



SANITATION FOR ALL

Lessons Learned And Inclusive Sanitation Practices In The WINNER Project

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WINNER HEADLINES

Executive Director



Good friends of Plan Indonesia,

Dear Plan Indonesia Friends, since 2018 we have been striving to continue the achievement of the five pillars of Community Based Total Sanitation - Gender Equality and Social Inclusion (STBM-GESI). We are implementing the model of this activity in Mataram City and Lombok District, both in Nusa Tenggara Barat (NTB), as well as in Belu District and Malacca District, both in Nusa Tenggara Timur (NTT).

It is surely not easy, some even consider it as impossible. Because we are working to change the people mindset and behaviour. Not just one or two persons, but the whole City/District. What are working to change is the habit, framed in the Community Based Total Sanitation - Gender Equality and Social Inclusion (STBM-GESI) with its five pillars, namely Pillar One, stop open defecation (ODF); Pillar Two, handwashing with soap (HWWWS); Pillar Three, proper processing of drinking water and food; Pillar Four, household waste management; and Pillar Five, household liquid waste management to prevent environment pollution.

So, when I was invited to attend the ODF Declaration initiated by Regents or Local Government, I feel proud. As an example, in Belu District, NTT, the STBM-GESI approach has actually been considered as one of the factors reducing the number of stunting in a district that is synonymous with cases of malnutrition and poor sanitation. Even Mataram City has declared itself as a city that implements all pillars in STBM-GESI. The National Government acknowledged this achievement. The City received the National Sanitation and Drinking Water Conference (KSAN) Award from the Indonesian Ministry of Health. It is the highest award for the seriousness in changing the behaviour to achieve the five pillars of STBM.

None of this will be possible without the commitment, as well as multi-party collaboration, such as the disability groups, women groups, schools, and of course the government itself. This work is too monumental to be tackled single handedly.

Thus, inspirational stories and good practices that they have done are portrayed in this book. We sincerely hope that it is not used as a mere display, but as reading material, or perhaps as reference if anyone wishes to replicate and adopt the STBM-GESI program from our Women and Disability Inclusive WASH and Nutrition Sensitive (WINNER) Project. We are open and more than welcome.

On this extraordinary work, we wish to give an appreciation to all Plan Indonesia staffs and the implementing partners for their hard work in safeguarding this program. Also, we salute and respect the change leaders for bringing their city/districts toward a better future, the Mayor/Regents, related agencies, disability communities, and women groups.

Hopefully this book will be beneficial to us all and inspire more people to contribute in positive change.

Salam Winner,

Dini Widiastuti
(Plan Indonesia Executive Director)

WINNER PROJECT MILESTONE

SPACE Program Manager



Under the warmth of the tropical sun, Nusa Tenggara Barat (NTB) and Nusa Tenggara Timur (NTT) hold cultural richness and magnificent nature beauty. Unfortunately, these charms are often conflicting with the realities of poverty, malnutrition, and stunting – all still haunting the low-income communities in both provinces.

According to the 2018 Basic Health Research (Riskesdas), the prevalence of stunting on children under five years in NTT was around 41.6%, while NTB scored 34.7%. It shows that stunting is a serious child health issue in both provinces. It is strongly connected to poor sanitation, limited access to clean drinking water, as well as the low community awareness of clean and healthy living.

Seeing this condition, Yayasan Plan International Indonesia (Plan Indonesia) has been seeking the root cause and right approach since 2017 by implementing the WASH program in the Women and Disability Inclusive WASH and Nutrition Program (WINNER Project), in NTT and NTB Provinces. This project is integrated and synergized into Plan Indonesia's other main programs, plus Plan Indonesia's efforts to contribute in achieving Sustainable

Development Goals (SDGs) Goal Three: Good Health and Well-Being, Goal Five: Gender Equality, and Goal Six: Clean Water and Sanitation which is aligned with the government target in achieving Universal Access.

Using Community Based Total Sanitation - Gender Equality and Social Inclusion (STBM-GESI) method and approach, the WINNER program answers the above challenges with five STBM pillars, namely: Open Defecation Free (ODF); handwashing with soap (HWWS); safe drinking water and food management; household waste management; household liquid waste management. This method is implemented in all levels by involving all elements since this program was launched. We did not expect such welcome from the governments in both provinces, that they even committed to safeguard, collaborate across sectors, leverage, and sustain it despite the WINNER project ending.

They also actively do the field visits, to raise the spirit of sanitarians, PKK cadres, as well as the women and disability groups, who are active in "campaigning" for STBM-GESI. Particularly for the disability and women groups, this program has fostered the sense of self-confidence and acknowledge the potential of those who have been marginalised. It also opened a room for their other needs to be noticed and advocated.

The hard work of all parties resulted in many villages declaring Stop BABS, with 100% in all City/Districts reached ODF (Open Defecation Free). It does not end there, they also ensure the sustainability of proper and safe sanitation, even when WINNER program ends. Even, STBM-GESI is also recognized as one of the factors reducing the number of stunting in Belu District, NTT. We are tremendously proud that this program brings so many concrete and real impacts that benefit the community.

At the end of this journey, we can see a glimpse of hope. A hope that the children will grow healthy, resilient communities, and a hope for a brighter future for NTB and NTT. All of these good stories can be found in this book, stories of winners, The Winner.

Salam The WINNER,

Herbert Barimbing
Program Manager *Stunting Prevention, Adolescent Health, and End of Violence Against Children & Youth (SPACE)*

WINNER PROJECT AT A GLANCE

The Women, Disability Inclusive and Nutrition Sensitive WASH (WINNER) programme is a programme implemented by Plan Indonesia, with support from the Netherland Government to improve community access to gender-responsive and inclusive sanitation and hygiene. In addition to encouraging improvements on sanitation and hygiene, this project also aims to encourage active participation of marginalised groups such as women, children and people with disabilities in sanitation development since 2018 – 2023 in 4 City/Districts in NTB and NTT Provinces, namely Mataram City, Lombok Tengah, Belu and Malaka District.

WINNER PROJECT OBJECTIVES

Long Term Outcome:

Sustainable and equitable use of WASH by all

- **Increased demand creation of WASH services at communities:** Communities at household and school levels practised sustainable and inclusive sanitation and hygiene behaviours.
- **Improved WASH service provision:** Communities have access to affordable and inclusive sanitation and hygiene products and services.
- **Strengthened WASH governance and institutional framework:** National and local governments provide policy and budget support for the development of sustainable and inclusive sanitation.
- Marginalised groups including women, children and teenagers, and people with disabilities have an active role in the development of sanitation and hygiene in the community.

STBM-GESI

The WINNER Project implementation is based on the Regulation of Minister of Health No.3 of 2014 on Community-Based Total Sanitation (STBM). There are 5 Pillars of STBM:

1. Stop Open Defecation
2. Handwashing with Soap
3. Safe Drinking Water and Food Management
4. Household Waste Management
5. Household Liquid Waste Management

With the WINNER Programme, Plan Indonesia is mainstreaming the GESI transformation approach in STBM implementation to drive gender equality and social inclusion in community sanitation development.

WINNER PROGRAMME IMPLEMENTATION STRATEGY

To achieve the objectives, WINNER Programme implements the following strategies:

- Promoting STBM and Menstrual Hygiene Management (MHM) in communities and schools using behaviour change triggering approach.
- Advocating policy to encourage government to provide support for gender-equal and inclusive sanitation development policies.
- Collaborating with sanitation entrepreneurs to expand the provision of affordable and inclusive sanitation products and services.
- Implementing the project through partnerships with governments, women organisations and disability organisations.
- Using pilot and replication approaches as a program coverage expansion strategy.

