

Pratthanadee Foundation

2017



Annual Report





Dear Donors, Supporters, and Friends of Pratthanadee,

What an exciting year it has been...again! The demand for our services has never been stronger and the impact we're having on the women we assist has never been more meaningful.

'Better Me', the 9 month program designed to encourage confidence and self-esteem, continues to thrive as word of its success and impact spreads throughout the community. Anyone who has visited us in Bangkok has seen the photos of our smiling students splashed across the walls of all 3 floors of our office with statistics on the increased salaries these women are earning. It's the newfound optimism on their faces that we see in these pictures that energizes us every day.

We are very grateful this year that the Rockefeller Foundation and the Resource Alliance presented us with their award for "Small Budget, Big Impact". I'm particularly proud of this recognition because it highlights our focus on cost effectiveness. We have an annual budget of \$130,000 that allowed us to train over 4000 women this past year.

I would humbly suggest that few NGOs do more with less. Admittedly financial sustainability has always been an issue for our organization but we are taking steps in 2018 to improve our communication with donors, better engage with potential supporters, and think more strategically about forming partnerships. Please let me us know if you have ideas on how we can improve any of these areas. We love feedback and suggestions.

We are more motivated and enthusiastic about our mission that ever and are grateful for your continued support. Please spread the word of our work and I hope you enjoy reading the 2017 highlights in the following pages.

Kind wishes,

A handwritten signature in blue ink, appearing to read "Enrique Cuan".

Enrique Cuan

Founder



Several years back, we set ourselves the target of training 20,000 underprivileged girls and women in Thailand by 2020. Three years shy of that mark, we have more than surpassed that goal. I am thankful for the indefatigable staff at the foundation. Their singular focus on our mission has helped us achieve more with the limited resources given to us. It always inspires me to hear their stories on field trips they make several times a year, where they endure sleep deprivation, barely hygienic food, and long, difficult drives every day for weeks on end to reach the far-flung districts of Ubon Ratchathani. Their tenacity has led us to connect with thousands of teenage girls at risk in poorly resourced high schools. Through our training on preventing sexual abuse and domestic violence, and planning for the future, these young girls are now armed with the necessary tools for hopefully a better life after leaving school.

Indeed, 2017 was a good year for us, not just because we enjoyed an expanded reach. Our enhanced training curriculum under the 'Better Me' banner saw its first year of rollout and we received encouraging endorsement from existing and new institutional donors. The Canadian Embassy and Metropolitan Bangkok by Como were back on board. So was ThaiBev, which generously sponsored our sold-out fundraising gala dinner 'Journey' showcasing the Brigham Young University International Folk Dance Ensemble. The event netted us further resources to train women working in the informal sector in the capital and to extend our footprint in the poor, northeast region of the country. Our cause of empowering

underprivileged girls and women in Thailand has also been kindly funded by hundreds of individual donors locally and overseas; to them, we are equally grateful.

Finally, I like to register my deep appreciation for our volunteers and partners. Their interest and unflagging support, in ways big and small, have been vital in enabling us to make a real impact in the lives of thousands of girls and women in Thailand.

A handwritten signature in blue ink, reading "Benchapa Krairiksh". The signature is fluid and cursive.

M. R. Benchapa Krairiksh
Chairwoman of the Board

Contents

<i>Introducing Pratthanadee.</i>	1
<i>Meet our Board</i>	2
<i>How Pratthanadee Works</i>	3
<i>A Life Changing Program for Women</i>	4
<i>Empowering Workshops for Girls</i>	5
<i>Training in the 2017: In number</i>	6
<i>Meet our Students</i>	7
<i>Story from Ubon ratchathani</i>	10
<i>Gala Dinner and International Folk Dance Ensemble</i>	12
<i>Meet our Volunteers</i>	13
<i>Pratthanadee Press Coverage</i>	15
<i>Financial Report (2016-17)</i>	16
<i>Key Supporters and Partners in 2017</i>	17
<i>Meet the Pratthanadee Community</i>	18

Introducing Pratthanadee

The Pratthanadee Foundation is a non-governmental organization based in Bangkok, Thailand with a second branch in Ubon Ratchathani province in the Northeast of Thailand. Pratthanadee was founded on December 8, 2000, is registered under the Office of the National Culture Commission in Thailand (license number: Tor 490/2543 and registry number: Kor Thor 1158) and is a registered 501 c (3) tax-exempt organization in the United States.



As a young girl growing up in rural Thailand, there are few opportunities for education, training and employment. Thousands of young women move to Bangkok each year, looking for work to support parents, grandparents, younger siblings and sometimes their own children back home.

These women arrive in the city with little preparation, no savings, no connections and no real, marketable skills. Their opportunities in Bangkok are limited – factory work, domestic labor, cleaning and sometimes worse. With stark choices and growing financial pressure, they often become trapped in informal, underpaid or unsafe work. The Pratthanadee Foundation works with these women to improve their economic opportunities and to prevent young girls from falling into the same traps.

