

Young Organic Farmers (YOF)

Strengthening Young Farmers
From Local Actions to Global Impacts



14 -18 December 2018, Vientiane, Lao PDR

Co-organizers:

Participatory Development Training Centre (PADETC), Lao PDR

Rural Development Agency (RDA), Lao PDR

College of Natural Resources (CNR), Bhutan

Towards Organic Asia (TOA), Thailand

Schedule: Young Organic Farmers 2018

Date / Time	Activities	Place
Thu 13 December	Arrive to Vientiane	
18.00-19.00	Dinner and Gathering for Ceremony	PADETC Office
20.30	Back to Hotel and Rest	
Fri 14 December	PADETC Fair “Sustainable Ecology and Liveable Society”	
07.00-08.00	Breakfast	
09.00-13.00	PADETC FAIR 2018 - Welcoming Remark by Director of PADETC - Opening Remark by Shui Meng - TOA and Sombath vision by TOA Open Space and Exhibition and Presentation	PADETC Office
15.00-17.00	Free time	Vientiane
18.00-19.00	Dinner (Local Food)	
Sat 15 December	TOA Partners and YOF Meeting	
07.00-08.00	Breakfast	
09.00-12.00	Country Update and Discussion with Active Partners in Lao PDR: World Café: Further Collaboration - Young Organic Farmers - Action Research - Technical Support - Mindful Markets Exchange	Pan Hag Farm
12.00-13.30	Lunch	
13.30-16.30	Planning for TOA 2019	Pan Hug Farm
16.30-18.30	Visit RDA Centre and Dinner	RDA Centre
18.30	Travel back to Vientiane and Rest	
Sun 16 December	Exposure Trip	
Morning	Social Enterprise Shop	Dakdae Shop
Afternoon	Eco-learning Centre and Lunch	Panyanivej
Evening	YOF Orientation	RDA Centre
Mon 17 December	Young Organic Farmers	
Morning	Integrated Farming Vansy Phathamavong	RDA Centre
Afternoon	Sharing Experience of YOF / Country Update	RDA Centre
Evening	Open Space for Creativity	
Tue 18 December	Young Organic Farmers	
Morning	Organic Agriculture/Agroecology Principles Dr. Sonam Tashi	RDA Centre
Afternoon	Strengthening Young Farmers from Local Action to Global Impact	RDA Centre
Evening	Open Space for Creativity	
Wed 19 December	Departure	

PADETC Fair “Sustainable Ecology and Liveable Society”



Young Organic Farmers and TOA Partners from Bhutan, Cambodia, Myanmar, Thailand, and Vietnam participated in the 6th anniversary of Sombath Somphone’s Disappearance and PADETC Fair to present and exchange the best practices and learning experiences of PADETC and development partners under the theme of “**Promoting Ecological Sustainability: Towards a more livable Laos for All**”, including a range of works, showcases and best practices associated with organic agriculture, healthy living, and ecological sustainability from local organization and local community from Lao society.

Towards Organic Asia is working to promote organic agriculture and agro-ecology as the heart of global transformation (working on the 4 thematic areas- Action Research and Advocacy, Technical Support and Exchange, Capacity Building and Youth, and Consumer Education).

We have shared vision and collaboration for sustainable development on social, ecology, economy and culture dimensions; therefore we work collectively with our partners; **PADETC and RDA** in Laos for Youth Training and Community Development, **College of Natural Resources and Tsirang Community in Bhutan** are thriving for sustainable education and organic seeds production, **CEDAC in Cambodia** is supporting 1,000 of farmer families and promoting the local development of sustainable family farms, **IVY** is supporting farmers community/ connecting producers and consumers , **Kalyana Mitta Foundation in Myanmar** is continually supporting youth empowerment, also, **Maetha Community and Alternative Agriculture Network in Thailand** have been working on organic movement for many decades and caring for the young organic farmers who would be the future leaders for the sustainable food system, and **SPERI / CENDI in Vietnam** works on local wisdoms and worship nature.

We are holding on our shared vision and putting it into action, the vision of Sombath Somphone will be part of TOA missions, to find the alternative way and support Local Actions for Global Transformation.

Exposure Trip, Vientiane, Lao PDR

Dakdae, Social Enterprise Shop

Our shop has 3 components. The first one, we have a shop selling Laos products. The second, we do branding and packaging for local products. The last one is export market for Tea and other local products.

We set up “**Dakdae**” as a social enterprise, focusing on youth and young kid, we also have page called Dakdae TV, the kids can come and learn about VDO shooting and publishing to building their confidence and practice. We also organize workshop on graphic design for free. At the moment we have a project called Khong Dee Baab Hao (community products), Selecting young social entrepreneurs and coaching them on product development and Marketing.



Question: Do you have your own farm? Where do you get your materials?

Answer: We don't have our own farm but we work with producer groups who can produce the products to us. They can work on developing, processing, branding and packaging. In case the producers don't want to do branding, we will buy raw material and do our own branding and packaging.

Question: I saw products from the villages, so I would like to know how much the benefit goes back to the village?

Answer: Actually, we buy the product base on their price; they set the price for us. Also at our shop we have social development fund, so everything you buy we give 5% of the profit to the fund and that goes to young social entrepreneur project we are working in different provinces.

Question: What kind of project you are doing with the youth?

Answer: We are supporting young entrepreneurs to develop the product, if they need seed fund we will give some portion for that and they can start running their business.

Question: Who are your customers?

Answer: We would say 95% are foreigners and only 5% are local people. The foreigners like to buy coffee; we can sell really fast, then postcard, key chain, and cotton natural dye scarf. For local people, the popular items are sesame and wine. We do marketing by going to the fair, and working on facebook page. Before we open the shop we have done product assessment with our consumers.

Question: What is your challenge in the shop and working with young people?

Answer: We work with young people and we found that they are lacking of information and support for boosting the creativities and ideas. The access to information is very important. Sometime, they have capacity but they don't have the idea to make it attractive.

From our experience working with young people, we take them to other places to explore. They got the idea and after return they can create many things they have not done before. In comparison with the group that have never been in other places, they are afraid of trying a new thing.

About running the shop, our first challenge is quality and quantity supply. We have a lot of problem with our supplier. For example, we have got regular order for the bamboo basket but we could get enough baskets for our order. And the quality is not stable. One reason is they producers are doing this as an additional income, not their main income of the family. This is our challenge.

For the quality control, we sent the sample to the producer about the size, color, and design. Anyhow, the handmade product we cannot control everything.

Our tips for young social entrepreneurs, first one is finding your niche that you want to promote such as organic to promote your own shop. Second one is finding the demand and who is your target group. Here we focus on the residence in Laos and then we have our products base on our customers.

