



A Briefing Document
for HAI Staff,
Consultants, and
Volunteers
Traveling to Timor-Leste
(East Timor)

April 16, 2007

Table of Contents:

GENERAL INFORMATION _____	2
Overview of Health Alliance International _____	2
Timor-Leste: A Brief Background _____	3
HAI in Timor-Leste _____	4
History _____	4
Current Projects _____	5
Important Numbers _____	5
Personnel in Seattle _____	6
Timor-Leste Field Staff and Contacts _____	6
HAI Website _____	6
BEFORE YOU GO _____	8
Travel Information _____	8
Visa Information _____	8
Other Helpful Facts about Timor-Leste _____	9
Applying for residency _____	9
Transit Hotel _____	9
Travel and Health Insurance _____	9
Health Information For Visiting Timor-Leste _____	10
ISSUES ON THE GROUND _____	11
Transportation, Money, and Communication _____	11
Security _____	11
Other things you should know _____	12
OTHER RESOURCES _____	13
Websites for travel and other information _____	13
Newspaper and current events _____	13
Book Recommendations _____	14

GENERAL INFORMATION

Overview of Health Alliance International

Health Alliance International (HAI) was founded in 1987 as the Mozambique Health Committee. The organization was developed as a US non-profit, private voluntary organization (PVO) established to assist Mozambican institutions in addressing the enormous health needs of their country. The philosophy of HAI is based on the desire to assist people in developing countries by providing teaching, service, and critical material resources.

The name of the organization was changed in 1993 to reflect the expanding geographic scope of the organization's focus.

The mission of HAI is to support the development of equity-oriented public-sector health systems, and policies that foster social and economic equality for all people.

The organization's goals also include educating North Americans about the social, economic, and political issues of the southern African region.

Activities of HAI are conducted collaboratively with international and domestic counterparts. Emphasis is placed on partnerships, technical exchange, training and fostering self-sufficiency. Assessment, implementation and evaluation are key elements in HAI programs.

An additional goal is to enable individuals and groups from the University of Washington and the larger community to develop projects and activities consistent with HAI's mission. HAI's technical staff are UW faculty members with full access to the university's resources.

Please visit the web site for more information. <http://www.healthallianceinternational.org>

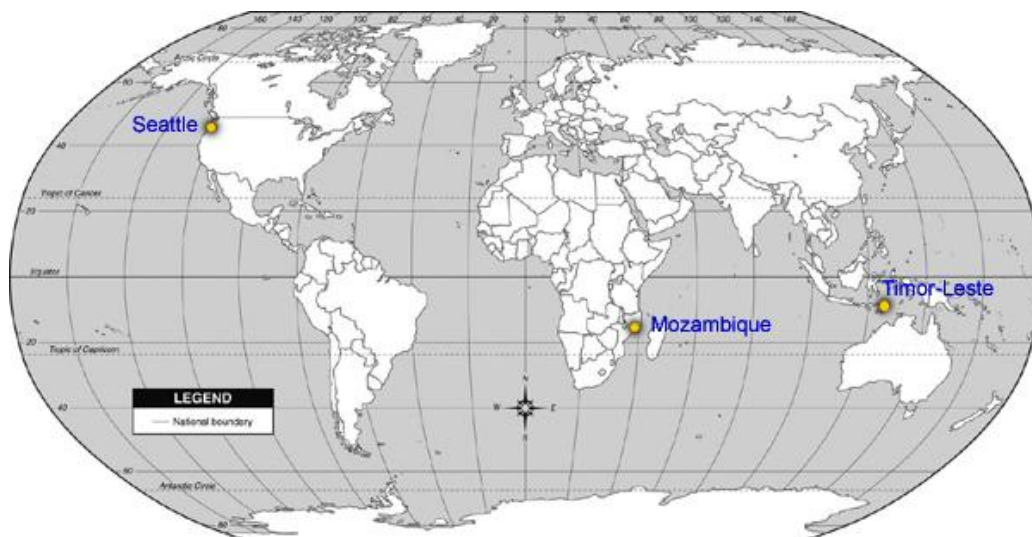


Figure 1. Location of HAI programs and offices.