WINNER PROJECT AREAS

MATARAM

8 School
4 Sub-District
4 District

LOMBOK TENGAH

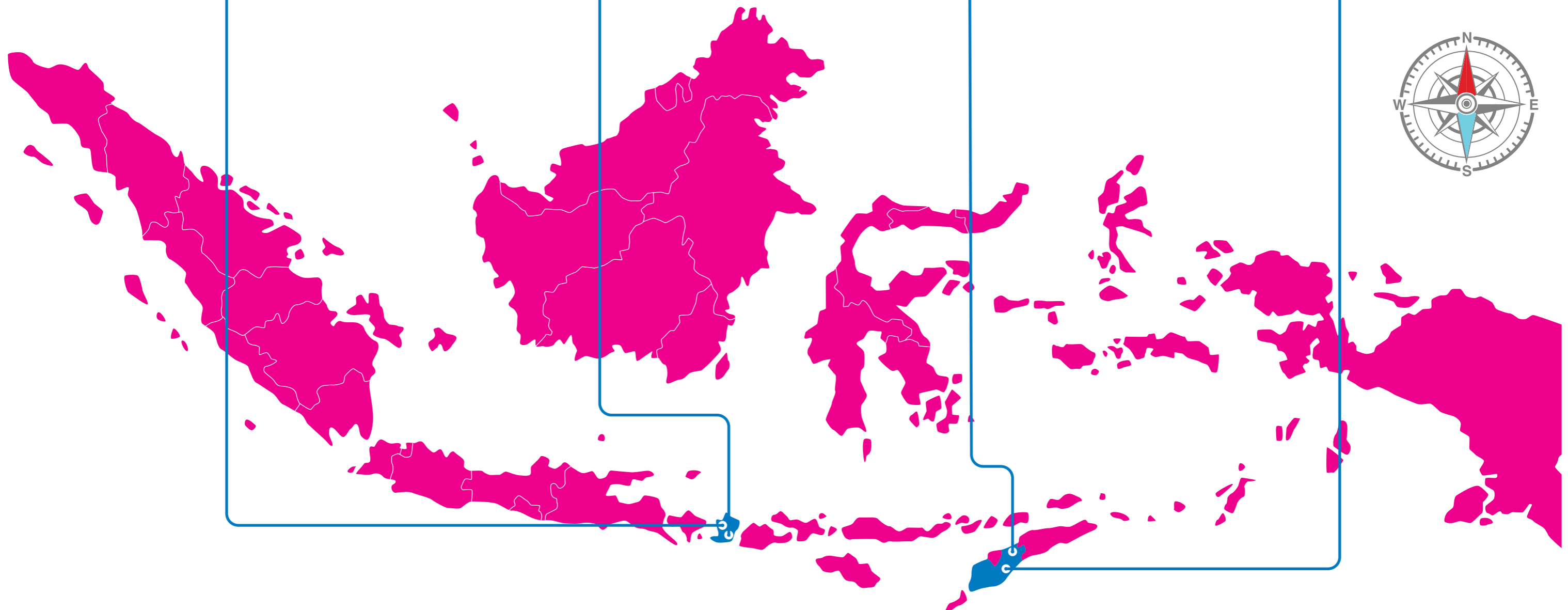
14 School
24 Village
12 District

BELU

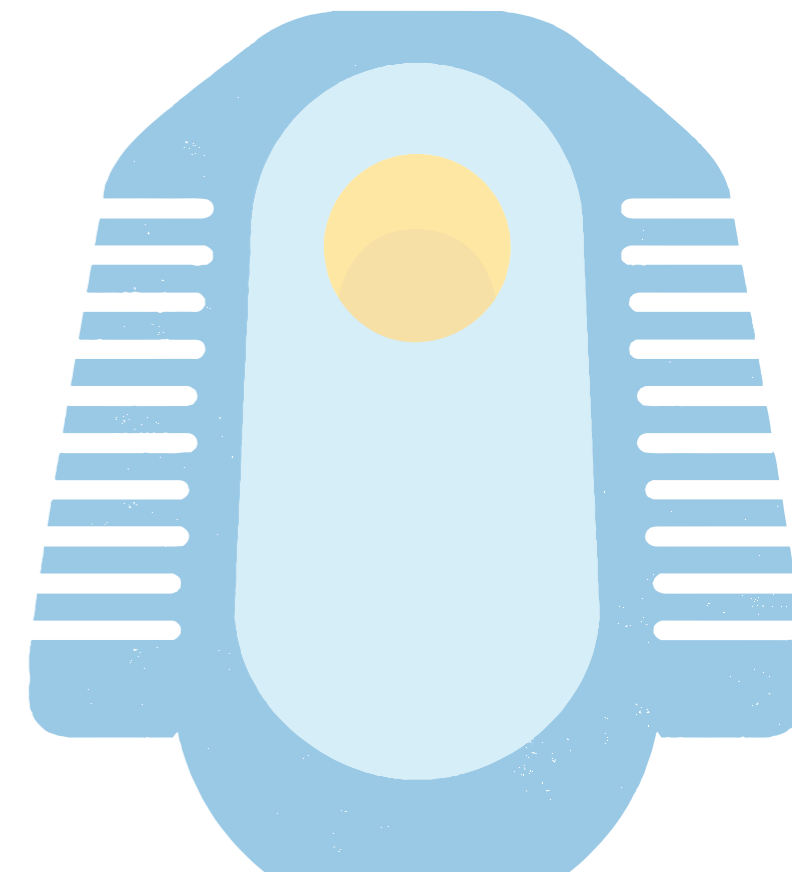
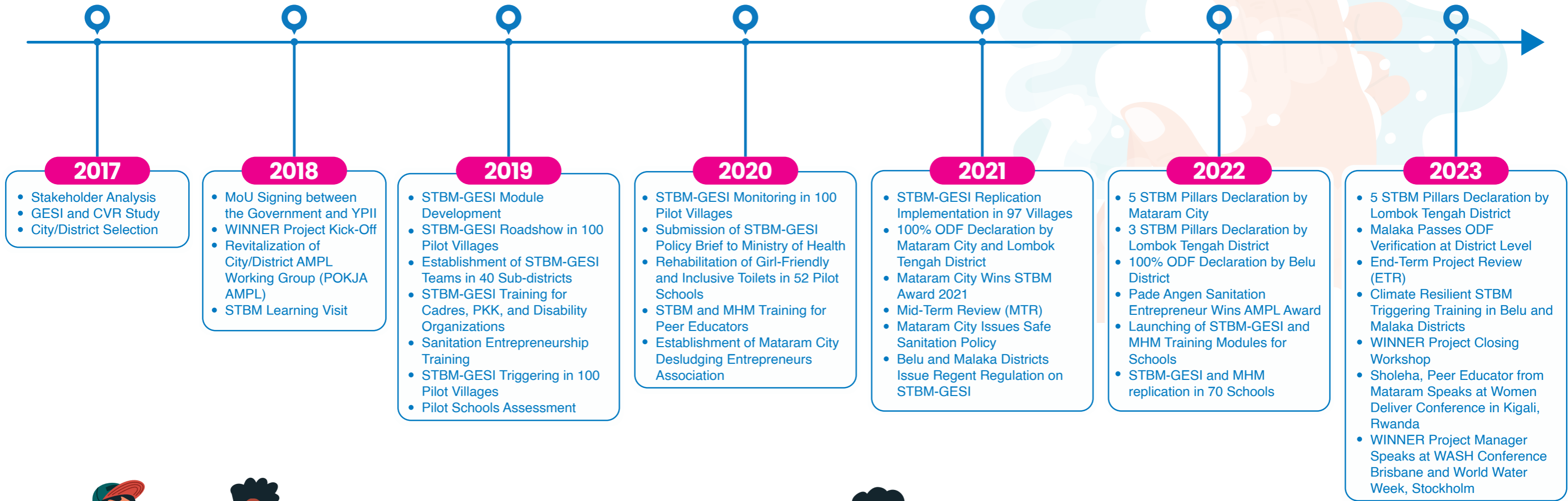
15 School
36 Village
12 District

MALAKA

15 School
36 Village
12 District



WINNER PROJECT MILESTONES 2017–2023



WINNER PROJECT ACHIEVEMENTS AND AWARDS

100 PILOT VILLAGES & **296** REPLICATION VILLAGES

reached 100% Stop Open Defecation

4 ASSISTED CITIES/DISTRICTS

declared as ODF (Open Defecation Free) City/Districts

Mataram City and Lombok Tengah District declared the completion of 5 STBM Pillars

10,756 STUDENTS IN **52** SCHOOLS

received STBM and MHM training and active as peer educators in schools

3 DISABILITY ORGANISATIONS

in NTB and NTT actively involved in STBM-GESI campaign and reached almost 400 people with disabilities in four assisted city/districts

43% REPRESENTATIVES OF WOMEN AND DISABILITY ORGANISATIONS

involved in community STBM activities and hold strategic positions in the STBM Team



Mataram City Receives 2023 STBM Award

Mataram City was awarded the 2023 Plenary Level STBM Award from the Ministry of Health of the Republic of Indonesia for its achievements in completing the 5 STBM Pillars and safe sanitation. It was also awarded to recognize Mataram's success in supporting gender equality and inclusion in the STBM program both in communities and in schools.



Herie Ferdian, WINNER Project Manager, Speaks at WASH Future Conference, Brisbane 2023

Herie Ferdian, WINNER Project Manager, participated in WASH Future Conference in Brisbane, Australia. In this conference, Herie Ferdian shared lessons and good practices in advocating for mainstreaming GESI in STBM implementation in Indonesia by taking lessons from the WINNER Project areas in NTB and NTT.



PADE Angen Receives 2022 AMPL Award

Pade Angen, a sanitation entrepreneurs' group from Lombok Tengah disabled community, received the AMPL Award from Bappenas RI for its innovation in developing inclusive sanitation products. Pade Angen is a sanitation entrepreneurs' group that have been trained by Plan Indonesia to ensure the availability of sanitation products in Lombok Tengah Regency.



Sholeha, Mataram City Peer Educator, Speaks at Women Deliver Conference 2023

Sholeha, a peer educator from SLB Mataram City participated in Women Deliver Conference 2023 in Kigali, Rwanda. In the conference, Sholeha shared lessons on how her role as a peer educator helped promote STBM and MHM (Menstrual Hygiene Management) in her school.



MULTIPARTY COLLABORATION for Mataram City's Safe Sanitation



Sanitarians, disability groups, and women groups consistently carried out the STBM-GESI campaign in Mataram City. (Photo: Plan Indonesia)

Gentle wind and the rustling leaves accompanied the daily communal activities in Mataram City last March. Populated by 441,561 people as recorded in 2021, Mataram City is the capital of Nusa Tenggara Barat (NTB) Province. With a dense population, Mataram City still scored some achievements in the past few years, especially related to the Community-Based Total Sanitation (STBM).

Mataram City has declared the completion of five STBM pillars in August 2022. This achievement affirmed that Mataram City completed its efforts to realise Clean and Healthy Living Behaviour (PHBS) by implementing STBM which is carried out by the local government since 2018. Five STBM Pillars declared and successfully achieved by Mataram City consists of Stop Open Defecation, Handwashing with Soap, Safe Drinking Water and Food Management, Household Waste Management and Household Liquid Waste Management.