Panyanivej Farm

We produce organic vegetable; at first we need a consistent customers. We work with schools and supply organic vegetable to schools, the price of our products are a little bit higher than market price. And the schools are our main customer since the beginning until now. We didn't make much profit for this and frankly we cannot have enough vegetable supply for them. A part from school, at the second year we started selling our product to the parents because we see the potential, and the third year we started farm to table delivery, from the social media people many expatriate people who don't trust the chemical product and want to support us. We grow many variety of vegetable therefore we need divers customers.

In this area, 30% of the farm are rice farming, we also grow rice and we supply our product for 2 schools for 2 years already.

For the service, we try to adapt to the demand of the customer. This farm is 38 kilometres from Vientiane and it could take about 20 minute from the town to our farm. We work together with a tour agency that cares about the social impact to organize farm visit. This is quite successful, our visitors are happy with the activity and learning. We also have an activity for school every year. We develop our program and propose the private schools, every year we had 3-4 schools came to learn at our farm.

The last activity, we organize workshop for young people. This is the service part we provide for civil organization for the workshop and training programme.

Our goal for this farm is exploring an organic farming model in Vientiane contexts for self-sufficiency, the first year we cannot reach our goal, in the second year we can pay for our staff salary and still use personal budget for some investment.



Question and answer with Panyanivej staff and volunteer

Question: What do your feeling to be a farmer?

Answer: In general, we are happy because we studied agriculture and we are practicing what we have learned. What makes us happy is physical work in the farm and the produces are safe for consumption and consumers, we are proud of this. We also face the difficulty for example we work hard for mushroom growing and the rat came and eat it. We need to fix the problem by putting a screen for protection.

Question: How long would you like to be farmer, and what do you want in the future?

Answer: The reason for working in the farm because I see the potential for farming, also farming is our life in Lao society. Working in the farm we have connection with other

people, friends and family. We can manage our own time and to be the master of ourselves. We don't work with stress for 8-hour working time, but we arrange our working according the weather and the sun, working, thinking, and questioning what would be good for us.

Working here we do not get high salary, but we have less expenses, less stress, and value ourselves. Once we could have the right value we can have our good living.

Question: The concept and way you managing the farm are very fascinating. How much the yield per acre? Do you have enough water? Do you consider this is successful?

Answer: We grow rice 1 time / year and we depend on the rainwater. We have a very big fishpond; this is the only container for collect water. So we have water all year round and we use it for vegetable garden. The garden is not very big then we have sufficient water for the whole year.

For rice yield is 290 kg / 1,600 square meters, in Lao the average yield is 3-4 tons / hectare and in our area we have lower yield. However, this is organic rice. We don't have experience and growing rice naturally, and we plan to improve our farm year by year; this is our learning process as well.

Our gold or our success is we have the system function and run by ourselves as much as possible. I feel satisfy with the progress we did the pass 4 years for our management system and the team improvement. Anyway, we still try to improve our products, also we have new problem every year, for example the previous year we faced with bugs and this year we got slug in our farm. We need to understand about the ecosystem more.

The main product is vegetable and the core of our work is training our staff to see the whole system and have system thinking.

Question: From your experience here, do you have a plan to go back home and do this in your community?

Answer: We have this idea about going home; the important key is the support system for young people to work in their community.

Saoban, Village Handicrafts from the Heart of Laos

To address the economic sufficient, economy, culture, environment, agriculture so we need to address the economic problem. So, at that time, I wasn't working in Laos. I was working in Australia but then after I came back, I told him that it's good to start this village about this work. But where were the women selling the products? They're living in the village far away. So, I decided why don't I set up a shop to be the link between the producers and the buyers? We set this up and we registered it as social enterprise. But we have problems about approaching the products. They have to be socially fair to the producers. So, we actually, as a social enterprise, make sure that the producers produce quality products. Everything that comes through here needs to be checked – quality control. People, who come and buy this, want quality products. If it's cotton, it is cotton. If it's silk, it's silk. If it's chemical dyed, it needs to be safe dye. It has to be tested. So,

this is to make sure we communicate to the customers on what they're buying here is checked if it's healthy, fair, and so on.

Initially, we only had silk and cotton and bamboo, but later we added on the products. Now we are a foreign coming. We have partners, who are social enterprises working for coffee, tea, and soap. And we have to share the same vision for the products before we can put the products for you. We are not just a shop. We want to promote and make products. And we have website, lots of communication, we also have an online shop but very small just to let people know.

For me, this is something we can continue to get beyond and more. There are a lot of things because we are working with other provinces and ethnicities that don't speak English for example, Mong people, and the Thai Lue people and all over the countries. Actually, I try to share my knowledge as much as possible because they are the work. PADECT started the project as part of the community development in 2005. The shop started in 2011. We rent the shop. Everything is commercial. Now, initially, we went to the farmers and the people a lot. We had to help them set up and understand. Every province is different – the quality, the consistency, and the products. So, we helped them a lot. PADECT started all this. But now because the transportation is good, we can call them, they have phones. They send the products especially when they are finished and we go pick it up. We still sometimes go to them and bring some of the producers here to expose them to Vientiane. Sometimes we send them to Thailand. We don't send everybody but the leaders.



Question: Do you export in large volume?

Answer: We don't export in large volume. It is village products so they cannot be big. The products are handmade so cannot be big. We have some buyers but small and it is very expensive. The transportation from Laos is very expensive. We are landlocked country.

Question: Do you find any difficulties in marketing?

Answer: Yes, there are many difficulties. The biggest problem right now is because they cut the forest and they give land concession, they contaminate the water, so it is very difficult now. Very few people raise silk now.

Once the land and the air are polluted, the silk is very delicate and sensitive. There is also chemical spray. So, now we don't have enough silk. Another difficulty is young people do not want to learn. They want to come to the city. They give up even though we have done studies and found out that women earn more than men working in the city. This is because there are no expenses at home. We eat at home and we live at home. No need to travel and pay rent. You go to the city, you pay rent. You pay for food. You can't take care of the children. We are social enterprise. Secondly, no child labor, good working condition that mean you can't use chemicals because the people can get sick; there is gender equality, building capacity of the producers, and training them. If you look at the social enterprises, there are chances and we have equality.

Question: Do you make profits because your enterprise is very successful?

Answer: We have to make profits, yes. I'm not a charity. I'm not a development agency. We have to make profits to pay rent, taxes, electricity, and my staff. The important thing is the staff. We follow all the labor laws. Our staff are about minimum wage. They get health insurance. They get ownerships. They also get commission if they do an over-time. All of these are in the labor laws. If a staff is pregnant, she will get 3 months maternity leave. So, we follow these but we have to make profits. We don't make a lot of profits. If we don't make profits, we die. We can't go on. We have to make profits. Every year we also put some of the benefits back to the community for education, water for plantation, and now my villagers are quite ok. Our stuff are expensive but we put a lot of work into this. People understand. The customers come back because they know it's a good product. They also know it's a fair trade. They also know how our business works. This is very important for many of the NGOs. They have to understand it. They can't say that we have to be very cheap and we cannot make profits. You go to donor. I don't get any donor money. Business is a business.

