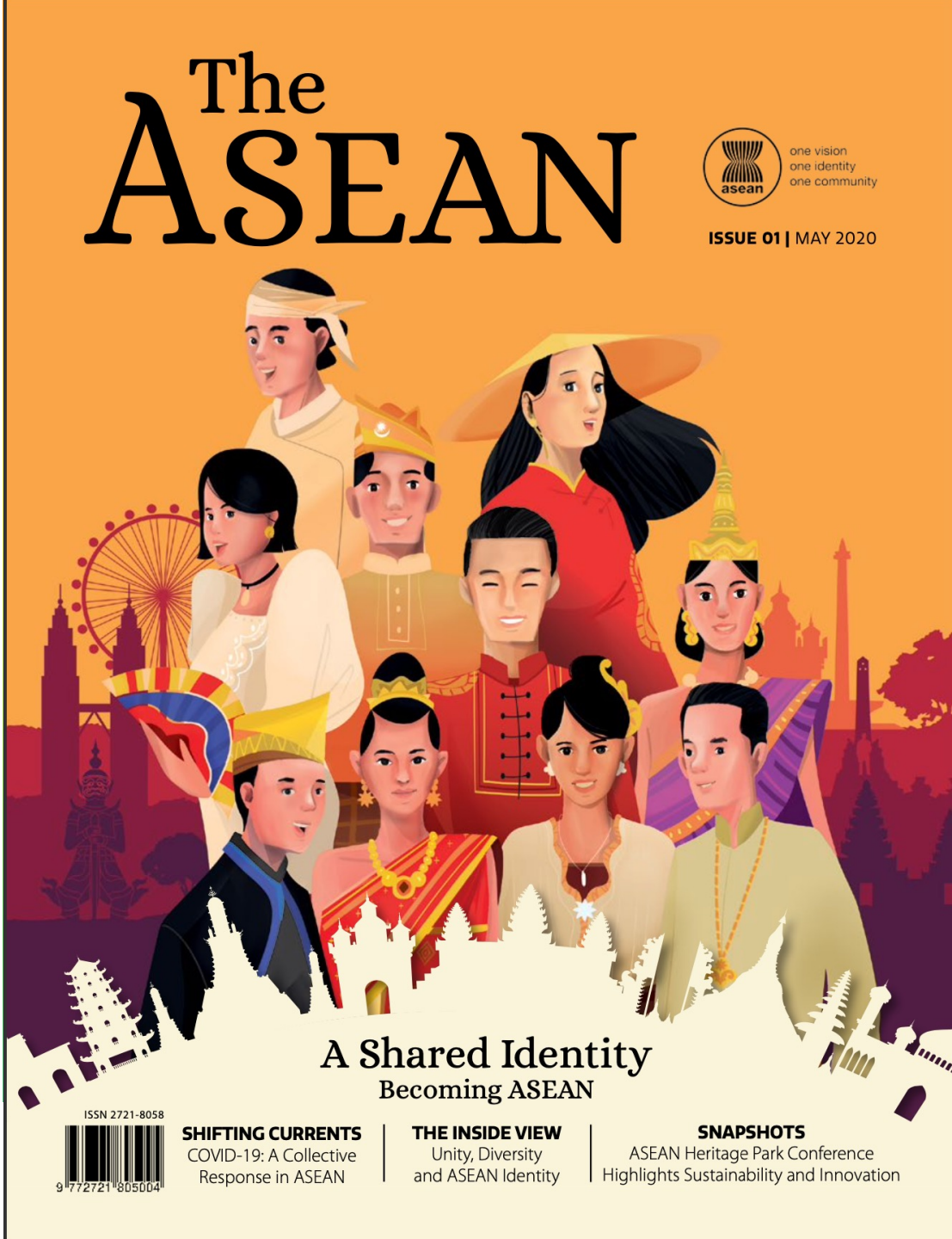


Connecting Stories to Issues

Kathy Quiano-Castro





Agenda

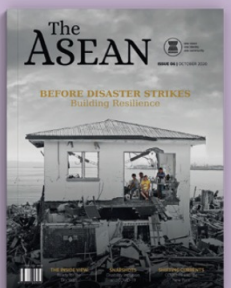
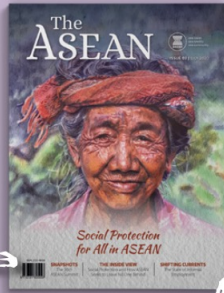
1. The Project
2. The Team
3. The Challenge
4. The Strategy
5. The Output





Premise

Part of the essence of The ASEAN Magazine is all about communicating what ASEAN is doing and how it impacts the lives of over 600 million people.



The Inside View

1st Year In Review
by *The ASEAN* Editorial Team



The Editorial Team

Project staff
ASCC Analysis division
Backgrounds in the academe
and media

The ASEAN

Fact Sheet

The ASEAN magazine is designed to effectively communicate the goals, plans, programmes, and achievements of the ASEAN Socio-Cultural Community (ASCC) pillar and the larger ASEAN Community. It aims as well to highlight the impact of ASEAN Community initiatives on the lives of ordinary people. It seeks to open conversation and generate new insights on a spectrum of issues and developments affecting the ASEAN people.

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- [The Road to Sustainable Cities \(Special Issue 14, June-July 2021\)](#)



The Project

THE ASEAN MAGAZINE



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THE project was to produce the OFFICIAL ASEAN SOCIO-CULTURAL (ASCC) MAGAZINE that encapsulates the vision of the ASEAN through the ASEAN Secretariat. There were limitations that we initially thought as a team considering that the Publisher, in a way, are the 10 governments of ASEAN.

