



A photograph of three people in a lush green rice field. On the left, a woman wearing a red bucket hat and a white shirt looks down. In the center, a man in a light-colored striped shirt and a tan hat is also looking down. On the right, a man in a white shirt and a grey hat carries a wooden pole over his shoulder and reaches into the rice plants. The background is a vast field of rice under bright sunlight.

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ABOUT US

Born in 1970, Caritas Cambodia has been a forerunner in development activities including humanitarian aid. It is the official development arm of the Catholic Church in Cambodia under larger aegis of Caritas Internationalis.





In 1973, Caritas Cambodia was accepted as full-fledged member of Caritas Internationalis. However under the Khmer Rouge, all religious activities including Caritas Cambodia were closed in 1975. It was only 1990, that all Cambodians were given the freedom to practice religion. It was at this point that Caritas Cambodia started work again in the country. True to its meaning of Charity and Love (meaning of Caritas), the organization has been involved in reaching to the most marginalised communities in the country and providing relief to those affected by disasters both man-made and natural. Guided by the Gospel values of Love, Concern, Justice, Peace Unity, Sharing and Brotherhood, Caritas Cambodia has been working throughout the country irrespective of race and creed.



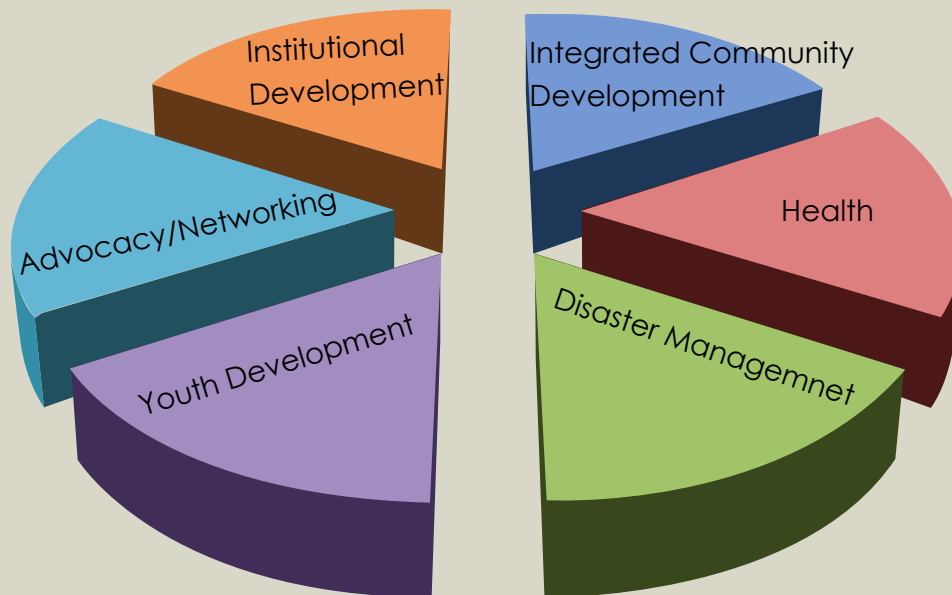
Our Commitment

- The development of poor and the marginalized.
- Educate the poor to look at critically the social forces, which keep them in poverty and build their capacity to fight against poverty and misery.
- Make them conscious and concerned about human values, dignity and self-reliance.
- Appreciate people's perspective to their problems, programs and development

THE OBJECTIVES OF
CARITAS CAMBODIA
SPECIFICALLY INCLUDE
THE FOLLOWING

- To promote and strengthen activities that are aimed at the integral development of communities particularly to help in Sustainable Agriculture, empowerment program, economic program, Welfare program, Vocational Training, comprehensive health program, Home Care program for persons with HIV/AIDS, Centre for Child Mental Health, Blindness prevention program, Relief and Rehabilitation program.

SECTORS WE WORK IN...



- To channelize the energies of our people towards constructive national work in the socio-economic, educational health and the cultural field.
- To cooperate and collaborate with government and NGOs both national and International whose objectives are in accordance with the aims of Caritas.
- To launch sustained campaign for relief of people affected by disasters like drought, Famine, floods, earthquake, war, fire, riots and other man made and natural calamities.
- To educate people and make them conscious and concerned about self-reliance social justice, cooperation and related human values.
- To involve directly or through Church structures wherever available in the promotion of Human development.
- Solidarity and partnership with the poor and the marginalized. Journeying with the poor, discernment and discovering.

OUR VISION AND MISSION

We are guided by our Vision and principles & values that have been articulated after many deliberations and have been found to be a source of strength and inspiration for each of us. All our programmes and strategies are planned and implemented keeping in mind the Vision and Mission. Caritas Cambodia shares the aspiration of Caritas International to promote a “**civilization of love**”, that contributes to create a just society where will be sharing among the people, the poor will have the possibility to ask for their rights and dues. Caritas Cambodia enroots its vision in the values of the Gospel and the Social Teaching of the Church. Its action stems from a strong desire to live the values of the gospel in a society where there is a need for constant dialogue and reflection. As a priority, Caritas will help the poorest of the poor without any distinction of caste, creed or religion

VISION

“The realization of a just society where rights of people are respected, integral development is promoted by building communities through an empowering process”.