Question: How many people do you have?

Answer: I have here my production manager. She is responsible for stock, finance. Now I have two. I used to have three. I have a little place where I dye the products. So, there are eight people including me that is nine.

Question: Who actually go to the places where the producers produce things?

Answer: There is a monitoring system. In order to get a renewed certificate, sometimes the monitor will come and they will say they will go and check

Question: How many producers do you have to provide you with enough supply?

Answer: We have so many groups. I think we have 200-300 producers.

Question: Do you work in a group or individual?

Answer: No, we pay the leaders of each group. The producers also come from the same village. And when we go there, they will come and meet us. We don't deal with them one by one. It is impossible. The leaders will choose their own people.

Questions: All of these producer groups are from Laos?

Answer: They are from all over the country. But all these producers are not my workers. They work on their own. They develop their own products. We order them. I like this group, I'll order it from you – the leader. The leaders organize others to work for me. Three months or four months, you send them to us and we check it again. We watch everything before they go to the market. We check everything. We make sure they don't cheat us and we don't cheat them. If they cheat us, we won't pay them. So, we have worked for so many years we have developed a kind of special relationships. Sometimes they also say these products are not so good so we send them back or we sell them at the lower price but we know the products.

Question: How do you do with the products? Do you get other people to design?

Answer: Sometimes I get a lot of interns from universities. We don't get a lot of designers. I do a lot of talking to the customers identifying what they need. I will try to approach to the magazines and Pinterest but we need to adapt.

Question: Are your customers foreign or local?

Answer: They are mostly foreigners. I will say more than 55 percent. Laos people have a long way to go before they appreciate. You pay for something in a higher price but they last. I wear everything here, it lasts years and years. Laos has a very strong handmade tradition. This is what I wanted. I want Laos people to come and say so nice. It's yours, you know, it's not mine. So, when they come here, you have to communicate and organize. We also need to do merchandizing – opening the shop. Morning markets sell clothes in a big pile and they don't know what they are selling. They say oh this is Laos. Then I touch and I know that it is not. It is chemical mixed. We know every product and where it comes from. This is a way of doing business of people who are being aware. Foreign people appreciate more.

Integrated Farming, Experience from Laos

By Vansy Phathamavong, Vansy Farm

This session was the question and answer, including site visit, with an experienced farmer from Laos, who has been practicing integrated farming for more than 40 years learning from the forest and Fukuoka- a Japanese farmer and philosopher celebrated for his natural farming and re-vegetation of decertified lands.

Question: What does it mean organic?

Answer: I do farming with minimum intervention to nature. I also learn from local wisdoms. In the past, our parent such as making a bed for growing vegetable, it works well. And putting earth warm compost, cover the soil with straw or dry grass, and nurture the soil with organic matter.

Question: The different in yield between the conventional and organic farm? If it's different, what is the percentage?

Answer: I'm working on natural farming and nurturing the soil. We need to have planning or farm design. I can get the product 10% more.

Question: How do you manage with pest and disease in the farm?

Answer: Covering the soil is the very important process. In the natural farming, we do not use any pesticide. We use the good insect to balance the ecosystem in the farm. The good insect will help control the insect. Another technique, we can spray the vegetable and make the vegetable leave slippery then the insect cannot catch / stay on the leave.



Question: How do you see the future of organic farming in Lao society? And what do you think about the young farmers?

Answer: For the future, we need to improve and develop more, learning from our experience in term of quality, quantity, and value. For example, we have goat, the product can be milk and the compost from the dung. My parents are farmer and I studied engineering. I found myself that I like farming. I think, this is important, and a simple answer is if we don't do it, no farming, we will have no food. Now a day, many people don't know or do not access to information, also talking is not enough. We need a demonstration for sharing and learning process for the young people.

Question: What percent of farmers to fit with the organic farming policy in Lao society?

Answer: To answer this question is not easy, from my community I have 6 families working together and the produces are going to 30 families in that area. We can also provide our produces, eggs, to many people in Vientiane.

Organic Farming, Experience from Bhutan

By Sonam Tashi, College of Natural Resources

Organic agriculture is a production system that sustains the health of soils, ecosystems and people. It relies on ecological processes, biodiversity and cycles adapted to local conditions, rather than the use of inputs with adverse effects.

Organic agriculture combines tradition, innovation and science to benefit the shared environment and promotes fair relationships and a good quality of life for all involved.

- IFOAM

The four principle of organic farming

Principle of Ecology: Production systems and farming activities should fit within the living ecological system in order to improve the environmental quality by conserving the resources; achieved through reducing, re-using and recycling of the resources by efficiently managing materials and energy

Principle for Health: Health of all living beings, soil and environment be enhanced and sustained; these entities are one and indivisible. Humans cannot maintain a good health, if their ecosystem is not healthy and vice-versa; Manage and control the adverse effects on the health of the ecosystem by avoiding the use of toxic synthetic chemicals, including drugs and additive.

Whatever we produce, it should fit into the ecological cycle. Many people use hydroponic, greenhouse, and so on. That usually does not fit to the ecological cycle. Nature has its own cycle, when banana should be ripe and when green vegetable should be ready. If we eat green vegetable in a wrong time it could taste bitter or it doesn't taste as it should taste. It means nature doesn't favour its production but because the technology we make everything available throughout the year. And when it doesn't fit into the ecological cycle, one thing is we need to invest a lot, another thing is the pest and diseases.

Principle of Care: Adoption of production systems should not jeopardize, but protect the health of the environment and the well being of the present and future generation; can be achieved by reviewing the production technologies and by being responsible towards the health of other live forms and the environment.

The principle of fairness: Common environment and life opportunities should be shared based on relationships that ensure equity, respect, justice and decency; farm workers be paid commensurate to their work, working conditions be good, animals be housed and cared for according to their natural behaviour and needs, the natural resources be managed in a socially and ecologically just manner and so on.

We have to compensate or pay the worker on the farm fairly. And we need to treat farm animal fairly, providing shade and food, shelter, and other. We also go beyond the farm; we do not charge the consumer big price or unfair price. Organic farming is way beyond the farm, caring for staff, animal, consumer, and other stuff.

Organic farming Production

Soil: Soil is the heart of organic farming. Soil fertility can be subdivided into nutrient availability for plant uptake, the soil's nutrient-holding capacity, and the balances among plant-available nutrients. There are several ways to maintain the soil such as adding organic materials, crop rotation, intercropping, and multiple cropping.

Plant protection: There are 3 things pests, diseases and weeds that we need to know. Some techniques for this are tillage and cover cropping (to suppress the weeds).

Irrigation: Plants need water like human being, if the water is inadequate their performance will be like human being will be, and in drought condition plant will be sick or stress and it can be attacked by pests and disease like human being.



Question and Answer

Question: For the farming in the mountainous area, what is the suggestion for irrigation system?

Answer: Drip irrigation would be an option, it could be costly but for long term this is the most efficient.

