



# TRAINING AND DIALOGUE PROGRAMS

## GENERAL INFORMATION ON

### WORKSHOP ON IMPROVING ADOLESCENT SEXUAL AND REPRODUCTIVE HEALTH (ASRH)

集団研修「思春期保健ワークショップ」

*JFY 2010*

<Type: Solution Creation / 類型: 課題解決促進型>

NO. J10-00788 / ID. 1080868

Phases in Japan: From June 15, 2010 to July 10, 2010

(Whole Program From May 2010 to January 2011)

This information pertains to one of the Training and Dialogue Programs of the Japan International Cooperation Agency (JICA), which shall be implemented as part of the Official Development Assistance of the Government of Japan based on bilateral agreement between both Governments.

# **I. Concept :**

## **Background**

Since its establishment, the Japan International Cooperation Agency (JICA) has been facilitating development of various capacities in partner countries as one of implementing bodies of the official development assistance program of the Government of Japan.

While JICA organizes a variety of technical cooperation programs, its training programs offer opportunities to those organizations of partner countries, which intend to enhance knowledge of skill of key personnel with strategic assignments, or trainers who would train others. Besides those human capacity developments, the program could meet needs of those organizations, which intend to enhance their own organizational capacities through improvement of rules and regulation as well as social capacities through reform of policies and institutions under their jurisdiction.

In each program, participants dispatched by their respective organizations would be exposed to practical knowledge and experiences of leading organizations and individuals in Japan through a series of lectures, workshops and site visits. They also have a chance to share knowledge and experiences with participants from other countries. As a result, each organization is expected to acquire or create knowledge, which would be subsequently put into its own contexts to achieve a specific objective.

This course is offered to Government and Non-governmental Organizations which intend to implement Adolescent Sexual and Reproductive Health (ASRH) program aiming at capacity building of youth in responsible decision making.”

Participants shall have opportunities in Japan:

- (1) to acquire basic understanding on necessary pre-conditions and strategies to be met for better ASRH program implementation under the concept of Comprehensive Sexuality Education<sup>1</sup>.
- (2) to acquire effective “skills and approaches”.
- (3) to acquire better understanding on the concept and be able to develop the effective strategy in “partnership development among the related organizations for creating ASRH supportive environment”.

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<sup>1</sup> Comprehensive Sexuality Education (CSE) is defined as “a life long process of acquiring information and forming attitudes, beliefs and values about identity, relationships and intimacy”. It recognizes that information on sexuality alone is not enough, and thus seeks to equip young people with the knowledge and skills they need to determine and enjoy their sexuality in all spheres of life.

– International Planned Parenthood Federation (IPPF), 2008

Furthermore, participants are expected to develop an Action Plan (Interim Report) for the effective strategy in “creation of ASRH supportive environment”. It is also envisioned that the course would serve the cause of mutual collaboration among participating countries and Japan in the area of knowledge sharing.

DEFINITION ON “ADOLESCENCE”, “YOUTH” and “YOUNG PEOPLE” (source: UNFPA State of World Population, 2005)

Use and meanings of the terms “young people”, “youth”, and “adolescents” vary in different societies around the world, depending on political, economic, and socio-cultural context. This report uses following United Nations definitions:

Adolescents: 10-19 years old (early adolescence 10-14 and late adolescence 15-19)

Youth: 15-24 years old

Young people: 10-24 years old

\*Some region have implemented activities for adolescent including 25 years old

### **For what?**

This program aims to strengthen Adolescent Sexual and Reproductive Health (ASRH) program aiming at capacity building of youth in responsible decision making.

### **For whom?**

Two participants from each country; one participant from government (GO) and the other one participant from non-governmental organization (NGO).

Present position, assigned as Adolescent Sexual and Reproductive Health (ASRH) program administrator or implementer in GO or NGO.

