

# Fit for School Knowledge Map // Lao PDR



**FIT FOR  
SCHOOL**

**FIT APPROACH**

**WinS  
MONITORING**

**THEMATIC  
APPLICATION**

**MANUALS**

**LEARNING  
EXCHANGE**

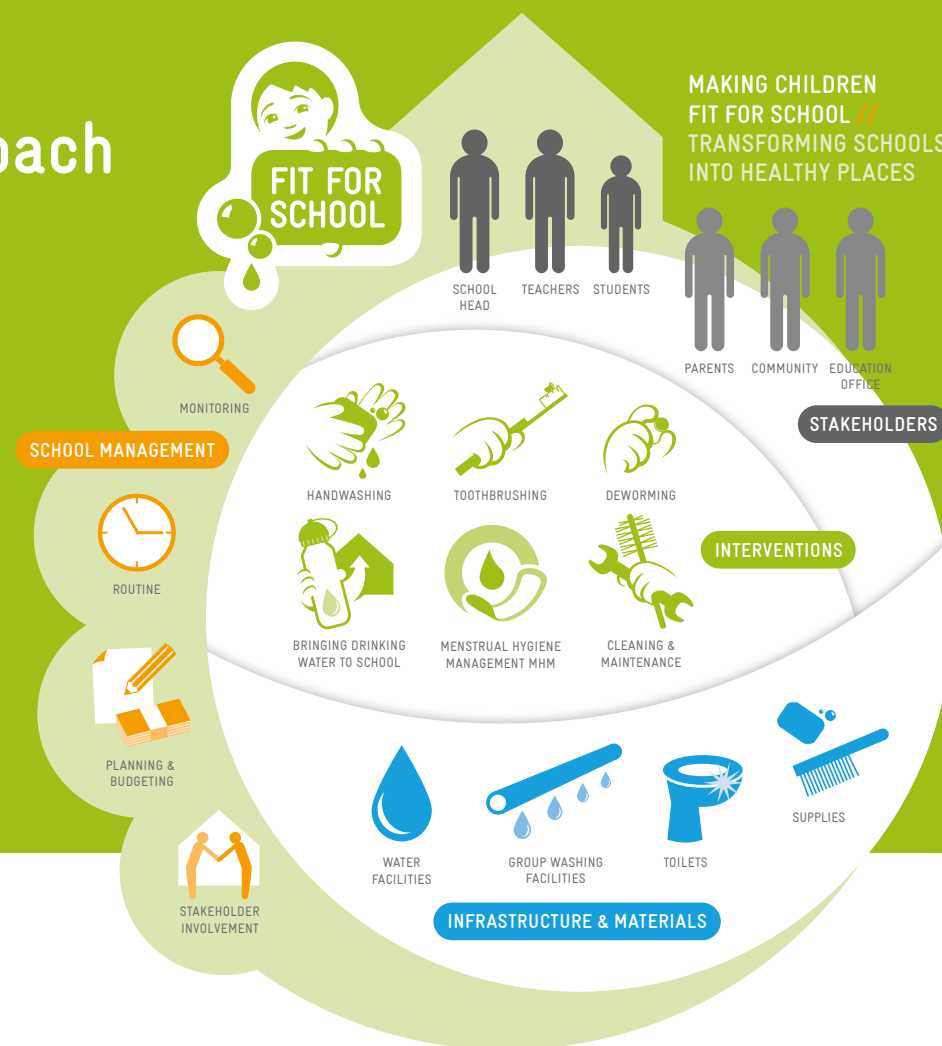
**WASH  
FACILITIES**

**RESEARCH**

# Transforming Schools into Healthy Places



## > Fit Approach



### Fit for School Infographic // Making Children Fit for School

> This is the Fit for School infographic that summarized and visualized transforming schools into healthy places.