Timor-Leste: A Brief Background

In August 1999, the people of Timor-Leste voted overwhelmingly for independence from Indonesia, a goal that they had sought for nearly 25 years. News of the outcome of the referendum led to a massive increase in violence and terror against the population from the Indonesian military and the armed militias that they had organized. Within days of the vote, over a thousand Timorese were killed, hundreds of thousands more were forced from their homes to become refugees or internally displaced persons, and 70% of the infrastructure in the country was destroyed.

East Timor became the independent nation of Timor-Leste in May 2002. The country has been faced with the daunting task of rebuilding, with limited resources, an entire infrastructure, including the health system. The health needs of Timorese, particularly women and children, are great:

- Current maternal mortality is estimated at over 800 per 100,000 live births.
- Infant mortality is one of the highest in the world at 84 per 1,000 live births.
- About 11% of children die before the age of five. Antenatal care and the use of trained birth attendants are low, putting women at high risk.
- The fertility rate is the highest in the world at 7.8 children per woman; for the 2002 and early 2003 period this rate is even higher at 8.3.

Severe logistical and cultural constraints are challenges to providing accessible and acceptable health services, particularly in remote rural areas.

The Timorese people have won their freedom, but a lengthy struggle remains before they will be able to claim the full and healthy lives they so deserve. The challenge to the new Timor-Leste Ministry of Health is to meet the immediate needs of the population for health services, as well as to develop an appropriate and sustainable health system for the future. Although the challenges are many, a cause for great optimism is the strength and courage of the Timorese people, shown many times over the past three decades.



Figure 2. Map of Timor-Leste (source: www.lonelyplanet.org)

HAI in Timor-Leste

History

In July 1999, HAI sent a health and human rights delegation to Timor-Leste to assess the human rights and health situation and to develop a project for the delivery of essential maternal care services for women in Dili. Dr. Dan Murphy, an American physician with extensive international experience who has been working in Timor-Leste since November 1998, served as director of the maternal health project. Other staff involved with the project were an obstetrician, a logistician-manager, a preventive medicine physician, and a midwife. Outcomes of the delegation's activities were:

- A detailed report, published by Physicians for Human Rights, documenting violations of human rights and medical neutrality in Timor-Leste
- A set of maternal care records developed in three languages
- A prenatal, delivery and postnatal care system in place at Motael Clinic, implemented primarily by Timorese midwives with technical assistance provided by an Australian nurse-midwife

Following the 1999 referendum and its bloody aftermath, HAI returned to Timor-Leste. Staff returned within a month after the conflagration, establishing a midwifery in-service training unit and supporting basic prenatal, delivery, and postnatal care services at Bairo Pité Clinic until August 2001. The program included outreach antenatal services to neighborhoods in Dili without access to other antenatal services.

HAI staff were members of the Reproductive Health Working group, which at the time, was advisory to the Timor-Leste Division of Health Services. To promote public recognition of the important role that midwives would play in the new health system, HAI organized a national conference of midwives in Dili on International Midwives Day in May 2000. The meeting, the first event of its kind in Timor-Leste, included technical maternal care updates and was attended by over 100 enthusiastic midwives.

In late 2001 Ministry of Health (MOH) staff suggested that HAI consider working with one of the Catholic Church-supported health services in the country, which had for many years provided badly needed health care to the rural poor. Since then HAI has worked in partnership with the Salesian Sisters, who operate a health clinic in Venilale, a subdistrict of Baucau District, in collaboration with staff from the MOH Health Center in Venilale. Initial and ongoing support for this project has been provided through the Joseph Handleman Charitable Foundation. The project has the goal of mobilizing communities to adopt improved health behaviors and care-seeking practices.