MISSION

Caritas will be an institution to empower the poor through animation and community organization and above all through a mutual learning process. Consequently its mission will contribute to restore human dignity of the poor and will liberate them from the clutches of poverty. Caritas Cambodia is the instrument of the local Church to implement the social teachings of the Church into action in the Cambodian society. As such it is the social arm of the Church to take up all activities of solidarity in the Cambodian society.

OUR GUIDING PRINCIPLES AND VALUES

Human Dignity

Educating and empowering the individual in order to achieve collective empowerment is the focal point of all our activities.

Gender Balance

There is a special focus on women's empowerment through education and community organization.

Ecology and Sustainable Agriculture

Community-based agricultural development is an indispensable component of our activities.

Collective Ownership

Commitment to build people into communities through the Village Development Associations is one of our priorities.

Support for the Sick

HIV/AIDS and human trafficking disproportionately affect the poor and the most vulnerable women. These issues are addressed both socially and medically.

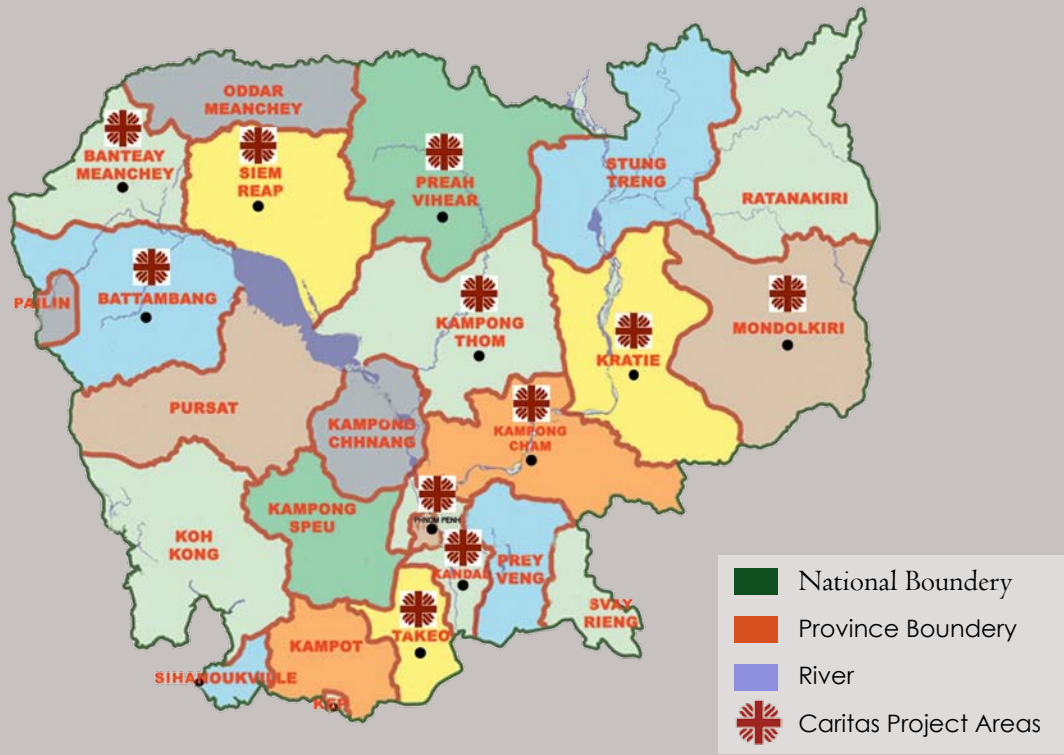
Building Inclusive Communities

People with disabilities are often stigmatized and marginalized. Through self-empowerment we try to fulfill their needs, ensure their rights, and include them in the community development process.

TARGET AREA

CARITAS IS WORKING ACROSS THE COUNTRY WITH VARIOUS GROUPS OF PEOPLE. THE FIGURE ON THE RIGHT INDICATES THE GEOGRAPHICAL EXTENT OF OUR REACH.

MAP OF CAMBODIA WITH CARITAS TARGET AREAS



WHO WE WORK WITH

We have consciously chosen to work with those sections of Cambodian society who are the most neglected and vulnerable. From the beginning we have been working with poorest of the poor, marginalized especially those who live in remote areas, landless/small land, Indigenous peoples, Persons Living with HIV and family, children with special needs (mental health), Persons With Disability, prisoners, mother and child, school children, youth with poor living conditions.





