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Staff from the World Health Organization (WHO) in Timor-Leste joined family and friends to celebrate the organisation's 78th anniversary and World Health Day 2026. (More photos inside)



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Photo: WHO Timor-Leste

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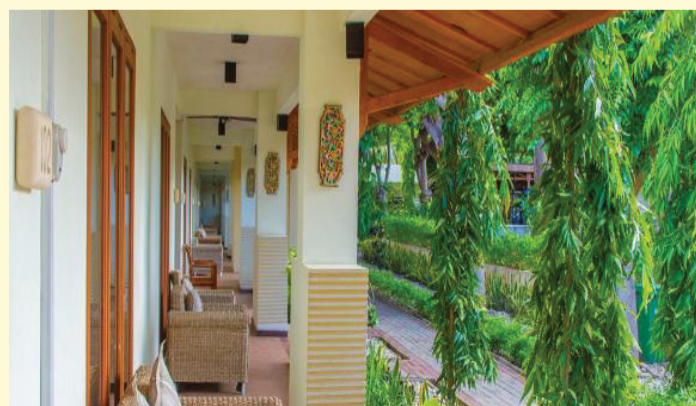
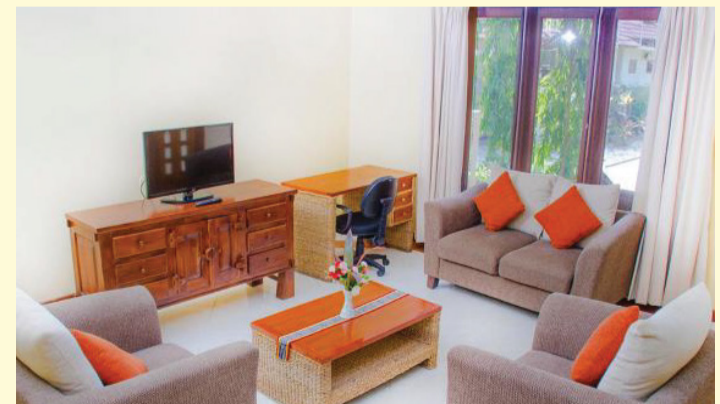
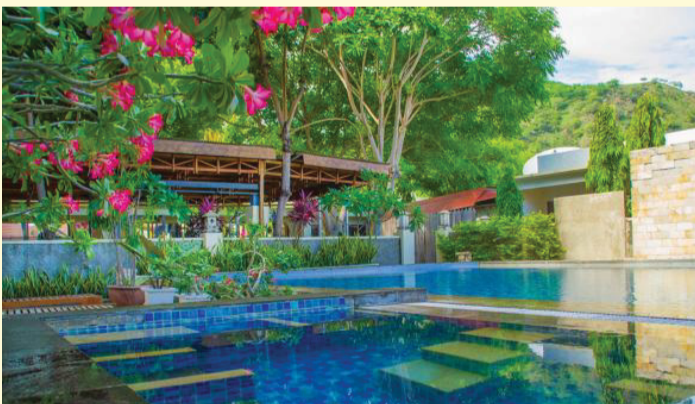


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The Dili Dozen 2026



Hosted by the Defence Cooperation Program, the Dili Dozen is a demanding endurance charity challenge held at Cristo Rei, Dili, where participants attempt to complete 12 laps of the Cristo Rei stairs (running or walking), covering approximately 15 km (13,680 steps).

The Defence Cooperation Program (DCP) successfully delivered the second edition of the “Dili Dozen” on 18 April 2026.

The event began at 3:30am (to beat the heat and catch the sunrise) from the base of the iconic Cristo Rei statue, with participants entering either individually or sharing the distance as part of a team.

A total of 50 individual competitors and 10 teams (over 100 participants) took part. More than USD \$5,700 was raised for Ordem de Malta Clinic, which provides free healthcare to over 12,000 patients annually through its Dili clinic, as well as a further 2,700 patients via its mobile clinic.

The Dili Dozen is organised by the DCP, a long-standing partnership between the Australian Defence Force (ADF) and the Falintil-Forças de Defesa de Timor-Leste (F-FDTL), reflecting ongoing cooperation in Timor-Leste.

The event was made possible with the support of sponsors including The Safety Stop, RMS, Dili Development Company, Jape Kong Su Empowerment Initiative, Maddog Adventures, Jacks Sports, and Timor Plaza, whose contributions of funding and prizes played an important role in the success of the event.

SGT Heath Crotty, Event Organiser and amateur athlete, said:

“I feel very proud to be a part of such an awesome international community. It was excellent to see so many people contributing, volunteering their time and showing up in the early hours of the morning to take part in this unique activity.”



Credit: Australian Embassy, Timor-Leste & Timor Plaza



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Stronger Skills Leading to Safer Rides in Timor-Leste

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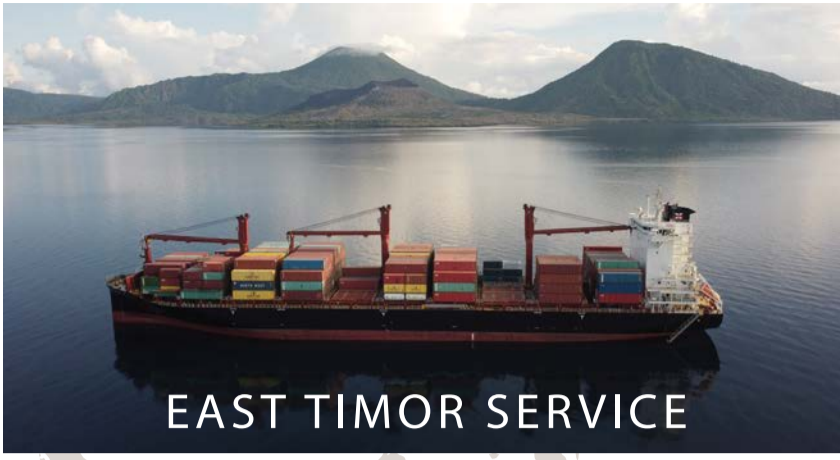


Australia's Market Development Facility (MDF) is strengthening health and safety in Timor-Leste's tourism sector by supporting Dili Dirt Bike staff to gain international training, by undertaking remote first-aid skills for safer adventure tourism.

Dili Dirt Bike offers adventure-seekers the opportunity to explore Timor-Leste by road. The tours often take tourists through remote and difficult-to-access areas of the country, where emergency medical support is not readily available.

This training builds on earlier MDF support, including safety ride training delivered in 2025 in partnership with Bike You, and reflects Australia's continued commitment to safer, higher-quality tourism services and a more capable tourism workforce in Timor-Leste.





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President's Visit Puts Spotlight on 208-Million-Year-Old Fossil in Bobonaro

A visit by President José Ramos-Horta to Foho Lesululi in Cailaco has brought national attention to a major scientific discovery in Bobonaro Municipality: an ichthyosaurus fossil estimated to be more than 208 million years old.

While the fossil was first identified 6 years ago, the President's visit to the site highlights government interest in its scientific and economic potential.

The fossil dates to the Late Triassic period, when Timor-Leste was largely underwater. Ichthyosaurs were marine reptiles, similar in shape to dolphins, that dominated ancient seas. At Lesululi, the scale of the remains is notable. Early measurements suggest a tail section of around 12 metres, with one large bone approaching 20 metres in length. Fossilised material is spread across a wide section of the mountain, indicating this is not a single isolated find.

The site was discovered around 2020 during geological surveys led by Timorese geologists Isaias dos Santos Barros and Joanico, both from Bobonaro. A detailed study is still ongoing, including mapping the full extent of the fossil and investigating how the animal died.