### **How?**

- (1) To acquire basic understanding on necessary pre-conditions and strategies for the promotion of Comprehensive Sexuality Education.
- (2) To acquire effective “skills and approaches.”
- (3) To acquire better understanding on the development of effective strategy in “partnership development among the related organizations for creating ASRH supportive environment”

## II. Description:

1. **Title (J-No.): Workshop on Improving Adolescent Sexual and Reproductive Health (ASRH) (J10-00788)**
  
2. **Period of program:**

<b>Duration of whole program:</b>	May 2010 to January 2011
<b>1) Preliminary Phase:</b>	May 2010 to June 2010
(In a participant's home country)	
<b>2) Core Phase in Japan:</b>	June 15, 2010 to July 10, 2010
<b>3) Final Phase:</b>	July 2010 to January 2011
(In a participant's home country)	
  
3. **Target Regions or Countries:**  
Kiribati, Nicaragua, Bolivia, Swaziland, Jordan, Burkina Faso
  
4. **Eligible / Target Organization:**  
GO and NGO in the field of Sexual and Reproductive Health of Adolescents.
  
5. **Total Number of Participants:**  
9 participants
  
6. **Language to be used in this program:** English
  
7. **Overall Goal:**  
Status of Adolescent Sexual and Reproductive health will be improved in the area/region
  
8. **Program Objective:**  
ASRH programs aiming at capacity development of youth in responsible decision making will be implemented in participants' organizations.
  
9. **Expected Module Output and Contents:**

This program consists of the following components. Details on each component are given below:

<b>(1) Preliminary Phase in a participant's home country</b> (May 2010 to June 2010) <i>Participating organization is required to prepare for the Program in the respective country.</i>	
Expected Module Output	Activities
Inception report is formulated	Formulation and submission of <b>Inception Report</b> (Due: June 1, please refer to Inception Report Guideline on ANNEX III.)

**(2) Core Phase in Japan**  
 (June 15, 2010 to July 10, 2010)  
*Participants dispatched by the organizations attend the Program implemented in Japan.*

Expected Module Output	Subjects/Agendas	Methodology
1) To acquire basic understanding on necessary pre-conditions and strategies for the promotion of Comprehensive Sexuality Education.	<ul style="list-style-type: none"> <li>▪ Global issues surrounding comprehensive sexuality education</li> <li>▪ Rights-based approach</li> <li>▪ Partnership development between youth and adults</li> <li>▪ Advocacy for the promotion of RH</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lecture</li> <li>▪ Observation</li> <li>▪ Group work</li> </ul>
2) To acquire effective “skills and approaches”	<ul style="list-style-type: none"> <li>▪ Peer education approach</li> <li>▪ Communication skill directed to children</li> <li>▪ Life skill (Birth education)</li> <li>▪ Behavior change communication skills (Effective use of IEC/BCC tools)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lecture</li> <li>▪ Observation</li> <li>▪ Group work</li> </ul>
3) To acquire better understanding on the development of effective strategy in “partnership development among the related organizations for creating ASRH supportive environment”	<ul style="list-style-type: none"> <li>▪ Youth initiative in ASRH advocacy (peer)</li> <li>▪ Rights-based approach</li> <li>▪ Cooperation and Networking of key stakeholders and organizations concerned in ASRH</li> <li>▪ Youth friendly clinic &amp; services</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lecture</li> <li>▪ Observation</li> <li>▪ Group work</li> </ul>

4) To develop Action Plan	<ul style="list-style-type: none"> <li>▪ JICA-Net (Satellite TV live conference)</li> <li>▪ Recommendation on “Implementation of ASRH programs aiming at Capacity Development of youth in responsible Decision making”</li> <li>▪ Sensitization strategy (presentation skill)</li> <li>▪ Action plan presentation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Discussion Session</li> <li>▪ Presentation</li> </ul>
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**(3)Final Phase in a participant’s home country**  
 (July 2010 to January 2011)  
*Participating organizations produce final outputs by making use of results brought back by participants.*

Expected Module Output	Activities
To implement activities based on the action plan in the participant’s country	Submission of questionnaire based on the progress of Action Plan (Questionnaire will be sent to participants in 6 months after the end of Core Phase)

