Myanmar

Disability-Inclusive Disaster Risk Reduction (DiDRR) Handbook

Inclusive Tools Training

Disaster

Warning Sign

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Safe

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Risk Reduction

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Acronyms

APCD	Asia Pacific Development Centre on Disability
DDPM	Department of Disaster Prevention and Mitigation
DET	Disability Equality Training
DiDRR	Disability-Inclusive Disaster Risk Reduction
IEC	Information Education and Communication
JICA	Japan International Cooperation Agency
OCHA	United Nations Office for the Coordination of Humanitarian Affairs (OCHA)
OPDs	Organization of Person with Disabilities
PWD	Person with Disabilities
SDG	Sustainable Development Goal
TCTP	Third Country Training Program
TICA	Thailand International Coorperation Agency
UNESCAP	United Nations Economic and Social Commission for Asia and the Pacific
UNCRPD	United Nation Convention on the Rights of Persons with Disabilities

About this book

Myanmar is taking positive steps towards reducing the risks and vulnerabilities of persons with disabilities in disaster situation by trying to promote disability inclusive DRR awareness and knowledge. As part of the action plans from the Course 1 onsite Third Country Training Program (TCTP) training course in February 2023 hosted by TICA, JICA and APCD, two action plans were implemented to enhance the DIDRR concept at individual level, community level and organizational level. The first action plan is school-based disaster risk reduction drill for earthquakes at the Sama Mountain Great Charity School in Nay Pyi Taw with the collaboration with the Department of Disaster Management, Township General Administrative Department, school teachers, and students. After the drill, around 100 students were better equipped with the knowledge and awareness of earthquake-inclusive disaster preparedness. We could introduce the concept of Person with Disability are not different from other groups, in particular, they could participate in some activities like students. The second action plan focuses on empowering and promoting the knowledge of inclusive disaster risk reduction to health care staff, communities, and members from organizations of persons with disabilities (OPDs), charity ambulance service provider organizations and charity community clinics to be more inclusive in disaster preparedness information, education, and communication (IEC) pamphles for pre, during and post-earthquake senarios. The IEC is designed inclusively with local languages and social model

of disability, emphasizing the vulnerability. During "Course 2: Training of Trainers Handbook and Development of Recommendations", participants learned about DiDRR implementation and community participation, UNESCAP learning tools, explored the activities of DDPM in Thailand, and visited sites that were affected by the 2004 Tsunami (Memorial Center, Museum, Evacuation tower) which took place at Phuket and Bangkok, Thailand.

This booklet serves as a reference for a comprehensive and accessible resource that equips individuals, communities, organizations, and governments with the knowledge, tools, and strategies needed to effectively reduce the impact of disasters.

Moreover, this handbook helpful in methodologies for assessing and understanding the risks associated with disasters especially earthquake. It provides the challenges and opportunities of Person with Disabilities pre, during and after the disaster. This handbook covers the current laws and policies related to Disability-Inclusive Disaster Risk Reduction in Myanmar.

Section 1 : Introduction

1.1 Disaster Risk Profile

The Republic of the Union of Myanmar (henceforth, Myanmar) is a country located in Southeast Asia, sharing borders with Bangladesh, India, China, Laos and Thailand, facing the Andaman Sea and Bay of Bengal in the south and southwest. The country's total land area is 676,590 square kilometres, characterized by hilly and mountainous topography (FAO, 2011). The area is generally divided into five regions: the northern mountains, the western ranges, eastern plateau, the central basin and its lowlands as well as the low-lying coastal plains (Aung-Thwin, et al., 2019). In terms of climate, Myanmar is located in the tropical region, experiencing high temperatures, humidity and copious annual rainfall (depending on the monsoon conditions, altitude and location).

Myanmar is exposed and vulnerable to a myriad of natural and anthropogenic hazards depending on the location, regional weather and geological conditions and topography, among other factors. These spatial characteristics can be seen in Figure 1. Approximately half of total number of disasters in the country are caused by flooding, followed by storms (23 percent), earthquakes (15 percent) and mass soil movement (12 percent) (JICA, 2015). Heavy monsoon rainfall has triggered flooding in Rakhine and in the Southeast where more than 80,000 people have been affected since early August. (update from UNOCHA, Sep 2023). Increased risks of flash flooding must also be acknowledged. Occurring as a consequence of rapid rainfall and impermeable surfaces and/or low soil's absorption capacity, such events may rapidly endanger large numbers of people and infrastructure. Other hazards include droughts, wildfires, potential for tsunamis, as well as major epidemics and technological disasters originating from industrial or transport accidents.

Disasters and hazards do not affect the country equally. Their impacts and prevalence depend on regional weather conditions, exposure to bodies of water, soil conditions, and topography alongside plethora of other factors. For example, few major cities and urban centers are located in the vicinity of the active Sagaing Fault, which makes seismic risks highly localized. It extends throughout south of Putao and Katha through Sagaing, and continues alongside the eastern

parts of Bago Yomas and Bago with a total length of approximately 1,500 kilometers (Department of Meteorology and Hydrology, 2009). Landslides are also localized to hilly and mountainous areas, especially in the northern regions. Geomorphologically, Myanmar has two mountainous provinces: The Western Ranges and Eastern Highlands, within which risks are high due to steep slopes and unstable soil conditions worsened by heavy monsoonal precipitation (Department of Meteorology and Hydrology, 2009).

Disasters in Myanmar, like in many other countries, can disproportionately affect vulnerable populations, exacerbating existing inequalities and challenges. Disasters can have particularly severe impacts on vulnerable groups due to various factors such as poverty, limited infrastructure, geographical location, ethnic and social marginalization, limited access to information, health and healthcare access, livelihood dependence, and gender disparities.

