

From
the People of Japan



TINAN 25

ASSISTENSIA BA TIMOR-LESTE HUSI JAPAUN



Naran:

25 YEARS OF COOPERATION

from the People of Japan



The Project for Children's Nutrition Improvement by Improving Women's Livelihoods (2023-ongoing)

The project aims to improve household nutrition in mountainous areas (Aileu, Ainaro and Ermera) by introducing floriculture to women as their means of income.

COOPERATION TO TIMOR-LESTE

This year marks the 25th anniversary since the Government of Japan started assistance to Timor-Leste in 1999. For 25 years, Japan has been supporting the nation building of Timor-Leste in various areas.

The Government of Japan will continue and expand its development assistance projects.

1ST DONORS' MEETING FOR EAST TIMOR

1999

The 1st Donors' Meeting for East Timor took place in Tokyo in 1999 December.



COVID-Resilient Elections in Timor-Leste (2021-2023)

This project ensured all 12 municipalities and RAEOA to have Covid-19 resilient voting infrastructure. The project also strengthened the participation and representation of youth, women, and persons with disabilities in politics, not just as voters, but also as staff and candidates.





Mechanic and Operator Training for Heavy Vehicle and Construction Machines in Timor-Leste (2020-2023)

This project aimed to enhance mechanical and operational skills on heavy machinery vehicles, thereby contributing to improvement in basic infrastructure maintenance in collaboration with Institute of Equipment Management (IGE-IP) of the Ministry of Public Works.



Community Infrastructure for Resilience Project (2023- ongoing)

The project supports the implementation of small-scale rural infrastructures in three municipalities (Liquiça, Ermera, and Bobonaro) and RAEOA.



Improvement of Equipment for Disaster Risk Reduction and Recovery (2023-ongoing)

This program aims to strengthen the capacity for disaster risk reduction and recovery by procuring equipment, including heavy machineries.

INFRASTRUCTURE

The infrastructure sector is one of the priority areas for Japan's assistance.

Infrastructure is the core sector for economic development and disaster risk reduction. Japan is frequently hit by natural disasters such as tsunamis, floods, earthquakes, landslides, and typhoons, Japan has shared the experience and skills it gained through these experiences with Timor-Leste through various projects.



The Project for Rehabilitation and Improvement of Buluto Irrigation Scheme (2023 completed)

The project aimed to increase rice production in Buluto Irrigation Schemes by developing irrigation facilities such as intake structure and canal as well as assisting capacity development of the government staff and water users association.

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



11 SUSTAINABLE CITIES AND COMMUNITIES



13 CLIMATE ACTION



ENVIRONMENT AND BLUE ECONOMY



Community-Based Landscape Management for Enhanced Climate Resilience and Reduction of Deforestation in Critical Watersheds (2022-ongoing)

The project provides capacity building to local communities in 74 upland villages to reduce forest degradation and poverty.

In recent years, Timor Leste has witnessed unpredictable rainfall, coastal erosion, and the effects of climate phenomena such as El Niño. To tackle with these challenges, the Government of Japan keeps supporting Timor-Leste to achieve sustainable and environmentally friendly development as well as to enforce resilience to natural disasters.



Japan Overseas Cooperation Volunteers (JOCV) (2010-ongoing)

To raise awareness on ocean and environment protection, a JICA volunteer teaches environment was dispatched in February 2024.



Promoting Green Transformation in the Pacific Region towards Net-Zero and Climate Resilient Development (2023- ongoing)

The project aims to contribute to achieving clean energy and just transition towards net-zero pathways, and helping vulnerable and fragile communities to be more resilient to climate impacts with the participation of young entrepreneurs.



Fisheries Development Advisor (2022-2023)

The project aimed to propose a medium to long-term plan to upgrade local fisheries to the commercial level and to improve planning and coordination for fisheries development in Timor-Leste.





The Project for Increasing Farmers Households' Income through Strengthening Domestic Rice Production in Timor-Leste (2016-2023)

The project aimed to increase domestic rice production by improving cultivation techniques of rice, strengthening farmers' capabilities in operation and maintenance for irrigation facilities and preparation for systems of rice distribution/sales.