The success in achieving five STBM pillars complement some other achievements of Mataram City in recent years, supported by Yayasan Plan International Indonesia (Plan Indonesia) in the sanitation and hygiene sector. Previously, the city successfully reached 100% Stop Open Defecation (ODF), won the 2021 STBM Award, and

won the 2022 AMPL Award from the national government for its achievements in implementing STBM with Gender Equality and Social Inclusion (STBM GESI).

Plan Indonesia has been implementing the Women & Disability Inclusive and Nutrition Sensitive WASH (WINNER) Program, in Mataram City since 2018. This program is also implemented in Lombok Tengah Malaka, and Belu Districts. WINNER program has also succeeded in encouraging the Mataram Manages Household and Institutional Waste (MOLAH GATI) movement, supported by Mataram Mayor policy to support a safely managed sanitation in urban area. The support in the form of Mayor Regulation No.50/2019 on urban faecal sludge management and Mataram Mayor Decree No.440/IV/2019 on the establishment of Housing, Settlement, Water, and Sanitation Working Group (Pokja PPAS).

With a secretariat at Mataram City Bappeda Office, Pokja PPAS consists of: many Regional Apparatus Organisations (OPD) representatives related to water and sanitation access. Almost all city/district has limited human resources (HR) and budget, Mataram City included. So, Mataram City Pokja PPAS involved not only government institutions, but also non-government, such as Plan Indonesia.

WINDING ROAD TO SAFE AND SUSTAINABLE SANITATION

Muhammad Ramayoga, S.E., MM., Mataram City Bappeda Head as Mataram City Pokja PPAS Head said, collaboration with Plan Indonesia has directed the Pokja PPAS on the right steps to boost STBM with Gender Equality and Social Inclusion (STBM GESI). "WINNER program really helped us in the dissemination and education of communities that we have not been able to reach. It enabled an accelerated target achievement," Ramayoga said.

With diverse members and different agendas, surely pose a challenge for the working group in coordination and data synchronisation. Finding the right time for all members to present is also a rarity. Also, the data collected from each OPD tend to be out of sync with one and another. Yet, despite the challenges, all members of Mataram City Pokja PPAS are committed to their duties and contribution.

It is not easy to achieve the five STBM pillars, but it is harder to maintain the changed community behaviour. Mataram City PokJa PPAS still has a long way to go to hit the safe and sustainable sanitation target. Yet, with intense assistance and contribution that brings significant impact, Plan Indonesia received a thank you letter from Mataram Mayor, H. Mohan Roliskana.

"Hopefully Plan Indonesia will continue its assistance in Mataram City, so we can achieve the safe and sustainable sanitation target," said Ramayoga.



Plan Indonesia Executive Director (far right) joining the 5 STBM Pillars Declaration of Mataram City, a result of collaboration of committed parties. (Photo: Plan Indonesia)



KSAN Award Certificate that triggers the Mataram City Government to make the city sanitation safer and more sustainable. (Photo: Plan Indonesia)

"Hopefully Plan Indonesia will continue its assistance in Mataram City, so we can achieve the safe and sustainable sanitation target," said Ramayoga.

A key in realising safe community sanitation is the existence of a Scheduled Desludging Service (L2T2). Implemented in Mataram City, it is the responsibility of Mataram City Public Work and Public Housing (PUPR) Agency since 2021, previously it was the main duty and function of Environment and Forestry Agency. Together with Plan Indonesia, the PUPR Agency as a member of Mataram City Pokja PPAS, collaborate with Mataram City Desludging Forum to realize L2T2 by constructing a temporary storage temporary before constructing the faecal sludge treatment plant (IPLT). The temporary storage was a result of direct discussion with the community to solve the L2T2 constraint.

Lale Widiyahning, ST Cipta Karya Unit Head said that all water and sanitation implementations by the PUPR Agency involved the community, including low-income communities (MBR). "Sanitation is community-based, so communities plan their own needs and the PUPR Agency is trying to accommodate," Lale said.

In 2023, PUPR Agency is running a L2T2 pilot project in one kelurahan in Mataram City as model for other villages. Safe sanitation infrastructure includes the Communal Waste Water Treatment (IPAL), communal septic tank, and individual septic tank.

In the past four years, WINNER program has been assisting the PUPR Agency in community dissemination and education, Lale hopes that Plan Indonesia continues this in the future. "Plan Indonesia becomes our driver. With all the OPDs onboard for safe sanitation, we have our own agenda, but Plan Indonesia is the one that unite us," Lale added.

NON- GOVERNMENTAL INSTITUTIONS AS SUPPORTER

Other than Plan Indonesia, the National Alim Agency (Baznas) of Mataram City is also a member of Mataram City Pokja PPAS. Drs. H. Djaswad, S.H., MM., Mataram City Baznas Chairman, explains that Baznas started its water and sanitation intervention in 2018, following a directive from MUI on the utilisation of alim for sanitation facilities for the poor. Djaswad confirms Baznas support to the government activities and programs, especially the Mataram City Government. "As a Muslim, cleanliness is part of faith. This is what guides us all," Djaswad added.

Until now, Baznas has built 450 safely managed sanitation for Uninhabitable House (RTLH) and 300 latrines for non-RTLH. Seeing the successful implementation of safely managed sanitation at RTLH, in 2022 Baznas started to construct latrines on schools and markets. Collaborating with at least eight Mataram City OPDs, Baznas also works with the Driving Team of Family Welfare Program (TP-PKK) to reduce the

number of stunting. Djaswad said that it is a very important collaboration to speed up the desired impact that each agency wishes to achieve since they share the same big dream. "Any institution will still require coordination. None can walk alone," said Djaswad.

Collaboration between government agencies and non-government in Mataram City Pokja PPAS is proven with the achievement of five STBM pillars. The achievement cannot be separated from the community contribution, who are willing to accept change for a better life. Community is essential in the change and implementation of Clean and Healthy Living Behaviour (PHBS). In addition to the parties involved in Pokja PPAS, other interventions are required for future sustainability, including from the private sector. The integrative collaboration between groups will surely be able to bring Mataram City to achieve safe and sustainable sanitation in the next few years.



Bappenas Minister of the Republic of Indonesia (far right), presented the KSAN Award to Mataram City Mayor for succeeded in completing 5 STBM Pillars. (Photo: Plan Indonesia)



“

Achieving 5 STBM Pillars was hard, but it is harder to maintain them. So, the Mataram City PPAS' commitment continues, as the journey to reach the target of safe and sustainable sanitation is still long.

Muhammad Ramayoga

Mataram City Bappeda Head.



“

As a Moslem, we are very clear (on sanitation), "Cleanliness is part of faith. This is what guide us all."

H. Djaswad

Mataram City Baznas Chairman.



“

In implementing the sanitation program, we coordinated all the Lurah to prepare the community empowerment strategy, to plan the development of facilities that suit the community needs and to partner up with parties relevant to sanitation program.

Henny Suyasih, S.STP

Sandubaya Sub-District Head, Mataram City.



LOMBOK TENGAH'S PKK LEAD

STBM-GESI Promotion in the Community

The issue with child growth or commonly known as stunting remains a challenge for Lombok Tengah District. The 2022 data from Women Empowerment, Child Protection, Population Control, and Family Planning (DP3AP2KB) Agency shows stunting rate in Lombok Tengah still high at around 20.81% or 18,680 out of 91,000 children. This is high compared to other districts in the Nusa Tenggara Barat (NTB) Province.

In a meeting room with her peers, Head of the Driving Team of Family Welfare Program (TP-PKK) of Lombok Tengah District, Baiq Nurul Aini Pathul Bahri, conveyed her feelings on the reality.

"It's a pity to know that the stunting rate in Lombok Tengah is still high. Yet, this is also influenced by the fact that Lombok Tengah is the most densely populated district compared to others," said Baiq Nurul.

By front lining the TP-PKK role and its intervention, Lombok Tengah District is now optimistic to reduce the national stunting rate 14% by 2024. One of the missions stated in the National Mid-Term Development Plan (RPJMN) 2020-2024 is improving the quality of Indonesian human resources, with one of the indicators and targets being the prevalence of stunting in children-under-five.

Talking about stunting, surely the first 1,000 days of life are the golden time essential for child growth and development. It is not just an issue with balanced nutrition, stunting is also influenced by environmental hygiene. So, TP-PKK Lombok Tengah prioritises education on Community-Based Total Sanitation (STBM) to the smallest units, namely Dasa Wisma, that consists of 10 – 15 households.

To hit the right targets, TP-PKK Lombok Tengah also collaborates across Regional Apparatus Organisations (OPD) and community social institutions such as Plan Indonesia. At the end of 2022, Lombok Tengah successfully completed 3 STBM pillars with the assistance of Plan Indonesia.



PKK role is the key to reduce the stunting rate in Central Lombok with its intensive clean and healthy living campaign. (Photo: Plan Indonesia)

Coincided with World Waste Day on 21 February, TP-PKK used the momentum to ask 12 sub-districts to carry out communal clean-up work with the Clean Our Houses (BBRK) program. TP-PKK also launched stunting reduction programs in sub-districts, kelurahan, and villages.

The launch of Adolescent Parenting in the Digital Age (PAREDI) is another effort by Baiq Nurul and TP-PKK to prevent child marriage, which is also high in Lombok Tengah. Addressing the root cause, is what the TP-PKK is doing. Child marriage is one of the biggest factors causing stunting due to lack of proper parenting education for parents and financial problem they face.

Implemented simultaneously in 12 sub-districts, TP-PKK through PAREDI, invites teenagers and the youth to be actively involved after they return from schools. This is to prevent them from doing risky behaviours that may impact the future.