Coming from an intensive international journalist background, I wanted to assess what those restrictions were in terms of conveying the narrative in its simplest and truest form. We have a team of people who come from either an academic background or from media and journalism.

That was both the challenge and the background of what I would enter into. The team, technical staff, and our DSG eventually proved to be sincere in delivering that message

THE YEAR of ASEAN IDENTITY *** BEGINS ***

The 2020 ASEAN Year of Identity campaign kicked off with the unveiling of the winning logo of the Logo Design Competition for ASEAN Youth at the ASEAN Secretariat on 21 January.

"The official launch of the 2020 Year of ASEAN Identity marks a year of great significance as we take another step towards realizing ASEAN as 'A Community of Opportunities for All,' Deputy Secretary-General of ASEAN Socio-Cultural Community, Kung Phoak, said in his opening remarks.

DSG Kung highlighted that the designation was timely as ASEAN seeks to generate more discussions among the public on identity-building.

The logo competition attracted more than 1,300 submissions from youths across the region.

It was supported by the German Agency for International Cooperation (GIZ). Ambassador of Germany to Indonesia, Timor Leste and ASEAN, Peter Schoof, said in his remarks that a shared identity is an important factor in a regional organisation, and that its citizens should be always at its core.

"Germany is committed to helping ASEAN in various important areas for the organisation and its citizens [and] I look forward to an excellent and friendly relationship in the coming years and beyond," Ambassador Schoof said.

A panel discussion was also conducted on identity-building, where Ambassador Schoof shared some



insights on the European Union experience. The other panelists were Director of ASEAN Socio-Cultural Cooperation at the Ministry of Foreign Affairs, Riaz Saehu; GIZ Country Director, Martin Hansen; and the Executive Director of ASEAN Foundation, Yang Mee Eng.

A number of events have been lined up this year to celebrate the Year of ASEAN Identity, including a Symposium on ASEAN Identity, and a High-Level Regional Cultural Forum on Promoting a Creative Community of Peace, Tolerance, and Greater Understanding.

The winning logo, designed by Joemari Manguiat, represents the unity of ASEAN

Photo Credit © ASEAN Secretariat

The Challenge

How do we explain policy briefs, declarations, statements, agreements in simple, clear language?

How do we make ASEAN as institution more accessible and relatable to the people?

The ASEAN

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Content

Thematic Section Inside View

General Features Shifting Currents

Snapshots





The initial strategy

Create a magazine that was attractive and more visual

**Set writing guidelines
Keep the language simple and articles short**

Minimize use of jargon, technical terms and ACRONYMS



The Cahaya Kencana Women's Group creates decoupage crafts to be sold at the festival of Gemblegan Village, Central Java

the prevention of violent extremism specific to the context of this region." Additionally, said Chanchai, the programme aims to support and engage women leaders and organisations that work with communities on finding community-based solutions or approaches to conflict prevention and resolution.

WPS in Action: Stories of Success

Indonesia's Peace Villages (Kampung Damai), conceived by the Wahid Foundation and UN Women, have been hailed as exemplars of WPS at work. The Peace Villages are communities that have pledged to cultivate a culture of peace and tolerance within their communities.

"The Peace Village initiative is an effort to create community resilience that can prevent conflicts and places women as the main actors in building peace in the family, community, and governance system," said Visna Vulovik, assistant director of the Wahid Foundation. "Women are expected... to be economically independent and actively participate in decision-making at the community level and in the development of peace narratives."

The Wahid Foundation employs a holistic approach to attain its objectives in the Peace Villages, according to Vulovik. It supports economic empowerment, peacebuilding mechanisms, and women empowerment.

On the economic front, the Wahid Foundation conducts training on managing finances, developing businesses, and producing marketable goods and services. Vulovik shared that the Wahid Foundation has so far helped 2,121 women and 80,000 households, turned 1,500 into women entrepreneurs, and generated an income of 820 million Indonesian rupiah for the Peace Villages.

2018—the **ASEAN Women Peace Registry**. The peace registry is a roster of women peace experts and practitioners in the region who can be tapped as resource persons for matters pertaining to peace and reconciliation.

SG Dato Lim Jock Hoi, at the launch of the peace registry, said that the initiative is an important WPS milestone as it adds to "an infrastructure that is sufficiently resourced and committed, where stakeholders work together to share resources, lessons learnt, expertise, and experiences in order to clearly align implementation strategy."

Partnership between ASEAN Member States and UN Women

Individual ASEAN Member States also work with UN Women to fulfil their WPS commitments. Within the UN system, UN Women takes the lead in translating the WPS agenda into concrete actions.

The Philippines and Indonesia tapped UN Women to lend technical support in the preparation of their respective National Action Plans to meet their WPS obligations with UN.

In the areas of conflict resolution and peacebuilding, UN Women partnered with local government units and civil society groups to build the capacity of Bangsamoro women and organisations to participate as leaders and advocates in the new Bangsamoro political entity in Southern Philippines. UN Women also aided efforts to increase Burmese women's participation and leadership in Myanmar peace dialogues and processes.

UN Women's most recent and major initiative in Asia involves preventing violent extremism. In 2017, it launched Empowered Women, Peaceful Communities: Preventing Violent Extremism in Asia, a Japan-supported programme that seeks to assist countries gain understanding on "women's diverse roles in violent extremism, including as promoters and preventers."

The programme, according to Ruangkhao Ryce Chanchai, the gender and governance specialist of UN Women in Asia-Pacific and focal point for the ASEAN-UN Women Joint Programme, aims to gather evidence and undertake research in view of the "dire lack of gender analysis on various dimensions of

Women's increased participation in all stages of the peace process and decision-making, from deterrence to post-conflict reconstruction efforts, is key to attaining long-lasting peace and security.