AGRICULTURE

Another priority areas of Japan's assistance is the agricultural sector. To support and promote Timor-Leste's industrial diversification by improving domestic production of agricultural products, the Government of Japan is providing training for various agricultural crops such as rice, coffee, vegetables, flowers and so on.



Coffee and Agroforestry Livelihood Improvement Project (2020- ongoing)

The project aims to increase coffee production and export by 2030 through technical assistance to local coffee farmers.



Atsabe Rural Development Project for Improvement of Agricultural Water Supply System in Ermera Municipality (2020-2024)

The project aimed to increase agricultural productivity and to improve local farmer's livelihoods by installing agricultural water system. The vegetables produced by local farmers were sold to local schools, and contributed to students' nutrition.



Project for Promoting Agribusiness by Rural Women (2013-2018)

The project aimed to improve rural women's livelihood. Working with 22 local women's groups from 7 municipalities (Ainaro, Covalima, Aileu, Ermera, Bobonaro, Liquica, Baucau), the project achieved to establish Aroma Timor Network which improved market linkage of these groups.



ITA KOKO KUDA TOMATE!

1	Tomate	Tipu modo sira ne'ebé han ai-fuan	Familia Brinjela
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Pontu kultivasaun

- Tomate sira sensivel/la toman ba udan, nune'e sira kuda iha uma plastik(tanel) nia laran.
- Tomate prefere kampu ho konteúdu nutrisaun ne'ebé kiik.
- Bainhira ai-tahan tolu(3) mosu, ai-fuan ida(1) sei mosu, ne'ebé sura hanesan faze ida(1) de'it, no imi atu haboot no kolleta tomate sira-ne'e to'o faze ualu(8).
- Atu halibur imi-nia fini rasik husi ai-horis ne'ebé imi kuda, no kuda tomate ne'ebé adapta ba kualidade klima no rai.



Tomate nia fini

Kuda fini Potrey Futaba : ai-tahan rua (2) ne'ebé mosu primeiru	Kuda fali ai-oan sira iha polybag Polybag Honba : ai-tahan asli	Kuda ai-oan sira ba iha kantadeiru Kantadeiru Honba	Monta ai-tonka/para para Bainhira kuda ai-oan sira ba iha kantadeiru, imi monta ai-tonka/para para maizumenus 2m nian. Kuandu imi monta sira-ne'e, prezisa hadook malu 5cm entre ai-huon ho ai-tonka sira ne'e atu evita estraga ai-abut sira. Tuir mai imi kesi ai-tonka no ai-oan nia kain ho tali hanesan forma numeru ualu (8).	Fokit ai-tubun nurak no Dada ai-kain ho tali Fokit ai-tubun nurak ne'ebé mosu husi entre ai-kain prinsipál ho husi ai-tahan nia huon. Imi tenki silu ai-tubun nurak ho liman, atu labele uza kateri hodi hasai sira-ne'e, tanba moras ne'e atu kontajioza liu husi kateri ne'ebé kona tiha moras. Imi fokit ai-tubun nurak sira ho beibeik, tanba sira sei mosu fali. Ai-kain prinsipál sira ne'ebé sai boot atu kesi ai-tonka ida no tali kada 30cm.	Kolleta Imi bele kolleta tomate-sira nia fuan bainhira sira sai kór mean ho di'ak.	Halibur fini ①Hili tomate ne'ebé moris di'ak, no husik sein kolleta tomate nia fuan sira. ②Imi bele kolleta sira-ne'e bainhira tasak ona. ③Harahun ai-fuan sira-ne'e, fase didi'ak iha bee laran, no hasai fini sira-ne'e. Imi hili fini sira ne'ebé tun ba kraik, tanba sira isin nakonu. ④Halo maran fini sira-ne'e ho didi'ak, hatuma sira ba sasán buat ruma ne'ebé bele taka metin, depois atu rai sira-ne'e iha fatin ne'ebé malirin ho nakukun.
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NUTRITION

In Timor-Leste, 41.8% of the population lives below the national poverty line. The poverty rate is particularly high in the mountainous areas, and the stunting rate among children under five years old is also high in the same areas.

