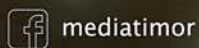
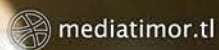


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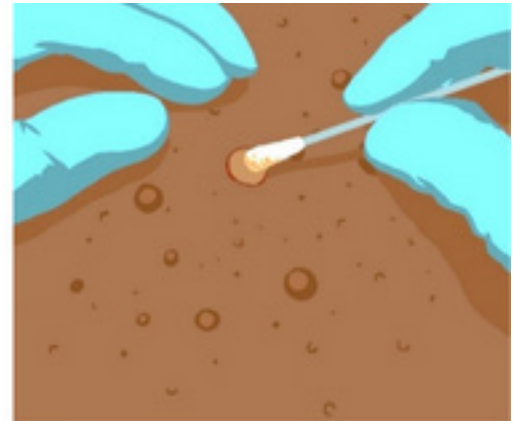


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Monkeypox Key facts

| WHO.INT

- ∞ Vaccines used during the smallpox eradication programme also provided protection against monkeypox. Newer vaccines have been developed of which one has been approved for prevention of monkeypox
- ∞ Monkeypox is caused by monkeypox virus, a member of the Orthopoxvirus genus in the family Poxviridae.
- ∞ Monkeypox is usually a self-limited disease with the symptoms lasting from 2 to 4 weeks. Severe cases can occur. In recent times, the case fatality ratio has been around 3–6%.
- ∞ Monkeypox is transmitted to humans through close contact with an infected person or animal, or with material contaminated with the virus.
- ∞ Monkeypox virus is transmitted from one person to another by close contact with lesions, body fluids, respiratory droplets and contaminated materials such as bedding.
- ∞ Monkeypox is a viral zoonotic disease that occurs primarily in tropical rainforest areas of central and west Africa and is occasionally exported to other regions.
- ∞ An antiviral agent developed for the treatment of smallpox has also been licensed for the treatment of monkeypox.
- ∞ The clinical presentation of monkeypox resembles that of smallpox, a related orthopoxvirus infection which was declared eradicated worldwide in 1980. Monkeypox is less contagious than smallpox and causes less severe illness.
- ∞ Monkeypox typically presents clinically with fever, rash and swollen lymph nodes and may lead to a range of medical complications.

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Sejarina's struggle and hope – How Cash for Work is helping families and communities

| TL.UNDP

... I said to myself: I will earn more than usual to be able to feed my children.

The day Sejarina da Costa, 36, was told by the village head she should participate in the Cash for Work initiative, part of UNDP's Hamutuk Serbi Komunitade (HKS) project, the mother of five felt relief in her heart. For a while, at least, she makes more money than usual to feed her family.

The project sought to provide direct income support to people in 50 of the most affected communities in Dili, who worked to help clean and clear their common spaces.

"They suggested that I register as a participant in the HKS project. I was very happy that day and felt a lightening in my heart. I said to myself: I will earn more than usual to be able to feed my children."

Originally from Baucau, Sejarina and her family have been living in Hera, outside of Dili, since 2010. They have no assets, and their fragile house is on Government land. Life is hard, with little income, particularly as her husband is disabled and she is the only breadwinner.

Covid restrictions made life even harder for the 36-year-old mother of five, who could not bring her vegetables for sale in Dili. The family was left with very little means of survival and, at times, "no money at all".

The dire situation was made worse by the floods. Used to a difficult life, Sejarina says the April floods were very scary. The water entered her house but luckily, apart from the kitchen, the home survived. "I wanted to fix my house, but we don't have money for that", she says, pointing to a house with no proper windows and which seems dangerous to stay in during the rainy season.

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Sejarina's struggle and hope – How Cash for Work is helping families and communities

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Hamutuk Serbi Komunitade (HKS) helped Sejarina earn some income and as she says, “breathe and feel relief for the next weeks”. “Thank you to everyone who has implemented this project in our community”. Money, she earned from Cash for Work plus extra jobs she was able to get, allowed her to put food on the table and take care of her family. “If I don’t do all this my children will cry with hunger.”

“I am very happy and grateful for the opportunity given by the HKS project. I would like to save some of the money, but my family’s economic condition doesn’t allow for that. With the money I earn by working on this project, I will buy my children’s school needs and feed my family.”

The Cash for Work program allowed Sejarina to reduce the need for collecting wood to make money. “The journey with firewood from the mountains to the house was long and tiring, it takes two hours.

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The Cash for Work program allowed Sejarina to reduce the need for collecting wood to make money. “The journey with firewood from the mountains to the house was long and tiring, it takes two hours. Sometimes it feels hard, but this is the only way to survive.”

“I feel proud of myself because even though I eat a plate of white rice without anything else, it is food made from my sweat. I never beg even though the family’s economic condition is very critical.”



Sejarina's struggle and hope – How Cash for Work is helping families and communities

| TL.UNDP



| Payment to the participants of CFW Project -
Joao Elias Filipe Gama/UNDP Timor-Leste

The Cash for Work initiative helped ease some of these heavy burdens. Sejarina dreams of more programs such as this, that help bring money to communities and that might help her guarantee her children's education.

"For my three children who are already in school, I will try to make money so they can complete as much as possible. I am illiterate, but I will not let them down. I will continue to strive for a better future for them. I want them to be successful and get what they dream of.

Sejarina is herself, an example of resilience and strength. She speaks calmly and gently about her living conditions. Her eyes filled with tears when she mentioned the amount of money, she received from the HKS Project. She had never received this kind of money.

Sejarina is herself, an example of resilience and strength. She speaks calmly and gently about her living conditions. Her eyes filled with tears when she mentioned the amount of money, she received from the HKS Project. She had never received this kind of money.

| (Interview and text by Maria Silvia DRL, and rewrite by Sandra Vieira)



| Participants of Cash for Work Project in Hera -
Maria Silvia DRL/UNDP Timor-Leste

Access to justice and mental health go hand-in-hand. EU-UN Spotlight Initiative in Timor-Leste training the National Police, PNTL—VPU

| TL.UNDP



| VPU Chief in Manatuto, Ostelinha de Oliveira Carceres, a participant in Spotlight VUP training - UNDP TL/Matilde Coelho da Silva

Access to justice and mental health go hand-in-hand. EU-UN Spotlight Initiative in Timor-Leste training the National Police, PNTL—VPU, on sensitive approaches to survivors regarding mental health and trauma.

One in three women in Timor-Leste have suffered some form of violence throughout their life, often within their own household. Data suggests that few women in Timor-Leste — only around 34% — tell someone about their experiences of domestic violence. Of those 34%, only an alarming 2,5% choose to tell the police. This is associated with social stigma surrounding violence and the role of women in society, as women are mostly expected to feel ashamed of such occurrences rather than denouncing or making them public, to avoid bringing a bad name to their families.

PNTL's Vulnerable Persons' Unit (VPU) was established to assist victims of sexual assault, domestic violence and child abuse. With an office in every district's police headquarters, PNTL-VPU is responsible for receiving and investigating allegations of gender-based violence. However, these cases are often delayed as VPU offices lack resources and institutional support. For all cases of violence, and in particular gender-based violence, addressing mental health is a fundamental part of achieving justice and proper care for survivors. It might further encourage survivors to come forward if they expect to find appropriate support in this regard.

A total of 26 VPU members from across all 13 Municipalities have attended a 3-day training on "VAWG and Mental Health Sensitive Approach" provided by EU-UN Spotlight Initiative. The training covered topics such as the nature of VAWG and how it affects mental health, along with the very definition of mental health, often misunderstood by professionals. Gender bias and its impact on access to justice and police response to survivors was also covered,

along with appropriate preparation and interviews for adults and children survivors, stress management and self-care.

Ostelinha de Oliveira Carceres, VPU Chief shares that "we often have to ask questions to survivors when addressing cases of gender-based-violence, and the reality we learned with this training is that there is a specific appropriate language that we can use when interviewing both child and adult survivors." Gastão da Silva VPU member in Baucau, adds that the training has taught them the importance of asking survivors for consent, before asking them about certain sensitive issues.