Everything is a story

What we learned in the course of developing the magazine was that the more we highlight the people through their stories, the more the institution becomes visible as representative of the people.

Everything is a story: whether individual, corporate, or governmental. The work that you do – NGOs – becomes part of people's stories.

Policies are shaped by people's stories. What's happening on the ground are stories. Governments respond to these stories by crafting policies relevant to their stories. And that, eventually, becomes history.

BUILDING GLOBALLY COMPETITIVE ASEAN UNIVERSITIES AND STUDENTS THROUGH THE SHARE SCHOLARSHIP



BY JOANNE B. AGBISIT
AND THE ASEAN EDITORIAL TEAM

Breathing life into ASEAN's intersecting commitments on higher education and the youth is an overwhelming task, but thankfully, ASEAN has found a partner in the European Union.

The SHARE Scholarship, a component of the EU Support to Higher Education in the ASEAN Region Programme, gives college students an opportunity to study in a neighbouring ASEAN country or an EU country for one semester. It is meant to support the practice of mutual credit recognition—an important step towards the internationalisation and increased competitiveness of the region's higher educational institutions—while at the same time, instill the value of cultural understanding and a global outlook among the youth in ASEAN.

More than 500 scholarships have been awarded since the SHARE Scholarship was launched in 2016.

One of these scholars is Fernando Fernando of Indonesia. He was in his final year in college when he chanced upon a SHARE Scholarship post on Facebook. He saw the scholarship as an opportunity to see the world beyond the confines of his community. "I do not want to live inside my own bubble. I always know that there is so much more to explore and learn out there even at a young age," he said.

Fernando chose to spend his semester at the Vietnam National University of Science in Hanoi, Viet Nam. He enrolled in its International Standard Program in Biology (Bachelor's level) and took courses on ecology, animal physiology, and biochemistry to complement his undergraduate major, aquaculture technology and management, in Bogor Agricultural University, Indonesia.



Fernando Fernando spent a semester at the Vietnam National University of Science under the SHARE scholarship

Fernando admitted that he had a lot of adjustments to make because of the language, weather, food, and the weight of academic expectations. He said that the language barrier was particularly tough, but he managed to overcome this with the help of Google Translate and "a bit of courage to speak up and interact with people despite this language issue."

He made the most out of the study programme by making friends and exploring Viet Nam in between classes. "I travelled with them (friends) around the city to enjoy good food, attractions, museums, etc.," he said. By the time the programme ended, Fernando had formed lasting friendships and connections with students from Viet Nam, Laos PDR, and Myanmar, and fellow Indonesians as well.

After completing his bachelor's degree, Fernando applied for and was admitted into the Master of Science in Aquaculture Science and Technology programme at James Cook University, Australia. He said that his experience as a SHARE scholar has prepared him for this new academic milestone. He noted, "SHARE allowed me to experience living and studying abroad for the very first time. This equipped me with the skills to adapt and thrive in different settings."

Fernando looks forward to using his education to contribute to his country and community. "In 10 years' time, I would like to become a technopreneur in aquaculture (i.e. fish farming)," he said. He hopes to apply science in fish farming and "produce nutritious and sustainable fish protein for the wider community."

Similar inspiring stories of SHARE scholars have been documented by the EU SHARE Programme and can be read from the publication, *Faces of SHARE*. ■



Download *Faces of SHARE* from:
https://admin.share-asean.eu/sites/default/files/FoS%20FA.pdf?_ga=2.185460398.646856051.1598339946-1777456935.1598339946



Photo Credit: © ASEAN Secretariat / Kusuma Pandu Wijaya



With more chances for people with autism to do internship, I hope that people can be more considerate toward us and treat people with autism equally.

from-home scheme. It did not curb their enthusiasm.

"I only worked in the office for one week and the remaining months at home due to the pandemic, but I am satisfied enough with this chance. I enjoyed the work, and I could complete the tasks given to me," said Nangoi.

All the interns raved about how well they were treated by their mentors. Adiono assisted the ASEAN Secretariat's photographer Kusuma Pandu Wijaya. "If I make a mistake, he did not get mad at me, and he said that it's okay to make mistakes," Adiono explained.

Alghivari worked with the social media team and was equally appreciative of the friendly atmosphere at work. He mused on the stigma that people with disabilities like him still face in the real world. "I used to be treated as a second-grade citizen. People despised me because of my autism," he said. "With more chances for people with autism to do internship, I hope that people can be more considerate toward us and treat people with autism equally. We can understand normal people, but they also need to understand us. They need to try to learn to understand what we have been through, what conditions we were born with."

The internship programme has opened another door for Alghivari. *The ASEAN* caught up with the four on video call recently, and he said he was offered a job as an administrative officer at the ASEAN



Top

From left to right: M. Abijdzar Alghivari, Reychando Rintar Siregar, Jonathan Kenneth Nangoi, and M. Rifqi Adiono. They participated in a three-month internship programme at the ASEAN Secretariat

Bottom

M. Abijdzar Alghivari speaks at the launch of the internship programme on 9 March 2020

Autism Network. "It's quite embarrassing," he said. "I am the only one chosen. I wish their regulations were a bit loose so we could work together again. I miss working together; working alone is not terrible, but it would be better to work together."

His three other friends were obviously supportive and ecstatic for him but Nangoi had already set his sights on a new goal. He said, "I wish I could work permanently at the ASEAN Secretariat because I love working here." ■

The ASEAN



one vision
one identity
one community

DOUBLE ISSUE
AUGUST-SEPTEMBER 2021

**COVID-19
VACCINES
FOR ALL**



ISSN 2721-8058



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THE INSIDE VIEW
Vaccine Rollouts
Across the Region

CONVERSATIONS
Everyone Needs a Shot
– and Soon

SNAPSHOTS
The ASEAN
Development Outlook

How do we conceptualize each issue?

