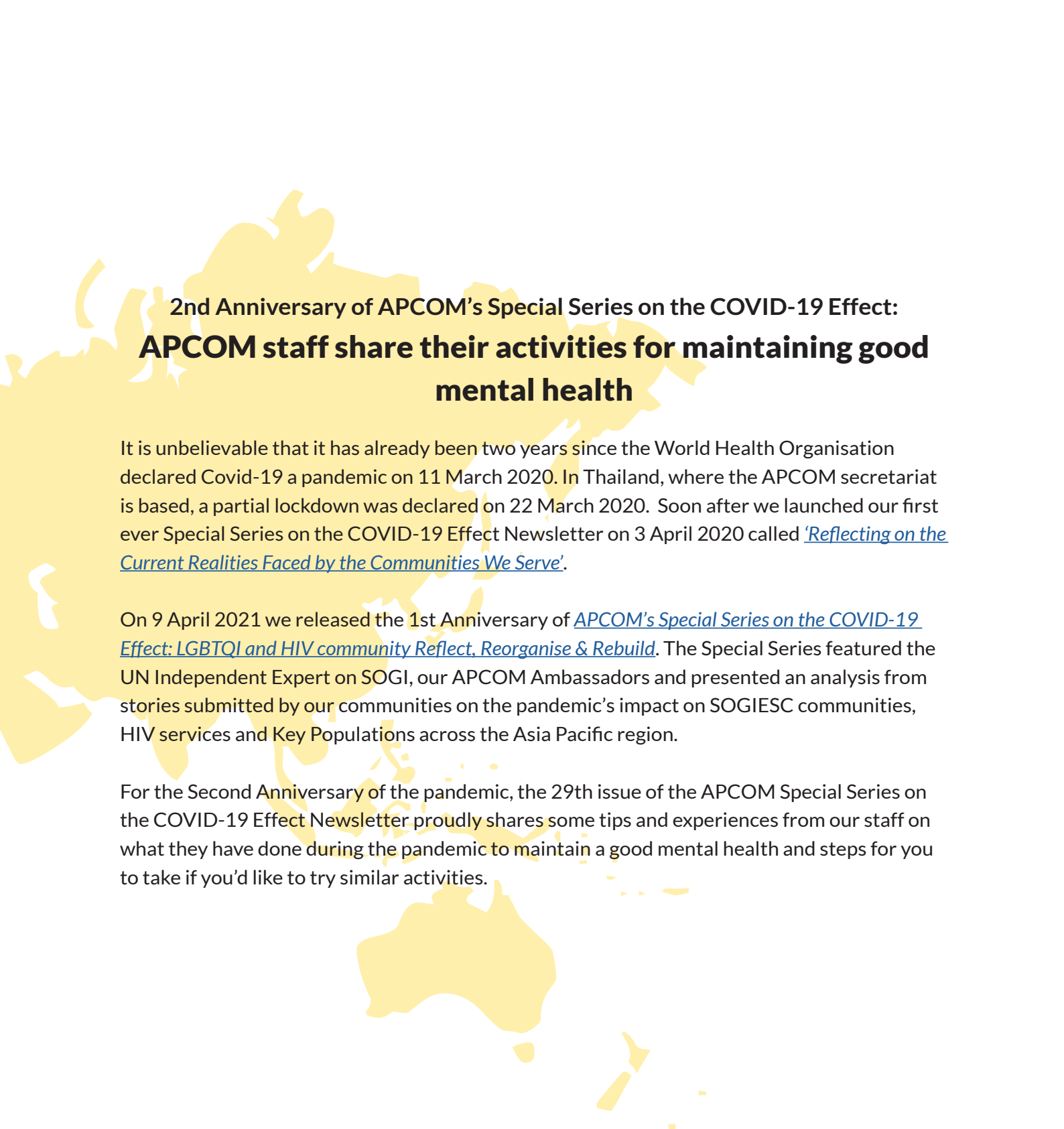


# **2<sup>nd</sup> Anniversary of APCOM's Special Series on the COVID-19 Effect**



**APCOM staff  
share their activities for  
maintaining good mental health**





## 2nd Anniversary of APCOM's Special Series on the COVID-19 Effect: **APCOM staff share their activities for maintaining good mental health**

It is unbelievable that it has already been two years since the World Health Organisation declared Covid-19 a pandemic on 11 March 2020. In Thailand, where the APCOM secretariat is based, a partial lockdown was declared on 22 March 2020. Soon after we launched our first ever Special Series on the COVID-19 Effect Newsletter on 3 April 2020 called [\*'Reflecting on the Current Realities Faced by the Communities We Serve'\*](#).