Through our volunteers and staff, we provide free training in hard and soft skills so women and girls become more confident, independent, ambitious, and are likely to secure better jobs and higher salaries. Our training is offered in Bangkok and in Ubon Ratchathani and surrounding provinces in the Northeast of Thailand.

Pratthanadee serves two main groups:

- Women who are unemployed or in employment that is unstable, unsafe or underpaid in Bangkok;
- Girls from poor backgrounds in the rural Northeast of Thailand, who are at a crucial point in making decisions about their futures.

The Foundation launched its unique core training program, ‘Better Me’ in 2016. Our core training program for women is the life-changing Better Me course, a series of weekly workshops over 9 months, accompanied by 1:1 mentoring and English language classes, to help women turn their lives around and achieve their goals. Our training workshops for girls are offered in partnership with local schools and include ‘Preparing for Success’, the career planning workshop, and ‘Claim your Rights’, the personal safety workshop. Pratthanadee has a small staff team and group of dedicated volunteers. We create a welcoming community, where women feel supported and valued as they take the first step to a brighter future.

In 2017, Pratthanadee was awarded the Social Impact winner by The Resource Alliance.



Meet our Board

M. R. Benchapa Krairiksh **Chairwoman of the Board**

Khunying Benchapa is a graduate of Political Science from Chulalongkorn University. Khunying Benchapa is the former Vice-President of the National Council of Women and Chair of its International Relations Committee. She contributes to many charitable organizations, such as The Foundation of the Promotion of Supplementary Occupations and Related Techniques of Her Majesty Queen Sirikit of Thailand (SUPPORT) and the Saengsawang Foundation.

Shannon Kalayanamitr, Board Member

Shannon is a passionate Women's advocate. She is a mover and a shaker, dedicated to building businesses and deeply connected in sectors of Business, Entertainment & Media, and Women's Rights in Thailand and in Asia.

Claudio Caballero, **Honorary Board Member**

Claudio has been an engineering and technology executive for over 20 years in the USA and SE Asia, he holds an MBA from INSEAD and has been a supporter of Pratthanadee since its founding.

Thipyani (Krairiksh) Samalapa **Vice Chairwoman of the Board**

Thipyani is a graduate of Chulalongkorn University's Faculty of Communication Arts and holds a Masters of Theological Studies from Harvard University's The Divinity School. She contributes to many charitable organizations, not only volunteering but also serving as the Board of such as the Childline Thailand Foundation. She is the founder of JitAton (JitAon.life)

Ada Jirapaisalkul, Board Member

Ada is a pioneer in the fields of social entrepreneurship and social investment in Thailand. She is currently ChangeVentures Head of Social Impact Advisory – an affiliated organization of ChangeFusion, Founder and Managing Director of Thai Young Philanthropist Network (TYPN) and Board Member of Khonthai Foundation.

Tamsin Haigh, **Honorary Board Member**

Tamsin was the Strategic Development Manager for the Pratthanadee for two years. She is now based back in London and works as a fundraising consultant, supporting charities of all sizes in the UK and internationally to grow their income.

Kurt Heck, **Board member**

Kurt Heck is a former software executive from California with a varied 20+ year career in Latin America and Asia. He is a Certified Public Accountant and holder of an MBA from the American Graduate School of International Management (aka "Thunderbird") in Arizona.



How Pratthanadee Works

We help women in Thailand who are:

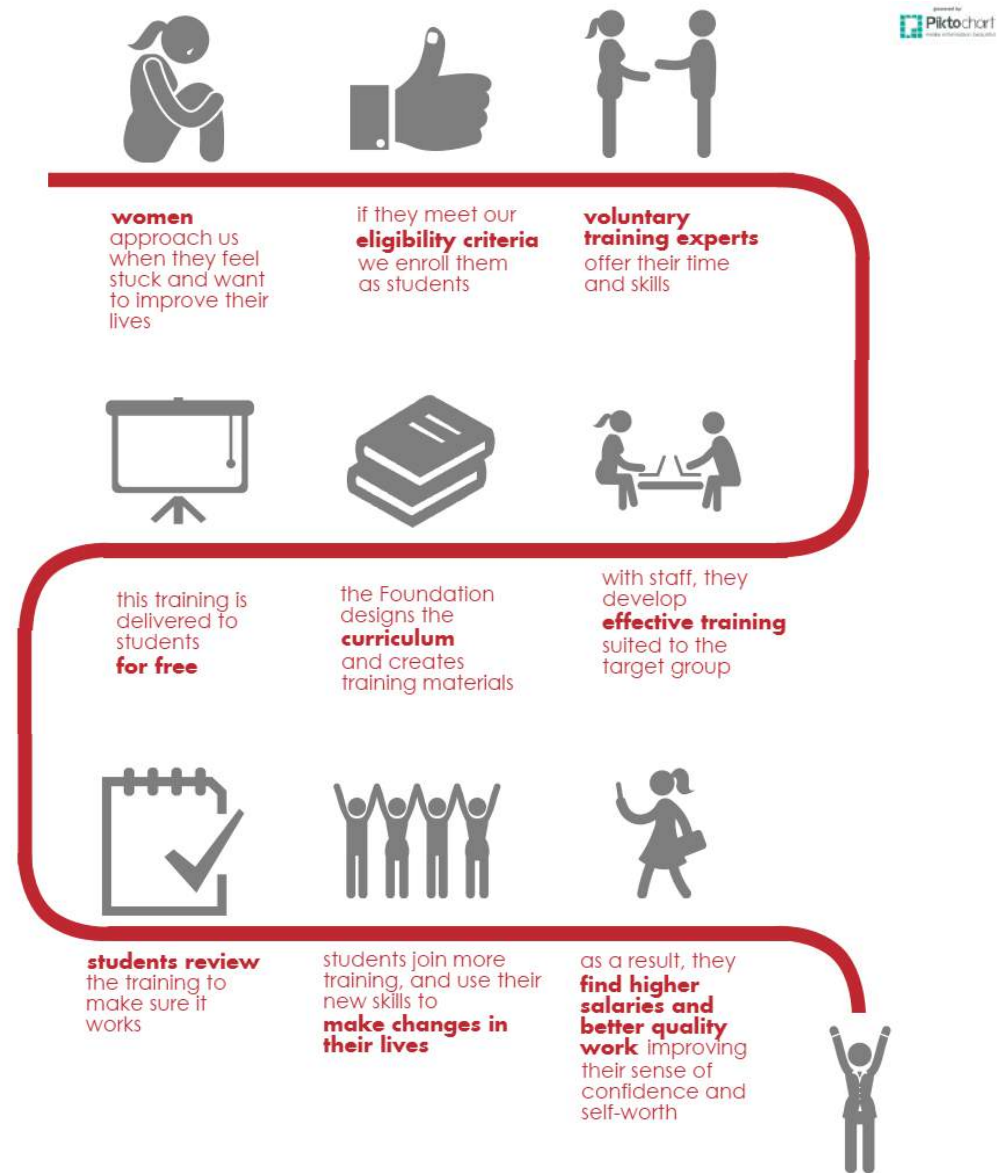
- Working a hand-to-mouth existence in low paid, dangerous or demeaning work.
- Undereducated and low skilled, and unsure how to move beyond this.
- Carrying the responsibility of supporting children and family upcountry with very low wages.
- Leading a lifestyle that is damaging their self-confidence, health, and their relationships with children and family.

Our mission is to capture the generosity of donors and volunteers and transform it into free high-quality training and support for disadvantaged women, inspiring a new generation of confident, motivated and resilient women.

We aim for Pratthanadee's women to be actively seeking to realize their career and work aspirations, by:

- Securing higher quality employment with better working conditions.
- Securing a promotion or a pay rise.
- Taking on further training or education to meet their career goals.

By taking control of their own lives, our women are able to start moving towards independence and financial security, reducing overreliance on unhealthy jobs, relationships and loans.



A Life Changing program for Women

In 2016, we launched a new core training program: The Better Me Program.

Women at the Foundation now have access to career and personal development training to help set the right attitude and provide tools for success. Over nine months of weekly training, the program guides women from feeling trapped, dependent, and hopeless about the future to becoming empowered, optimistic and motivated, ready to explore new opportunities.

Better Me lifts women up. It lets them know that they can be more, and then it provides them with the tools and the support to become more. There is nothing else quite like it in Bangkok. It is built on 15 years of trial and error, and the content rivals many private sector personal development programs.



Better Me creates real empowerment: an internal and positive change in each woman, so that she can go out and change her life herself.

The program includes four core elements:

- 1. Develop Vital Skills:** 30 hours of career and personal development training, covering topics such as Self-Assessment, Goal-Setting, Women's Law and Rights, Self-Defense, Managing Your Money and Getting the Right Job for You.
- 2. Learn Basic English:** 25 English lessons, taking students up to Level A1 in the Common European Framework of Reference for Languages, and helping them to access higher levels of employment in Bangkok.
- 3. Personal Mentoring Sessions:** A female mentor with regular one-to-one sessions to provide personal help and support throughout the program.
- 4. A Welcoming Community:** Supportive staff, a computer lounge and library, and a welcoming center in the heart of Bangkok.



Empowering Workshops for Girls

A common solution often proposed to the poverty faced in rural villages across Thailand is to send their children to the city to make money to send home. While the poverty is challenging enough, the male-oriented culture has created an even more unfortunate fate for the women. Often, it is the young female who rescues her family, while men tend to be freer to live their lives.