### **III. Conditions and Procedures for Application:**

#### **1. Expectations for the Participating Organizations:**

- (1) This program is designed primarily for organizations that intend to address specific issues or problems identified in their operation. Participating organizations are expected to use the program for those specific purposes.
- (2) This program is enriched with contents and facilitation schemes specially developed in collaboration with relevant prominent organizations in Japan. These special features enable the program to meet specific requirements of applying organizations and effectively facilitate them toward solutions for the issues and problems.
- (3) As this program is designed to facilitate organizations to come up with concrete solutions for their issues, participating organizations are expected to make due preparation before dispatching their participants to Japan by carrying out the activities of the Preliminary Phase described in section II -9 .
- (4) Participating organizations are also expected to make the best use of the results achieved by their participants in Japan when they carry out the activities of the Finalization Phase described in section II -9.

#### **2. Nominee Qualifications:**

Applying countries are expected to select 2 nominees: one participant from government (GO) and the other participant from non-governmental organization (NGO) who is working in the field of ASRH.

##### **(1) Essential Qualifications**

- Both nominees from GO and NGO are required to fulfill the conditions below:
  - 1) Present position should be assigned as Adolescent Sexual and Reproductive Health (ASRH) program administrator or implementer.
  - 2) Occupational Background: should have a minimum of three (3) years of experience in the field of ASRH.
  - 3) 18 to 40 years of age, in principle.
  - 4) Be proficient in spoken and written English (Since this course includes active participation into discussions and development of comprehensive Action Plan, high English competency is required. If applicants have official certification of English language e.g. TOEFL, TOEIC etc, please attach it for selection purpose).
  - 5) Be sufficiently in good health both physically and mentally to attend all of the sessions of the program.

※Pregnancy : There is higher risk for pregnant women and people with chronic diseases to cause serious medical consequences when infected with the new Influenza A (H1N1) virus according to the past cases. Under the pandemic situations of the new Influenza, pregnant applicants shall not be accepted for the time being.

And applicants who suffer from chronic diseases, such as respiratory illness, cardiac disease, metabolic disease (diabetes, etc), renal dysfunction and immune insufficiency (systemic steroid administration, etc), shall not be accepted in principle. However, for those applicants with the chronic diseases, if they and their organizations express strong interest in participating in training programs, JICA shall accept them as an exceptional case after receiving a letter of consent from themselves and their organizations.

Please ask national staffs in JICA office for the details.

6) Not be serving in the military.

7) It is also preferable that the two participants, both from GO and NGO have already been working in partnership in the field of ASRH, if possible, under the same program.

•Nominee from NGO is supposed to be selected from:

the member associations of **International Planned Parenthood Federation (IPPF)**. (See “Annex IV”) (URL: [www.ippf.org](http://www.ippf.org))

### **3. Required Documents for Application:**

**Application Form:** The Application Form is available at the JICA office or the Embassy of Japan in respective country.

### **4. Procedure for Application and Selection :**

#### **(1) Submitting the Application Documents:**

Closing date for application to the JICA Center in JAPAN: **April 21, 2010**

**Note: Please confirm the closing date set by the respective country's JICA offices or Embassy of Japan of your country to meet the final date in Japan.**

#### **(2) Selection:**

After receiving the document(s) through due administrative procedures in the respective governments, the JICA office (or Japanese Embassy) in respective country shall conduct screenings, and send the documents to the JICA Tokyo, which organizes this program. Selection shall be made by the JICA Tokyo in

consultation with the organizations concerned in Japan based on submitted documents according to qualifications. The organization with intention to utilize the opportunity of this program will be highly valued in the selection.