There is already international interest. The Institute of Geosciences Timor-Leste is working with the BBC to produce a documentary on the site, expected to be released in 2028.

The government is exploring development options. One proposal is to seek recognition under the UNESCO Global Geoparks network, which could position the site as a destination for scientific and educational tourism.

A developed site could attract researchers, students, and visitors, creating demand for local accommodation, transport, and guiding services.

For now, the focus remains on protecting the site and completing scientific research.



Credit: Media PR



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WHO Timor-Leste marks World Health Day with launch of new country strategy and science exhibition

The World Health Organization (WHO) in Timor-Leste celebrated the 78th anniversary of WHO and World Health Day, bringing together the President of the Republic, ministers of Health and Education, senior officials from health-related ministries, the diplomatic corps, UN agencies, and development partners under the theme "Together for Health. Stand with Science."

The centrepiece of the event was the official launch of the **Country Cooperation Strategy (CCS) 2026–2030**, the key document guiding WHO's work in Timor-Leste over the next five years. Visitors also experienced **Science in Action**, an exhibition tracing the breadth of work carried out jointly by WHO and the Ministry of Health (MOH).

In his keynote address, President José Ramos-Horta, celebrated Timor-Leste's recent certification as malaria-free and the elimination of five other diseases, milestones he attributed to the dedicated work of health workers. He highlighted digital disease surveillance, the country's first oxygen generation plant at HNGV, and the introduction of the HPV vaccine and nationwide screening of over 260,000 schoolchildren as evidence of a health system modernising with clear purpose. While staying candid about what remains unfinished, such as reducing maternal mortality, combating stunting, and health consequences of climate change, the President singled out health disinformation as a threat on par with disease itself, urging citizens to stand with science.

Minister of Health Dr Elia A. A. dos Reis Amaral reflected on the years of measurable progress. "Our human development and universal health coverage indicators have moved in the right direction," she said. She credited the WHO-Ministry partnership, alongside contributions from partners, with achieving the elimination of rubella in July 2023, lymphatic filariasis in 2024, and malaria in 2025, describing the latter as especially significant. "Bigger countries with more resources have not managed to achieve this," she noted.

The event was also attended by Minister of Education Dulce de Jesus Pereira, Vice Ministers of Health José dos Reis Magno and Dr Flávio Brandão, and members of parliament.

Looking ahead, the Minister reaffirmed the government's commitment to universal health coverage, encompassing both stronger primary health care and expanded secondary and tertiary services. "Together, we are building robust surveillance systems for preventing, early detecting, and managing health emergencies. We are training epidemiologists, expanding access to modern diagnostics, and strengthening digital health systems," she said.

WHO Representative Dr Arvind Mathur reflected on the arc of progress, noting that Timor-Leste has added over 10 years to life expectancy in just two decades, built digital surveillance systems, enhanced early disease detections, all driven by evidence and science. He called One Health one of the defining lessons of this era. "Human, animal, and environmental health are intertwined. We can only protect one by protecting all three," he said.

Launching the CCS document, Dr Mathur described it as a shared roadmap for stronger services, better preparedness and public health outcomes, built on four pillars: Provide, Protect, Promote, and Perform. The CCS 2026–2030 was developed through extensive consultation with the MOH, UN agencies, civil society, and development partners.

The Science in Action exhibition brought these commitments to life. At the EPI stall, visitors traced Timor-Leste's immunization journey through real programme materials. The NCD stall drew the largest crowd, offering on-the-spot checks for blood pressure, blood sugar, and BMI. While the School Health stall illustrated how health and education converge, another focused on women, newborns, children, and adolescents - covering maternal care, adolescent health, and cervical cancer screening services.

The telemedicine kiosk showed how a doctor at a remote health centre can consult a specialist over video, sparing families long commutes to Dili. A live demonstration of ICBS-TL, Timor-Leste's first Integrated Case-Based Surveillance system, showed how cases are tracked in real time.



Credit: WHO Timor-Leste

Fun with Ai

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Write a brief, humorous but respectful piece about everyday life in Timor-Leste.

ChatGPT:

“The Careful Parking of Motorbikes”

In Timor-Leste, parking a motorbike is not just a practical task. It is a quiet demonstration of spatial awareness, patience, and collective understanding.

At first glance, it may look impossible. A small space. Too many bikes. Angles that don't quite make sense. And yet, within minutes, everything fits. Not perfectly aligned, not measured — but somehow, exactly right.

There is no formal system. No painted lines. No assigned spots. And still, each new arrival finds a place, easing gently into the existing arrangement like it was always meant to be there.

A rider approaches slowly, scanning the scene. A slight adjustment here, a careful turn of the handlebars there. Another bike is nudged — not moved, just... encouraged. No one objects. This is understood. This is cooperation without conversation.

What's remarkable is the trust. Keys are often left in ignitions. Helmets rest casually on seats. Motorbikes sit close enough to touch, yet nothing feels crowded. Each one is part of a shared puzzle, temporarily held together by mutual respect.

Leaving requires equal skill. One bike comes out, another is shifted, a third leans slightly to create space. It is a gentle choreography. No rush. No frustration. Just small, precise movements until the path is clear.

And somehow, it always works.

What might seem chaotic from a distance is, in reality, highly organised — just not in a way that needs explaining. It relies on awareness, patience, and the quiet assumption that everyone will do their part.

Because in Timor-Leste, even parking is a shared activity.

And there is always room for one more.

Upcoming TL National Holidays

- 1st of May – World Labour Day (fixed date public holiday)
- 20th of May – Restoration of Independence Day (fixed date public holiday);
- 6th of June – Idul Adha (variable date public holiday)

FROM THE EDITOR

Welcome to the May 2026 edition of Guide Post

This month's edition brings together a diverse mix of stories, achievements, and developments from across Timor-Leste.

We begin with the World Health Organization (WHO) in Timor-Leste, marking its 78th anniversary alongside World Health Day, highlighted by a “Science in Action” exhibition. The event showcased innovations such as a new telemedicine kiosk, offering a glimpse into how remote healthcare could expand access to medical services across the country.

On the community front, the 'Dili Dozen' returned, challenging participants in a demanding endurance charity event. Find out more inside these pages.

In Bobonaro, the discovery of a 208-million-year-old Ichthyosaur fossil continues to attract attention, with growing interest in its potential to support scientific research and tourism in the region.

Nominations for this year's Timor-Leste Women's Business Awards open on the 4th May; you can find out how to nominate someone deserving later in this issue.

Continuing their regular contributions, Konnekto provides a clear and practical guide to the Old Age Pension rules, offering useful information for both individuals and families.

As always, this issue includes engaging features, practical advice, and puzzles to keep you thinking. Whether you are a long-time resident or new to Timor-Leste, we hope you will find something here to inform, inspire, or simply enjoy.

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Until next month.

Cheers!

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Dear Editor,

Thank you for recognising the life and legacy of our brother and uncle, David Boyce. We thank all three of David's Timor-Leste foster sons (Chody Lemnos, Herculano 'Acku' Amaral and Tony Behar) for their love and support for David. We also thank the many other people who cared for David in his final years before and after his retirement in 2020. It takes a village to care for someone, as his family, we feel very lucky that David had that village including all three of his Dili-based foster sons and many other mentees, his devoted god-daughter Julie-Anne Gibney, medical staff in Dili and Darwin and his many friends in Rotary in Darwin and Timor-Leste. We also remember with gratitude David's original five foster sons in Kalimantan (Kardinal, Khairil, Maskur, Rusli and Mawardi). We continue to be inspired by David's commitment to helping many young adults in Timor-Leste achieve their full potential. That is David's legacy.