Village Health Promoters (VHPs), chosen by the village leadership, participate in monthly training workshops in priority health areas, and then carry out health promotion activities in their respective villages. Training workshops for the VHPs are conducted by the Salesian Clinic staff together with the MOH staff. VHPs return to the subdistrict center every month for refresher training and are also visited regularly in their villages by the project coordinator.

HAI continues to provide technical support to the Salesian clinic staff in obtaining new grants to further expand their community work in Venilale. The Conrad Hilton Fund for Sisters has provided grant support to the Salesian Sister for the past three years to enhance and expand the project.

The MOH is developing a similar system of community-based health promotion workers throughout the country, for which HAI's experience will provide valuable lessons.

Current Projects

Strengthening Maternal and Newborn Care – In 2004 Health Alliance International (HAI) was awarded a four-year grant from the Global Bureau of USAID to support the Timor-Leste Ministry of Health (MOH) in strengthening its national program to improve maternal and newborn care (MNC) in the seven districts of the central region.

The Ministry of Health is HAI's key program partner. Other collaborating partners include the TAIS Program (a joint project of BASICS3 and ImmunizationBASICS in Timor-Leste), US Peace Corps, the Aloia Foundation, Cooperativa Café Timor, UNICEF, WHO, UNFPA, and a number of local and international NGOs.¹

The goal of the program is to improve health and reduce mortality for mothers and their infants in Timor-Leste. The program will accomplish its goal by:

- 1) supporting the Ministry of Health to improve quality, access, and utilization of antenatal, delivery, and postnatal/newborn care services, and
- 2) increasing appropriate home care and care-seeking practices for maternal and newborn care by mothers and other community members.

Family Planning – In December, 2005, HAI received funding from World Learning for International Development for a three-year program to integrate child spacing promotion into its existing maternal and newborn care program in seven districts of the new nation of Timor-Leste. During the first year program activities are focused in the four central region districts of Liquica, Ermera, Aileu and Manatuto with expansion in the second year to the remaining central region districts of Manufahi, Ainaro, and Dili.

The program addresses the need for increased knowledge and use of child spacing practices in Timor-Leste. The government of Timor-Leste recognizes the importance of spacing births and reducing the country's high birth rate as a means of reducing the country's high levels of maternal, infant, and child mortality.

The major partner for this program is, again, the Timor-Leste Ministry of Health. Other contributors to improved child spacing in the country include Café Timor Cooperative, which provides health services to residents of the coffee-growing areas; Catholic Church-affiliated clinics, whose health staff will be trained in natural child spacing; the UNFPA [United Nations Population Fund], which provides the MOH with training in counseling and in the provision of child spacing services as well as the provision of supplies; and other community-based groups throughout the program districts.

Important Numbers

The HAI office in Seattle (HAI headquarters) is located off-campus at:

Address: 1107 NE 45th Street
Suite 427
Seattle WA 98105

Telephone: (206) 543-8382
Fax: (206) 685-4184
Email: hai@u.washington.edu

¹ For a full list of HAI's partners in Timor-Leste, please refer to:
<http://depts.washington.edu/haiuw/html/programs/timor-leste/partners/index.htm>

HAI is also part of the university's Health Services so the campus mail system can be utilized by internal university staff. Address campus mail to HAI at **Box 354809**.

The HAI office in Dili, Timor-Leste, can be reached as follows:

Address: P.O. Box 226
Dili, Timor-Leste
(via Darwin, Australia)

Telephone: 670-331-0242
Fax: 670-332-5100

Personnel in Seattle

Personnel:

Stephen S. Gloyd , Executive Director	gloyd@u.washington.edu
Mary Anne Mercer , Deputy Director; Director of Timor-Leste Operations	mamercer@u...
Peggy Riehle , Financial Manager	priehle@u...
Loreen Lee , HR Administrator	loreenll@u...
Tom Martin , Grants Manager	tommart@u...
Dan Chang , Director of HQ Operations	changdan@u...
James Pfeiffer , Director of MZ Operations	jamespf@u...
Wendy Johnson , Director, New Initiatives	wjohns@u...
Mark Micek , Clinical HIV/ AIDS and OR Advisor, HQ	mmicek@u...
Andrea Chateaubriand , Program Coordinator	chateau@u...
Susan Thompson , Timor-Leste Program Advisor	thompssuz@comcast.net
Laura Hite , Accounting Clerk	hitel@u...
Candice Middlebrook , HR Coordinator	cmbrooke@u...
Ben Stubbs , Operations Research Assistant	bstubbs@u...
Meredith Fort , Graduate Research Assistant	mpfort@u...
Julia Robinson , Graduate Research Assistant	juliarob@u...
Shelagh Baird , Graduate Research Assistant	sabaird@u...
Emily deRiel , Graduate Research Assistant/Volunteer Coordinator	deriel@u.w...
Katie Leach-Kemon , Graduate Research Assistant	katielk@u...
IHP: Sarah Frey , IHP Program Coordinator	freys@u...
IHP: Julie Brunett , PLP Academic Coordinator	jbrunett@u...

International Health Program: Sarah Frey, Program Coordinator
(can be contacted at: **206-543-6714** or freys@u.washington.edu (Box 357660; Health Sciences H-660)

Timor-Leste Field Staff and Contacts

Nadine Hoekman , MPH, Country Director	nhoekman@hotmail.com
Celio Antonio Alves , Administrator/Office Manager	celio_et@yahoo.com
Jennifer Hulme : District Office Coordinator:	Jennifer.hulme@gmail.com
Emalita da Cruz , Accountant	
Paul Vasconcelhos , Health Promotion Assistant	paulvasconcelos@yahoo.com
Teresinha M. Q. da S. Sarmento , Health Promotion Assistant	
Antonia Mesquita , Child Spacing Program Assistant	
Aquito Bosco , Driver	
Januario Gomes , Driver	

HAI Website

www.healthallianceinternational.org

BEFORE YOU GO

Travel Information

All flights to Timor-Leste go to the capital, Dili. International arrivals fly through Denpasar Airport in Bali, Indonesia, or through Darwin, Australia.

Via Denpasar, Bali, Indonesia – The flight from Denpasar, Bali, in Indonesia, to Dili is about 2 1/2 hours via Merpati Airlines. Because of the early departure time, it is necessary to arrive in Bali the day before and spend the night. The flight from Dili to Bali leaves daily, around noon (check for current schedule).

Via Darwin, Australia – A flight from Darwin, Australia to Dili is about 1 1/2 hours via Air North Airlines.

Cost / Purchase – Round-trip tickets out of or into Bali can be purchased through a travel agent internationally for about US\$455, or purchased directly in Bali or in Dili for US\$250. Flights via Darwin can be purchased through agents or at the Air North website (<http://www.airnorth.com.au>). Andrea at HAI HQ in Seattle generally arranges international travel.

Timor-Leste is one hour ahead of Bali and 30 minutes behind Darwin. If it is noon (12 PM) in Dili, in Bali it is 11 AM and in Darwin it is 12:30 PM.

Other Destinations – There are also flights between East and West Timor via Merpati Airlines; the cost is about US\$60 one way.

Visa Information

When you arrive in Timor-Leste you can obtain a one month tourist visa in the airport. If you are staying long term, you can then begin to make arrangements for a residency permit. For all travel, the Indonesian government requires that your passport expiration date be at least six months later than your date of arrival in Timor-Leste.

Indonesian Transit Visa – Most HAI staff fly through Denpasar Airport in Bali and must stay one night there before flying on to Timor-Leste. A 3-day Indonesian transit visa is required to stay overnight. This visa costs \$10 and is available upon entry. (For a longer stay in Bali, a 30-day visa is available for US\$30 upon entry)

Timor-Leste Visa – Length of stay will determine the type of visa required. For short-term stays, a tourist visa can be purchased upon arrival, good for one month, and costing US\$30.

Renewing a tourist visa after 30 days can take up to two weeks, so make sure to plan ahead. They typically keep your passport while processing the visa.

