





tory has it that there was once a person who saw a butterfly struggling to emerge from its cocoon, so he decided to cut it for the butterfly to get out. Little did he know that his action prevented the butterfly from flying. Instead, it could only crawl around its cocoon, causing the wrinkles on its wings and eventually death. The struggle to break out of the cocoon is necessary for the butterfly to become strong and capable of flying.

This book documents the stories of people from all over the nation on their process of realization and struggle to emerge from the cocoon formed by their own prejudice and social pressure that "A good wife must obey", "Women must take care of all the house work", "Men must decide everything", "Girls need not study much", "Getting an education is the only road for success", "Anywhere is better than my hometown". This process does not only help them transform – become stronger and more confident but also help them realize the value of dreams and determination to chase aftertheir own aspirations.

64 story-photos introduced in this book were taken by 29 farmers representing four ethnic communities of Kinh, Tay, Chinese, Khmer in Lao Cai, Bac Giang, Soc Trang and Ca Mau provinces. These were selected from more than 5,000 products by 96 farmers who participated in a Photo Voice project, funded by Oxfam International 's Knowledge Fund, Australian Department of Foreign Affairs and Trade (DFAT) and Swedish International Development Cooperation Agency (Sida). This project was co-operated by Oxfam in Vietnam and CECEM Training & Consultancy

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Mr. Nguyen Hoang Chieu Ca Mau Province



Mr. Doan Thanh Tuan Ca Mau Province





Ms. Luong Thi Oanh Soc Trang Province



Mr. Nguyen Van Cuong

Ca Mau Province

Ms. Ngo Thi Phuong Lanh Soc Trang Province



Ms. Huynh Thi Ly

Soc Trang Province

Ms. Nguyen Thi Phuong Ca Mau Province



Mr. Nguyen Van Cuong Ca Mau Province



Ms. Tran Be Ngoan Soc Trang Province



Mr. Nguyen Van Duong & Ms. Nguyen Thi Tu Ca Mau Province



Ms. Tra Kieu Bong Ca Mau Province



Mr. Nguyen Thanh Cong Soc Trang Province



Mr. Nguyen Van Lam Ca Mau Province



Ms. Nguyen Thi Dung Soc Trang Province



Ms. Mai Thanh Thuy Ca Mau Province



Mr. Ngo Cong Luan Soc Trang Province



Mr. Nguyen Hoang Anh Soc Trang Province



Mr. Tran Van Ranh & Ms. Bui Thi Bich Thuy Soc Trang Province



Ms. Nguyen Thi Thuy Le Soc Trang Province



Ms. Huynh Thi Hong Gam Soc Trang Province



Mr. Nguyen Van Nhanh Soc Trang Province



Ms. Ban Thi Nhung Bac Giang Province



Ms. Hoang Thi Chien Bac Giang Province



Ms. Nguyen Thi Giang Hang Hue Bac Giang Province



Ms. Nguyen Thi Ha Bac Giang Province



Ms. Lam Thi Yen Lao Cai Province



Ms. Mai Thi Duyen Lao Cai Province







ong and I have been married for 12 years. We didn't know each other well before marriage. Cong noticed and liked me so he asked his aunt to set us up. However, he never said a word when we met. My parents thought that he was kind so they told me to accept him. At that time, I had never had a boyfriend before so I listened to my parents. When we got married, I was not in love with him. It was not until 6 months later did I start to develop feeling for him.

We now have 2 children: a 10 ten-year-old daughter and 6-year-old son. In the past 12 years, we rarely talked to each other and only focused on our separate tasks. After participating in the cooperative's activities and some kind of trainings on gender, he evidently changed at home. Now, he helps me in the kitchen, washes dishes, does the laundry... and he talks to me more. In the past, if I didn't ask him then he wouldn't say anything but now he initiates the conversations. He tells me about the cooperative. He even tells me about the funerals

66 In the past 12 years, we rarely talked to each other and only focused on our separate tasks. After participating in the cooperative's activities and some kind of trainings on gender, he evidently changed at home.

that he attended. We also discuss work related issues. My life is much happier compared to before.

Author: Ms. Trần Bé Ngoan, 33 years old, Thanh Dat cooperative, Hoa Tu 1 commune, My Xuyen district, Soc Trang province In this photo, Ms. Tran Be Ngoan, who is a member of Thanh Dat cooperative, is rowing to support her husband in feeding shrimps. She said:

6 Women should know how to not only do housework but also feed shrimps so that the workload is shared between husband and wife. Only by doing so could we sustain our future.

I was aware of this lesson after being exposed to GALS tools.



Author: Mr. Nguyen Thanh Cong, Hoa Tu 1 commune, My Xuyen district, Soc Trang province

efore, I was not as confident as I am now nor did I ever question my husband or mother-in-law. I thought that a wife was supposed to act that way- do everything and listen to everything that their husband said without having any different opinions. There were times when I wasn't happy but the fear of being judged as a bad wife prevented me from speaking up.

It was only through learning about gender equality and participating in the cooperative's GALS trainings did I understand that I have the right to speak out.

Furthermore, the knowledge that I have gained has empower me to be more confident when I raise my opinion with my husband.

I told him: "You have to help me because I cannot do everything by myself." At first, my husband did not listen but eventually he did after several ladies visited us. By visiting a shrimp farming model, I learnt about the shrimp farming techniques which I shared with my husband who was at home. The more knowledgeable I become, the more he would listen to me. Since participating in the cooperative and trainings, I also know more about different areas, attend meetings in different communes and go on study tours to visit models. It is great to be more knowledgeable.



his is Ms. Ngo Thi Phuong Lanh (wearing the blue shirt). She is facilitating a discussion among members of the shrimp farming cooperative on how to use the Livelihood Mapping Tool (one of GALS 2 tools) for analyzing different forms of household livelihood. Ms. Lanh currently resides in Ngoc Dong commune, My Xuyen district, Soc Trang province. In May 2015, when the leader of the cooperative told



Lanh to join in trainings on gender equality in shrimp value chain, Lanh refused: "I am not going, I don't like going to crowded places and I don't like trainings". But after some persuasion, Lanh finally agreed to attend the training. Lanh said: "On the first day of the training, I felt like a kid going to pre-school because I didn't know anything. But on the second day, owing to the friendliness and enduring explanations of facilitators, I became less timid. When it came to the third day, when being encouraged, I attempted to facilitate a group discussion during the practice session at the end of the training course."

Since then, Ms. Lanh has become more and more pro-active and confident. She is now one of the core active farmers of the project. Ms. Lanh proudly said: "Now, I have become confident to facilitate cooperative members about using GALS tools such as Vision Journey, Gender Balance Tree, Gender Challenge Action Tree etc. I am now a confident woman when standing in front of a crowd".