FORMAT: Infographic, JPG, 1 page, 2018, available in English and Lao  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)  
LINKS: English – <https://bit.ly/3DHKf8i>  
Lao – <https://bit.ly/3PV5vgl>



## > WinS Monitoring



### Field Guide // The Three Star Approach for WASH in Schools

> The Field Guide on the Three Star Approach for WASH in Schools provides guidelines for a stepwise approach to improve the effectiveness of Water, Sanitation, and Hygiene programmes in schools. It complements UNICEF's broader child-friendly schools initiative and GIZ's Fit for School approach, which promote safe and healthy learning environments.

FORMAT: Booklet, PDF, 32 pages, 2015, available in English, French and Lao  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ), Unicef  
LINK: <https://bit.ly/3jV3a6V>



### Fit for School Programme in Lao PDR // Fact Sheet

> In 2011, Lao PDR started the FIT program in twenty-two model schools in four districts in Vientiane capital. They were selected to carry out improvements in WASH facilities and apply the daily hygiene activities. The Lao MoES started to scale up the program and intends to expand the reach of the program even further throughout the 17 provinces.

FORMAT: Fact Sheet, PDF, 4 pages, 2017, available in English and Lao  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)  
LINK: <https://bit.ly/3jt27vK>



### TSA Encoding Manual // General Education (GE) and Early Childhood Education (ECE)

> This manual provides guidance for district and provincial staff on how to encoding data, read assessment results, store data, and apply the result of assessment to do the report and planning development in school.

FORMAT: GE manual, PDF, 75 pages, 2020, Lao  
ECE manual, PDF, 15 pages, 2021, Lao  
SOURCE: Ministry of Education and Sports (MoES) in partnership with Ministry of Public Health with technical support from Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH and Seameo Innotech  
LINKS: GE manual – <https://bit.ly/3CKvkNb>  
ECE manual – <https://bit.ly/3e34CoF>





## > Implementation Manuals & Videos



### School Community Manual // Implementing Hygiene Activities in Early Childhood Education

> This manual was developed based on the lessons learned from programme implementation in primary and kindergarten schools. The contents have been adjusted to fit the local context for early childhood education in different areas and can be used as a reference for schools and communities when implementing Fit for School activities focusing on preventing communicable diseases among school-age children such as diseases related to the lack of hygiene, dental caries and intestinal parasites.

FORMAT: Manual, PDF, 72 pages, 2020, available in English and Lao  
SOURCE: Department of Early Childhood Education (DECE) of the Ministry of Education and Sports (MoES) in collaboration with the Ministry of Health (MoH) and with technical support from Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH and Seameo Innotech  
LINK: <https://bit.ly/3aEUGNW>



### School Community Manual // Implementing Hygiene Activities in Primary Schools

> This manual serves as implementation guidelines for educational administrators at school level, in the community and for other agencies implementing programs based on the Fit For School approach. The program aims to improve health and education of school children by making schools healthy places and by introducing hygienic and healthy habits through daily group practice.

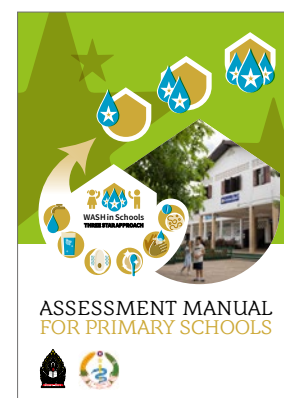
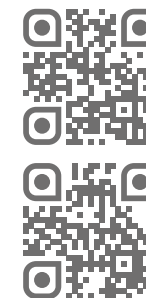
FORMAT: Manual, PDF, 72 pages, 2014, available in English and Lao  
SOURCE: Ministry of Education and Sports (MoES) in partnership with Ministry of Public Health with technical support from Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH and Seameo Innotech  
LINKS: English – <https://bit.ly/3RobX0F>  
Lao – <https://bit.ly/3wGORKF>



### Fit for School // Basic Orientation Videos for Public Primary Schools

> This Video presents the role of the school principal, school committee, teachers, parents and local authorities in implementing the Fit for School Programme in schools in Lao PDR.