Sample:
COVID-19 Vaccines For All
Dec 2020-Jan 2021 edition

Viewpoint:

Budi G. Sadikin

Minister of Health of the Republic of Indonesia

Minister Budi G. Sadikin explains Indonesia's strategy for securing an adequate and steady supply of COVID-19 vaccines, the progress of its national vaccination rollout, and approaches to addressing vaccine hesitancy. As current chair of the ASEAN Health Ministers Meeting, he also outlines key regional initiatives designed to facilitate Member States' recovery from the COVID-19 pandemic and enhance preparedness and resilience against future public health crises.



Can you describe Indonesia's COVID-19 vaccine rollout strategy and how is this being financed?

What is the status of implementation, and how far has Indonesia achieved its targets? Are there initial studies indicating the effect of mass vaccination on vaccinated communities or sectors? What has been the contribution of the private sector to the vaccination programme?

Minister Sadikin: Since the COVID-19 cases were detected in Indonesia, the Government of Indonesia has been actively ensuring the availability of the COVID-19 vaccine. The target of the current vaccine security policy is to vaccinate 70 per cent or 181.5 million of the population. Now, we have increased the target to more than 208 million people, 12 years of age and older, to be vaccinated within a year until January 2022 towards achieving national herd immunity. To meet the needs of national COVID-19 vaccination, Indonesia has two strategies:

- i. The short-term strategy is to secure vaccines through bilateral procurement and dose sharing of multilateral cooperation.
- ii. The middle/long-term strategy is vaccine research and development by research institutes and universities. Several ongoing vaccine developments are using various platforms. Some of them are in the pre-clinical trial phase.

Indonesia is fully aware that the pandemic cannot end before all the countries in the world have won the battle against the COVID-19 pandemic. In this connection,

INTERVIEWS

Often, government officials and experts will want to throw in all the information in an interview to demonstrate their responses, but the key is to ask the right questions in order to arrive at a concise message that can assure and inform the public.

Photo Credit: © Ministry of Health, Indonesia

EU and ASEAN—Working Together to Ensure that No One is Left Behind

Igor Driesmans
EU AMBASSADOR TO ASEAN



Ambassador Igor Driesmans discusses the goals and components of the ASEAN-EU cooperation on COVID-19 response, and explains the ongoing efforts of EU to increase ASEAN Member States' access to safe and effective vaccines.

When reflecting on 2020 in an editorial that I wrote in late January 2021, I called it a dreadful year. The reasons for this classification have been, sadly and tragically, all too relatable to each one of us—the start of the COVID-19 epidemic and its speedy growth to a pandemic of

truly global unprecedented proportions; the death toll it has inflicted since and the livelihoods it has severely impacted and even shattered; the loss of activities that we used to take for granted; the overwhelming sense of uncertainty and unpredictability that has become a major feature of our lives.

I also wrote of another story that was unfolding against this sombre backdrop—that of scientific innovation, ingenuity, and heroic effort of vaccine development and trials, of the hope these brought to us, and of the promise of these vaccines providing a major boost to our collective effort to stem the tide of the pandemic. The key messages were clear and remain as valid now as they were then: “no one is safe until everyone is safe” and “only global cooperation will bring vaccination for all.”

I am proud to add that these principles have guided our actions from the very beginning—not only those of the EU and our 27 Member States, not only those of ASEAN and its 10 Member States but also the long-standing cooperation between us, two leading regional organisations and strategic partners. What has this close cooperation since the start of the COVID-19 pandemic entailed? A number of concrete examples and highlights come to mind—firstly, our assistance with mitigating the effects of the crisis; secondly, our stalwart support for vaccine multilateralism; and thirdly, our experts’ collaboration.

The first step came shortly after the outset of the pandemic. On 20 March 2020, a mere nine days after the WHO declared the COVID-19 outbreak as a pandemic, EU and ASEAN Foreign Ministers convened via a videoconference to mitigate the social and economic impact of the crisis on both regions, to ensure that supply chains remained open and crucial movement of goods unhampered, and to provide support to relevant scientific research.