On 9 April 2021 we released the 1st Anniversary of [\*APCOM's Special Series on the COVID-19 Effect: LGBTQI and HIV community Reflect, Reorganise & Rebuild\*](#). The Special Series featured the UN Independent Expert on SOGI, our APCOM Ambassadors and presented an analysis from stories submitted by our communities on the pandemic's impact on SOGIESC communities, HIV services and Key Populations across the Asia Pacific region.

For the Second Anniversary of the pandemic, the 29th issue of the APCOM Special Series on the COVID-19 Effect Newsletter proudly shares some tips and experiences from our staff on what they have done during the pandemic to maintain a good mental health and steps for you to take if you'd like to try similar activities.



Design and layout: Vaness Silpakhon Kongsakul

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APCOM's  
**The COVID Effect**  
Series:



*“We need a community-led and community-owned funding mechanism for communities working on LGBTQI and HIV issues in Asia Pacific, and COVID-19 really amplified the need for such mechanism for emergencies like COVID-19 but also to ensure the resilience and sustainability of activists and organizations to continue to do their important work in the region.”*

Midnight, Executive Director APCOM





## Urban Green Fingers: tranquility you can create



By:  
**A (Wattana Keiangpa)**



My name is A. I've been working with APCOM since 2012 and I'm the Operations and Programmes Support Officer. I took part in many of the APCOM initiatives to respond to the needs of our community, including distributing emergency packages, providing online support, listening to issues our community is experiencing and distributing HIV prevention packages.

Like many people, I am tired of the ongoing pandemic, especially during curfews and lockdowns as I live on my own in a small apartment. I got bored and needed something to do to keep my mind off the news about Covid-19 and take a break from social media. As I originate from a small town in Northern Thailand, I am used to being around plants and trees and green spaces, which are hard to find in Bangkok, so I decided to have more plants in my room. As I have a small room, I thought the terrarium - growing plants in a glass container - would be ideal. It's easy and fun to do, and it's not hard to look after. Of course, it makes your room look nicer, gives a calming feeling to help your mood and sleep; and removes pollutants from the air and produces oxygen. It's cheap and anyone can do this.



### What you need:

- A glass container or a jar
- Small stones/pebbles
- Soil
- Small dolls/figurines
- Small in-door house plants
- Chopsticks
- Spoon
- Tissue paper



### How to assemble:

- Wash the glass container and dry it.
- Aerate the soil by drying it out in the sun.
- Take the plant out of the pot and carefully remove as much as possible the soil without damaging the roots. You can soak the plant in water to help remove the old soil.
- First put the small stones/pebbles in the glass container.
- Then carefully add some soil (just a small amount first).
- Place your plant in the position you like in the glass container.
- Add some more soil and secure your plant in place.
- Then add some small rocks/pebbles.
- Clean the glass with the tissue paper.
- Decorate with your small figurines

### You can now enjoy your own creation!

Place the terrarium where you like and water it once a week. You can experiment with it, especially with the shape of the glass containers and various plants. You can get some more creative ideas online.

### You can also give them as gifts.

I am now experimenting with growing morning glory in my apartment.  
I hope I'll be able to enjoy eating this in a few weeks!



## Stay Safe and Get Creative with DIY Mask Strap



**By:**  
**Jam (Chatsuda Hanbang)**



Prior to Covid-19, I had a weekend hobby as a small vendor in an open-air market in Bangkok selling gifts, bikinis and fashion dresses. I also love to go camping and I like making clay miniatures and toy accessories.

In Bangkok, where it can be very polluted, people would often wear sanitary face masks. Now, in the unprecedented era of the Covid-19 pandemic, sanitary face masks became a normal health requirement to protect from Covid-19 infection. However, despite the protection that the mask offers, occasions would inevitably occur when we need to remove our mask such as during meal time or when drinking our favorite milk tea with boba pearls.

I found it so frustrating as I don't know what to do with the mask - where to put it so it won't get dirty or get lost, and I want to reduce mask waste. I saw some mask straps being sold; they were cute but with the same boring design. So, I thought of making them myself and sell them. Those straps can be a special gift for many people as well.