Young Organic Farmers Exchange

Maetha Organic Seeds by Mathana Aphaimool

I'm living in the north of Thailand. My community is Maetha. This is the landscape of the community. It is in the mountain area. 80 percent of the people there are working on farming. My family has been doing organic farming since 1996. My dad was the leader of organic farming who first started the farming. I've been learning about organic farming

since I was 6 years old. Learning from the family is not enough so I went to the Mae Jo University to study about agriculture. I hoped to learn more about organic farming. After I graduated, I set my intention firmly not to work at the company or any other organizations because I wanted to go back to my community and my family. I was the only child so I had to go back home anyway. I also knew what I wanted to do. My goal in life has always been clear. I want to do organic farming. At that time, I was working with this organization that was working on organic farming. They invited me to work with them. So, I said yes as the work was not so different from what I was already doing at my home. This organization is Green Net Foundation.

I have been working with Green Net for 14 years. During my work journey with them, I became interested in seed production. I learned that seeds are very important to farmers. I then thought about my family how they usually bought seeds from the markets in which the expenses were very high. So, I came up with an idea to set up a learning center about seeds for farmers. It could be beneficial for them and society. In the past, our grandparents knew how to keep seeds. They were colorful, tasteful, and durable to changing weather. However, nowadays a lot of local seeds are gone. I think if we don't have anyone to keep the seeds, many seed varieties will be gone. So, after working on this issue for 7 years, I believed I could bring back these local seeds. We also produce foreign seeds that are suitable for the climate at our community. We have produced more than 30 foreign seed varieties. We are also supporting farmers to grow crops for consumption and helping them to increase more plant varieties in their farm. More varieties of crops mean less risk in income. Many different breeds are also very important in food security and biological diversity. All of these are connected to the market system between the community and the city. Maetha has a community market and also sends the products into the city. We sell our products in organic market and through the CSA system. We also send our products to the supermarket. We also send massive products to the city. We can work together with different farmers and produce a large amount of organic vegetable.



I'm working on seed production. So, it is collecting the seed, selecting the seed, and developing the seed. I tried to produce cabbage seeds but I didn't succeed because the weather in my community is not good for this type of vegetable. They will produce other kinds of seeds. People in Thailand cannot produce some vegetable so they will try to build collaboration with other people such as

Bhutan that can produce different types of vegetable that cannot be produced in Thailand. The important thing about seed production is they use an open pollination type. So, the farmers, when we use the seeds, we can reproduce again. It is not like the other hybrid seeds. The Maetha community knows how to grow vegetable. Now, it is in the state where I teach other farmers to grow seeds. So, there would be a small plot for seed productions for each family. The seeds that they can produce, I will be the person who gathers the seeds together and sells to people who need that. For seed production, we are also talking about quality control and fair. Purity and germination rate need to be checked otherwise the buys got the seeds and they are not produced well. It is not fair for them. So, the work is not just produce, but also improving the quality of the seeds as well.

I used a net to cover the plants. It helps protect the plants from insects and also cross germination. I also taste the vegetable I grow. This picture is showing what we are doing in the community. There are different type of beans, spinach, and lettuce. Generally producing seeds takes about 4 months. Seed production takes longer time than growing vegetable. So, farmers might want to buy seeds from the market as it is easier and time-saving. However, the seeds in the market are not organic because they contain a lot of chemicals. So, for organic farming, we need to consider how to promote organic seed. These are local cucumbers. We have good smell and good taste. This is very interesting. You can think back on your childhood about what vegetable you ate and then you can go and talk to the elders for the seeds. That's how I got the seed for the local cucumber. I'm now developing 30 varieties of seeds but only 20 varieties are ready for sale. If you want to sell your seeds in the market, the regulation in Thailand is you need to register each variety with the government. You need to meet the standard of the packing and quality of the seeds.

Maetha is also working with many people and organizations. They are collaborating with Mae Jo University for seed purity, germination rate. The young farmers don't have to do anything by themselves. They can produce and other partners can help in the different areas. They also have a network with other farmers in different regions in Thailand. For marketing for seed production, we can sell the seeds at the community shop, green market, coffee shop, booth fair, and online platform. We only sell in Thailand for now. Foreigners also come to Thailand and buy the seeds from them and bring them back home.

One technique I would like to share with you is worm compose in organic farming. They use the soil for seedling state. The first step is very important. If you can prepare good soil for the early state, you can get a very good product at the end. This is a simple technique we use in her farm. I'm talking about nutrients in the soil and improving soil structure. I use the local beans that can give nitrogen to the soil. The one that has a lot of leaves. The one that can cover the soil very well. Later on when the bean grows, I cut the leaves which can give a green manure to the soil. We don't use a tractor but they just use a hoe to dig the plot. It is not a hard work as the soil is very fertile from the beans. Beans also help for soil structure. Adding more food for the soil is possible. You can use local material such as cow dunks, pig farm, or chicken farm.

At the beginning we might not know how much manure we need. We need to keep the record and observe. Cow dunks and other manure might not be available all the time. So, farm management and farm planning have to take time which are very important. Seed production is also affected by climate change. Green house might be one of the solutions to the farms who want to keep the quality of the seeds. This might also help in a long term because now more and more climate change is affecting the vegetable. Last year, I lost a few kilograms of her lettuce due to rain. That was about 400 US dollars. The material for the green house you can use local material. I use concrete pole because it is much better to avoid termites but on the top it could be bamboo or other materials. You can also use transparent rooftop, which can be very expensive.

I also use bamboo stick to support the vegetable. You can use local materials. This might depend on integrated farming which can provide you with many varieties of materials. Moreover, for seed production, you need to leave a lot of space for each crop to grow. This is different from growing vegetable just to eat. We want to keep the seeds so this

process is important. Some plants that people call weeds can also be eaten. Many types of them can be eaten. Just make use of that and eat locally. This is a by-product from farming. This is important in preserving local food and eating culture as younger generation is only eating plants that are sold in the market. For the technique on germination rate, you can make use of the plastic box, tissue paper box. You need 400 seeds for the testing. Small or big seeds need different techniques. Sand is useful for big seeds. The percentage of the seeds is about 98 percent. We don't use 100 percent because it is too optimistic.

So, the first presentation is about the seed production which is my personal interest. Another thing that I'm working with other young people and build Maetha Organic Group. At the beginning, there were only 4-5 people together working on CSA and they called them CSA Group, but they wanted to make a wider network in the community. We discussed and revised the name to Maetha Organic Group. We started organic coffee shop for 3 years and the vision of the group is to be a model of young farmers who are growing and promoting organic farming. We also want young farmers to have self-reliance. It started in 1996 to honor the first generation of organic farmers.

