrition Activist Program brought together a wide range of participants interested in nutrition activities in developing countries, including professionals in the field of international development cooperation both domestically and abroad. **The 31st session (December 8, 2021 - January 29, 2022), followed by the 32nd (May 7 - June 4) and the 33rd (October 22 - November 26),** consisted of 10 online lectures and online and offline practical trainings, with a total of 36 trainees completing the program, and **a total of 495 participants have completed the program up until the 33rd session.**

The 'International Nutrition Activist' program was conducted in the form of online lectures on health and nutrition essentials in developing countries and group practical exercises (problem tree and target tree drawing, nutritional status assessment through physical measurement, and healthy menu creation and cooking demonstration). A special lecture on 'Integrated Maternal and Child Health Nutrition Project' conducted at WITH Cambodia's office in Tang Sya commune was held to provide an overview of the local situation. In addition, another special lecture on 'Cambodian food culture' was held to improve the trainees' understanding of the local food culture when conducting 'healthy menu creation and cooking demonstration' so that they could proactively participate in the activity.

The offline training, which had been difficult to conduct due to the COVID-19 pandemic, was also resumed, and the "Nutritional Status Assessment through Physical Measurement" training was held. By practicing physical measurement in groups, which had been conducted by videos, the trainees were able to participate more efficiently in the activity and understand it more easily. They were able to understand international nutrition activities through displayed items and booklets related to health and nutrition projects in the training center.

We split the participants into groups to develop various healthy menus for nutritionally vulnerable populations, like children aged 1-2 years, children aged 3-5 years, and pregnant and nursing women in Cambodia, with cooking demonstration and sensory evaluation. The group activity resulted in a variety of practical and creative menus, and the trainees were able to take their development to the next level with advice and evaluation of their menus by WITH nutrition experts.

We hope this training is not only memorable for the trainees of the International Nutrition Activist program but also helpful for them to apply it in the field, and we look forward to bringing more and better trainings in the future as the COVID-19 situation eases.





WITH STORY

Future Generation Development Education

Time to Think of the Earth, our Global Citizenship Education program ‘Junior International Activist School’ underway

- Was selected as a KOICA Innovation Project for Global Citizenship Education Organization in 2022, with 2,425 youth participating.

WITH was selected as a KOICA Global Citizenship Education Innovation Project Organization in 2022 and conducted ‘**Junior International Activist School**’ course to provide global citizenship education for youth, run clubs, and train global citizenship education instructors. A total of **2,425** youth received at least 4 hours of education, **62** participated in the Global Citizenship Club, and **30** participated in the Global Citizenship Education Instructor Training Course. At the end WITH provided education in **8** domestic schools on global topics related to the basic concepts of global citizenship education, international development cooperation, and the Sustainable Development Goals.

It is Time to Meet the World, Junior International Activist School

WITH developed an experience-based curriculum to help young people not only just understand what Global Citizens are responsible for, but also develop their capabilities as ‘international activists’ who act and participate in changing the Earth. We also organized a time for youth to explore their careers by inviting experts in the field of international development cooperation as lecturers.

Thinking of the Earth, Global Citizenship Education Club “Jigu Hyeyum” (means Earth Think)

As a global citizenship education practice, a club activity called “Jigu Hyeyum,” where activists and experts as mentors were invited to be given lectures and to plan and

carry out projects related to the SDGs, was run in three schools (Okryun Girls' High School, Yonsin Middle School, and Gajaeul Middle School). After presenting the results of their projects, students were appointed as honorary international activists.

Global Citizenship Education Instructor Training Course

Global Citizenship Education is a topic that we, not just schools, families, and students should be concerned about. Teachers and parents, particularly, are to be important educational nurturers who will have a lot of influence on their students. To encourage participation and increase interest in education, we held an online course for teachers and parents who are struggling in the field and for those who are interested in global citizenship education, and thirty people completed the course. We provided a training package and a collection of training materials for them to utilize in the field.

Global Citizenship Education Gives an Opportunity to Think About the Planet where Future Generations Will Inhabit and to Build Strength for The Times.

Over the past years, we have met many a schools, students, teachers, and citizens through our training. One student stood out and said to one of our instructors: “I’ve never heard of global citizenship before, but it’s exciting and nice to be able to experience something I’ve never done before.”