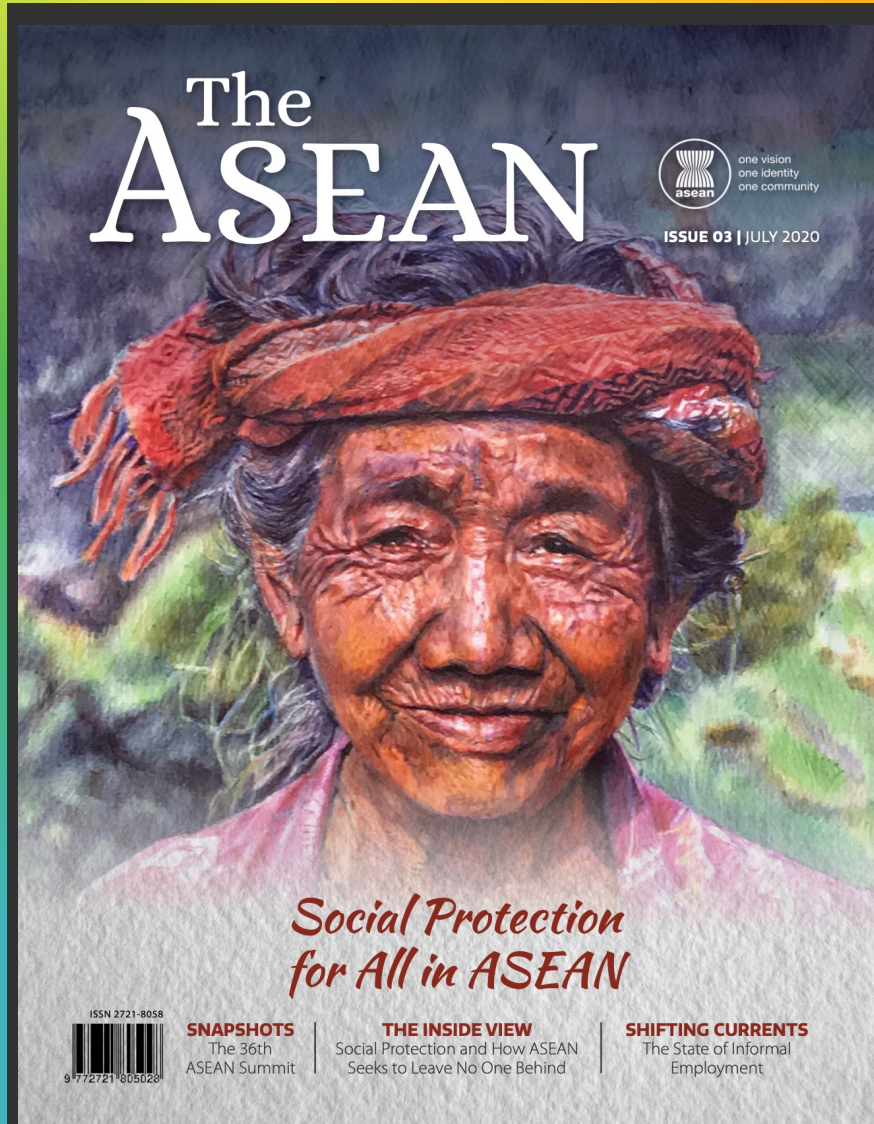
Four months later, the EU and our Member States, in a joint Team Europe effort, followed up by mobilising over 800 million euros to support the fight against COVID-19 in the ASEAN region. The focus of this package was multifaceted, including addressing the immediate health crisis, mitigating the socio-economic approach of the

INTERVIEWS

As we’ve established that everything is a story, we need to ensure that such story requires more voices that add impact to the collective information that will be presented.

It is on this realm that we include participation of ASEAN’s partners, international organizations, experts and officials. Here, we featured an interview with EU Ambassador Igor Driesmans on the EU’s support for ASEAN’s drive to access safe and effective vaccines. In this issue, we also featured the WHO and Gavi, the Vaccine Alliance.

Photo Credit: © EU Mission to ASEAN



Start the Conversation

In Issue 3, we introduced a new section called “Conversations”, where we featured profiles and stories from people across the region with advocacies and projects that were related to the theme.

Conversations

Vaccine Diaries

Michelle Dian Lestari
Jakarta, Indonesia

I have an autoimmune disease. I suffer from hyperthyroidism, rheumatic arthritis, psoriasis-arthritis, vasculitis and fibromyalgia. I'm taking weekly immunosuppressant drugs, so that's why I was excluded from the list of people eligible to receive the vaccine when it was first opened for people under 50, sometime in March.

I did a lot of internet research until I found several that stated mRNA vaccines are the most suitable for people like me. Thus, Pfizer, Moderna or AstraZeneca are the options. At that time, again, only Sinovac was available, and I could not take that because it poses a great risk for me, either getting infected or having my immune system go haywire.

I've had only one AstraZeneca jab before I tested positive, and that helped a lot. My husband and I are living proof of how vaccines work.

My symptoms were relatively mild, only fever, headache, inability to breathe when in a prone position, digestive problems, general lethargy, and elevated D-Rimer. My thorax X-ray showed two spots only. I had homecare service from Evasari Hospital because all the hospitals were overcrowded, and I would never survive in a hospital (laughs).

My husband has an aneurysm in his descending aorta. He has arrhythmia, high cholesterol, and he is not in very good shape. He had two Sinovac jabs, but due to his condition, he was hospitalised to be safe but I stayed home. My husband was pretty sick. His oxygen saturation levels dropped to 89 per cent and he needed to have oxygen. The doctor said that if he did not have those Sinovac shots, his lungs would have been worse, filled with even more fluid.

My husband recovered after two weeks. It took me three weeks to get a negative result,

The ASEAN asked readers across the region and those living overseas to share their personal vaccination stories. Here are a few that capture our readers' motivations and experiences.

but I'm recovering until now. I suffer from long-COVID, gastrointestinal problems, and an elevated risk of blood clotting, but everything is under control.

From June to August, I lost approximately 10 people, whom I knew, to COVID-19. All of them were not vaccinated. One was actually pregnant, but her baby survived (7 weeks early). She could not get vaccinated because she was pregnant. In fact, most of those people could not get vaccinated due to ignorance and lack of knowledge.

A friend of mine, who also suffered from the same autoimmune problems, got COVID-19 as well. I helped her get into the hospital for treatment, but she didn't make it. She expired after 15 days, five of those days she was in the intensive care unit (ICU). She was not vaccinated because she was afraid of the risks. My friend's father, 59 years old, very healthy, was discharged from the hospital after his symptoms cleared, even though he was still positive. Three days later, his oxygen level dropped to 75 per cent, and he expired after two days in the ICU. He refused vaccination because he believed this was just like the flu.

I shared my story on Facebook because I wanted people to know that the "pains" you suffer after vaccination are nothing compared to the pain you have to endure when you are positive. My mother in law was asymptomatic because she was fully vaccinated. My business partner and his mother were asymptomatic because they were fully vaccinated.

Those sore arms, headache, chills, and fevers are nothing compared to death.