To address these challenges, the Government of Japan is supporting local communities in nutrition education, cooking demonstration and food distribution through cooperation with international organizations and Japanese NGOs.

Nutrition Improvement Project by Introducing "Furikake" and Eating Habits Improvement (2019-2022)

This project aimed to promote nutritious eating habits by introducing "Furikake", nutritious rice seasoning, using local agriculture products and marine products from Atauro. "Furikake" is produced by the project and provided as a part of school meal in Dili.



The Project for Child Nutrition Improvement (2022- ongoing)

The project addresses child and maternal malnutrition, including stunting, wasting and micronutrient deficiencies in Covalima, Lautem, Liquica and Manufahi municipalities and RAEOA by providing various trainings and supplementation

The Food Assistance Project for COVID-19 Crisis and Flood Disaster (2021-2023)

The project provided fortified rice, beans and cooking oils to the people in Baucau, Covalima, Ermera, Manatutu and Dili.



REKOMENDASAUN BA HAN SAUDAVEL

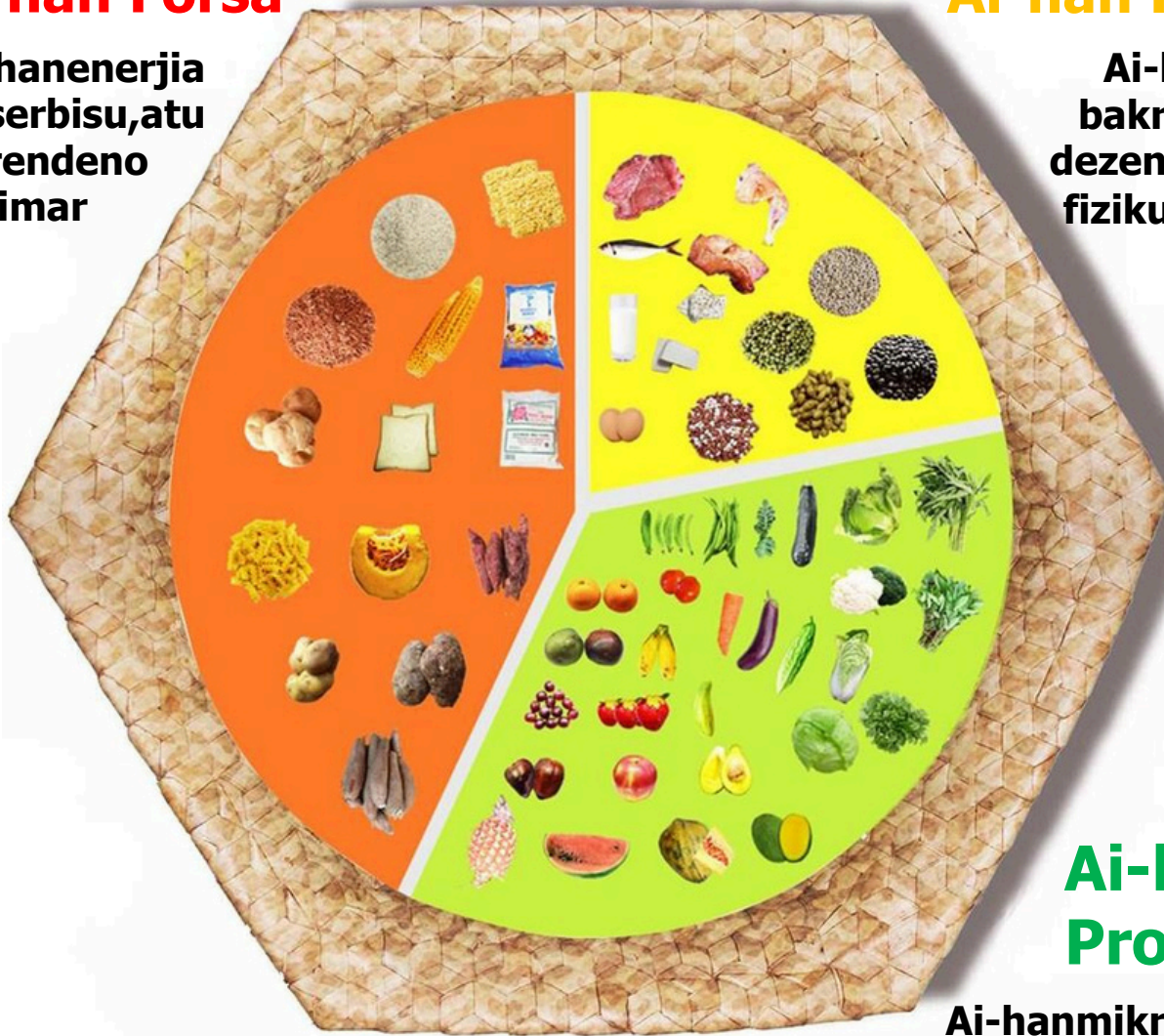
TIMOR-LESTE

Ai-han Forsa

Ai-han enerjia
baser bisu, atu
aprendeno
halimar

Ai-han Haburas

Ai-han proteina
bak resimentuno
dezenvolvimentu
fiziku no mental



Ai-han Protesaun

Ai-han mikronutriente
ba protesausun hasoru
moras barak

Han ai-han hosi variedade 3 loro-loron
no halo tuir regra iha kraik!



Fase liman ho sabaun



Preparahanho higienia



Konsume be'e tasak no mo'os



Hamenus temperu



Hamenus masin no uza deit masin
ne'ebé iha IODU



Hamenus mina



Hamenus masin midar





Improving Reproductive, Maternal, Neonatal and Child Health (RMNCH) in Ermera Municipality (2021- 2024)

The project established ultrasound training guideline for the first time in Timor-Leste to improve the quality of health care service to pregnant women.

MOTHER AND CHILD HEALTH CARE