Family of David Boyce, Sydney, Australia (brothers, Jim and Stewart Boyce, and nieces, Christy, Camilla and Ellen Boyce)

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Transforming Learning Through ICT in Timor-Leste

By Julio Talimeta da Silva

In Gleno, Ermera Municipality, digital learning is improving teaching practices and expanding opportunities for students



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In the cool highlands of Gleno, where the air is fresh and the mountains stretch quietly into the distance, education is taking on a new life. At EBC 10 de Abril 99 Gleno, learning is expanding beyond chalkboards and textbooks, becoming more dynamic, visual, and full of possibility.

For 15-year-old Esterlina, a Grade 9 student, school is the first step toward her dream of becoming a doctor. As the youngest of four siblings, she carries both hope and responsibility. Her inspiration began with children's storybooks (Lafaek), which sparked her curiosity about the world.

Esterlina's favorite subjects are Tetum and English. For her, learning Tetum is about identity and responsibility. "It is our official language. We must protect and promote it," she says. At the same time, she sees English as a bridge to opportunity, especially her ambition to study abroad and pursue a career in medicine.



Esterlina and her friend learning together using a tablet © UNICEF/2026/JTalimeta

In the same classroom, her classmate Abrão, also 15, dreams of becoming a pilot. The youngest of six siblings, Abrão's aspirations were shaped by the films he watches, stories of travel, adventure, and discovery. He imagines himself flying across countries, connecting with people from different cultures.

To achieve this, Abrão focuses on Mathematics and English.

"To become a pilot, you need strong calculation skills and English", he explains. "If I travel to many countries, I want to be able to communicate with people."



Abrão and his friend engaged in learning through a tablet © UNICEF/2026/JTalmeta

For students like Esterlina and Abrão, dreams are powerful, but they require support. At EBC 10 de Abril 99 Gleno, that support is increasingly coming through digital learning.

In 2025, students and teachers at the school participated in Information and Communications Technology (ICT) training, where they learned the basics of digital tools, including how to create email accounts and access the Eskola ba Uma (EbU) Learning Passport. This platform has opened a new world of learning resources, interactive lessons, summaries, and videos that make education more engaging.

“Before, we only read from books,” Esterlina shares. “Now, we can also learn through videos and digital content. It makes learning more alive.”

Students are particularly enthusiastic when teachers use projectors in class. Lessons become more visual and interactive, helping them understand concepts more easily. Beyond academic subjects, the platform also introduces them to 21st-century skills, especially in digital literacy, financial awareness, and language development.

Teachers, too, are experiencing a transformation. Agata, a 35-year-old Portuguese language teacher, has been teaching at the school for two years. Before the introduction of ICT, her lessons relied heavily on writing on the board and summarizing content for students, methods that were time-consuming and limited interaction.



Teacher Agata conducting her class using a projector and laptop © UNICEF/2026/JTalmeta

“With limited time, we spent too much effort writing on the board,” she explains. “This reduced our ability to engage students in practice and made it difficult to support each student individually.”

The lack of learning materials, including textbooks and dictionaries, added to the challenge.

Now, with ICT tools such as projectors, tablets, and the Eskola ba Uma (EbU) Learning Passport, Agata’s teaching approach has evolved. Lessons are more interactive, allowing more time for practice, especially in language learning. Visual aids, animations, and online dictionaries help students better understand and retain information.

“I see that students are more interested and active in class,” she says. “Learning is no longer just from books, it comes from images, videos, and interaction. The classroom feels more alive.”

School leadership also recognizes the importance of integrating technology into education. According to Angelina Rica Mali Soares, the school’s Deputy Director, ICT is essential in preparing students for the demands of the digital era.



Deputy Director Angelina Rica Mali Soares in her office at EBC 10 de Abril 1999 Gleno © UNICEF/2026/JTalmeta

“If students are introduced to ICT early, they will be more confident when they continue their studies, especially at university,” she explains.

In 2025, the school, along with its six branches, participated in ICT training supported by the Ministry of Education, through the National Directorate of Basic Education (DNEB) and the National Directorate of Information Systems and Technology (DNSIT). Both teachers and students received training in basic ICT skills, including hardware and software use, Gmail creation, and access to the Eskola ba Uma (EbU) Learning Passport.

The school also received essential equipment, including tablets, projectors, laptops, television screens, and a generator to support teaching and learning activities.

Despite these advancements, challenges remain. Internet connectivity is still inconsistent, and electricity is not always stable. Continued training for teachers is also needed to ensure the effective use of technology in classrooms.

This initiative, supported by WEMADE through UNICEF Korean National Committee and implemented by UNICEF Timor-Leste in partnership with the Ministry of Education, is helping bridge the digital divide in education, reaching schools across municipalities Ainaro, Ermera and Liquica, and benefiting 364 teachers, 10,300 students including 15 with disabilities in the project schools, and 285 adolescents and youth.

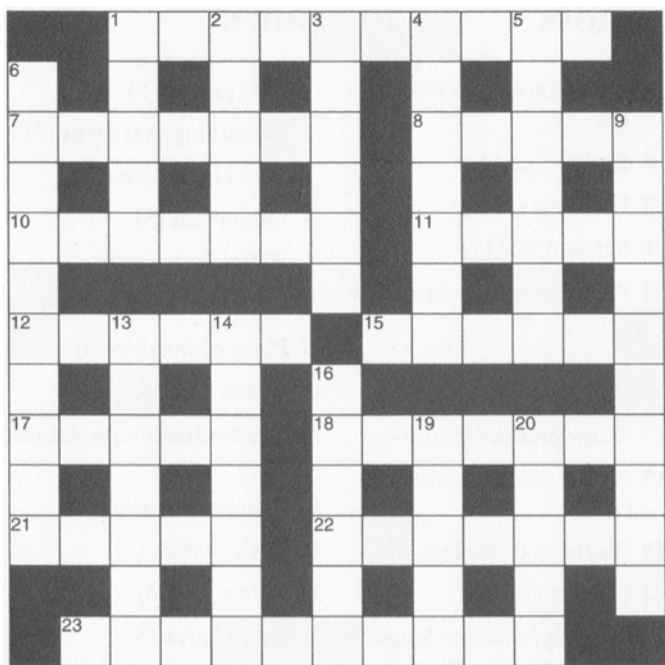
For Esterlina and Abrão, ICT is more than just a tool, it is a pathway. It brings their dreams closer, making them feel possible and within reach.

In a world increasingly shaped by technology, the presence of ICT in schools like EBC 10 de Abril 99 Gleno is not just important, it is essential. It is equipping a new generation with the knowledge, skills, and confidence they need to navigate the future.

Source: <https://www.unicef.org/timorleste/stories/transforming-learning-through-ict-timor-leste>

QUICK CROSSWORD

Solution on page 19



Across:

1. Envelope opener (10)
7. Radioactive element (7)
8. Town official (5)
10. Forced entry (5-2)
11. Torn apart (5)
12. Do again (6)
15. Large dung beetle (6)
17. More skilful (5)
18. Panto lamp rubber (7)
21. Judi —, actress (5)
22. Flammable gas (7)
23. Paper fastener (7,3)

Down:

1. Tranquillity (5)
2. Puncture (5)
3. Place on bail (6)
4. Expressed in digits (7)
5. Raised road (7)
6. Stretchy fastener (6,4)
9. Loose-leaf folder (4,6)
13. Lager (7)
14. Flying display (3,4)
16. Cured ham (6)
19. Behave badly (3,2)
20. Deprive of strength (5)