UNDER THE CURRENT STRATEGIC PLAN, WE HAVE DECIDED TO GO BEYOND THESE GROUPS WHILE CONTINUING TO WORK WITH THEM. OUR EXTENDED TARGET GROUPS INCLUDE:

- Urban Marginalized communities
- Hearing Impaired
- Prevention of trafficking program
- Children with HIV/AIDS
- Commune Councils
- Engaging with the private sector

OUR PARTNER / FUNDERS

Our work would not have been possible without the continuous support from our Donors / Partners. Some of them have been our partners in the long journey to realize our mission from our inception. Some of our Donors include:



1	Caritas Germany
2	Caritas Switzerland
3	Caritas Spain
4	Caritas Australia
5	India brazil South Africa ("IBSA") Trust Fund
6	Caritas France - Secours Catholique
7	Catholic Relief Services (CRS)
8	One Body One Spirit ("OBOS")
9	Caritas Scotland (SCIAF)
10	Misereor
11	Caritas Japan
12	Christian Blind Mission ("CBM")

13	Caritas Korea International
14	Caritas Hong Kong
15	("YMCA's") of Korea
16	Cambodia Catholic Church
17	Caritas International Belgium
18	Caritas Czech Republic
19	Caritas Humanitarian Aid & Relief Initiative-Caritas Singapore
20	Home of Charlotte's Children Foundation
21	Avoidable Blindness Initiative 2 - AUS AID
22	Singapore International Foundation-Meridian Junior College
23	Other Private donors

CHANGING CAMBODIA



Cambodia today has been charting a steady growth chart for the past two decades in terms of economy and social sector. This has come about due relative political stability, international co-operation and active civil society participation.

CAMBODIA is party to six international rights instruments which includes the Convention on the Elimination of All Forms of Racial Discrimination (ratified by the Royal Government in 1983), the International Covenant on Civil and Political Rights, the International Covenant on Economic, Social, and Cultural Rights, the Convention of the Elimination of All Forms of Discrimination against Women, the Convention against Torture and Other Cruel, Inhumane, or Degrading Treatment or Punishment, and the Convention on the Rights of the Child in 1992. In 2003, Cambodia became part of the World Trade Organization. Poverty status in the country has come down but a large section of the population is still deprived of basic facilities and amenities. Different agencies including the Ministry of Planning, Cambodia have calculated poverty estimates. For instance, according to the data released by Ministry of Planning in 2013, 22.89% (weighted average) of persons are living below poverty line based on Cambodia SocioEconomic Survey (CSES) 2009. This was calculated using food/calorific needs, non-food items and cost of buying/ consuming clean water.

The United Nations Development Programme (UNDP) calculated the Human Development Index (HDI) for Cambodia in 2013. The HDI is a summary measure for assessing long-term progress in three basic dimensions of human development: a long and healthy life, access to knowledge and a decent standard of living.

The HDI value for Cambodia stood at 0.543 in 2012 ranking it 138 out of 187 countries and territories. As per the HDI, Cambodia falls under medium human development category. Poverty rate in Cambodia as per UNDP is 19.8% (2011). According to World Bank, the poverty rate is 20.5% and about 2.8 million people are poor. Only 20% of the total population lives in urban areas (as per UNDP country profiling). As per the UN Statistics Division, the adult literacy rate for 2010

was estimated to be about 77% for both sexes, 69% and 85% for women and men respectively. This shows a marked improvement from 2004 where literacy rate for the country was at 69.4% (and male literacy was at 80.3% and female literacy at 59.9%). The life expectancy at birth is recorded at 63.6% as per HDI 2013.

According to the achievements published by the Cambodian Government in 2012 (The Cambodian Government's Achievements and Future Direction in Sustainable Development), "Cambodia's GDP has quadrupled, increasing from \$216 per capita in 1992 to \$909 per capita in 2011. From 1994 to 2011,

Cambodia experienced an average growth rate of 7.7 percent. Between 2004 and 2007, the economy grew

above 10 percent annually. While the industrial base is not yet deep, being largely restricted to garment manufacture which thrives on low wages, during the decade to 2008, the garment industry alone accounted for 22 percent of growth. Agriculture has grown at 4-5 percent annually from 2002 to 2010 and still has high potential in rice, as well as other crops, if effective irrigation systems are improved and expanded. Both the industry and construction sectors experienced a dip due to the economic downturn in 2008-2009. The garment sector alone is estimated to have lost a total of 70,000 jobs, and 60,000 jobs are estimated to have been lost in the construction sector."

Despite the positive trend, developmental problems continue to plague the country. Growing inequality- among rich and poor, between regions and gender disparity – is one of the major challenges faced by the country.

Low employment in the rural areas where 80% of the population resides adds to existing economic and social problems. Agriculture, which is the mainstay of the economy, does not translate to profitable occupation as most of it is not commercialized and dependence of traditional cropping patterns is heavy (even though Cambodia has started exporting of rice). Poor infrastructure adds to the existing affairs.

Health status has gradually improved yet much more needs to be done. Maternal mortality rates remain high (250 per 100,00 live births though the regional average is 49 and world average is 210), prevalence of HIV/AIDS- 447 per 100,00 population while the regional average is 72 and world

average is 499- is high and so is the incidence of malaria (1353 per 100,00 population while regional average is 104) and prevalence of tuberculosis (817 per 100,00 population while world average is 170). (Data as per World Health Organization, 2011). In terms of status of women, the participation of women has increased from past, but they still have limited decision - making powers. Gender based violence persists as major problem.

Government is working on empowering women through education and vocational training, women continue to face disadvantages in continuing education after primary level (only 11.6% females have at least secondary education as per HDI 2013 data), getting employment especially well paying jobs and role in decision making processes.