6 I am most proud of the fact that I can now confidently talk in front of a crowd, which is something I never even dared to think about. Everybody said that: "After participating in the trainings, Lanh has become a new person compared to a year ago".

experienced a horrible shock in the past so I preferred not to go out because of the fear that people might gossip, prejudice and pity me. Participating in trainings has made me much more confident. Joining the groups, I have learnt a lot from other members, especially regarding how to cure shrimps. In the past, I farmed shrimps based on my feelings without following any techniques. I stocked the shrimps densely and overfed them until they got sick. When that happened, I panicked and bought every medicine, which is both costly and ineffective, from others' recommendations. Now, I know how to prevent my shrimps from getting sick, stock them more sparsely and feed them systematically – which is cost-effective

and doesn't pollute the pond. This year, I have earned more money due to the reduced cost and better selling price because the shrimps were larger (from farming them more sparsely). My goal now is to earn enough money to renovate my house. I am confident that I will reach my dreams.

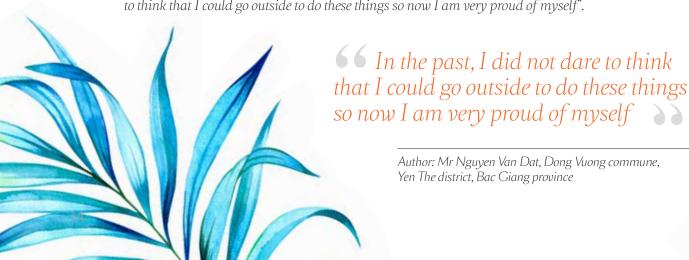
Due to my increased confidence, I am no longer shy with outsiders or worry that they will prejudice or pity me. I feel as though I have been ranked higher in everybody's eyes.

Author: Ms. Ngo Thi Phuong Lanh, 33 years old, Ngoc Dong commune, My Xuyen district, Soc Trang province his photo was taken at an authorized veterinary medicine dealer. That day, everybody in the cooperative went to talk to Mr. Tan, who is the owner of the



store, to explore medicine varieties and the ingredients in them. At the same time, they requested to collectively buy the medicine as a cooperative to get a good price.

In the photo is Ms. Chien, who was looking at the general antibiotics. She was reading the instructions on the packaging to see what the medicines contained and whether it could be used. Ms. Chien did not know much about medicines and chicken farming before. After participating in the group, she had the chance to participate in trainings which made her more knowledgeable and participated proactively in more of her family's farming tasks. Ms. Chien is very happy, she said: "In the past, I did not dare to think that I could go outside to do these things so now I am very proud of myself".





articipating in the cooperative and GALS trainings has changed me a lot. Before, I never went anywhere, neither did I participate in anything. I only stayed at home to farm. But now, I attend trainings, participate in exchanges and meet people from different areas, even foreigners. This makes me very happy and proud. I am also more confident and freely raise my opinion with the group.

6 As being women, we need to be confident and need to know how to make ourselves beautiful

On the first day of training, the facilitators told me to draw a tree and other figures....I was so scared because even though I could imagine it, I did not know how to express it. The facilitators encouraged me a lot before I started

to become more confident and enjoy learning. Many members of the cooperative felt unmotivated because they "didn't understand anything"; but I was determined not to skip a single training. When I got home, I would tell my husband and kids that "at the training, the Gender Balance Tree was very interesting..." After that, my husband and kids supported me and now help me with the housework, farming pigs and chickens so that I can attend trainings.

What makes me most happy is the fact that I am now more confident and know how to dress up when I go out. At the exchange in Ha Tinh, the participants wore nice and elegant outfits which made them look very young and beautiful. So when I got home, I decided to get some outfits tailored for more than I million VND. I never dared to have something tailored expensively before, so I told my family about my decision. They all supported me, so I confidently "invested". I also asked the salon about getting my hair done. The day I wore my new outfit to attend a wedding, the girls also did my make up. Many people complimented me which made me very happy. As being women, we need to be confident and need to know how to make ourselves

beautiful.



Author: Ms. Bàn Thị Nhung, 48 years old, La Xa village, Đồng Vương commune, Yên Thế district, Bắc Giang province here are 4 households in the group that want to buy hog feed with us so we contacted the Vietnam-Japan Feed Company. Tomorrow, its director and local staffs will meet our farming group to assess our demand and discuss with us in detail.

My family has used hog feed for more than a year. At first, I did not pay much attention to the feed. However, after joining the trainings and being instructed on how to examine the authenticity of the feed, I tried to look for the company's contact information online but failed. Then I thought about checking the feed package. I told my husband: "The manufacturer's phone number is on the package, try calling it".

When I called, the company's accountant answered and asked for our name, age and address. After about 5 minutes, their regional manager contacted us. I told him that my family had been farming for more than a year but we never focused on the feed until the farming group was established. Therefore we wanted to know the price of the feed if we bought it collectively. After several discussions, he made an appointment with us on the 15th. Both the director and himself

6 I have changed firstly at home then outside. I told the other villagers about my change and if they thought that it is good, they could also follow me. I thought that if I could do it, everybody could do as well so I advocated everybody.



will visit us. If we wanted to, the company would organize a car so that we can visit the company.

Before I was very shy, I wouldn't dare to contact or look into anything. Since the facilitators came here to teach me, I have changed firstly at home then outside. I told the other villagers about my change and if they thought that it is good, they could also follow me. I thought that if I could do it, everybody could do as well so I advocated everybody.

Author: Ms Nguyen Thi Giang Hang Hue, 33 years old, Dong Vuong village, Dong Vuong commune, Yen The district, Bac Giang province.



his photo captures the epractice session of our performance group. Since participating in the group, we have become more

confident. In the past, we were very shy. If anybody told us to go to similar practices like this, we would have refused. Now, we are more confident so we participate in these practices for our own leisure and entertainment to escape our daily hardships. It is also a chance for us to discuss farming. Our performance group has performed in many commune cultural exchanges and longevity wishing ceremonies. If anybody asked us, we would be ready for performances.

People joined our group on a voluntary basis. At first, everybody said that they were too tired to join in practices, but this changed since we were encouraged that the group would help us release stress and rejuvenate because it is always fun. Furthermore, our participation was possible by the enthusiastic support from our husbands at home.

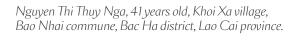


am the youngest in a family of 6 children. My mom passed away when I was 12 years old. By the time I started year 12, all of my siblings had been married and lived on their own. Around the same time, my dad lost his job because the cooperative in which he had been working was dissolved. As a result, my family was placed in financial difficulties.