WITH STORY

Grand Opening of Korean Cultural Center in Mongolia

Hoping that Korean Cultural Center in Ulaangom College at Uvs' becomes a conduit for improving the educational environment in the Uvs region

- Renovation of the education facilities and designing the training program

Schools Too Far Away for Students, Too Coarse Education Facilities

Uvs is located near the Russian border 1,350km northwest from the capital, Ulaanbaatar. There is only one school in the area. They live a nomadic life and there are about 80,000 people spread out over a large area. As a result, lots of students must literally travel as far as four hours by bus off-road just to get to the school. Even if they got to the school all the way, the students walk on a floor that has been worn off and ripped up, sit on chairs that were crafted a long time ago. Also, they write down everything in class on paper because they do not have a single textbook. The worst part of it is that teachers do their job without any classroom computer and textbook.

The Korean Cultural Center has been renovating since July to make a classroom equipped with modern educational facilities, with the goal of not just introducing our culture to the public but also becoming an institution that delivers good influence in laying the foundation for the education system in the Uvs region and establishing quality education through various media.

The Korean Cultural Center Is Open to Everyone Who Desire a Quality Education

On November 17, 2022, we held an opening ceremony for the newly renovated Korean Cultural Center. The opening of the center is especially meaningful as it is the first project that Ulaangom College and WITH collaborated on after signing an MOU in November 2021. Until now, Korean language education in Mongolia has been available only in Ulaanbaatar, the capital of Mongolia, making Korean language and culture inaccessible to residents of Uvs Aimag. But from now on, residents and students can learn Korean language and experience Korean culture firsthand at the Korean Cultural Center in Ulaangom College. Various items donated from Korea were displayed in the center and received a lot of attention from local guests and will be used to promote Korean culture in Mongolia in the future.

The grand opening ceremony was attended and congratulated by the leader of the Ulaangomsom, the president of the Uvs Aimag Council, and other organizations such as Ministry of Education. Hyang-Sook Yoon from the Food & Nutrition for Good News was awarded a merit certificate from the Uvs Aimag Council and Mongolian students performed a K-POP celebration.

After the opening ceremony, we plan to gradually implement Korean language classes, Korean culture experience classes, and online Korean language education programs for students and residents. We hope that Uvs Aimag will become a place where more local people can learn and interact with Korean language and culture.



WITH STORY

Training School Feeding Nutritionists in Mongolia



The 9th School Feeding Dietitian Internship Program (SFDIP)

The Mongolia Center for Improvement of Nutrition (MIN) hosted SFDIP, a program to train school feeding dietitians, from June through December 2022. This is the 9th running of the program with aims to train and strengthen the capacity of nutrition professionals in charge of school meals in Mongolia.

The internship program consisted of 160 hours of online and offline lectures, two weeks of seminars, and fieldwork for dietitians in 11 kindergartens, schools, and district catering departments. This field placements took place for six weeks starting in October, with seven participants: four from Ulaanbaatar, two from Uvs Aimag, and one from Sukhbaatar Aimag.

As the training was conducted in various schools and organizations, researchers from MIN and nutrition experts from the local field visited each school for guidance and monitoring. All seven students completed the training after a journey of almost six months.

The 'Elementary School Meal Project' was initiated to address the malnutrition of Mongolian children with aims to 'expand school meals for all grades nationwide' and to 'enact a law on school meals' through cooperation with the government, Ministry of Education, and with school officials. It has become important to train and strengthen the capabilities of the next generation of school meal management professionals to 'improve and develop the school meal environment'.

We fully expect the graduates who completed the internship program to contribute, as nutrition professionals, to the development of school meals in Mongolia.



WITH STORY

Renovating Public Schools in Madagascar

Our Schools Changed!

- Ampanatoavana Sud Public School Renovation Completed

A 100-Year-Old School; 100 Years Old and Still Functioning

In August, WITH Madagascar branch conducted a school renovation project as part of a relief and aid project. While local public schools are to be managed by the government, most public schools, especially those in rural areas, are not fully supported by the government. We selected the Ampanatoavana Sud public school located outside the capital Antananarivo, upon recommendation by the city education officer, and carried out a project to renovate to improve the school's poor facilities, including toilets, classroom exterior and interior walls, and blackboards.