I've always been very hands-on and I like to make things since I was younger. It all started when my mum bought me a Barbie doll that came with a set of kitchenware. When I lost the set, I couldn't afford to buy a new one, so I started to make it from clay. That is how I got into crafts work. Handicrafts make me relaxed, I get more creative and when the piece is completed I feel a sense of accomplishment.

I would like to recommend making the mask strap necklace yourselves. This will help you to keep your mask clean and it's also good for relieving stress and improving your mental state. Let's see how you can do it yourself at home.



## Materials

- two necklace hooks
- two stoppers
- scissors
- pliers
- beads (be as creative as you like)

## Process

1. Make sure to cut the string based on your desired length
2. Insert the stopper into the string, followed by the necklace hook
3. Reinsert the string back to the stopper and push the stopper to the necklace hook.
4. Using pliers, press the stopper to lock the necklace hook in place.
5. Choose your beads design and colour palate. Insert the beads one by one until the end of the string is reached.
6. Once you inserted the beads for the full length of the string, insert the stopper on the string, followed by the necklace hook.
7. Reinsert the string back to the stopper and push the stopper to the necklace hook.
8. Hook your mask strap to your facemask.



You see, it is not hard at all! I get design inspirations from around me and also online, but you should feel free to experiment. I have made more than 100 mask straps already, and I sell them on my Instagram account and Line Shop, and some of them were even shipped to Barcelona to sell in my friend's shop. People loved the cute designs and the strings were in high demand last year but I couldn't keep up with the supply because I do this as a hobby, not as a job. I love doing handicrafts and I didn't want this to become a routine, so I stopped taking orders.

This activity helps with my mental health and be in my own bubble until the strap is finished. I hope this activity can also help you relax.



## Home cooked meals during Covid-19: try cooking some Thai dishes!



By:  
Midnight



I used to cook a lot and the Covid-19 pandemic was the perfect time to get back into it.

Cooking for me is therapeutic – just between myself, the ingredients and imagination. Cooking allows me to explore my creativity and I get to see and taste the end results! I love nothing more than to share food with friends and family.

At APCOM we have a tradition of bringing food to share for lunch every Friday. So, I would cook different dishes to bring to the office to share with everyone. I experiment with different dishes and my team can give their critiques for me to improve the next time. I made Filipino Chicken Adobo, Indonesian Beef Rendang and Indian Butter Chicken to help make our expat staff feel more at home and our Thai staff to taste something different.

I am sharing two easy Thai recipes here for you to try out!

Enjoy getting creative and get to eat something delicious too =)

### ไก่กระเทียมพริกไทย

### Stir Fried Garlic Pepper Chicken

Garlicky and peppery – this is one of the favourites for kids as it is not spicy, yet packed full of flavour! You can reduce the amount of pepper if you don't like it too spicy.

It is so easy to make. Give it a try!

#### Ingredients:

- 300 grams of chicken pieces cut into bit-size pieces
- 5 cloves of garlic
- 2 tablespoons of cooking oil
- 1.5 tablespoons of oyster sauce
- 1 tablespoon of fish sauce
- 1 tablespoon of light soy sauce
- 1 teaspoon of dark soy sauce
- 1 teaspoon of white pepper
- 1 teaspoon of sugar
- Coriander leaves (for garnish)





### Method:

1. **Garlic pepper paste**  
In a pestle and mortar, crush the garlic and pepper together and set aside.
2. **Sauce for stir fry**  
In a bowl mix together oyster sauce, fish sauce, light soy sauce, dark soy sauce and sugar and set aside.
3. **Stir frying**  
In a wok on medium heat, add the oil. Once it is hot enough then add the garlic pepper paste.  
Once the garlic is cooked through, add the chicken pieces.  
When the chicken is about 80% done, add in the stir fry sauce. Continue to stir fry until the chicken is cooked through and the sauce is reduced by half.
4. **Plating**  
Garnish with coriander leaves  
Serve with steamed jasmine rice and some slices of cucumber.



### Note:

- Feel free to reduce the amount of garlic and pepper.
- You can also add fried garlic as a garnish.
- For a Thai lunch experience, you can add a fried egg as a side as well.
- Can't find fish sauce or you're a vegan? You can use light soy sauce instead.