Sadly, Indonesia is a vast country with tough geography, so vaccine distribution is not as good as in big cities. I know several areas where the local governments were not doing their best to distribute vaccines to remote areas. However, I also notice that the highest positive rates are in big cities,

not small towns and villages, and people's movement is the biggest infection risk. What the government is doing now, making mini vaccination stations in bus and train terminals and airports, to provide vaccinations for people wanting to travel but haven't been vaccinated yet, is already good. I just wish the local health agencies in areas start cooperating with other entities (schools, businesses, etc.) to provide mass vaccination stations.

I have two daughters. The elder one is 13 and already vaccinated. She is an athlete and being home-schooled. The younger one is 11, and she will be vaccinated once it is available for her. She has agreed to postpone face-to-face learning until next year and allow options to stay at home if you prefer. I may not let her do face-to-face learning if the situation is still like this and she's not fully vaccinated. There are already incidents of school clusters because the teachers, the parents, the students or school workers do not practice strict health measures. I don't want to risk that for my kids.

I would consider a boost once it is available for the public. If it is not yet available, I will wait until it is time and it is available. People who are not yet vaccinated should be prioritised over those who have it but just need boosters. Maybe if I happen to go overseas and manage to get a booster, I will take it. If not, I'll wait until it is available.



Michelle Dian Lestari

Conversations

How do I find people to share their stories?

1. Keep your eyes and ears open
2. Read the news
3. Mine social media
4. Check your network
5. Ask a friend

Badi Lattif

Bandar Seri Begawan, Brunei Darussalam

For 457 days, Brunei held its ground as the last COVID-free nation in Southeast Asia and its residents had the unique luxury of enjoying life as normal in the middle of a global pandemic. However as the region quickly grew into the new epicenter of the Delta variant, the second wave of infections emerged in early August and the country continues to be in partial lockdown until 4 October 2021.

As an employee of Royal Brunei Airlines, I was among the first in the sultanate to receive my vaccine (back in April). As per the national COVID-19 Vaccine Distribution Strategy, we were grouped under the Phase 1 category of frontliners, senior citizens and students studying abroad. The company made this compulsory for all staff and I believe this was the right move to build up the first levels of herd immunity. Bruneians are able to book their vaccination slots via the BruHealth app on their smartphone.

To put simply, my vaccination experience was efficient and commendable. My slot was booked in advance at Brunei Indoor Stadium, and the whole process took only about half an hour. I applaud the Ministry of Health for doing a spectacular job. I didn't experience any side effects for my first dose. However, I fell sick and was bed-ridden with flu-like symptoms for about a good week after receiving my second dose the following month.

I would like to express my endless appreciation to all frontliners, volunteers, our Ministry of Health and the Government of His Majesty The Sultan and Yang Di-Pertuan of Brunei Darussalam in their fight against this global pandemic. Now that I'm vaccinated, I hope others in Brunei will partake in their collective duty in obeying SOPs and work towards a fully vaccinated nation to save lives.

Basir Zahrom

Kuala Lumpur, Malaysia

I have been fully vaccinated. What motivated me to take the vaccine was the desire to live as it was before COVID-19 struck free from restrictions across state districts, can eat in restaurants, play sports, children can go to school, and I can work as usual. All that will be a reality when the group immunity target of 80 per cent is achieved in Malaysia.

I did not hesitate to get the vaccine because the government has provided enough information through the Ministry of Health on the type of vaccine and why people need to take the vaccine. However, anti-vaccine groups refuse to be vaccinated because they believe in too many conspiracy theories spread on the internet.

I got vaccinated at the World Trade Center (WTC) Vaccination Center, Kuala Lumpur, and everything went smoothly. The first time, around early June, took quite a long time as many had not received their first dose yet. The whole process took about over an hour. I took the second dose in early August, and it was only about 30 minutes because everything was already in order.

The journey to the WTC went smoothly because I only had to prove that I wanted to go to the Vaccine Center through the MySejahtera application on my mobile phone. Upon arrival, I hoped to meet people dressed strangely like ghosts or superheroes but didn't find any. Instead, there was a woman holding a sanitiser spray gun who sprayed all the places

she occupied, until an officer asked to be sprayed on the whole body before serving the woman.

After the vaccination, the "mandatory" event here is to take pictures in the photo booth provided to be uploaded on their respective social media. The aim is to promote the importance of taking vaccines and further raise awareness among the community. Citizens who have completed two doses are now allowed to eat at restaurants and do light leisure activities according to the SOP provided and provided they show the e-certificate available in MySejahtera.

Narisara Bahalayothin

Bangkok, Thailand

When the vaccination rollout started, I didn't hesitate at all to get vaccinated. My motivation is to minimise risk and lower the chance of severe symptoms. I got my jabs in a hospital. Apart from hospitals, we also have vaccination centres around Bangkok, like in malls, train stations, etc.



Basir Zahrom



Badi Lattif



Narisara Bahalayothin

Conversations

In our Conversations pieces, we let the person talk about their experiences, advocacies, and projects.

How do we make the connection to issues? We ask these questions:

“What can ASEAN do for you?”

What do you hope ASEAN can do to help you?”

Krisana Kraisintu, PhD

Pharmaceutical Chemist

Krisana Kraisintu dedicates her life to ensuring that everyone has access to affordable healthcare. She studied at Chiang Mai University, Thailand, and continued her study at University of Strathclyde, and University of Bath in the United Kingdom.

Over the past 40 years, she has worked in the pharmaceutical industry in various roles of quality assurance, manufacturing, research and development, and business development, to name a few.

She developed the first generic HIV drug combination, zidovudine (AZT), and helped reverse the HIV/AIDS epidemic in Thailand. She also developed an inexpensive drug "cocktail" which was chosen by the World Health Organization as the first treatment for patients in poor countries. While working for Thailand's Government Pharmaceutical Organization, Kraisintu developed 64 herbal-based medicines to treat various diseases, including diabetes and hypertension.