The Government of Japan has been supporting Timor-Leste's health sector, especially in maternal and child health care. Timor-Leste faces one of the highest maternal and child mortality rate in Southeast Asia countries. To address this issue, the Government of Japan is working with international organizations, international and national NGOs to improve the quality and access of maternal and child health care in rural areas.



Improving the Quality of Maternal Health Services through Capacity Building for Doctors and Midwives in Bobonaro Municipality (2024- ongoing)

The project provides antenatal care training for healthcare professionals, maternal education classes for future parents, and awareness raising on reproductive health among community to reduce maternal mortality and infant mortality rates.



The Project for the Improvement of the Facilities for Basic Emergency Obstetric and Newborn Care at Community Health Centers(2024- ongoing)

The project aims to reduce maternal mortality in Timor-Leste by upgrading selected community health centers in 12 municipalities.



Project for Revitalization of Mother and Child Health Services (2022- ongoing)

The project aims to improve maternal and child health services in Atauro and Metinaro which were severely affected by COVID-19.



ISIN-RUA HO IDADE ADOLESENTE iha **RISKU BARAK LIU**

Idade reprodutivu komesa desde feto ida tama faze adolescente, maske nune'e fizikamente feto refere nia isin sei iha perigu nia laran atu bele kous bebé ida. Tuir mai mak perigu sira ba isin-rua ho idade ki'ik;

RISKU BA INAN

1 Risku saúde fiziku



Inan ho idade adolescente (menus husi 18) iha risku as ba komplikasaun durante isin rua to'o tur-ahi.

2 Emosional no stress Psikolojikamente



Adolescente mak faze ne'ebé individu ida seidak iha maturidade mental no emosiaonal hodi simu isin-rua no sai inan, no ida ne'e dala barak rejulta stress, ansiedade no depresaun

3 Desturbe edukasaun

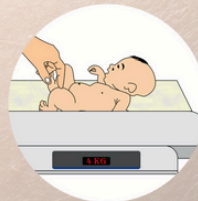


Durante isin-rua no hafoin tur-ahi responsabilidade adolescente ida nian ba asesu edukasaun ho masimu sei hetan implikasaun ho responsabilidade hanesan inan nian no dala barak ida ne'e defikulta tebes atu bele kontinua ho nia eskola.

