



ADVENTIST-
LAYMEN'S

Project Funding Request Form

GENERAL INFORMATION			
Name of Requesting Organization:	ASI SAUM (Kota Sabah ASI)		
Requesting Organization Address:	P.O. Box 312 88856 Likas Sabah		
Title of Project:	Kota Kinabalu City Hope Adventist Hope Centre		
Location of Project:	Kota Kinabalu City Sabah		
Date of Completion:	Completed		
Project Beneficiaries:	Urban Dwellers / Youth		
Contact Person:	Dr. Salman Sandak		
Email Address:	charlesandak@yahoo.com		
PROJECT RATIONALE:			
4. To establish a place of worship both the old & new ^{members} in the city			
PROJECT OBJECTIVES:			
1. To create awareness in the city regarding healthful living.			
2. To increase public awareness concerning people nutrition and at risk disease among certain population groups			
3. To strengthen SDA church's health program			
4. To become a center of various ministries such as Loaves & Fish Ministry / Food Drive			
PROJECT DESCRIPTION:			
Kota Kinabalu city (Sabah Malaysia) is growing rapidly in term of population. As the population grows increases each year, the social, economic and cultural needs among the city people are vastly increasing each year.			
PROJECT BACKGROUND:			
The center and its program will richly benefit the urban dwellers. This can be a center where the youth will be empowered to participate and to carry out the different ministries in the city.			
DETAILED BUDGET REQUIREMENT			
Budget Line Item	Description	Amount Needed	Proposed Source/s

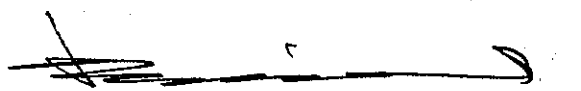
(Please insert extra page for more detailed Expenses)

SUMMARY OF ITEMS AND COST

ITEMS	DESCRIPTION	COST
ITEM No. 1	Plz refer working paper for details. Thanks	
ITEM No. 2		
ITEM No. 3		
ITEM No. 4		

(Please insert extra page for more detailed Expenses)

REQUESTER SIGNATURE


Dr. Saman Sandah
Name:

August 8, 2017
Date:

(Please attach other documents to support the request.)

ASI COMMITTEE APPROVAL SIGNATURE

ASI SSD PRESIDENT:

Date:

ASI SSD TREASURER/COORDINATOR:

Date:

**PROPOSAL FOR
KOTA KINABALU CITY ADVENTIST HOPE CENTER**

**PREPARED BY
DR. SAIMAN CHARLES SANDAH**

**KOTA KINABALU SEVENTH-DAY ADVENTIST CHURCH, LIKAS
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P.O.BOX 312, 88856 LIKAS
KOTA KINABALU, SABAH
May 18, 2015**

KOTA KINABALU CITY ADVENTIST HOPE CENTER

1. BACKGROUND

Over the past decade there has been a growing awareness internationally of the need to urgently address youth issues. It is predicted that the world population will grow by this year to 7.5 billion, up from 6.1 billion in the year 2000, with 95% of the increase in developing countries and nearly all in rapidly expanding urban areas. Nearly half of the world's population, more than 3 billion people are under the age of twenty-five (State of the World Cities report, 2007), with 85 percent of those who are of working age live in the developing world (UN HABITAT, 2005). Of the one billion slum dwellers in the world today, it is estimated that more than 70% are under the age of 30. These youth will be living for the foreseeable future with limited access to employment, education and adequate health care. UN HABITAT, as the lead agency with the UN system for cities, recognized the urgency of this issue and began to focus resources and energy on how to better the lives of youth and their communities.

Youths aged between 15 and 40 account for about half the population of Sabah, Malaysia. This based on the Sabah Monthly Census Bulletin (SMCB) which shows there were 1.6 million youth under the said age category in Sabah as of February 2013. And of this only 120,000 are currently members of either Sabah Youth Council (MBS) or affiliate member Consultative Council series January 2013 Sabah Council meeting. It was also reported that more than 1 million of the youth population are living in the urban areas.