The school was built about 100 years ago, and the overall facilities were obviously very outdated, with classrooms in and out of disrepair, making it an inappropriate environment for children to study in and the toilets in very poor condition, made of bricks without roofs and doors.

Construction began in mid-August and took about two to three weeks to repair and paint the interior walls of five classrooms, repair the blackboards, paint the exterior walls, and repair and improve the toilets. The outside of the school was renovated; the existing exterior and interior walls were re-cemented to close the gaps and cracks between the roof and walls, and painted with light-colored paint to make the classrooms look brighter without electric lights, and the blackboards were repaired by cementing the damaged spots. The toilets were renovated to make them more comfortable for students to use as well.

On September 5, we completed the renovation of the facilities at Ampanatoavana Sud public primary school and held a party to celebrate the completion with the principal, teachers, parents, students, community members, and neighbors. The community leader and the school principal expressed gratefulness and said, "Thank you for renovating the facilities of the school and allowing the students to study in a much better environment," and presented chickens to the students. The ceremony was concluded with a prayer for the future development of the school for the benefit of the students.



WITH STORY

Dietary Survey of Primary School in Tanzania



‘Bread of Life’ in Tanzania begins a new phase in school feeding

- We undertook the demand survey of 136 principals, 339 parents, and their school-attending children out of 56 schools in Morogoro and 80 schools in Mbeya

For the past decade, WITH Tanzania branch had been promoting and implementing school meals to improve the nutritional status of school-age children at Kasanga Primary School in Morogoro District, Tanzania, and envisioning a new school meal business model in Mbeya Region.

In this respect, a demand survey was conducted from May 2022 to January 2023 to establish a food education environment in public primary schools in Morogoro and Mbeya Tanzania, funded by Global Education Support Project of the National Research Foundation of Korea. The survey was led by WITH Institution for Nutrition Improvement and WITH Tanzania, with the helps from local experts from Sokoine University of Agriculture (SUA) in Morogoro and Teofilo Kisanji University (TEKU), a private university in Mbeya. The methodology included a quantitative survey of 339 parents and older students from 56 public primary schools (78% of all schools) in Morogoro City and 80 schools (99% of all schools) in Mbeya City, as well as a qualitative survey (in-depth interviews and focus group discussions) of school principals and selected school management committees in six schools, as well as government education officials and nutrition experts in both regions.

Through this study, we aimed to identify the status, resources, needs, barriers, and facilitators of food education programs to improve the nutritional status and health of school-age children in Tanzania to achieve universal primary education, and to provide a basis for building an appropriate model.

The results showed that students who participated in the school-based dietary intervention (school meals and health/nutrition hygiene curriculum) had significantly higher results in positive eating behaviors (number of meals and snacks, and meal variety), hygiene habits, nutrition knowledge, and parental involvement in school meals than students who did not participate in, confirming the importance of increasing the implementation and accessibility of various dietary education programs in schools.

For school principals and government officials, the key to the success of school food and nutrition education programs is to ensure that parents are aware of and actively engaged in the programs. Parents who were aware of the importance of their children's nutrition were more likely to participate in school meals and health and nutrition education programs than those who were not, and had better household dietary diversity, nutrition knowledge, and hygiene habits. Therefore, building a food education environment in primary schools will require a comprehensive outlook and efforts by the head of the schools to connect the government and community and to educate and communicate with the community through platforms (school management committees, school meal committees) centered on parents.

In addition, a sustainable solution should be found by implementing support and efforts through policies and guidelines at the school level, led by the already existing organizational structure of primary school personnel and nutrition personnel at the provincial level, to raise awareness among parents and the community and secure their cooperation.



WITH 2022 THIS and THAT

Domestic News

World Friends NGO Volunteer Selection and Placements for 2022

We are pleased to announce that the World Friends NGO Corps program has resumed this year. WITH selected a total 7 volunteers; 2 for Cambodia, 2 for Mongolia, and 3 for Tanzania, and they trained in Korea in December and sent to their prefectures in January 2023.