QUICK CRYPTIC CROSSWORD

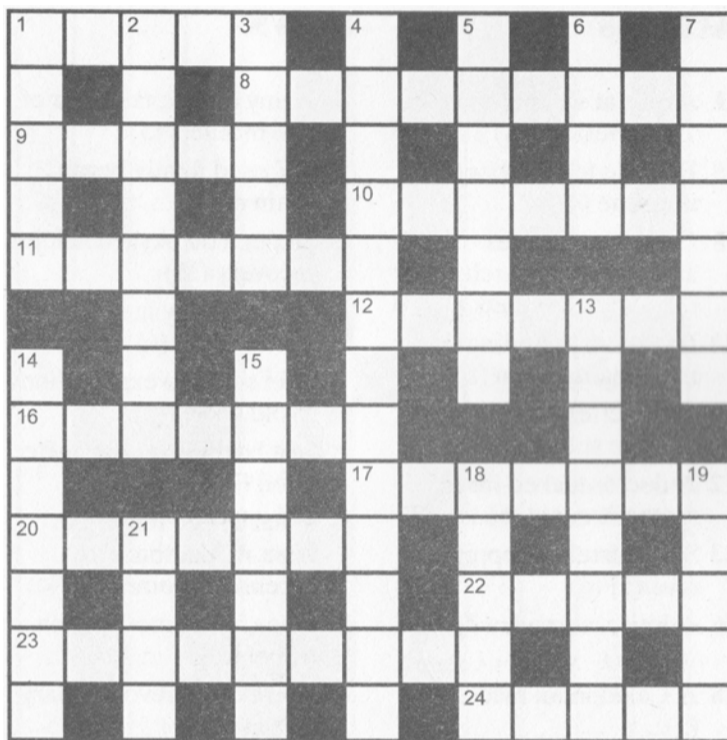
Solution on page 19

Across:

1. Grand place for royal official (5)
8. Setter's miserable existence? (1,4,4)
9. Calm down, everybody, all the time (5)
10. Wrapper can be frustrating (7)
11. Keep quiet about happening to be in such a heaven (7)
12. Rather feeble desire to suppress troublemaker (7)
16. Object to check on prisoner (7)
17. Empty part of car (7)
20. More aggressively masculine tradesman? (7)
22. To be king: good to be in control (5)
23. It's curious in insects, sheep and goats for example (9)
24. Mountain always holds soldier back (5)

Down:

1. Main constituent of lawn: weed? (5)
2. Forgetfulness of old boy, one very taken by cat (8)
3. Old Central American married a New Englander briefly (5)
4. Insincerely speaking about drink from tap whetting the appetite (5-8)
5. Chap got up in tatty suit a disaster, naturally (7)
6. Old queen used to love (4)
7. Wife, fit, dumping first husband, becoming rich (7)
13. At home, getting together and preparing tea (8)
14. Sort of lettuce found floating in the sea (7)
15. Gas — the name is different (7)
18. Hunter perhaps runs in stockings (5)
19. This finally must go in the printer? (5)
21. Book, from you? (4)



Crossword Notes:

'THE TIMES' QUIZ

Solution on page 19

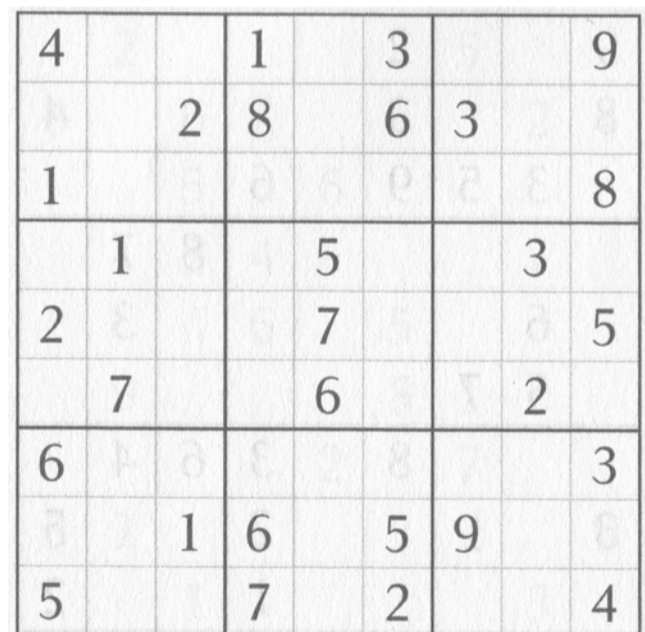
General Knowledge

1. Who based his drawings of Winnie-the-Pooh on Growler, his son Graham's teddy bear?
2. Maidenhead railway bridge features in which 1844 painting by J.M.W. Turner?
3. Which Austrian family moved into 20 Maresfield Gardens, Hampstead, in 1938?
4. 119 copies of which book by John James Audubon are known to survive?
5. Which children's TV duo spoke the language Oddle Poddle?
6. Who married Giovanni Sforza, Alfonso of Aragon and, finally, Alfonso d'Este?
7. Thomas Gibson Bowles founded which women's weekly magazine in 1885?
8. Which Austrian-born biographer (1921-2012) wrote *The Case of Mary Bell: A Portrait of a Child Who Murdered* and *Albert Speer: His Battle with Truth*?
9. Berlioz composed an 1838 opera about which Florentine sculptor and goldsmith?
10. Which French composer wrote the music for the 1964 film *The Umbrellas of Cherbourg*?
11. Werner Heisenberg won the 1932 Nobel Prize in Physics "for the creation of" what?
12. Which Bush frontman is the father of fashion model Daisy Lowe?
13. Quarried in Dorset, which limestone was used to build the Cenotaph in Whitehall?
14. Jane Goodall is considered the world's foremost expert on which animals?
15. *Revelations* (1960) is regarded as the modern dance masterpiece of which American choreographer?
16. Who invented the bouncing bomb used by the RAF in the 1943 "Dambusters" raid?
17. Cavity Sam is the patient in which board game?
18. "Fast Eddie" Parker (1931-2001) was a legendary American player of which sport?
19. British swimmer James Guy won which individual title at the 2015 World Aquatics Championships?
20. What is the pictured rodent?



THE TIMES SUDOKU

Solution on page 19



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Lucky Cake House
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EMPLOYMENT MATTERS!

Edition #67 - Social Security - Old Age Pension

These are **Employment Matters**, which matter to all of us!

As we continue exploring Timor-Leste's Social Security system, it is time to focus on one of its most important long-term protections: the Old Age Pension. While earlier discussions have centred on short-term benefits and claims processes, this benefit represents the system's long-term promise: income security after a lifetime of work.



What is the Old Age Pension?

The old age pension is a financial benefit granted to individuals who have reached the legal retirement age and meet the required conditions. It is designed to replace income once a person stops working, ensuring financial stability and dignity in later life. At its core, the system reflects a simple principle: contributions made during working years are an investment in future security.

Timor-Leste's approach is inclusive, structured across three key components:

1. Contributory Old Age Pension

This applies to workers registered in the Social Security system who have contributed during their careers.

Eligibility includes:

- Aged 60 or above
- Meeting the minimum contribution period (e.g. 84 months in 2026, increasing to 120 months by 2032)

Pension calculation is based on:

- Earnings history
- Number of months of contributions

A minimum pension guarantee ensures that even workers with lower earnings receive basic protection.

Who may claim:

- Registered contributors meeting age and contribution requirements
- The beneficiary or their legal representative

2. Transitional Regime (Closed Group)

This pension applies to a specific group of State workers whose employment history predates the current system. It covers those who, as of 1 October 2017, had already met eligibility conditions but had not yet applied and continued working.

This is a closed group, meaning no new members can enter. Its purpose is to protect acquired rights and recognise past service.

Integration into the General Regime

For individuals who contributed under both the transitional period (2002–2017) and the current system (from 2017 onwards), pension calculations combine both periods to ensure continuity and fairness.