"It is the first time I attended a training about this topic, and I find it extremely relevant for our work on a day to day basis", says Gastão. "For example, about the stress that we are exposed to both in our private and professional lives, sometimes we have some problems at home or with some colleagues, and this will affect the quality of our work. This training helped me realize what problems we should and should not bring to the office."

"Before I thought that mental health referred to people with mental illness. Now I understand that mental health refers to all of us. This is especially relevant for my work, as we need to pay attention to survivors' mental health and also our own" says Vera Lucia Mendonça, VPU Chief from Aileu Municipality. "I suggest that this training should be extended, not only to VPU professionals, but all of the police force."

(Article by : Matilde Coelho da Silva, UNDP EU-UN Spotlight Communications and Outreach Specialist)

“Solidarity to End Violence” - Adopting of ‘Do No Harm’ approach in Timor-Leste

| TL.UNDP

Viqueque, Timor-Leste

The EU-UN Spotlight ‘Do No Harm’ workshop on ethical and safe approach when responding to cases of gender-based violence (GBV) was held in municipality of Viqueque, Timor-Leste. In collaboration with UNDP Timor-Leste, the ‘Do No Harm’ workshop has been conducted in three municipalities, Bobonaro, Ermera and Viqueque to support the local communities to adopt ‘Do No Harm’ approach, namely ethical and safe method when responding to cases of Violence Against Women and Girls (VAWG).

The ‘Do No Harm’ workshop aims to promote better understanding of VAWG which interlinks with mental health of the survivors. Civil Society Organizations (CSOs), local authorities and Justice Institutions that work closely on VAWG and GBV gave lectures, shared their hands-on experiences, and discussed about how to response and prevent VAWG with participants, including school teachers and students.



Irene Kobesi works as the PNTL (Policia Nacional Timor-Leste) First Sergeant in Vulnerable Person Unit (VPU), supporting survivors of Violence Against Women and Girls (VAWG). She said “I participated in the ‘Do No Harm’ workshop, because, as a VPU officer, my duty is to protect women and girls.” At the workshop, interconnections between VAWG and mental health of the survivors were underlined to understand the wider perspective of VAWG: survivors are harmed not only when they received violence, but also when they receive indiscreet questions about the sexual violence during the judicial process.

During the ‘Do No Harm’ workshop, it was emphasized that better understandings of VAWG and strong cooperation with local authorities are crucial to eliminate VAWG at the community level. Maria Odete do Amaral, a Chief of Village in Viqueque, said “I really wanted to join this seminar because this is essential for me as a community leader.

I can share what I learned in this seminar with my community, and those who experienced violence, mostly women and girls.” While “prevention of domestic violence can start from family. If we have knowledge in VAWG, domestic violence can be prevented in the early stage.



“Solidarity to End Violence” - Adopting of ‘Do No Harm’ approach in Timor-Leste

| TL.UNDP



| Heavy rains during March 29th -April 4th 2021 caused the flash floods and landslides across all 13 municipalities in Timor-Leste - UNDP Timor-Leste/ Maria Silvia Dos Reis Lopes

If we solve family issue with violence, our children never learn how to solve problem without violence” stated by Jose Delima, a Coordinator of Public Defender.

In Timor-Leste, climate change also exacerbates cases of VAWG. In the interview, Irene shared her experience in the flash floods during March 29th -April 4th 2021, resulted in disastrous landslide that produced more than 15,000 internally displaced people right after the disaster.

She addressed “last year, we experienced the catastrophic flood. Some people were traumatized, because they didn’t have place to live, and experienced violence from their partners. We provided support to those who suffered from both flood and violence. If their houses are not safe to live, we contacted local authorities to provide them an emergency shelter.”

To respond and prevent VAWG, a bottom-up approach to adopt ‘Do No Harm’ at the community level is essential, because the causes of the violence are deeply connected to the social context of Timor-Leste.

“Together, we can end violence against women and girls” concluded Irene.

Rosita's Ray of hope

| TL/UNDP



| Ms. Rosita from Aitarak Laran, a community volunteer for UNDP Cash for Work Project - Maria Silvia DRL/UNDP Timor-Leste

... Give me a work uniform, and I will volunteer to be a mentor of young workers. They are all like my children, and I feel the need to accompany them so they can finish this important program well. I am very happy to help and do volunteering work for my community."

Rosita Barros, 62, lost most of her belongings in the Easter Floods in April. She was injured, feared for her children, and struggled to get food and support. For many in her community as in other locations across Dili, immediate emergency support was essential in the weeks following the floods.

Mrs. Barros says UNDP's Hamutuk Servi Komunitade (HSK) project and its cash-for-work initiative, which began in her neighborhood, Ai-Tarak Laran, has been a "ray of hope" for herself and her community. The project sought to provide direct income support to people in 50 of the most affected communities in Dili, who worked to help clean and clear their common spaces.

As the rain continued non-stop, for hours into the night and morning, on the Easter Weekend in various areas of Timor-Leste, 62 years-old Rosita Barros, became scared. Originally from Cailaco in Maliana, the mother of five children, living in Dili since 2009, saw the water rise and tried to salvage what she could.

"On that day, there was flooding, and everyone was running and scared. I was also scared. I tried to salvage our belongings, but I fell, and I sprained my right hand, and I couldn't save anything. The food and other goods all we had and even the children's documents swept away", she said.



| Aldeia Anin Fuik, where Rosita lives - Maria Silvia DRL/UNDP Timor-Leste



Rosita's Ray of hope

| TL.UNDP



Rosita and her children could not do anything. They ran for protection at the Ministry of Finance, where many people were already taking shelter at that time.

"I was very scared that night. Watching my children sleeping soundly and the flood rising".

Rosita returned home after almost a week. The house, like those of her neighbors, was covered in thick mud. Everyone was struggling. Then, she recalls, the village chief announced that UNDP would begin a cash-for-work initiative in her village - Ai-Tarak Laran.

As UNDP teams arrived, Rosita welcomed them and used every opportunity to describe how the community was struggling with the impact of the floods. Following the project's selection criteria (age between 17-60), one of her children participated in the project instead of her. However, her commitment was such that Rosita wanted to volunteer to help as much as she could.

Respected in the community, she helped motivate young people to join. "I advise them to work and earn their wages". People began to be recruited and worked to clean the thick mud in community houses, clean waterways, and collect plastic and cans.

"Sometimes we have to be able to give without expecting a reward."

Since the first day of the project, Rosita came to the worksites every day to motivate people.

"I asked the UNDP officers at that time: Give me a work uniform, and I will volunteer to be a mentor of young workers. They are all like my children, and I feel the need to accompany them so they can finish this important program well. I am very happy to help and do volunteering work for my community."

After the HSK project, the village is much cleaner, and the community continues to monitor waterways and yards, to ensure it is maintained. "This HSK project is not only helping to alleviate our difficulties but also teaches us to dispose of our garbage properly. We must continue this daily activity."

HSK is an emergency employment initiative for the flood-affected communities in Dili Municipality. It is part of the "Supporting Flood Response and Recovery Project" funded by the Government of Timor-Leste (ADB's Asia Pacific Disaster Response Fund financed by the Government of Japan), the Government of the Republic of Korea, and UNDP. Over 2,000 people in 20 Aldeias in Dili municipality have benefited from the HSK program as of 1 August 2021.

(Interview & text by Maria Silvia DRL, and rewrite by Sandra Vieira)



| The participants of Cash to Work initiative from Aldeia Anin Fuik, Aitarak Laran - Maria Silvia DRL/UNDP Timor-Leste

About World Humanitarian Day

| WORLDHUMANITARIANDAY.ORG

On 19 August 2003, a bomb attack on the Canal Hotel in Baghdad, Iraq, killed 22 humanitarian aid workers, including the UN Special Representative of the Secretary-General for Iraq, Sergio Vieira de Mello. Five years later, the General Assembly adopted a resolution designating 19 August as World Humanitarian Day (WHD).