**(3) Notice of Acceptance:**

Notification of acceptance shall be made by the JICA office (or Embassy of Japan) in respective country to the respective Government **by May 12, 2010**

**5. Document(s) to be submitted by accepted participants:**

**Inception Report** -- to be submitted **by June 1, 2010**

Participants are requested to prepare an inception report (detailed information is provided in the ANNEX "Inception Report"). The Inception Report should be submitted to JICA Tokyo by e-mail at [ticthd@jica.go.jp](mailto:ticthd@jica.go.jp) **by June 1, 2010**

**6. Conditions for Attendance:**

- (1) to observe the schedule of the program.
- (2) not to change the program subjects or extend the period of stay in Japan.
- (3) not to bring any members of their family.
- (4) to return to their home countries at the end of the program in Japan according to the travel schedule designated by JICA.
- (5) to refrain from engaging in political activities, or any form of employment for profit or gain.
- (6) to observe the rules and regulations of their place of accommodation and not to change the accommodation designated by JICA.
- (7) to participate the whole program including a preparatory phase prior to the program in Japan. Applying organizations, after receiving notice of acceptance for their nominees, are expected to carry out the actions described in section II -9 and section III-5.

## ***IV. Administrative Arrangements:***

### **1. Organizer:**

(1) **Name:** JICA Tokyo International Center, Human Development Division

(2) **Contact:** Mr. Masanori ABE ([ticthd@jica.go.jp](mailto:ticthd@jica.go.jp))

### **2. Implementing Partner:**

(1) **Name:** Japanese Organization for International Cooperation in Family Planning (JOICFP)

(2) **Contact:** Ms. Lisa ASAMURA ([lasamura@joicfp.or.jp](mailto:lasamura@joicfp.or.jp))

(3) **URL:** <http://www.joicfp.or.jp/>

### **3. Travel to Japan:**

(1) **Air Ticket:** The cost of a round-trip ticket between an international airport designated by JICA and Japan will be borne by JICA.

(2) **Travel Insurance:** From arrival to departure in Japan. The traveling time outside Japan shall not be covered.

### **4. Accommodation in Japan:**

JICA will arrange the following accommodations for the participants in Japan:

JICA Tokyo International Center (JICA TOKYO)

Address: 2-49-5 Nishihara, Shibuya-ku, Tokyo 151-0066, Japan

TEL: 81-3-3485-7051 FAX: 81-3-3485-7904

(where "81" is the country code for Japan, and "3" is the local area code)

If there is no vacancy at JICA TOKYO, JICA will arrange alternative accommodations for the participants. Please refer to facility guide of TIC at its URL, <http://www.jica.go.jp/english/contact/domestic/pdf/welcome.pdf>

### **5. Expenses:**

The following expenses will be provided for the participants by JICA:

(1) Allowances for accommodation, living expenses, outfit, and shipping

(2) Expenses for study tours (basically in the form of train tickets).

(3) Free medical care for participants who become ill after arriving in Japan (costs related to pre-existing illness, pregnancy, or dental treatment are not included)