## ไข่ลูกเขย

### Son-in-Law Eggs

You don't normally find this dish in Thai restaurants, but it is a popular one that you can easily find in Thai wet markets. The dish exemplifies Thai food in its simplicity yet complex flavours. As to why it is called son-in-law eggs? I don't know! But it does bring a huge smile whenever this dish gets mentioned =)

It is very easy to make. Give it a try!

#### Ingredients:

- 5 boiled eggs
- 5 shallots sliced thinly (for garnish)
- 6 dried chillies (for garnish)
- Coriander leaves (for garnish)
- 3 tablespoons of palm sugar (for sauce)
- 2 tablespoons of fish sauce (for sauce)
- 2 tablespoons of tamarind juice (for sauce)
- Oil (for frying the boiled eggs, sliced shallots, and chillies)





### Method:

1. **Fry Eggs**

Put oil in a pan. Make sure your eggs are dry.

Fry the eggs until crispy and golden on the outside.

2. **Fry shallots**

Fry the sliced shallots in a pan with oil, medium heat until crispy and golden.

Set aside to cool.

3. **Fry chilies**

In the same frying pan with the shallots, put the chilies in and fry until the colour deepens.

Set aside to crisp.

4. **Sauce**

Add palm sugar, fish sauce and tamarind juice into the pan.

Put on medium heat and mix and reduce the sauce for 5 minutes.

5. **Plating**

Cut the eggs in half.

Pour the sauce over the eggs.

Sprinkle shallots on the eggs.

Garnish with fried chilies and coriander.



### **Note:**

- You can use any eggs – chicken or duck.
- If you can't find palm sugar, you can use brown sugar.
- You won't get the same sour taste without the tamarind juice, but you can always substitute with lemon/lime juice.
- Can't find fish sauce or you're a vegan? You can use soy sauce with a little salt to substitute.







## Keeping body and mind in shape: exercising during lockdown



By:  
**Kasintorn Honglawan**



Before the lockdown, I usually hit the gym 4 to 5 times a week for around an hour or two at a time. I like going to the gym to keep healthy. Most of my friends also go to the gym, so it is a bit of a competition to see who is the fittest. It is the time that I spend for myself and I would normally go on my own. The energy that you feel at the gym and seeing all the machines really motivates me.

My normal routine is weight training and cardio, and my favourite machine is the pull lat that helps to improve your posture and strengthen your back.

But of course, all our routines were disrupted again with the second lockdown in Bangkok between 12 July 2021 - 1 November 2021. I still wanted to maintain my healthy lifestyle because exercising is good for my mental health and provides the needed distraction from sitting. I occasionally watch clips from a Youtuber, Naefit, who shares home workout videos and watching him motivating the audience also motivates me to go through the exercise. Despite being confined to my small room and without any equipment, I'd like to share some of my lockdown routines: leg lunge and push-ups.



### Here's how.

- 1 - Get comfortable and wear loose clothing/gym clothes. At home I go barefoot.
- 2 - Get hydrated and have a bottle of water with you.
- 3 - Get motivated and have some motivating music in the background.



## Leg Lunge

The muscles of the lower body — especially the quads, glutes, and hamstrings — work both concentrically (shortening) and eccentrically (lengthening) during the lunge. The most basic version of a lunge is the forward lunge. It involves stepping forward, lowering your body toward the ground and returning back to the starting position. It's the version most people will refer to when they say they're "doing lunges."

### Steps in doing the lunge

1. Start in a standing position with your feet hip-width apart.
2. Step forward longer than a walking stride so one leg is ahead of your torso and the other is behind. Your foot should land flat and remain flat while it's on the ground. Your rear heel will rise off of the ground.
3. Bend your knees to approximately 90 degrees as you lower yourself. Remember to keep your trunk upright and your core engaged.
4. Then, forcefully push off from your front leg to return to the starting position.

## Push ups

One of the most basic workouts.



### Steps in doing push ups

1. Get on the floor on all fours, positioning your hands slightly wider than your shoulders. Don't lock out the elbows; keep them slightly bent.
2. Extend your legs back so you are balanced on your hands and toes, your feet hip-width apart.
3. Contract your abs and tighten your core by pulling your belly button toward your spine.
4. Inhale as you slowly bend your elbows and lower yourself to the floor, until your elbows are at a 90-degree angle.
5. Exhale while contracting your chest muscles and pushing back up through your hands, returning to the start position.