Last year they collaborated with Mae Jo university to promote local food which is another thing we can do in the community. We connect with the chef from the city. The chef teaches the group how to make organic food by using local ingredients. Now, it has become popular because they use local varieties and they can get fancy type of food. They collaborated the food to their coffee shop. For example, Maetha people use baby corn instead of potatoes as French fries for their steak menu. This is because potatoes are not local varieties in Maetha community. We also make their own steak sauce by adding mulberries. This is how they adapt their local varieties into modern food. Their food is also seasonal. The menu changes according to different seasons. For example, in the picture, some months they provide you with pomelo in the menu but some other months it could pineapple and other things. Our food culture can be adapted and changed. Maetha group also wants to support food in the school to have organic food. At the moment, the school is growing their own food but there are still a lot of things to do in order to make better and healthier food for the children. So, we can work with the chef one way. In terms of food, children don't have experience. Working with the chef on local vegetable makes food more interesting and tasteful. This is good for the children.

Question and Answer

Question: Where and how we can get seed? What is the difference between OP seeds and hybrid seeds?

Answer: In Maetha, I collect the seeds from local and other countries, but I developed them and made sure the seeds are good enough and they can grow in Thailand or other countries. The difference between OP seeds and hybrid seeds is the main thing about the OP is you can reproduce. The hybrid seeds you buy from the company, however, you keep buying. You can reproduce but you will not get the same quality. It is also a trend that the prices of the seeds are getting higher because they are controlled by companies. The varieties are also controlled by the market. In Asia, we are talking about organic farming in Asia, companies don't have organic seed production. In American and European continents have companies producing organic seeds. In our region, we have a farmer group preserving seeds and producing seeds, but not in the full option yet.

Bhutan Young Farmers by Tshering Dem



I would like to share about young farmer in Bhutan. We don't have enough knowledge and experiences, also the nature, last year we grew chilli and because of the heavy rain we don't know how to do the draining system then the chilli die, and pest and disease outbreak.

Our challenge is the product is more expensive than other products- imported products from India is cheaper. Our opportunity is we have a good chance to practice organic farming and good support from the government.

We have our future plan, to develop markets and for this we plan for cooling and drying facilities. We can produce locally and sell it globally. When we are unable to sell we can dry or cool it to sell when we are able to. Another plan, we also rely on the company seeds. We would also like to learn how to collect seeds and save local seeds for community. In our community we have tomato products, we are thinking about tomato jam and adding value for other products. The final plan is enhance learning centre because our place is very beautiful, many people come and go, so we would like to have a program for visitors to come and learn with us.



Plant disease

- Harvesting time is important, the produce need to be harvested at the right time, if waiting too long it will not have energy to fight with the disease and insect.
- It could cause by the ants / insect, if farmers keep pouring the water or EM, keep the moist in the soil then the ants and insects will be away.
- Another solution is making the bed well and keep adding or covering the top with organic matter.

Tsirang Organic Seeds by Dilip Kumar Subba

During my work, 10 years with the company, I got a chance to come to Thailand and learned about organic seed production, food, self-reliance, and others. And when I've been to Bhutan, I just approached my boss on organic seed but he didn't listen to me. After that I just started my proposal writing and after that I started my project in Tsirang district in Bhutan. So, it is important to do production plan first – seed production.

First of all, we have to have harvesting goal like this kind needs how much kilo and that kind needs how much kilo. We have to target it. Then, after that, we have to identify the area, where this variety can be suitable. For seed production, we need to keep the seeds in isolation. Cauliflower and broccoli can cross reproduce so that's why we need to lock and identify the area. My area, for example, two hundred-fifty meters from the sea level which is not good for growing radish. So, I have to be careful of temperature when I'm doing seed production. Also, the important thing is to identify the good farmers who are

hard working so the production will not fail. We did a production plan, for example, about half a hundred kilo and we just give some seeds to grow to lazy farmers, they will not grow and it will harm the production plan. This explains when I was in the company, I used to go to my village and give them seeds but when I was back to the company, the seeds wouldn't grow. When I visited them after two to four months, oh your seeds are in the corner. Water management is also important in production. If there's good isolation place and farmers but no water then you cannot produce the seeds.

Post-harvesting is very important. If we do this, like if we identify the area, identify temperature, and farmers, and there's water then we get a good production. But if the post-harvest is bad then the quality will withdraw. When you are harvesting, you have to see whether the seed is ripe or not and after harvesting, how to dry the seeds, that process you have to know. After drying is grazing the seeds. As soon as you harvest the plant, if you pile the plants, there will be a lot of heat which can draw moisture. Moisture destroys the seeds and the plants will start to grow instead of remaining in the seed form.

Also, the purity is important. We don't have the purity testing. But we test it in a bag. We take out one hand of seeds from the top, in between, the bottom and just take out and we count how many seeds in one plant there are and whether there are stones, sticks, or any other impurities in the seeds. We then can take the percentage. For post-examination test, we do this fourth application after this. So, we test planting the seeds and the result is 85 percent of our seeds actually grew. My whole objective is to provide high quality of organic seeds in Bhutan, to employ farmers with good income, and to provide technical processes to the seed growers that I know. Last one, I want to create employment opportunity for young generations. Thank you.

Question and Answer

Question: In Cambodia, you know the local people don't know about seeds. They don't know that the seeds they are buying from the market are hybrid. So, when the labor comes and sees the fruit and they say it's very nice and we can keep the seeds. So, the village is full of the seeds for the next generation but they are hybrid seeds and they cannot grow. The solution is they use the seeds that they have had for a long time. They haven't used it because they think they can buy the seeds from the market easily.

Answer: Yes, this is happening in Bhutan. I don't know why. Seeds in Bhutan are imported from India. They don't test these seeds when they are coming to Bhutan. There should be GMO seeds, hybrid seeds, or anything. But we don't know at all if these cheap seeds from India are GMO or hybrid. Because they are cheap, seed producing in Bhutan is not growing. The climate in Bhutan is very suitable to produce any seeds from South Asia but we do not do it. I don't know. The companies are making profit off it so they just go for hybrid or whatever.

In Bhutan now, the Japanese company is very interested in producing seeds in Bhutan. They are approaching Bhutan. Producing this means Japan will produce in a large area. So, they are trying to find an isolation place in Bhutan. They can good weather condition, good planting. So, they are coming to Bhutan to produce the seeds and they produce like hundreds of kilos. They take them to their countries and produce thousands and thousands kilos. But why can't we do ourselves?

Question: So, you shared your experience that you gave seeds to local people but they consumed all of them. Why did it happen? What do you think?

Answer: That is due to my management on the seeds and also before I was working with the company, I went to visit to my village where I supplied them with the seed productions. So, I had to go. I neglected them not going there much often so that's why it failed. My boss also told me just to call them but not to visit them because it was easier that way.

We do have plants and seeds in stocks but I don't know why we are not doing it. There is a law, before you import seeds you have to test. But they don't have the testing in Bhutan. If you want to test, you have to send them to Thailand. Last time we produced black squash zucchini seeds more than 30 kilos. These will carry some diseases. We have to test it. So, we send samples there. Again they said they don't have a testing machine from Japan so we needed to send them to Thailand. We already sent many grams of our seeds so it was a loss for us.

