The Foundation For
POST CONFLICT DEVELOPMENT

MIDWIFE TRAINING PROGRAMME REPORT

HOLY NAME MEDICAL CENTER, TEANECK NJ · UNITED NATIONS, NEW YORK, NY

OCTOBER 2025



COMPASSIONATE SUPPORT OF LIFE-CHANGING CARE: ONE MIDWIFE AT A TIME

POSTCONFLICTDEV.ORG

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INTRODUCTION

From October 20 to October 31, 2025, two midwives from the Prince Rainier III Maternity Clinic in Timor-Leste participated in a specialized professional observational training program at **Holy Name Medical Center** in Teaneck, New Jersey, United States.

Chief midwife Elisabeth Da Costa Marçal and former Chief Midwife, Justa Pereira were the first Timorese midwives to ever participate in such a program in the United States. This program was facilitated by the Foundation for Post Conflict Development (FPCD) serving as a vital bridge between public, private and philanthropic partners.

The program was generously hosted by Holy Name Medical Center in Teaneck, New Jersey and overseen by Executive Vice President and Chief Nursing Officer Michele Acito to whom the FPCD is extremely grateful for her faith and personal investment. FPCD is equally grateful to the entire Obstetrician team for their professionalism.

The primary venue of the observational training was at Holy Name's BirthPlace and other relevant areas that focuses on neo natal, delivery and post-natal care for infants and mothers.

This initiative was designed to strengthen technical expertise in maternal and neonatal care while fostering meaningful cross-cultural exchange among healthcare professionals working in complex and resource-limited environments. Beyond clinical instruction, the program served as an opportunity to build relationships rooted in solidarity, knowledge sharing, and a shared commitment to improving maternal health outcomes.

For the FPCD, this program reflects a broader mission: **active follow up to existing projects**. Following the creation of its landmark project The Prince Rainier III of Monaco Maternity Clinic, the Princess Grace Maternity Clinic – both in Timor-Leste; the Women's Health and Training Center in Haiti and midwife capacity building for Cote'DIvoire, this Holy Name Medical Center observation training is consistent with the FPCD's engagement and care for its partners.



About Holy Name Medical Center

Through this program the FPCD and Holy Name Medical Center invested in people – key human resources- as the foundation for sustainable healthcare systems. By empowering local medical professionals with new skills, global exposure, opportunities for knowledge sharing, cultural exchange and expansion of professional networks, the program contributes directly to strengthening healthcare capacity in post-conflict communities and Compassionate Support of Life-Changing Care: One Midwife at a Time .

This project fulfills the Holy Name Hospital's prestigious mission during its 100th year while at the same time fulfills the Foundation for Post Conflict Development's mission during its 20th Anniversary year with a collaboration for compassionate support of life changing care through the capacity building of two midwives from Timor-Leste from the Prince Rainier III Maternity Clinic, built by the FPCD in 2008.

Holy Name Hospital has been from its beginning, equal parts innovation and compassion, using a blend of science and humanity and a source of great medicine and soul purpose, and is devoted to providing a healthier future for all.

OBJECTIVES, VALUES, METHODOLOGY & IMPACT

Objective

Support two midwives from the Prince Rainier III Maternity Clinic located in Same, Timor-Leste for a 14 day observational training on aspects of maternal health care from pregnancy through post-delivery visits.

Values

The values FPCD employs begins with compassion and mutual respect.

Methodology

The methodology used will be observations, at a pace and schedule led by Holy Name Medical Center that included interacted with various medical staff, doctors and nurses. Additional observations will be made on use of equipment such as incubators and other tools used during the birthing and post birth processes as well as administering medicines commonly used during childbirth and post birth on mother and infant, including vaccinations. Tours of the BirthPlace Center as well as other Holy Name units illustrated the integrated health care system we have in the United States. Structured meetings with obstetricians/gynecologists, anesthesiologists, pediatricians, perinatologists and neonatologists mixed with observing Holy Name's parenting classes took place that can be adapted to their local context and needs. The Timorese midwives shared their experiences with Holy Name's staff as well, for informational purposes and cultural exchange.