There is always at least one person in every family, who knows intuitively from an early age that she will become responsible for improving the whole family's life, while the rest of the family lives from her earnings. We work with these young girls before they move to the city, and then direct them to our courses aimed at women in Bangkok if and when they migrate.

In partnership with local schools, we run two core workshops for girls:

1. Claim Your Rights Training

Moving from a village to the capital city can be a shock, and many of these girls will find themselves in risky work, such as bars, clubs and private homes. We prepare them by providing training in life-saving skills, including:

- ✓ Recognizing and avoiding dangerous situations.
- ✓ Women's law and rights.
- ✓ Basic self-defense.

2. Preparing for Success Training

When girls leave village schools, they are unlikely to have received any advice on what to do next. This workshop introduces them to:

- ✓ Self-assessment.
- ✓ Training and education options post-school.
- ✓ How to find and apply for jobs.



Training in the 2017: In Numbers

- **3,204** girls in Ubon Ratchathani plotted career and educational success in a Preparing for Success workshop.
- **1,051** girls in Ubon and **60** women in Bangkok were trained in recognizing, avoiding and responding to dangerous situations.
- **163** women enrolled in one of **17** weekly English language courses.
- **824** women took part in other career and personal development options, including: Career-Specific English (specialized workshops on vocabulary required in different professions), Computer Training (covering the Microsoft Office package), Make-Up and Self-Presentation, Self-Assessment, Dealing with Situations, Thinking about the future, Managing change and How to start planning.
- **60** women in Bangkok and **1,051** girls in Ubon were trained in Basic Self-Defense.



Classroom Environment



Computer Lesson



Meet our Students

Priyaphon Arethno's (Joom) Story



“The Pratthanadee Foundation is like my family; I can count on the people there and get help. The ‘Better Me’ program gives me life skills and I can apply it when I face difficult situations. I came here with hope that I would be able to speak English; I gained more than that. My life is so much better since I started studying here.” – Joom

Joom came to the foundation with hopes of being a professional hairdresser and improving her English language skills. When we first met Joom, she was scared and lacked confidence. She could not read and write in Thai as she had no formal education.

Joom almost broke down crying when the Pratthanadee staff asked her why she was not able to read and write in her mother tongue on her enrolment day. Joom is now able to read and write in Thai albeit it is still a work in progress. Attending the ‘Dealing with Situations’ workshop has equipped her with the skills to navigate her way through difficult situations. She has also learnt to be more focused on staying on track to achieving her goals, a skill she picked up at the ‘How to Start Planning’ workshop.

After completing the three-month Better Me program, Joom said she is no longer fearful of speaking in English to foreign customers. Second, she has become more driven and ambitious, even harbouring aspirations of working overseas alongside other more experienced professional hair dressers.

- After 3 months in the ‘Better Me’ program, Joom found the program to be very useful, rating it a 5 out of 5
- When she first started, Joom rated herself a 3 out of 5 on her state of happiness. On completion of the program, she rated herself a 5 out of 5 and is now a happier person.
- She said the program has made a huge impact on her life, rating it a 5 out of 5.
- Joom enjoyed her English classes and appreciated her teacher’s effort to help her succeed in the program.



Khin Aye Nu's (Nu) Story



"I learnt new things and the activities were very enjoyable. I have changed so much and understand better how the world operates. I'm more talkative and isn't afraid to ask questions about things I don't understand. My teacher is great and I understand all that she teaches. I'm so lucky to study at Pratthanadee Foundation." – Nu

Nu came to the foundation with hopes of having a better future. When we first met, she was shy and innocent. She also could not speak and write Thai well. "Prior to the course, I was really a fool and would readily believe things people told me. I was even defrauded by a man because I bought his sob story," Nu recalled.

After participating in the 'Thinking about the Future' and 'How to Start Planning' workshops, Nu has become more confident about her future. *"Before I came to the foundation, I had some plan in my head, but it wasn't concrete. Now I'm more aware of what my goals are in life. I'm saving 5,000 baht every month and plan to start a business when it accumulates to 200,000*

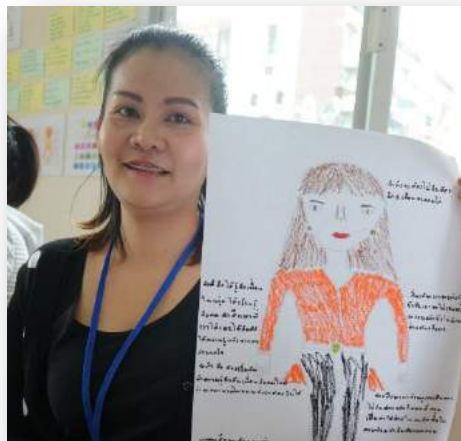
baht. I will return to Myanmar to start a small coffee shop or hair salon."

On completing the three-month 'Better Me' program, Nu said she loved all the activities and noted that her biggest takeaway was becoming more confident. *"I've become bolder and would readily express my opinions and share my aspirations, especially with my fellow countrymen working in Thailand."* She has also polished her language skills and can now speak and write better in Thai and also understand most English conversations in class.