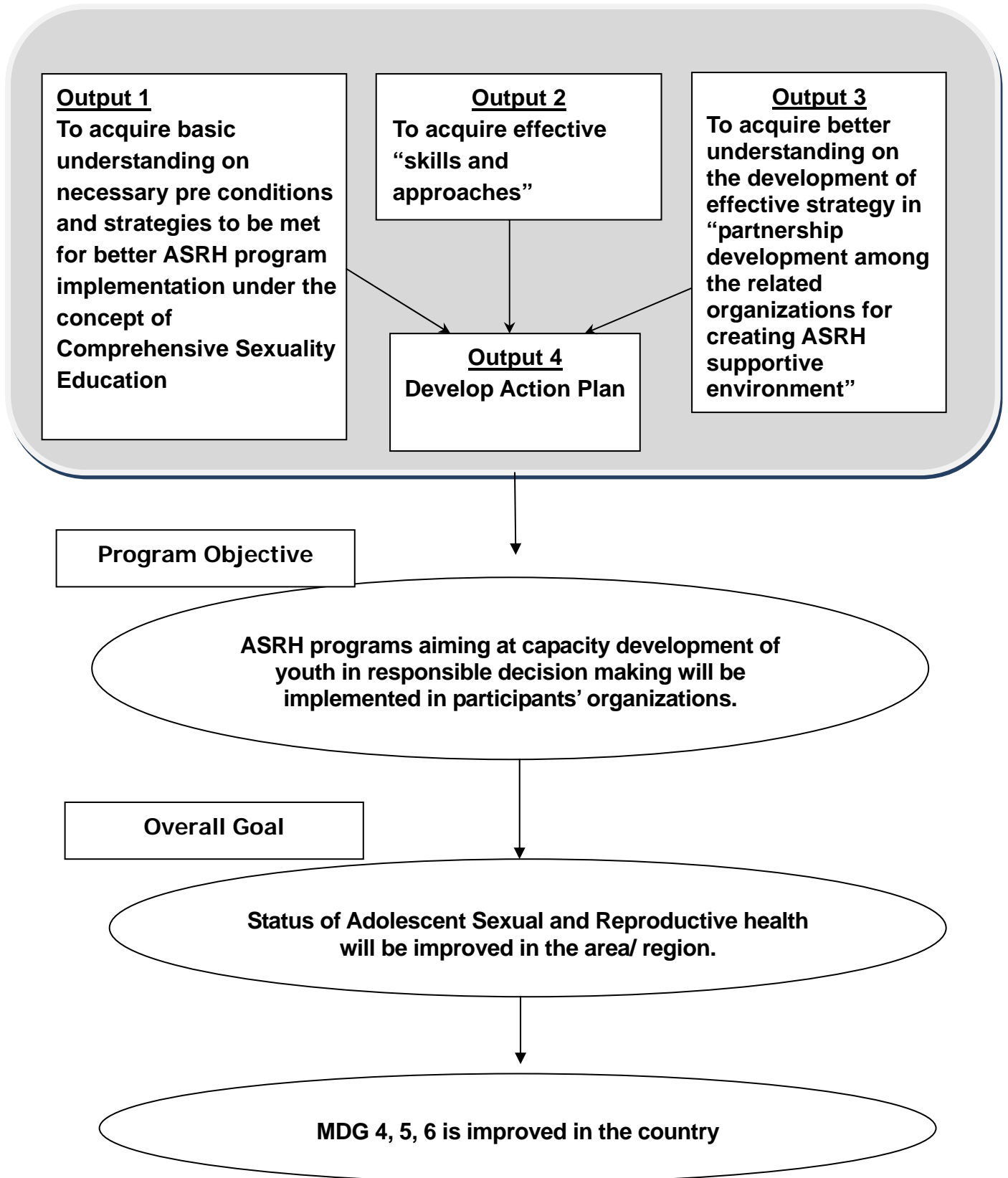
(4) Expenses for program implementation, including materials

For more details, please see p. 9-16 of the brochure for participants titled "KENSU-IN GUIDE BOOK," which will be given to the selected participants before (or at the time of) the pre-departure orientation.

### **6. Pre-departure Orientation:**

A pre-departure orientation will be held at the respective country's JICA office (or Japanese Embassy), to provide participants with details on travel to Japan, conditions of the workshop, and other matters.

# ANNEX I: CONCEPT CHART



## **ANNEX II: MODULE**

The following strategies will be taken in this workshop:

### **I. First Stage (Program before coming to Japan)**

Submission of the Inception Report (Due: June 1), on the analysis of existing ASRH programs in your organization. (Please refer to Inception Report Guideline on ANNEX III.)

### **II. Second Stage (Program in Japan)**

#### 1. Workshop in Tokyo:

- 1) Global issues surrounding Comprehensive Sexuality Education
- 2) How to create supportive environment in ASRH, to involve and mainstream youths in ASRH. (Rights-based approach, Advocacy, and partnership development between youth and adults)
- 3) Utilization of appropriate IEC/BCC for ASRH

#### 2. Study trip to observe good practices at the regional level:

- 1) Situation of ASRH issues at the regional level
- 2) Cooperation and networking of key stakeholders
- 3) Peer education skills and management of Youth Programs (learning from good practices)

#### 3. Sharing of experiences among participants:

- 1) Presentation of Inception Report
- 2) Presentation of Interim Report (Action Plan)
- 3) Exchange of information with ex-participants (Satellite Conference, JICA-net)

### **III. Third Stage (Program in respective country)**

- 1) Interim Report (Action Plan) shall be officially approved and implemented
- 2) Submission of the Final Report after six (6) month from your return (progress report on the activities)

On their return to the home country all participants are expected to implement ASRH program which is planned in Interim Report (Action Plan). Within six (6) months of their return, you will be requested to submit the Final Report to JICA and report the progress of the project. Please attach relevant information, articles, media coverage of your organization, government and JICA office, if necessary.