Impact

With specialized support, and the development of their existing skills, the two midwives can catalyze change in their communities, and be an inspiration to their peers, regionally and for the next generation of midwives and those who serve the birthing culture in Timor-Leste.

Responsibility of FPCD

The Foundation for Post Conflict Development arranged all travel and visas for the two midwives, as well as provided a 1 bedroom hotel apartment, all meals and a cash per diem.
The FPCD also liaised with the Ministry of Health of Timor-Leste.
The FPCD will prepare promotional materials in consultation with and for approval of Holy Name Hospital to be used in newsletters, social media in the US and Monaco and Timor-Leste as well as provide speaking engagements for the midwives and the Holy Name Officials in an event to be organized at the United Nations.

Responsibility of Holy Name

Serve as Host Institution for the two midwives from Timor-Leste and provide observational training as deemed appropriate.

CAPACITY BUILDING THROUGH MIDWIFE TRAINING PROGRAMME

PROFESSIONAL TRAINING AT HOLY NAME MEDICAL CENTER (UNITED STATES)

Over the course of eleven intensive days, Justa Pereira and Elisabeth Da Costa Marçal immersed themselves in a professional training programme hosted by Holy Name Medical Center in Teaneck, New Jersey.

The programme provided hands-on exposure to advanced maternal and neonatal care practices, including observation of hospital operations, clinical procedures, and multidisciplinary collaboration in maternity care settings. Through these experiences, the midwives gained insight into patient-centered approaches, hospital management systems, and innovative practices that can help strengthen services in Timor-Leste.

This training represents a meaningful milestone in the continued development of the Prince Rainier III Maternity Clinic, one of several maternal health initiatives established with the support of FPCD in Timor-Leste and Haiti. These clinics are designed not only to provide care, but also to serve as centers of learning, empowerment, and community resilience.

The programme was accompanied by Helena Lorentzen, President of FPCD Norway, who supported the midwives throughout the exchange and facilitated key professional engagements.

During their visit, the delegation also had the opportunity to tour the Hackensack University Medical Center Maternity Ward, where they were guided by Dr. Tomi Kaninien. This visit provided additional exposure to best practices in obstetrics and maternal health systems.

In addition, the midwives visited Villa Marie Claire, the hospice operated by Holy Name Medical Center, where they were hosted by Dr. Charlie Viotti. This experience broadened their perspective on compassionate, patient-centered care across the full continuum of life.



STRENGTHENING PARTNERSHIPS WITH THE UNITED NATIONS

ENGAGEMENT WITH THE PERMANENT MISSIONS OF TIMOR-LESTE AND MONACO



While in New York, the midwives had the opportunity to visit United Nations Headquarters, where they participated in several diplomatic engagements highlighting the global importance of maternal health.

The delegation attended a courtesy meeting with H.E. Ambassador Dionísio Babo Soares, Permanent Representative of Timor-Leste to the United Nations, alongside Counsellor Licínio Branco. This meeting served as an opportunity to discuss the impact of the Prince Rainier III Maternity Clinic and the role of international partnerships in strengthening healthcare capacity in Timor-Leste.

The delegation, accompanied by Claudia Abate, also attended a luncheon hosted by H.E. Ambassador Isabelle Picco, Permanent Representative of the Principality of Monaco to the United Nations.

During this gathering, attended by the Permanent Representative of Timor-Leste and representatives of both missions, Certificates of Participation were presented to Justa Pereira and Elisabeth Da Costa Marçal in recognition of their successful completion of the training programme. Holy Name Medical Center was also honored with a Certificate of Appreciation, acknowledging its generosity and leadership in supporting this landmark initiative.

These engagements highlighted the importance of diplomacy, cooperation, and shared responsibility in advancing the United Nations Sustainable Development Goals, particularly those related to maternal health, healthcare access, and capacity building.