Using this data, Kota Kinabalu Seventh-day Adventist Church (KKSDA) with the closed cooperation of Kota Kinabalu City Hall (KKCH) would be seriously to engage in addressing youth issues as part of the implementation strategy for enhanced youth engagement. Under this partnership with KKSDA-KKCH will be created to address the most pressing needs of urban youth. This KKSDA-KKCH

will address a range of needs of young people , from training in areas such as entrepreneurship, management, community service and to life skills to health. It is also well noted around the world that the demographic “youth bulge” which is primarily happening in the developed world and increasingly in the third or developing countries, can be dealt in a positive way through the implementation of youth led development programs and the establishment of this Kota Kinabalu City Hope Center..

2. BRIEF ACCOUNT OF KOTA KINABALU CITY, SABAH

Kota Kinabalu, is the capital of the state of Sabah, in East Malaysia. The city is located along the northwest coast of Borneo the South China Sea. The Tunku Abdul Rahman National Park lies on its west and Mount Kinabalu, which gave the city its name, is located towards the east. Kota Kinabalu is often known as KK within Malaysia and internationally and formerly known as Jesselton. For the locals it is known as A-bi (Hakka for Jesselton. It's the third fastest growing city in Malaysia after Selangor and Johor with a population of 482,058. It is a major fishing destination and a popular gateway for travelers visiting Sabah and Borneo. The Kota Kinabalu National Park is located about 90 kilometer from the city.

3. KOTA KINABALU CITY HOPE CENTER

KKCHC to be established in cooperation with the Kota Kinabalu City Hall, and Seventh Day Adventist Sabah Mission. The focus of the Center is to first and foremost be a place that “empowers the youthful generation to have ownership of the development process and be agents of transformation in the city”.

Operationally, the KKCHC focused on improving the livelihoods of youth in Kota Kinabalu City through the provision of “youth empowering services” such as educational training, counseling, recreation and cultural activities and as a place for youth and other stakeholders to network. It is hope that this Center will become

a model urban youth center to other districts or cities in Sabah, Malaysia.

The KKCHC will be operated based on the following principles:

1. Youth should define their own development goals and objectives.
2. Youth should be given a social and physical space to participate in so as to enhance their development.
3. Adult mentor-ship and peer-to-peer mentor ship should be encouraged.
4. Youth should be role models in order to help other youth to engage in development.
5. Youth should be integrated into all local and national development programmes and framework.

What is key about these Principles is the strong focus on youth taking the lead in their own development - or what has become known as Youth Led Development. This model was already conceptualized by Peach child International in 2005 (Peachchild, 2005; Woolcombe, 2007). One of UN HABITATIS International partners-the Environmental Youth Alliance (EYA)-adopted and refined this methodology with their own youth led methods, and further developed the youth led program model (Ragan, 1997; Ragan, 2004). This program method was first operationalized by UN HABITAT AND EYA for the One Stop Environmental Entrepreneurship program (UN HABITAT< 2008), and has since gone on to be used extensively by each of the One Stops. The development of the One Stops as models of urban youth development happened within the larger context of the growing understanding of the need to engage urban youth and the provision of safe urban spaces, and with that the exploration of how to effectively do this. The next section outlines the contexts within which the One Stop Centers developed.

4. RESPONDING TO THE NEED FOR URBAN SPACE FOR YOUTH.

As mentioned early, young people make up the majority of Kota Kinabalu City or districts in Sabah, Malaysia-yet cities/districts are not welcoming places for youth. Youth are most often not effectively engaged by cities at any level- from the actual planning of the cities where professional planner shave both a lack of time and resources to engage youth (Frank, 2006) through to building spaces for youth for activities such as recreation (GUIC Canada, 2005). This lack of engagement is exacerbated in the developing world where there is little basic infrastructure for youth to access, raging from parks and community centers, to basic services such as health, training and education.