Figure 1. Myanmar natural hazard risks, issued March 22, 2011 (OCHA, 2011).
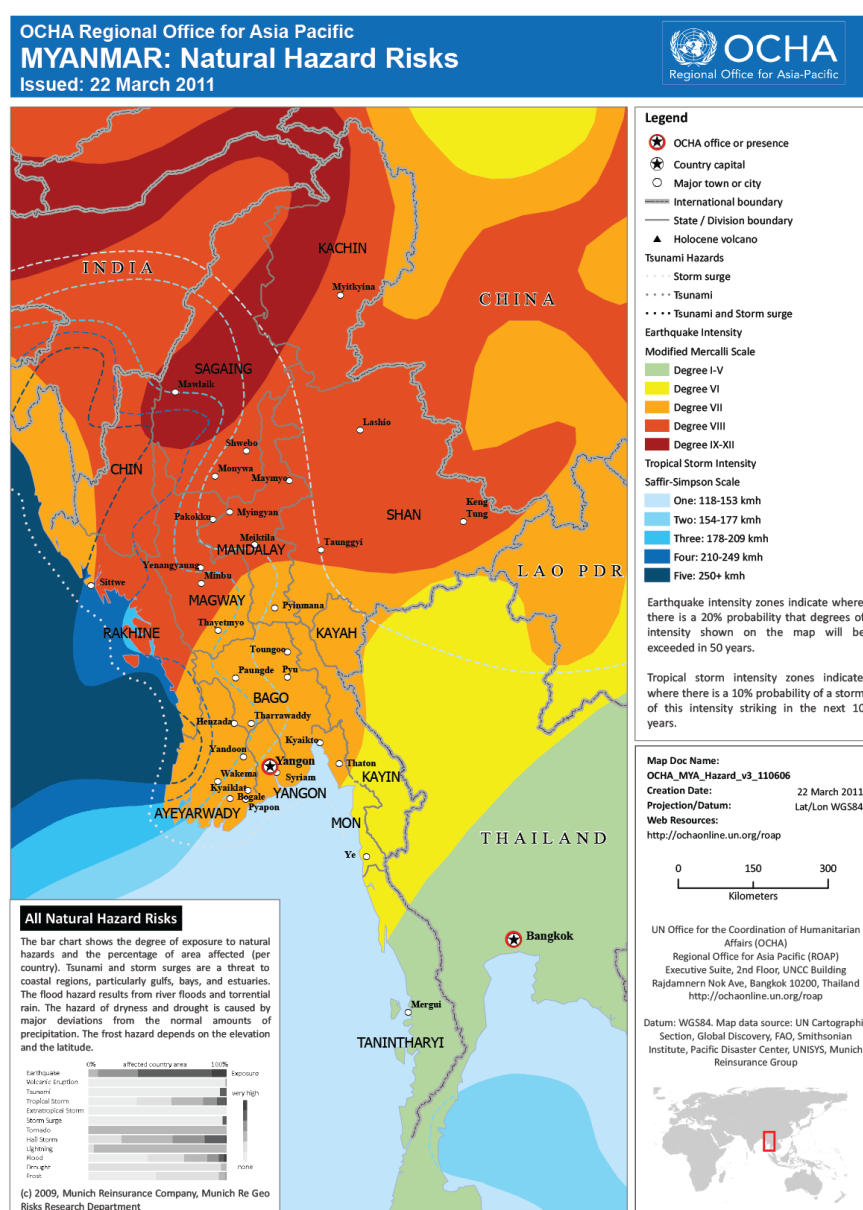
1.2 Objectives

- To promote the key content, learning experiences, and good practices from the first and second training

- To utilize the handbook as the references for the training of trainers for DiDRR in Myanmar

- To enhance the inclusion and active participation of person with disabilities (persons with physical disability) during the disaster evacuation drill

- To raise the awareness on the Disability inclusive Disaster Risk Reduction DiDRR concept to key stakeholders

- To highlight the diverse needs and capacities of people with disabilities during disasters

1.3 Challenges of Person with Disabilities during the disasters

During disasters in Myanmar, persons with disabilities (PWDs) face unique challenges and encounter specific opportunities. Some of the key challenges and opportunities that PWDs were presented as follows:

A.) Inclusion and Accessibility

Person with Disabilities (PWDs) often face difficulties accessing essential services and facilities during disasters due to physical barriers, lack of ramps, inaccessible transportation, and incomplete infrastructure.

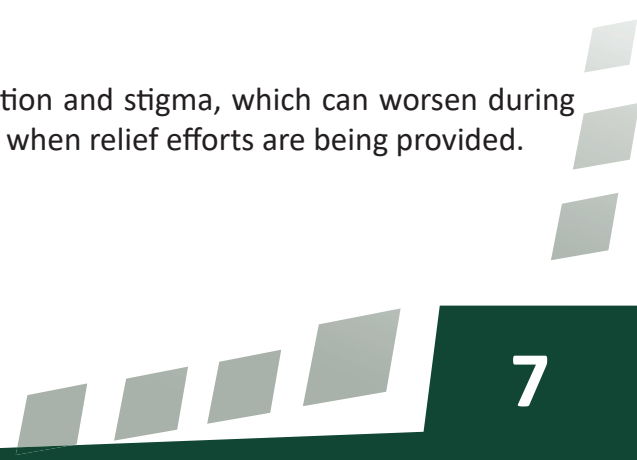## B.) Limited accessible route in evacuation and shelter

Person with Disabilities (PWDs) may encounter obstacles during evacuation processes, such as lack of accessible transportation or inadequate facilities, private area for the psychosocial impaired person in shelters that furnish to their specific needs.

C.) Communication barrier

Person with Disabilities (PWDs) especially those with hearing or speech impairments, may struggle to receive timely and accurate information during emergencies due to communication barriers and limited access to inclusive communication methods. And due to the weak awareness knowledge of rescue volunteers on sign language and this may hinder to rescue the person with disabilities during emergency.

D.) Discrimination and Stigma

Person with Disabilities (PWDs) may face discrimination and stigma, which can worsen during times of crisis. They may be overlooked or neglected when relief efforts are being provided.