- After 3 months in the 'Better Me' program, Nu found it very useful and rated it a 5 out of 5
- At the start of the program, she scored a 2 out of 5 on how secure she felt about the future, but on completion, Nu scored a 3 out of 5.
- She has also become more excited about her future as seen in her score of 5 out of 5.
- When she first attended the class, Nu said she could better her current situation but did not know how to. After participating in the program, she now knows what she needs to do to realise her dreams.



Saengduen Krabutthong's (Kratae) Story



"I enjoyed all the classes and activities. I love the 'Better Me' workshops. I was so excited going to class every day. Sharing experiences and solutions, making a smart plan for my future life, thinking about how to manage emerging situations and so on, all these made an impact on me. I feel empowered." – **Kratae**

Kratae came to the foundation with hopes of improving her English language skills which would help her current work and may be advantageous if she wants a career change in future.

After the 'Thinking about the Future' workshop, she has become more eager to upgrade herself. 'Don't be a full glass' is her motto. She hopes to acquire a bachelor's degree next. The 'How to Start Planning' workshop has helped her clarify her goals and draw up a roadmap to achieving them. *"I plan to apply to the university this year. I listened to my classmates' goals; they are possible to achieve. I think I can do it as well."*

Reflecting on what she has learnt from the 'Better Me' program, Kratae said: *"I used to be a lazy person. I never even planned what time to wake up in the morning; so I was always late for work. But after the 'Better Me' program, I realised that I need to have a daily routine, in addition to a long-term plan, so I won't end up losing my job and will be on track to achieving my goals. Now, after waking up in the morning, I turn on the rice cooker, then take a shower. By the time I finish showering, the rice will be cooked. I take it with me and buy food on the way to work. I am never late for work now and even have time for breakfast."*

- After 3 months in the 'Better Me' program, Kratae felt more confident in English as she scored a 4 out of 5.
- When she first started in the program, she scored a 4 out of 5 on how secure she felt about her future, but after completion Kratae scored a 5 out of 5.
- After attending 'How to Start Planning' workshop, she felt more confident on managing her finances for the future. She scored a 5 out of 5.



Story from Ubonratchathani

Focusing on the disadvantaged Isaan region of northeast Thailand, the Better Me program encourages girls to reach for the job of their dreams and teaches them how to make the right decisions to get there.

Sitting on a brightly tiled floor, small groups of teenage girls feverishly draw with pencil and crayons. While some churn out pictures of nurses, policewomen, rainbows and flowers, one student, Fai, 15, draws a piggy bank surrounded by floating gold coins.

“My dream is to save as much money as possible so I can support my family,” says Fai. But for now, she admits, she has no idea how.

“We are here to tell them about the risks if they choose the wrong job, what options they have and, perhaps for the first time, to see their own potential,” says Sarochinee Unyawachsumrith, known as Beer.

“We see students like this every day,” adds Beer later. *“They come from poor backgrounds and money is important, they need it to survive. But we are here to tell them about the risks if they choose the wrong job, what options they have and, perhaps for the first time, to see their own potential.”*

In this region of Thailand, commonly referred to as Isaan, Fai’s story is not uncommon. Close to the borders of both Cambodia and Laos, it’s an area as famous for its low education levels, limited employment and grinding intergenerational poverty as it is for its spicy food and farming culture. Ask any number of housekeepers, maids, taxi drivers, factory workers and even sex workers in the country’s capital Bangkok where they come from and, more often than not, the answer will be “Isaan.”

Fai lives alone with her 9-year-old sister while their parents are employed as contract construction workers in a nearby province. Her best friend Nan, 14, and Nan’s younger sister are cared for by their grandmother, while their mother is employed as a waitress in Bangkok and their father works on construction sites just south of the capital. And it’s precisely students like Fai and Nan that the Better Me program wants to reach.



Running for three weeks at a time, twice a year, in dozens of schools, the program currently reaches 3,000 girls a year. The initiative sprang from the work the Pratthanadee Foundation was doing with adult women back in Bangkok, women who face limited job opportunities due to their backgrounds and education, who are at risk of exploitation and who often, as a consequence, suffer from low self-esteem and self-worth.

At the heart of the Better Me program is a holistic approach, one that doesn't judge the girls' choices or sugarcoat the harsh realities of their situations and the pressure they are often under to help support their families from a very young age.

"Of course, I would like them to stay in school and to get a good job," says Nang. "But if they choose to, say, work in a factory, we tell them about the labor laws and their rights. I say, 'If you like this work, then do it. But maybe, in the future, you can go to the next level. Why not see how far you can go?'"