Held domestic branch meeting

On February 24, 2022, we held a meeting to report on the last branch meeting and share plans for the 2022 branch meeting. 14 branch leaders attended the meeting, including board members Yong-sook Lee, Miran Kwak, and Jisung Woo, as well as branch leaders and secretaries from the Gwanju-Jeonnam branch, Daegu-Gyeonbuk branch, Busan-Gyeongnam branch, and Sejong-Daejeon branch.



Participated in the conference and discussion of Ministry of Unification's 'Korean Peninsula Healthcare Cooperation Platform'

On September 30, 2022, Ministry of Unification held the "2022 Plenary meeting for 'Korean Peninsula Healthcare Cooperation Platform'. At the meeting, Jisung Woo, the general manager of WITH headquarters, participated as a panelist in the session on "Perennial Issues in Health and Medical Cooperation with North Korea: Tuberculosis and Nutrition," discussing the experience of assistance projects in North Korea and ways and means to improve the humanitarian situation of the North Korean people.

Future Generation Development Education 2022

WITH Future Generation Education, which offers various activities to learn about the virtues and roles of global citizenship and issues related to the Sustainable Development Goals (SDGs), was selected as '2022 KOICA Global Citizenship Education Innovation Project'. Through the annual Junior International Activist School program, 2,425 middle and high school students and 30 global citizenship instructors completed the training. In addition, more than 1,800 students from elementary, middle, and high schools across the country participated in Dream Big Campaign.

IFNee Meeting with International Students from Mongolia

IFNee (International Food and Nutrition+ee) is the name of a campus gathering of college students interested in international nutrition who choose a country to explore each semester. In 2022, IFNee started with students studying abroad in Korea from Mongolia and held its first on-site meeting in January, and from April, it has been holding regular meetings online on the last Wednesday of every month.



Creating educational materials for pregnant and nursing mothers in Cambodia as part of the Service-Learning (SL) program with Seoul Women's University

From March to June 2022, as part of a SL project aimed at developing communities and cultivating servant leaders, WITH Cambodia branch engaged with seven students majoring in food and nutrition at Seoul Women's University to develop participatory educational materials for pregnant and nursing women in Cambodia online and held a meeting to share the outcomes.

WITH and Mitra Sriwijaya Foundation sign MOU

WITH signed a business agreement with YAYASAN MITRA SRIWIJAYA FOUNDATION (Chairman Kyu-Dae Lee), an Indonesian foundation, to conduct health nutrition and community development projects for the Anak Dalam tribe in Jambi, Sumatra, Indonesia from September 2022.



WITH 2022 THIS and THAT

Overseas News

Mongolia

Mongolian University of Science and Technology (MUST) hosted 'NUTRITION WEEK' Campaign

The Mongolia Center for Improvement of Nutrition (MIN) organized a three-day "NUTRITION WEEK" campaign on September 13th-15th. A total of 104 students and 18 professors attended this campaign to assess their eating habits, to measure body composition with 'InBody-230' device. Personalized nutrition counseling was provided, and eight types of nutrition education materials were distributed. Most of the participants were first- and second-year students who were interested in learning about body composition and has asked that the campaign be repeated. MIN plans to organize nutrition knowledge sharing events for university members every year.



The School Feeding Dietitian Intensive Course (SDFIC)

The Mongolia Center for Improvement of Nutrition (MIN) hosted the SDFIC on October 8th at the Mongolian University of Science and Technology's (MUST) seminar room for school feeding dietitians and school feeding officials. 19 experts attended: 16 from the capital Ulaanbaatar and 1 from Govisumber Aimag, 1 from Khovsgol Aimag, 1 from Sukhbaatar Aimag. They received certificates from MUST and MIN.

'Managing Preschool Meal Production and Service' Training Organized for Preschool Cooks

MIN, in collaboration with the Ministry of Education, held a two-day training on 'Preschool Meal Production and Service Management' for 64 national preschool cooks on September 16 at the pilot project site Kindergarten No. 117, and on September 17 at MUST. At the end of the training, all participating cooks received a certificate of completion issued by MIN.