E.) Healthcare and Support

Person with disabilities (PWDs) require specialized healthcare and support services during and after disasters. However, limited access to healthcare facilities, medication, assistive devices, and support personnel can exacerbate their vulnerability.

1.4 Opportunities of Person with Disabilities

It is essential to address the challenges faced by PWDs during disasters and recognize the opportunities available to ensure their inclusion and safety in emergency situations. By adopting inclusive approaches and involving PWDs in decision-making processes in order to become more effective, equitable, and resilient community for inclusive disaster management. The following are some opportunities for person with disabilities PWDs.

A.) Inclusive Planning and Preparedness

Disaster management authorities can leverage the involvement of person with disabilities (PWDs) and disability organizations in planning and preparedness processes. This collaboration ensures that the specific needs of PWDs are considered, resulting in more inclusive and effective disaster response.

B.) Capacity Building and Training

Providing training programs for emergency responders, volunteers, and community members on disability inclusion can enhance their understanding of disability-related issues and improve their ability to support PWDs during emergencies.
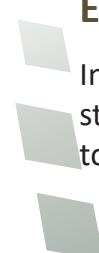
C.) Technology and Innovation

Advances in assistive technologies and inclusive design can help overcome barriers faced by PWDs. These technologies can include accessible communication tools, emergency notification systems, and mobility aids that enhance the independence and safety of PWDs during disasters.

D.) Community Engagement

Engaging the local community, including PWDs and their organizations, fosters a sense of ownership and ensures that the specific needs and capacities of PWDs are integrated into disaster response efforts.

E.) Advocacy and Awareness

Increased awareness about the rights and capabilities of PWDs can help reduce discrimination and stigma. Advocacy efforts should focus on promoting inclusive policies, practices, and legislation to protect the rights and well-being of Person with Disabilities (PWDs) during disasters.

Section 2 : PRINCIPLEs of DRR/ DiDRR

2.1 Disaster Risk Profile

Disaster Risk Reduction (DRR) means the concept and practice of reducing disaster risks through systematic efforts to analyze and manage the factors that cause disasters, including through reduced exposure to hazards, lessened vulnerability of people and property, wise management of land and the environment, and improved preparedness for disaster events. *(Disaster Management Rules-2015)*

DRR aims to reduce the impacts of disasters and enhance the resilience of communities and infrastructure to effectively cope with and recover from disasters.

Note: There was not a specific, standalone "disability-inclusive disaster risk reduction" definition provided by the government in Myanmar, there is still a need to ensure the rights of persons with disability in disaster management and risk reduction efforts.

2.2 Sendai Framework for Disaster Risk Reduction

The Sendai Framework for Disaster Risk Reduction (2015-2030) is an international agreement adopted by United Nations member states in March 2015. It outlines a set of priorities, principles, and actions to guide global efforts in reducing disaster risk and building resilience to disasters over a 15-year period.

Figure 2 chart of the Sendai Framework for Disaster Reduction

Chart of the Sendai Framework for Disaster Risk Reduction
2015-2030

Scope and purpose

The present framework will apply to the risk of small-scale and large-scale, frequent and infrequent, sudden and slow-onset disasters, caused by natural or manmade hazards as well as related environmental, technological and biological hazards and risks.
It aims to guide the multi-hazard management of disaster risk in development at all levels as well as within and across all sectors

Expected outcome

The substantial reduction of disaster risk and losses in lives, livelihoods and health and in the economic, physical, social, cultural and environmental assets of persons, businesses, communities and countries

Goal

Prevent new and reduce existing disaster risk through the implementation of integrated and inclusive economic, structural, legal, social, health, cultural, educational, environmental, technological, political and institutional measures that prevent and reduce hazard exposure and vulnerability to disaster, increase preparedness for response and recovery, and thus strengthen resilience

Targets

Substantially reduce global disaster mortality by 2030, aiming to lower average per 100,000 global mortality between 2020-2030 compared to 2005-2015	Substantially reduce the number of affected people globally by 2030, aiming to lower the average global figure per 100,000 between 2020-2030 compared to 2005-2015	Reduce direct disaster economic loss in relation to global gross domestic product (GDP) by 2030	Substantially reduce disaster damage to critical infrastructure and disruption of basic services, among them health and educational facilities, including through developing their resilience by 2030	Substantially increase the number of countries with national and local disaster risk reduction strategies by 2020	Substantially enhance international cooperation to developing countries through adequate and sustainable support to complement their national actions for implementation of this framework by 2030	Substantially increase the availability of and access to multi-hazard early warning systems and disaster risk information and assessments to people by 2030

Priorities for Action

There is a need for focused action within and across sectors by States at local, national, regional and global levels in the following four priority areas.

Priority 1 Understanding disaster risk	**Priority 2** Strengthening disaster risk governance to manage disaster risk	**Priority 3** Investing in disaster risk reduction for resilience	**Priority 4** Enhancing disaster preparedness for effective response, and to «Build Back Better» in recovery, rehabilitation and reconstruction
Disaster risk management needs to be based on an understanding of disaster risk in all its dimensions of vulnerability, capacity, exposure of persons and assets, hazard characteristics and the environment	Disaster risk governance at the national, regional and global levels is vital to the management of disaster risk reduction in all sectors and ensuring the coherence of national and local frameworks of laws, regulations and public policies that, by defining roles and responsibilities, guide, encourage and incentivize the public and private sectors to take action and address disaster risk	Public and private investment in disaster risk prevention and reduction through structural and non-structural measures are essential to enhance the economic, social, health and cultural resilience of persons, communities, countries and their assets, as well as the environment. These can be drivers of innovation, growth and job creation. Such measures are cost-effective and instrumental to save lives, prevent and reduce losses and ensure effective recovery and rehabilitation	Experience indicates that disaster preparedness needs to be strengthened for more effective response and ensure capacities are in place for effective recovery. Disasters have also demonstrated that the recovery, rehabilitation and reconstruction phase, which needs to be prepared ahead of the disaster, is an opportunity to «Build Back Better» through integrating disaster risk reduction measures. Women and persons with disabilities should publicly lead and promote gender-equitable and universally accessible approaches during the response and reconstruction phases