Yet, dedicated youth spaces in urban centers have been shown to be key to both the physical and emotional well being of youth. Studies in developed countries have suggested that the provision of urban space can raise youth's self esteem, helped them form close and health bonds with their peers and become aware of social issues which directly effect them (Center of Excellence for Youth Engagement, 2003; Luken, 2005). Youth spaces have as well as shown to positively effect key issues such as health, for example lowering social illness activities (Easton, 2007). A study done with youth in Canada outline five key ingredients for a successful youth space, as represented by a five-star. (Luken, 2005, Figure 1)

Key Ingredients for a successful Youth Center

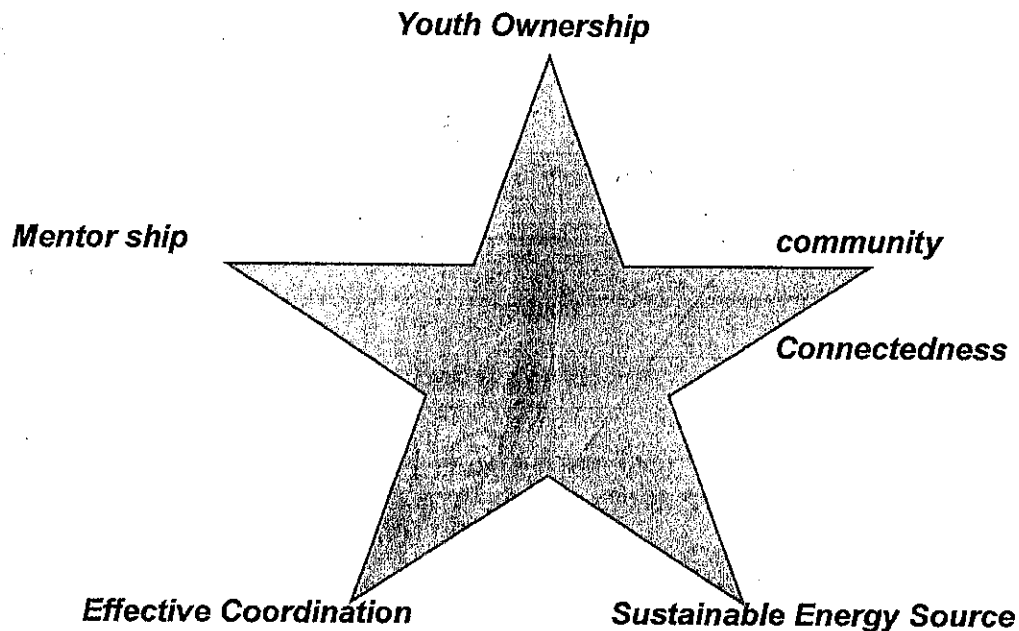


Figure 1: **Diagram representing ingredients For a successful center**

A key finding of this study that is relevant to this paper was focus on youth ownership of the center. This ownership entailed youth having a sense of responsibility and an ability to have meaningful input.

Youth ownership is not simply about painting walls. Youth need power ancontrol in decision-making to have a sense of ownership and responsibility. They may be involved in formal roles as board members or they may make or influence decisions through an informal meeting with coordinators or community representative (Luken, 2005).

5. AN EFFECTIVE TRAINING and CAPACITY BUILDING MODEL

As mentioned in the last section, the HOPE CENTER plays many different roles in the area of training and capacity building for youth. The State of the HOPE CENTER report looks at what the perceptions of youth are in regards to the

effectiveness of the HOPE CENTER. The State of the One Stop Survey was administered to youth and mentors over two-month period to 24 youth from the One Stop Center

6. YOUTH EMPOWERMENT PROGRAM

6.1 HEALTH FAIR AND MEDICAL CLINIC

Health fair and medical clinic is another program to be organized at the Life Hope Center. A health fair is a positive way to build relationships and generate goodwill within the Kota Kinabalu City dwellers.

6.1.2 OBJECTIVES

A health fair can accomplish several key things.

1. Build awareness in the city regarding healthful living and disease prevention.
2. Increase public awareness concerning people nutrition and at-risk disease among certain population groups.
3. Encourage participants to adapt healthful lifestyle practices.
4. Teach the community how to shop for healthful, affordable food.

7. ACTIVITIES AND PROGRAMMING

Depending on our community partners and the level of expertise of our personnel and volunteers, consider offering some or all of these activities. Each of these activities will need to be adapted based on the health needs of

the city community, and the experts available. Below are some suggestions for possible activities to hold during the health fair.

7.1 Stress test evaluation. This test will help determine the probability of coronary artery disease and can identify abnormal heart rhythms. In addition, it will give attendees a measuring tool to help them develop a safe exercise plan and a cardiac treatment program, if necessary.