This Ramon Magsaysay Award recipient spent seven years in Africa to assist and provide technical know-how in manufacturing HIV/AIDS and antimalarial drugs in 17 countries, including Kenya, Congo, Senegal, and Ethiopia.

Kraisintu is known as Thailand's 'gypsy pharmacist,' as she is always on the move. Through the Krisana Kraisintu Foundation, she still travels around the country to help communities build their own mobile laboratories and manufacture affordable medicines.

In her own words:

"I always believe that everybody should get access to treatment, whether you are rich, poor, white, black, or whatever. This is basic human rights. The condition is better now in Thailand. But how about the rest of the world, especially in African countries. There are still a lot of problems there. Another problem I found during my field works is about the empowerment of women, especially housewife. That's why I am involving women in every of my project now.



Known as the 'gypsy pharmacist,' Dr. Krisana Kraisintu travels around the world to help manufacture affordable medicines

"My works now focus on the community works; I try to teach communities to produce drugs by themselves, especially herbal medicines. It is important to produce drug locally. People cannot rely on importing drug donation all the time. Once the donation is done, what are they going to do if they cannot produce drugs by themselves? I have this mobile herbal plant processing truck that goes to communities in southern Thailand, so they do not

Helping poor people and seeing them happy bring a lot of happiness for me, and in turn brings me lots of power and that makes me don't want to stop.

have to go to Bangkok to cultivate the materials they gather. I'm now developing a mobile quality control medicinal plants to complement the mobile processing truck which will be finished by next year.

"When I go to the communities, I work with young people and older persons, many of whom are women in their 60s and 70s who are still highly active. I set up a work model

and the young can follow the model and when I leave the communities, they can take over the work. When a project ends in one place, I move to another one; I don't want to get too attached.

"Helping poor people and seeing them happy bring a lot of happiness for me, and in turn brings me lots of power and that makes me don't want to stop. There are still many sufferings in this world. I know I cannot help them all, but I can help as much as I can. I can be born 10 times, but I still cannot finish my work. I am 68 years old now, although I may look like 80, my time is limited. I cannot move as fast as before, and because of this COVID-19, I must stop. I do not involve in any development of COVID-19 vaccines; I'm too old to do that. I will just focus my activities on social problems that do not need me to stay in laboratory." ■

Interviewed by Mary Kathleen Quiano-Castro and Novia D. Rulistia

Photo Credit: © Krisana Kraisintu

The ASEAN July 2020

Conversations on Living Well

Conversations Older Persons 45

William Wongso

Chef/Food Connoisseur

William Wongso has been in the food industry for more than four decades. But slowing down never once crossed his mind.

His culinary journey began when he became a baker in 1977. He traveled the world to learn about international cuisines, and after 20 years, he decided to dedicate his time and energy to Indonesian culinary pursuits. He visits villages across the Indonesian archipelago to learn more about traditional cooking methods. Wongso also loves going to traditional markets. For him, the traditional market is a living food encyclopedia where he can ask vendors anything about spices and ingredients, and listen to the stories.

Wongso participates in international culinary fairs and teaches in well-known cooking schools in many countries as his contribution to put Indonesian dishes in the global food map. He cofounded *Aku Cinta Masakan Indonesia* (I Love Indonesian Cooking) community to nurture the love of Indonesian cooking in the national and international stages. He released *Flavors of Indonesia: William Wongso's Culinary Wonders* cooking book, which won the Best Book of the Year at the 2017 Gourmand World Cookbook Awards.

His expertise earned him the Medaille d'Honneur by the Academie du Pain Award in 2018, and with this, he becomes a member of the prestigious culinary club Elite de La Boulangerie International. The 73-year-old never feels too old and too tired to continue promoting Indonesian food.

In his own words:

"As long as I still can contribute to Indonesian culinary, I will never stop even during this time. Before COVID-19, I spent 60 per cent of my time to travel, but now I travel through the cyber world. With Instagram and Zoom, I can share with young people and the world about Indonesia's cooking treasure. I make photo essays on social media to interact. Through photos, I can convey better to people about things I love. It was difficult for me at first to use social media, but I got used to it eventually.

Many say that I'm too old for social media, but why can't I do that? I like keeping myself active and busy.



William Wongso dedicates his life to put Indonesian culinary in the global food map

As long as I still can contribute to Indonesian culinary, I will never stop even during this time.

"I always control my food; I restrain from eating too much. I think that's the secret why I'm still active. Food intake is vital for elderly to stay healthy. The government should pay great attention to this matter. Moreover, the government should also provide adequate elderly care facilities for those who do not have families that can take care of them. It's better if the facilities have proper kitchens and healthy menus. I think ASEAN as an organisation can play its part by monitoring the facilities.

"I am so lucky that I am quite independent at this age. I can go here and there by myself. Recently, I was featured in the National Geographic's *Uncharted* with the British chef Gordon Ramsay. I picked *rendang*, which is beef slow-cooked in coconut milk and spices, because everyone in Indonesia knows it and it can become like a national bond. People can also see the vibrant culture of West Sumatra province. Nowadays, street food and indigenous cooking are taking over fine dining. I remember Anthony Bourdain once told me that 'wherever you travel, you always get culinary surprises from street food'.

"My next project is to build an interactive platform for culinary education. Students in many culinary vocational high schools here do not have opportunity to learn about the richness of Indonesian culinary. I hope this project can improve this situation. It is important for the youth or those who are interested in culinary to have solid knowledge about Indonesian culinary. They can master all types of international cooking, but they must know about the essence of Indonesian culinary as this will make them creative.