"We are trying to give them meaningful activities so they receive guidance and training to know themselves, one of which is reproductive health education," Baiq Nurul added.

TP-PKK also gives economic strengthening coaching guidance for mothers trapped in child marriages without a diploma. They are given training to start a community small business to earn additional income to help the household economy.

"Women empowerment is a continuous effort. Every village has a women empowerment budget, so we are pushing for its concrete realisation," said Baiq Nurul.

Baiq Nurul surely faces many obstacles and challenges when doing her work, especially in collaboration and sustaining the impact. With the changes in the government in each period, it is hard to maintain the collaboration. With different periods, there

is no guarantee that the next person shares the same vision and mission, making it difficult for TP-PKK to move according to the work plan.

Also, it is still hard to change community behaviours toward Clean and Healthy Living Behaviour (PHBS). Some cases may need more intense assistance, so that the community will be able to absorb the essence of this behaviour change.

"Typically with an eastern culture, the community accepted us well, but in terms of sustaining the impact, it is still a challenge for us," Baiq Nurul said.

Currently, TP-PKK is tackling five strategic issues, namely stunting, child marriage, violence against children, domestic violence, and pneumonia. All of the programs carried out are seeking to reduce the number of cases of those strategic issues.

"We are not having high hopes, but to synergize with all governments. Thus, the task ahead, we continue the community dissemination. Violence against children and domestic violence are considered trivial as many cases occur but only a handful of people report it," said Baiq Nurul.



We have to empower the women in the village. Budget must be prepared for more concrete empowerment implementation.

Baiq Nurul

Head of TP-PKK Team Lombok Tengah District.



We are not working alone and always collaborate with the cadres at RT level. Without them, there won't be any STBM dissemination and counselling.

Wayan

Lombok Tengah Sanitarian.



Plan Indonesia assisted us with flipchart media on STBM-GESI and stunting. The media really help our cadre in relaying information to communities.

Sumiati

Head of Sukarara Village Cadre Forum, Jonggat Sub-District, Lombok Tengah.





It is still considered a taboo for girls and female adolescents who are experiencing puberty to talk about menstruation. This is unfortunate, due to the lack of a discussion room, they have less understanding of what is happening to the body and how to handle it. Limited information and discussion room is what motivated Soleha (14), one of the peer educators, to share her knowledge with her surroundings.

In sign language, Soleha told how she was confused and kept it to herself when she had her first menstruation. Her Mother only told her about the basics of menstruation, not in details. Her Father never was a part of such discussion. Meanwhile many of her friends at school are confused about menstruation and what to do about it. So, when the opportunity to become a peer educator arrived, Soleha immediately registered. By becoming a peer educator, Soleha wants to assist in educating her friends so they can understand menstruation.

Since becoming a peer educator at the start of 2019, Soleha continues to educate her surroundings on Community-Based Total Sanitation (STBM) and Menstrual Hygiene Management (MHM). Soleha received STBM and MHM training from Plan Indonesia through the WINNER program at the start of 2019. Soleha received a lot of knowledge from the training that she can share with her friends.

"I learned how to wash cloth sanitary napkins. Second, how to wear it properly. Third, how to dispose of it in a way that does not pollute the environment," Soleha said.

Soleha admits that during menstruation she experiences hormonal changes affecting her mood and appetite. She also felt physiological changes of puberty after experiencing menstruation. During the training, Soleha also received education on reproductive health which helped her understand what is happening to her body so Soleha did not feel strange or confused. Surely, Soleha also shared this knowledge with her friends.



Soleha has no problem using sign language to share her knowledge on understanding menstruation. She is fully supported by her teachers. (Photo: Plan Indonesia)



Soleha's school are equipped with holder bar to make it easier for students who have walking difficulties or unable to see. (Photo: Plan Indonesia)

Disability is Not a Barrier

Soleha is a deaf student. As a female student of a Special Needs School, Soleha's friends have various disabilities. This serves as one of Soleha's biggest challenges in educating STBM and MHM. As her dedication, Soleha is looking for ways to continue to deliver the messages and knowledge to her friends. Soleha took a fun approach so her friends would not be embarrassed when talking about menstruation. Soleha uses a giant snakes and ladders game provided by Plan Indonesia to deliver STBM and MHM information.

Now in her second year as a peer educator, Soleha still continues sharing her knowledge even after she graduates from school. Soleha says it is her pleasure to share the benefits so her friends can understand and have no difficulty maintaining hygiene during menstruation.

Her school also supports it. Even more now that the school has become a Child-Friendly School (SRA) following the initiation in 2019. Particularly for MHM education, Rochman, one of the supervising teachers, said that at first students were embarrassed to discuss with the teacher. But once a peer educator like Soleha is involved, it is easier to convey information to students.

"Hopefully there will be another training from Plan Indonesia in the future, so Soleha is not educating her friends alone," Rochman added.

In addition, the school also collaborates with health centres for health checks, education and others. The education provided includes reproductive health, MHM, and stunting. Direct education and outreach conducted by the health workers is essential for proper and accurate learning.

With diverse capacities and interests, Agung is using team learning or team teaching to continuously increase students' learning curiosity in learning. This learning method not only involved teachers and students, but also parents with special skills to participate and teach children.

"We also have a Wakepo program where once a month the homeroom teacher will invite the student's parents/guardian to class and see the learning process directly," added Rochman.

Agung admits that his school has many more targets to be achieved. Awarded the SRA title is not easy, even more difficult to maintain. Agung hopes to build two more inclusive toilets at his school for visitors and parents before retiring.



“

Now I know how to wash cloth sanitary napkins. Second, how to wear it properly. Third, how to dispose it in a way that does not pollute the environment.

Soleha

Mataram City SLB Peer Educator for disabled students.



“

Peer educator with disability makes it easier to relay the MHM information. It is easier to have discussion and knowledge sharing.

Rochman

Mataram City SLB Supervising Teacher.



“

I used to skip school when menstruating, as I could not change my sanitary napkin. Now I am grateful that the school provides MHM facility in the toilet and UKS. So me and my friends no longer have to worry if we have menstruation at school.

Qanita

SLBN Mataram City Student.



REUSABLE SANITARY NAPKINS

for Environmental and Women's Health



Nurmi (standing) is directing her reusable sanitary napkins sewing team. (Photo: Plan Indonesia)

The Nusa Tenggara Barat (NTB) Government is focusing on tackling the waste issue, especially plastic waste. Behaviour change is chosen to mitigate the mounting waste, by implementing 3Rs - Reuse or repeat use, Reduce or less consumption, and Recycle. Hj. Nurmi, one of the sanitation entrepreneurs assisted by Plan Indonesia sees that the waste problem must be tackled from each individual, as well as her village, Teratak Village, Lombok Tengah District.

As a woman, Nurmi experienced menstruation. During menstruation, most women are using disposable sanitary napkins. It has a negative impact on the environment as the sanitary napkins took hundreds of years to decompose. It is unimaginable how high the pile of disposable sanitary napkins waste will be. Not only impacting the environment, the disposable sanitary napkins also impact the women's health and economy.

With great concern, Nurmi started to make environmentally-friendly sanitary napkins.

Since 2019, Nurmi started her sanitation business by offering cloth face masks, environmentally-friendly sanitary napkins, baby diapers and adult diapers. Previously, Nurmi ran a hair salon until now. Other than hairdressing, her salon also offers tailor and rental of traditional clothes, made by Nurmi herself as well as sewing training. Surely, it speaks a lot about Nurmi's capability in sewing.

"Almost 70% of salons in Lombok Tengah are run by my students," Nurmi said.

In 2019, Nurmi became one of the women sanitation entrepreneurs who received training to make environmentally-friendly sanitary napkins from Plan

Indonesia via the WINNER program. Enthusiastically, Nurmi directly implemented the newly gained knowledge and produced an environmentally-friendly sanitary napkins product she labelled 'Yunali'.

Assisted by Plan Indonesia, Nurmi is innovating to minimise plastic waste and improve the products hygiene. First, Nurmi replaced the plastic on her initial product with parachute fabric to create a plastic-free product. Second, Nurmi creates two types: permanent and disassembled for easier wash to maintain its hygiene. The environmental-friendly sanitary napkins are sold for only Rp55,000 a piece or Rp250,000 per package of five.

Nurmi also wants to create not only an environmental impact. With the knowledge she has, Nurmi wishes to empower women in Batu Klian Sub-District, to produce environmentally-friendly products. For every product they made, Nurmi provided all the materials, they will be paid Rp3,000 per piece of product.

"There are no subordinates. The knowledge I share is my tool to improve the welfare of others. It brings me joy," Nurmi said.

When COVID-19 hit in early 2020, it was a blessing for Nurmi. Cloth masks orders skyrocketed so that the production process was done at home of each of her members. Currently, there are 11 people actively assisting Nurmi in the production process – all are women.

"We lend sewing machines for the women who joined and they take the material home. So, the production process runs safely," Nurmi added.

Until 2023, Nurmi kept on training others to produce environmentally-friendly products. Her target this year is to train 540 people. Nurmi is serious about this, she now has a syllabus for the training participants, to enable a more structured training and measurable output. It is also included in Plan Indonesia's focus through the WINNER Program to encourage women empowerment, particularly the woman sanitation entrepreneur.

"For me, Plan Indonesia's program is the best," said Nurmi.

Nurmi felt such an impact that she became an agent of change in her village. Nurmi is hoping that the 'Yunali' environmental-friendly products can be known overseas. Collaboration is required so this campaign is able to reach girls and young women who still use disposable sanitary napkins.