Please note that this course does not complete only in Japan, but the participants are expected to report and implement their plan in their home country.

## **ANNEX III: Inception Report**

### **WORKSHOP ON IMPROVING ADOLESCENT SEXUAL AND REPRODUCTIVE HEALTH (ASRH) IN 2010**

## Inception Report

Only accepted applicants are required to prepare a Inception Report by following questions within 5 pages and submit it to JICA Tokyo by e-mail at [ticthd@jica.go.jp](mailto:ticthd@jica.go.jp) by June 1st, 2010 (Typewrite, A4 Word file). You will have a discussion session during the program based on your report.

**Part 1.** Please analyze MDG goal, #4, #5, and #6 of your country in relation to adolescent sexual and reproductive health (ASRH).

#### **Example:**

ASRH Related MDG goal	Issues in relation to ASRH (indicator)	ASRH Programs directed to solve the issue
#5:Improve maternal health	<p>1) High incidence of teenage childbirth caused by unintended pregnancy (80 per 1000 women aged 15~19)</p> <p>2) High incidence of unsafe abortion due to unintended pregnancy among teenagers (official record is not available. Hospital record shows cases of incomplete abortion complication)</p>	<ul style="list-style-type: none"> <li>- School health education program on sexuality education</li> <li>- Community ASRH session</li> <li>- ASRH programs (on the use of contraceptives) conducted by Peer educators</li> <li>- Program on contraceptive marketing directed to young people</li> <li>- Youth friendly clinic promoting information and service provision</li> <li>- Life skill education conducted by NGO staff at school on safer sex</li> </ul>

ASRH related MDG goal	Issues in relation to ASRH (indicator)	ASRH Programs directed to solve the issue
#4: Reduce child mortality		
#5: Improve maternal health		
#6: Combat HIV/AIDS, malaria and other diseases		

**Part 2.** Please select two programs (one that can be introduced as Good Practice, and one that requires further improvement), from the ASRH programs described in Inception Report part 1.

2-1: ASRH Program (Good Practice)

1. Objective
2. Strategy
3. Activities
4. Expected Outcome
5. Lessons learned

2-2: ASRH Program that requires further improvement

1. Objective
2. Strategy
3. Activities
4. Expected Outcome
5. Problem analysis and measures

✧ If you have any effective IEC materials used for Adolescent Sexual and Reproductive Health in your country, please bring them with you for display.

## **ANNEX IV: List of IPPF Members**

### **BOLIVIA:**

#### Centro de Investigación, Educación y Servicios (CIES)

Physical Address: Calle Fernando Guachalla N° 342 Edificio Victor 4to Piso, Zona Sopocachi 9935, Bolivia

Postal Address :La Paz, Bolivia

Telephone (2) 2445351/(2) 2445352

Email: [jorosco@cies.org.bo](mailto:jorosco@cies.org.bo)

### **BURKINA FASO:**

#### Association Burkinabé pour le Bien-Etre Familial (ABBEF)

Physical Address: Quartier Rotonde, Zone des Ambassades, rue no.4.75, Secteur 4-01 Burkina Faso

Postal Address: 01 BP 535 Ouagadougou

Burkina Faso Telephone (00226) 50 310 598/ (00226) 50 307 510

Email: [abbef@fasonet.bf](mailto:abbef@fasonet.bf)

### **KIRIBATI: None**

### **JORDAN:**

#### Jordan Association for Family Planning and Protection (JAFPP)

Physical Address: King Hussein Sport City Area, Al - Zamakhshary St, Opposite the Al-Raya Garden, Next to The General Supply & Tender Directorate, Jordan