I even had to borrow textbooks because we could not afford them. When I finished year 12, I wanted to become a teacher, but my dad told me: "Why would you want to pursue a career that would not make you a lot of money?". I listened to him and stayed at home to do the housework. Not long after, I got married so that I could have a person to rely on. There are times when I regret my decision. It would have been the right choice to continue studying and get married later on. My friends who studied to become teachers are all successful now.

However, I am occupied with village and commune-level activities, which makes me very happy. I am the village secretary, head of the village-level Fatherland Front and deputy Chairwoman of the commune-level Farmers' Union. If my family could afford my education, I could have become a government official. Nevertheless, by participating in social work, I am not only happy but I also have the chance to prove my ability and contribute to the society.

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took this photo at Ms. C's house when her family was selling shrimps. In the first photo, she was monitoring the merchant to ensure that he accurately weighed the shrimps (she asked the merchant to remove some shrimps when it was redundant). After that, she carefully wrote down each shrimp code (weight) to compare with the merchants' notes at the end. This method helps avoid mistakes and losing shrimps (first

photo). In the past, Ms. C and other women like me did not participate in selling shrimps nor did we care about farming (farming shrimps). All of these tasks were done by our husbands. We only took care of the housework and kids. *Since* participating in the trainings GALS, women have changed drastically. Women including Ms. C and myself asked our husbands to show us how to feed and sell shrimps. Gradually after learning, we could do it by ourselves (such as Ms. Č who took over the task

of selling shrimps from her husband). Ms. C and her husband work together, support each other which make them very happy. As seen in the second photo, Ms. C and her husband were joyfully counting the money from selling shrimps. They are happy and jolly because they just had a fruitful shrimp season.

shrimps.

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Ms. Nguyen Thi Dung, Hoa Tu 1 commune, My Xuyen district, Soc Trang province



n my opinion, not only trainings on shrimp farming techniques and negotiation tactics for collaboration are important to members of the cooperative, but those on gender equality also bring many positive changes for families because it helps reduce inequality between wife and husband, male and female. In the past, only husbands got to learn and participate in outside work but it is different now. All trainings and meetings enjoy higher attendance from females. Additionally, since everybody understands that the workload must be shared between husband and wife, the affection and harmony within each family have been improved.

The participation of women in trainings and economic activities has helped both male and female gain more knowledge. As a result, husbands would always have a

person available to support them and when needed discuss with them to reduce their worries.

The enhanced participation of women is beneficial to not only each family but also the cooperative. In the past, there were times when the cooperative's

decisions failed because they would be met with objection from wives who were at home. Now, because wives also participate in the collective business of the cooperative, they take part in approving the decisions. As a result, decisions are implemented much more smoothly.

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Ms. Tra Kieu Bong, 56 years old, Deputy Chairwomen of the Tan Long Industrial Shrimp farming cooperative, Tan Diep commune, Dam Doi district, Ca Mau province

n the past, I have never participated in trainings nor did I know anything about shrimp farming techniques. Everything was taken care by my husband but since I started to join trainings, I have changed. Now I work with my husband to effectively farm shrimps, cows, pigs and ducks. I didn't understand much in the first training but I was very impressed with the (Gender Challenge Action) tree. I remember that the tree leaned more towards women because we were doing too much work while men only spent money on cigarettes and alcohol, etc. After a while, I noticed the changes in my husband too. He hasn't been able to quit smoking completely but he smokes less and does not smoke in front of us. I also asked him to show me how to feed the shrimps and farm them.

I feel very happy whenever I attend trainings with my husband because when we get home, we would discuss work such as which feed to give to the shrimps, how to clean the pond water or how to sparsely stock the shrimps. These things never happened before; I used to let him decide everything so quarrels happened frequently. But it is not like that anymore, we collectively discuss and work which makes me very glad. In the past year, owing to the experience

I am most proud of the fact that I dared to try to drive the Honda motorbike to become more proactive. I do not need to go by foot or ask my husband to drive me to the patty fields and gardens to feed the pigs or cows.



and techniques learnt from the cooperative, we reduced the cost of shrimp-farming, the shrimps wouldn't get sick as often, grew quicker and reached 60 shrimps/kg. The shrimps were big so we sold them at a very good price.

I am most proud of the fact that I dared to try to drive the Honda motorbike to become more proactive. I do not need to go by foot or ask my husband to drive me to the patty fields and gardens to feed the pigs or cows. I feel so energetic when I drive the Honda by myself because now I can go wherever I want without being dependent on my husband.

Ms. Huynh Thi Ly, 49 years old, Nong Ngu Hoa De cooperative, Hoa Tu 1 hamlet, My Xuyen district, Soc Trang province



s. Tai is feeding shrimps in her pond in Cai Bat hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province. She is delighted because the shrimps are well and growing quickly. She now knows how to share the workload with her husband. Since she participated in trainings on gender equality, her family has changed a lot as they get along better and discuss with each other more. Furthermore, she would take on any tasks that were in her capacity while more labor-intensive duties would be done by her husband. She understands gender equality and the changes in her family have benefited her. After acknowledging that the traditional shrimpfarming method was not effective, her family switched to industrial shrimp farming which increased her family's income so that she could have more financial resources for her children's education.

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Mr. Nguyen Thanh Hai, Cai Bat hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province



66 My thoughts used to make me pick

fights with him but now, since I also

go out to socialize, I am more open-

minded and understanding of him.

In the past, I was very harsh and short-tempered. For example, when he went out for drinks after he had just returned home late from work, all of the housework would become my responsibility so I was furious and yelled at him instantly. Now if I am mad I

would refrain myself so that I can calmly talk it through with him later. He is also more understanding of me. After participating in the trainings, I told my husband that: "The facilitators taught me that husband and wife need to share the workload and not do things separately". He listened to me and gradually helped me more.

Ms. Nguyen Thi Ngoc Diep, 35 years old, Kinh Tu hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province





Ms. Nguyen Thi Chau from Cai Bat hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province is preparing the shrimp trap.

She feels very happy because in the past she only farmed and did not know how to prepare the trap because this task was normally done by her husband. Due to training on gender equality, she understands her husband's work and shares the housework with him more.



Mr. Vo Van Dau, Cai Bat hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province



Ms. Le Thi Hong Ly of Binh Hoa cooperative is feeding the shrimps. She said:

"I am very happy to have participated in trainings on gender. Since then, I have been supporting my husband to feed the shrimps which makes my husband very pleased".

> Mr. Nguyen Van Nhanh, Hoa Tu 2 commune, My Xuyen district, Soc Trang province





onsequently, I am very happy and stress-free. Now, I enjoy socializing with everybody instead of being quiet all the time. In the past, I never joined any groups or parties. My children said: "after participating in this group, we think that you have become more youthful, you talk and laugh with dad more". My husband also encouraged me: "Don't worry, just join everybody and have a good time...". He also helps me with the housework so that I have time to attend meetings and take pictures. After dinner, I would then hand our grandchildren over to him so that I can write stories.