FORMAT: Video, 17 Min, 2014, English and Lao  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)  
LINK: Long version: <https://bit.ly/3øeuCMa>  
Short version: <https://bit.ly/3E8aS6k>



### WASH in Schools Three Star Approach // Evaluation Manual for Primary Schools

> The manual defines required standards and indicators for WASH in Schools including 6 categories, 26 indicators, and 52 checklist items, which can serve as guidelines for the school, for the District Education and Sports Bureau (DESB) and for the Provincial Education and Sports Services Department (PESS), as well as supporting the national level of the Ministry of Education and Sports with monitoring, encouraging, and evaluating the implementation and improvement of WASH in Schools in Lao PDR.

FORMAT: Manual, PDF, 40 pages, 2022, English  
SOURCE: Ministry of Education and Sport in cooperation with the Ministry of Health supported by Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ), Unicef, Plan International, World Vision and other international agencies  
LINK: Coming soon





## > WASH Facilities



### Group Washing Facilities in Lao PDR // Catalogue

> Daily hygiene group activities in schools are a simple, cost-effective way to promote a healthy life and good education for kids. Several solutions have been created in schools to provide facilities that can be used by a group of students at the same time. This catalogue provides an overview of facilities in primary schools in Vientiane, Lao PDR.

FORMAT: Catalogue, PDF, 44 pages, 2017, available in English and Lao  
SOURCE: Ministry of Education and Sports (MoES), especially the MoES School Health Task Force of the Department of Pre-school and Primary Education, the Ministry of Health (MoH) in collaboration with Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH, in partnership with Unicef, Seamo Innotech, Sourires d'enfants, Lao - Luxembourg Development Cooperation  
LINK: <https://bit.ly/3joYeYD>



### Scaling up Group Handwashing in Schools // Compendium of Group Washing Facilities Across the Globe

> The "Compendium of Group Washing Facilities around the Globe" (UNICEF-BMZ-GIZ) comprises such examples from Afghanistan, Cambodia, Fiji, India, Indonesia, Kiribati, Lao PDR, Liberia, Mali, Nigeria, Philippines, Tanzania and Zambia. This publication is a collection of exemplary designs for group washing facilities. It is intended as an introduction to the topic and the concept of group handwashing, as well as the principles and the basic requirements for facilities.

FORMAT: Compendium, PDF, 88 pages, 2016, English  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ), UNICEF, Fit for School International  
LINK: <https://bit.ly/3B2FDsh>



## > Research



### Fit for School Programme Assessment Study (FIT-PAS) // Report 2009-2014

> A report on the Fit for School Programme Assessment Study from 2012 to 2014 done in Cambodia, Indonesia, Lao PDR and the Health Outcome Study in the Philippines (2009 – 2011). The research was carried out by implementing organizations in partnership with several local and international universities. Data were collected by teams of trained personnel from the respective MoEs, the Ministries of Health (MoHs), local universities and local NGOs in each country.

FORMAT: Short report, PDF, 8 pages, 2018, available in English and French  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)  
LINK: <https://bit.ly/3c8RVnG>



### Fit for School Programme Assessment Study (FIT-PAS) // Short Report 2012-2014

> A short report on the Fit for School Programme Assessment Study from 2012 to 2014 done in Lao PDR. The study involved 22 model public primary schools in Vientiane implementing the FIT program and 22 control public primary schools implementing the regular health education curriculum and bi-annual deworming.

FORMAT: Short report, PDF, 4 pages, 2017, English  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)  
LINK: <https://bit.ly/3pucR10>



### Fit for School Programme Outcome Study // Bridging Research and Practice

> A video covering the Fit for School Programme Assessment Study, which was a collaborative effort between all partner organizations and a consortium of academic collaborators from local and international universities. The study was carried out in all 41 model schools and 41 corresponding control schools in Indonesia, Cambodia and Lao PDR. Research is an important tool for Fit for School to support program implementation, evidence-based advocacy and inform policies in education, health and WASH sectors. Conducting implementation research also boosts local research capacities, increases program ownership and facilitates south to south learning.