Each year, WHD focuses on a theme, bringing together partners from across the humanitarian system to advocate for the survival, well-being and dignity of people affected by crises, and for the safety and security of aid workers.

This year, we highlight the immediate human cost of the climate crisis by pressuring world leaders to take meaningful climate action for the world's most vulnerable people.

WHD is a campaign by the United Nations Office for the Coordination of Humanitarian Affairs (OCHA) and humanitarian partners.

World Humanitarian Day is an international day dedicated to humanitarian workers and those who have lost their lives working for humanitarian causes. It is a global celebration of people helping people.

Each year, World Humanitarian Day focuses on a different theme.

When is World Humanitarian Day 2022, and what is the theme? World Humanitarian Day 2022 takes place on Friday, 19th August.

In 2022, the theme for World Humanitarian Day will be **#RealLifeHeroes**.

The campaign will share inspiring personal stories of the humanitarians that have been heroes during the Covid-19 pandemic.



HOW TO OBSERVE #WorldHumanitarianDay

Some of the most famous humanitarians include Nelson Mandela, Mother Teresa, Princess Diana, Martin Luther King, Jr., Oprah Winfrey, Angelina Jolie, and Desmond Tutu. Some of these famous humanitarians help those living in crisis situations by the wealth they have amassed. For others, being a humanitarian has cost them their lives.

You don't have to be a celebrity, have lots of money, or travel to a third-world country to be a humanitarian. All you need to do is have the desire to lend a helping hand to those less fortunate.

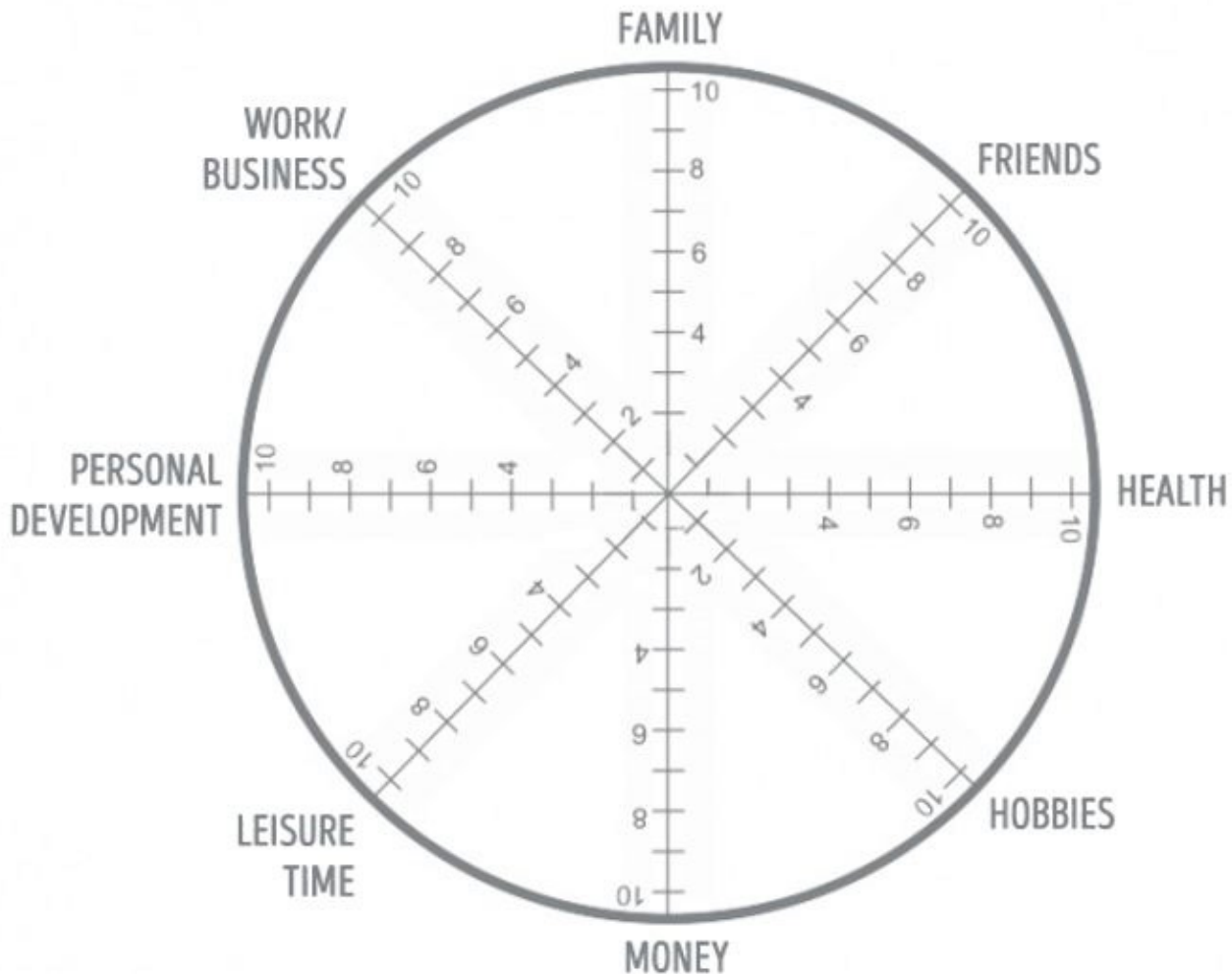
Here are some things you can do to take part in World Humanitarian Day:

- ∞ Volunteer at a homeless shelter or soup kitchen
- ∞ Donate some of your personal belongings to someone in need
- ∞ Make a contribution to a relief organization
- ∞ Do a random act of kindness for a complete stranger

Use #WorldHumanitarianDay to share on social media.

One simple test to make you happier

| BRIGHTSIDE.ME



In less than a minute, you can find out how to make your life more balanced.

Our lives are made up of a whole number of different elements that are important to us, be it family and friends, work or business, or the pursuit of private hobbies. But it's crucial for everyone to find the right balance between these things whatever they may be. Otherwise, life has a tendency to focus too much of our attention on just a few things, which can ultimately make us unhappy.

We came across a very simple test which is widely used among psychologists to help people find a better life balance.

Here's what you need to do:

- ∞ Copy the diagram above onto a piece of paper.
- ∞ On a scale of 1 to 10, evaluate how successful you've been over the past year in each of the indicated areas. Then join the marks you've given yourself on the scale together to form a circle.
- ∞ You'll end up with your own personal 'life wheel', which will help you understand which elements of your life you need to devote either more or less attention to.

Don't despair if you don't score a 10 in any area of the circle, or if you end up with a 'cog' rather than a wheel. This test is just a way of finding out how you can change your life for the better. Of course, you can also add more elements to the circle if you think something's missing. However it looks, this exercise should help you to make sense of where the imbalance is in your life — and in turn, the reasons why you might not be completely happy.

Try to do this exercise once a month. Positive change doesn't take forever, and eventually your 'life wheel' should become much more even.



INTERNATIONAL SCHOLARSHIP TIMOR-LESTE

Rotary Foundation Global Scholarship Grants for Development

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Course starts AY 2023/2024**

Brief description:

The Rotary Foundation offers scholarship funding through the Rotary Foundation Global Grants. The scholarships fund graduate-level coursework or research for one to four academic years.

Host Institution(s):

**Any approved University located in a country where there is a host Rotary club or district, outside of the applicant's home country*

Level/Field(s) of study:

Graduate-level coursework or research in one of Rotary's six areas of focus: Peace and conflict prevention/resolution, Disease prevention and treatment, Water and sanitation, Maternal and child health, Basic education and literacy, and Economic and community development.