I like photo voice activities because I am not just taking pictures. In the evening, I also document the stories that I have seen and heard. This activity helps me better understand many things, especially the benefits of what I was taught. For example, gender equality makes women more confident while men share the workload with women to make families happier. Because of this, I truly enjoy taking photos. Regardless of the number of pictures that I have taken, I would not want to go home.

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Author: Ms. Nguyen Thi Ha, La Xa village, Dong Vuong commune, Yen The district, Bac Giang province

hen I was still in school, I wanted to become a teacher to teach children. However, my wishes remain a dream because when my mother died, together with my two older sisters, I had to take care of my younger siblings. At that time, as I lacked the affection of a mother, I did not want to continue my studies. I regret my decision but it is too late to start over now. However, my daughter is currently studying at the College of Education to become a teacher. It took

a lot of persuasion from my part to make my daughter apply for college because right after she finished high school, she wanted to work for a company to earn money.

After participating in the group, my family's financial situation was improved. When we were applying the Vision Journey, I wrote that I wanted to have an automatic scooter which made Phin, my sister in-law, laugh hysterically. However, I have actually managed to buy a Grande Yamaha for myself. My wish now is to own a farm.

I believe that sooner or later I would achieve my goals because contrary to the past, I not only know what I should do and what I am capable of but I also have the determination to pursue my dreams. In the past, even though I had a dream, it was because the lack of determination that prevented me from succeeding.

Ms. Hoang Thi Chien, 42 years old,
La Xa village, Dong Vuong commune, Yen The district,
Bac Giang province



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"Since learning about gender equality, my wife and I realized that the work that men do could be done by women and vice versa. To me, that is gender equality." Mr. Do shared.



his is Mr. Nguyen Van Do from Kinh Tu hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province. "In the past, housework was done by females but after joining the Clean Shrimp Farming cooperative and learning about gender equality, my family has experienced many changes. My family has 2 industrial ponds and a convenient store. We also rent tables and chairs to parties and ceremonies. This workload could be shared between men and women. When I transport the renting equipment, my wife would stay at home to feed the shrimps. If I come home and the pigs haven't been fed, I would happily do it." Mr. Do shared.



This is Mr. Nguyen Thanh Lam, 58 years old, member of a cooperative. He had just returned home from riding the motorbike taxi named "xe om" but he immediately got changed to feed the ducks.

Before learning about gender, he did not support his family in doing the housework because these tasks were all taken care of by his wife. Traditionally, housework was the responsibility of women so men did not have to do anything, except for farming shrimps.

After the trainings, Mr. Lam was aware of the situation so he started to help his family. He would take up any tasks that he saw from chopping the wood, sweeping the floor to washing the dishes. "It is necessary to help my family. If everything was placed on my wife's shoulders then it would be too much pressure for her while I did not do anything." He shared.



his is my wife, Thuy, when she was feeding our flock of 500 chickens. In the past, it was me who mainly did all the farming. My wife would only feed the chickens. Wherever I go, I would have to hurry back home. But now, my wife knows how to measure the water, chickens feed and medicines, and how to effectively give the chickens their medicines, monitor and adjust the cage temperature so that it is suitable for the flock.

On my part, I help out with the housework more. I frequently cook the meals. My cooking has improved a lot: I cook quicker and the rice is neither overcooked nor undercooked. I also know how to cook more dishes. For example, pork dishes: from just pork stir fry and boil, I can also cook grilled pork and pork cake. It is faster when we work together. My workload is also reduced so I can socialize, not just stay at home. Normally after Tet, our family would rent a car to go to Yen Tu while I have to stay at home to take care of the chickens, but this year it was my turn to go while my wife stayed at home.

Just looking at the meal, I feel very happy because my husband truly cares for me. In the past, the most he would do was asking how the meal was going or doing trivial tasks. After participating in the group, he is more knowledgeable and understands how hard I had to work.



his is a meal that my husband cooked by himself. On that day, we returned home at 7 pm from the crops and our kids were also late because of their classes. Straight after that, because I had to take care of the laundry and feed the chickens, my husband cooked the meal with the help from our kids.

In the past, my husband always returned home late from working at the construction site. At that time, the meals would have already been cooked so my husband only showered and waited until I brought the meal to the table. But now, he could help me.

Just looking at the meal, I feel very happy because my husband truly cares for me. In the past, the most he would do was asking how the meal was going or doing trivial tasks. After participating in the group, he is more knowledgeable and understands how hard I had to work. As our family is increasing our livestock, the workload is increasing so husband actively helps me with the housework. He reminded our children that "Your mom is very busy so you must help her clean and prepare the meals to support her".

Author: Ms. Mai Thi Duyen, Bao Nhai commune, Bac Ha district, Lao Cai province



After participating in the GALS training, my husband, Cuong, has changed dramatically. He helps me with the housework such as doing the laundry, gutting/cleaning the fishes, cooking the meals and sometimes even mopping the house. In the past, when he returned home from work (Cuong works at a seafood processing company), he would only go out, watch football or grab coffee with his friends. The burden of housework and taking care of the children were entirely placed on my shoulders. He never helped me with anything. However he now supports me with the housework which makes me very glad. We also chat while working so we have more time to talk and confide in each other.

Ms. Nguyen Thi Phuong, 30 years old, Loi Dong hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province

In the past, my wife and I never attended trainings together. But after participating in this project, attending trainings together makes us truly happy. I remember most vividly the day we learnt about the Gender Balance Tree. After that day, I realized that my wife had to work very hard (Mr. Cuong's face turned red when he said this). Since then I started to help my wife with the housework and taking care of our children. As a result, my wife no longer scolds me (prior to that, she would regularly compare me to Mr. Ba and Mr. Tu because I didn't do any housework. Coupled with the stress from work, I was very angry). Since I started to help my wife, I noticed that she is happier so I feel happy also. For that reason, I am not embarrassed with my friends anymore; I even brag to everybody that after work, I help my wife to do the laundry, cook dinner, etc.

My wife has changed a lot too: she was so shy that she did not dare

to go to crowded places. But after several trainings, she is much more confident, even when she went to different areas. When we joined the meeting in Dam Doi, Phuong was the facilitator and she had to talk in front of a crowd. She truly has become very confident.

Normally, all husbands think that housework is simple and housework is no-name task. But in fact, housework takes up a lot of time...



his is my husband, Lam Van Hanh, 48 years old.

