



2020

ANNUAL REPORT

Life With Dignity, also known as LWD, or Angkar 'L' as named by rural communities, is a local NGO serving vulnerable communities in Cambodia through development work prioritizing human dignity.



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MESSAGE FROM THE EXECUTIVE DIRECTOR

In reflecting on the year, and the fact that we are still faced with uncertainties related to the COVID-19 pandemic and natural disaster flash flood, the title for this year's report highlights both the stark reality of today and hope as we move forward together.

This year's annual report aims to communicate three critical messages to our Life With Dignity (LWD). The first is to share a bit about our LWD Country Strategic Plan 2015-2020 that ended with beneficial impacts for the vulnerable rural community. The second message is that the LWD continue in and our 6-year Country Strategic Plan 2021-2026, developed from creative collaborations between the Board of Directors, Development Partners, Key Stakeholders, Management Team and Staff. Information gathering and focus group discussions have been conducted across beneficiaries, government, NGO partners, development partners, and staff last year. We are excited and proud to share these values with you.



The third message I would like to convey is all the ways LWD has been navigating through the COVID-19 pandemic. It is a remarkable story of resilience and showcased LWD at its very best. Besides – and as usual – our annual report also showcases some inspiring stories and insights from the year, which is often the best part!

My most important message: Thank You.

I want to thank and acknowledge the vulnerable rural people we serve, their families and guardians, and our professional employees for their patience, kindness, creativity, and support during this pandemic. As you might guess, this has been a challenging time for everyone. However, everyone's unwavering dedication of everyone at LWD to ensuring children, vulnerable people, and especially people living with disabilities are protected and supported has given me unending amounts of hope and gratitude. On behalf of the entire Board of Directors, Management Team, and Senior Management of LWD, THANK YOU!

Sincerely Yours,

A handwritten signature in dark ink, appearing to read 'Suon Sopheap'.

SUON Sopheap ,*PhD*
Executive Director
Life With Dignity

ABOUT LIFE WITH DIGNITY

LWD's Vision, Mission, Core Values

Vision

“People living with dignity”

Mission

“Facilitate the vulnerable people toward self-reliance”.

LWD commits to its core:

“Integrity, transparency and accountability.”

LWD strategic Approaches Include

“community-led development and partnership.”

Program Activities

Life With Dignity, also known as LWD, or Angkar' L' as named by rural communities, is a local NGO serving vulnerable communities in Cambodia through development work prioritizing human Dignity. LWD's current Country Strategic Plan (CSP) 2015-2020 is being implemented in five provinces of Cambodia, focusing on Good Governance, Improved Livelihoods, Disaster Risk Reduction/Climate Change Adaptation (DRR/CCA), Migration, and organizational development. In the five provinces, LWD's work is carried out in the most remote and vulnerable areas where few, if any, other organizations are present. Thus, considering the limitations in scale of a local NGO such as LWD, it takes a long time to reach all the vulnerable groups in these communities, hence the necessity to maintain similar geographical coverage for several years.

The implementation of the CSP was divided into two phases, the first 2015-2017 was the Empowerment for Self-Reliance Program (ESRP), and the second was the Livelihood Enhancement Action Program (LEAP) 2018-2020, which focused on four main objectives:

Objective 1: To increase partner household's livelihoods with a specific focus on women and persons with disability (PWD) on the socio-economic status by 2020.

Objective 2: To increase community resilience to impacts of climate change and disasters.

Objective 3: To sensitize safe and unsafe migration to community members and provide adequate migration and trafficking issues.

Objective 4: To improve organization development.

Target Groups

LWD takes a unique and committed approach to their work in rural communities. During the weekdays, staff members live in the villages alongside the people they serve, to walk with them in the journey of development. Living in the villages demonstrates to community members that they are valuable, worth investing in, and supported as they develop their community.

Within these rural communities, LWD works with target groups of poor farmers, landless and land-poor families, female-headed households, illiterate adults and youth, women groups, people living with disabilities and disadvantaged children, serving more than **239,106 people** in all.

LWD's Logo

The logo symbolizes equal rights of both women and men
Dark blue represents community, knowledge and integrity
Light blue represents development and peace.

The LWD logo is featured as a design element throughout Annual Report 2020.



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LWD's Operational Areas

LWD serves poor and vulnerable communities in 3 villages across 5 provinces. In this Annual Report, find the Area Program Office (APO) code at the start of each impact story for a quick guide on where our featured partner households live.