RISKU BA BEBÉ

Bebé todan menus

1



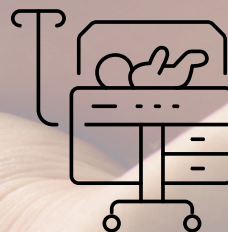
Feto adolescente ida iha risku maka'as liu atu iha bebé ho todan ne'ebé la to'o durante isin-rua no bainhira bebé moris mai iha ne'ebé rezulta mós komplikasaun oioin ba bebé refere.

2 Moris prematura



Bebé ne'ebé moris premature iha risku ne'ebé a'as tebes ba problema saúde.

3 Dezenvolvimentu bebé nian tarde



ida ne'e rezulta husi limita asesu ba informasaun husi adolescente ida konaba kuidadu ante natal to'o iha kuidadu pos-natal.

Rekomendasaun idade ne'ebé optimu no seguru ba feto ida atu bele isin-rua hahu husi idade **20** to'o **35**, maibe ida ne'e depende mós ba fator oioin ne'ebé presiza atu konsidera

Mai prevene Mortalidade Inan no Bebe liu husi Vizita Kontinua iha Facilidade Saúde!



The Project for Improvement of Water Supply Management (BTL) (2021- ongoing)
 The project aims to improve BTL's water supply management and to build its capacity. During the project, specialists were sent to Timor-Leste from Japan.



Project for Revitalization of Mother and Child Health Services (2022- ongoing)
 The project aims to improve the quality and access of maternal and child health care services in Atauro and Metinaro which were severely affected by COVID-19. The project also educates local school children to promote sanitation awareness to prevent avoidable infections.



The Project for Improving Public Health Condition in Hatolia Village, Hatolia Post-administrative, Ermera Municipality (2023 completed)
 The project established water supply facilities to improve public health condition in the village. We have built more than 45 water supply facilities in the rural area.

WATER AND SANITATION

The supply of clean water is one of the most fundamental necessities for people's lives. Improved access to clean water will have spillover effects across many sectors, including health, nutrition, education and agriculture, positively impacting both individuals and the community. To this end, the Government of Japan provides support to improve water supply in this country.

3 GOOD HEALTH
 AND WELL-BEING



6 CLEAN WATER
 AND SANITATION



Saida mak ita tenke halo hodi labele hetan moras?



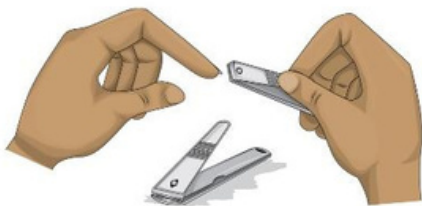
Fase liman ho sabaun



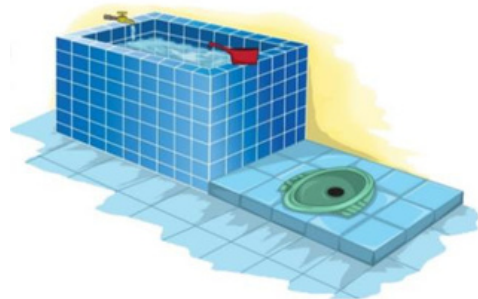
Hariis loroloron



Hemu bee tasak



Tesi liman kukun to'o badak



Uza sentina



The Project for Improvement of Educational environment for Kindergarten in Hatulalan Village, Laleia Administrative Post, Manatuto Municipality (2022-2023)
 The Government of Japan contributed to furnishing the kindergarten with chairs and desks to improve education environment.



Japan Overseas Cooperation Volunteers (JOCV) (2010- ongoing)
 Through JICA Volunteers, the Government of Japan has been supporting Timor-Leste's education sector in grassroot approach.