"I need more parties to promote the use of environmentally-friendly sanitary napkins so it can be widely known. Meaning other parties can promote and educate the community so that they grow their own awareness to preserve the environment."



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I need more parties to promote the use of environmental-friendly sanitary napkins so it can be widely known. Meaning other parties can promote and educate the community so that they grow their own awareness to preserve the environment.

Nurmi

Reusable Sanitary Napkins Maker.



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I'm using reusable sanitary napkins as they are more comfortable to wear. The material is soft. The inner part also come-off, making it easier to clean.

Sarinah

reusable sanitary napkins user, Aik Bukak Village, North Batukliang Sub-District, Lombok Tengah.



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Sanitary napkins waste is included as infectious waste which cannot be recycled and very dangerous if thrown away carelessly. So, the use of this reusable sanitary napkins is important to support the zero waste program being promoted in NTB.

Hariyani

Transform Staff.



THE STORY OF PADE ANGEN

WUSAN Disability Group in Lombok Tengah

It was such a proud achievement when Pade Angen won one of the Community Categories of Drinking Water and Environmental Health (AMPL) Awards held by Bappenas as Inclusive Sanitation Entrepreneurial Innovation by a Group of People with Disabilities (May 2022). Time goes by and Pade Angen, one of the disability communities assisted by Plan Indonesia has been a toilet and inclusive toilet manufacturer in Lombok Tengah District for three years. This win was a hopeful start for Pade Angen.

In 2019, LIDI Foundation as one of the communities of people with disabilities in Lombok Tengah District received training to make toilets and accessible toilets by Plan Indonesia through the WINNER Project. It is one of WINNER Project's focuses to enable Nusa Tenggara Barat (NTB) Province to achieve the five pillars of Community-Based Total Sanitation (STBM) by the end of 2022.

Following the training and still assisted by Plan Indonesia, Pade Angen was established with seven members of LIDI Foundation at the end of 2019. Mukhti, as Pade Angen member actively marketing the products, directly felt the good impact of the training by Plan Indonesia.

"Plan Indonesia and LIDI Foundation provide room to grow, resulting in the current Pade Angen," Mukhti said.

Mukhti admitted that prior to the training, his friends still felt less confident and lacked qualified activities. Even when talking to others sometimes they required other mediums, such as paper and pen. Yet, as training after training was done, and often triggered to interact with others, Mukhti felt an improvement in many aspects of himself and his friends. Not just in improving the ability to make toilets, but in public speaking, marketing, and business strategies as well.



Zulaili (center, wearing black shirt) becomes a sanitation entrepreneur (Wusan) with Mukhti. His business is now widely known and growing well. (Photo: Plan Indonesia)



A family in Central Lombok assisted by Zulaifi and team of Wusan, to have a disability friendly latrine for a family member. (Photo: Plan Indonesia)

Currently, there are four members in Pade Angen active in the production, marketing, and sales processes, including Mukhti and Zulaifi. Pade Angen produces two types of toilets, namely squatting and sitting, as well as pit latrine and accessible toilets for people with other disabilities. Squat toilet is sold for Rp80,000/piece and a sitting toilet is sold for Rp300,000/piece. The price of an accessible toilet is depending on the user's needs, but it is assured that it is accessible by as many people with various disabilities as possible.

Now running into the third year, Pade Angen has received many challenges and lessons. Mukhti admitted that his most difficult challenge is to get a consumer since toilet is a product purchased for a long-term.

"Although we have several collaborations with builders, we still found difficulty to get a consumer, since people are not building something on a daily basis," added Mukhti.

Also, another challenge currently faced is the Indonesian National Standard (SNI) certification. Although they passed a feasibility test done by the

NTB Provincial Government, large consumers still require SNI as procurement standard. Nevertheless, it does not stop Pade Angen from hoping to keep on moving and be better known by the public.

After winning the AMPL Awards, Pade Angen became more famous. The Vice Governor of NTB and Regent of Lombok Tengah have visited them as a form of appreciation for Pade Angen's contribution to inclusive sanitation innovation in NTB. Currently, Pade Angen is in the process of entering its products into the catalogue of Lombok Tengah Bappeda so they can reach a wider market.

Pade Angen's target for the next three years to increase the capacity of friends with other disabilities. Already having a direct experience of the impact of Plan Indonesia's training and assistance, Mukhti and Zulaifi believe that this opportunity can be a step to bring up other inclusive sanitation entrepreneurs.

"Changing our friends mindset to be independent so they can be the next Pade Angen in the future. Not just for toilet making, but the skills they master can produce more so they will not be underestimated anymore," Mukhti added.



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Plan Indonesia and LIDI Foundation provide room to grow, resulting the current Pade Angen.

Mukhti

one of Pade Angen members.



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When we have the disability-friendly latrine at our house, *Alhamdulillah* now one of our family member who is deaf and blind can use it easily.

Idawati

recipient of disability friendly latrine and toilet.



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One of the innovations developed by Pade Angen is the toilet that requires very small amount of water to flush, perfect for dry and water scarce areas. We also develop inclusive latrine that can be used by everyone. Not just people with disabilities, but also pregnant woman, people affected by stroke, and the like.

Lalu Wisnu Pradipta

Trainer WUSAN Difabel.



**BELU OVERCOMING LIMITATIONS
to Handle Stunting and STBM Targets**

A major change is happening in Belu District, Nusa Tenggara Timur (NTT) Province, in recent years. It is happening since Agustinus Taolin, SpPD-KGEH, FINASIM, a Belu-born dedicated doctor, was elected Regent for 2021-2026 period. His government prioritised improving the quality of health, education, agriculture, and farming, which has resulted in significantly better changes for the communities in Belu who are often synonymous with poverty and malnutrition.

With various challenges of his region such as limited sources of income and very poor water access, Agus Taolin, as the father of three children often called, managed to ensure that his people get free healthcare access and even managed to reduce the stunting rate in Belu from 23.7% to 12.3%.

Then in November 2022, Belu government received KSAN Award from the Indonesian Ministry of Health in Jakarta, as it was considered to have succeeded in completing the first pillar of Community-Based Total Sanitation (STBM), by ensuring that the communities

in there has stopped practising Open Defecation. Agus was so proud of this achievement, he celebrated massively by holding an Open Defecation Free (ODF) Declaration in front of the government hall and holding a people's party at the same time. Here, in front of the public and all government partners, Agus Taolin expressed his government's commitment to complete the four remaining pillars of STBM.

He also admitted the STBM-Gender Equality and Social Inclusion (STBM-GESI) method initiated by Plan Indonesia, as one of the contributors to reduce stunting rates in his district in addition to the Foster Parents program that he implemented. To him, improving the quality of life of Belu's people is the first step of his government to battle poverty and improve their lives.

"Whatever story of poverty [as experienced by people in Belu] I have experienced it all. I also grew up in a poor Belu family. Yet, I was determined to finish school and even study medicine at UGM," Agus Taolin said.



Belu Regent seriously stressed to all OPD to achieve the five pillars target in Belu District now. (Photo: Plan Indonesia)



Belu Regent, Agus Taolin (center, in brown woven cloth), not hesitate to attend the STOP ODF Declaration in villages. (Photo: Plan Indonesia)

As a part of NTT Province, Belu has always been synonymous with poverty and acute malnutrition. Record shows, NTT is at the top rank for stunting rate in children under five of 35.3%. Belu District has succeeded in reducing the stunting rate to be under the national target of 14%, to 13.7% within a year since he was inaugurated as Regent (April 2021). A serious breakthrough that spurred all Regional Apparatus Organisations (OPD) in Belu District to stop working with a business-as-usual mentality.

It is hard to manage the state budget (APBN) and Belu regional budget (APBD). Even harder with the limited natural resources and access to water. Yet, Agus Taolin wants to ensure that the budget can be used to maximise the fulfilment of community basic needs following the mandate of Law No. 23 of 2014 on Regional Government.

"We (Belu District Government) pay Rp2 billion per month. We covered all the health insurance of Belu people. They can have free healthcare at any hospital in Indonesia provided they have a Belu ID card. We have now achieved the national Universal Health Coverage (UHC) program target," he said,

This remarkable change was achieved with the "budget politics" strategy. By optimising existing budgets and ensuring community benefits as top priority, Agus Taolin proves, a proper use of budget can significantly improve people's lives. As an appreciation for high commitment to quality public health, the Belu District Government received UHC Award from the Coordinating Ministry for PMK.

"This is the right budget politics. Used solely for community benefits. It is our obligation as district government, regional leaders," Agus Taolin added.

STBM-GESI AS THE GATEWAY TO REDUCE STUNTING

Plan Indonesia through the WINNER project in collaboration with Yayasan Pijar Timur Indonesia (Pijar Timur) in 2019, using the STBM-GESI approach has contributed to the decrease of stunting rate in Belu which was 46.08% in 2018. It was the first time that Belu District Government taken this seriously and the hard work paid off with the decreasing stunting rate.

Rene Bere Baria, ST, Head of Regional Research and Development Planning Agency (BP4D) added, the Belu District Government shows its commitment to support WINNER with Belu Regent Regulation Number 37 of 2021 on STBM-GESI. Belu District Government also requires Regional Apparatus Organisation (OPD) to actively support, especially in handling stunting to be foster parents for families with children under five having stunting symptoms or pregnant women with malnutrition tendencies. He also called upon village governments throughout Belu to spare 20% of the village budget to support families with stunting kids or malnourished pregnant women. Improving the quality of better sanitation is also included.