APO-Battambang (BAT)

Located in the "ice bowl" of Cambodia, APO-BAT's target area has suffered from more frequent droughts and floods due to deforestation. In 2020, LWD served 53 villages, 6 communes in the 3 target districts of Bavel, Kamrieng and Phnum Proek of the Battambang province.

(2020:53 villages)



APO-Pursat (PUR)

APO-Pursat was established in Jan 2009. The APO-Pursat is located in Phnom Kravanh district, 8 km southwest of Pursat provincial town. Some of the target villages are situated far away from the office and can only be accessed by motorbikes. The poverty rate of the province is around 4% and illiteracy rate is about 8%. Major business of villagers in Phnum Kravanh before 2009 included logging and marble mining. In 2020, LWD supported 3 villages in 6 communes in 2 target districts.

(2020: 3 villages)

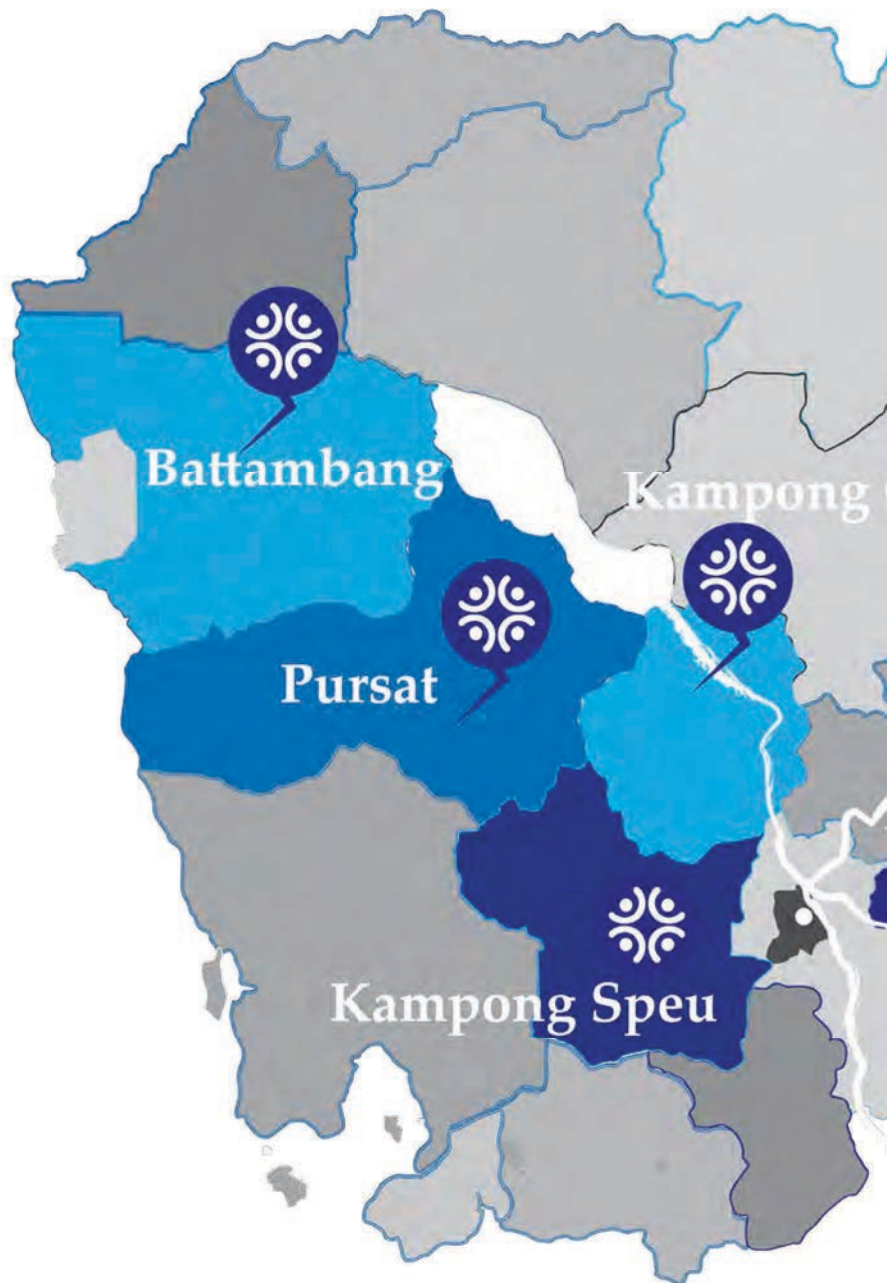
APO: Area Program Office



APO-Kampong Speu (KSP)

LWD established two district based offices in Aoral and Phnum Sruoch of Kampong Speu province in 1997 and extended to another district, Thpong, in 2003. In 2016, the three district offices were merged into one. It implements a variety of projects ranging from social responsibility training, agricultural capacity building, and Disaster Risk Reduction and Climate Change Adaptation Initiatives. In total, LWD served 101 villages, 14 communes in 3 target districts.