The Clinical Nutrition Care and Dietary Education Program for Diabetes

MIN, in collaboration with State Second General Hospital, hosted the clinical nutrition care and dietary education program for diabetes on October 19-20. 16 participants attended the training, including doctors, staff, and patients from State 2nd Hospital. The program included theoretical lectures on diabetes and its complications, clinical nutritional treatment of diabetes, and introduction to the food exchange table, including body composition measurement with the InBody device. After the training, all participants received certificates of completion from MIN and State Second Hospital.



Myanmar

Handover Ceremony for Vocational Training School in Food and Beverage

The handover ceremony of the vocational training school project that ran for out-of-school youths in Yangon from 2018 to 2020 was held on June 10, 2022, at Hlaingthaya Vocational Technical High School (GTHS) in Yangon, Myanmar. Considering the environment in Myanmar that makes the project difficult to continue, the project was entirely transferred to the Ministry of Science and Technology, which manages the local vocational high school. The handover ceremony was attended by officials from Myanmar's Ministry of Science and Technology, representatives from the project's local partner organization, Mittalin, and the head of the WITH Myanmar branch.



WITH 2022 THIS and THAT

Overseas News

Tanzania

Demand Survey for Building Up the Food Education Environment in Primary Schools in Morogoro and Mbeya

WITH's 'Demand Survey for Building Up the Food Education Environment in Primary Schools in Morogoro and Mbeya, Tanzania' was selected as a Global Education Support Project of the National Research Foundation of Korea in 2022. With the approval and cooperation among WITH Tanzania, Tanzania Ministry of Education, and Morogoro and Mbeya City Education Offices, the project aimed to propose a model for strengthening capacity and building an environment for food education in the primary school education system to induce food awareness and behavior change among school-age children (project period: May 1st, 2022 – January 31st, 2023).



went on a five-day vision trip to the refugee resettlement in Ambovombe to see the situation firsthand and delivered relief supplies to about 184 families through the 'Hunger Pandemic' fundraiser.



Sharing in Honor of Madagascar Independence Day

In celebration of Madagascar Independence Day, the WITH Madagascar branch organized performances, relief supplies (chickens, rice), toys, and household items in hopes of bringing comfort and strength to the people who are going through a difficult time due to the COVID-19 pandemic. On the day, 126 mothers and 132 children and youths from the Mama center participated.

Madagascar

Distributing Relief Food for Cyclone Survivors

In late January, tropical storms hit and made landslides in Madagascar, wreaking havoc on the local population. At least 120 people were confirmed dead and many more were left homeless, displaced, and hungry. In response, WITH Madagascar organized a relief project to visit the victims of the typhoon and to provide food and encouragement to those suffering from hunger.



Relief Efforts underway in Southern Madagascar, Ambovombe

The southern region of Madagascar is experiencing one of the worst droughts in the last 40 years due to climate change, and the lack of rain has made farming difficult and pushed nearly 1 million people to the brink of famine. In June, WITH Madagascar

'Seeking Everyone's Dream' Continues for Fourth Year

The Seeking Everyone's Dream program, an education program for children and adolescents in the commune of Talatamaty, Madagascar, began its fourth year in September. During the project, we introduced career development competency indicators and established a business plan by dividing the subject of education into four main areas: personal and social, career, academic, and integrated area. In addition, we shared the status of the Madagascar education project with Mr. Lim Jin-Mook, head of the Daejeon branch, who is a member of the WITH Education Advisory Board, and Jae-Gyu Choi and In-Yong Lee, who are currently elementary school teachers in South Korea.



WITH 2022 THIS and THAT

Overseas News

Cambodia

3rd Phase of Integrated Maternal and Child Health Nutrition Program Using Nutrition Supplementary Food Based on Local Production

The integrated maternal and child health and nutrition management project in rural Cambodia's Tang Sya commune is entering its third phase from 2022 to 2024, with the goal of eventually handing over to the community. Over the next years, we will work with community leaders, nutrition activists, and residents to ensure that the Nutrition Supplementary Food factory, community health and nutrition improvement program, and drinking water system are sustainably operated and managed by the community.