The pension is calculated based on the contributions and earnings from both periods.

3. Social Pension (Non-Contributory)

To ensure universal protection, Timor-Leste also provides a non-contributory old-age pension.

This benefit applies to all Timorese citizens aged 60 and above, particularly those with no or insufficient contribution history. It is fully state-funded, ensuring that no elderly person is left without basic income support.

Who may claim:

- Citizens aged 60 or above
- Individuals without sufficient or any contribution record
- The beneficiary/holder
- The legal representative of the beneficiary

How and Where to Claim?

Old age pension claims can be submitted through:

- Social Security Centres (Dili, municipalities, RAEOA)
- Timor-Leste Embassies or Consulates abroad
- Email (with signed forms and supporting documents)

Required Steps Typically Include:

- Completed application form
- Valid identification
- Contribution history (for contributory pensions)
- Civil registry documents where applicable

Once submitted, the Social Security institution verifies eligibility and processes the benefit.

Payment structure:

- Contributory pension: Paid monthly for life, includes 13th month benefit
- Non-contributory pension: Paid monthly for life, does not include 13th month benefit

Looking Ahead

As Timor-Leste continues to strengthen its systems to support people in retirement, long-term sustainability will depend not only on robust policies, but also on a growing and stable workforce. This leads us to an important issue we will explore next: the migration of skilled workers abroad.

For detailed guidance, forms, and updates, visit the official Social Security website: <https://segurancasocial.gov.tl/indexen> or visit a Social Security office.

Please email us at info@konnekto.com with any questions. Your inquiries inspire us to create fresh and informative content!





Our Next Deadline for Advertising & Articles is: 20th of May 2026

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Tabaco; Charutos; Cigarros; Cigarilhas; Picadura; Pó de tabaco; Filtros de cigarro; Estojos para cigarros; Piteiras; Bocal para piteiras; Limpadores de cachimbo; Isqueiros; Filtros de cigarro; Papel de cigarro.

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MARCAS – TIMOR LESTE AVISO PRÉVIO

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Spin dryers [not heated]; Food mixers, electric, for household purposes; Food preparation machines, electromechanical; Bread cutting machines; Beverage preparation machines, electromechanical; Household machines for making soybean milk; Dry-cleaning machines; Washing machines [laundry]; Wringing machines for laundry; Coin-operated washing machines; Dishwashing machines; Meat mincing machines [machines]; Flour mill machines; Kneading machines; Fruit washing machines; Machines for making aerated beverages; Mills for household purposes, other than hand-operated; Coffee grinders, other than hand-operated; Dishwasher racks being parts of dishwashing machines; Dishwashing machines for household purposes; Dishwashing machines for industrial purposes; Presses for industrial purposes; Compressors for refrigerators; Vegetable shredders for household purposes; Meat cutting machines for household purposes; Bean vermicelli making machines; Steamed bun making machines; Dumpling making machines.

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Centrifugas de secagem [sem aquecimento]; Batedeiras elétricas para uso doméstico; Máquinas eletromecânicas para preparação de alimentos; Máquinas de cortar pão; Máquinas eletromecânicas para a preparação de bebidas; Máquinas domésticas para fazer leite de soja; Máquinas de limpeza a seco; Máquinas de lavar roupa; Centrifugas para roupa; Máquinas de lavar roupa com moedas; Máquinas de lavar louça; Máquinas de moer carne; Moinhos de farinha; Amassadeiras; Máquinas de lavar fruta; Máquinas para fazer bebidas gaseificadas; Moedores para uso doméstico, exceto os manuais; Moinhos de café, exceto os manuais; Cestos para máquinas de lavar louça que fazem parte de máquinas de lavar louça; Máquinas de lavar louça para uso doméstico; Máquinas de lavar louça para uso industrial; Pressas para uso industrial; Compressores para frigoríficos; Trituradores de legumes para uso doméstico; Máquinas de cortar carne para uso doméstico; Máquinas para fazer massa de feijão; Máquinas para fazer pãozinho cozido a vapor; Máquinas para fazer bolinhos.

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Water dispensers; Coffee machines, electric; Electric water boilers; Water purifiers; Apparatus for filtering drinking water; Heating and cooling apparatus for dispensing hot and cold beverages; Ice machines and apparatus; Portable refrigerators; Electric kettles for household purposes; Vehicle-mounted refrigerators; Electric water purifiers for household purposes; Microwave ovens [cooking apparatus]; Kettles, electric; Electric appliances for making yogurt; Refrigerators; Freezers; Refrigerating apparatus and machines; Air-conditioning apparatus; Air heaters; Clothes drying machines, electric, for household purposes; Ice-cream making machines; Refrigerated display cabinets [display cases]; Electric water heaters; Electric woks; Roasting ovens; Pressure cookers (electric pressure cookers); Air sterilizers; Extractor hoods for kitchens; Electric pressure cookers (pressure cookers); Water closets; Toilet bowls; Toilet seats; Toilet combinations with cleaning water spray heads; Toilet seats for children; Toilet bowls for children (sanitary installations); Water-saving toilets; Toilet flushing tanks; Flush handles for toilets; Urinals being sanitary fixtures.

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Dispensadores de água; Máquinas de café elétricas; Chaleiras elétricas; Purificadores de água; Aparelhos para filtrar água potável; Aparelhos para aquecer e arrefecer bebidas quentes e frias; Máquinas e aparelhos de gelo; Frigoríficos portáteis; Chaleiras elétricas para uso doméstico; Frigoríficos para veículos; Purificadores de água elétricos para uso doméstico; Fornos micro-ondas [aparelhos de cozinha]; Chaleiras elétricas; Aparelhos elétricos para fazer iogurte; Frigoríficos; Congeladores; Aparelhos e máquinas de refrigeração; Aparelhos de ar condicionado; Aquecedores de ar; Máquinas de secar roupa elétricas para uso doméstico; Máquinas de fazer gelado; Vitrínes refrigeradas; Esquentadores elétricos; Woks elétricos; Fornos de assar; Painéis de pressão (painéis de pressão elétricos); Esterilizadores de ar; Exaustores para cozinhas; Painéis de pressão elétricos; Vasos sanitários; Assentos sanitários; Sanitas com chuveiro higiênico; Assentos sanitários infantis; Sanitas para crianças (instalações sanitárias); Sanitas economizadoras de água; Caixas de descarga de autoclismos; Manetes de descarga para vasos sanitários; Os urinóis como acessórios sanitários.

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Ken's Two Centavos

Ken calls himself a citizen of the world, and with good reason. Now in his seventies, he's lived a life that has carried him from Denmark to Europe, the United States and Thailand, before choosing Atauro Island as the perfect place to retire.

Each month, he shares his thoughts on everyday life — the insights, quirks and small moments that show Timor-Leste to be both familiar and unexpected. These are Ken's Two Centavos...

Of the 11 Southeast Asian countries, Timor-Leste is the third smallest, at 14,874 sq. km., ...which is over 4,000 sq. km larger than Hawaii's 'Big Island,' ...where I resided for six years, prior to coming to Timor-Leste in 2024.

The smallest country in S.E. Asia is Singapore, and second smallest is Brunei.

Timor-Leste has two satellite islands; Jaco and Atauro. Jaco is 11 sq. km and Atauro, where I now reside, is 140 sq. km. I've not yet had the pleasure of visiting Jaco, but I'd like to. Excuse me, for ending the prior sentence with a preposition.

Which brings us to an old American joke: Two groups of school girls are on a bus headed to a museum. A girl from the backwoods school smiles and says to a girl from the upper-class school: "So where y'all from?" The second girl responds, "At our school, we know better than to end a sentence with a preposition." The first girl ponders for a moment, then says, "So where y'all from, bitch?"