Better Me student Fai says the workshops have opened her mind to new possibilities, as well as the need to think of her future as a journey rather than just looking for that quick fix. In her written feedback at the end of that day's workshop, she says she would ideally like to continue studying, with a focus on computer science. Though Fai has concerns about how she might afford the fees, she says it's a goal to work toward, and one that might not only make her the money she craves but also help her find a better life overall for herself and her family.

This kind of visualization and goal-setting is an approach that Beer and her team had never seen before they started using it for their program, and it's one they believe empowers the girls to think about their lives in a new way.

"When we work with the girls, we listen, we say, 'OK, this is your dream, let's work out what you can do now,'" says Beer. "And we ask them to keep the picture they drew of themselves and how they imagined their future life and take it out on this exact date in one year's time. And we say, 'Then ask yourself, how am I doing, am I getting closer, am I on track to this?' We find this gets them to think for themselves. And we are always there if they need."

Article from Ruth Carr, a writer and filmmaker based in Southeast Asia. She wrote a wonderful article for News Deeply about our work with girls in Northeast Thailand. Read the full article from our website: www.pratthanadee.org



Gala Dinner and International Folk Dance Ensemble



On May 5, 2017, the Pratthanadee Foundation celebrated its Gala Dinner and International Folk Dance Ensemble at the Thai Chitlada 1 & 2, Bangkok Marriott Marquis Queen's Park Hotel, Bangkok.

The event was hosted by Pratthanadee's Chairwoman, M. R. Benchapa Krairiksh, and generously sponsored by the Thai Beverage Public Company Limited.

The Brigham Young University International (BYU) Folk Dance Ensemble performed a 90-minute voyage of dance and music through the heartbeat of the world's cultures. The show featured Irish hard shoe, American clogging, Ukrainian Hopak, exotic dances from India, and many more. The furious footwork, pulsating rhythms and live music left the audience tapping their feet from start to finish.

The BYU International Folk Dance Ensemble boasts 40 musicians, singers, dancers, and technicians, who combine to form one of the most unique groups of performing artists from the United States. The highly-acclaimed group has performed all over the world since 1964, including the folk dance festival held in conjunction with the 1988 Seoul Olympics.

MR Benchapa Krairiksh, Chairwoman, Pratthanadee Foundation, said: *"Their support and ThaiBev's sponsorship will enable Pratthanadee to train more underprivileged women in Bangkok who are less educated, are unemployed or in employment that is unstable, unsafe or underpaid. The funds raised will also go towards training of teenage girls at risk in Ubon Ratchathani on career and personal development, women's rights and the law, and basic self-defence."*

The performance is ThaiBev's second sponsorship of a Pratthanadee's fundraising gala. The company previously sponsored a classical music concert in 2015.



Meet our Volunteers



Hayley Hilne
Teaching Volunteer

How long have you been volunteering at Pratthanadee?

I have been volunteering at Pratthanadee for almost two years.

What is the best thing about it?

The best thing about volunteering at Pratthanadee is the students! I am so proud of them and how far they have come during the course, not just with learning English, but their self-development too. They have become so confident thanks to the 'Better Me Course' and I love hearing how it's benefiting them. Every week they share stories about what they have been up to and how they are putting what they have learnt into practice. They are so dedicated to the course and they really are a pleasure to teach!

What has been different to how you expected?

The atmosphere in the classroom so relaxed, we have so much fun in our classes and I look forward to our lessons every week! The Pratthanadee staff have also been amazing! The ladies are so supportive and are always on hand for advice.

What would you say to others thinking of volunteering?

Sign up today! It's one of the best experiences you will ever have!

It's made me a more confident teacher and helped develop my skills. I have also learnt so much about Thailand, my students have shared their lives and culture with me and are also helping me to learn Thai!

Is there anything else you would like us to know?

It's such an honor to be a part of an organization that is dedicated to educating and empowering women. Thank you for having me on board!



Meet our Volunteers



Suppamong Sooksangchaya
Teaching Volunteer

How long have you been volunteering at Pratthanadee?

I have been volunteering at Pratthanadee for over a year now.

What is the best thing about it?

It's the fact that I get to contribute myself to help those in need, to better their quality of life, and to make our society a better place to live. The students are very attentive and try their best. After each class, I always feel very fulfilled, and look forward to the next session.

They come to the Foundation with smiling faces and finish their classes with happiness, knowing that they can make use of what they learn. I want to make society better. I have accomplished that goal every time I go to teach a class.

What has been different to how you expected?

Well, it's the fact that I had never taught English in a structured classroom before. So, I had to do a lot of research and homework. The challenge was how to best deliver the subject to make it easy for my students to understand. Anyway, after a couples of sessions, I managed to get a hold of it.

What would you say to others thinking of volunteering?

It's one of the best decision you will ever make in your life. It's emotionally and spiritually rewarding.

Is there anything else you would like us to know?

I want to personally thank Pratthanadee Foundation for giving me a chance to volunteer. You guys are very friendly and supportive.