As per the HDI 18.1% of parliamentary seats are held by women indicating increased representation of women in Government but decisions are still taken by men. Women continue to migrate to other countries and are also trafficked

for that purpose. Access to money has increased but husband/male members of the family exercise control. Apart from the above, the country is highly disaster prone due to its geographical location. Instances of floods, droughts, heavy storms or typhoons and others including manmade disasters are common in the country. Annual flooding in more than two thirds of the country has cost the economy USD 100-170 million (Rinbo Eng, 2009).

In conclusion it can be said that slowly and gradually, Cambodia is moving past its bloodied history and into mainstream world economy and making its presence felt in the region. However efforts have to be made still to realize the full potential of the Cambodians. Systematic interventions have to be made to improve efficiency and effectiveness of programmes for health, education and livelihoods especially sustainable livelihoods while always working towards protecting and sustaining the environment.





Empowerment of women with respect to having equal access and control over resources, mobility, accessing the rights guaranteed by Constitution of the country, role in decision making process not only at household level but at the community and country level as well is an important area of intervention.

It is in this changing context that Caritas Cambodia as a development organization places itself today. It has a role of reaching out to the most vulnerable at the grassroots as well as play decisive role at the national and regional level to influence policy level decisions and contribute in such processes. Disasters pose a serious threat to the country's development and need to be tackled tactically. Communities have to be made resilient to mitigate the impact of disasters as well as make recovery and rehabilitation easier in case of emergencies.

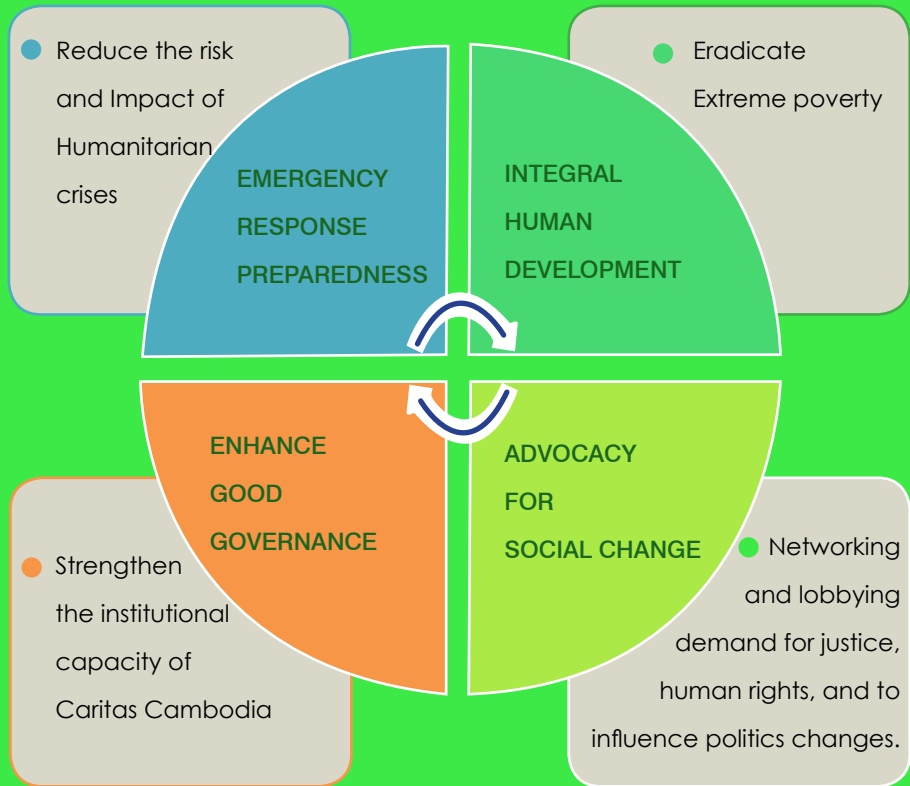
To do justice to this identified role of Caritas in Cambodian context, Strategic Plan for 2012 - 2016 has been drafted after careful deliberation. It reflects our key strategic decisions, which includes working with community to strengthen them and facilitate their integral development whilst engaging with various other stakeholders to achieve the goals we set out for ourselves. It places great onus on us an institution and our capacities to deliver our commitments. Through this Plan, we aim to look within ourselves more critically and strengthen ourselves to the core.

The challenges facing Caritas are many but guided by our Vision, we aim to work towards our goals. Our belief can be summed in the words of M. Scott Peck: ***"Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit."***



STRATEGIC AREAS OF INTERVENTION

After much deliberation, we have identified four thrust areas for intervention in the coming years (2012-2016). These are Emergency Response Preparedness, Integral Human Development, Good Governance and Advocacy for Social Change.



The Program for the period 2012-2016 has four objectives. The Objectives are mentioned below:

REDUCE THE RISK AND IMPACT OF HUMANITARIAN CRISES	ERADICATE EXTREME POVERTY	ADVOCACY AND NETWORKING	ENHANCE GOOD GOVERNANCE
<p>Saving lives, relief suffering and helping rebuild livelihoods so that vulnerable community are able to survive and recover from disasters</p>	<p>Improve quality of live of the poor through an integral development process</p>	<p>To channel the energies of people at different levels to demand for justice, human rights, and to influence political changes</p>	<p>Strengthen the institutional capacity of Caritas Cambodia towards professional accountability, sustainability</p> <p>The last objective concerned with improvement management and governance of Caritas Cambodia, which is necessary to support the Program quality and effectiveness.</p>

Brief Strategies And Activities 2012-2016

STRATEGIES

STRATEGY I

Elaborate the practices of Emergency Response Preparedness by genuine cooperation of national level, sub-national level and community level.