In addition to the hard work in changing community behaviour to Stop Open Defecation, and implementing the Clean and Healthy Living Behaviour (PHBS), Agus Taolin, and the Working Group on Drinking Water and Environmental Health (Pokja AMPL) team coordinated by BP4D has no hesitation to do the field visit. With the STBM-GESI program, PHBS movement and STBM-GESI triggering very intensively conducted by Plan Indonesia's partners, such as Pijar Timur, it also encourages and drives Association of People with Disabilities in Belu (Kumpesa Rai Belu) to go to villages to carry out this awareness campaign.

And of course, there are sanitarians who actively participate in the field and are directly monitored by the Belu Health Office. There are currently 17 health centres in Belu alone, spearheading the STBM-GESI dissemination. Now they are fully supported by the Belu District Government.

Maria Ansilla Eka Mutty, Head of Belu District Health Office said, without collaboration of various parties, it may be difficult to achieve the stunting reduction and ODF targets. She also conducted



Behavior change of clean and healthy living is implemented to household level in Belu's villages. (Photo: Plan Indonesia)

field visits to ensure that every sanitarian in the Puskesmas and its function worked optimally, by collaborating with Plan Indonesia's partners, namely Pijar Timur and Kumpesa who carried out the STBM-GESI Campaign.

"There used to be a confusion in approaching the community, especially for triggering and solution for them to defecate in proper latrine. Now, Plan Indonesia via Pijar Timur gives the right approach, and helps us facilitate all parties who are finally willing to collaborate. There is a guidebook too, that you can look at if you forget. We apply the method continuously as we are seeking to finish the remaining Four Pillars of STBM," she explained.



Belu Regent, Agus Taolin (center) always welcomes the community at his office or official residence to directly listen to their opinions, including groups of people with disabilities. (Photo: Plan Indonesia)

Regent and Pokja AMPL also support Kumpesa who is active in Sanitation Entrepreneurship (Wusan). Both are seriously seeking budgets from the private sector or individuals wishing to support Kumpesa's activities. As an example, following the ODF Declaration, there were individual donors who donated aid funds to Kumpesa so they could provide 50 latrines. Latrines made by Kumpesa members are then distributed to people who have realised and want to stop open defecation, yet have no money to buy toilets or to build one.

The STBM-GESI awareness campaign also reached schools, by adding the implementation of Menstrual Hygiene Management (MHM). What is good is that the education sector is one of three main budget priorities put forward by Agus Taolin's Government. So, the School Operational Assistance (BOS) fund also sustains the MHM and STBM-GESI programs.

All of the above work is in line and in synergy with WINNER Plan Indonesia Program, already running for more than four years not just in Belu and Malaka Districts, NTT, but also in Mataram City, and Lombok Tengah, Nusa Tenggara Barat (NTB). This program has generated good learning in communities. It also

involves the active participation of communities, particularly children, women, and people with disabilities.

In Belu District, WINNER Program actively involves more than 500 women, 600 men, including 127 people with disabilities in STBM activities such as STBM-GESI monitoring with disability organisations, nutrition-sensitive STBM, MHM, and sanitation entrepreneurs. More than 320,000 people have benefited from the program, including 40,000 children.

As for the limited number of springs in Belu District, Bere added that his agency and the PUPR Office ensures that water availability is accessible by all community members. This includes building strategic and effective water reservoirs by encouraging the use of village budget.

"However, we do not just rely on retention ponds, we have high hopes with the construction of a new dam from the National Government through the Ministry of PUPR. We have lots of hope that it will provide clean and we hope a lot with this dam in providing clean and potable water for community consumption," he explained.



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There used to be a confusion in approaching the community, especially for triggering and solution for them to defecate in proper latrine. Now, Plan Indonesia via Pijar Timur gives the right approach, and helped us facilitating all parties who finally willing to collaborate. There is a guidebook too, that you can look if you forget. We apply the method continuously as we are seeking to finish the remaining Four Pillars of STBM.

Maria Ansilla Eka Mutty

Head of Belu District Health Office.



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Program in Belu is success as all stakeholders are opening up, listening, and willing to commit. It is proven once this movement is initiated together early on, and moved from the "top" by the Regent down to the cadre level, the stunting level goes down and the community awareness to clean and healthy living rise.

Vinsensius Kia Beda

Director of Pijar Timur Indonesia Foundation.



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Belu District only have limited number of springs. The natural resources are limited. The budget is limited. But if we managed the government budget diligently and strictly, while strengthen the collaboration, we can overcome those challenges.

Rene Bere Baria, ST.

Head of BP4D, Belu District.



STBM-GESI ENCOURAGES FATHER'S ROLE

to Bring Equality at Home

Romana Borges De Santos, 43, and Domoiggus Nunes, 44, are a couple living modestly in a village whose residents are predominantly ex-Timorese called Kenebibi, Kampung Baru, Belu District, NTT Province. Romana is a cadre actively campaigning and triggering Community-Based Total Sanitation-Gender Equality and Social Inclusion (STBM-GESI), in the WINNER program of Plan Indonesia. Husband, Domoiggus, is a farmer.

When Plan Indonesia encourages dissemination of STBM-GESI for household application in a joint parenting (father and mother) in 2019, it is a breeze for Romana and Domoiggus to implement it at home. Both of them did not finish junior high school and only have limited information, but in terms of equality of roles, they had gained wisdom and etiquette from their families. Their parents – both father and mother – share domestic roles at home.

"It's normal. My Dad does the same for my mom. Men used to help Wives cook in the kitchen, clean the house, or even take care of the children. But I am the one who fetches water. Not my wife as she already gave birth to my children and it was harder," he explained.

Romana admitted the good deed of her husband. She also recalled how her husband cared so much for her after she gave birth to her three children. Domoiggus never hesitated to wash all clothes, fetched water for the family, without her asking.

When Romana has to leave home all day for STBM-GESI campaign or other cadre affairs, Domoiggus also takes care of the household. He would clean the house, cook, and take care of her three teenage-adult daughters, and one grandchild. He did it all casually and normally.

"So, when I get home from work, the house is tidy, I can just eat the food already prepared on the dinner table. Water is also filled. I do the same if my husband leaves," Romana said.



Domoiggus is not hesitant or shy in taking care of grandchildren, children, and other household chores. (Photo: Agus Haru/Plan Indonesia)

The STBM-GESI campaign by Plan Indonesia does reach the smallest unit, the family, by involving parents. Not just the mother, but also the father's role. Some dissemination activities then provide awareness raising for fathers on the importance of their role to support children's parenting, especially to pay attention to health, welfare, safe spaces, and also "role model" to show the equal roles of mothers and fathers in domestic affairs.

No wonder it is easy for Romana to campaign about it to neighbours in her village. Nobody denies how "equality" of role is real and inherent in her family. So, this family becomes a good role model of STBM-GESI implementation and parenting in father's role of father to children.

The couple even take care and educate their first grandchild of the eldest child. Domoiggus took turns with Romana in bathing and feeding their two-year-old grandchild. Velinha, 18, the second child, deeply felt her parents' care and affection for their daughters and grandchild. A small example, when Velinha experienced menstrual pain. Domoiggus quickly looks for a painkiller at nearby stalls.

"Papa always acts quickly whenever we are in pain, such as during our period. He will visit the stalls for our medicines. He also bought sanitary napkins if we ran out and it rained outside. He said, let me buy it for you. While my friend was scolded by her dad when she asked him to buy sanitary napkins for her. My Papa took the initiative when I needed it. Mama is where I go with questions. Including menstruation. I have received reproductive health info from Mama since I was in the sixth grade, as she is a cadre. She knows a lot," explained the architect-aspired Velinha.

Velinha is grateful to have been raised by parents like Domoiggus and Romana who are gentle and affectionate, showing a democratic attitude all the time at home. Both always involved their daughters in the discussion and deliberation to determine the family's interests. For example, when building a toilet and bathroom, or to buy something specific for family interest.

"Usually when we have the money, we call them all to the living room. Then we said we plan to buy this and that. Then we asked for their opinions. Similarly, when we plan to build the toilet and bathroom. We called them up and discussed it. Where do you want it? They said it's better to put it at the back and not in front, so they don't get embarrassed when we have guests. So, we built it at the back," Domoiggus explained.

As for the STBM-GESI dissemination in her village, Romana admitted the biggest challenge is access to clean water. She experienced it with her family. It is not too far to fetch water, around 200 metres from the house, yet, when it is raining, and she is not feeling well, it is a problem. She is grateful that her husband is the one fetching the water at all times, and not making a big deal about it.

As for Romana, the village cadre who often helps the Sanitarian and STBM-GESI program, participating in various activities with Plan Indonesia and Pijjar Foundation, it provided her with knowledge that strengthens the principles of values for her own family even more.

"I want my daughters to grow up appreciating and loving themselves as women. So, they can have stronger principles to appreciate and love others," she said.



Romana and Domoiggus always implement equality and democracy within their family. (Photo: Agus Haru/Plan Indonesia)



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Equality of role between men and women should begin at home, through parents. At home. Me and my husband is doing that as our parents do the same thing too.

Romana Borges Santos

PKK Cadre, Kenebibi Village, Belu.



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Stunting is a threat to human quality so its handling at family level need to involve the father, driven by the Coaching of Family with Toddlers to Eliminate Stunting (BKB EMAS). Improving knowledge of father on pregnant women needs or his toddlers will bring positive impact on the development of his children.

Gregorius Leu Ape

Program Coordinator, Pijjar Timur Indonesia Foundation.



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It's normal for men to foster the children, doing house chores, anything that can be done alternately with the wife.

Domoiggus

Fostering Father.