7.2 Dental checkup. A dentist can provide a cursory evaluation by examining the mouth and teeth. While the best examination requires an x-ray of the teeth, a visual appraisal will remind the person to be more diligent in oral care such as brushing and flossing. The dentist can also identify tooth decay and potential bone loss while answering questions. Give each person who completes a brief examination a free toothbrush and toothpaste.

7.3 Blood glucose check.

As diabetes rates around the world continue to skyrocket, checking a person's blood glucose level can help identify diabetes and pre-diabetes. The person could receive counseling on how to avoid foods that contribute to high glucose levels and live a more healthful, active lifestyle.

7.4 Blood pressure screening.

High blood pressure is often called the "silent killer" because it affects the person's arteries, heart and other organs. But it has no symptoms until pressure test can identify potential problems. Based on the person's results, appropriate counseling could be offered to help participants identify the next steps in their health care plan.

7.5 Blood drive.

One of the better ways to show community connection and support is by organizing a blood drive at the health fair. The Queen Elizabeth Hospital blood bank in Kota Kinabalu can assist the center in offering this activity. They will help the center with logistics and provide cots, supplies and trained volunteer personnel.

7.6 Vision screening test.

Having an eye checkup isn't about getting glasses such as glaucoma, diabetes, and high blood pressure. Many older adults avoid taking the same to have their eyes checked, which could affect their reading and driving ability, among other things. But children should be screened as well for potential eye problems that can affect their ability to complete schoolwork.

7.7 Measurement of Body Mass Index.

Attendees learn how to calculate their BMI based on height and weight. This is a gauge to determine body fat in most adults. An elevated BMI can result in obesity, high blood pressure, cardiac problems, and diabetes, among others. Give out information on how to lower your BMI.

7.8 Health food booth.

Provide one or several booths that offer nutrition and fun foods rather than traditional sugary or refined foods normally encountered at a fair. Focus on fresh fruits and vegetables, tossed salads, low-fat options, alternatives to meat (such as lentil stew, brown rice and stir fry) or bean burgers on

whole wheat buns, fruits smoothies (made from fresh or frozen fruits and soy or almond milk or fat free plain yogurt) for sale at a reasonable price. Encourage people to think healthy.

8. OTHER COMMUNITY EVENTS

8.1 Grace Ministries

Under this program, the center will set aside one or more days each month during which low-income families can come to the center to receive food, clothing, diapers, household linens, toys and children's books. The Center will check with local restaurants and grocery stores for fresh or canned foods that are beyond their sell-by date but still safe to consume. Ask bakeries for day-old breads and rolls. And gather good used clothing, household furniture, and infant and children's supplies such as diapers, clothes, and baby equipment from those who no longer need them.

During the event, advertise job training in fields that community residents or Life Hope Center volunteers are qualified to teach, such as a course in basic computers, high school equivalency tutoring, or childcare techniques.

As a special service, provide a closet with professional clothing for men or women who are going to an interview or have just taken a new job.

Offer to help people who have no money pay their utility bills. If shelter is needed for any reason, provide overnight lodging to those most in need, especially mothers with children. Include a hot meal.

8.2 Loaves and Fish Ministry

It is also the intention of this center to do such ministry. It plan once a

month ask volunteers to make as many sack lunches as possible (25-400) and distribute them to people living in the streets. Provide volunteers with a T-shirt identifying the Life Hope Center. Invite people from the near by Kota Kinabalu City to volunteers to give out the lunches and greet the people who receive the meals.

8.3 Food Drive

Life Hope Center can partner with small businesses and individuals in their community to donate food stuff (perhaps those that aren't setting well or are past their sell-by date are still safe to eat). The small businesses serve as drop off points where people can bring their donations. Life Hope Center volunteers stop by regularly to pick up donations to the neediest members of the community.

8.4 Community Garden

The Kota Kinabalu City Hall will identify an idea where the Life Hope Center will adapt it as a Hope Garden. The Center will plant a garden there. The starting up of this project, the Kota Kinabalu City Hall together with some State Of Sabah leaders and city dwellers will do the planting of flowers.