Guiding Principles

Primary responsibility of States to prevent and reduce disaster risk, including through cooperation	Shared responsibility between central Government and national authorities, sectors and stakeholders as appropriate to national circumstances	Protection of persons and their assets while promoting and protecting all human rights including the right to development	Engagement from all of society	Full engagement of all State institutions of an executive and legislative nature at national and local levels	Empowerment of local authorities and communities through resources, incentives and decision-making responsibilities as appropriate	Decision-making to be inclusive and risk-informed while using a multi-hazard approach
Coherence of disaster risk reduction and sustainable development policies, plans, practices and mechanisms, across different sectors	Accounting of local and specific characteristics of disaster risks when determining measures to reduce risk	Addressing underlying risk factors cost-effectively through investment versus relying primarily on post-disaster response and recovery	«Build Back Better» for preventing the creation of, and reducing existing, disaster risk	The quality of global partnership and international cooperation to be effective, meaningful and strong	Support from developed countries and partners to developing countries to be tailored according to needs and priorities as identified by them	

www.preventionweb.net/go/sfdrr
www.unisdr.org
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UNISDR
The United Nations Office for Disaster Risk Reduction

2.3 Convention on the Rights of Persons with Disabilities

Myanmar signed the UNCRPD on December 7, 2011, indicating its commitment to uphold the rights of persons with disabilities, dignity, and well-being of persons with disabilities in alignment with international standards.

- To ensure the protection and safety of persons with disabilities in situations of risk, including situations of armed conflict, humanitarian emergencies, and the occurrence of natural disasters.

- To specify addresses the rights and freedoms of persons with disabilities.

- To protect and save persons with disabilities in any situation.

2.4 Sustainable Development Goals SDG

Sustainable Development Goals that are particularly relevant to Disability-Inclusive Disaster Risk Reduction DiDRR are;

SDG 3: Good Health and Well-Being:

Inclusive DRR involves providing access to healthcare, rehabilitation, and psychosocial support for persons with disabilities during and after disasters in Myanmar.

SDG 4: Quality Education:

Disability-inclusive DRR includes ensuring that educational institutions are prepared to support students with disabilities during emergencies in Myanmar.

SDG 5: Gender Equality:

Inclusive DRR efforts in Myanmar should aim to address the specific needs of women and girls with disabilities during disasters, ensuring their protection and participation.

SDG 9:

DiDRR should focus on concerning building sound infrastructure, values perspectives of persons with disabilities, particularly in areas affected by disasters.

- To build resilient infrastructure for PWDs.

- To promote PWD's inclusive and sustainable industrialization and foster innovation.

SDG 11: Sustainable Cities and Communities:

Inclusive DRR initiatives in Myanmar should focus on creating accessible urban environments and infrastructure that benefit everyone, including persons with disabilities.

SDG 16: Peace, Justice, and Strong Institutions:

Disability-inclusive DRR efforts in Myanmar should involve strengthening legal frameworks and institutions to prioritize the rights and needs of persons with disabilities during disasters.

In Myanmar, disability-inclusive DRR requires better collaboration among the government, civil society organizations, disability groups, and other stakeholders to achieve shared goals of resilience and inclusivity.

2.5 Incheon Strategy to "Make the Right Real" for Persons with Disabilities in Asia and the Pacific, 2013-2022

Central to the Incheon Strategy is the establishment of reliable and comparable disability baseline data for the core indicators by the midpoint of the Asian and Pacific Decade of Persons with Disabilities (2013-2022), as source-critical means of tracking progress towards the achievement of the goals and targets.

• To establish reliable and comparable disability baseline data.

• To track the achievement of the goals and targets toward PWDs.

Key principles and policy direction

The Incheon Strategy is based on the principles of the Convention on the Rights of Persons with Disabilities:

A) Respect for inherent dignity, individual autonomy, including the freedom to make one's own choices, and independence of persons;

B) Non-discrimination;

C) Full and effective participation and inclusion in society;

D) Respect for difference and acceptance of persons with disabilities as part of human diversity and humanity;

E) Equality of opportunity;

F) Accessibility;

G) Equality between men and women;

H) Respect for the evolving capacities of children with disabilities and respect for the right of children with disabilities to preserve their identities.

2.6 Social Model/ Disability Equity Training DET related to DRR

Social Model: "defines disability as a consequence of environmental, social, economic, and attitudinal barriers that prevent persons with disabilities from fully participating in society. The social model differs from the medical model because people are viewed as being disabled by society rather than by their impairments."

The social model of disability is now the internationally recognized way to view and address 'disability'. The United Nations Convention on the Rights of Persons with Disabilities (CRPD) marks the official paradigm shift in attitudes towards people with disability and approaches to disability concerns.

Interactive Social Model: "disability is not considered as a characteristic of the person, but rather the result of interaction between the person and his/her environment."

Legislation

The Rights of the Persons with Disabilities Law aims to:

- Take better care of the persons with disabilities in accordance with the Constitution;

- To implement more effectively the provisions for the rights of persons with disabilities that are recognized in the UN Convention;

- To enable the persons with disabilities enjoy the human rights and fundamental freedoms of citizens on an equal basis with others;

- To integrate in the society of different fields such as politics, social, education, health, economic, culture, and public affairs on an equal basis with others; etc.