FORMAT: Video, 7 Min, 2015, English  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)  
LINK: <https://bit.ly/3E1rfS4>





# Scaling-Up the Fit for School Programme Sisattanak District Experience // Research Update

➤ Sisattanak is a district in Vientiane Capital with an advanced socio-economic profile compared to many other areas and districts in Lao PDR. Its location to the national level was an advantage during the research and development phase (2011– 2015) of the programme in order to consolidate learnings from model schools and to develop implementation templates and materials for the Lao context. This report reflects the outcomes of a study that was carried out in Sisattanak District in Vientiane Capital to examine how the District was able to scale-up the Fit for School program to all primary schools in its area by describing existing structures, processes, and facilitating and hindering factors.

FORMAT: Research Update, PDF, 32 pages, 2016, available in English and Lao  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ), Seameo Innotech  
LINK: <https://bit.ly/3sMxpzY>



# Nutritional Status, Dental Caries and Tooth Eruption in Children

➤ Untreated dental caries is reported to affect children's nutritional status and growth, yet evidence on this relationship is conflicting. The aim of this study was to assess the association between dental caries in both the primary and permanent dentition and nutritional status (including underweight, normal weight, overweight and stunting) in children from Cambodia, Indonesia and Lao PDR over a period of 2 years. A second objective was to assess whether nutritional status affects the eruption of permanent teeth.

FORMAT: Research article, PDF, 11 pages, 2013, English  
SOURCE: Dimaisip-Nabuab, J, Duijster, D., Benjian, H. et al.  
BMC Pediatr 18, 300 (2018). <https://doi.org/10.1186/s12887-018-1277-6>  
LINK: <https://bit.ly/3bhAnXq>

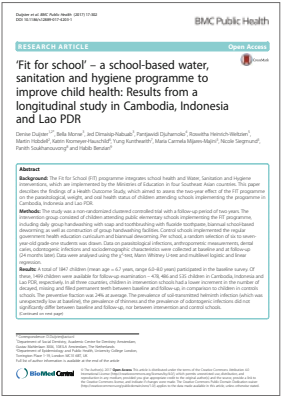


# Scaling-Up the Fit for School Programme Sisattanak District Experience // Orientation Video

➤ The Sisattanak Distict in the Vientiane Capital of Lao PDR was able to scale up the Fit for School program in all its primary schools within three years. This was made possible under the leadership of the District Education Bureau, in partnership with the District Health Department and endorsement from the Department of Pre-school and Primary Education (DPPE) of the Ministry of Education and Sports (MoES) and Provincial Education Service of Vientiane Capital.

This complete orientation video describes in detail how the Sisattanak District has been able to start the implementation of the Fit for School program, scale it up and discusses success factors that contributed to the district-wide scale-up of the program.

FORMAT: Video, 22 Min, 2017, English  
SOURCE: Ministry of Education and Sports (MoES), Ministry of Health (MoH), Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ), Seameo Innotech  
LINKS: English – <https://bit.ly/3ptU5qc>



# Fit for School // A School-based Water, Sanitation and Hygiene Programme to Improve Child Health

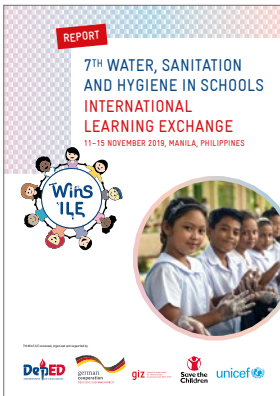
➤ Over the initial two-year implementation, FIT lead to improved access to handwashing facilities with water and soap and stimulated healthy hygiene practices such as individual handwashing with soap at critical times. Further, FIT supported the implementation of the national deworming programme in each of the countries. Most importantly, FIT was seen to reduce development of new dental caries by 24%.