On a different topic: I knew a guy who crossed the border between West Timor and Timor-Leste without getting his passport stamped. For several weeks, he tells me, he was 'an illegal alien' in Timor-Leste. Then, for reasons too lengthy to articulate here, he chose to get legal, so he did the same crossing in reverse. He snuck into Indonesia and then made a U-turn, and came into Timor-Leste legally. The point of this odd little story is: Even though Timorese officials suspected something fishy (when he applied to enter Timor-Leste w/o having proper stamps from Indonesia), they didn't make a big deal out of it, and instead - allowed the guy to enter. If officials had decided to be anal-retentive, like border officials at other S.E. Asian border crossings, they could have readily arrested the ding dong and fined him hundreds of dollars and/or put him in prison. I think the guy learned a lesson, but I don't know, because he flew out of Dili the morning after we spoke.

When I was visiting Hawaii and told friends about Timor-Leste, usually the first question I'm asked is, "Is there good surfing there?" I tell them, I don't know (I'm a rock climber, not a surfer), and add: the waves I've seen are small. If anyone reading this knows of decent surfing places, with waves close to 1 meter, let us know. Alternatively, Timor-Leste's coasts could be fun destinations for 'skimboarding' ...which is usually done by kids, using round thin flat 'skimboards.' It's akin to skateboarding at the sea's edge. Entrepreneurs, take note.

Ken Albertsen
Atauro Island
kenalberts214@gmail.com

SOLUTIONS TO PUZZLES ON PAGE 12

QUICK CROSSWORD



QUICK CRYPTIC CROSSWORD



'THE TIMES' QUIZ

Answers:

1. E. H. Shepard
2. *Rain, Steam, and Speed* — *The Great Western Railway*
3. The Freuds
4. *The Birds of America*
5. Bill & Ben — The Flower Pot Men
6. Lucrezia Borgia
7. *The Lady*
8. Gitta Sereny
9. Benvenuto Cellini
10. Michel Legrand
11. Quantum mechanics
12. Gavin Rossdale
13. Portland stone — which is quarried on the Isle of Portland
14. Chimpanzees
15. Alvin Ailey
16. Barnes Wallis
17. *Operation*
18. Billiards or pool
19. 200m freestyle
20. Naked mole-rat (*Heterocephalus glaber*) or sand puppy

THE TIMES SUDOKU

4	8	7	1	2	3	6	5	9
9	5	2	8	4	6	3	1	7
1	3	6	5	9	7	2	4	8
8	1	9	2	5	4	7	3	6
2	6	4	3	7	1	8	9	5
3	7	5	9	6	8	4	2	1
6	2	8	4	1	9	5	7	3
7	4	1	6	3	5	9	8	2
5	9	3	7	8	2	1	6	4

"It's a Fact"

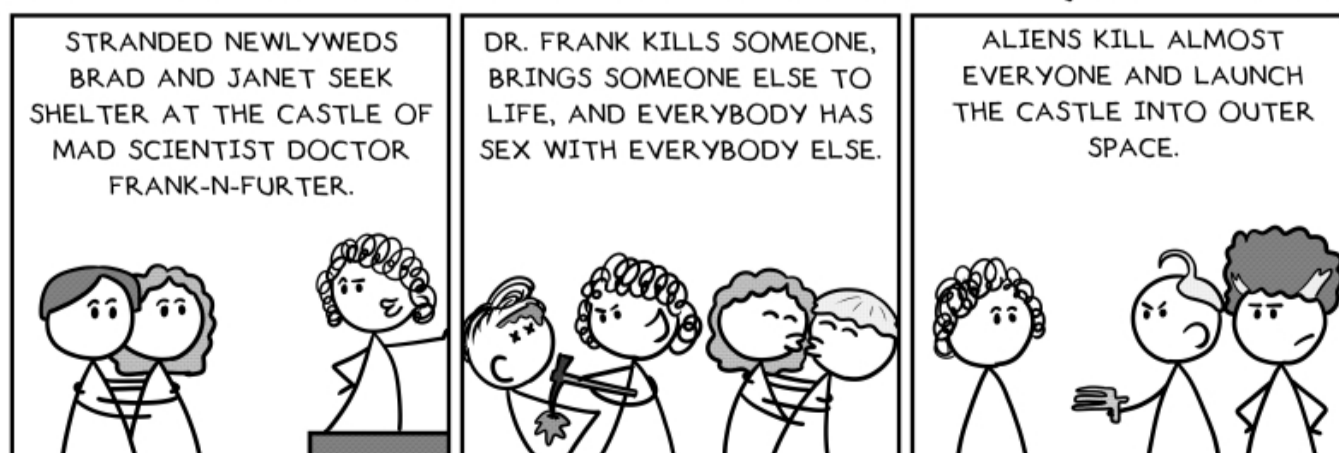
A group of flamingos is called a "flamboyance" — which feels entirely appropriate.

"Dad Joke"

I used to be addicted to soap... but I'm clean now.

"3 Panels Plays"

THE ROCKY HORROR PICTURE SHOW (in 3 Panels)



LEARN ABOUT THE GOSPEL OF JESUS CHRIST

If we come to him, Jesus promises rest to all those who are weary and burdened. (Matt 11 v 28)

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New business skills, new hope: Returning Timorese migrants transform their lives

The ILO equips returning migrants in Timor-Leste with business and financial skills to create opportunities, support families and contribute to reducing unemployment.



A Timorese woman migrant worker. © Nuncio Da Costa/ILO

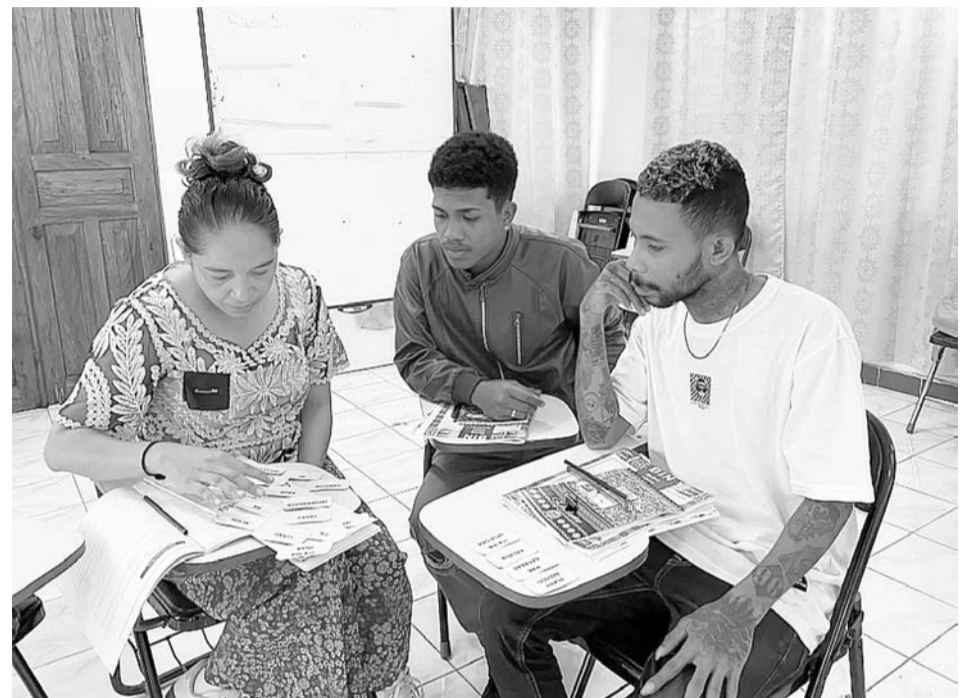
Fander Coronado Ventura, a former migrant worker from Covalima Municipality in Timor-Leste, recalled the challenges he faced upon returning home from Australia after his contract ended. For 3 years, he worked as a butcher in the food processing sector “I had no clue what to do at home with the experience I gained abroad,” he said.