Employer Legal Requirements

Law on the Rights of Persons with Disabilities "possible introduction of a requirement for companies to employ a quota (percentage) of persons with disabilities to be set by the National Committee, which was established in September 2017.
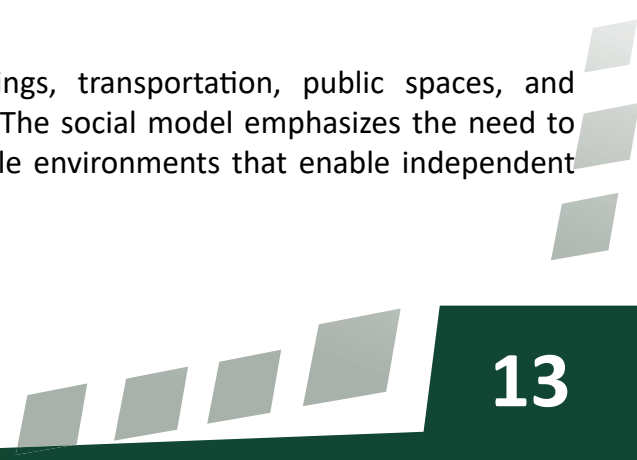
Legislation and Policy

The social model of disability highlights the need for comprehensive legislation and policies that protect the rights of PWDs and promote their inclusion. Myanmar can benefit from enacting disability-inclusive laws, such as Disaster Management Law 2013 and Rules 2015, (The Law of the Rights of Persons with Disabilities 2015), Rules and Regulations 2017, National Strategic Plan on mainstreaming of PWDs (2022-2027) has been approved by the Government in line with ASEAN enabling master plan 2025, anti-discrimination laws, accessibility standards, and policies that address the specific needs and concerns of PWDs.

Employment and Economic Opportunities

Accessibility Requirements

Access to physical environments, such as buildings, transportation, public spaces, and infrastructure, is crucial for the inclusion of PWDs. The social model emphasizes the need to eliminate architectural barriers and create accessible environments that enable independent mobility and equal participation.

- wheelchair accessible parking should be available

- A level entrance into the facility

- An elevator if meetings are held in rooms above the first floor

- Wheelchair accessible restroom facilities that are close by

- Signage indicating where accessible facilities are located

- Tactile signage such as restrooms, meeting rooms, and other facility functions and services

The Rights of the Persons with Disabilities Law – Chapter 10

The employer shall, make appropriate arrangements including interviewing, the equal rights for interviewing salaries and opportunities, promotion, job security, access to the free vocational education and training based on employability of the persons with disabilities.

PWDs in Myanmar often face challenges in accessing employment opportunities due to discrimination, limited access to vocational training, and inaccessible workplaces. The social model emphasizes the need to remove barriers and create inclusive employment policies, practices, and environments that enable PWDs to participate fully in the workforce.

- Myanmar's census from 2014 showed that 2.3 million people (4.6%) are living with a disability.

- Only 29% of males with disabilities are in the labor force

- Only 15% of females with disabilities are in the labor force

Inclusive education

The social model highlights the importance of inclusive education, where PWDs have equal access to quality education in mainstream schools. In Myanmar, promoting inclusive education practices and providing reasonable accommodations can empower PWDs and enhance their educational opportunities. It can encourage persons with disabilities as major stakeholders and it is important to engage persons with disabilities in decision-making processes on DRR.

DET related to DiDRR

Disability Equality Training is a participatory process where people are introduced to the real issues and discrimination facing all disabled people with a view to them changing their behaviour, policies and practices. As with other equality training, Disability Equality Training DET courses are designed and delivered by the people who have directly experienced discrimination i.e. qualified disabled trainers who experience disability as a form of social oppression and therefore truly understand the reality of living in a disabling society.

DET is about:

- The Social Model of Disability

- Disabled people leading the training

- Examining the barriers faced by disabled people in society

- Questioning stereotypes, myths and misconceptions about disabled people

- A commitment to change

2.7 Inclusion

- Ensure that persons with disabilities have a seat at the table.

- Remove barriers to the full participation of persons with disabilities.

- Increase awareness among governments on the needs of persons with disabilities.

- Collect data that is inclusive of persons with disabilities.

- "Build back better" by improving accessibility for persons with disabilities.

Ensure that persons with disabilities have a seat at the table

Persons with disabilities and organizations of person with disabilities (OPDs) have invaluable knowledge, experience, and expertise about how to make disaster risk reduction activities responsive to their needs.

So, It is important to train organizations of person with disabilities (OPDs) to enhance the knowledge, experience and expertise in the filed for Disability inclusive Disaster Risk Reduction.

Remove barriers to the full participation of persons with disabilities

Persons with disabilities face physical, informational, communication, and other barriers that prevent them from participating in full.

- To reduce the physical barriers (Access paths, Building designs, and Layout of rooms)

- To promote DRR stakeholders' knowledge on how to support PWDs, skills, and capacity needed to mainstream DiDRR.(Training, Meeting)

- To link DRR stakeholders to Organization of Person with Disabilities (OPDs) and PWDs. (Workshop, Meeting)

Increase awareness among governments on the needs of persons with disabilities

Persons with disabilities may not give priority to their well-being during disaster response and recovery. It is thus critical to build government awareness about the needs of persons with disabilities.

- To increase government staff and other stakeholders to build awareness about the needs of persons with disabilities.

- To train Persons with disabilities in their well-being disaster preparedness, during disaster response, and recovery.

Collect data that is inclusive of persons with disabilities

Data and statistics disaggregated by disability are simply not available, this can make it challenging to implement disaster risk reduction activities, which are responsive to the needs of persons with disabilities.

- To make available inclusive PWDs when implementing disaster risk reduction activities. (data defining, data collecting, data structuring, data delivering)

"Build back better" by improving accessibility for persons with disabilities

Disaster recovery efforts should strive to improve accessibility for persons with disabilities.

- To support accessibility for persons with disabilities in the Recovery phase.

- To effort to improve accessibility for persons with disabilities, to get build back better in Disaster recovery.

2.8 Universal Design

Accessibility

Accessibility is the design of products, devices, services, vehicles, and environments to be usable by persons with disabilities.

- To build Accessibility of a bathroom and toilet.

- To provide needs to any persons with disabilities.

- To help convince any services.

- To assist vehicles with more conveniences

- To establish more familiarity with the environments.

- To give more usable things accessible.

The concept of accessible design and practice of accessible development ensures both "direct access" and "indirect access".