Once seed or small plants have been planted, set up a schedule to determine who weeds, who waters, and who harvests the crops. Donate produce to local food banks and share the rest with those who worked on the garden.

Use the garden to encourage others to care for the earth and help others. Or just have fund and invite individuals to plant what they love and harvest what they have tended.

8.5 Vegetarian Cooking Class

Vegetarian is a way of life. People have different reasons for becoming vegetarian. Some follow vegetarian or semi vegetarian diets for health reasons. For instance, a diet rich in fruits, vegetable, and grain tends to be low in fat and cholesterol, which is good for our health. Its also likely to be high in fiber and can be lower in calories . Cancer for animals and environment reasons are also cited by vegetarian when the explain why they don't eat meat. In addition, some culture and religions have vegetarian diets. Thus, it is relatively important to have some basic methods in cooking vegetarian food. This vegetarian cooking class is such as an important to for individuals who are vegetarian.

This vegetarian cooking class perhaps as an introduction to a healthful living . Good cooks will be invited to submit their favorite vegetarian recipes, and set up a testing station where visitors can taste test some of the best recipes. Brochures on had to give each visitor, inviting them to an upcoming health seminar will be given to them.

8.5 Tuition Class

Several tuition classes for different level or groups of people will also be conducted. Here the youth plays a different role. They can be a tutor , mentor for the younger children or basically be the organizer and manager of this project.

9. BUDGET ESTIMATION

-Purchasing of Building/lot	RM600,000.00*
-Equipment and furnishing for Center	RM132,450.00
-Stipend for full time staff and volunteers per year	RM103,200.00

-Minor Renovation	RM080.000.00
-Building maintenance and utilities bill RM3,000.00X12	RM 36,000.00
-EPF and SESCO per year	RM14,250.00
Total project cost	RM965,950.00

9.1 Details of expenses

9.1.1 Purchasing of building

Lot 181, first floor , Block 1

Singgah Mata Phase 1B, Kota Kinabalu.

Letter for Sale, dated 17 August 2015, ref : SUDC:

PROP-500-1/2-181/1 = **RM600,000.00**

9.1.2 Equipment and furnishing for Center.

Chair for staff	7pcs X RM100.00	=	RM 700.00
Staff desk	7pcs X RM750.00	=	RM5,250.00
Large table meeting	3pcs X RM3,000.00	=	RM9,000.00
Meeting room chairs	20pcs X RM150.00	=	RM 3,000.00
White board	5Pcs X RM1,000.00	=	RM 5,000.00
Computer and printer	7sets X RM3,500.00	=	RM24,500.00
Water supply provision	RM500.00	=	RM 500.00
Waiting room sofa	1 set x RM5,000.00	=	RM5,000.00
Electricity installation		=	RM1,500.00
Sound systems for meeting room		=	RM10,000.00
Fixing Telephone and telephone		=	RM5,000.00
Fax machine		=	RM2,000.00
TV for meeting room 1 set 60"		=	RM5,000.00
LCD projector	3 set 12 Lumen	=	RM45,00.00

Cabinet	2 pcs x RM3,000.00	= RM6,000.00
Book shelves	3 pcs X RM1,500.00	= RM4,500.00
TOTAL		= <u>RM132,450.00</u>

9.1.3 Stipend for staff and volunteers

Manager	1 X RM4,000.00X12months	= RM48,000.00
Technician	1 X RM1,800.00 X12months	= RM21,600.00
Clerk	1 X RM1,300.00 X12months	= RM15,600.00
Volunteers	4 peopleX 1,500.00X12 mnths	= RM18,000.00
Total		= <u>RM103,200.00</u>

9.1.4 Minor Renovation = RM80,000.00

9.1.5 Building Maintenance per year = RM36,000.00

9.1.6 EPF and SESCO = RM14,250.00

TOTAL = RM965,900.00

10. CONCLUSION.

It is our hope that the Kota Kinabalu City Adventist Hope Center will cater a new hope for the youth in the city. This program, however, may not be seen to success if it is totally run by the youth. The fruit of this endeavor will be realized when there are an active role played by the church (TMI) as a whole. Involvement both the private sector and the government are crucial. Therefore, this project proposal will also be submitted to the government and the private sectors with a great hope that the fund requested will be approved as a long term financial alternative.