Madalena de Araujo Guterres shared a similar uncertainty. After spending a year working in hospitality in Australia’s Northern Territory, she returned in June last year with savings and the ambition to open her own tailoring business. Yet she soon realized that ambition alone was not enough. “I did not have proper knowledge to run the business,” she admitted.

Research by Flinders University in 2024 paints a sobering picture: fewer than half of returning Timorese migrant workers were able to maintain a sense of wellbeing after reintegration. Jobs are scarce and the skills they built abroad often go unused. Although nearly all Timorese workers in Australia are employed in agriculture, only one in five find agricultural work upon returning home.

When Fander and Madalena learned about the business education and financial literacy training offered through the ILO’s Agroforestry Skills Programme, they seized the opportunity. Funded by the European Union (EU), the Programme promotes green and sustainable economic diversification and resilience in Timor-Leste through private sector development and technical and vocational education training (TVET) to support youth integration into the labour market.

Madalena, who has now mastered essential money management skills such as budgeting, saving, borrowing and risk management, is ready to strengthen her tailoring business. “This training gave me the knowledge to run the business properly, to manage finances and plan ahead. Now I have a vision of how to build and expand my business,” she said with determination.



The training series ran from November 2025 to March 2026, benefiting 100 returning migrant workers in Timor-Leste. 3/2026 © Nuncio Da Costa/ILO

Carlito Cabral, Director-General of the Secretariat of State for Vocational Training and Employment (SEFOPE), emphasized that reducing unemployment in Timor-Leste requires collective action from government, national and international partners and returning workers themselves. “By applying the skills and experience they gained overseas, combined with targeted training in business development, they can create new economic opportunities, support their families, and employ others to help reduce unemployment,” he noted.

Paulino Ramirez of the EU Delegation to Timor-Leste highlighted the broader impact: “With this training and support, returning migrants can make the best use of their experience, knowledge, and initial savings to create opportunities not only for themselves but also for their families.”

Source: <https://www.ilo.org/resource/article/new-business-skills-new-hope-returning-timorese-migrants-transform-their>



Training participants in Timor-Leste learned to generate business ideas, develop plans as well as understand markets and finances. 3/2026 © Nuncio Da Costa/ILO

The training series ran from November 2025 to March 2026, benefiting 100 returning migrant workers, including Fander and Madalena. Delivered by the Institute for Support of Business Development (IADE), the programme drew on the ILO’s globally recognized Generate Your Business (GYB) and Start and Improve Your Business (SIYB) modules. Each training lasted seven days.

Participants worked through lessons on generating business ideas and plans, understanding markets and finances, and gaining practical knowledge and confidence to build their own enterprises, particularly in agri-business. By the end of the programme, they had developed skills in assessing entrepreneurial readiness, analysing demand, pricing products for profit, managing supply chains and keeping financial records.

For Fander, the training provided not only new business and financial skills but also renewed hope. “Now, after the training, I am able to start thinking and generating ideas for opening a business, especially in agriculture. My father has a farm in the municipality, and I am interested in the coconut and cacao value chain,” he shared.

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Investing in Student Financial Literacy: ANZ Timor-Leste and the Faculty of Economics Universidade da Paz (UNPAZ) Deepen Partnership



Dili, Timor-Leste – April 2026

ANZ Bank Timor-Leste and the Faculty of Economics Universidade da Paz (UNPAZ) have strengthened their partnership to support students with practical financial skills that can help shape their futures and contribute to stronger communities.

The two organisations have signed a Letter of Acknowledgment, reinforcing their ongoing collaboration to promote financial literacy among university students and the wider community. Representatives from both institutions came together on Tuesday, 14 April to formalise the agreement, which expands access to financial literacy education for students and reflects a shared focus on building capability through education.

Martin Beattie, Country Head of ANZ Timor-Leste, said the partnership would help students develop skills they can carry into their working lives.

“This partnership will help students gain financial literacy skills, enabling them to better manage their finances and potentially start their own businesses in the future.”

Dr Caetano C. Correia, Lic.Eco., M.Ak., CMA., C.FR., CIA, Dean of the Faculty of Economics at UNPAZ, also welcomed the partnership, noting it would create valuable learning opportunities for both students and lecturers. In addition to supporting students, the collaboration will open pathways for lecturers to participate in Training of Trainers (ToT) programmes, enabling them to deliver financial literacy education directly.

Through this initiative, ANZ and the Faculty of Economics Universidade da Paz (UNPAZ) aim to support the next generation with practical financial knowledge that can contribute to Timor-Leste’s long-term economic participation.



(L to R: Herminio Da Cruz de Jesus , Lic.Eco., M.Cont - Head of Accounting department; Dr. Caetano C. Correia, Lic.Eco., M.Ak., CMA., C.FR., CIA - Dean of Economic Faculty Universidade da Paz; Martin Beattie – ANZ Timor-Leste Country Head; Jaime Soares – ANZ Timor-Leste Digital Banking Supervisor;; Jennie Bolang - ANZ Timor-Leste Customer Experience Manager)

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Nominations are open: Timor-Leste Women in Business Awards 2026



The International Finance Corporation (IFC) and the Associação Empresarial das Mulheres de Timor-Leste (AEMTL), in partnership with the Governments of Australia and New Zealand, are honored to host the Timor-Leste Women in Business Awards 2026 under the patronage of the President of the Democratic Republic of Timor-Leste.

Visit <https://aemtl.org> to access the form to nominate an individual, organization, institute or initiative for the 'Timor-Leste Women in Business Awards 2026' which will take place on **September 17th in Dili**.

Nominations are open from 4th May to 8th July 2026.

Nomination Requirements:

1. Anyone may submit a nomination (**to either nominate yourself or another person who deserves recognition**) for the Women in Business Awards with the candidate's permission.
2. Nominations are open to individuals of all nationalities.
3. The Nominees (the person who is being nominated) can be from the public sector, private sector, corporate sector, associations, or non-government organizations.
4. Only businesses or individuals associated with organizations based in Timor-Leste are eligible for nomination.
5. Nominees cannot be a judge or affiliated to a judge on the Awards Committee.
6. Out of 10 award categories, nominations can be submitted for a maximum of 2 awards categories (across both individual and institution).
7. Nominations must clearly explain why the candidate deserves the selected award. Sufficient information highlighting the nominee's individual and corporate achievements is required.
8. Winners must attend the Award Ceremony in Dili to receive their award in person.
9. Each individual or affiliated organization must have its own separate nomination form to be considered.
10. Only shortlisted candidates will be contacted for further information requests.
11. The awards winners from prior years are not eligible to apply again for this year's awards.

The awards committee reserve the right to place nominees in the most suitable category based on their profile, which may differ from the categories initially selected by the nominator.

The Awards aim to:

- Recognize women who demonstrate excellence in their careers, businesses, and entrepreneurial ventures, while serving as role models and inspiring others.
- Recognize and encourage the efforts of public and private sector leaders, and civil society actors who contribute to advancing gender equality, diversity, good governance, and financial inclusion.
- Acknowledge institutional and individual initiatives that promote and mainstream diversity and financial inclusion for women through innovative projects, policies, and practices.