Myanmar- Green Youth Network by Tun Aung

Today, I would like to exchange with you about two things. First, it is about our young organic farmer group. Second, it is about my family.

We have young organic farmers in Kalyana Mitta who are working in environment and the livelihood of the community. They make their own fertilizers and use them to grow crops on their farm. We sell them in the cafeteria in the city. We are working on our own farm and sell the products to the cafeteria as a group.

I have three farms. I grow rice, vegetable, some flowers, and beans to make cooking oil. I would like to share management on one of my farms today. I grow three kinds of plants, which are tea, sandalwood, and tamarind, to act as a buffer to the outside non-organic agriculture. I grow avocados and jackfruit in my whole farm. Underneath these two I grow coffee, and potatoes, and taros in my whole farm. I'd like to have beehives for honey. We have our products every month. We have avocados in December. We have coffee in January. There are eight layers in my farm. I don't use chemicals. I only use organic fertilizers. I think it is really organic farming. Many farmers like to do mono-agriculture. I don't like this way so I grow many trees and plants. It is only for one farm. In another farm, I do another way. If you want to have any suggestions, you can tell me.

Question and Answer

Question: How many years have you been doing this?

Answer: I have done the fruit farm for about 1 year. To get eight layers, I will have to wait another 3 years.

Question: Do you grow vegetable for consumption?

Answer: I grow vegetable in another farm. We have enough rice, vegetable, and cooking oil. We don't need to buy.

Question: How many people do you employ?

Answer: There are my father, mother, brother, and myself. I do it step by step and I will finish everything in 2021.

Question: When did you start?

Answer: I started 2017. I started growing the beans. This land is about 6 hectares. After 2020, I wont use any machines.

Question: Do you use local varieties? Where do you get your seeds?

Answer: They are local seeds. Sandalwoods are very easy to grow, growing fast and tall.

Question: With these huge trees, they will kick of the branches and occupy a lot of your land. Where did you get the idea to have three layers?

Answer: I came up with this idea myself.



Young Entrepreneur in Cambodia, Takihiro Chea

Our group want to do agriculture together, so we has done a business plan together then we presented it to our partners or supporters, it is a first thing; our worked on financial plan and financial system- how much income and expense we need monthly.

Young farmers need to learn about management and planning.

We could plan depend on the need, confidence and ability to work on agriculture. Our group has coffee shop and selling team. We work on everything, production, processing,

and marketing. We also organize an event or workshop at the coffee, we make it like a small learning center, every week we will have “drink coffee and share knowledge”.

We work and focus on coffee and passion fruits; another thing I would like to share is the crop stress. This disease happened because the less of take care from the farmer. The crop needs to support and care like human, therefore farmer has to learn how to observe the plant and the proper way to take care the plant.

Question and Answer

Question: How do you manage coffee product?

Answer: We have marketing team and our coffee shop, all of the coffee are going to the coffee shop and we do processing, we know the amount we need for the coffee shop and the rest we pack and sell them.

Question: We also grow passion fruit, are there any techniques or tips for a new grower?

Answer: For passion fruit, we need to think about the material we can use, bamboo or other materials. It should be a available and easy to change at the right time. Normally, we need to change the structure every 3 years. Another tip for passion fruit growing, it needs a lot of water.

Hana group in Vietnam by Hoang Anh

Our missions are producing organic vegetables and developing unique cultural experience and eco-agriculture.

I have totally 8 parts in a tourism company. 3 of them related to organic agriculture and eco – agriculture, they are: Hana Garden, Hoang Anh Restaurant and Hana Land.

- Hana Garden was established in 2015, we sell organic vegetables and some safe food.
- Hoang Anh Res is the first organic restaurant in Dalat, Hana Garden is the only supplier in vegetable for Hoang Anh Res
- Hana Land was found and develop in eco-agriculture in April, 2018. It is located in the deep old-growth forest with many rare plants and tree, this is a place which is at the begining of the water source of Da Lat city and also a place which havent been destroyed by human hands, it means that it is still beautiful, strong, healthy and people haven't polluted environment in this area.

It a small value chain: Hana Land grow eco-vegetables → Hana Garden will sell them, they play retailer and also wholesaler, they also supply ingredients for Hoang Anh Res → Customers can enjoy organic vegetables and eco-vegetables in this restaurant. This is mindful market with a value chain in organic food, we dont use any external resources to bring products to consumers. So, one of main difficult is human resources, there are very few people who having same mind set and purposes with me (we have a community about agriculture, but do not have about organic or eco agriculture). Many big companies produce organic vegetables, they have a lot of money, they invested some big factories or they owned some great marketing campaigns, but they still had finacial loss, they havent had customers, they gave up or even they would be ruin. Because this products just only

served for a small groups of people who are take care of their health and they dont have the system value chain.

Hana Group educates customers through tourism activities: they can listen, speak and sharing about what is eco-vegetables?, they can pick eco-vegetables for their meal, and finally, they can enjoy eco-vegetables. Hana Group try to make vegetables to delicious food, try to persuade customers buy products. They eat eco-vegetables because it is delicious, it's not about eco-food.



A community is what we need! We need a community can be establised and connected by many organic and eco-farms. PGS community is an organisation which only active and develop in the North of Viet Nam, Lam Dong province is a province which is one of the center of agriculture of Viet Nam but we dont have any community.

Strengthening Young Farmers from Local Action to Global Impact

The group spited into 5 small groups to share and discuss on Local Issues, Local Actions and Global Impact.

Local Issues and Local Actions

Group 1: For our group, we have two issues that we would like to present to the program. The first one is livestock problem. We want to improve this problem by using vaccine. The second is we want to have livestock farming in the group so we can help solve the problem together. We want to organize a group in our community because now there are many areas and communities. We should come together. The second problem is coffee farming. From my experience, I have coffee farm. After 2 or 3 years, I started having some problems with the farm and I don't know why. The solution is to find the location suitable for coffee farming. We also need knowledge management on how to mange the plantation and the soil.

Question: What are other alternatives to livestock problem other than vaccination?

Answer: We are talking about modern medicines in general. The problem has just occurred in these past 2 or 3 years. We don't know how to deal with it. Moreover, there are other things we take care by using local wisdom but this kind of diseases is quite new. There are a lot of traveling and migration in the area. People from the rural area moves to the city. Because of this, parasites come with humans. So, in the rural area in Laos, when they use the toilet, they go to the woods. Chickens and pigs can be contaminated by human's faces. That's why the medicines for the livestock they are thinking about, the medicines that are available in the market because the way of living is changed. It is not linked to the lifestyle that they used to have. We use modern medicine for the treatment.