Target group:

Non-Rotarians sponsored by Rotary District or Clubs

Number of Scholarships:
TBA

Scholarship value/inclusions/duration:

The minimum budget for a global grant scholarship is \$30,000 which can fund the following: Passport/visa, Inoculations, Travel expenses (as specified in the grant terms and conditions), School supplies, Tuition, Room and board, Household supplies, Language training courses (but not if university admission is contingent on improvement of language skills).

Most personal and miscellaneous expenses are not covered by the scholarship funding.

Eligibility:

For the eligibility requirements, please refer to the scholarship page of the Rotary Club/District's where you intend to apply.

Application instructions:

Interested applicants can contact their local Rotary clubs via the Rotary Club Locator to inquire on how to be sponsored for the grant.

Global grant applications are submitted online. The sponsor clubs or districts create the initial application, and the scholar candidate then completes the scholar profile online.

Global grant scholarship applications are accepted on a rolling basis throughout the year but applications should be submitted at least three months before the scholar's intended departure date to allow adequate time for Foundation review and processing. **Each Rotary Club/District may have its own specific timeline.

It is important to read the Rotary Global Grant Scholarship Supplement and visit the official website for details on how to apply for the scholarship.

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INTERNATIONAL WHALE SHARK DAY 30 AUGUST 2022

International Whale Shark Day on August 30th aims to increase awareness about a magnificent sea-dwelling creature. The whale shark's declining numbers alerts us to their need for protection and conservation. These gentle giants fascinate marine biologists and aquatic enthusiasts alike.

You know about whales, and you know about sharks. But have you heard of the whale shark? Whale sharks are a type of filter-feeding carpet shark. Despite their size, they are considered gentle giants.

Whale Shark Facts:

- ∞ Weighing over 20 tons, the whale shark is the largest fish in the sea.
- ∞ A whale shark lives an average of 70 years.
- ∞ Some whale sharks grow to over 32 feet long.
- ∞ These gentle giants are about the same size as a bus.
- ∞ The whale shark's habitat is found in the tropical seas around the world.
- ∞ Whale sharks are carnivores, but their teeth are only 6 mm long.
- ∞ Like human fingerprints, whale sharks each have a unique skin pattern.
- ∞ Whale sharks are quite majestic. Unfortunately, they are becoming endangered. According to the International Union for Conservation of Nature (IUCN), whale sharks are one of the most vulnerable marine animals.

In 2016, the IUCN reclassified the whale shark from vulnerable to an endangered species. Nobody knows the exact population of the whale



shark. According to some estimates, there are only tens of thousands around the world. Primary reasons for the decline in numbers include illegal fishing, getting trapped in fishing gear, and colliding with boats. Since whale sharks move slowly, they're easily caught. In certain parts of the world, such as Asia, products made from whale sharks are in high demand.

| NATIONALDAYCALENDAR.COM

6 Warning signs that you are lacking Vitamin D

| BRIGHTSIDE.ME

Around 1 billion people worldwide are estimated to have a deficiency in vitamin D. The number is massive, and this deficiency can lead to many health issues that usually require people's immediate attention. Of course, these symptoms aren't caused solely by this deficiency, but it can be one of the many reasons. Whatever the case, you should always consult with your doctor if you feel you have any of the symptoms we mention below.

Bright Side wants you to have an idea of what a vitamin D deficiency looks like and ways you can help increase it in your body.

Hair loss or thinning

Vitamin D is essential for the skin cells that process keratin, the protein that is needed for our hair and nails to grow. So, when there's not enough, keratin isn't produced at the levels needed and our hair suffers. In fact, vitamin D deficiency is often linked with alopecia and hair thinning in both men and women. There have been many studies and researches that have concluded with the same results, which means that changes in our diet are necessary.



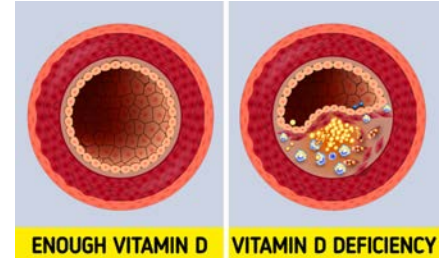
Trouble sleeping

This vitamin plays a very important role in having successful sleeping patterns. Studies have shown that having a deficiency in it could lead to insomnia, disrupted sleep, less restorative sleep, and fewer sleeping hours. In some people, it can even lead to sleep apnea, where one's breathing isn't regulated and interrupts their sleep all night long.



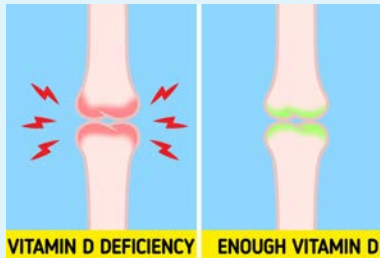
More frequent illnesses

One of the shields your body and immune system can have as a defense to illnesses and viruses is vitamin D. So, when your body lacks this vitamin, it's a lot easier for you to contract viruses and get sick often. Colds, bronchitis, and pneumonia can happen a lot easier when vitamin D is missing. In other words, this vitamin is very important for your respiratory system and maintaining its health.



Bone and joint pain

Studies have showcased how vitamin D deficiency increases the chances of having rheumatoid arthritis later in age. This is because it helps maintain the bone mass in our bodies by assisting with the absorption of calcium. Another scientific review showed that people who suffered from chronic muscle pain and other bone-related problems tended to have lower vitamin D levels.



How to increase your vitamin D levels

- ∞ **Food sources:** improving your diet should always be the first choice, and food like fatty fish, egg yolks, fortified milk, and yogurt are good sources of vitamin D.
- ∞ **Supplements:** you may want to ask your doctor about the dosage that is best for you to consume daily. But you don't need a prescription to get vitamin D supplements, since you can buy them over the counter.

- ∞ **Sunbathing:** while this is the most natural way to receive your vitamin D, you have to be careful about the times of the day you expose yourself to sunlight. It's best if you apply sunscreen 20 minutes before going out in the sun and avoid the time frame between 10 AM — 4 PM. Make sure you re-apply your sunscreen after you do an activity, like swimming, or after 2 hours since the first application.

Feeling tired all the time

Tiredness can have many causes, including stress, anxiety, depression, and vitamin D deficiency. One study, that 480 people with this deficiency took part in, showed that they all experienced fatigue. This is because weaker bones and muscles can cause your whole body to feel more tired. Fixing your diet and starting to take supplements can be successful in bringing back the lost energy.

Wound healing takes longer

It's known that people with diabetes have trouble healing their wounds, but if you don't suffer from that, then maybe you have a vitamin D deficiency. It's been shown that this vitamin can regulate the growth factors of new tissue. Also, in one study, it was shown that people with leg ulcers were more likely to suffer from this deficiency. In more straightforward cases, you might notice that minor wounds take an abnormally long time to heal, which could mean you are deficient.



7 Gym Mistakes You Need to Avoid If You Want to See Gains

| BRIGHTSIDE.ME

There are so many mistakes someone can make before, during, and after working out that it is hard to think you know everything. For example, some people forget to do a warm-up before exercising, something that could lead to injuries. Also, it is important to know what shoes to wear depending on which exercises you're doing. The bottom line is that the gym is a place that you first have to study before you decide to join it.

Bright Side would like you to be aware of some common gym mistakes that a lot of people make that keep them from receiving the gains they would like.



Applying the wrong foot pressure for squats

While squatting, there are 3 points on your foot that you want to apply the most pressure to. It's the point right before your big toe, the point right before your little toe, and your heel. If it's hard for you to understand if you are applying the right pressure on these points, you can just take your shoes off. This will give you the ability to feel the pressure a lot easier, from the ground straight to your feet.

Wearing the wrong shoes on leg day

The best shoes you can wear for lifting weights are, of course, weightlifting shoes, like the ones professional athletes wear. However, a flat sole shoe will do if you don't have them, or you can't spend extra money to get them. Also, barefoot weightlifting has become very popular lately, with its fans saying that it helps with stability and balance.