Direct access

- To guide will provide information about creating accessible digital materials. (sight, sound, touch)

Indirect access

- To assist compatibility with a person's assistive technology (computer screen readers, research and development in accessibility)

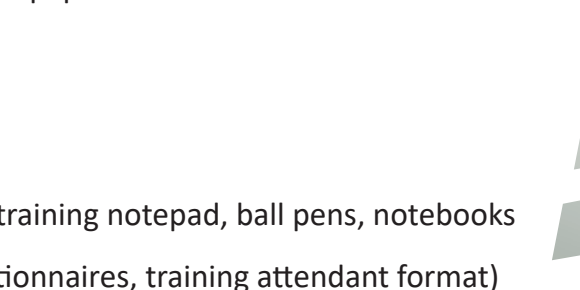# Section 3 : How to use the accessible Handbook

Roles of Resource persons/ Facilitators

- Person with Disabilities who already received the training of trainers course (differentiated by mobility disabilities and functional disabilities)

- Emergency rescue volunteers

- Local external technical experts for some interactive session

Target participants

- Person with Disabilities (differentiated by kinds of psychosocial disabilities, mobility disabilities, functional disabilities) and their caregivers

- Trainers and Facilitators (members from organizations of person with disabilities)

- General community people including women, who both are knowing of basic knowledge about disaster risk reduction and none of foundation.

- Emergency responders

- Total participants should be 25 persons

Materials/ equipment

- Whiteboard (or) flipchart for trainers who prefer paper-based methods to illustrate their points

- Video projector (or) large screen

- Computer

- Training materials such as marker Pen (colorful), training notepad, ball pens, notebooks

- Printing documents (handout, pre and post questionnaires, training attendant format)

- Training evaluation form (Goggle)

- Other training materials (Electrical outlets, scissors, color pencils, paper tape, clips, small rewards for group work competition etc.)

Training Methodology

- The training will be facilitated by a participatory approach

- Group Discussion, role-play activities, use of drawings, posters, questions, and answers sessions will be involved.

- Training Pre and Post-test for knowledge improvement, evaluation sessions after each training day will be conducted as part of the training.

- Sign language interpreter will be allocated during the whole training to assist the person with a disability, members from the organization of persons with disabilities so that they could participate and discuss every training activity.

- Will use assistive technology showing awareness-raising video (DAISY, E-Pub)

Training Venue arrangement

- Accessibility for participants

- slope for wheelchair users at the entrance

- Elevator (buttons for choosing floor) should be accessible for wheelchair user (If possible, training venue should be 1st floor)

- Accessible toilets

- Emergency exit route

Training Day 1

Session 1 Opening speech, training objectives and introduction (30 mins)

The facilitator begins the session by delivering the opening remarks and outlining the training objectives. Following this, there is a segment dedicated to introducing each participant by using icebreaking games, establishing classroom ground rules, and discussing participant expectations. The pretest session for each participant will include questionnaires covering various topics, such as types of barriers, the definition of disaster, information about early warning systems for persons with disabilities, accessibility, and inclusive participation.

Session 2 Introduction to disability inclusion (30 mins)

The facilitator will use the powerpoint presentation on basic concept of disability inclusion.

- What words or ideas comes into your mind when we say the word disability ?

- What is disability?

- Why do we talking about disability?

- What are types of impairments?

- What is inclusion?

Types of Impairment

1. Physical

2. Sensory

3. Intellectual

4. Mental illness

Session 3 Country law and policy (30 mins)

Overview on

- UNCRPD

- Hyogo Framework for Action 2005-2015

- Disaster Management Law

- Myanmar Action Plan on Disaster Risk Reduction (MAPDRR)

- The rights of person with disability law

- National Strategic Plan on mainstreaming of Person with Disabilities

Sources: *https://social.desa.un.org/issues/disability/crpd/convention-on-the-rights-of-persons-with-disabilities-crpd*

https://themimu.info/sites/themimu.info/files/documents/Core_Doc_Myanmar_Action_Plan_on_Disaster_RiskReduction_2017.PDF

https://www.myanmar-law-library.org/law-library/laws-and-regulations/laws/myanmar-laws-1988-until-now/union-solidarity-and-development-party-laws-2012-2016/myanmar-laws-2013/pyidaungsu-hluttaw-law-no-21-2013-natural-disaster-management-law-burmese-and.html

Session 4 Social Model of disability and basic terminologies (30 mins)

- Models of disability (charity model, medical model, social model, right-based model)

- Terminologies (do and don't)

Sources: *https://www.unhcr.org/media/handout-2-models-disability*

https://www.ungeneva.org/sites/default/files/2021-01/Disability-Inclusive-Language-Guidelines.pdf

Session 4 Barriers (30 mins)

- Twin tract approach

- Types of barriers (physical, attitudinal, communication, institutional)

- Removal of barriers

- Inclusion and Accessibility:

• Conduct disability audits of infrastructure and facilities to identify and remove barriers.

• Provide accessible transportation and evacuation routes.

• Ensure that shelters are accessible and meet the specific needs of PWDs, such as providing private areas for people with psychosocial impairments.

• Communication barrier:

• Provide inclusive communication methods, such as sign language interpreters and accessible information formats.

• Train rescue volunteers on sign language.

• Discrimination and Stigma:

• Raise awareness about the rights and capabilities of PWDs.

• Promote inclusive policies, practices, and legislation.

• Healthcare and Support:

• Ensure that healthcare facilities are accessible to PWDs.

