

## Why should you get involved in MILK?

Timor-Leste is our closest neighbour and one of the poorest countries in the world. Women and children in Timor-Leste face great challenges:

- 1 in 16 Timorese children die before their 5th birthday, compared to 1 in 200 Australian children
- between 2003 and 2010, 42% of Timorese women who died in the 15-49 age group, died from pregnancy related causes, compared to 0.6% Australian women
- one third of women in Timor-Leste have no access to antenatal care
- only half of the women in Timor-Leste have a formal education.

### The good news is the situation for women and children in Timor-Leste is steadily improving:

- the birth rate has dropped from 7.1 to 5.7 children per woman since 2003
- the child mortality rate has reduced from 83 to 64 deaths per 1000 since 2003
- rates of exclusive breastfeeding for the first six months have increased from 31% in 2003 to 52% in 2010
- Timor-Leste is one of the few countries on track to meet the United Nations Millennium Development Goal No. 4 to reduce under-5 mortality by two-thirds by 2015.

The Alola Foundation has played an important role in these improvements through its Child and Maternal Health program. But there is still much more to do.

You can make a difference. Help the Alola Foundation bridge the gap between child and maternal health in Timor-Leste and Australia. Only with your help can we turn our vision of 'Strong Women – Strong Nation' into a reality.



Support women and children in East Timor while having morning tea



Alola Australia Ltd ABN 201 32084050  
w: [alola.org.au/milk](http://alola.org.au/milk) e: [milk@alola.org.au](mailto:milk@alola.org.au)

**Behaviour Change.**  
The Shannon Company

Haystac



World Breastfeeding Week 1-7 August

[alola.org.au/milk](http://alola.org.au/milk)  

## How you can participate in MILK

MILK invites you to support the women and children of Timor-Leste (East Timor), by celebrating the joys and challenges of breastfeeding and motherhood, during World Breastfeeding Week, August 1-7.

By participating in MILK, you'll be helping the Alola Foundation support women and children in Timor-Leste.

MILK was launched on World Breastfeeding Day in 2011 by Kirsty Sword Gusmao - founder of the Alola Foundation and wife of His Excellency Xanana Gusmao, along with hundreds of mothers and babies in Melbourne and Timor-Leste.

It is now an annual event celebrated across both countries during World Breastfeeding Week.



**You can help**

Go to [alola.org.au/milk](http://alola.org.au/milk)

1. Spread the word
2. Register to host a fundraising Morning Tea
3. Donate.



## Morning Tea

Host or attend a MILK Morning Tea during World Breastfeeding Week, 1-7 August.

Get together with friends, family or colleagues and host your own MILK Morning Tea. MILK Morning Teas may be held in workplaces and homes around Australia, and by arrangement at local Maternal and Child Health Centres.

### Registration is easy:

Go to [alola.org.au/milk](http://alola.org.au/milk) and click on "start fundraising" to register and set up your own page for the MILK campaign. You can then send this page to friends, family and colleagues via Facebook and email to invite them to your Morning Tea.

## Virtual MILK

Find MILK on Facebook. Join the fun, spread the word through Twitter and email and stay posted with updates on this campaign. Go online, donate and be counted.

## Donate to MILK:

### [alola.org.au/milk](http://alola.org.au/milk)

Encourage your friends, family and colleagues to support MILK. Your donation goes a long way in Timor-Leste – did you know for example:

- \$10 a week provides nutritious meals for an entire family
- \$25 buys an Alola Foundation maternity pack to encourage women to give birth in a hospital or health centre with medical assistance
- \$75 per semester buys an Alola Foundation scholarship to keep a girl in primary or secondary school
- \$250 per month provides wages for a qualified nurse
- \$600 covers one semester of university tuition fees.

## The Alola Foundation



All proceeds from the MILK Campaign will go to support the Alola Foundation's development programs in Timor-Leste.

The Alola Foundation (known in Timor-Leste as Fundasaun Alola) was established by Kirsty Sword Gusmao in 2001. Together with its partner organisation, Alola Australia, the Alola Foundation works to improve the lives of women and children in Timor-Leste by creating employment and improving education opportunities, promoting human rights, preserving culture and improving the maternal health and well-being of women and children. Our shared vision is **Strong Women – Strong Nation**.

For more information about Alola's programs visit [alola.org.au/milk](http://alola.org.au/milk)