If you're not used to doing exercise, the first few days will be tough, but do push through as your body will get more used to it. I sometimes find it hard to feel motivated to do the exercise so it might be good for you to schedule the exercise at regular times and stick to it. You can do these as part of getting away from your workstation, or it could be part of your resolutions.

I miss the gym and look forward to going back and feel the energy there. For me the adrenaline rush makes me feel good, confident and more resilient to tackle physically and mentally the on-going pandemic. Good luck!



## Driving depression away



By:  
**Vaness S. Kongsakul**



### Here and there, boredom actually is all around

When you talk about what kills your boredom during the pandemic, you might come up with many different activities that can thrill yourself. In my perspective, boredom is an emotion that really common in life and I don't seem to have reason to get rid of it. In fact, you can say that I have a very boring life style... When people having trouble adjusting the new way of normal living, being alone, social distancing and not partying seem to be perfectly fine with me but "depression".

### Never-bored people are also struggling

If you know me, you will also know that I like to stay in alone, not socialising and I am difficult to reach via any communicational devices. It will be triple level of me being away from everyone when I am depressed. I think I am easily turned down by the negative news on Covid-19, by the fake news and also the fact that I cannot control where I can go, that's really affect me mentally.

Well, I never felt the lack of freedom like this before even I am totally fine with "not going anywhere". But it's quite contradict if I say that I so much love travelling. I have visited 34 countries/territories before the COVID era (check out his travelling images), most of them I was travelling alone. Post-COVID era? Of course, travelling is still the first thing I want to do. It is my teacher; it expands my perspective of seeing the world. You have all the technology to learn how different life is in another places but it's unlike you be there yourself. You don't understand why people in the middle of Australia live underground until you feel the real heat bump on your skin and your heart is rocking like it's going pop-out. Remember what Jack said to Rose before he died?, "...you're going to die an old lady, in your warm bed...". But you wouldn't say that in Thailand because it's so hot here and you want to die in your "cool" bed, not warm!





Travelling can give us a lot of unfamiliar experiences, the true educational beyond classrooms. Every place has something unique to teach us including your home place. You might find out how you feel about your home when you are away.

And now we can't travel... Covid-19 hits me hard this time....and that brought me to this big decision!

Here it is, I bought a car without knowing how to drive!



## The unexpected

I never wanted to have a car and I really meant it. It was so “non-essential” for me who grown up in a very congested city, Bangkok, and I am always the passenger, why would I need to have a car? Anyway, I'll give credit to the pandemic that gave me so much depression and I spent this huge savings with something I never thought I wanted. But it's the unexpected that changes our lives!

Luckily, I was able to take driving lessons between the two lockdowns. And yes, I can proudly say that I learnt how to drive in my late 30s and during the pandemic. This is my new skill now.



## People don't take trips, trips take people

After I have the driving license, it's time for me to go for some road trips. The purpose? At first, it was for practicing. Secondly, it's a kind of compulsory that I have to use it! Get out and practice! Don't just sit in and get out! As you know, changing your habits – doing something different can be hard but now the road trips break up my routine in a good way.

It helps boosting up my mind! After taking some recent road trips, I can feel the way my mind has changed. The road trips need a good plan and preparation even it's a short trip. If you have planned it well, it will help you with time management but remember that no matter how well you plan, sh\*t could happen! So that will also help your adaptability when you have to face with something unexpected. It really does take my mind away from other worries.





## You see places you have never seen before

I think this is the highlight of the road trips. Seeing things you have never seen can remind how you appreciate the beauty, how you react with the diversity. It is actually allowing you to discover yourself. I remembered one moment that I had a conversation with the locals and I realised their accent is so different, and that's so nice! And then I thought how great to be here, I might not hear such an accent if I was stuck in Bangkok. They might try to blend their accent into the "Bangkokian accent" and that's quite sad. This is one example when you go to their place where they comfortable of being themselves.



## Stay safe

This is something that helped me deal with my mental health during the pandemic. But every country / area has different restrictions. If your area can do so, please remember that you still need to be extra careful. Frequently wash your hands, wear mask and keep social distancing. If you are interested on doing the road trip, this article could help you prepare for the trip during Covid-19 pandemic.

**Take good care and be extra careful!**



Missed stories from  
our Special Series on  
the COVID-19  
Effect?

You can access all of  
them here!