INTERVENTIONS PLANNED

1. Prevention
 - 1.1 Capacity building of staff and community
 - 1.2 Linkage and networking with local NGOs, Govt' and private sectors.
 - 1.3 Strengthening the committee for disaster management at village level, and national level
 - 1.4 Promote alert information system
2. Preparedness
 - 2.1 Elaborate to be in practice of CBDP and CLIMATE CHANGE
 - 2.2 Researches and Documentations
 - 2.3 Special fund for disaster management
3. Response
 - 3.1 Relief
 - 3.2 Networking

- 3.3 Resources mobilization
- 4. Rehabilitation
 - 4.1 Infrastructure
 - 4.2 Psychosocial trauma counselling with special focus on women.
 - 4.3 Livelihood improvement
 - 4.4 Promote the practice of mitigation plan for RRD, CCA is mainstreaming into Socio-Economic Development program in the community base.

STRATEGY II

Integral Human Development through on-going empowerment process to eradicate extreme poverty

Strengthening the on-going programs and focus on Inclusive community development program, Health development program, and Youth development program:

1. Socio-Economic development program

1.1. Empowerment development:

- Forming and strengthening the grass roots structure (VDAs)
- Awareness building to communities on Social analysis, human rights and gender issues.
- Motivate the grass roots structure to take up advocacy issues through networking.
- Collective action on land rights, women, human, children rights, trafficking, and disability.
- Capacitate the communities to become self-reliant
- Capacitate and strengthen VDAs/VDAMC and register to become Agriculture Cooperative

- 1.2. Livelihood development
 - 1.2.1. Sustainable Agriculture Development
 - Promote Organic farming practice (Integrated Farming System, Diversify Farming System)
 - Autonomy of farmer (Seed, Soil, Water, Market...)
 - Farmers campaign on: farmers rights, non-chemical day, environment day...
 - Exposure visit, Farmer conference
 - Farmers based training and research centre
 - 1.2.2. IGA and MED
 - 1.2.3. Cooperatives' businesses of production and selling development
 - 1.3. Small Infrastructure development
 - Mobilizing and finding support to build the facilities related to the implementing project
 - 1.4. Education & Staff capacity building
 - Communication, Facilitation skills and specific to the

- main project responsibility
 - Research and survey technique
 - Conflict resolution
 - Asset Based Community Development (ABCD) approach
 - Planning, Monitoring and Evaluation
 - Result Based Management (RBM) training
 - Animation for social transformation and,
 - Financial & social enterprising performance
- 1.5. Migration and Trafficking
 - Provide training and awareness raising on safe migration in the community
 - Friendly vocational skills development for young women and young mother with children
- 2. Youth development program**
 - 2.1. Vocational training skills
 - 2.2. Value based education through conference, workshop, training, youth fellowship and exposure visit.

- 2.3. Youth club (Youth forum, job placement, job establishment, and social service activities)
- 2.4. Networking with other likeminded organizations.
- 2.5. Establish businesses for graduated youth of Youth Development Centre
- 2.6. Staff training
 - Communication / Facilitation skills
 - Research on job opportunity and job placement
 - Transfer of Skill (ToS)
 - Conflict resolution

3. Health development

- 3.1. HIV/AIDS:
 - i. Preventive:
 - Awareness education
 - Pre and Post test and referral
 - Cooperate with HC to educate community.
 - ii. Curative:
 - Education for PLHA and Family on HIV/AIDS
 - Provide access to ARV treatment

- Visit to OVC and chronic patients
- Care to the prisoner who have HIV/AIDS
- Formation of HIV/AIDS Support Group
- iii. Rehabilitation of Socio-Economic of PLWHA:
 - Provide skill training to PLHA
 - IGA / Handicraft
 - Saving groups
 - House rehabilitation
- iv. Staff capacity building
- 3.2. Community health
 - i. Awareness on Health and Sanitation
 - ii. Collaboration with health center for preventive and curative service through Operational District and Health Department.
 - iii. School health program
 - iv. Mother and Child Health
 - v. Provide Training to VHV's, TBAs
 - vi. Outreach service / Medical Consultation
 - vii. Emergency, referral
 - viii. Health campaign

- x. Strengthen commune health committee
 - xi. Collaboration with WFP and other NGOs.
 - xii. Staff Capacity building:
 - Growth monitoring, Child Nutrition
 - Training of Trainers
 - PME
 - Database
- 3.3. Child and Adolescence Mental Health
- i. Centre Based Programs
 - Clinical and Counselling service
 - Special projects such as day care and early stimulation units
 - Continuing Professional development
 - Research, documentation, publication
 - Networking
 - Parent association
 - ii. School Based Programs
 - Health check-up and prophylaxis
 - Prevalence study, Operational research
 - Identification and training of students,