Pratthanadee Press Coverage

160

The road to a better me

by Sarachinee Unyachosornith
Pratthanadee Foundation

Weena Utharam speaks to Expat Life on her transformation from a sex worker to a trainer helping thousands of underprivileged girls in Ubon Ratchathani.

Some 15 years ago, Weena Utharam (nicknamed Nang) was one of many uneducated country girls working in the infamous Nana area in Bangkok. Like many before her, the then teeny something from one of the poorest Northeastern regions in Thailand, was drawn to what she believed would be better economic prospects in the capital. Without a high school diploma and no relevant skills, she could only fit in and out of jobs in the informal sector that paid her as low as USD40 a month for working around the clock six days a week - not enough to feed herself nor her family, relying solely on her back home.




"I was working in an abusive environment and was struggling with a child and a runaway boyfriend, thinking this was my lot in life; I felt trapped and wanted to do anything to get out of poverty and for my baby."

Nang

Nang started working in the bars and resorted to selling her body to keep food on the table for her parents and her young son. But it did not matter how many nights she worked, she just could not keep her family out of debt. She felt like a failure. Like she was worthless.

Nang's story would have been the familiar, sad life trajectory of girls from the Northeastern provinces who migrate to Bangkok, if not for a serendipitous interruption. A chance encounter with a stranger led her to Pratthanadee Foundation, and so began her transformation. Through her first training in soft and hard skills at the non-government organization, Nang became somebody more confident, independent and ambitious.

110 April-May 2017 EXPAT LIFE IN THAILAND www.expatlifethailand.com



"When I first met Nang, she was isolated, depressed and had very low self-esteem. She didn't think she was worth anything."

- Sarachinee Unyachosornith
Managing Director, Pratthanadee Foundation

Nang's journey to a better self was not without struggles. When she first took part in the training, the foundation's trainers did not know if she would have the perseverance to put through. An incessant Greek chorus comprising family and others working alongside her in the red light district were relentless in trying to take her out of the training. They told her that it was a waste of time and that she was selfish as every hour she was not at work was money lost that could have gone to her family.

Impressed by her progress, Nang was hired as an administrative assistant at the foundation, six months after she enrolled for training. In 2011, she was made coordinator of Pratthanadee's new outreach in Ubon where she has been based since then. Nang now speaks English and even some Khmer, in addition to her mother tongue; she is also conversant in Microsoft Office. These days she runs workshops for high school girls, training them in identifying gender-related roles, toxic self-defence and women's rights and the law. The 36-year-old single mother has finally found her footing back in the hometown where she was from, inspiring others like her younger self to secure a better future.

www.facebook.com/expatlifethailand

Little Maple
Bilingual Nursery & Creative Learning Center



We are the bilingual nursery. Our curriculum is a thoughtfully designed program that provides developmentally appropriate experiences with a child-centered, comprehensive, and play-based approach.

We provide:
- Day care services for all nationality kids, 1-3.5 yrs old
- Set EFL classes
- Open on weekdays from 7 a.m. to 6 p.m.

Open..!! Eng Summer Course
May 2-12, 2017
For 3.5 - 4 yrs old @ Southern Branch

www.facebook.com/littlemaplenurseryfongpa
24 Sukhumvit Road, 24th Floor, The Park 25 (Jr. 102) Bangkok 10110
Southern Branch: 56 Sukhumvit 4, 10F (Jr. 24A/77) Bangkok 10110
www.littlemaplenursery.com E-mail: littlemaplenursery@yandex.com

**"The Road to a Better Me",
Expat Life in Thailand
Magazine, April-May 2017.**



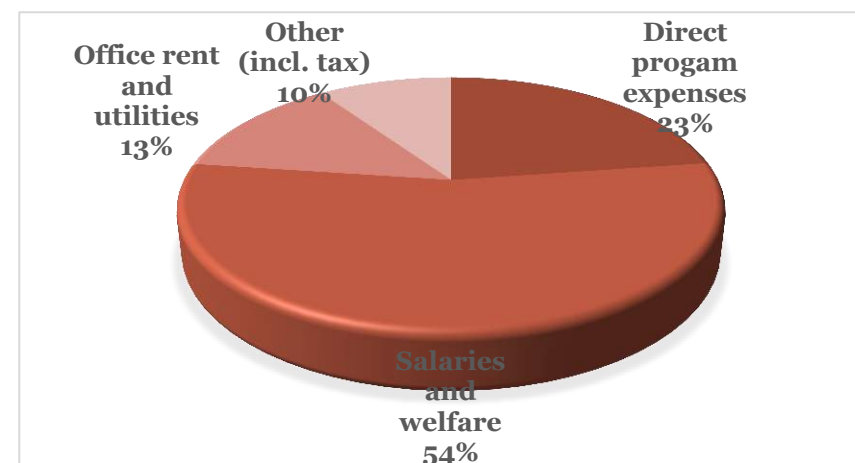
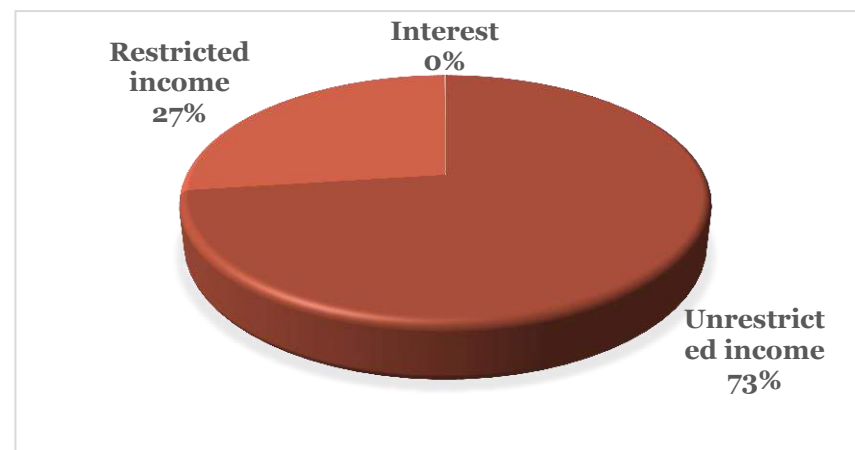
Financial Report (2016-17)