On the other hand, you don't want to keep your running shoes on while weightlifting. They are great for walking and running, but the gel or air-based sole won't help maintain a balanced footing.



Having the wrong bench grip

There are 6 different ways you can perform a bench grip, but one of them is simply wrong and dangerous. This is when your thumb is placed underneath the barbell on the same side as your fingers. This makes it a lot easier for it to slide and fall on your face or your chest and injure you. And while it has some benefits, it is advised that you not use it.



However, you should feel free to get a good grip on the barbell and decide whether you want it to be close, medium, or wide. It depends on what part of your arms you want to concentrate on the most. The other 2 grips that you can try are the reverse grip and the neutral grip, which are usually used on the Swiss bar.

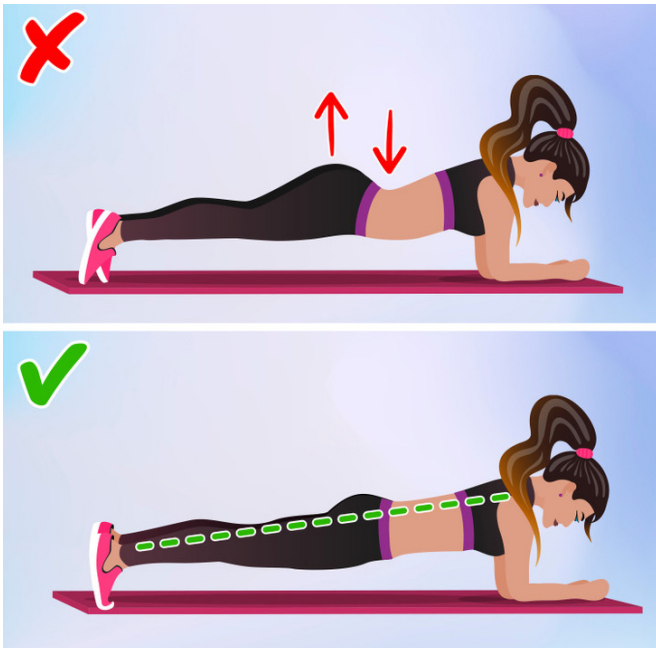
7 Gym Mistakes You Need to Avoid If You Want to See Gains

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Having the wrong posture while planking

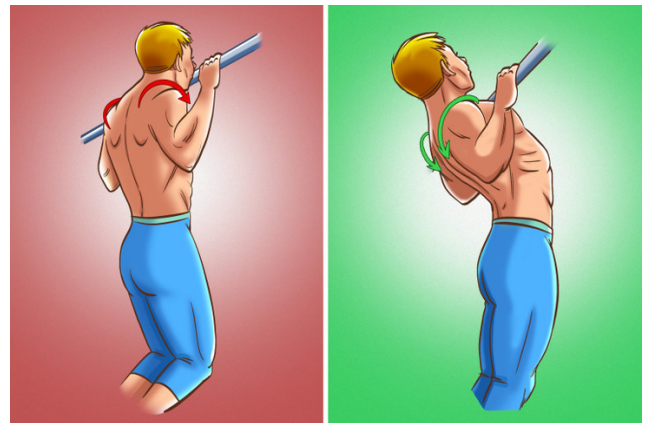
Planking is an exercise you either love or hate, but most exercise programs include. One of the mistakes you can make is to keep your buttocks lifted and your belly hanging low. This is usually accompanied by the person lifting their head and looking up instead of looking down.

So, it's important to keep your head down and maintain a straight posture. Don't arch your back, either, as this will put too much strain on your spine. Just tuck in your buttocks a little and squeeze your glutes.



Doing pull ups the wrong way

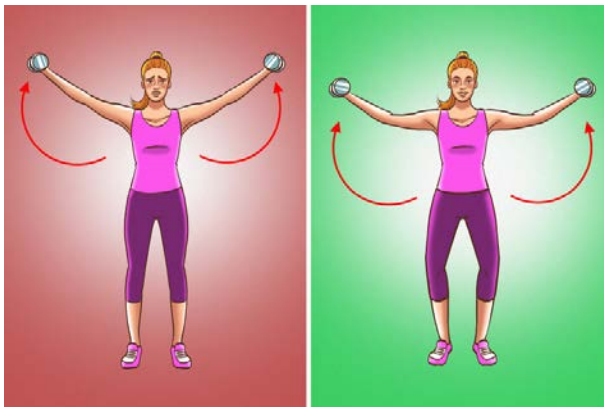
One big mistake you can make during this exercise is to let your shoulders roll forward and your chin go above the handle. What can happen here is a shoulder rotator injury, since there is too much strain on that area. Instead of that, you can put your chest forward and try to reach the handle with it. This will keep your shoulders back and give a nice curve to your back, while your chin stays at the level of the handle.



You're not getting the best out of lateral raises

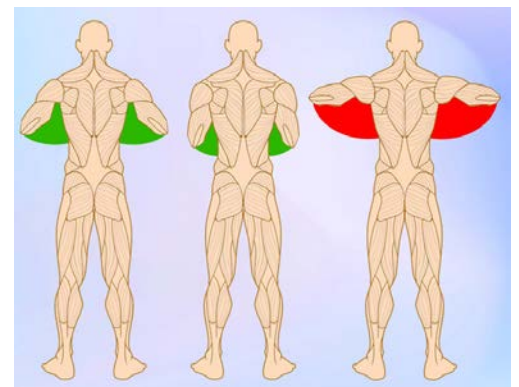
If you think that your body and arms need to be perfectly straight, then you are 100% wrong. Your elbows should be flexed between 20-30 degrees, and you shouldn't lift the weights higher than your shoulders. Your knees should also be flexible and your torso slightly tilted. You should avoid lifting the weights over your shoulders and close to your head, since that will do more harm than good.

Another useful tip would be to pause for a bit when you reach the top of the movement. This small detail will help you shift the focus from the trapezius muscles in your upper back to your shoulders.



You're doing push-ups the wrong way

This exercise is quite popular and almost everyone, whether they train or not, knows about it. However, there are ways that you can mess it up and even cause injury. The most common mistake is keeping your arms too far from the rest of your body, which can cause stress to your muscles and joints. The best placement for your elbows is at a 45-degree angle from your torso.



9 Hygienic Mistakes We Unknowingly Tend to Consider Harmless

| BRIGHTSIDE.ME

We learn about the main principles of self-care in childhood. Everyone understands how important it is to wash their hands and brush their teeth regularly. But oftentimes, we don't even think about hygiene habits that can actually be harmful to us. Even the way we dry our bodies after showering and cut our nails matter.

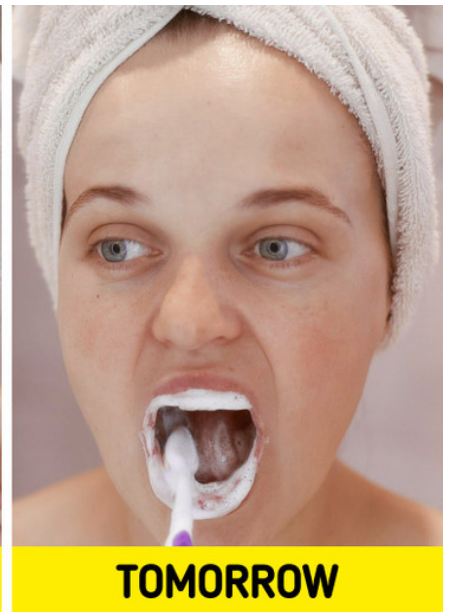
We at Bright Side made a list of widespread hygienic mistakes that many of us make.

We always start to brush our teeth in the same place.

When we constantly start to brush our teeth in the same place, we pay most of our attention to the teeth that get brushed first. The teeth we brush last don't get much attention because we tend to get bored by the time we get to them. Therefore, dentists advise not to get used to the same brushing pattern and always start with different teeth in order to clean them more evenly.



TODAY



TOMORROW

We wash our face after engaging in physical activity, not before.