## Issue 1: Reflecting the current realities faced by the communities we serve

Workplace safety is paramount [APCOM Covid-19 Protocol](#) was developed  
and shared with our partners

[A collective call for immediate response amid COVID-19  
outbreak and government lockdowns](#)

[Community clinics in Thailand strives to provide HIV services amid COVID-19](#)

[COVID-19 and its effects on diverse SOGIESC communities.  
HIV services and Key Populations](#)

## Issue 2: #CoronaAPCOMpassion launch

[APCOM staff donate salaries.  
creates #CoronaAPCOMpassion emergency funding](#)

Story from a PLHIV Organisation:  
[An appeal from The Poz Home Center Foundation, Bangkok](#)

Story from Bali, Indonesia:  
[Working on paradise island under COVID-19 lockdown: Gaya Dewata speak out](#)

## Issue 3: Community Resilience

[HIV Testing campaign turn into testing people's compassion for Thailand's LGBTQI and  
people living with HIV affected by COVID-19 pandemic](#)

COVID-19 lockdown in Cambodia:  
[Micro Rainbow Cambodia speak out](#)

Solidarity In The Pandemic:  
[Story from Suara Kita, an LGBTQI organization based in Indonesia](#)





## Issue 4: Community Taking Charge

[Our Executive Director, Midnight on the ASHM Regional Advisory Group on BBVs, Sexual Health and COVID-19 in an inaugural webinar discussion on Covid-19, HIV, Sexual Health and Viral Hepatitis. What's the new normal for the Asia Pacific?](#), attended by prominent leaders in Asia Pacific Region.

[Lessons about COVID-19 and standard preventive practices from the virtual learning session](#)

[To Kill Two Birds with One Stone: Resourcefulness among Trans Women in Yogyakarta, Indonesia, in the Time of Corona](#) - transwomen in Yogyakarta established a small start-up in the challenging time of the pandemic.

Calling on Compassion:  
[Update on our fundraising efforts for LGBTQI and HIV community](#)

[APCOM building better Mental Health for its staff](#) - through a virtual mental health session facilitated by the founder of Brave Movement, Cheryl Tan.

## Issue 5: Working together for a more resilient future

[Virtual Powwow with Thai LGBTQI and HIV community on the effects of COVID-19.](#)

A collective discussion attended by nearly 40 participants from Civic Society, Government and Technical Agencies on the significant effects of Covid-19 in the Thai LGBTQI and HIV community.

The Language of Art:  
[Part 1 Charcoal Cleansing by APCOM staff Inad Rendon](#)

[#CoronaAPCOMpassion making compassion felt in Indonesia and Pakistan](#)

[Looking good, feeling great: HIV prevention during lockdown.](#)  
One of the most recognized underwear brands, Andrew Christian supports APCOM's online HIV campaign.

## Issue 6:

# How are our staff coping?

*Collection of self-reflections by APCOM leadership and staff*

[AIDS and COVID-19: A reflection from APCOM's HIV/AIDS Ambassador.](#)

An inspiring reflection from the former United Nations Secretary-General's Special Envoys for HIV/AIDS in Asia Pacific, J.V.R. Prasada Rao

[Crisis, Opportunity, Transition...](#)

by Dédé Oetomo, Chair of APCOM's Regional Advisory Group

[Equipping for uncertainties: adaptive leadership in times of coronavirus](#)

[First, I listen to fear. Then, I defeat it in detail.](#)

[Of Project Plans and COVID-19](#)

[My experience on accessing ARV during lockdown in Bangkok](#)

[A Complaint Letter to COVID-19](#)

[So Far yet so Near](#)

[Me, myself and PrEP during the lockdown](#)

[Jam and her housemate on COVID-19](#)

[Coronavirus Can't Tear Us Apart](#)

[We remain](#)

[Bringing Progressive Faith Voices toward Diverse Genders and Sexualities](#)

[IDAHOTB 2020: Bridging the LGBTI Inclusion Data Gap](#)

A panel recording to commemorate the International Day Against Homophobia, Transphobia, and Biphobia (IDAHOTB) 2020, organised by the Asian Development Bank, with APCOM's SOGIESC Rights Officer, Ramil Andag on the panel.