My family participated in the group since the very first days. I joined first then told my husband about it. On the first day, I didn't understand much but after a few sessions, I started to comprehend things. After each training, I always told my husband about its content and activities. For example, on the day I practiced the Gender Balance Tree, I told

my husband that: "Normally, all husbands think that housework is simple and housework is no-name task. But in fact, housework takes up a lot of time..." Eventually my husband participated in one session. I must admit that he has changed a lot. We work during the day but at night, he helps me out around the house – if he cleans the pigsty then I will cook and vice versa. In the past, he wouldn't do any of those tasks. After he returns home from work and farming, he would ignore all of the housework. Now, he helps me a lot. I didn't say anything but he quietly changed.





y son is 15 years old this year so he is currently in the 9th grade. When I am occupied with cooking the feed and cutting the vegetables for the pigs, he would help me in farming. He cleans the pigsty and washes the pigs. After participating in the group, my family farmed more pigs so my kids are more involved with the housework.

I told them: "When you get married, you must help your family in the same way that your dad is supporting us. Do not just sit around and smoke when you wait for your wife and kids to bring up the food. If that happens, your wife will not be happy so the meal will not be appetizing either. You must help your wife when she is busy."

There are so much housework so I should share it with my wife as much as possible. I think both husband and wife should share the workload. Even it could be tiring but we would both feel happy.

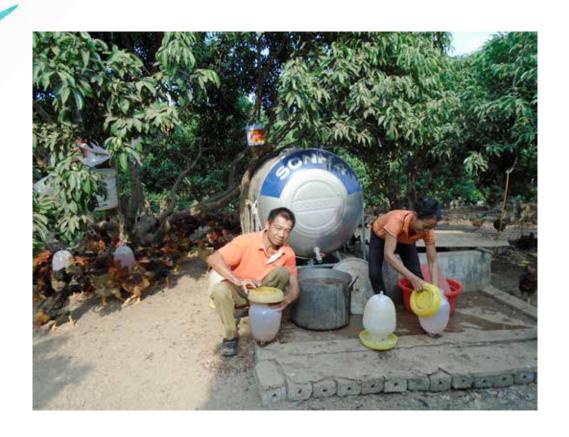


his is Mr. Nguyen Van Cong. He is a member of Thanh Dat cooperative, Hoa Truc hamlet, Hoa Tu 1 commune, My Xuyen district, Soc Trang province.

"In the past, when I returned home from work, I never did any house work to support my wife. After participating in project activities and learning about GALS tools such as the Gender Balance Tree, I realized how hard my wife had to

work. Therefore, I started to support my wife to clean the house, do the laundry and dishes as well as prepare meals. When my wife picks up our kids from school, I stay at home to do the laundry. At first, I was quite hesitant because being afraid that others would laugh when seeing this scene. However, after doing several times I stopped being shy. There are a lot of housework so I should share it with my wife as much as possible. I think both husband and wife should share the workload. Even it could be tiring but we would both feel happy" said Mr. Cong.





r. Truong and his wife, Chien, are filling the water tanks for the chickens.

In the past, farming chickens was mainly the responsibility of Mr. Truong, but Ms. Chien started to take up this task after joining the cooperative. It was tiring for Mr. Truong to farm the chicken on his own, so Ms. Chien's support reduced a lot of workload for him. For that reason, Mr. Truong is much happier.

Author: Mr. Nguyen Van Dat, Dong Vuong commune, Yen The district, Bac Giang province

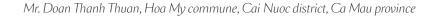
## This is a photograph of my in-laws. My father in-law is 85 years old and my mother in-law is 83 years old.



In this photo, my father in-law is giving my mother in-law her gastralgia medicine. 6-7 years ago, she had a minor stroke. After that, her legs became too weak to walk so my father in-law took care of all of her activities.

He does everything for her.

I truly admire them. It has been more than 60 years, but they are still faithful and close to one another. After learning about gender equality at the cooperative, I think of them as a role model. I try to follow in their footsteps at home. Before I only did 1, now I do 2 or 3.



This picture illustrates the harmony in Mr. Dieu and Ms. Dzung's family. They are both members of Thanh Dat cooperative.

In the past, setting up the eel-pot was Mr. Dieu's responsibility but after adopting the GALS tools, Ms. Dzung started to support her husband in putting bait in the pot. She said: "When we as husband and wife work together, I feel much happier. I am also contributing to the efforts to increase our family income".









In the past, tasks such as these (feeding their son and housework) were all done by his wife so they frequently fought.

After participating in the training on Gender Balance Tree and other GALS tool, both him and his wife started to understand each other more. Now Mr. Truyen helps his wife do house work. His wife shared: "My family is much happier and closer."

Ms. Huynh Thi Hong Gam, Hoa Tu 1 commune, My Xuyen district, Soc Trang province

n the past, I would never go to the shrimp tanks let alone turn on the fan or feed the shrimps. I thought that those tasks belonged to men so everything was done by my husband. There were times that I wanted to help him because his workload was excessive. However I never even offered to help because of a local practice that perceives visiting to the shrimp tank by women as risky and unlucky.

After participating in the trainings, I realized that I no longer needed to distinguish tasks that belong to men and those that belong to women. My husband told me that do not need to abstain because the shrimp tanks were ours. He even taught me how to mix the shrimp feed (what and how much to mix in). It has been almost a year now since I started to feed the shrimps, connect the electricity and turn on the fan in the tanks by myself while my husband was busy working. All in all, I once thought that those were the responsibility of men and that I could not do it. But now it is different, if my husband teaches me then I will be able to do it.

I have also noticed the changes in my husband too. He not only talks, teaches me how to farm shrimps (before we never discussed this, only he knew how and carried out the tasks), but also helps me with the housework. For example, this morning, he mopped the house when I was busy. He also encourages me to participate in social meetings.

Ms. Nguyen Van Tu, Loi Dong hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province



After participating in trainings with the facilitators and villagers of the shrimp-farming group, I taught my wife how to farm shrimps. We no longer divide the workload based on gender. Having my wife's support with the shrimp farming made me feel more reassured. When I have to work and could not make it home on time, my wife would feed the shrimps. I don't have to worry like before.

Mr. Nguyen Van Duong, Loi Dong hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province



s. Nhien is a member of Hoa De cooperative, Hoa Tu 1 commune, My Xuyen district, Soc Trang province. Upon exposure to GALS tools such as Gender Diamond, Vision Journey, Ms. Nhien becomes interested and actively participates in cooperative's activities. She is now a cooperative's secretary. Nhien shared: "My husband is a mechanic; he is very busy and does not have time to rest. I am his wife so I feel bad for him. But since I was busy with housework so I didn't think to share it with him. Ever since I participated in the cooperative's meetings and knew about GALS tools, I have understood that both husband and wife need to share the workload to each other. Now when I have free time, I would help out at his shop by cleaning vehicles and pumping flat tires. When he is free, he supports me to take care of our child. I am glad for that because our work is accelerated. Sometimes we would joke around our work we both feel happy."