CULTURAL DIPOLOMACY

Meeting with HSH Prince Albert II

The FPCD is under the High Patronage of HSH Prince Albert II. During the training the midwives were able to meet with the Sovereign Prince in New York together with Mr. Michael Maron, President and CEO of Holy Name Medical Center, Ms. Michele Acito, Executive Vice President and Chief Nursing Officer at Holy Name Medical Center and Mrs. Rose Bogert, FPCD supporter.







Cultural Visits

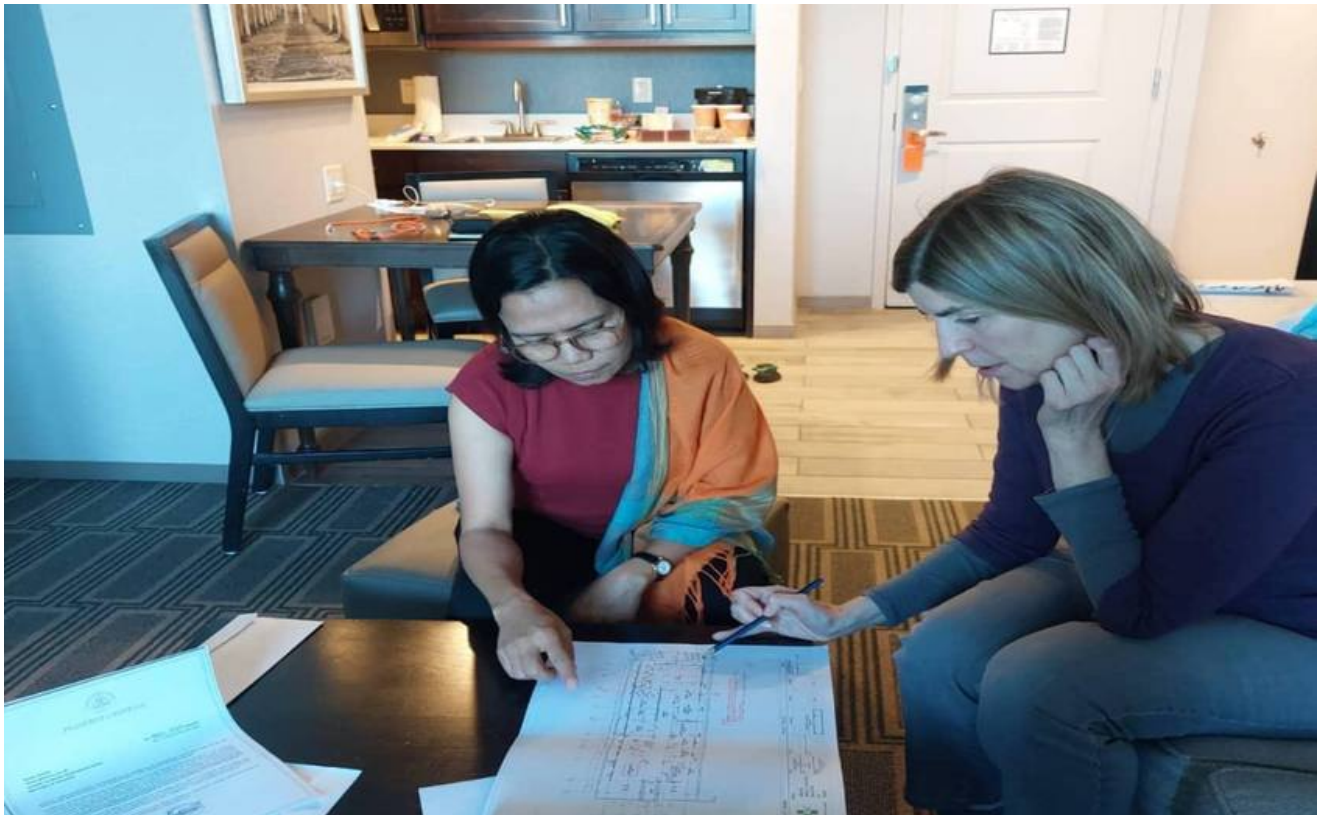
In the spirit of friendship, cooperation, and shared commitment to global health, a special dinner was hosted by FPCD Supporter, Richard Roth during the visit.

