

News Letter

Uplifting Communities

Caring for Nature



Dear friends, partners and supporters,
Warm greetings from Twinleaf Arakan Team!

With your continued trust and generous support, we are proud to share our team has carried out a series of meaningful and impactful activities throughout this quarter of 2026. Your partnership has been at the heart of every step we take _ without it, this small, but powerful steps toward change not have been possible.

We are very delighted to share with you our second quarter newsletter of 2026, where we bring you closer to the field and our works. Inside, you will find highlights of our ongoing initiatives and our efforts to nurture youth, restore land and empowering the rural farming communities _ each one contributing to sowing seeds of lasting change across Arakan.

Enjoys reading and we welcome your feedback as we grow together.

With gratitude,
Twinleaf Arakan Team

Quarterly news



- Sustainable Agriculture: From Classroom to Field
- Understanding Soil Health
- Turning Waste to Wealth
- Defying Soil Erosions With the A-Frame Method
- Reconnecting with Nature
- Ready for the Field: Empowering Grassroots Field Researchers
- From Water Shortage to Self-Resilience
- Growing Seasonal Crops in Rainy Season
- Learning Community Service Through Action

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Together, we're building a more aware, resilient and sustainable future.

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“Sustainable Agriculture: From Classroom to Field”



- Healthy soil is the foundation of sustainable farming. However, decades of conventional farming has damaged soil health, reduced fertility, and increased dependency on chemical inputs.
- Through this module, the training participants explored both theory and practical applications of sustainable farming. They learned simple, affordable, and environmentally friendly techniques that restore soil health while increasing long-term farm productivity.



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“Understanding Soil Health”



- During this session, trainees moved beyond textbook learning to explore soil directly in the field. They tested different soil types, observed soil structure, learned how healthy soil supports plant growth by restoring water, recycling nutrients and sustaining beneficial organisms.
- Through practical experiments and observations, they gained a deeper understanding that caring for the soil means protecting the long-term productivity of their farms and ensuring food security for future generations.



“Turning Waste to Wealth”



- One of the most practical lessons focused on producing compost using organic materials that are readily available around the training center. Instead of treating leaves, grass, kitchen scraps, animal manure and crop residues as waste, the participants learned how these materials can be transformed into nutrient-rich compost (organic fertilizer).
- This hands-on activity demonstrated that farmers can easily improve their soil while reducing dependence on expensive chemical fertilizers and making composting an affordable and environmentally friendly practice that can be easily replicated on their own farms/villages.

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“Defying Soil Erosion with the A-Frame Method”



- Many farmers in hilly areas struggle with soil erosion caused by heavy rainfall. To address this problem, A-Frame method is one of the simple and easy way make contour lines across of the hillside. Out trainees practiced laying our contour lines before planting crops, helping to slow water runoff and reduce soil erosion.
- This exercise showed that even simple, low-cost tool can make a significant difference in conserving soil, improve water infiltration, and increasing the long-term productivity of farmland



“Reconnecting with Nature”



- As part of their Natural Resources Management (NRM) studies, our participants recently explored the wild plant species surrounding the center. The session sparked an amazing revelation: many trainees from rural areas already possess an incredibly rich knowledge of local wild plants and their deep connection to community survival.
- Through this lesson, participants recognized that protecting nature isn't just about conserving static resources—it is about respecting the vital relationships that make both communities and ecosystems resilient.

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“Ready for the Field: Empowering Grassroots Field Researcher”



- Field research is one of the core components of the training program. During this quarter, participants developed their understanding of research methods and learned how research can become a powerful tool for understanding community challenges and supporting positive local development.
- We are incredibly grateful to **Dr. Johanna Garnett** and **Sayarma Su Su Nwe** for contributing their valuable time to guide our trainees' research designs and help in shaping our stages, and building data collection tools. Your supportive feedback ensures our trainees head into the field with confidence and precision!



“From Water Shortage to Self-Resilience”



- During the early months of the training program, the training participants and staffs at Center for Soil Defenders experienced significant water shortages. Staff and trainees spent considerable time carrying water from distant sources, creating for daily burden.
- Turning this adversity into action, the team decided to dig a small pond within the school grounds. Now, this new water source successfully supports our daily needs for showering, cooking, and washing.

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“ Growing Seasonal Crops in the Rainy Season”



- With the arrival of the monsoon rains, our fields have transformed into a vibrant green. Crops like **long beans, roselle, cucumbers, eggplants, chillies, and ladyfingers** were planted right on time and are growing well. This farm serves multiple purposes: it provides fresh, organic vegetables for our participants' meals while acting as a living classroom where the trainees test new techniques, observe crop growth, solve farming challenges and strengthen their practical agriculture skills.



“Learning Community Service Through Action”



- Learning doesn't stop only in the classroom. Our dedicated trainees recently took their classroom ideas out into the real world, contributing their time and physical energy to repair and improve local public roads, directly benefiting the daily lives of everyone in the community.

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Our Vision

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A strong and self-sufficient rural Arakan, where farmers use sustainable farming methods, grow enough food for their communities and prepared for environmental challenges.”

Brief about us

Twinleaf Arakan is a youth-led non-profit based in Rakhine, Myanmar. We work with small-scale farmers and community youths to promote sustainable agriculture, protect natural resources and build resilient communities. We focus on young people and farmers of all ages, helping them and apply eco-friendly farming methods that secure livelihoods and protect the environment.

Twinleaf Arakan more focuses on the training-based program that aims to empower young farmers and various aged farmers in sustainable farming practices, sustainable food production & consumption, local food security and environmental conservation.

Twinleaf Team have been hard working to emerge a practical learning center in Rakhine State, Myanmar where young farmers generation learn the farming skills, improve good practices for climate action, explore their potential of livelihood opportunities in the local agri-food system.

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If you believe in our vision and mission, you are really welcome to collaborate with us on any matters of youths and grassroot farming community development.”

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