#### This is my aunt Ut and her husband. She is preparing the fish while he is cooking the rice.





In the past, similar to other families, my uncle took care of the farming while aunt Ut did all of the housework. However, aunt Ut has been occupied with making false eyelashes lately so after returning home from the patty field, uncle supports her in doing housework such as cooking meals or cutting grass to feed the cows.

Ms. Nguyen Thi Thuy Le, Hoa Tu 1 commune, My Xuyen district, Soc Trang province



Additionally, women participate in meetings more and thus are more knowledgeable so they can help the family business.

Jurthermore, it is easier for a new rule or decision from cooperative to be implemented because both husband and wife participate in the cooperative.

Mr. Nguyen Hoang Chieu, 61 years old, Kenh Tu Clean Shrimp Farmin cooperative, Hoa My commune, Cai Nuoc district, Ca Mau province



# In the photo is a hydro-fan system to create oxygen in the shrimp ponds. This system is currently being widely used in Cai Nuoc district and other areas in Ca Mau province.

Mr. Nguyen Van Lam, Hoa My commune, Cai Nuoc district, Ca Mau province



To effectively farm shrimps, a system such as this must be in place to process water, thoroughly mix minerals and probiotics in the pond to create a facilitating hydro-environment for the shrimps. Additionally, this system also supplies oxygen for the water.

### Mr. Vo Van Bac from Cai Nuoc town, Cai Nuoc district, Ca Mau province is feeding the fishes.



In the past, his fish pond was used to farm shrimps but it is no longer fit for that purpose because the pond does not have a pipeline neither does it have enough salt level because the water in the pond is very still. After participating in the training on transforming plants and livestock, he confidently bought breeding fish for his pond. There is a wide variety of fish here from red tilapia, tilapia to carp. The fish develops quite well. He shared that since the first days of farming fishes, the fishes has brought enough income to ensure his family life.



Ms. Do Thi Ni from Cai Bat hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province is feeding milk to the baby goat.

She takes care of and worries about the baby goats as if she were taking care of her own children. These goats make noises when she holds the milk bottle in her hand, just like toddlers crying for milk. Her goat breed which is from Thailand is very suitable to be fed with milk.





This is Ms. Ly, member of Hoa De cooperative, and her son. They are harvesting wheat.

"In the past, we farmed a lot of chickens but they were mainly for household consumption. After learning about the Dream Road, I started to grow wheat to feed the chickens. By doing so, we reduced the costs while increasing our profit because the quality of chickens got better as a result."

Ms. Ly shared.

Mr. Ma Van Hong, Hoa Tu 1 commune, My Xuyen district, Soc Trang province

#### In this photo, Mr. Tran Van Ranh of Binh Hoa hamlet, Gia Hoa 2 commune, My Xuyen district, Soc Trang province is feeding the cows.



"When the Dream Road was being developed in August 2016, my wife and I decided to invest in raising more cows to increase our income. We borrowed 40 million from the Farmers' Union to buy a pair of cows in August, 2015 while the land surrounding our family pond was utilized to grow grass for cow feed. After about a month, we started the breeding.

In the middle of 2016, a calf was born."

Many households in the cooperative also chose cows to better their financial situation.



This is Mr. Nguyen Manh Thuong from Kinh Tu hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province. He is the deputy leader of the Clean Shrimp Farming cooperative. According to Mr. Thuong: "In the beginning of 2016, MCD project had a training on the Vision Journey. When I returned home, my wife and I wished that we had a house so we started to discuss how to build a beautiful one. We estimated that the house would cost 700 million VND but we did not have enough money. Because our farming land in Ngoc Hien was very profitable, we are currently building a house that would cost 2.6 billion VND and will finish in 12/2016".

#### This is Mr. Tran Quoc Khoi from Tan Long hamlet, Tam Duyet commune, Dam Doi district, Ca Mau province.



Aside from farming shrimps, Mr. Khoi and his wife also farm pigs and grow vegetables on their land. He shared that owing to the aforementioned tasks, his family not only saves the daily meal cost but also substantially raises their income. As a result, his family life has been increasingly stable.



This is the pack of pigs that I bought a month ago. They are crossbred wild hogs from Thailand. Not only are they easy to take care of - only need to feed them grass, do not need to cut vegetables and mix the feed like for other pig breeds- they also attract less diseases.

We can harvest them after about 2-3 months.





This is a picture of Ms. Nguyen Thi Hong Nhien – member of Hoa De cooperative. She is holding up the white – leg shrimps that she just caught from her family's pond. After weighing the shrimps, Ms. Nhien invited me inside for a cup of coffee and said: "This year my family sparsely stocked the shrimps at a density of 20 shrimps/m2 so the shrimps grew rapidly just after a couple of months."

Mr. Ma Van Hong, Hoa De cooperative, Hoa Tu 2 commune, My Xuyen district, Soc Trang province

## I decided to build a new pigsty because the old one is not appropriate for the current model. I also visited my sister's model for more references.



This is my family's new pigsty at the first stages of construction. After visiting the super lean pigs farming model in Chien Thang commune, I knew that we must change to the new model. What impressed me the most was that they did not let us in because there were too many people in the study tour and we were also not wearing

the protective gear. Their pigsty had a wastage system and a suitable place to store water and hog feed.

I decided to build a new pigsty because the old one is not appropriate for the current model. I also visited my sister's model for more references. Learning from them, my pigsty has its own improvements such as separate system for medicines, stone and cement floors to reduce slipperiness. I invested 100 million in this new pigsty which consist of 15 areas. At minimum, the pigsty can house 60 pigs. I dared to invest because after some calculation, I figured that the new pigsty will allow me to farm more pigs at the same time, which is more effective.



Owing to the technical trainings for our group, instructions for agriculture extension have been brought closer to us.

As a result, I am much more confident.

I am currently farming chickens. This breed of chickens not only look better but also grow quicker, do not get sick as much and bring more profit to our family. I am currently looking for more of this breed to add to our livestock. This flock consists of 200 chickens and can be harvested in 3 months.

Farming chickens was the group's initiative to increase members' income. At first, I told everybody that I did not have enough land to farm chickens but later, I was persuaded by the other members. They told me that the cost of the breeding chickens would be reduced if I bought it with them and that the breed which they were buying was very profitable. I decided to take a loan of 10 million from the bank. Together with the 30 million in savings, we divided our land to farm chickens, pigs and buffalos. Owing to the technical trainings for our group, instructions for agriculture extension have been brought closer to us. As a result, I am much more confident.

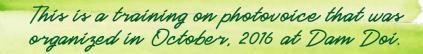


his is Mr. Ut Muoi's shrimp pond, which did not need dredging. In the study tour to Dam Doi, we were intrigued by this model so we decided to ask for Mr. Ut Muoi's experience which we later briefed to other members of our cooperative. This model helps to reduce the amount of mud emitted to the environment and decrease the money spent on processing the bottom of the pond. Since then, Mr. Duong from the cooperative has followed this model. If there were any questions, we could directly call Mr. Muoi.