The evening brought together Justa Pereira, Elisabeth Da Costa Marçal, Claudia Abate, President of the Foundation for Post Conflict Development, Helena Lorentzen, President of FPCD Norway, and Lt. Colonel Bruno Phillipponnant, Chargé de Mission representing H.S.H. Prince Albert II of Monaco.

This gathering provided an opportunity for reflection on the impact of the midwife exchange programme and reaffirmed the importance of international partnerships in advancing maternal health initiatives. Conversations centered on strengthening collaboration, expanding opportunities for future training, and continuing the shared commitment to improving healthcare outcomes in post-conflict and underserved communities.

Other cultural visits took place to Times Square, a circle line tour around Manhattan, visits to local restaurants and shopping centers hosted by FPCD Team Members, and Foundation supporters providing informal opportunities for cultural exchange.

NEW OPPORTUNITY: EXPANSION OF THE PRINCE RAINIER III MATERNITY CLINIC



During the training program, discussions also focused on the future development of the Prince Rainier III Maternity Clinic.

Justa Pereira and Elisabeth Da Costa Marçal shared preliminary architectural plans for a potential expansion of the clinic with FPCD President and Executive Director Claudia Abate. The proposed expansion aims to increase the clinic's capacity to serve mothers and newborns in Timor-Leste while also strengthening training opportunities for local healthcare professionals.

This vision reflects FPCD's long-term commitment to building sustainable healthcare infrastructure that supports both immediate care needs and the ongoing development of medical expertise within local communities.
Following the training program, the midwives noted that they will integrate the layout of American based maternity wards into the redesign of the Timorese Maternity Clinic.

CONTINUING THE PARTNERSHIP



The success of this pilot training programme marks the beginning of an ongoing collaboration between FPCD and Holy Name Medical Center.
Moving forward, the partnership will include continued support through digital learning opportunities, enabling healthcare professionals in Timor-Leste to remain connected with international medical expertise. In addition, case studies and professional exchanges will be shared through virtual training sessions held three times per year, providing opportunities for continued learning, mentorship, and professional development.
Future in-person exchanges are also being explored, further strengthening the bridge between healthcare institutions and reinforcing a shared commitment to maternal health.

Conclusion

This special training program provided Justa Pereira and Elisabeth Da Costa Marçal with valuable opportunities to expand their clinical expertise while participating in meaningful cross-cultural dialogue on maternal healthcare.

From the halls of Holy Name Medical Center to diplomatic engagements at the United Nations, each encounter reinforced the profound impact of international cooperation in advancing healthcare equity.
At its heart, this programme represents more than a training exchange. It reflects the power of partnership, the importance of investing in human potential, and the shared belief that every mother, everywhere, deserves access to safe and compassionate care.

Through continued collaboration between healthcare institutions, diplomatic missions, and philanthropic partners, initiatives such as this one contribute to building stronger health systems and brighter futures for communities around the world.

ACKNOWLEDGEMENTS

THE FOUNDATION FOR POST CONFLICT DEVELOPMENT EXTENDS ITS SINCERE GRATITUDE TO ALL THOSE WHOSE GENEROUS SUPPORT, PARTNERSHIP, AND DEDICATION MADE THIS PROGRAMME POSSIBLE.