- teacher volunteers
 - Counselling and referral program
 - Establishing play facility
 - Child-friendly school
- iii. Community Based Programs
- Awareness raising
 - Prevalence study, Operational research
 - VCD, health centre staff, traditional healer training
 - Home-based counselling, early stimulation
 - Home gardening, prevention of micro-nutrient deficiency
 - Prevention of 'Needless Disability Program'
- iv. Out reach program
- Clinical services at 'Aruppe Center', Catholic Church, Battambang
- 3.4. Eye Health, Blindness prevention
- i. Training
 - Sub-specialized (small incision for Cataract Surgery, Retina, Glaucoma, Neuro and pediatric

- Ophthalmologist.)
- Residency training program
- Training Diploma in Ophthalmic Nursing
- Upgrading basic eye nurse to Diploma in Ophthalmic Nursing
- ii. Research program
- iii. Eye care services in the hospital
 - Renovate and build new building and equipment (Main issue for next year)
 - Develop Special Clinic (Retina, Cornea and paediatric)
- iv. Staff capacity building
- 3.5. Prison Health
 - Health and wellbeing of prisoners
 - Motivate human rights respected in the prison
 - Provide skills education relevant occupation for prisoners' future
 - Regarding treatment of chronic illnesses like TB and HIV/AIDS





STRATEGY III

Advocacy for social change, promote by networking with P.O and other likeminded organizations and the government to influence policy changes.

1. **Capacity Building to staff and community on:**

- 1.1. Communication skills
- 1.2. Analytical skill
- 1.3. Advocacy techniques
- 1.4. Research and survey technique

2. **Networking**

- 2.1. Researches and Documentations
- 2.2. Develop information system on different issues
- 2.3. Motivate and mobilize civil society actors in order to take up issues on a collective basis.

3. **Advocacy**

- 3.1. Create a platform to bring together the civil society actors
- 3.2. Promote network to take up advocacy activities
- 3.3. Promote campaigns to raise issues or problems:
Commune elections, human trafficking, Human Rights, corruption.




Caritas
CAMBODIA


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STRATEGY IV

Strengthen the institutional capacity of Caritas Cambodia by introducing new systems and structures at all

1. **Capacity Building**

Capacity building of the key staff and the management on

- 1.1. Managerial skills
- 1.2. Professional and Technical skills
- 1.3. Improve and challenge in practice of technical and monitoring tools for training and coaching activities, and training curriculum for upgrading positive impact of project implementation

2. **Systems**

- 2.1. Strengthen the management system by putting in place new systems
- 2.2. Strengthen the PMS to ensure accountability and transparency

3. **Structure**

- 3.1. Review the policies and memorandum of Caritas Cambodia (Financial and technical)
- 3.2. Improve efficient management of specific desk at the national secretariat such as Information, Documentation, Gender, HRD and Capacity Building.

4. Communication

- 4.1. Strengthen coordination by improving communication and good policies between the national and regional offices
- 4.2. Strengthen partnership between the partners and Caritas Cambodia by improving communication





CASE STUDIES...



Life was difficult for Sem Vantha along with his wife and 2 daughters who lived in Monduliri Province. Daily income of \$1 - \$1.50 earned from agriculture and minor forest produce was not enough to feed a family of four. However the fortunes of the family changed when they join the development activities of Caritas Cambodia. Through the trainings on integrated farming system as well as through exposure visits, he was able to do diversify his income. He started integrated farming in his home by raising animals, pisci-culture and growing variety of vegetables.

I. SEIZING THE CHANCE

He now earns \$6.00 to \$8.00 a day from integrated farming and his daughters now attend school regularly. He has become a live example for his neighbours as well who see him seizing the chance given to him by Caritas Cambodia. Following his advise, they too have adapted practices of integrated farming and experienced change. Sem Vantha is now a volunteer of VDA and through his experience wants to help others in his village.



II. STRENGTH OF GRAIN

There are several villages in the country which suffer from food shortage. Kork Thkove village is one such village in Preah Vihear province. This village is located in the heart of jungle about 105 km from Preah Vihear town. There are 46 families doing farming and collecting forest products. Every June to November, these families take loans from rich businesspersons to buy food for consumption. These loans are taken at high interest rates.



It was in this background that Caritas Cambodia started working in this community. Caritas mobilized people to form people organization (VDA). With financial support from Caritas Cambodia, Rice Bank was constructed in the village in 2008 (4m x 6m x 3m). 37 families contributed 15 kgs each of rice to the Rice Bank. Rice loan was released every year in June which had to be reimbursed by December in the same year. The rate of interest and duration of loan was decided by community. At present, The Rice Bank has 4119 kgs of rice and is enough to cater to need of villagers. Moreover, the VDAs also earn income by allocating the surplus rice to exchange as money and giving loans to its members to start / supplement income generation activities.



Consistent efforts have brought down issues of food shortage and debts. Thus through a single initiative of constructing a Rice Bank, the entire community was able to mobilize enough grains and cash income to help each family in times of difficulty.