Group 2: We are focusing on the pets and plant diseases. In terms of action in local level, they see that they can use the compose to nurture the plants. We also use the liquid compose (EM) which could be the type of local material to help cover and control the diseases. For other diseases, besides using herbs and pesticides, in terms of weeding, there is also an alternative which they use herbicides. So, this is quite good for organic promotion that the local people using alternatives way. But do we have the knowledge to that? So, some of us have been trained, so there is a possibility for us to start, to disseminate and share the knowledge with the others.

Group 3: We are talking about the issue of quality of the vegetable and the products of the farm as well as the lack of the quality of the rice. We do two things. First, we want to have more knowledge on how to make the compose. There will also be some actions about water. This is not clear yet what and how we will do about water management.

Group 4: So, the issues are about water and labor. We have less water because mostly we depend water from the crowd water. We don't have water across the mountain. We have a group of mountains but we cannot use water from it because of the factory and the deforestation. So, the solution is it could be about practicing more about agro-ecology. The farmers could learn more about agro-ecology and organic farming for the nature. We could have a simple ecology farm that success can make them more confident and do a follow-up. Now we are doing it. In five years, we might have simple farm that is doing ecology way. We could understand more about how to use water if we have water. If some places have water, we could learn about how to sell it and water management. For the labor issue, sometimes it is a very big problem for my place. I can solve the problem by depending on the situation. For us, we have small money that we can lend to labor, and we can ask for a volunteer or we can exchange the labor to your neighbor around you. For example, we can work with them for five days and some of them come to work with us another time. We should understand more about the finance idea as well.

Group 5: So, we have two points and we look for all the issues. The first thing is GAP (Good Agriculture Practice) or even for the livestock. For pest diseases like one thing is the balance of ecosystem so in climate change we cannot balance. So, with that, if we practice eco-agriculture, we need a calendar for nurturing for how many days – everything we can note down and make a good result. This will definitely solve this problem. For the livestock we can go for the training if they have any problems and they can also look for the resource persons if they go for training to know more. The rest farmer issues, rice farming will go in GAP. We also have market problems. All these will go for environmental training. We cannot force them to do. They have to come with their

willingness. We can give them to training and to share the knowledge about the differences between chemicals and non-chemicals, what would affect you? How can it be after ten or twenty years? As we are doing the farming, we can see the future and the difference between chemicals and non-chemicals. But there are some people who don't know that. We make them aware of that.

Question: I'm a little bit confused because in Cambodia, GAP can also mean that we can use chemicals and everything. This is because GAP has become a standard. It is confusing. The first thing that I really agree is we cannot use the chemicals. But for the farmers in Cambodia, mostly the students that are talking about the standard, it is very effective. But for the farmers, they don't know about how to do GAP and the processing of the standard. Now try to find the measures for the vegetable so there is no spraying one, two, or three times. We try to contact to the ministry.

Answer: I think there is a misinterpretation. In organic agriculture, we have to understand that chemical is not allowed. Good Management Practices or Good Agricultural Management Practices, we just follow this but minus chemicals. I think all these standards depend on how people misinterpret or interpret them.



Global Impacts

We need to understand the purpose and value of what we are doing. From the previous discussion, we know the issues and the actions- what we are doing now or what we want to do in the future. How does it contribute to the global transformation?

Group 1: For the global impact, we have three points. As we are organic now, we will take care of old people's health like providing some with organic seeds, we are doing organic farming. For us and our family, we already on the way to good health. When we are doing organic farming or selling to other people like we are taking care of their health.

Second, keeping up good care of environment, people, and each other even with the animals. Third point is contribution to global issues. When we see organic, we don't use chemicals at all so that's how we can save the environment. And for the packaging, we are using eco packaging so in that way we will make a little contribution. We will package our food and vegetable in an eco-friendly way. In other sites, they have chemical packaging and all but we are contributing ourselves in packaging in an eco-friendly way.

Group 2: So, for their group, they see the contribution on working on organic farming, it contributes to the community because it links back to the economy of the community. Then people can stay longer and earn more income. The community will become more attractive for people to stay. This means organic farming will make a change for global impact.

Group 3: Talking about global impacts, this is a bit green for my group because we want to become a medicinal hospital. We would like to do this because we think sick people can be cured by visiting the nature. If you see the nature, you don't need to see the doctors. And to become healthy life, no cancer or anything for the people, animal, and the vegetable so we stand for sustainable forestry and eco-agriculture first. Second, freedom of the food. Third, freedom of fund which is about not thinking about money. Fourth, freedom of the mind. If you have sustainability, you will have a healthy life. There will be no cancer. No any diseases. You don't have to go see the doctors. You use medicines from the nature, forest, and vegetable and that is enough. And for him here, he would like to have a simple life. He would like to earn more money for his food. So, our team thinks that good health not money contributes to global impact. So, we can earn a lot of money in the city but now people come back to the rural areas to do organic farming because they want healthy life first for ourselves. After that, we want people to have a healthy life too for example for the family, friends, people living in the country. So, this is a bit green for our group. Thank you so much.

Participant: I wanted to assert a little bit more. I am a bit more than you. If we have sustainable food like we have sustainable forest and biology. Then we can have sustainable for food. It's like we have enough for the people. Of course, it means like freedom of fund which means money doesn't control us but we control the money. We don't follow the money. We should be thinking about freedom of mind. What should we do next? What should we do for the next generation? Freedom of mind means separation from the time because humans cannot live forever. These are my questions. Thank you.

Group 4: So, he has three points. First, working on this at the local level. If we change at the local level and we succeed, it could drive the policy level forward as well. So, policy cannot be driven if they don't see the change from the ground. Second, if we continue working on this, we can transfer knowledge to other people who might need to know how to change conventional farming to organic one. Third, health, doing this is not just about for their own community and family but also global health and the health of the Earth.

Group 5: The main impact is if young people gather and do organic farming, it will lead to the security of the country. The knowledge will help young people understand good practices of agriculture. This will also help empower and strengthen security of Lao society. They are my inspirations because they chose to be in the village. Everyone here did as well. We all are part of stopping rural migration. It is not one or two but more. So, I think it will contribute to global impact.

Reflection and Closing

After we understand what's going on, what other people are doing, what are our common issues, what we can take action together is very valuable. Even the small things we're doing are linked to the change of our society. This session everyone was invited to talk and share about the key learning, experience, and inspiration that they can take action once they return home to promote sustainability, organic agriculture, and better society.

Participant: So, what I learned from here is I see the different farm and what I can adapt to my community or my farm is in the slope area, what he can make, he can make layer steps that can help maintain the top soil and hopefully the vegetables' quality growing would be better.

Participant: I am happy to be here. One thing I will take back is growing the vegetable from the knowledge of uncle Vansy to use compose in the pot. I would like to experience and see how the quality of the production will be like after the experiment.

Participant: I learned about some techniques on vegetable growing that I would like to apply in my community.

Participant: So, what I learned is similar to the others but I will do is I will start demonstration in my home. So, other people in the community can see what it is.

