



# Myanmar Country Report

Organization : Myanmar Down Syndrome Association (MDSA)  
Reporting Period: January – December 2025

## 1. Executive Summary

In 2025, MDSA significantly expanded its reach under the theme "Improve Our Support Systems." Despite regional challenges, including political turmoil and economic inflation, the association successfully integrated vocational training and inclusive education awareness into its core programming. A major focus was placed on the "Yes, We Can" social enterprise and strengthening corporate partnerships with the disability organizations, mainstream schools, Goethe Institute Myanmar, Manulife, and KBZ Bank. Empowering Persons with Intellectual Disabilities (PWIDs) to enter the workforce remained a primary goal throughout the year.



## 2. Key Activity Pillars

### A. Vocational Training & Capacity Building

**Waiter Skill Training:** A comprehensive 27-day program at Hotel Mercury. Since 2024, we have provided regular exposure for our youth to offer waiter services during hotel brunch times one day every weekend.

**Catering & Market Participation:** Our trained groups provide professional catering services upon order. MDSA also participated in various Pop-up Markets to build real-world sales and customer service experience.

**Pre-Vocational Training:** Implemented with the support of the Australia Embassy's Direct Aid Program (DAP).

**Professional Development:** Staff and volunteers participated in PSEA, AAP, and Child Rights training. Executive members, staff, and volunteers attended various sessions to enhance their ability to perform organizational works effectively.



### B. Inclusive Mindsets and Community Empowerment Programs

MDSA conducts activities with mainstream schools to foster inclusive mindsets and practice dealing with individuals with intellectual disability starting from studenthood.

**Regular Practice Sessions:** Held every weekend for youths with intellectual disability to develop social skills, concentration, and peer-to-peer learning.

**Guardian Awareness:** Training for parents on Gender-Based Violence (GBV), Domestic Violence, and home-nurturing strategies.



## 3. Social Inclusion & Healthcare

**World Down Syndrome Day (WDSD) 2025:** A 4-day event in March supported by KBZ Bank, individual supporters, and Toyo. Focus: "Improving Our Support System" through sports, awareness sections, and guardian trainings.

**Water Therapy:** Therapeutic sessions held once every two months at the Novotel Hotel for physical development and relaxation.

**International Collaboration:** Strengthened ties through a study trip to the Malaysia Intellectual Disability Community.

**4. Australia Awards:** MDSA received the Australia Awards for its active work in developing the Inclusive Education (IE) system in Myanmar.