Australian Visa – Some HAI staff have recommended obtaining an Australian Visa in order to facilitate evacuation to Australia in the event of a medical or other emergency. Everyone who is not citizens of Australia or New Zealand must obtain visas before going to Australia. In the event of an emergency this can be expedited, but to be safe, a visa can be obtained as a precautionary measure.

A visa can be obtained either prior to arrival in Timor-Leste, or once there. Visitor Visas are valid for multiple entries for 12 months after issue date. Citizens of many countries² can obtain visas online at the "Australian Electronic Travel Authority" at the following address: <http://www.eta.immi.gov.au/>. The cost is \$20 Australian dollars.

It is simpler (and cheaper) to use the electronic visa application method. If you would like to apply on paper, from within Timor-Leste, contact the Australian Embassy:

Australian Embassy, East Timor	Phone: (670) 332-2111
Avenida dos Martires da Patria	Fax: (670) 332-2247
Dili , East Timor	Hours: Mon-Fri: 0800-1230 & 1330-1630

An application form with a lot of visa information can be found at: <http://www.immi.gov.au/allforms/pdf/48r.pdf>

Other Helpful Facts about Timor-Leste

Official Name: *The Democratic Republic of Timor-Leste* (For purposes relating to work with HAI, please refer to the country as Timor-Leste – not East Timor)

Currency: The US dollar is the currency in Timor-Leste; Timorese coins, called *Centavos*, are equivalent to the US penny (US\$0.01), and are more common than US coins.

Electricity: Electricity in Timor-Leste is 240V. The HAI office in Dili has converters for 120V computers and other appliances produced in the US. Outlet-types vary; plug converters can be bought in Timor-Leste.

Applying for residency

Check with HAI staff in Seattle or Timor-Leste regarding current protocols and requirement.

Transit Hotel

Most often when traveling to Timor-Leste, it is necessary to spend a night in Bali, Indonesia. The area around Denpasar Airport in Bali has a huge range of hotels; speak with staff at HAI Seattle or Dili for suggested places to stay.

Travel and Health Insurance

HAI will provide travel insurance for short term business trips for HAI employees only. Consultants are strongly encouraged to obtain insurance that includes an emergency evacuation plan. Several companies sell this type of insurance. Below are two companies past consultants have used. ***Please consult with HAI staff before purchasing.**

- BerkelyCare 1-800- 387-2427.
<http://www.statravel.com/planyourtrip/travelinsurance.asp>
A three-month plan including emergency evacuation cost \$230 for 3 months.
- Divers Alert Network (DAN) <http://www.diversalertnetwork.org/insurance/>

² For a list of countries, see: <http://www.eta.immi.gov.au/ETAAus1En.html>

Health Information For Visiting Timor-Leste

Before leaving you will need to have certain vaccinations and select a malaria prophylaxis to take while in Timor-Leste. You should check with a travel clinic/your doctor to see which medication is best for you.

Hall Health Center at the University of Washington has a travel clinic, which can advise you on the all of the above. Travel Medical Clinic 206-616-2495.

Below are some web sites on these health issues.

The American Department of Health and Human Services, Center for Disease Control has a comprehensive guide to travel related health issues. www.cdc.gov

In addition there is a web site run by the London School of Hygiene and Tropical Medicine. The site deals with medical issues associated with travel. <http://www.masta.org/>

ISSUES ON THE GROUND

Transportation, Money, and Communication

Transportation in Timor-Leste – Cars drive on the left side of the road in Timor-Leste, and the steering wheel is located on the right side of the car. Drivers in Dili typically drive slowly, and there are many speed-bumps spread throughout the city.

Taxis are ubiquitous in Dili during the day, and can be hailed on main roads in the evening. In 2005 they typically charged \$1 per trip, or \$2 for longer trips or trips at night. It is a good idea to negotiate the price beforehand, based on your destination.

Vans also transport people within Dili, and vans and trucks go between towns, but they are considerably slower than taxis and private transport.