Local Survey to Improve Nutrition for Malnourished Children under Age 5 and Pregnant and Nursing Women

To accelerate efforts to improve the nutrition of malnourished children under five and pregnant and nursing women in 17 villages in Tang Sya commune, WITH Cambodia conducted a selection survey from March 14-26 and a baseline survey from May 16 - June 1 to provide various nutrition intervention programs. Based on the outcomes of the baseline survey, we provided nutrition management programs, including supplemental feeding, to infants and children under 5 years of age and pregnant and nursing women in the target villages. In addition, a survey was conducted from November 14 to December 28 to evaluate the effectiveness of the first year.



International WITH Volunteer Corps 2022

From Saturday, July 30th to Saturday, August 6th, the 6-day, 8-night project, the WITH volunteers support the ongoing project 'Integrated Maternal and Child Health Nutrition Promotion Project'. The six volunteers focused on capacity-building trainings and cooking exercise for health and nutrition activists, who are the main collaborators of the project, as well as the development of new menus for the nutritional supplementary meals provided to vulnerable people with malnutrition and campaigns to prevent malnutrition among the local community.



Gatherings with 'WITH'

[Monthly Meeting]

Workplace Fellowship |

Christian Food and Nutrition Community Fellowship (1st Thursday of every month at 8pm)

Branch Meetings |

Busan·Gyeongnam/Daegu·Gyeongbuk/Gwangju·Jeonnam Branch Meetings (Once a month, Ramah Naioth studies, worldview study, book sharing, etc.)

[Training Experts]

International Nutrition Activist | Biannual training for those interested in health, sanitation, and nutrition in developing countries

Nutrition Intervention School (NIS) |

Training for professionals who can identify local, nutritional, and health issues in the Yellow Window regions and who can plan, implement, and evaluate short-term nutrition improvement activities through lectures and overseas practical training

[Volunteers]

WITH International Volunteer Corps | Visiting global WITH operations in Africa, Southeast Asia, and more to help with relief and health and nutrition efforts

WITH+People

Story of a donor, Duk-Ho Lee

Mr. Duk-Ho Lee himself is an engineer who supports villages in a developing country with supplying electricity produced by solar panels. He is a longtime member of the Sharing Family and a social economy advisory board member of WITH, who has been generous with his support, sponsorship, and interest in WITH's overseas operations.



Q1. Can you tell us about yourself?

I am an engineer. I work on government-funded ODA, Official Development Assistance, projects to bring solar power to remote, unelectrified villages in developing countries. My work has taken me to Mozambique, Nigeria, Laos, Myanmar, and Morocco.

Q2. We would appreciate hearing your thoughts on the word 'sharing'.

Although I work in business, I find it rewarding and gratifying to visit remote villages without electricity, meet people and share what they need most. Currently, I am interested in how this sharing can be sustainable. I would like to ask for your prayers that God will give me wisdom.

In the church, there are lots of concerns about young people. I have been asking God a lot about what I can do to help young people who are tired, down, and out to recapture the colorful vision in Christ.

I'm learning a lot from WITH and trusting that WITH will find the answers in the health area out of what they know and can do well to fulfill God's mission.

A Village Called "WITH"

There is a small village called "WITH"; where
There is a little hill meets the blue sky; where
There is a little valley inside with a clear stream;
Where young ones chatter;
Where mama's kind hearts are together.
A little bird escaped the winter snow stays
A baby deer sheltered from the summer rain
A little hill, with greens glow
A little valley, where cleans flow
There is a little village called "WITH"
There is a troubled wanderer called "Sponsor"
Walking along down the road on the hill
He asked what was at the end of the climb
Walking down a path of white clouds
Looked for answers at the end of the road

Found a place to rest my tired body
Seeing a little bowl to put my troubled heart down
I saw the answer in the sound of a woman's cooking
Found his way to a room that a father sat on
There is a troubled wanderer "Sponsor"
Peace is the name that "WITH" gives
"Sponsor" gives a question
And where "the smile of the Lord" is with
Pilgrim's Village is another name for WITH
Footsteps begins under the village

Strolling wanderer "Sponsor" continues his walk
And where the "call of the Lord" accompanies with
Another name for the village WITH is "GOD's Village"

(Originally written in Korean by Duk-Ho Lee)