MENSTRUAL HYGIENE & HEALTH

MANAGEMENT AT SCHOOL:

No More Sending Girls Home



With the inclusive toilet and friendly for menstruating female students, they are now feeling comfortable and more focus to study and no need to go home when having menstruation. (Photo: Plan Indonesia)

Haliwen Elementary School (SD) has been in Manumutin Village, Belu District, Nusa Tenggara Timur (NTT) for more than 10 years. It was established so that children born in the refugee camps of former East Timor or Timor Leste citizens could have access to education. Yet, this school has been facing a serious issue since its inception, with just one school toilet to accommodate 340 students and several teachers. On top of that, it had no water.

"Back then, the students used to defecate openly surrounding the school, so this school had a foul smell from the human faeces. Even harder for female students when they were menstruating. They would just go home and miss school for a few days," explained Arlindo Amaral Dos Santos, 51, Haliwen School Principal.

Teny SDA Sesfaot, 47, a teacher at the school, echoed the same thing. She said such conditions created some sort of trauma to the female students, especially those who had their first menstruation while in school.

"So, we escorted the female student home. Sometimes they opt to miss school for several days, as we only have one toilet and is lacking water," Teny explained.

Therefore, when Plan Indonesia and Pijar Timur Foundation came to the school in 2020, offering the Community-Based Total Sanitation-Gender Equality and Social Inclusion (STBM-GESI) and Menstrual Hygiene Management (MHM) programs at school in the WINNER Project, they warmly welcomed it. Moreover, this program later provided accessible toilet assistance, complete with sanitary napkins and spare underwear for female students who suddenly had menstruation and were unprepared.

Now, there are eight toilets at SD Haliwen, with guaranteed water availability. As many as 77 other schools in Belu District received such assistance. MHM and STBM-GESI programs have succeeded in changing the bad habit of students to defecate openly at the back of the school. Female students are now worry-free as the school is providing sanitary napkins and a special room for menstruating female students.

BOS to Sustain MHM

Plan Indonesia advocated the Ministry of Education and the Ministry of Housing and Public Works to encourage the local government to allocate a budget for school sanitation and MHM. Including the replication of learning and knowledge in MHM and STBM-GESI. Viktor M Manek Kiiik, Head of Junior High School Development of Belu District Education and Culture Agency confirmed it. Moreover, it is very possible to adopt the program by using the School Operational Assistance (BOS) fund. Including encouraging schools to insert Menstrual Hygiene Management (MHM) knowledge and understanding. Independent and capable schools are also asked to

build segregated toilets for boys and girls, plus a disability-friendly toilet and provide menstrual needs for their female students.

Flora Bere Leki, the Student and Character-Building Section Head, Belu Education Agency added, they always work with school officials to include those needs in the School Activity Plan, should they need one. BOS fund for sanitation is limited for just maintenance and light repairs of school sanitation facilities. School can use fund below 30% of BOS. For example, to repair toilet doors or windows. BOS can also be used to provide MHM needs.



Students, including the male students, now also understand menstruation. They realize that menstruation is not a disgrace and is everyone's business. (Photo: Plan Indonesia)



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Since the implementation of MHM and STBM, no students defecate openly at the back of the school and female students can now learn comfortably at school even when they are menstruating without having to go home.

Teny Sesfaot

MHM Supervising Teacher, SDN Haliwen.



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We replicated MHM in several Belu schools. Also ensure BOS budget to accommodate the need to build proper school toilets for male and female students.

Viktor M. Manek

Head of SMP Development, Belu Dikbud Agency.



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Including sanitation funds for schools is highly feasible, as it is outlined in the Technical Guidelines (Juknis) for School Operational Funds (BOS) both at the regional and central levels. However, schools often overlook including these needs in their School Activity Plans (RKAS), including the provision of adequate sanitation for the school community. This is where our role comes in, to supervise and guide them in filling out the RKAS.

Flora Bere Leki

Head of Student Participants and Character Development Section, Belu Education Office.



**PEOPLE WITH DISABILITIES
IN BELU AND MALAKA
are Breaking Boundaries**



Since actively campaigning for STBM-GESI in remote villages in Malacca, Sinda, Persama activist now more skillful in advocating local government. This activity also grow self-confidence and meaningful contribution from its members. Sinda, Persama activist (Photo: Plan Indonesia)

People with disabilities all over the world are often underestimated, discriminated against, even considered a family disgrace and "secret", including those in Belu and Malaka districts, Nusa Tenggara Timur (NTT).

Those who are successful today are truly brave, have gone through the ups and downs, some even almost committed suicide. Yet, when meeting each other, they share anxieties, strengthen each other, support each other, and share common dreams and ideals. When there is an opportunity, they turn into strong personalities, and as a group, they become an inspiring movement.

At least this was shown by disability groups from Belu and Malaka, when Plan Indonesia brought them together with Christian Association for the Physically Disabled (Persani) in 2020, to establish a group to strengthen their potential. In Malaka, led by Maria Yasinta Dahu Atok or better known as Sinda, they formed People with Disabilities Organization of Malaka (Persama). While in Belu, Rai Belu Association of

People with Disabilities (Kumpesa Rai Belu) was formed, led by Samuel Ngongo. Both organisations were inspired by Serafina Bete and Persani, advocating the interests of people with disabilities in Kupang.

Through the Women & Disability Inclusive and Nutrition Sensitive WASH (WINNER) Project, they started learning to "advocate," campaigning for Community-Based Total Sanitation-Gender Equality and Social Inclusion (STBM-GESI) to contribute to SDGs achievement in sanitation and access to clean water sector, in their respective area.

"With this movement, I no longer feel alone, I feel useful, and can even contribute. It is not easy to socialise STBM-GESI, as every time we visited an institution or village, and people saw us on crutches or wheelchairs, they stared at us. There are disbeliefs. Yet, once we talk, send the messages numerous times, they start to listen to us," explained Jamie, one of Persama members.

Jamie is a 27 year old with motor and leg disabilities, due to an accident when he was a teenager, once made him desperate. From an active, athletic, and smart teenager, it was like his hope drained out after the accident. Fortunately, he always met good people that inspired him to be better. He even managed to graduate with a degree in theology from a university in Malang. Upon his return to his village and the passing of his mother, he felt that he could not do much for his life in the village, until he met Sinda, who invited him to join STBM-GESI activities. It makes him feel meaningful again.

Similar to Adriana, a 29 year old member of Kumpesa Rai Belu, who is feeling better now in expressing opinions and to be active in organisation. STBM-GESI campaign and socialisation to villages makes her feel more confident to appear in public.

STBM-GESI activities also require both Persama and Kumpesa to frequently coordinate and communicate with many parties. Especially with their respective district governments. Assisted by Pijar Timur and Plan Indonesia, they can now advocate themselves, ensuring support for STBM-GESI socializations to village level.

Even the Belu Regent, Agustinus Taolin, did not hesitate to find a budget for Sanitation Entrepreneurship (Wusan) members of Kumpesa, so they met the toilet demand for villagers to stop defecating openly. Agus Taolin also did not hesitate to provide vehicles for the activities conducted by Samuel

and his friends in Kumpesa every time they were doing the STBM-GESI campaign, acknowledged by Belu Government as one of the factors that dropped the stunting rate in Belu. Agus Taolin also regards Kumpesa as a major contributor in making Belu District 100% Open Defecation Free (ODF), and received KSAN Award from the Indonesian Ministry of Health, November 2022.

"Their contribution is huge, so we just want to ensure they can also be our partners for future activities. Moreover, we still have four pillars to go to in Belu," he explained.

Meanwhile, Malaka District Government is also open to partner up with Persama in achieving ODF. Moreover, seeing the success of neighbouring districts that have already made a declaration.

"We still have a long way to go. But at least they have acknowledged and seen us. It is a good first step," Sinda explained.

Now, both Persama and Kumpesa, often invited to various activities by local governments, not only to Plan Indonesia's activities. Some institutions also started to acknowledge their existence, even building disability-friendly facilities. Now, more people know and understand GESI awareness, thanks to their work and existence. Physical limitations do not stop them from breaking boundaries in contributing to a better life of people with disabilities.



Jamie (on the right), despite difficulty in walking, travels to the remote corners of the village to campaign for the importance of STBM-GESI. (Photo: Plan Indonesia)



“

Thanks to STBM GESI Campaign activities that we do, now we can be seen and heard. Government can no longer underestimate our existence and role any more.

Maria Yasinta Dahu Atok

Persama Head.



“

Although we have physical limitations, we can still make meaningful contribution to our environment in Belu District. We can contribute to achieve 100% Stop ODF in Belu.

Samuel O. Bili Ngongo, SE.

Kumpesa Rai Belu Head.



“

People with Disabilities should be given roles by Belu Regency Government and private sector, like what has been done by Plan International Indonesia and Pijar Timur Indonesia, such as appointing government employees and focus on planning the empowerment of People with Disabilities at sub-village deliberation (*Musdus*), village development planning deliberation (*Musrenbangdes*), sub-district development deliberation (*Musrenbangcam*), and regency deliberations (*Musrenbangkab*).

Hironimus Mau Luma, S.Pd. MM.

Atambua City Sub-District Head, Belu.



MAMA FINA

the Driving Force of Equality

and Inclusion from NTT

One name is widely recognized and respected by disability groups in Nusa Tenggara Timur (NTT), Serafina Bete, or famously called Mama Fina – The Inspiring Sister. Mama Fina is a Water, Sanitation, and Hygiene (WASH) activist, who persistently advocates the rights and welfare of people with disabilities. She is now serving as a Coordinator of Christian Association for the Physically Disabled (Persani) in NTT.

