

Akha Women's Foundation



The Akha Women's Foundation helps preserve the unique traditions and knowledge of the Akha women of Thailand by contributing to their health and education, and by providing opportunities for others to share in that knowledge.



Make a Difference!

Learn how you can help the Akha women of Thailand and experience their wonderful culture.

They will change your life!

Visit

www.akhawomensfoundation.com

or call 1-480-644-8817.

THE AKHA WOMEN'S FOUNDATION

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Scottsdale, AZ 85271-3111 U.S.A.

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*smiles grow
where
hope
is planted*



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HOPE • OPPORTUNITY • FRIENDSHIP

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A People in Danger... A Reason for Hope

The Akha People are rich in culture, history, knowledge, and tradition. But they are also among the world's most impoverished.

Akha ancestors migrated from Tibet. They settled in Thailand, Myanmar, Laos and China. Most Akha still live in remote villages today. Many are born in these remote villages and don't have documentation proving they were born in Thailand. This leaves them ineligible for public health care and education. They struggle to survive under challenging conditions and meager opportunity. Tragically, many Akha children die from lack of medical care and from malnutrition. The medium life expectancy of Akha is still only 43 years.

Akha women remain remarkably resilient in the face of a harsh life and unsure future. It is primarily the women who work the fields and provide sustenance for the family. Additionally, the women maintain a treasure of Akha culture: traditional herbal medicine and healing massage techniques. Among the younger Akha women, these traditions are being lost. Some children are led into prostitution to earn money.



Winnie Cain, founder of the Akha Women's Foundation

Winnie Cain, who met the Akha people in her study of Thai massage, has embraced a mission to help the Akha women maintain their culture, traditions, and important knowledge of healing herbs and massage. She founded the Akha Women's Foundation to provide opportunities for the Akha women and a way for visitors to study and learn from them.

The Akha Women's Foundation is a non-profit 501(c)3 designated charitable organization founded to empower the Akha women of Thailand by providing them with vocational and primary health care programs. The Foundation provided funds to build a hostel where 30 Akha girls live while attending high school. If not for the hostel, many would be unable to attend school.

The Foundation is now working to raise money to build a clinic where the Akha women can learn skills to support their families, and where the traditions of Thai/Akha massage and herbal medicine will be taught. It will be a place where visitors can learn about Akha culture and study with the villagers. By providing the opportunity for the Akha people to share their unique knowledge, we help them preserve their way of life and cultural heritage.



Students receive training and certification in therapeutic arts.

“I really want to give something back to the culture that has given me so much.”

- Winnie Cain



This hostel provides housing for Akha girls while they attend high school. It is called “Winnie House” in honor of Winnie Cain, who raised the funds for its construction.

The Work of the Foundation

The Akha Women's Foundation provides an opportunity for the young women of the villages to be trained in the techniques of traditional Thai massage. It also recruits volunteers to teach English and provide vocational



Tour participants enjoy views of Thai jungle from the back of an elephant.

training, such as sewing machine operation and health care, that helps the women support their families.

The Foundation supports the Akha projects through donations and fund-raising tours. Winnie Cain personally leads tours to visit the Akha villages, receive training in Thai massage and healing, and experience the wonderful culture and lush landscapes of Thailand.

Please consider contributing today to the preservation of this wonderful culture through your tax-deductible donation and the gift of your talents. To learn more about the Foundation and the Akha people, visit www.akhawomensfoundation.com. Help plant the seeds of hope, and grow a better world.