Breakdown of Income

Revenue	THB
Unrestricted Donations	฿ 2,790,467
Restricted Donations	฿ 1,031,544
Interest and others	฿ 3,014
Total	฿3,825,026

Breakdown of Expenditure

Expenditure	THB
Direct Project Expenses	฿ 960,201
Salaries and welfare	฿ 2,299,509
Office rent and utilities	฿ 560,509
Other (incl. tax)	฿ 404,950
Total	฿ 4,225,169



Key Supporters and Partners in 2017

Activity supported by the
Canada Fund for Local Initiatives

Activité réalisée avec l'appui du
Fonds canadien d'initiatives locales

Canada



Irish Aid

An Roinn Gnóthaí Eachtracha agus Trádála
Department of Foreign Affairs and Trade



Meet the Pratthanadee Community

The Pratthanadee Foundation would like to express special thanks to the following volunteers, partners, friends and donors, whose support made a vital difference over the 2016-17 financial year:

Elizabeth Di Cioccio	Tamsin Haigh	Jinjuthada Guna-Kasemtanawat	Tourism Authority of Thailand
Kieran O'Mahony	Apisith Srichawla	Ratthavirai Rungsrisingpipat	Saha Pathanapibul
Robby Markose	Swati Mitra	Patcharin Kiatfuengphol	TKI PERPETUAL CO. LTD
Andrew White	Irwin Sparkes	Punnittha Phanthawi	Sea Wealth Flozen Food
Michale Ampikapon	Claudio Caballero	Dejphon Chansiri	Ueno Fine Chemicals Industry (Thailand) LTD
Allyson Parzero	Ruth Hearn, Banyan Tree	Kulnadda Pachimsawat	S & P Syndicate
Sylvia Lachapelle	Krit Yangpichit	The BlueSky Property	The Church of Jesus Christ of Latter-Day Saints
Sara Pashin	James Meade	Yupaporn Sahawat	Dhipaya Life Assurance
Rodney Waddell	Enrique Cuan-Ruiz	Nualsri Utolktham	Surawuth Sabhavas
Kian Kok Low	Stephan Baumann	Joy Sopitpongstorn	Thai Beverage Public Company Limited
Daniel Keyworth	Gavin gee	Sarapee Tammakul	Queen Sirikit National Institute of Child Hea
Sarasvathy Suppiah	Todd Phillips	Samantha Pryor	
James Brown	Chow Yin Tan	Vanasophin Kasemsri	
Ned Drulard	Kittisak Srisuknam		
Daneil Keyworth	Wanwirote Varophas		

We would also like to mention the generous businesses, families and individuals who supported our Gala Concert and Dinner by purchasing tickets, sponsoring tables and making donations.

While we have tried our best to ensure the listings are correct, we invite you to get in touch if you notice any errors or omissions.





Pratthanadee Foundation (Bangkok)

39 Soi Sukhumvit 52 Prakhanong Tai, Prakhanong, Bangkok 10260

Tel: + 66 (0) 2 331 4731

Pratthanadee Foundation (Ubon Ratchathani)

350 Phrommarat Road, Tambol Naimuang, Amphur Muang, Ubonratchathani 34000

Tel: +66 (0) 93 408 1124

E-mail: contact@pratthanadee.org

Facebook: Pratthanadee Foundation

Website: www.pratthanadee.org

We are a small team funded by donations.

We rely on your generosity to continue offering Thai women and girls the chance to build a better life.

Please consider joining us today by making a donation at www.pratthanadee.org/donatenow

or by getting in touch using the contact details above. Thank you.