Experts believe it's more important to wash before engaging in physical activity. It's better to wash off any makeup or dirt in advance, and you won't have to worry about the cleanliness of the skin after a workout. If you don't do this, then it's better not to wipe your face from sweat after training — otherwise, you risk clogging your pores. It's enough to gently blot the skin with a cotton towel.



BEFORE TRAINING



AFTER

We cut wet nails.

Wet nails are softer than dry ones, so cutting them may seem easier. But, in fact, this method brings more inconveniences, as the nails bend and the cut turns into a tear. Uneven edges of the nails can cling to clothing, which can damage both. That's why it's better to cut your nails dry.



We rely on the effectiveness of wet wipes.

Antibacterial wipes do kill germs, but only on clean hands. If the skin is covered with dirt or grease, the alcohol in the wipes won't be able to penetrate into the skin. Regular handwashing will be more reliable in this case.



THEY DON'T ALWAYS CLEANSE



BETTER

Baby wipes don't contain enough alcohol to remove viruses and bacteria at all.

9 Hygienic Mistakes We Unknowingly Tend to Consider Harmless

| BRIGHTSIDE.ME

We dry our bodies too much after showering.

Experts don't advise wiping yourself dry after a shower. With a towel, we remove dead cells that protect the skin. Instead, it's best to wait for the skin to dry on its own, or gently pat it dry with a towel instead of rubbing.



BAD FOR THE SKIN



BETTER

We use scented pads and tampons.

Scented feminine hygiene products can break the pH balance of the skin, leading to irritation. It is worth choosing hygiene products that don't contain additional chemicals, such as fragrances.



We use too much toothpaste.

Dentists don't agree that the more toothpaste we use, the better it is for our teeth. Brushing your teeth with a lot of toothpaste can lead to fluorosis in children. This is enamel damage caused by excess fluoride, which can stain teeth with age and make them more prone to decay.

Fluorosis affects mostly children. But still, using too much toothpaste with abrasive particles combined with the hard rubbing of a toothbrush can cause enamel to weaken. You can avoid all these issues if you use pea-size amounts of toothpaste with each use.



We constantly use the same antiperspirant.

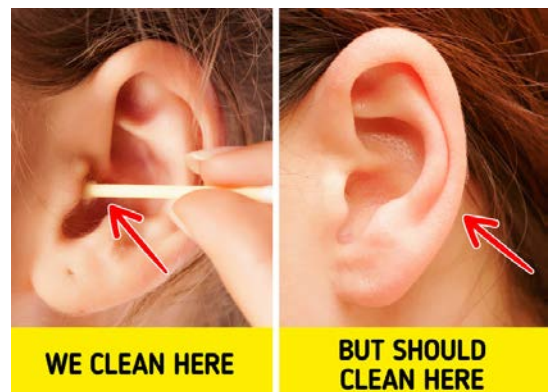
Over time, our bodies get used to antiperspirants. If we change them rarely, they no longer work against bad odors. Therefore, it is considered useful to periodically try antiperspirants of other brands.



We clean our ears but don't wash behind them.

People shouldn't be cleaning their ears at all. But if the body starts to produce a lot of earwax, which can lead to discomfort or hearing loss, it is better to consult a doctor who will carry out the necessary procedures.

At the same time, we often forget to clean the area behind our ears, even though it's recommended to do so regularly. Without doing this, our skin can start to give off an unpleasant smell. In order to prevent this from happening, you need to wash the area behind the ears using soap and water on a daily basis.





World Food Programme

SAVING LIVES
CHANGING LIVES

WFP Timor-Leste Country Brief June 2022



President of the Democratic Republic of Timor-Leste, Dr. José Ramos Horta, and WFP representative, Dageng Liu, visited the Comoro Community Health center to observe and support nutrition assistance to pregnant and breastfeeding mothers. (© WFP /Noel Esteval)

Operational Context

The World Food Programme (WFP) Timor-Leste Country Strategic Plan (CSP 2018-2022) supports the attainment of the Government of Timor Leste's vision and contributes to the National Strategic Development Plan 2011-2030.

WFP's CSP promotes the shift from the provision of food assistance to policy engagement and capacity development. It emphasizes putting people at the center of the country's development efforts through the Road Map for Achieving the SDGs, including ending hunger, combating all forms of malnutrition, and establishing sustainable food systems.

The CSP addresses food security and nutrition gaps identified by the National Strategic Review on SDG 2 and repositions WFP in areas where it has a comparative advantage and potential to maximize the impact of its assistance to ensure that no one is left behind.



The boundaries and names and the designations used on this map do not imply official endorsement or acceptance by the United Nations.

Population: 1.3 million

2020 Human Development Index: 141 out of 189

Income Level: Lower middle

Chronic malnutrition: 50% of children between 6-59

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Highlights

- H.E. President of the Democratic Republic of Timor-Leste, Dr. José Ramos Horta, and H.E. Minister of Health, Dr. Odete Maria de Freitas Belo, visited EBC Manleuana (Basic Central School) and Comoro Community Health Center, with WFP representative, Dageng Liu. This visit aimed to observe school feeding and nutrition assistance to pregnant and breastfeeding mothers, which was supported by the contribution of the Government of the People's Republic of China through WFP.

The event also involved cooking demonstrations and nutrition counseling as part of WFP's social behavioral change communication to improve nutrition for women.

Situation Updates

- Timor-Leste registered an additional 43 locally transmitted COVID-19 cases in June 2022. Since March 2020, 22,957 cases have been confirmed in the country. As of the end of June 2022, 74.3 percent of the population aged 18 years and above have been fully vaccinated. All of WFP Timor-Leste's staff are fully vaccinated.

Operational Updates

Emergency Response and Preparedness

- After the recent flash floods and landslides, WFP worked closely with the Civil Protection Authority (CPA) at the national and municipality levels in their disaster response, by conducting rapid assessments of flood-affected populations in Covalima, Viqueque, and Lautem. WFP will also support the preparation of high-energy biscuits and fortified rice to be distributed to vulnerable populations in the affected areas.

Nutrition

- WFP, together with the Ministry of Health, conducted training for the Targeted Supplementary Feeding program for Nutrition Coordinators, Saude Na Family focal points, and Maternal and Child health focal points in Dili, Oecusee, Bobonaro, Ainaro, and Manufahi.

WFP is also supporting the Ministry of Health for the distribution of Super Cereal (CSB+) to assist pregnant and lactating women in municipalities after its initial delivery to community health centers.

Food Fortification

- WFP is in preparation to produce 5 mt of fortified rice with CPA, with rice donated by the Government of India.
- In close cooperation with WFP, the Presidency of the Council of Ministers (PCM) office is conducting a legal impact analysis for the food fortification decree law on food fortification, to prepare the decree law to be on the agenda of the Council of Ministers.

School Feeding

WFP supported and participated in the celebration of World Food Safety Day, with UN agencies and development partners to support the improvement of food safety in the country.

WFP Country Strategy



Country Strategic Plan (2018-2020)		
Total Requirement (in USD)	Allocated Contributions (in USD)	Six Month Net Funding Requirements (in USD)
25.74 m	17.84 m	0.00 m
Strategic Result 2: No one suffers from malnutrition		
Strategic Outcome 1: Children under five, adolescent girls, and pregnant and breastfeeding women have improved nutrition towards national targets by 2025 Focus area: Root Causes		
Activities: <ol style="list-style-type: none"> 1. Provide nutritious food and raise awareness through social and behaviour change communication for targeted individuals. 2. Provide the Government and partners with technical assistance and evidence for enhancing the efficiency of national programmes and safety nets. 		
Strategic Result 5: Countries have strengthened capacity to implement the SDGs		
Strategic Outcome 2: National and subnational government institutions have increased capacity sustainably to deliver food, nutrition, and supply chain related services by 2022. Focus area: Resilience		
Activities: <ol style="list-style-type: none"> 3. Provide the Government and partners with technical expertise for improved targeting, monitoring, and programme analysis. 4. Provide the Government and partners with technical expertise for the development of an efficient and effective supply chain management system. 		
Strategic Result 8: Sharing of knowledge, expertise and technology strengthen global partnership support to country efforts to achieve the SDGs		
Strategic Outcome 3: The Government of Timor-Leste has access to augmented services during and the aftermath of crisis Focus area: Crisis Response		
Activities: <ol style="list-style-type: none"> 5. Provide on-demand food procurement services to the Government of Timor-Leste 		

- WFP, together with WHO, participated in a familiarization workshop for the Say No to 5S project (School Health and Nutrition project) to support the Ministry of Education, Youth, and Sports and the Ministry of Health.
- To prepare for the Say No to 5S project (school health and nutrition) implementation, WFP has completed the field survey of the baseline assessment to assess conditions of school infrastructure and supply chain of school feeding programs and fortified rice provisions for students.