SDGs Global Leades Program (scholarship) (2020- ongoing)
 The scholarship aims to develop high level human resources who would contribute to policy making and implementation, and to addressing political and developmental issues in respective fields.

4 QUALITY EDUCATION



JENESYS Program (2009- ongoing)
 JENESYS (Japan-East Asia Network of Exchange for Students and Youths) is a people-to-people exchange program between Japan and the Asia-Pacific region hosted by the Government of Japan, and approximately 1,700 Timorese participated in this program since 2009.

EDUCATION AND YOUTH EMPOWERMENT

Human resources are crucial for a country's development. The Government of Japan has been actively supporting the youth of Timor-Leste in various ways and will continue to create opportunities for them going forward.



MAI ITA APRENDE LETRA JAPAUNI!

The Japanese language has three characters in its letters, Kanji, Katakana and Hiragana. Hiragana is the basic of learning Japanese. Japanese students learn Hiragana as their first step in mastering the language from their young age.

あ a	か ka	さ sa	た ta	な na	は ha	ま ma	や ya	ら ra	わ wa	ん n
い i	き ki	し shi	ち chi	に ni	ひ hi	み mi		り ri		
う u	く ku	す su	つ tsu	ぬ nu	ふ fu	む mu	ゆ yu	る ru		
え e	け ke	せ se	て te	ね ne	へ he	め me		れ re		
お o	こ ko	そ so	と to	の no	ほ ho	も mo	よ yo	ろ ro	を wo	

Greetings in Japanese

Good morning:
おはよう (Ohayou)

Good afternoon:
こんにちは (Kon-nichiwa)

Good evening:
こんばんは (Konbanwa)

Thank you:
ありがとう (Arigatou)

You are welcome:
どういたしまして (Dou-itashimashite)

How are you?:
げんきですか? (Genki-desuka?)

I'm fine:
げんきです (Genki desu)

が ga	ざ za	だ da	ば ba	ぱ pa
ぎ gi	じ ji	ぢ ji	び bi	ぴ pi
ぐ gu	ず zu	づ zu	ぶ bu	ぷ pu
げ ge	ぜ ze	で de	べ be	ぺ pe
ご go	ぞ zo	ど do	ぼ bo	ぽ po

きゃ kya	しゃ sha	にゃ nya	ひゃ hya
きゅ kyu	しゅ syu	にゅ nyu	ひゅ hyu
きょ kyo	しょ sho	にょ nyo	ひょ hyo

みゃ mya	りゃ rya	ぎゃ gya	じゃ ja	びゃ bya	ぴゃ pya
みゅ myu	りゅ ryu	ぎゅ gyu	じゅ ju	びゅ byu	ぴゅ pyu
みょ myo	りょ ryo	ぎょ gyo	じょ jo	びょ byo	ぴょ pyo

Let's try and write your name in Hiragana!

Exemple;

Maria:
まりあ

Paulo:
ぱうろ

Joanina:
じょあにな

Simao:
しまお

Lucia:
るしあ

Joao:
じょあお

Adaljija:
あだるじじゃ

Antonio:
あんとお



OFFICIAL LOGO FOR THE 25TH ANNIVERSARY OF JAPAN'S COOPERATION WITH TIMOR-LESTE

The Embassy of Japan in Timor-Leste has created an official logo for the 25th anniversary of Japan's cooperation with Timor-Leste.

Japan has been supporting Timor-Leste since 1999, and the 1st Donor's Meeting for East Timor took place in Tokyo in December of the year.

Since Japan is also often referred to as "the country where the sun rises," the design of the logo features a sunrise motif to symbolize the shared connection between Japan and Timor-Leste.

The logo includes the title "Assistensia ba Timor-Leste Hamutuk ba Dezenvolvimentu (Assistance to Timor-Leste: Toward Development Together)," which represents Japan's commitment to walking alongside Timor-Leste in its journey toward sustainable development and its unwavering resolve to maintain the partnership in the future.