III. WOMAN: KEY TO FINANCIAL PROSPERITY OF FAMILY



Capacitating a woman to earn income has far reaching impact on the well being of her family. It gives the entire family a chance to improve their quality of life. A clear example of this was seen in the life of Chhean Savearn from Kandal province. This 41 year-old of farmer is the mother 3 children (one son and 2 daughters) and a member of the VDA.

Her husband and herself did not earn enough to provide enough for their family. Her husband was about to leave to Phnom Penh in search of work while she would earn income from producing white wine and raising one mother pig.



However in 2011, as part of VDA, she participated in the training on animal raising conducted by Caritas Cambodia. Based on her learning's, she started raising pigs and soon started selling the piglets. Her income levels rose. She started earning 5,760,000 Riels from selling piglets and 90,000 Riels per week from white wine.

Increased income has translated to better quality of life. She now lives with a medium sized house along with her family. In her words, "I have much time to take care my family and gained good income, I have plan to continue these activities and happy to share my experience to others members in the VDA who keen on to practice".



IV. THE BENEFIT OF WATER FILTER

Safe drinking water is big problem for the poor, especially those who live in remote area. The lack of water supply and appropriate water source, poor families have no choice but to use contaminated water for both drinking and washing. Water bone diseases occurred frequently among children and adult,

especially severe diarrhoea. To address this fatal risk, Caritas Cambodia, in cooperation with HC and VHSG, has initiated the WATSAN project aiming to increase access to clean water by supporting the most needy. The success of this project can be summed in the words of Keo Em, mother of 5 children, "As you may see my real situation, we are so poor. I earn my living by selling my labor every day such as weeding in the farm, rice planting or harvesting during rice season. I can say I do everything they hire me. My old daughter spends some time to catch the fish with my husband. So far, I have only one water jar for cooking, drinking and washing. Our family confronted many diseases every year, especially diarrhea, fever or dengue fever. After I attended health education conducted by Caritas Cambodia, I understand the root cause of it and try to apply feasible methods to avoid unexpected diseases. However, it's difficult for me to boil the water every day as we have many family members. Above all, we don't have enough time to do it, because we spend almost whole day in the field. Fortunately, I was selected and supported this water filter. I'm so happy. Our family obtains clean water from this water filter. I notice that my children do not get any diarrhea compared with last year. Now, I don't need to spend much time to boil water or looking for firewood. I would like to say thank you to Caritas Cambodia for bringing this valuable thing to my family!"

V. FROM HOME GARDENING TO INTEGRATED FARMING



Len Sath lives in Anlong Svay Village along with her husband and three children. The family cultivates 1-hectare land. This land was used for paddy cultivation using traditional methods, which did not yield much. The family, mostly used whatever produce they had, for consumption and hardly anything was left to earn substantial income.

In 2012, she attended community meeting conducted by Caritas Cambodia to form VDA. She too joined the VDA and, later on, was selected as president of VDA. She received a project support to practice home

gardening (vegetable growing and chicken raising) as key farmer. After the first cycle, she noticed that she could reduce the expense on buying daily food items and also earn more income from selling chicken and vegetable. Based on this learning, she decided to take loan from her group in 2013 of around 3000000 KHR (\$750) to raise pig, chicken and grow vegetable on a rented land. "I'm interested in integrated farming system since the first start. I really obtained more food and income to support my families. After the first success, I decided to expand from small vegetable garden to cash cropping. Each season, I could earn more income from selling vegetables, chicken, duck and fish. Now, I have adequate food for my family in year round. In addition, I could payback my loan to VDA about 50%. I hope I will pay off the loan in the next season." said Ms Len Sath. Currently she practices integrated farming and has even opened a small grocery shop and raises fish in concrete ring. On an average, she earned 10500000 KHR (\$ 2625), chicken and duck around 250000 KHR (\$62.5). Caritas Cambodia continues to provide technical support to her so that she can share the good practices to other farmers in the community, as she has become a role model for many.

VI. A NEW FAMILY FOR SREY NAT



SreyNak (aged 12) is the eldest daughter of Roenun residing in Siem Reap Province, studying in grade 4. She has two younger siblings- Phea Rak, 9 years old brother in grade 2 and SreyNat, 6 years old sister in grade 2. Their mother passed away when Srey Nat was only 1 year old. Their father was a daily wage laborer who earned extra income through fishing, finding crabs, and frogs to feed his family. On 9 June 2013, Mrs. Srey Mom, the Cari-

tas Nurse working with school teachers went on visit to Chan Hear school (where Srey Nat and her siblings were studying) to help the teacher to educate the children on personal hygiene. Here she saw Srey Nak dressed shabbily and in dirty clothes. After the school education session, she went to visit the house of Srey Nak and met with the family and the 2 other children. From there on a new journey started for the three young children.

In a few months, Srey Nak completely changed her habits. She takes a bath at home before coming to school and wears clean clothes. Her health has improved as she gets Iron tablets weekly from her teacher to prevent anemia. "Before I did not know how to clean my hands, or using toothbrush...but after my teacher educated me, I can do it and I feel better..." "In the future, I want to be a teacher....to help children like me..." " she said.

She explained to the Caritas nurse that she liked to go to school and that she was very happy when she got some soap or some toothbrush and toothpaste to take care of her teeth. Furthermore, every morning, Srey Nak receives a breakfast made of rice and vegetables that all children grow at the school garden supported by Caritas. She also has access to clean drinking water from the water filter provided by Caritas.