WITH+People

2022 Sponsorships (1/1/2022 ~ 12/31/2022)

Individual Sponsors

Jaewon Choi and 408 others

Organization Sponsors

Yeseom Presbyterian Church and 21 other organizations

Online Platforms

TogetherKakao and HappyBean

Item Sponsors

L&K Co.,Ltd. 28 other sponsors

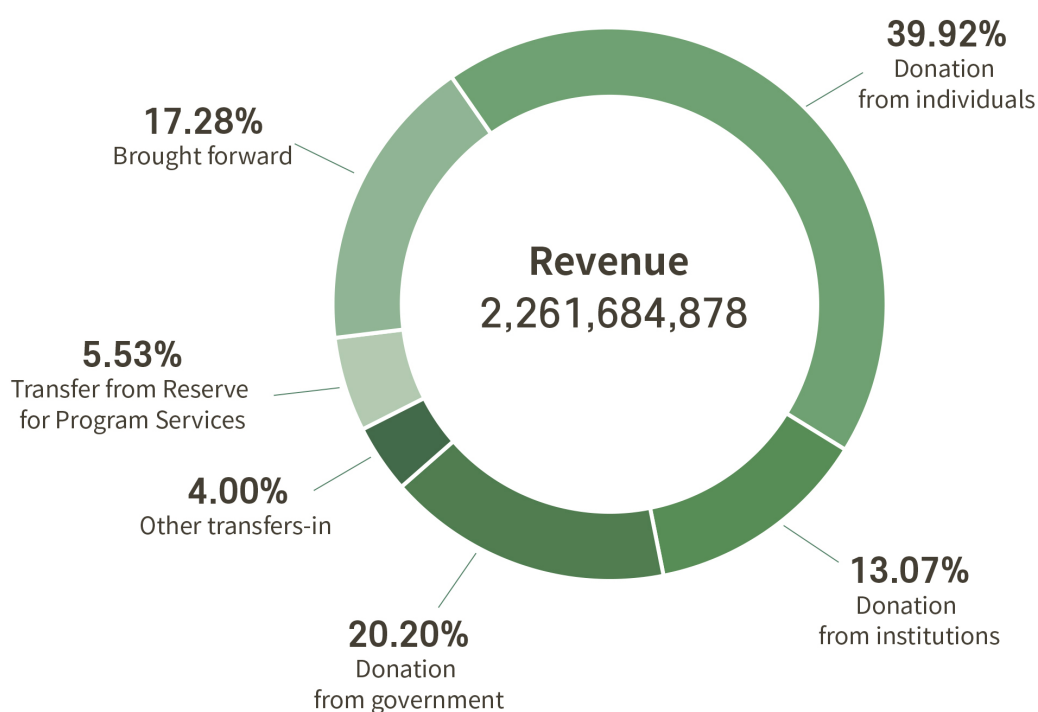
We appreciate the supports from many other unnamed donors and sponsors to the overseas ministries of Food & Nutrition for Good News

2022 Financial Report

WITH uses donations from supporters with appreciation of them coming from their values and life. We will do our best to continue programs in Yellow Window making all people concerned, both donors and beneficiaries, satisfied with, and to make healthy changes with continuous support.

2022 Revenue

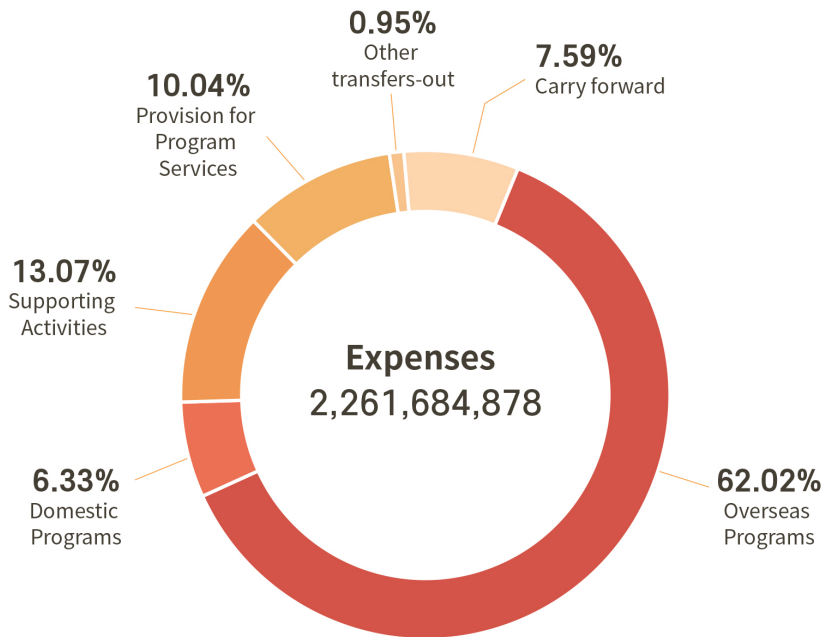
(Korean Won)