OVERVIEW OF THE AWARD CATEGORIES

There are 10 award categories:

ECONOMIC EMPOWERMENT INITIATIVES	Best Initiative Promoting Financial Inclusion for Women (Organization / Company)
	Best Initiative Promoting Growth of Women-Led Businesses (Organization/Company)
WOMEN LED BUSINESSES (Dili)	Top Women-led Business Owner of the Year- Established Business >3 years (Individual)
	Top Women-led Start-Up of the Year <3 years (Individual)
WOMEN LED BUSINESSES (Municipalities)	Women-led Business Owner of the Year- Established Business >3 years (Individual)
	Top Women-led Start-Up of the Year ,3(Individual)
WOMEN LEADERS	Woman Corporate Leader of the Year (Individual)
	Role Model of the Year (Individual)
WOMEN IN FINANCIAL SERVICES	Outstanding Woman Leader in the Financial Services Sector (Individual))
	Best Gender-Focused Financial Innovation (Organization/Company/initiative)

If you complete the physical form, please submit the form to the AEMTL office at Acait 10, Avenida 30 de Agosto, Vera-Cruz, Dili or email it to wawardstl@ifc.org.

Source: <https://aemtl.org/women-in-business-awards-2026/>

Guide Post Delivery Locations

Every month Guide Post Magazine is delivered to over 140 locations across Dili, including:

Ala-ala Café
 Aloia Foundation
 ANZ Bank
 Arbiru Beach Resort
 Asia Development Bank
 Asia Foundation
 Australian Defense (DCP)
 Australian Embassy
 Australian Volunteers
 Bay View Hills
 Beachside Hotel
 BNU
 Burger King Colmera
 Cafe Letefoho
 California Cafe
 Castaway Bar
 Caz Bar
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 Jack's of Timor-Leste
 JICA
 JL World
 KOICA
 Konneko
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 Mag & Co Fashion & Beauty
 Malaysian Embassy
 Malinamoc Paradise
 Mandiri Bank
 Meratus Lines
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Seeds of Change: Women Leading Conservation in Timor-Leste

By IUCN Oceania



Women in Timor-Leste prepare natural indigo dye ... reviving tradition, restoring biodiversity, and leading change. Image: IUCN Oceania

International Women's Day is a global reminder of the important contributions women make to their communities and the planet. The 2026 theme, "Give to Gain," highlights a simple but powerful idea: when women are given opportunities, knowledge, and support, entire communities benefit.

Across the Pacific and beyond, women have long been quiet custodians of nature. From tending gardens and collecting water to passing down traditional ecological knowledge, their role in sustaining natural resources is deeply rooted in daily life. Yet these contributions are often overlooked. When women are empowered and included in conservation efforts, the impact can extend far beyond households, strengthening ecosystems and community resilience.

In Timor-Leste, the Reloka project, supported under the Kiwa Initiative, offers a powerful example of this in action. The project, Natural Dyes as a Pathway to Boost Biodiversity and Women's Economic Empowerment, works with women's groups in villages such as Hatali in Ermera and Nemun in Oecusse. These communities are known for traditional weaving, and the project connects this cultural practice with biodiversity conservation.



Women are now cultivating natural dye plants such as indigo and symlocos, linking sustainable land management with traditional textile production. Through hands-on training, participants are learning about climate change adaptation, regenerative farming and sustainable gardening. These skills not only help restore degraded land but also create new livelihood opportunities.

Beyond environmental benefits, the project is also strengthening women's confidence and leadership. By forming women's groups and creating spaces for collaboration and learning, participants are able to share knowledge, develop new skills and support each other. Some young women have even attended permaculture youth camps, gaining exposure to sustainable farming practices and opportunities to market their traditional textiles.

As women cultivate natural dyes and revive traditional practices, they are also restoring biodiversity and strengthening their communities. Their story demonstrates that when women are empowered to lead, conservation efforts grow stronger. In the spirit of "Give to Gain," investing in women's knowledge and leadership is an investment in a more sustainable future for both people and nature.



Source: <https://islandsbusiness.com/partner-advertorials/seeds-of-change-women-leading-conservation-in-timor-leste/>

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HOTL Launches New Travel Trade Guide for Timor-Leste



Timor-Leste is ready to welcome the world, and the HOTL Association want you to be part of this incredible journey.

"At the HOTL Association, our vision is clear and close to our hearts: to bring the world to Timor-Leste, and Timor-Leste to the world. Every partnership, every itinerary, and every traveler we inspire brings us one step closer to that dream," said Marlo (General Manager for the HOTL Association)

They have prepared a special National Travel Trade Document packed with destination highlights, ready-to-use itineraries, and partnership opportunities to help you showcase the very best of this beloved country.

Visit the link below to access the full document:

<https://hotl.tl/trade-resources/trade-resource-documents/>

"For those featured in the trade document – a heartfelt thank you for your valued collaboration. For any inquiries, updates, or to explore how we can work even closer together, please kindly e-mail me directly at: marlo@hotl.tl"

Let's inspire more travelers to discover the hidden gem of Southeast Asia. Together, we'll tell Timor-Leste's story with pride."

The HOTL Association is a membership organisation for tourism operators in Timor-Leste. Since 2019, their goal is to support and inspire the tourism sector.



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Brent Turner appointed ANZ Country Head, Timor-Leste



ANZ today announced the appointment of Brent Turner as Country Head, Timor-Leste, subject to regulatory approval. Mr Turner will replace Martin Beattie.

Reporting to Sarah Stubbings, Regional Executive Pacific, Mr Turner will be responsible for ANZ's operations in Timor-Leste, including engagement with customers, communities and key stakeholders.

Ms Stubbings said Timor-Leste remains an important market within ANZ's international network.

"Asia Pacific is a key part of ANZ's international strategy, and Timor Leste remains an important and growing market for the Group. Brent is a highly experienced ANZ leader, and I am confident he is the right person to lead our business in Timor Leste," Ms Stubbings said.

Mr Turner is currently Chief Risk Officer for ANZ Japan and has more than 30 years' experience in banking and financial services across New Zealand, the Pacific and international markets. He previously held senior leadership roles as Chief Risk Officer for the Pacific and Fiji, where he worked closely with regulators and government stakeholders across the region.

"Brent brings deep experience in regulated banking environments, strong regional relationships and a disciplined approach to risk and governance, alongside a continued focus on supporting customers and communities.

I would like to thank Martin Beattie for his leadership and contribution to ANZ Timor Leste, and for his support in ensuring a smooth transition. ANZ has operated in Timor Leste for more than 25 years and remains committed to its customers, communities and people in the country." Ms Stubbings said.

Mr Turner's commencement date will be confirmed following regulatory and visa approvals.



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Water, Tradition and Unity at Songkran Celebration in Dili

On 10 April 2026, the Royal Thai Embassy in Dili organized a celebration of the “Songkran Festival” (Thai New Year) at Timor Lodge, Dili. This joyful event aimed to preserve the cultural heritage of Thailand under the theme “Once in a Lifetime: Experience Songkran in Thailand” while also further strengthening ties between the two countries, particularly at the people-to-people level. The Thai community in Timor-Leste, together with Timorese high-ranking officials, members of ASEAN Embassies in Dili and their families as well as representatives of the Alumni Association of Timorese Students in Thailand (AATST) attended the event.

The event featured traditional cultural activities to raise awareness of the Songkran festival and promote Thai identity such as the ritual of pouring water over a Buddha statue for auspiciousness, pouring water on the hands of elders, traditional water splashing, and dinner in a warm and friendly atmosphere. This festive occasion highlighted the unity of the Thai community in Timor-Leste as well as the cordial and long-standing bond between Thailand and Timor-Leste.

In December 2023, “Songkran in Thailand, traditional Thai New Year festival” was inscribed on the Representative List of the Intangible Cultural Heritage of Humanity under the 2003 UNESCO Convention for the Safeguarding of the Intangible Cultural Heritage.



Credit: Royal Thai Embassy, Dili Timor-Leste

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