## Issue 7:

# Asking for Help

Ripples of #coronaAPCOMpassion:

[Supporting MSM, transgender and LGBTIQ individuals, one country at a time](#)

The colors of 'THB19 vs. COVID-19': ["Trying to be a rainbow in someone's cloud"](#)

[Indonesian Diaspora LGBTQ Group Helps Compatriots Back Home](#)



## Issue 8:

# Pivoting Services to the needs of the Community

Championing PrEP in Pakistan:

[Dareecha forges ahead](#)

Adapting service delivery to meet the needs for PrEP:

[Vietnam example](#)

Supporting the most vulnerable through uncertain times:

[A personal story from Mumbai](#)

[How COVID-19 is affecting community-based organisation even with low COVID-19 cases: Laos case study.](#)

## Issue 9:

# Boosting Voices from the Southeast Asian Community

[Thai Transman Talk Tackling COVID-19](#)

[Confession from a Male Escort in Vietnam during COVID-19 time](#)

[Mama Tini talk of services for transgender women in Malaysia](#)

[Unending Discrimination for Transwomen under COVID-19 Period in Indonesia](#)

## Issue 10:

# Boosting Voices from the East Asian Community

[Tokyo's LGBTQ+ Community Center Response to COVID-19](#)

["New Normal" in Hong Kong](#)

[Singapore Circuit Breaker and LGBTQ+ Services](#)

[COVID-19 its effects on NGOs in Mongolia](#)





### Issue 11:

## Voices from Artists in Asia Pacific

[A plea for art inclusion for Fiji's youngest ones during fearful times](#)

[The sound of isolation in Cambodia](#)

[Jabar and his art—'a place where God and mortal men meet'](#)

[Artists challenged to enhance online sales models](#)

[Thailand faces an incomprehensible future in many ways](#)

[I believe giving is receiving](#)

### Issue 12:

## Boosting Voices from the Pacific Community

[How long will it take for things to return to "normal"?](#)

[Advocacy during the new normal](#)

[Saving humanity as a core mission](#)

### Issue 13:

## Voices from the Young People

[The impact of stigma on Indian transgender people during Covid-19](#)

[The importance of practicing personal hygiene during the pandemic](#)

[Thai youth calling for freedom of speech](#)

[Interacting with people is helpful for one's mental health](#)

### Issue 14:

## Voices from the South Asian Communities

video [Interview with Dr. Ezzah Riaz](#)

[Bandhu's service models recognized as the best practice](#)

video [Interview with Kencho Tshering](#)

[Helping and supporting each other for a better tomorrow](#)



## Issue 15: Voices from Transgender Women Community

[Marginalized communities in need of extra handhold support](#)

[Experiencing self-stigma and stigmatisation by service providers in Bhutan](#)

video [The need for COVID-19 community based preventive models](#)

[Singapore's unique peer and professional counselling for transgender](#)

video [Adapting online health intervention for Thai transgenders](#)

## Issue 16: Voices from Asia PLHIV Community

video [Watch an interview with a PLHIV in Sri Lanka](#): Pre-plan for difficult situations to continue to support community work

[Viewing the HIV response during pandemic times as a significant life experience:](#)  
Perspective from a gay man living with HIV in Malaysia

Wishing for a greater collaboration between government, NGO's and PLHIVs to end AIDS by 2030: [A Singaporean Perspective](#)

Limited access to medication for Indonesian PLHIV community:  
[A reflection from 2019 HERO Awards recipient](#)

## Issue 17: Voices from Asia LBQ Community

video interview [Rosanna Flamer-Caldera, Sri Lanka](#)

[Ly Pisey, Cambodia](#)

Institutional policy and bureaucracy are created by people  
*it only requires gut and willingness to change them*

[Claire de Leon](#)

Advocating for a national legislation for LGBTQI Filipinos

[Jean Chong, Singapore](#)

Rethinking of allocating country specific humanitarian aid

[Candy Yun, South Korea](#)

Distributing 'social guidelines for human dignity and equality'  
to fight human rights violations

### Issue 18:

## 2021 Calling for Compassion

[2021 calling for Compassion, please donate to #CoronaAPCOMpassion](#)

Video - [CoronaAPCOMpassion: COVID-19 Emergency Funding for Asia Pacific](#)

[Briefing paper on #CoronaAPCOMpassion](#)

### Issue 19:

## Voices from LGBTQI, and HIV Regional Networks

[ASEAN SOGIE Caucus](#) - Regional ASEAN LGBTQI network talks about Covid-19 in Southeast Asia

[ICWAP](#) - Asia Pacific Women Living with HIV speaking out on Covid-19

[ILGA Asia](#) - Regional LGBTI Association experience and responses to Covid-19

[YVC](#) - Making Youth Voices Count in time of Covid-19!