Money – Timor-Leste uses the U.S. dollar for currency, with Timorese coins that are equivalent to U.S. coins (dime, quarter, etc.). This means that you can bring US dollars with you and will not have to exchange them (except for what you need if flying through Bali, Indonesia). Due to the number of expats in the Dili, food is expensive.

Banks – ANZ (Australian-New Zealand) Bank has two ATM machines in Dili taking international bank cards. The ATMs have maximum withdrawal limits of about \$400 per day (although this may vary).

Internet - Internet access is available at the HAI office in Dili, although power cuts often limit access. In Dili there are several internet cafes; one hour costs ~US\$5.00.

Telephones: The international code for Timor-Leste is 670. Cell phones are the most commonly used phones in Timor-Leste due to the lack of land phone lines. The cell phone system is run through Timor Telecom. A Timor Telecom SIMM card with a designated phone number can be purchased in Dili and used in certain phones.

Security

While Dili is still a relatively safe city, the crime-rate has increased over the last several years. A recent Crime and Safety Report³ for Timor-Leste reported that Dili and surrounding districts maintain a moderate level of violent crime, and police tend to be slow in dealing with problems.

In some areas of Dili, poor groups of children can be aggressive in asking for handouts. There have been some instances reported of youths groping women, but this is rare and children are typically safe. Typically, violent assaults occurs when an individual "being a target of opportunity or as a result of resisting a robbery."³

We recommend that staff – particularly women – not travel around Dili alone at night, particularly on foot, bicycle or by taxi. Do not leave valuable belongings in a vehicle, and keep valuable belongings out of sight at home. We particularly recommend that women living alone hire nighttime security for their homes.

³ Overseas Security Advisory Council,
<http://www.osac.gov/Reports/report.cfm?contentID=41813>

Please be alert for security concerns particularly around your residence and around the HAI office. If concerns are noted, please contact the Country Director immediately.

Emergency contacts:

Besides HAI staff, have the following contacts available at all times (or applicable information if you do not have U.S. citizenship):

TL Police Operations Center	(670) 331-2210 extension 5600 or 5674
US Embassy RSO Cell	(670) 723-0980
US Embassy RSO Office	(670) 332-4684 extension 2163
US Embassy RSO email	HendersonJG2@state.gov
US Embassy Consular Officer Cell	(670) 723-1323
US Embassy Consular Officer Email	WhartonES@state.gov

Other things you should know

Valuables – Be savvy. When traveling it is always a good policy to carry your valuables with you or keep them in a safe. For example, passports, airline tickets, laptops, cell phones, camera, etc. Never leave them unattended, even in a locked car.

Goods – If you are staying long-term be advised that local stores have things available for your house, although they are not always of good quality. If you appreciate a good knife, can opener, wine opener, vegetable steamer, towels, etc, bring them with you.

Voltage – The electrical voltage in Timor-Leste is 220 volts (unlike 120 volts in the US). Computers and other devices designed for 120 volts must be used with a converter; these are available at the HAI office. Plugs may be either in the Indonesian or the Timorese style/shape (see below):



Figure 2. Left: Indonesian-style plugs and adapters; right: Timorese style plugs and adapters (both are used in Timor-Leste)

Malaria - Because of the high prevalence of malaria in Timor-Leste, we recommend all people to strongly consider taking malaria prophylaxis throughout their stay to prevent malaria, and also having medications on-hand for treatment of malaria in the case that clinical symptoms develop. The choice of malaria prophylaxis may depend on numerous factors, and we recommend discussing this with a doctor prior to departing. We also recommend additional preventive measures, including the use of impregnated mosquito nets. Mosquito repellent for the skin and to be sprayed onto clothes are also effective, and are easier and cheaper to bring from the abroad.

Dengue – Dengue fever is also prevalent in Dili and other coastal towns (e.g. Manatuto). There is no known prophylaxis. The only way to avoid infection with dengue is by avoiding mosquito bites.