• Provide a stockpile of medication, assistive devices, and other essential supplies for PWDs

Sources: *https://data.unhcr.org/en/documents/download/72248*

Session 5 Myanmar disaster landscape, disaster and hazard (25 mins)

- Myanmar disaster profile

- Definition of disaster

- Difinition of hazard

- Definition of vulnerability

- Definition of capacity

- Definition of resilience

Sources: *https://themimu.info/sites/themimu.info/files/documents/Presentation_Climate_Environmental_Degradation_and_Disaster_Risk_MIMU_31May2023.pdf*

Session 6 DiDRR, DET related to DiDRR (120 mins)

- Understanding of DiDRR

- Concept of disability equity training related to DiDRR

Sources: *https://www.un.org/disabilities/documents/egms/2015/Kenji_Kuno_Change.pdf*

Training Day 2

Session 1 HCVA, CBDRR (45 mins)

- Basic concept of Disability Inclusive Hazard Vulnerability and Capacity Assessment HCVA

- Community based Disaster Risk Reduction

Sources: *https://www.rcrc-resilience-southeastasia.org/wp-content/uploads/2016/06/3-HVCA-Manual-in-English.pdf*

Session 2 Risk analysis, Hazard Mapping (195 mins)

- Practical and group discussion session (Risk analysis, hazard mapping, CBDiDRR)

Sources: *https://www.rcrc-resilience-southeastasia.org/wp-content/uploads/2016/01/EN_TL_Disaster_Risk_Management_2page.pdf*

Session 3 Inclusive Early Warning system, Community action plan (Evacuation plan) (105 mins)

- Early warning system and how important

- Community action plan

- Community evacuation plan

Source: *https://www.undrr.org/terminology/early-warning-system*

Training Day 3

Session 1 Presentation about the evacuation drill to all participants (165 mins)

Session 2 Community evacuation drill (110 mins)

Section 4 : Program for 3-5 day-training course on DIDRR in the participants 'countries

Overview program

Day 1	Day 2	Day 3
Introduction to Training objectives Pre-Test	Recaps	Recaps
Basic concept of Disability and Inclusion	Basic concept of Disability Inclusive Hazard Vulnerability and Capacity Assessment HCVA, Community based Disaster Risk Reduction	Presentation about the evacuation drill to all participants
Law and policies Social model of disability,	Risk analysis, Hazard Mapping	Evacuation Drill (Earthquake)
Types of barriers and removing barriers (Exercises for barriers identification)	Group work activity for hazard mapping	
Disaster and Hazard, Myanmar Disaster landscape	Inclusive Early Warning system	
Why disability inclusion is important in disaster risk reduction	Community action plan	
Wrap up	Wrap up	Wrap Up (Post Test, Evaluation form)

Details of each session

Objective	Key contents	Period	Process on delivery	Material handout	Evaluation process
Day 1					
To improve communication among participants and to know knowledge level of participants	Introduction session of each participant	9:00 AM-9:30 AM	Games	Sticky Notes, forms	By all participants Evaluation Tools : % of pretest result
To strengthen the disability inclusion knowledge	Introduction to Disability inclusion	9:30 AM-10:00 AM	Presentation	Power point slide	By resource person (PWDs)
To aware the country disability law and policy	Law and policies	10:00 AM-10:30 AM	Presentation	Power point slide	By local external government authorities, and resource person (PWDs)
Morning Tea Break (10:30 AM – 10:45 AM)					
To aware of basic disability concept	Social Model of Disability, basic terminologies	10:45 AM-11:15 AM	Presentation	Power point slide	By resource person (PWDs)
To strengthen the knowledge upon barriers faced by person with disabilities and understand how to remove the barriers	Barriers and removing barriers, Universal Designs, accessibility	11:15 AM-12:00 PM	Presentation	Power point slide	By resource person (PWDs)

Objective	Key contents	Period	Process on delivery	Material handout	Evaluation process
Lunch Break (12:00 PM-1:00 PM)					
To aware the disaster landscape histories	Myanmar Disaster Landscape	1:00 PM-1:15 PM	Presentation	Power point slide	By resource person (PWDs)
To aware the basic disaster concept	Disaster and Hazard	1:15 PM-1:45 PM	Presentation	Power point slide	By resource person (PWDs)
To aware the important of disability inclusion in Disaster Risk Reduction process	Why disability inclusion is important in disaster risk reduction, Disaster management policies	1:45 PM-2:30 PM	Presentation	Power point slide	By resource person (PWDs)
Afternoon Tea Break (2:30 PM-2:45 PM)					
To strengthen the knowledge on Disability Equity of Training	DET related to DIDRR	2:45 PM-4:00 PM	Presentation	Power point slide	By resource person (PWDs)
	Wrap up	4:00 PM-4:15 PM			By resource person (PWDs)

Objective	Key contents	Period	Process on delivery	Material handout	Evaluation process
Day 2					
To reflect the memories of previous day	Recaps session	9:00 AM-9:15 AM			By participants
To understand the knowledge of DiDRR	Basic concept of Disability Inclusive Hazard Vulnerability and Capacity Assessment HCVA, Community based Disaster Risk Reduction	9:15 AM-10:00 AM	Presentation	Power point slide, video	By resource
Morning Tea Break (10:00 AM – 10:15 AM)					
To understand the knowledge of DiDRR	Risk analysis, Hazard Mapping	10:15 AM-12:00 PM	Presentation	Power point slide, flip chart, White board	By resource person (PWDs), all participants
Lunch Break (12:00 PM-1:00PM)					
To understand the knowledge of DiDRR	Group Discussion session for Disability Inclusive Community based disaster risk reduction	1:00 PM-2:30 PM	Group discussion and presentation of each group		By all participants
Afternoon Tea Break (2:30PM-2:45PM)					
To understand the important of early warning system	Inclusive Early Warning system	2:45 PM-3:15 PM	Presentation	Power point slide, video	By resource person (PWDs)

Objective	Key contents	Period	Process on delivery	Material handout	Evaluation process
To improve the awareness on evacuation	Community action plan	3:15 PM-4:30 PM	Presentation and group discussion	Power point slide, video	By resource person (PWDs)
	Wrap up	4:30 PM-4:45 PM			By resource person (PWDs)
Day 3					
To reflect the memories of previous day	Recaps session	9:00 AM-9:15 AM			By all participants
To aware of the disability inclusive Disaster Evacuation drill	Presenting about evacuation drill to all participants	9:15 AM-12:00 PM		Video presentation	By resource person (PWDs, rescue volunteers, local technical person)
Lunch Break (12:00 PM-1:00PM)					
To strengthen the community resilience in case of disaster (earthquake)	Evacuation Drill (Earthquake)	1:00 PM-4:30 PM	Practical session	Drill	By all participants
	Wrap Up (Evaluation form)	4:30 PM-4:45 PM	Question and answers	Online Evaluation form	By all participants