Currently, learning from one another has become a common practice. By participating in the project, we had the chance to learn about this very interesting model. Even if we had heard about this model before, we would probably not visit it because we would not know the exact place and its owners. It were trainings that gave us more information and motivation to visit the models.



Mr. Doan Thanh Thuan, Hoa My commune, Cai Nuoc district, Ca Mau province





On that day, members of Tan Long and Cai Bat cooperatives were learning how to take a good photo and tell stories about the changes that have occurred among the members and families in the cooperative. Even though they were very excited because they were given cameras to be "artists", they were all very overwhelmed because they did not know how to take a good photo. In the photo are members of Tan Long cooperative when they were attentively reading the instructions and discussing about capturing photos.

Photovoice is a very interesting activity because it is not just about taking photos but it also reflects each member's perception because they see different aspects of the same person or matter.



Mr. Nguyen Van Hoang, chairman of Thanh Dat cooperatives, is discussing with other members about the "Achievement Journey" which is a GALS tool used to reflect on the progress of planning implementation.

I have participated in the Clean Shrimp Farming cooperative since the first days which were 4 years ago but it was only 2 years ago that I started to participate in this project. I am most impressed with everybody's changed awareness about the outside social order; solidarity and spirit of helping others.

n the past, the spirit of sharing was not as strong. Now, members would share any experience that they have such as taking pictures. Especially, information that members tend to hide are now widely shared. For example, members now recommend merchants to others so that the members could collectively sell their products to that person. These merchants are normally the ones who weigh products accurately and are straightforward and transparent in monetary issues.

Another method of support in the cooperative is financial support. Each household contributes 1.5 million in the fund which is now about 24 million. If any member faces difficulty, they can give notice to the cooperative and we will lend them the money at a 1% interest rate. In the past, the cooperative tried using this model but it did not work because the contribution was only 200,000 VND/household. Furthermore, there were households that loaned money to farm shrimps but failed so they could not pay back the loan. Consequently, disputes emerged. Since we joined the project, we held a meeting and understood

the importance of credit so members started to contribute more. In the past, we failed when each member contributed 200,000 VND but now members put the collective benefit of the cooperative over their personal interests.



he Management Unit of 19/8 cooperative in Cai Bat hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province was making plans for the cooperative in the upcoming month of October, 2016. They felt very excited and happy because members who had attended trainings on photos would reteach the cooperative. The cooperative also knows about gender equality in livelihood. After participating in the trainings, the cooperative has approved the planning. Members have also noticed the benefits of collaboration such as collectively catching the shrimps, buying feed from the same store, buying in bulk to reduce the price and save spending for each member household.

Mr. Nguyen Thanh Hai, Cai Bat hamlet, Hoa My commune, Cai Nuoc district, Ca Mau province

### This is a periodic meeting of the goat farming group.



n that day, goats from one member household had diarrhea so the group were discussing on how to solve this problem and prevent it from spreading to other households. In that meeting, Ms. Ly Thi Lan, deputy chairwomen of Cai Nuoc district's Farmers' Union was in attendance. She has always participated in the periodic meetings of the goat farming group to be updated on the current situation and provide further guidelines on how to take care of calves and prevent diseases from being transmitted from the mother to the calves and vice versa.

In the meeting, many solutions were put forward, but the traditional method was chosen. According to this method, farmers must not feed goats wet grass or grass with dewdrops instead, feed them fresh banana leaves, avicennia leaves and rhizophoraceae leaves because these leaves are high in acerbity which can stop diarrhea. Furthermore, the farmers must not let the goats go outside to prevent spreading the diseases to other livestock.

Mr. Nguyen Van Lam, Hoa My commune, Cai Nuoc district, Ca Mau province

# This is Ms. Huynh Thi Dam, member of Thanh Dat cooperative. She is collecting members' monthly contribution.

ach month, the 22 member households contribute a total of 6,600,000 VND (300,000 VND/household). This fund is handed over to Ms. Dam so that she can allocate 500,000 VND to the cooperative's reserve fund and 100,000 VND for the cooperative's activities. The remaining 6 million will be given to the family that picked the ticket with the word "yes" at the monthly lucky draw. This money is non-repayable and does not have interest.

The reserve fund will be used in negotiations with partners because having the cash on hand will increase the members' confidence. Additionally, the fund is also used to support suffering households. There are 1 poor household and 5 near poor households in the cooperative. In the upcoming shrimp season, if any of these households need

financial support to buy shrimp seeds then they can take loans with 1% interest rate from the cooperative's fund. 60% of the collection from interest will be given to those who contributed to fund while 40% will be added to the fund.

In the past, calling for contributions is very difficult but after making the case that the funds will be used in meetings with partners, members were much more willing to contribute.



Mr. Nguyen Hoang Anh, Hoa Tu 1 commune, My Xuyen district, Soc Trang province





Ms. Xuan's family is harvesting white leg shrimps. Ms. Xuan is a member of Binh Hoa cooperative. She said:

"After participating in the cooperative, any time we harvest shrimps, we would have the help from other members. Their support has not only allowed my family to cut the cost of hiring people but also create unity in the cooperative."

Mr. Tran Van Ranh, Hoa Tu 2 commune, My Xuyen district, Soc Trang province



When this photo was being taken, the net had been drawn back. Everybody was taking the shrimps out to transfer them to land. That day, Mr. Son harvested more than 2 tons of shrimps so the whole family was very happy.

Mr. Son participated in Cai Bat seafood farming cooperative since 2013. As a result, he has been effectively applying shrimp farming techniques to enjoy a highly efficient harvest. In the cooperative's meeting, Mr. Son has also actively shared his experience to others.

founded the club in 2009 because at that time I noticed that people who were burning forests for cultivation in the area had difficulty in accessing technology. A staff from the Department of Agriculture recommended that if we had a group, it would be easier to access the help. So I decided to invite 21 people in the village to participate in a meeting about establishing a club.

At first it was quite discouraging because after 6 months, 4 households asked to leave the club. There were also people who said that joining the club was not beneficial. But I continued to work step by step. Firstly, I invited Mr. Quat, the engineer at the district agriculture extension station to provide technical training. After leading the training, he promised to meet with us once a month. He also told us to call him whenever we had questions. The monthly meetings were also the chance for everybody to discuss about shrimp farming techniques and learn together. Gradually, the club operated more efficiently so we were upgraded into a cooperative in 2014. By doing so, we had the legal foundation to make contracts with relevant stakeholders. In the beginning, my biggest dream was to have a stable output market our products. But now, we have successfully worked with companies to collect our products. I am also continuing to propose different ministries and sectors to support us more in connecting with different companies. My dream now is sustainable production for all.