OTHER RESOURCES

Websites for travel and other information

- **US State Department travel advice for Timor-Leste** – <http://www.state.gov/r/pa/ei/bgn/35878.htm>
- **Centers for Disease Control S.E. Asia travel information** – <http://www.cdc.gov/travel/seasia.htm>
- **Lonely Planet guidebook** (currently the only guidebook for Timor-Leste) <http://www.lonelyplanet.com/worldguide/destinations/asia/east-timor>
- **Discover Dili website** (also has information for outside of Dili) – <http://www.discoverdili.com/>
- **The World Fact Book** also has good general information for the traveler. <http://www.odci.gov/cia/publications/factbook/geos/tt.html>
- **CIA World World Fact Book** <http://www.cia.gov/cia/publications/factbook/geos/tt.html>
- **Timor-Leste Official Tourism Website** <http://www.turismotimorleste.com/>
- **Government of Timor-Leste** <http://www.timor-leste.gov.tl/>
- **Wikipedia article on Timor-Leste** http://en.wikipedia.org/wiki/East_Timor
- **ETAN – East Timor Action Network** <http://www.etan.org/resource/websites.htm>

Newspaper and current events

Newspapers

- East Timor Press - <http://www.easttimorpress.com/en/> (Eng, Port, Tetun)
- Suara Timor Lorosae - <http://www.suaratimorlorosae.com/> (Tetun)
- Timor Post

TV

- Televisao de Timor Leste (TVTL)

Radio

- Radio Nacional de Timor Leste (RNTL)
- Radio Falintil/Voz de la Esperanza
- Radio Timor Kmanek (RTK)

Book Recommendations

Many of these titles are only available in Australia and/or Dili. The Xanana Gusmao Reading Room in Dili has a large number of books about Timor-Leste which can be checked out once a small membership fee is paid.

Travel –

Tony Wheeler (2004). *East Timor* [guidebook]. Oakland CA: Lonely Planet.

History –

Cristalis, Irena (2002). *Bitter Dawn: East Timor, a People's History*. London: Zed Books.

Dunn, James (1993). *Timor: A People Betrayed*. Sydney: ABC Books.

Gusmao, Kirsty Sword (200?). *A Woman of Independence*. Macmillan.

Jardine, Matthew (2nd ed. 1999). *East Timor: Genocide in Paradise*. Odonian Press.

Martinkus, John. (2001) *A Dirty Little War*. Milsons Point, NSW: Random House Australia.

Nevins, Joseph. (2005). *A Not-so-distant Horror: Mass Violence in East Timor*. Ithaca: Cornell University Press.

Taudevin, Lansell. (1999) *East Timor: Too Little, Too Late*. Potts Point, NSW, Australia: Duffy & Snellgrove.

Scott, David. (2005) *Last Flight out of Dili*. Victoria, Aust.: Pluto Press.

Winters, Rebecca. (1999) *Buibere: Voices of East Timorese Women* (Vol. 1). Australia: East Timor International Support Center.

Anthropology –

Hicks, David (2004). *Tetun Ghosts & Kin*. Long Grove, IL: Waveland Press, Inc.

Traube, Elizabeth G. (1986). *Cosmology and Social Life: Ritual Exchange among the Mambai of East Timor*. Chicago: University of Chicago Press.

Language –

Catharina Williams-van Klinken. (2003) *Peace Corps East Timor: Tetun Language Course, 1st Edition*. Dili: Peace Corps East Timor. [One copy available at HAI-Seattle Office and for sale in bookshops in Dili]

Geoffrey Hull. (1999) *Standard Tetun-English Dictionary*. Crows Nest NSW, Australia: Allen & Unwin. [One copy available at HAI-Dili Office]

Health –

Ministry of Health and National Statistics Office, Timor-Leste, and ACIL Australia PTY Ltd, University of Newcastle and The Australian National University, Australia (2004). *Timor-Leste 2003 Demographic and Health Survey: Key Findings*. Dili, Timor-Leste: Ministry of Health.