Participant: So, what I will apply is home garden in my family. What I got is uncle Wan Sri who talked about growing food for consumption – what he can pick up and apply in his family. He has his own home garden in the family. Later on, it could be at school or the community.

Participant: When he gets back, he would like to take this knowledge from another country, and from uncle Wan Sri on how to do organic farming. He will take this knowledge to his community.

Laotian participant: What she learned and what she wants to apply when she gets back is the organic compose and the knowledge we exchanged together.

Participant: I would like to say thank you to all of you because I learned more information and knowledge from all of you – not just one people. So, thank you so much again. Last time I was alone because I didn't have any communicative skills. I only knew myself and the people around me. I did everything on my own. Now, I feel so happy because I am able to communicate with people internationally. I'd like to thanks TOA to give me and Laos a chance. When I go back to Vietnam, the first thing I will do is I will build Vietnamese southern communication. We will host many organic farmers in my place. We will share knowledge and information. The second thing I will do is id like to invite all of you to my place. My seeds are without chemicals and a lot of green houses. So, you will feel happy living in this village. Nice to meet to you all. I'd like to visit all of you.

Participant: Thank you everyone. This is the last day that we are here together and I am a little bit sad. Thank you for the team who made this program because they helped us understand others and share knowledge and solutions. When I come back, I will share this knowledge with my friends and the people. I hope that you make this program for the young people. Thank you.

Participant: First of all, I'd like to thank you for inviting me. I learned a lot of ideas – biology ideas. The best thing I got here is good connections. I can learn from all of you and connect to you because we have different potentials. You all are my teachers.

Participant: Thank you so much, TOA and all of you. I learned from many countries and I got many ideas like organic farming. I learned business in agriculture and I see the organic seeds and products in Bhutan and Thailand. I have many ideas in agriculture.

Participant: I learned a lot especially the field visit was the most amazing because I can see the difference in my farm and their farm. There are many things I have to do when I get back. First thing is I will improve my farm and the second thing is I will definitely share the knowledge with my friends and the community people there. I have learned a lot from everybody. Thank you so much. It's very inspiring, you know, to interact with young farmers. It's good to see that they decided to become a farmer. Lastly, I really wish them a good luck in their life. I just want to tell them that it is difficult but you just have to be patient and you just love what you're doing. So, it will be a good flow. I wish them a good luck and hope we meet again in the future. Thank you.

Participant: Since this is the official closing of the event, I'd like to join our friends here thanking and congratulating TOA for organizing this event here. Having said that, I'd like to say to all of you, the young farmers, that you are all very lucky because if you reflect on what the uncle said yesterday, you'll be young until 25 years old and beyond. Not only that, the skin complexion will be good which actually is a big thing because people spend so much money on cosmetics to keep their skin fair and good. Second, as farmers, you all should be very proud. You are all the main force behind the sustainable community and the country at large. Then again someone pointed out again that you all have control of your food and country which is a very good thing because as farmers, you'll be contributing to the majority of the country. Again, you should consider yourself proud in that sense. Unfortunately, I'm not so lucky. Now I'm getting old to get back to the farm. It won't be that easy to practice. Sometimes considering to go walk to the farm, but definitely if you look at the practicality, it is not that easy. I can still ask people to walk for me. I already have some lands but recently I bought some lands. If the potential partners can come and collaborate, and do something on the farm. I know it will not be easy. As a faculty member, I get to interact with students who I can motivate, inspire, and share. So, I'm not as lucky as you in that sense. With that, I'd like to thank all of you. I feel privileged to be a part of this event. Let's keep in touch. Of course, we will not be able to connect all the time, we can still say hi and hello, If you continue this life and journey, perhaps. I'd like to wish all of you to reach all of your respective destinations.

Participant: I learned from the uncle a lot on how to do farming ranging from how to plant and cover the plots. This is the knowledge that I will apply to a good use.

Participant: I'd like to thanks everyone especially the TOA for organizing this event. Personally, I'm glad to be part of this because I like travelling and moving to places. I love meeting new people. I always believe that new people, new society, and new people are teachers to me and to all of us. We can always learn from them. Moreover, the thing I will do immediately I get back home is doing a garden/farm at home. I love farming but I don't have any lands. The aunts here suggested that I did farming in small blocks in front of my house. I am going to do this. Second, I will not depend others on keeping the seeds. I will do it on my own. I want to do it because I see it as a challenge. We can plant and

then next year, we can keep the seeds. We can then plant the seeds again and continue the cycle. It is better than what we are doing today. We buy seeds from the markets without knowing if they are organic or not. I learned from so many participants here from different countries what seeds I should keep. Lastly, I want to start doing this within my family first. I want to share the knowledge and make them understand the value of organic farming.

Participant: So, thank you to everyone for being here. What I learned is about to see different people working on organic farming. I hope that I will bring back the knowledge that I have to share with the others. This is the last day and tomorrow we will leave. We wish that you have a good luck and enjoy New Year 2019. Good luck everyone.

Participant: I'm very glad to see you all in this program. Thank you for TOA for being here and giving opportunity to learn this project. I hope everyone can bring the knowledge from this program to your hometown First is to start from yourself, your parents, and then you can expand knowledge to other people. I will do an experiment with young farmers in my community. Thank you.

Participant: What I got and what I can apply is some techniques that we shared during the program is how to take care of livestock by using the decompose.

Participant: So, what I can actually apply is the vegetable growing from the uncle. I can do that and share the knowledge to the people in the community.

Participant: I want to thank all of you for being together. I think it's very important to see the young people getting together because you are the future of our society. In the short period of time, this is the best we can do and help you create the platform you can share to see together on what the issue is and what is the solution. The wisdom is in our body. The solution can come from the community. We need to talk like this. The knowledge we discussed in this program is techniques on growing vegetable, taking care of the livestock, and mobilizing the community and connecting the farmer's network. I think what we are doing in these past 2 or 3 days, we can bring to work together with the people in your community – listen to each other, discuss in the deeper level to find the solutions. The answer is there but we need to discuss and try to find it together.

List of International Participants and Facilitating Team

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|----------------------------|-----------------------------|
| 1. Sonam Tashi | CNR, Bhutan |
| 2. Dilip Subba | Tsirang Community, Bhutan |
| 3. Tshering Dem | YOF, Bhutan |
| 4. Takihiro Chea | YOF, Cambodia |
| 5. Sophea Kuch | YOF, Cambodia |
| 6. Chanthalangsy Sisouvanh | RDA, Lao PDR |
| 7. Bounmany Keopasert | RDA, Lao PDR |
| 8. Tun Aung | YOF, Myanmar |
| 9. Narumon Paiboonsittikun | TOA, Thailand |
| 10. Mathana Aphaimool | Maetha, Community, Thailand |
| 11. Mongkon Duangkhiw | AAN, Thailand |
| 12. Nguyen Ngoc Hoang Anh | YOF, Vietnam |