- HSH Prince Albert II — High Patron, Foundation for Post-Conflict Development
- H.E. Mr. José Ramos-Horta — President, Timor-Leste
- H.E. Ms. Elia dos Reis Amaral — Minister of Health, Timor-Leste
- Mr. Narcisco Fernandes — Director, Ministry of Health, Timor-Leste
- Government of Timor-Leste, Ministry of Health
- Ms. Nazarihna Carvalho — Protocol Officer to the President of Timor-Leste
- Mr. Michael Maron — President & CEO, Holy Name Hospital
- Mr. HE Fan — Philanthropist
- Mr. Michele Acito — Executive Vice President & Chief Nursing Officer, Holy Name Medical Center
- H.E. Dr. Johnny Hon — FPCD International Advisory Board
- Mr. Jerry Hirsch & The Lodestar Foundation
- H.E. Ambassador Isabelle Picco — Permanent Representative of the Principality of Monaco to the United Nations
- H.E. Ambassador Dionísio Babo Soares — Permanent Representative of Timor-Leste to the United Nations
- Counsellor Licínio Branco — Permanent Mission of Timor-Leste to the United Nations
- Permanent Mission of Timor-Leste to the United Nations
- Villa Marie Claire Hospice
- Holy Name Medical Center
- Justa Pereira & Elisabeth Da Costa Marçal — Timorese Midwives
- Dr. Charlie Viotti — Villa Marie Claire Hospice
- Dr. Tomi Kaninien — Hackensack University Medical Center
- Mr. Patrick Maron — Villa Marie Claire Hospice
- Mr. Geoff Morrow — FPCD Supporter
- Hackensack Hospital Maternity Ward
- Mrs. Rose Bogert — Donor; Initial Liaison with Holy Name Medical Center
- Richard Roth — FPCD Supporter
- Danielle Brockway - FPCD Supporter
- Lt. Colonel Bruno Phillipponnant — Chargé de Mission de S.A.S. Le Prince de Monaco
- Muriel Bubbio, Amanda Nesheiwat, Colton Rothwell, Helena Lorentzen, Tatiana Saux — FPCD Team
- John Bogert, Gerard Sandt, Danielle Bogert — Donors & Cultural Hosts

This programme was made possible through the collective commitment of healthcare professionals, diplomats, philanthropic partners, and the communities we serve. Together, we are building a healthier, more equitable world — one mother, one family, one community at a time.

ABOUT THE MIDWIVES



Elisabeth da costa Marcal

Elisabeth Da Costa Marçal is an experienced midwife and maternal health professional from Same, Manufahi Municipality, Timor-Leste, with more than 25 years of service in community and public healthcare. She began her career as a nurse and midwife in rural health clinics and has held a range of leadership roles focused on maternal and child health, including serving as Chief of Monaco Maternity in Same-Manufahi Municipality from 2022 to 2025.

Throughout her career with the Ministry of Health of Timor-Leste, Elisabeth has been dedicated to improving maternal and newborn health outcomes through clinical care, leadership, and community outreach. Her professional philosophy is rooted in compassion, service, and a deep commitment to supporting mothers and children during some of life's most important moments. She is fluent in Indonesian and speaks English and Portuguese at an intermediate level, with Tetum and Mambae as her native languages.



Justa Pereira

Justa Pereira is an experienced midwife and maternal health professional from Same, Manufahi Municipality, Timor-Leste, with more than three decades of service in the Ministry of Health. Since beginning her career in 1992, she has held a variety of clinical and leadership roles in maternal and newborn care, including serving as Midwife Coordinator of the Maternity Center in Manufahi Municipality and as a senior specialist in Emergency Maternal Obstetric and Newborn Care (EmONC).

Throughout her career, Justa has been dedicated to improving the health and wellbeing of mothers and newborns through compassionate care, professional leadership, and community health initiatives. She has received extensive training in maternal and child health, family planning, immunization, breastfeeding, and emergency obstetric care, and remains committed to advancing safe motherhood and quality healthcare in Timor-Leste.

ABOUT FOUNDATION FOR POST CONFLICT DEVELOPMENT

When conflict ends, FPCD transforms soft power into sustainable futures. Therefore, our simple tagline is, “Feed hope. Strengthen futures.”

The Foundation for Post Conflict Development (FPCD) is a Non- Governmental Organization recognized by the US Internal Revenue Service Code 501 (3) (c), founded in New York in 2005. The FPCD’s mission is to assist post conflict and fragile communities. This could be through achieving programs in the support of United Nations Sustainable Development Goals or national development goals. The FPCD has an important role to play to keep the needs of post conflict communities at the forefront. The FPCD lets the experts engage in conflict resolution and peacekeeping and strictly focuses on development, especially for midwives, maternal and family health related projects, youth empowerment and community environmental impact programs. The FPCD serves as a vital bridge, connecting partners and organizing international opportunities for dialogue and cultural diplomacy. The Post Conflict Development Association of Monaco was officially established in 2015 and placed under the High Patronage of H.S.H. Prince Albert II.