Supply Chain

- WFP coordinated the visit of the advisor of the President of the Democratic Republic of Timor-Leste and the National Logistics Center to the Tibar warehouse to introduce rice fortification. WFP also provided a briefing on the progress of rice fortification to support the strengthening of

National Logistics Centre rice fortification efforts and ownership.

- WFP facilitated a visit to the Timor Global facility in Railaco with the Chief of Staff and the Director of the NLC. This visit was to oversee activities related to Timor Vita, locally produced specialized nutritious food, and to advocate for the Government to invest in the national supplementary feeding programme.
- WFP provided technical support to autonomous medical services and health equipment (SAMES) to deliver 306 MT of super cereal to support pregnant and lactating women at 71 community health centers in 13 municipalities and Oecusse.
- WFP coordinated with the NLC to use its regional warehouse in Baucau, Natarbora, and Manufahi to store 165mt for prepositioning super cereal stock to cover three eastern municipalities (Baucau, Lautem, Viqueque) as well as Manatotu, Manufahi. This will support pregnant and nursing mothers in these municipalities.
- WFP supported National Directorate for Quarantine and Biosecurity (DNQB) in the preparation of its national pest survey report about warehouse management and food safety issues.

Research Assessment and Monitoring

- WFP delivered technical assistance to the Government of Timor-Leste for its general food basket assistance program ("Cesta Basica"), for vulnerable populations; this included training for monitoring and advocacy for food safety issues.
- WFP launched [the June 2022 Market Monitor Report](#) and market assessment preliminary report, together with the Ministry of Finance and the Ministry of Agriculture and Fisheries to assess the impact of global and local food prices on food security in the country.
- On 14 June, WFP presented updates on project progress at the first Joint Steering Committee meeting of the joint SDG Funds project on the Small Island Development Programme with WHO, FAO, and UN Resident Coordinator's Office, line ministries, and NGOs on reducing disaster risk and strengthening food systems.
- WFP collaborated with the Ministry of Agriculture and Fisheries on the inspection of purchased livestock (goats) and seeds for the Horticulture and Livestock farming programme. Funded by the Government of Brazil through WFP, this programme aims to restore the livelihoods of farmers lost after Cyclone Seroja in 2021.

Challenges

- Considering the high level of global uncertainty including the ongoing crisis in Ukraine, WFP will continue to monitor closely food and non-food item prices together with the Government of Timor-Leste.
- Malnutrition prevention and treatment services among women and children require more investments following the increase in food prices.

Donors

Government of Timor-Leste, Australia, Brazil, China, Japan, New Zealand, Republic of Korea.

KOICA, the Government of Timor-Leste (GoTL), and UNDP Signed a Six-year Youth Employment and Entrepreneurship Skills (YEES) Project

| TL.UNDP



A six-year project, Youth Employment and Entrepreneurship Skills (YEES), jointly funded by Korean International Cooperation Agency (KOICA), Government of Timor-Leste through Ministry of Tourism, Trade and Industry (MTCI), and United Nations Development Program (UNDP) was launched today, July 22, 2022. The signing ceremony was held at the Kay Rala Xanana Gusmão Auditorium, Ministry of Finance and attended by, among others, H.E. Mr Rui Araujo Gomes, Minister of Finance, H.E. Mr Domingos Lopes Antunes, Vice Minister of Commerce and Industry, H.E. Mr Antonio Freitas, Vice Minister of Finance, H.E. Mr Alarico de Rosário, Secretary of State for Vocational Training and Employment (SEFOPE), H.E. Mr Jeong Ho Kim, Ambassador of the Republic of Korea to Timor-Leste, Ms Eunju Cha, KOICA Country Director, Ms Lazima Onta-Bhatta, Deputy Resident Representative and Officer in Charge of UNDP, director generals, executive directors, directors of SEFOPE, the Entrepreneurship Development Support Institute (IADE), MTCI, as well as all distinguished guests from development partners.

The YEES Project aims to overcome the lack of sustainable opportunities and capacity among youth and returnee migrants to be employed or self-employed. The project will focus on two streams. First, employment readiness among youth by enhancing their soft skills, providing job counselling and information, and on-the-job experience through internship opportunities. Second, job creation by fostering entrepreneurship among youth and returnee migrants through a series of entrepreneurship training, business competition, and financial access via a low-interest loan guarantee scheme.

Ms. Lazima Onta-Bhatta, Deputy Resident Representative and Officer in Charge of UNDP, expressed her deepest gratitude and highest appreciation to the government of Timor-Leste, especially MTCI, SEFOPE, IADE, Secretariat of State for Youth and Sports (SSYS), as well as to KOICA and National Commercial Bank of Timor-Leste (BNCTL) for their thorough guidance and input in developing this project. Mr Jeong Ho Kim, Ambassador of the Republic of Korea to Timor-Leste, asserted that the YEES Project is part of the collaborative work between the Republic of Korea and the Democratic Republic of Timor-Leste in the area of economic development and employment, in line with Timor-Leste's Strategic Development Plan (SDP) 2011-2030. H.E. Ambassador congratulated KOICA, the Government of Timor-Leste, and UNDP, on bringing the YEES Project and sincerely wished that YEES Project will be

able to tackle the youth unemployment issues in Timor-Leste, as well as enhance the employment skills of Timorese youth and returnee migrants.

H.E. Mr Domingos Lopes Antunes, Vice Minister of Commerce and Industry, and H.E. Mr Rui Araujo Gomes, Minister of Finance, expressed their appreciation to KOICA and UNDP for the joint effort in developing the project. H.E. Vice Minister cited some of the most pressing issues among youth, such as lack of financial literacy and numeracy skills, basic accounting, bookkeeping, and management, which are essential in developing a business. H.E. Minister of Finance highlighted the importance of human capital in attracting investment and reducing poverty. YEES Project is expected to strengthen the support for human development outcomes by providing opportunities for young men and women to gain knowledge, proper training, and job experience to meet the demands of today's development.

The signing ceremony consisted of a Partnership Agreement (PA) signing between KOICA and the Government of Timor-Leste, which was represented by the Ministry of Finance. Both KOICA Country Director and H.E. Minister of Finance signed the agreement witnessed by H.E. Ambassador of the Republic of Korea. The ceremony was continued by a Grant Agreement Signing between KOICA and UNDP Timor-Leste, and the Project Document signing between UNDP and the Ministry of Tourism, Trade and Industry. UNDP as the main implementing partner is committed to working collaboratively with the government partners, such as MTCI, SEFOPE, IADE, and SSYS, as well as with BNCTL and other institutions, to make this project a success.

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A greater access to social protection is needed to prevent children from child labour in Timor-Leste

| TL.ILO.ORG



DILI, Timor-Leste (ILO News) - The National Commission against Child Labour, the General Labour Inspectorate, the International Labour Organization (ILO) and the United Nations Children's Fund (UNICEF) celebrated this year's World Day Against Child Labour (WDACL) in Suai, Timor-Leste, on 15 June, by launching key findings of a qualitative research on the drivers of child labour in Timor-Leste.