Appendixes

Training attendant sheet

https://docs.google.com/spreadsheets/d/1iF1EHZy7gEOg045ogvOexJzOlIhBVfpd/edit?usp=sharing&ouid=116696067015267151365&rtpof=true&sd=true

Training evaluation form

https://drive.google.com/file/d/1Cid_VQeBmhkl6z5NylkSdM8Smx8EclQM/view?usp=sharing

Checklist of necessary items

https://docs.google.com/document/d/1WgRfBuLJFxvJtfm5OQpfxTH4AvR00cW0/edit?usp=sharing&ouid=116696067015267151365&rtpof=true&sd=true

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The UN ESCAP's E-Learning Tool, "It is Our Responsibility," focuses on incorporating disability perspectives to all phases of Disaster Risk Reduction (DRR). It promotes awareness of Disability-Inclusive Disaster Risk Reduction (DiDRR) and urges the involvement of the whole society for the benefit of all. Over the 7 modules, the course offers fresh insights on disability and provides actionable recommendations for inclusive DRR practices. The tool targets DRR policy makers and professionals at all levels to develop and implement disability-inclusive policies with the meaningful participation of organizations of persons with disabilities. Course takers will receive an ESCAP certificate.
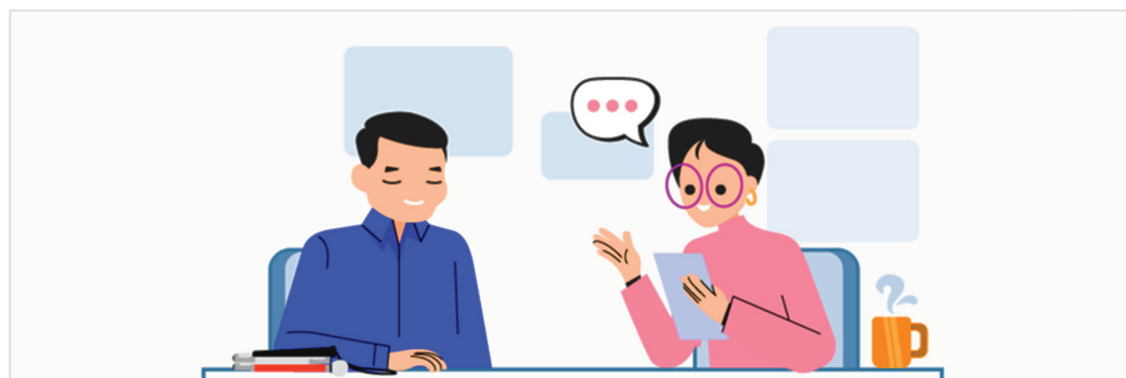

Thumbnail of DiDRR E-Learning Tool
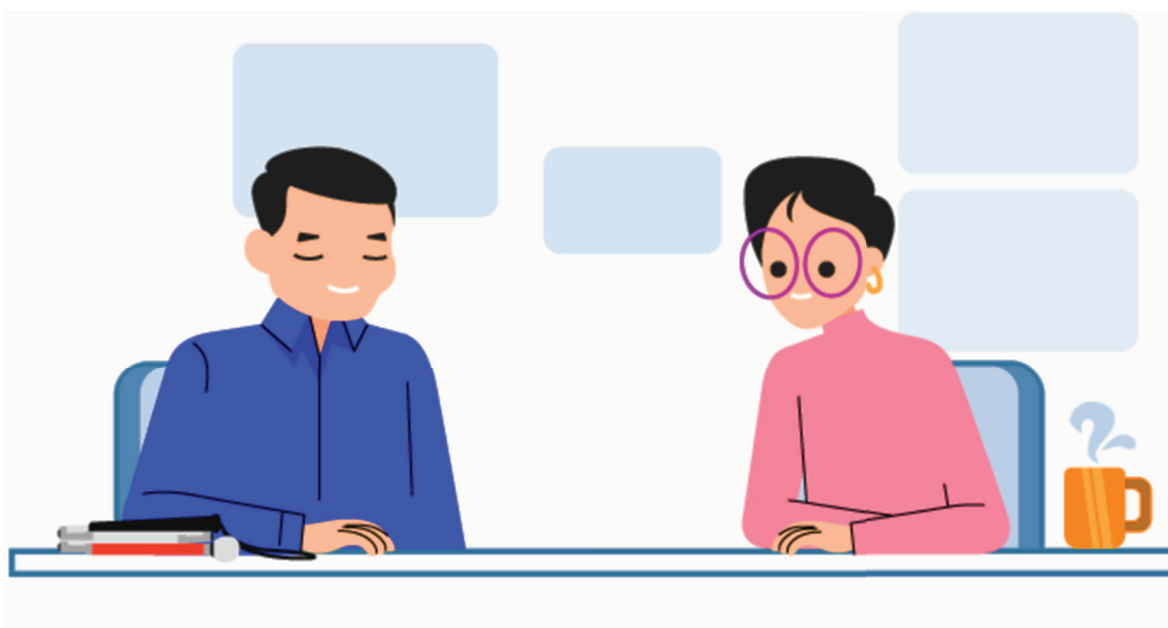
Characters Monthian (left) and Keiko (right) from the DiDRR E-Learning Tool
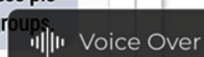

Screenshot of Module 2 of the DiDRR E-Learning Tool showing characters Monthian (left) and Keiko (right), as well as accessibility features of the tool, which includes voice over functionality.

Myanmar

Disability-Inclusive Disaster Risk Reduction (DiDRR) Handbook

TICA

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Inclusive Tools Training

Disaster

Warning Sign

Training

Safe

Quick Exit

Risk Reduction