ABOUT HOLY NAME MEDICAL CENTER

Holy Name is New Jersey's only independent Catholic health system, comprising a 361-bed acute care hospital, a renowned cancer center, a state-of-the-art fitness center, a residential hospice, a prestigious nursing school, and an extensive physician network. Healing at Holy Name goes beyond medicine and technology – it is infused with faith, conviction, compassion, and a commitment to educating the next generation of healthcare professionals through graduate medical education, a Pharmacy Residency Program, and Institute for Simulation Learning. The mission is to provide care for the body, mind, and soul and spans education, prevention, diagnosis, treatment, rehabilitation, and overall wellness. This is at the core of Holy Name and what they do, across generations, every single day, for nearly 100 years. Every innovation, medical breakthrough, and groundbreaking treatment is powered by some of the best minds in medicine, ensuring nothing is left on the table or the road to recovery.

See Timorese Midwives in Action

TV Monaco Accompanied FPCD Executive Director to the Prince Rainier Clinic in 2024. They produced a 25 minute documentary “They Call it the Maternity of Monaco”. Watch it here : DOCUMENTARY



FPCD'S SUCCESSFUL PROGRAMS RELATED TO FAMILY HEALTH

→ Haiti

In 2017, FPCD partnered with the Monaco Red Cross and Haiti's Fondation St. Luc to establish the Women's Health and Training Center in Saint-Louis-du-Sud, Haiti. Made possible through a donation from the Princely Couple of Monaco, the center was created to expand access to maternal and women's healthcare in an underserved region of the country. Since opening, it has provided essential health services and training opportunities for local healthcare professionals, serving more than 1,000 patients in its first year alone.



→ Côte d'Ivoire

In 2018, FPCD launched a Midwife Capacity Building Project in Côte d'Ivoire, providing advanced training in Monaco for two midwives to strengthen maternal and newborn healthcare services. Implemented in partnership with AMREF, Fondation Sancta Devota, and Fight AIDS Monaco, the program supported safer births and improved clinical outcomes in communities recovering from conflict.



Formées au CHPG pour mieux soigner en Côte d'Ivoire

Deux sages-femmes ivoiriennes sont formées ce mois-ci au CHPG. Quatre associations monégasques ont pu monter ce projet qui vise à améliorer l'efficacité des soins dans ce pays d'Afrique

→ Timor-Leste

In Timor-Leste, FPCD partnered with the Government of Timor-Leste and supporters in Monaco to establish the Prince Rainier III Maternity Clinic in Same and the Princess Grace Maternity in Oecussi, expanding access to maternal and newborn healthcare in underserved communities. Opened with the support of H.S.H. Prince Albert II of Monaco and Monaco-based partners, these facilities provide safe, acce



TESTIMONY FROM HSH PRINCE ALBERT II

Palais de Monaco

November 2019

The Foundation for Post Conflict Development embodies the philanthropic spirit that recognizes we are all at our best when we help those most in need.

Projects like the Princess Grace of Monaco Maternity Clinic in Timor-Leste provide essential services to mothers and families. The work of the FPCD leads me to reflect on the spirit of my Mother's humanitarian actions. My Mother's visit to Timorese Refugee Camps in Portugal in 1979 serves as a cherished memory for not only those who were living in the camps, but to all the Timorese people.

Today, the clinics and youth projects developed by the FPCD around the world serve as a symbol of goodwill, friendship and the care of our common humanity.

The midwife capacity building programme that was launched in Monaco in 2018 builds on this work by bringing together associations focused on health-related issues, with the FPCD at the helm.

The Prince Albert Leadership in Post Conflict Development Award which launched in 2019 is another exemplary program for youth from Monaco and Timor-Leste to learn about diplomacy, the United Nations and cultural understanding.

I am proud to bring my High Patronage to the Post Conflict Development Association of Monaco in support of a more unified and peaceful world."

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