



*International Coconut Community & Non-Aligned Movement Centre for South-South
Technical Cooperation*

Online Training and Webinar Series

“Stay Healthy and Productive During COVID-19 Pandemic”

8 September, 6 October, 3 November, 8 December 2020

CONTEXT

1. Coronavirus disease (Covid-19) is spreading fast after the first outbreak reported from the Chinese province of Wuhan in December 2019. To reduce the spread of disease, a number of countries impose lockdowns, closing offices, factories, malls, restaurants, schools, and global travel restrictions. The global economic development has been adversely affected by large-scale social restrictions.

2. During times of hardship, people need nutritious food and drink to stay productive and fulfil their daily needs and other necessity.

3. **Coconut (*Cocos nucifera* L.) is a key part of people’s diets** in the tropics for thousands of years. Various food products obtainable from coconut fruit are considered functional as they have health benefits beyond basic nutrition. It has amino acids. This has an especially high threonine content, an amino acid required to protect the liver, central nervous system, cardiovascular system, and to promote collagen production in the body. Coconut is also a great iron source.

4. **Several studies have shown that coconut oil is antibacterial, improves the lipid profile, and has anti-inflammatory, antiviral, anti-HIV and anti-cancer properties.** Coconut and coconut oil are among nature’s best gifts to us.

5. Notable among the components of coconut water is its high potassium content. Potassium is a vasodilator, which increases blood flow that improves the tissue metabolism and reduces blood pressure. **Coconut water is naturally aseptic and is primarily used as an alternative remedy for various ailments in medical emergency.** Coconut water was used in the Southeast Asian countries as the intravenous fluid during World War 2 and has ever since been replicated in Thailand, and the United States.

6. *Nata de coco* has been known to be a health food that has a nutritional profile similar to coconut water. The unique structure of *nata de coco* has led to the development of various non-food applications such as biocompatible wound dressings, drug delivery systems, nanomaterials, and biodegradable composites.

7. The extraction of neera from coconut inflorescence may be used to obtain coconut sugar with low glycemic index at 35, which is a very good source of sugar for people with diabetes.

8. More than 95% coconut trees mostly owned by smallholders. Nearly all parts of the palm, from the crown to the root parts, serve the social economy. The overall coconut export value in 2019 was approximately USD 11.6 billion.

9. **Approximately 30 million rural households are fully engaged as coconut farmers.** Another 60 million households will rely economically on coconut by earning jobs on farms.

10. **Nowadays, coconut products go beyond tropics and are used in many temperate countries and regions worldwide.**

11. Challenges in coconut sectors including but not limited to **low productivity and production to meet the demand from the global market, low income of farmers due to high reliance on copra whose price fluctuate overtime, unfavourable supply chains, and narrow product line.**

12. Therefore, **production of coconut is essentially planned to increase the coconut producers' export competitiveness, fair distribution of industrial capacity in developing countries, and increase the demand on international markets for processed coconut products.** To this end, activities should be conducted in the coconut sector.

13. Non-Aligned Movement Centre for South-South Technical Cooperation (NAM CSSTC) works together with the International Coconut Community (ICC) as a group of experts, to facilitate the implementation of coconut programmes. Coconut activities initiatives have been created in the form of four sessions online training and webinar series.

OBJECTIVES

- Providing coconut production information and resources;
- Encouraging farmers increasing production of coconut;
- Training farmers to produce high-quality income products;
- Promoting the positive influence of coconut products; and
- Collaborating with coconut industry stakeholders.

FORMAT

There will be a presentation, video and discussion for a two-day programme for each theme to accommodate countries with various time zones.

The series consists of three online trainings and a webinar (*see time zone conversion on next page*):

- Online training on Processing and Marketing of Nata de Coco: 8 September 2020, 02.30 PM UTC/GMT+7
- Online training on Processing and Marketing of Coconut Sugar: 6 October 2020, 02.00 PM UTC/GMT +7
- Online training on Good Agriculture Practices and Integrated Pest Management: 3 November 2020, 02.00 PM UTC/GMT+7
- Webinar on Virgin Coconut Oil Against COVID-19: 8 December 2020, 02.30 PM UTC/GMT+7.

The online event series is held in English.

PARTICIPATION AND TRAINING CERTIFICATION

An e-certificate will be presented to participants who successfully attend the online event series.

This online training and webinar series is open to coconut-producers and coconut researchers in NAM and ICC member countries, once previously registered.

Link for registration: bit.ly/namiccot22 (*this url is case-sensitive*).

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TIME ZONE CONVERSION

City	Country	GMT	Time
Canberra	Australia	UTC +11	06.00 PM
Palikir	Micronesia		
Port Vila	Vanuatu		
Oranjestad	Aruba, Caribbean Netherlands	UTC -4	03.00 AM
Washington, DC	USA		
Georgetown	Guyana		
Caracas	Venezuela		
Cairo	Egypt	UTC +2	09.00 AM
Paris	France		
Maputo	Mozambique		
Kigali	Rwanda		
Abu Dhabi	United Arab Emirates	UTC +4	11.00 AM
Suva	Fiji	UTC +12	07.00 PM
Accra	Ghana	UTC +0	07.00 AM
Freetown	Sierra Leone		
New Delhi	India	UTC +5.30	12.30 PM
Colombo	Sri Lanka		
Jakarta	Indonesia	UTC +7	02.00 PM
Bangkok	Thailand		
Baghdad	Iraq	UTC +3	10.00 AM

City	Country	GMT	Time
Nairobi	Kenya		
Riyadh	Saudi Arabia		
Dar es Salaam	Tanzania		
Manado	Indonesia		
Kuala Lumpur	Malaysia	UTC +8	03.00 PM
Manila	Philippines		
Kingston	Jamaica	UTC -5	02.00 AM
Kathmandu	Nepal	UTC +5.45	12.45 PM
Port Moresby	Papua New Guinea	UTC +10	05.00 PM
Pago Pago	American Samoa	UTC -11	08.00 PM
Paramaribo	Suriname	UTC -3	04.00 AM
Nukualofa	Tonga	UTC +13	08.00 PM