Mekong Youth Farm Network

Y-Farm

Ly Quoc Dang, Ph.D, Coordinator

Luang Prabang, Lao PDR

26-28 March, 2024
For a Resilient Mekong Region
Content of the Presentation

1. Y-Farm Introduction
2. Y-Farm Themes
3. Y-Farm Activities
4. Y-Farm’s Members and Achievements
5. Y-Farm Supporters
6. Youth - Agent of Change in Sustainable Farming Activities
1. Y-Farm Introduction

The Mekong Youth Farm Network (Y-Farm) was created by a group of determined youth from countries in the Mekong Region.

Mission and vision:

Mission: Y-Farm works to develop a sustainable future for organic agriculture in the Mekong Region by teaching the young generation in a variety of ways, including demonstrating organic practices, and providing agri-tourism opportunities.

Vision: We envision a new generation of young farmers and consumers who are adopting sustainable practices on their farms, in their purchases, and in their communities.

Y-Farm is an initiative for a resilient Mekong Community which focusses on youth engagement and organic farming development as well as sustainable agriculture education, specifically for younger generation.
2. Y-Farm’s Themes

(i) training courses and farm improvement;

(ii) youth exchange on farming and sustainable agriculture;

(iii) startup/agriculture innovation upon student’s return home;

(iv) agri-tourism;

(v) youth volunteerism
3. Y-Farm’s Activities

- Teach farm and youth engagement in Mekong Sub-Region
- 1st Y-Farm Camp 2017 in Lao PDR
- 2nd Y-Farm Camp 2019 in Vietnam
- Staying at home and growing own food during Covid 19 in Mekong Sub-region
- Safe food for children during Covid 19 in Vietnam
- WATSAN Program and blind people in Soc Trang Province, Vietnam
- Young farmers interaction in sustainable farming activity in Mekong Sub-region
4. Y-Farm’s Members & Achievements

...34 members across Mekong Countries
5. Y-Farm Supporters

- The YSEALI Seeds for Future 2017 (USA)
- Russell E. Train Education (WWF)
- The Samdhana Institute (the Phillippines)
- Mansfield Center (University of Montana)
- Mekong Delta Development Research Institute (Can Tho University)
- Eastern Vision/GLO Travel
- SEARCA (the Phillippines)
- Individual Donors crossing the world.
• Future of Y-Farm is an initiative for a Resilient Mekong Community and working together with related groups, communities, networks and multi-organizations to deal and engage into sustainable development in the region, Y-Farm would like to be responsible into development with the others.

• Young generation in our network is innovative and resilient living to make changes in their communities through food security and sustainable future as well as being able to make sustainable income from Y-Farm.
6. Youth - Agent of Change in Sustainable Farming Activities

Y-Farm’s argument is “Youth are agent of change. They can change the world. It means youth and young farmers have knowledge which can gain from their everyday life practices in order to make better lives”.

Myanmar’s young farmer during the 2nd YFarm Camp 2019 in Vietnam (photo by Ly Quoc Dang, Dec 2019)
Agency or Agent of change - a key dimension of empowerment theory

• Anderson & Eswaran (2009) demonstrated that empowerment is the ability to make choices/decisions in their family and community.
• Kabeer (1999, 2017) showed that empowerment should reflect a process of change, or a process of power shifts. In other words, empowerment refers to the expansion of youth’s ability and capacity to make strategic and meaningful life choices.
• In another perspectives, empowerment relates to youth’s sense of self-awareness; the ability to make strategic life choices in order to control their own lives; the ability to negotiate their relationships with others (Kabeer, 1999; Gupta & Yesudian, 2006)
* Power - a core dimension of empowerment theory

- Power is the root concept of empowerment, a discussion of the concept of power is inevitable. The sociological standard defines power as the ability to make decisions, or as the ability to influence and persuade by imposing their ideas onto others. Thus, if youth could bring the capacity to make decisions, or if they are able to impose their ideas onto others, they are seen as empowered (Dahl, 1957).

- Kabeer (1999) demonstrated that power is about capacity that defines their life of choices. Power is the agency which is about the ability that youth use to change themselves and influence the others.
* Knowledge - a process of experience and participation

- Chidle (1956) demonstrated that knowledge is derived from common experiences in respective societies.
- In another perspective, Agrawal (1995) presented that knowledge systems can be divided as modern, scientific, traditional, indigenous and local knowledge. And, knowledge is a complex process involving social, situational, cultural and institutional factors, and the knowledge production process can be affected by skills, orientations, experiences, interests, resources and patterns of social interaction (Studly, 1998). Dang (2021) recorded that knowledge come from both experience and participation.
Youth Empowerment in Sustainable Farming Activity

Experience
- Culture Beliefs
- Local knowledge
- Lives
- Relationships

Participation
- Research Co-study
- Education Training Exchange
- Forum Network Camping Workshop
Y-Farm Camp
The 1st Y-Farm Camp in Laos 2017

The 2nd Y-Farm Camp in Vietnam 2019
Y-Farm
Youth Exchange
Youth exchange in Thailand

Youth exchange in Vietnam
Y-Farm Capacity Training
Making compost for high school students in Ben Tre Province in the Vietnamese Mekong Delta.
Training Course for Secondary Students in Soc Trang of Vietnam
Agri-Tourism for International Students
Agri-Tourism for International Students
Agri-Tourism for International Students
With students at Can Tho University, making compost from agriculture waste
With students at Can Tho University, Mekong Nursery of Local Species
Y-Farm Research and Scholarships
Let's GROW CO-CREATE ISAAN YFARMER

Mekong Nomad Farm
Indigenous Seed Bank
Stay at Home and Grow Own Foods in Covid Pandemic

Compost from organic waste

Black matter: manure, animal dung
Green matter: fresh leaves, grass, food waste
Brown matter: dry leaves, grass

5 Steps for composting
1. Start your compost pile on bare earth.
2. Lay twigs or straw first, a few inches deep.
3. Add compost materials in layers, alternating moist and dry.
4. Add manure, green manure (clover, buckwheat, wheatgrass, grass clippings) or any nitrogen source.
5. Keep compost moist.

Bio-Fermented Juice

Vegetable Miracle Growth with
Bio-fermented solution made from green vegetables can promote a rapid growth of both the trunk and the leaves of the vegetables.
Ingredients:
- 3 kg of scraps of green vegetables such as Bok Choy, Morning Glory, Chinese Kale cut in small pieces.
- Mix well with 1 kg of sugar residue.
- Keep in a tall container for 15 days. Be sure the lid is closed tightly.

Healthy Flowers and Fruits by Fruit Bio-fermented juice
Ingredients:
- 1 kg each of ripe bananas, papayas, and pumpkins
- Mix with 100 cc of sugar residue.
- 100 cc of Micro-organism
- Mix well
- Keep in a tall container for 15 days. Be sure the lid is closed tightly.

Methods:
Mix 2 tbs of fruit bio-fermented solution with 1 ltr of water. Spray or water plants every 3-5 days.

* Reporter information:
Name: Karatchanok Hutapaed (Fai)
Organization: Grandpa Urban Farm
Address: Bangkok, Thailand
Contact Information: FB Grandpa Urban Farm // www.grandpaurbanfarm.com // khunta52@hotmail.com
Field trip Exchange in Da Lat of Vietnam, 2021
Knowledge exchange with international students at Can To University
Training workshop on sustainable development in 4 universities in the Vietnamese Mekong Delta
Y-Farm
......but also
Thank you for your attention!

Contact us: contact@youthfarmnetwork.org or yfarmmekong@gmail.com