Mama Fina's life journey is not easy. Suffered from polio since childhood, she faces many challenges. Yet, Mama Fina believes that her existence is not a weakness, but an equal God's creation like everyone else. She sincerely encourages fellow people with disabilities to believe in themselves and keep fighting.

For a long time, Mama Fina has become a voice for people with disabilities in many sectors. As a pioneer of inclusive access campaigns for sanitation and

hygiene facilities for people with disabilities in NTT, Mama Fina fought alongside PERSANI. Her strong belief that sanitation facilities like toilets must be accessible to everyone, including wheelchair users, pregnant women, and the elderly. Mama Fina encourages all parties, both government and civil society organisations (CSOs), to understand and fulfil the rights of people with disabilities.

Through the WINNER Project carried out by Plan Indonesia and PERSANI, Mama Fina is involved in the inclusive STBM campaign in Malaka and Belu, NTT. Alongside local governments, PERSANI identifies, audits, and monitors accessibility for people with disabilities and gives recommendations to policymakers.



Being on a wheelchair never stop her to work and create anything everywhere. Mama Fina's spirit inspires disability groups in NTT. (Photo: Plan Indonesia)

"We want to ensure that people have their eyes open that disability groups are more than numbers. It is true they have physical limitations, but many of them also have high IQs and do good when provided with educational opportunities. Their opinions and aspirations must be heard to make sure no one is left behind."

Mama Fina believes that the principle of no one is left behind applies not only to STBM-GESI, but everything else. Including education and opportunities to work. The fact is, she and almost all people with disabilities in NTT have experienced bad experiences of discrimination at school and at work. Sometimes their physical limitations prevent people from seeing their intelligence. Their families see them as disgrace, others hide their existence.

So, in her early days of struggle with some Persani members, they did campaigns and advocacy, although sometimes it meant that they needed to visit remote villages with poor roads that were impossible



It was a long process for Mama Fina to be an inspirator. The key is to never give up and the want of all people with disabilities to achieve their goals. (Photo: Plan Indonesia)

to traverse with their limited physical condition. Either it was muddy or rocky roads, or to be underestimated and even expelled. Yet, nothing beats their spirit and ideals.

In the two years of campaigning for inclusive STBM in Malaka and Belu, Plan Indonesia and PERSANI have succeeded in educating the communities and local governments on the importance of inclusive sanitation.

"I am proud to be able to encourage my fellow colleagues with disabilities in Malaka and Belu districts to be involved in realising quality sanitation in their own villages. Now, the government and community listen and understand our aspiration to have access as well as proper and quality sanitation facilities," she explained.

Despite the rapid increase of sanitation access in Indonesia, inequality remains as an issue to be addressed. Mama Fina highlighted it as a representative of the Disabled People Organization (DPO) in NTT Province. For Mama Fina, inclusion means everyone should feel comfortable when using the toilet. Toilets should be built not only for people with legs and arms, but also for people with disabilities, pregnant women, and others.

Mama Fina's passion and dedication has brought real change in access to inclusive sanitation for people with disabilities in NTT. She is an inspiration to many, not only for people with disabilities, but also everyone else who knows her inspiring story.



“

Since joining Persani and being guided by Mama Fina, I have gained new knowledge, which has made me aware of the great potential within myself. I have also become more courageous in expressing my opinions and thinking critically. Furthermore, I have gained an understanding of the importance of personal hygiene and health. Looking ahead, I hope for increased accessibility to disability-friendly sanitation facilities, especially in every village office and government establishment.

Brusli Marseille Bilistolen

Member of Persani.



“

Fina is a driving force for change, equality, and inclusion in NTT. Kak Fina has successfully advocated for the establishment of disability organizations Kumpesa in Belu and Persama in Malaka.

Herie Ferdian

WINNER Project Manager.



“

No one should be left behind in accessing the most essential necessities for life, especially the disabled community. Mama Fina is one of the influential inspirators who has successfully brought about positive change for the disabled community in NTT.

Silvia Devina

WASH and ECD Advisor Plan Indonesia.



INCLUSIVE AND CLIMATE

RESILIENT SANITATION

for Vulnerable Groups

In every rainy season, Leuntolu Village, Raimanuk Sub-District, Belu District, NTT, often flooded. In 2021, the residents suffered even worse flooding. The Halilulik-Motamaro River, located near to Leuntolu, overflowed and inundated several houses. Among those affected is the family of one couple with disabilities, Rafael Moruk and his wife Mardiana.

"At that time, I felt sorry for my wife as she had to struggle with daily activities, especially if she had to use the bathroom. Her legs were disabled by polio, making it hard for her to walk on the knee-deep mud. I couldn't help her as I have a disability on my arms," Rafael said.

At that time, they did not have their own toilet, still using the toilet of a close relative located five metres from home. It was also hard to access clean water as the well was polluted with mud from the floods. It was also hard for them to visit their paddy field. Despite physical limitation in doing daily activities, Rafael and his wife are still actively work as farmers.

At that time, not only Rafael and Mardiana, and Raimanuk residents who suffered, but almost all areas in NTT Province experienced the worst floods and landslides ever. It was caused by Cyclone Seroja. The National Disaster Management Agency (BNPB) also declared it a national disaster. Floods and landslides did not just destroy houses, but sanitation facilities as well.

BNPB recorded more than 400 thousand people affected, with 181 deaths. Vulnerable groups such as people with disabilities, children, toddlers, women, and elderly took the hardest hit. The story of Rafael and Mardiana mentioned above is just one of many.

Nikolas Seran Kehik, another person with disability from Railor Tahak Village, Malaka Tengah, NTT, also experienced the same. Flood inundated his house up to half a metre, displaced him and his family. Yet, in the displacement camp, Niko felt even more miserable as it was hard for him to access the makeshift latrines built there.

"The toilet was built higher, with a ladder made of thin and small bamboo. It's hard for me to climb with crutches. I fell on my way over as it was difficult for me to get there too. Slippery, muddy and rocky. Each time I walked, everyone stared. As soon as the flood receded, I didn't want to stay in the displacement camp," Niko explained.



Now Mardiana easier access the latrine she built with her husband and Kumpesa Rai Belu. (Photo: Agus Haru/Plan Indonesia)

Chief of Persama, Yasinta Dahu Atok, also told how she helped several of her fellow friends with disabilities affected by floods caused by Cyclone Seroja back then.

"They can't go home, or it was not easy for them to move and to do their activities at home, due to their physical limitations, so I hosted them at my house, which was not affected," she explained.

Belu District Government is aware of the vulnerability of its region to climate change impact, especially since Cyclone Seroja. As stated by Rene Baria, Head of Regional Research and Development Planning Agency (BP4D) of Belu District, they started to provide disability-friendly public access. Now they are also to readjusting the budget and programs to ensure that the sanitation facilities being built also have disability-friendly access as a vulnerable group to climate change impact.

Disaster mitigation and disability-friendly latrines

Responding to the challenge, Plan Indonesia's WINNER Project partner, Pijar Timur and Rai Belu Association of People with Disabilities (Kumpesa) learned the lessons experienced by people with disabilities following the disaster. Seeking out models to build sanitation access for people with disability and based on disaster mitigation. They started making disability-friendly latrines, especially following the flood disaster in 2022. They implement it directly when making a latrine for the couple Rafael and Mardiana.

Rafael and his wife surely welcomed it. They were even involved in constructing their own toilet with Kumpesa. Rafael and his wife did receive Sanitation Entrepreneurship (Wusan) training once and helped build a prototype of a disability-friendly latrine. Their latrine and toilet seat are equipped with iron holding bars that go all the way to the toilet, so it is easier for Mardiana to walk without slipping. The latrine was built near their kitchen. Now, even when flooded, Mardiana can safely and comfortably go to the latrine without difficulty.

Belu District Government also supports the efforts to grow Wusan conducted by Kumpesa members. Even the Regent of Belu, dr. Agustinus Taolin, Sp. PD-KGEH, FINASIM provided financial assistance so Wusan members of Kumpesa were able to produce 50 sitting toilets to be distributed to people who had been triggered not to defecate openly anymore and needed toilets for their latrines at home.

In Malaka District, Wusan training is provided to make not just squatting toilets, but sitting toilets too, to ensure that Wusan can meet the future needs of disability groups.

As for mitigating disaster impacts of climate change in WASH sector, Plan Indonesia seeks to create a Climate Change Resilience Module for Inclusive Sanitation Facilities. One of which, when designing toilet for household or public sanitation, it is mandatory to pay attention to the level of comfort and safety of its users, and consider the climate change related aspects. As an example, regarding its vulnerability to landslide, flood, its location near to watershed, abrasion and others.



In Lombok Tengah District, the Wusan Pade Angen Group has also constructed several disability-friendly latrines that can mitigate the risk of accidents for users. (Photo: Musfarayani/Doc. Plan Indonesia)



“

Disability-friendly latrine makes me easier to defecate. Even when flooded, I can still easily access the latrine.

Mardiana

person with disability affected by flood, Belu.



“

The needs of people with disabilities is often overlooked during disasters. The latrines are far, sometimes built high and slippery. We are hoping the government to think about this need.

Nikolas Seran Kehik

person with disability Railor Tahak Village, Central Malaka Sub-District, Malaka District.



“

Although Railor Tahak Village remain prone to flooding, both the community and me are committed not to defecate openly. Village Government is striving to overcome the impact of flooding, especially for access to safe toilets for vulnerable groups.

Maximus Nahak

Railor Tahak Village Head, Central Malaka Sub-District, Malaka District.

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