Supported by the ILO and UNICEF, the research confirmed that poverty is a key driver of child labour, both for the families themselves but also for employers, who do not have the means to hire adult labourers. The research also found that very few families surveyed had access to social assistance, Bolsa da Mãe in particular, and for those who did, the cash assistance that they received was insufficient to prevent child labour.

The COVID-19 pandemic has put more children at risk due to raising poverty. Social protection is one of powerful measure to prevent child labour by providing families with incomes security in difficult time. Government, thus, needs to increase its investment in social protection systems and schemes to establish solid social protection floors and protect children from child labour."

| Michiko Miyamoto, Country Director of ILO for Indonesia and Timor-Leste

The result of the research is also in line with this year's WDACL theme: "Universal Social Protection to End Child Labour". The ILO, together with its constituents and partners, called for increased investment in social protection systems and schemes to establish solid social protection floors and protect children from child labour. Social protection is both a human right and a potent policy tool to prevent families from resorting to child labour in times of crisis.

The global ILO and UNICEF research found that, as of 2020 and before the COVID-19 crisis took hold, only 46.9 per cent of the global population were effectively covered by at least one social protection benefit. Coverage for children is even lower with nearly three quarters of children or equal to 1.5 billion lacking of social protection.

"The COVID-19 pandemic has put more children at risk due to raising poverty. Social protection is one of powerful measure to prevent child labour by providing families with incomes security in difficult time. Government, thus, needs to increase its investment in social protection systems and schemes to establish solid social protection floors and protect children from child labour," said Michiko Miyamoto, Country Director of ILO for Indonesia and Timor-Leste.

"The survey recommends the government to strengthen its social assistance by expanding social protection services and schemes to vulnerable families," added Bilal Aurang Zeb Durrani, Country Representative UNICEF Timor-Leste.



The commemoration of the World Day Against Child Labour in Timor-Leste is marked with the launch of the joint ILO and UNICEF research on key driver of child labour and the urgent call for the adoption of the Child Labour National Action Plan.

The Child Labour National Action Plan is vital, aimed to guide and strengthen the works of government institutions such as the Commission against Child Labour and the Labour Inspector office to fight child labour in Timor-Leste. The National Commission against Child Labour supports and urges the Government of Timor-Leste to immediately approve and deliberate the Child Labour National Action Plan."

| Aniceto Leto Soro, President of National Commission Against Child Labour

The key findings of the research also provide an urge for the Government of Timor-Leste to urgently adopt the National Action Plan Against the Worst Forms of Child Labour and its list of hazardous works for children. The National Action Plan is now still in the process of reviewing by the government since its submission in 2020.

A greater access to social protection is needed to prevent children from child labour in Timor-Leste

| TL.ILO.ORG

"The Child Labour National Action Plan is vital, aimed to guide and strengthen the works of government institutions such as the Commission against Child Labour and the Labour Inspector office to fight child labour in Timor-Leste. The National Commission against Child Labour supports and urges the Government of Timor-Leste to immediately approve and deliberate the Child Labour National Action Plan," said Aniceto Leto Soro, President of National Commission Against Child Labour, during the commemoration.

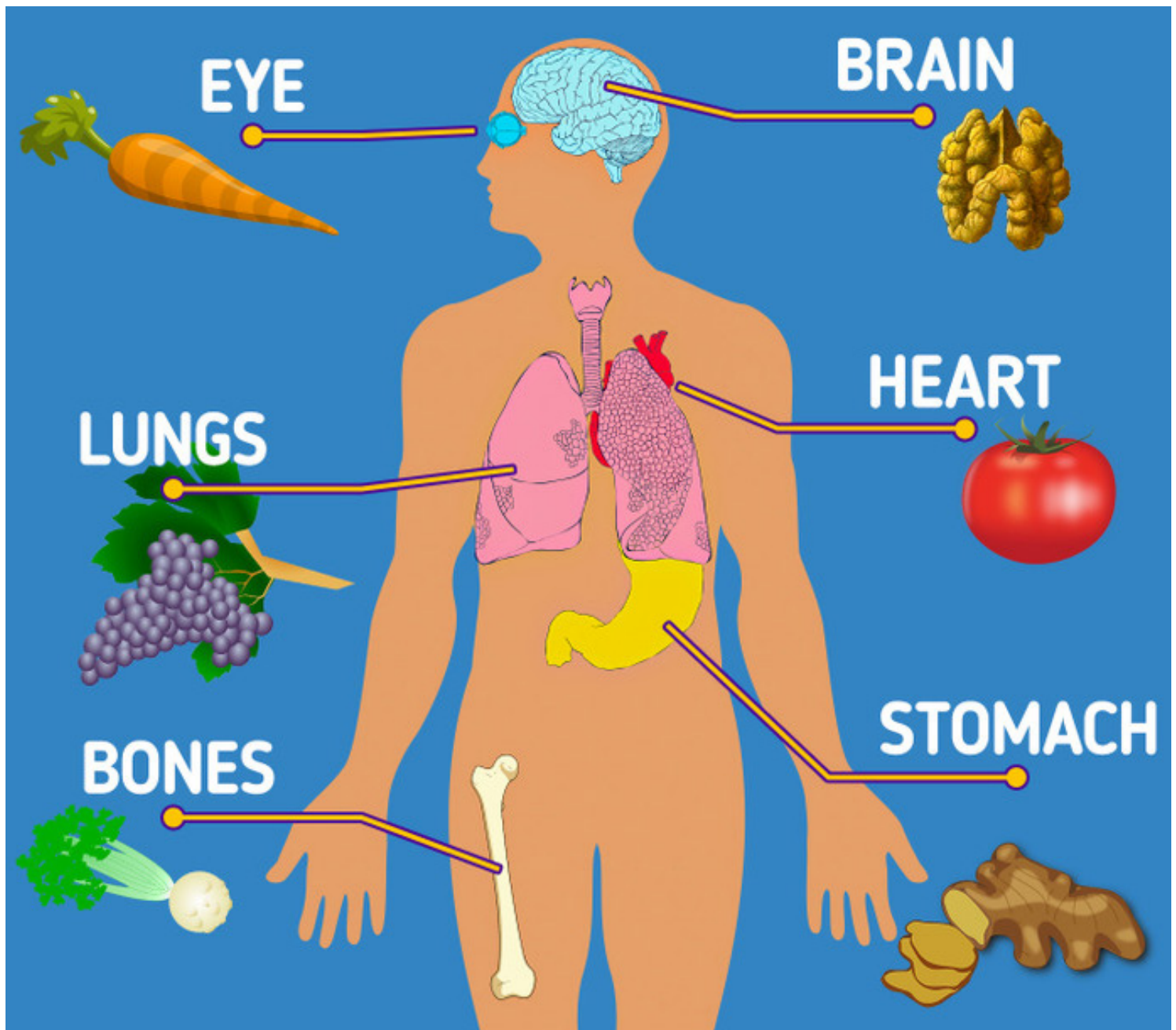
Earlier on 6 June 2022, a delegation of the same organizations had met His Excellency President Ramos Horta to brief him about the child labour situation in the country. The President has reiterated his support toward the adoption of the national action plan.

As per the 2016 National Child Labour Survey, 52,651 children, or 12.5% of children between the ages of 5 and 17, were engaged in child labour in Timor-Leste. Of these, 19,195 children engaged in hazardous work (meaning that they work long hours, or work in dangerous conditions, or carry out night work).



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- ∞ **Brain:** Good brain function needs omega-3 fatty acids, and walnuts are rich in them.
- ∞ **Lungs:** Grapes contain something called proanthocyanidin, which helps with asthma and allergies.
- ∞ **Heart:** Tomatoes are rich in lycopene, which reduces the risk of heart disease. You can combine it with some source of fat to increase its absorption.
- ∞ **Bones:** Our bones need calcium, and celery is rich in it. It's also high in manganese, which helps improve bone density.
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