Group		Won	Descriptions	(%)
Brought forward		125,053,732	-	5.53
Reserve for Program Services		390,880,310	Transfer from Reserve for Program Services	17.28
Donation from	Individuals	902,955,279	From members and supporters of WITH	39.92
	Institutions	295,625,905	From churches, companies, etc.	13.07
	Government	456,753,600	From fund of government branches, ODA	20.20
Other transfer		90,416,052	Refund from KOICA, a/c payable, etc.	4.00
Total		2,261,684,878		100

2022 Expenses

(Korean Won)



Group		Won	Descriptions	(%)
Program Expense	Overseas Projects	Local development program	Mongolia (Public Health and Nutrition project, PMC, School Meal, opening Korean Cultural Center), Tanzania (Mbeya Pioneer Team), Madagascar (Mama Center), etc.	11.36
		Water and Hygiene	Cambodia (Water and Public Sanitary Environment)	0.44
		Public Health and Nutrition	Cambodia (Integrated Maternal Child Health and Nutrition Improvement Project), etc.	14.42
		Relief and Aids	North Korean defectors, Hunger Pandemic (Cambodia, Myanmar, Bangladesh), etc.	5.72
		Education and Training	Seeking Everyone's Dream (Madagascar), etc.	8.22
		Scholarship and Mentoring	Laos, Cambodia, Madagascar high school, etc.	0.26
		International Nutrition Improvement	Cambodia Health and Nutrition Improvement, etc.	4.23
		Research	MIN, NIS, etc.	2.83
		Cooperation with community	Jakarta International University, etc.	0.31
		Overseas missionary expenses	operation expenses of overseas missionaries	12.26
	Domestic projects	Government projects	ODA salary, etc.	1.97
		Training and Education	International Nutrition Activist, etc.	4.10
		Marketing and Publication	marketing and publication for projects	0.59
		Missionary Home	facility, administration of mission home	1.64
Administration and others		295,622,920	salary and office administration	13.07
Provision for Program Services		227,236,523	reserve for program services	10.04
Carry forward		21,462,508		0.95
Capital expenditure		171,612,410	advance receipt, payable to KOICA	7.59
Total		2,261,684,878		100

A Lifecycle Programs

with WITH



Pregnancy and Nursing Period

Maternal and Child Health Promotion

We provide customized nutrition programs to promote healthy growth and development for pregnant women and children under age 2.



Early Childhood

Nutrition Management for Infants and Toddlers

We provide health and nutrition improvement activities to prevent and manage malnutrition in children to reduce infant mortality.



School Age

School Meals / Bread of Life

We provide at least one balanced meal through school meals to increase attendance and help students develop proper eating habits.



Adolescents

Adolescent Basic Health

We support proper growth through basic nutrition and health education and prepare girls to become healthy women of childbearing age.



Adults

Preventing and Managing Chronic Diseases

We support health and nutrition counseling training to prevent and treat chronic diseases in underdeveloped regions where malnutrition and chronic diseases coexist.

Drinking Water Sanitation and Hygiene Improvement / Education for Self-Reliance / Relief

We help residents transform and recover holistically by developing capabilities of self-reliance through improvement of drinking water sanitation and hygiene, operation of community centers, food development, income increase, social enterprise operation, and relief.

Sponsorship account : Kookmin Bank 479037-01-005594 (Account Holder: WITH)

* KB BANK- SWIFT CODE: CZNBRSE

www.iwith.or.kr | TEL 02-322-2516 | E-mail with@iwith.or.kr