VII. LEARNING IN THE FOUR WALLS OF THE PRISON



Ly Ho is 38 years old staying in the Siem Reap prison since 2005. A calm and quiet person by nature, she has two daughters who live with their grandmother. They often visit Ly Ho in the prison.

She learnt sewing skills through the Caritas Cambodia development programme for prison. She wants to put her skill into practice to earn income for her daughters and mother once she is released from the prison.

"I have two daughters and I want them to be educated. So, I want to learn how to make a living..... No-one wants to be a prisoner but it is my mistake ...and I have to make my sentence...but I'm not hopeless because I have my two children and my old mother, who wait for me and need me...They love me and never blamed me...!m very grateful to Caritas for their sewing skills training... so that I can have a job when I leave... I also thank them all because they care for our health and educate us on health issues... "She wishes all Prison staff and "Caritas staff to stay healthy and be happy."

VIII. LIVING WITH HOPE

Migration in search for better jobs and wages is a common feature in Cambodia. In such situations, it is usual for many people to indulge in unsafe sex with commercial sex workers as most people leave their families behind in the villages. Such practice of indulging in unsafe sex, resulted in Somnang (39 years old, Siem Reap Province) being diagnosed with HIV.

Somnang was ill for a long time but could not find the reason for his sickness despite spending money on medical check ups. One day, Caritas HBCT staff, informed by villagers about his condition, went to visit them and immediately suspected that he was infected with HIV.



He was referred for HIV test and pneumonia treatment at SreySnam Health Center. During treatment there, he and his wife tested for HIV and the result came back positive for him but fortunately negative for his wife. On 02 January 2013, Caritas registered him in Home Based Care program and referred him to treatment at hospital. He was diagnosed with TB and started treatment on 15 January 2013. In February 2013, the doctor checked his CD4 and the result was 35, and doctor provided ARV treatment. His BMI was 16.5 (Normal BMI is 18.5).

The HBCT members provided home visit weekly and educated him on “how to live positively with HIV”, how to care for himself and prevent HIV transmission to his wife. Caritas supported the family with 25 kilos of rice per month for 6 to 9 months, fresh food daily during hospitalization and provided nutrition education using the “Good Food Toolkit.”

On 08 August 2013, his new CD4 was 409 and on 04 November, his BMI was 19.5. Currently, his health has improved considerably and he has returned to work as rice harvest worker, earning 200,000 Riels (\$ 50) per month to support his family including school education for his children.

The couple have committed to live together and take good care of their health, especially preventing the HIV transmission to the wife. He has committed to live for his family and earn money to support his children to go to school, “He promised”.

IX. FROM FOREST TO TOILET



Caritas is working in 12 villages, Sdao and Ronaksei commune of Sangkum Thmey district. While working there, we realised that most of community members preferred open defecation in the forest than using toilets, as they were “afraid and shy to pass stool in the toilet”. Some people said that they had are never used toilets. , In these circumstances, Caritas facilitated with VDAMC and VHSG to inculcate the habit of constructing and most importantly using toilets.

Community Health Program started in July 2012 and formed women group for credit for health, spread awareness and information on the importance of using toilets, health problems arising from poor hygiene and sanitation.

Caritas supported budget to women groups through VDA and encourage them to share budget to build toilets by each groups. There are now 7 toilets in 4 villages (Taseng Cheung 2, and Taseng Kadal 4 in Ronaksej commune and Tabos 1 in Sdao commune) by the end of year 2012.

Community at large has now started understanding the importance of using toilets especially to prevent contamination of ground water and preventing health problems. This is a small step and lot more needs to be done. However the first step in the right direction has been taken.



"CARITAS GAVE ME A PROFESSION"



Vann Den, from Peam Chor District, in Prey Veng Province, has five siblings and his parents are farmers. Despite his obvious talents, he was working in the rice field until a friend suggested he apply for a scholarship to the Caritas Youth Development Program. This program made it possible for him to come to Phnom Penh, stay in a dormitory, and study painting.

Chhoy Sokchear, Vann Den's painting instructor, admired him greatly. "Den is a calm person. He is a good student, and he tries very hard. What's special about him is that he does more than he says. Everyone likes and respects him."

Similar to Sokchea, Piseth, who is a friend of Vann Den, said that he likes Den very much because this young talented painter is such a kind and helpful person. Piseth added that, "he always helps his friends in their studying, and he always cares about others".

After studying for only one year, this young student has made great changes in his life and can now support himself and his family by selling his paintings. "I was so excited that I could earn money for the first time by using my brain instead of my body. I used to earn \$1 a day in the rice field, and now I can't believe that I can earn \$10 a day," said Den, then adding "all my customers like my paintings and they sometimes even order more. You know, sometimes I don't even have enough time to paint for all of my customers".

Vann Den finished his study and received his certificate in 2010. Since then he has formed a team of painters to help him meet the demand of his customers. He is very thankful to Caritas for giving him and other poor youth a chance to change their lives. "Now I can provide for myself and can even support my younger brothers and sisters so they can go to school too."



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