### Issue 20:

## Discrimination Day 2021

Media Release

[Highlight Series: Reflecting the Current Realities Faced by the Communities We Serve](#)

### Issue 21:

## Transmen Voices for International Transgender Day of Visibility 2021

Hong Kong - [Kaspar Wan](#)

India - [Aryan Pasha](#)

Indonesia - [Raiz](#)

Japan - [Mika Yakushi](#)

The Philippines - [AR](#)





## Issue 22

# 1st Anniversary of APCOM's Special Series on the COVID-19 Effect

APCOM Special COVID-19 Newsletter Series: [One Year On](#)

## Issue 23

### Community Clinics

Community clinics helping key population through COVID-19 pandemic: [Malaysia](#)

Community clinics helping key population through COVID-19 pandemic: [Singapore](#)

COVID-19 in [Thailand](#), Clinics Dealing with a Third Wave

## Issue 24

### COVID-19 Vaccine for All?

[Thai LGBTQI group discuss Covid-19 vaccine access in midst of third wave](#)

Inoculated and Living with HIV: [Indonesia](#)

Inoculated and Living with HIV: [Thailand](#)

COVID-19 vaccination, HIV and priority populations in our region: [What's needed?](#)

## Issue 25

### Staff Reflect on their Third Lockdown

[From Bhutan to Bangkok – finding a job and a boyfriend](#)

[Four weeks and some thoughts](#)

[My Third Covid-19 Lockdown Experience](#)

[Gotta Make it Work in These Unprecedented Times](#)

[Be Kinder to Yourself](#)

[A Love Story During Covid-19](#)

[Lucky to be in lockdown with a friend \(and a dog\)](#)

## Issue 26

### Surviving Covid-19

[Surviving Covid-19 in India as Trans person](#)

[Surviving Covid-19 in the Big Mango](#)

[Corpses of Corona:](#)

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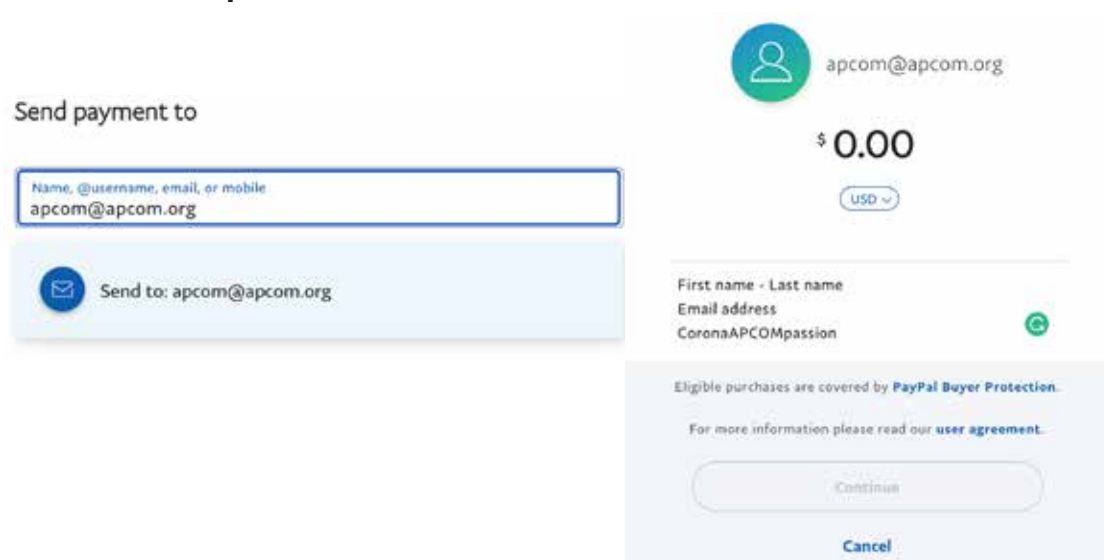
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*We are united in advocating for issues around HIV and those that advance the rights, health and well being of people of diverse sexual orientation, gender identity, gender expression and sex characteristics.*

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