"I don't have plans to retire. It is always my dream for Indonesian culinary to be known around the world and preserved by everyone, so I will keep working." ■

Interviewed by Novia D. Rulistia

Nguyen Bich Ngoc
Hanoi, Viet Nam

My family and I have always been huge vaccine supporters since day one. Therefore, it did not take us long to submit our self-registration for the COVID-19 vaccine.

After a few months of waiting, my mom and I finally got our first dose of AstraZeneca on 13 August. It was the first time in over a month that I had a reason to dress up and step out of my house as Hanoi, where I live, has been under lockdown since the emergence of the 4th COVID-19 wave. Everything went smoothly, and I came home not experiencing any side effects for the rest of the day. The next morning (which is 24 hours after my shot), I only felt a bit tired, followed by arm soreness and a mild headache that lasted for about one day. All those post-vaccination symptoms cleared up completely after two days, so it could be said that my vaccination experience was quite a pleasing one.

My dad and my younger sister, on the other hand, had decided to sign up as volunteers in two indigenous vaccine trial programs with the hope of contributing to the development of Viet Nam's homegrown COVID-19 vaccines.

Now that I am partially vaccinated, I have to admit that this gives me a mixed feeling rather than a pure sense of relief. I do feel truly lucky and grateful to have gotten the jab, but I am also feeling insecure and anxious at the same time. My country is still struggling

to secure enough doses to satisfy citizen's needs while the number of cases has been continuously increasing in recent months. My only hope and wish is that the government will be able to accelerate the vaccine rollout so that the COVID-19 situation will get better soon and life can get back to normal.

Kyay Mon
From Myanmar, residing in Japan

I recently got my second shot of the Moderna vaccine in Osaka, Japan, where I've been working. I felt a bit worried because many people seem to develop a high fever after the second dose. As it turns out, I didn't experience any serious side effects, apart from a slight headache, soreness in the arm, and a low-grade fever for a few days. Using an ice-pack to reduce arm pain, taking time to rest and drinking lots of water helped!

I tried to get a vaccination appointment as soon as I became eligible to apply around July. I was planning to relocate to Europe in September for my further studies, and I wanted to be fully vaccinated so that it would be safer to travel.

In the beginning, getting an appointment via the online system was challenging. The slots were quite limited and they got filled up in a few minutes. But gradually, more vaccination centres started to operate on a larger scale, and after two weeks of trying without success, I managed to get a booking at a Japanese Self-Defense Forces vaccination centre. The actual vaccination process was very well-organised, hassle-free and quick!

While I feel more relieved now that I got vaccinated, I am sad to see that a lot of people in my home country, Myanmar, cannot get vaccinated even if they want to. Political unrest has crippled the health system, economy and livelihoods of millions of people. My heart goes out to everyone back home who have lost their loved ones to COVID-19. Many lives could

have been saved if they had access to vaccines and proper healthcare.

I hope that in the future, we as a global community can work together to reduce such inequalities among countries and people that were exacerbated by the pandemic.

Anindya Pradipta
Indonesian residing in Japan

I am currently working in Japan. Many companies in Japan provide vaccination for their employees. Luckily, my company is one of them. Since this vaccination program is run by the company, I just registered and did not queue for vaccination.

What I heard from people who will get vaccinated through the city hall is that they are struggling to get a reservation, especially young people. The Japanese government prioritises the elderly to get vaccinated first because of Japan's inverted pyramid (the number of elderly outnumbering young people).

Two reasons motivated me to get vaccinated. The first is for me. Based on many research studies, we all know from evidence that once we get vaccinated, our antibodies will strongly respond to COVID-19 infection. Even if we are infected, the level of illness will be much reduced, and the risk of having severe problems can be prevented. The second is for the community. If the number of vaccinated people increases, it means the number of infections will gradually decrease. When the rate of infection decreases, we can start enjoying our activities with other people with less risk!

Of course, I feel much safer now that I'm vaccinated. However, I keep my "new normal" behaviour by always wearing a mask in public spaces, keeping my distance from people, avoiding public transportation during rush hour, not sharing food/drinks from the same container, and washing my hands frequently. ■

Bridging the Gap

Our goals:

Raise awareness of an issue

Giving a human face to the problem

Creating a space where views from the institution ASEAN, and its people are shared.



Nguyen Bich Ngoc

The ASEAN



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YOUTH AND SKILLS DEVELOPMENT
BUILDING BLOCKS FOR BETTER COMMUNITIES



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CONVERSATIONS
ASEAN's Young and Inspiring
Social Entrepreneurs

VIEWPOINT
Singaporean Olympic
Champion Joseph Schooling

INSIDE VIEW
Education, Training and Sports
for Youth Development

The Magazine's Reach

The magazine continues to attract followers through its various social media platforms. Since its inception, The magazine's presence in social media is also growing substantially every month, attracting people from the ASEAN region and beyond. For instance, the number of people viewing The ASEAN magazine's profile in Twitter since May 2020 has increased by 76 per cent in May 2021 and further grew by 95 per cent in June 2021. Similarly, The ASEAN magazine's Facebook reach has also grown by 70.9 per cent and earned 72 new page likes in June-July 2021. The ASEAN magazine is also promoted on ASEAN Secretariat's social media platforms, which has more than one million followers combined across all social media platforms.



Summary

Continuity of the Project has been ensured through funding from the ASEAN-India Fund.

What this means is that the feedback received from the journey of the Project has been welcomed: to continue pushing the boundaries, to highlight sometimes neglected areas, and to remain focused in the telling the **STORY** of the ASEAN people.



Thank you

Kathy Quiano-Castro
Editor in Chief