FORMAT: Research article, PDF, 15 pages, 2017, English  
SOURCE: Duijster, D., Monse, B., Dimaisip-Nabuab, J. et al. BMC Public Health 17, 302 (2017). <https://doi.org/10.1186/s12889-017-4203-1>  
LINK: <http://bit.ly/3rj00La>





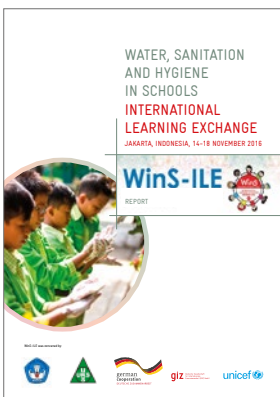
## > Learning Exchange & Training



### 7th WASH in Schools International Learning Exchange in the Philippines

> In continuation of WinS International Learning Exchanges (ILE), initiated by GIZ and UNICEF in 2012, the 7th ILE is hosted by the Philippine Department of Education (DepEd) and brings together 191 participants from 16 countries of the South/East Asian and Pacific regions. They come from government ministries, international organizations, research institutions and development partner agencies. This document represents consensus among all participants on key areas to accelerate action on WinS in order to achieve universal WinS coverage with at least basic WinS services by 2030 as agreed by all UN member states in the SDGs. Full and detailed reporting of all sessions and discussions are available in this conference report.

FORMAT: Report, PDF, 40 pages, 2019, English  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) as part of the WASH in Schools Network  
LINK: <https://bit.ly/3rnEZRg>



### 5th WASH in Schools International Learning Exchange in Indonesia

> This report captures the key event proceedings including presentations, discussions, field visit and group work interactions and summarise key learnings and conclusions during the 5th WinS ILE in Jakarta (14–18 November 2016).

FORMAT: Report, PDF, 56 pages, 2016, English  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) as part of the WASH in Schools Network  
LINK: <https://bit.ly/3rnB0sK>



### WASH in Schools Virtual Mini-International Learning Exchange

> The COVID-19 pandemic has impacted our daily lives worldwide. Children suffer especially under the outbreak, as it is estimated that, globally, over one billion school children are staying home (as at June 2020) with a high number of children not continuing their education online. This report summarizes the presentations and discussions of technical sessions and country consultations on innovative solutions available for reopening of schools in light of the COVID-19 pandemic during the Mini-ILE held online on 25th of June 2020.

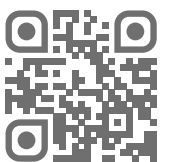
FORMAT: Report, PDF, 16 pages, 2020, English  
SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) as part of the WASH in Schools Network  
LINK: <https://bit.ly/3JJ0DMU>



### Raising Clean Hands in Lao PDR // A Joint Call to Action

> Lao PDR has made clear progress in recent years. In 2008 less than a third of all primary schools provided water and sanitation facilities. By 2014 this increased to almost half of all primary schools providing such facilities. This demonstrates the real progress Lao PDR is making, but also shows there is still some way to go to fulfill every child's right to water, sanitation and skills-based hygiene education. The goal of the Joint Call to Action is to ensure that all schools provide skills-based hygiene education, access to safe water and well-maintained, child-friendly sanitation facilities. This is a call to immediate action, renewed commitment and increased investment in WASH in Schools.

FORMAT: Booklet, PDF, 36 pages, 2015, English  
SOURCE: Unicef, Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)  
LINK: <https://bit.ly/3Rrvtcn>





## > Thematic Application



### Fit for Food // Working Together for Better Nutrition and Hygiene in Schools

> In Oudomxay Province, Northern Lao PDR, the Fit for School Programme has partnered with the World Food Programme (WFP) to spread the improvement of water, sanitation and hygiene (WASH) in schools, with a particular focus on the influence of better WASH on nutrition. In 10 schools that receive school lunch support from WFP, the Fit For School approach uses existing structures to improve WASH by focusing on daily group activities, such as handwashing and toothbrushing and implementing routine cleaning schedules to maintain the facilities. GIZ and WFP both bring expertise and funding to achieve the joint objective of improving hygiene practices and nutritional gains in schools.

FORMAT: Video, 3 Min, 2017, English and Lao

SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)  
in partnership with the World Food Programme WFP

LINK: <http://bit.ly/2MU0454>



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