Postal Address: PO Box 8066, Amman, 11121, Jordan

Telephone (6) 516 0999/(6) 516 1032/33/34/35/36/

Email [info@jafpp.com](mailto:info@jafpp.com)

### **NICARAGUA:**

#### Asociación Pro-Bienestar de la Familia Nicaragüense (PROFAMILIA)

Physical Address: De La Shell Plaza El Sol Una Cuadra Al Sur, Nicaragua

Postal Address: Apartado Postal No.4220, Managua, Nicaragua

Telephone (2) 701 531/(2) 701 535/(2) 701 536

Email: [cardenasf@profamilia.org.ni](mailto:cardenasf@profamilia.org.ni)

### **SWAZILAND:**

#### Family Life Association of Swaziland (FLAS)

Physical Address 1228 Mbhabha (Next to Milling) Street M200

Swaziland Postal Address PO Box 1051, Manzini, M200

Swaziland Telephone +268 505 3586/+268 505 2082/+268 505 3088/+268 505 5852 Email

[flas@africaonline.co.sz](mailto:flas@africaonline.co.sz)

## ***For Your Reference***

### **JICA and Capacity Development**

The key concept underpinning JICA operations since its establishment in 1974 has been the conviction that “capacity development” is central to the socioeconomic development of any country, regardless of the specific operational scheme one may be undertaking, i.e. expert assignments, development projects, development study projects, training programs, JOCV programs, etc.

Within this wide range of programs, Training Programs have long occupied an important place in JICA operations. Conducted in Japan, they provide partner countries with opportunities to acquire practical knowledge accumulated in Japanese society. Participants dispatched by partner countries might find useful knowledge and re-create their own knowledge for enhancement of their own capacity or that of the organization and society to which they belong.

About 460 pre-organized programs cover a wide range of professional fields, ranging from education, health, infrastructure, energy, trade and finance, to agriculture, rural development, gender mainstreaming, and environmental protection. A variety of programs are being customized to address the specific needs of different target organizations, such as policy-making organizations, service provision organizations, as well as research and academic institutions. Some programs are organized to target a certain group of countries with similar developmental challenges.

### **Japanese Development Experience**

Japan was the first non-Western country to successfully modernize its society and industrialize its economy. At the core of this process, which started more than 140 years ago, was the “*adopt and adapt*” concept by which a wide range of appropriate skills and knowledge have been imported from developed countries; these skills and knowledge have been adapted and/or improved using local skills, knowledge and initiatives. They finally became internalized in Japanese society to suit its local needs and conditions.

From engineering technology to production management methods, most of the know-how that has enabled Japan to become what it is today has emanated from this “*adoption and adaptation*” process, which, of course, has been accompanied by countless failures and errors behind the success stories. We presume that such experiences, both successful and unsuccessful, will be useful to our partners who are trying to address the challenges currently faced by developing countries.

However, it is rather challenging to share with our partners this whole body of Japan’s developmental experience. This difficulty has to do, in part, with the challenge of explaining a body of “tacit knowledge,” a type of knowledge that cannot fully be expressed in words or numbers. Adding to this difficulty are the social and cultural systems of Japan that vastly differ from those of other Western industrialized countries, and hence still remain unfamiliar to many partner countries. Simply stated, coming to Japan might be one way of overcoming such a cultural gap.

JICA, therefore, would like to invite as many leaders of partner countries as possible to come and visit us, to mingle with the Japanese people, and witness the advantages as well as the disadvantages of Japanese systems, so that integration of their findings might help them reach their developmental objectives.



**CORRESPONDENCE**

For enquiries and further information, please contact the JICA office or the Embassy of Japan. Further, address correspondence to:

**JICA Tokyo International Center (JICA TOKYO)**  
**Address: 2-49-5 Nishihara, Shibuya-ku, Tokyo 151-0066, Japan**  
TEL: +81-3-3485-7051 FAX: +81-3-3485-7904