At first it was quite discouraging because after 6 months, 4 households asked to leave the club. There were also people who were saying that joining the club was not beneficial. But I continued to work step by step.

Mr. Ma Van Hong, 45 years old, Chairman of Nong Ngu Hoa De cooperative, Hoa Tu 1 commune, My Xuyen district, Soc Trang province



n that day, the farming cooperative was supporting Mr. Hau and his wife in vaccinating their chickens, which motivated people to join in the cooperative.

In the past, it took them several hours to vaccinate 500 chickens but now the time has been reduced to around one hour due to the help of many people. Furthermore, the quality of the medicines is also ensured because it is not long from when

the medicine is mixed until it is all used up. Mr. Hau has 1000 chickens in total but the vaccination only took a little bit over an hour because there were many people.

Before participating in the cooperative, if anybody needed help then they would have to ask for it. Sometimes, help would not even come because people are busy. However, these activities are now planned in advance so everybody have to make time.

## In the beginning, the members did not truly understand the benefits of the cooperative so the activities were not connected and well-received.

his is a meeting of the goats farming cooperative on borrowing credit. The meeting was called to give everybody the chance to share how much money they needed and how much money they could borrow. After that, the group agreed



on how to allocate money to the 7 households in need. When the decision was made, Ms. Mien, deputy leader of the group (wearing the red shirt) started to make the applications.

The farming cooperative was established in July, 2015 with 10 household members. In the beginning, the members did not truly understand the benefits of the cooperative so the activities were not connected and well-received. After several meetings, everybody started to understand so more people started to participate, increasing the number of members to 24. At first, everybody only thought about small-scale production but now we have started to think about bigger investments.

In this photo are Ms. Tran Thi Hue (wearing the military shirt) and Ms. Pham Thi Dung (wearing the black shirt). They are both members of Khoi Xa group, Bao Mhai commune, Bac Ha district, Lao Cai province. This photo was taken when they were learning



about the different varieties of feeds at the authorized dealer.

he members of Khoi Xa group have used Vision Journey to make plans regarding group development. Through this tool, the group found it necessary to send a person to research the quality and price of different feeds in the market to identify an appropriate one that the

group could collectively buy. By doing so, the input costs will be reduced. After the meeting, Ms. Hue and Ms. Dung volunteered to explore Ms. Tran Thi Huong's authorized store and found a direct feed for pigs over 30 kgs. At the moment, there are 6 households in the groups that are collectively buying this feed.

In this photo, the members of the farming cooperative are listening to Mr. Haw's sharing after he participated in an exchange about feed.



r. Hau, who is the group leader, has recently found a new source of feed. He called the members to his house to tell them about it. Many members

came to his house and sat right on Mr. Hau's doorstep to talk to one another. Several members also took the chance to observe his flock of chickens.

Mr. Hau said that he found a new feed source that was selling at a cheap price so he wanted everybody to discuss the possibility of collectively buying the feed. Several households have decided to buy the feed. However, I did not join them because I thought that we should try different feeds to compare the quality.



This is a meeting between the management unit, members of Tan Long cooperative and representatives of Dai Loi company at Mr. Bay Khiem's house. The meeting's purpose is to introduce seedlings of white - leg shrimp and black tiger shrimp.

fter the discussion, the participants discovered that the company only sells the shrimp seeds without providing support on how and where to farm shrimps while other companies directly process the shrimp tank, stock the seeds and monitor them for 45 days. During that time, they also instruct the buyers on how to process the water and feed the shrimps. As a result, the members of the cooperative called a meeting and decided not to collaborate with this company.



Ms. Tra Kieu Bong, Tan Diep commune, Dam Doi district, Ca Mau province



In this photo, Clean Seafood company is buying shrimps from Mr. Chon's family which is member of Hoa Nho A cooperative.

Due to the collaboration between the cooperative and Clean Seafood company, members of the cooperative are selling their shrimps at 5,000-7,000 VND/kg higher than the market price.



## This a workshop on GALS that was organized in Dam Doi at the end of 2016.

On that day, we were instructed on how to link the collaboration between the cooperatives and different companies so that farmers can enjoy stable prices, high quality seed, medicine and feed. After the workshop, we went forward with the collaboration with Lasan company on seed and medicine, Central Vietnam company on seed, etc.

Mr. Nguyen Hoang Chieu, Hoa My commune, Cai Nuoc district, Ca Mau province



Farmers in Cai Bat cooperative are signing the contract with Thanh Doan Seafood Processing company on 6 October 2016. The company will support 8 million dong per ha for families who buy qualified shrimps for seed.

































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"Spread the Wing" exhibition is a space for youth, families and groups that are interested in self-development and values of equality, freedom and tolerance. By putting two genders side by side, the event has conveyed messages on equality, harmony, compassion and support for the aspirations to strive, overcome prejudice and barriers on gender".

"The portraits and stories that were celebrated in this exhibition did not only focus on women but also emphasized the efforts from both genders in the most equitable way".

Reporter Thuy Linh, Thoidai.com.vn

Reporter Le Hong Linh, Tuoitre.vn

"The photos and stories from both women and men are placed side by side in this book to deliver the message of equality, love and the mutual assistance for the desire of each gender to overcome gender prejudices and barriers. It is impossible for the break - through of either women or men without the support of the other one".

Reporter Minh Quang, www.daibieunhandan.vn

"The presence of both genders has demonstrated the true meaning of equality: liberation of one gender cannot be achieved if the other is still constrained". "Gender equality is manifested in little things such as the involvement of men in housework and the participation of women in economics".

Reporter Thanh Hai - Thanh Binh, Quochoitv.vn

Reporter Nguyen Hanh - Trong Dai, Vovtvvovvn





## HỘI LUẬT GIA VIỆT NAM NHÀ XUẤT BẢN HỒNG ĐỨC

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THOÁT KÉN - VƯỢT QUA GIỚI HẠN BẢN THÂN Breaking out of the cocoon – Overcoming the limits of oneself

> Chịu trách nhiệm xuất bản Giám đốc: BÙI VIÊT BẮC

Chịu trách nhiệm nội dung Tổng biên tập: LÝ BÁ TOÀN Biên tập: NGÔ THỊ HỒNG TÚ Trình bày, minh hoa: PRINTOPIA VIETNAM

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Sách không bán.



"Breaking out of the cocoon" embodies the change within both men and women so that they can overcome chronic gender prejudice to jointly build their family life and heighten their sustainable economic efficiency.

Stories of 29 farmers manifested in this book represents the change in many men and women participating in the projects on promoting gender equality and responsible investment in agriculture in Vietnam.