(2020:101 villages)





Phnom Penh

The head office for LWD is located in Cambodia’s capital city. The executive management team, communications unit, finance and administration unit, human resources and the planning, monitoring and evaluation unit are located. The office is also the center for staff meetings and trainings.



APOK among Chhnang (KCH)

APO-KCH is located in Sameakki Mean Chey district of Kampong Chhnang province, operating in the far southwestern and western parts of the province. Most of the villages can be reached by road; some only with extreme difficulty in the rainy season (May to November). Popular activities to supplement farm income include livestock raising, fishing, sugar palm cultivation, logging, charcoal production, and pottery-making. In 2020, LWD worked in 68 villages in 9 communes in two districts—Sameakki Meanchey and Tuek Phos.

(2020: 68 villages)



APOS vay Rieng (SVR)

With additional funds from ChildFund, APO-SVR was established in Svay Reing province in August 2016. APO-SVR implements a Disaster Risk Reduction and Climate Change Adaptation (DRR/CCA)/ Community Drought Resilience Project (CDRP). In 2017, APO-SVR covered 35 villages, 6 communes in 2 districts (Romeas Haek and Svay Chrum), Svay Rieng province and Kampong Trabaek district, Prey Veng Province.

(2020: 35 villages)

Cambodia at a Glance

Population (March 2019)	
Total	15,552,211
Male	7,571,837 (48.7%)
Female	7,980,374 (51.3%)
Sex ratio	95 males per 100 females
Urban	6,135,194 (39.4%)
Rural	9,417,017 (60.6%)
Population Density 87 persons per Km ²	

Infant Mortality
The infant mortality rate is 18 per 1,000 live births, 16 in urban areas and 19 in rural areas.

Maternal Mortality
The maternal mortality ratio is 141 per 100,000 live births.

Life Expectancy
The life expectancy is 76 years, 74 years for males and 77 years for females.

Disability
The rate of people with disability (some difficulty) aged 5 years and over is 4.9%, 4.2% in urban areas and 5.5% in rural areas.

Housing Ownership
90.7% of households owned their house, 81.9% in urban areas and 96.0% in rural areas.

Source of Light
84.0% of households are using electricity as main source of light, 96.9% in urban areas and 76.4% in rural areas.

Drinking Water
73.0% of households have access to clean drinking water, 83.7% in urban areas and 66.0% in rural areas.

Toilet Facility
82.8% of households have toilet facilities, 90.4% in urban areas and 78.3% in rural areas.

Literacy
The literacy rate of persons aged 7 years and over is 88.5%, 91.1% for males and 86.2% for females.

Population Currently Attending School 2019
More than 90% of the population in age groups 6-11 years and 12-14 years are currently attending school. However, the corresponding rate is lower in the older age groups.

Labour Force Participation Rate
81.7% of the population aged 15-59 years are in the labour force, 85.8% for males and 77.9% for females.

Unemployment Rate
1.2% of the population aged 15-59 years are unemployed, 1.1% for males and 1.3% for females.

Source: General Population Census of the Kingdom of Cambodia 2019



FEATURE STORIES

New Hope for the Life of a Disabled Couple

In a small one room hut about a meter high, 47-year-old Mr. Dol Thoeun described his life as a physically disabled man and his wife with a mental disability. Due to their poverty, they decided to raise chickens in addition to their daily career as laborers, digging and cutting cassava. By the way, their chickens raising is not very productive. By receiving support from Life With Dignity (LWD) for technical and agricultural equipment, their poultry business was much better.



Mr. Dol Thoeun and his wife, Ms. Ron Sokha

In the past, Mr. Thoeun originally served as a military officer during the Khmer Rouge era. Unfortunately, while patrolling the forest, he stepped on a landmine left him with an amputated leg from the knee. He later married Ms. Ron Sokha, now 29 years old who has had Epilepsy since she was 13 years old. She has to take medicine regularly, otherwise, she would have seizures, cramps, and leg cramps. Furthermore, she has three or four seizures a month, so they have to pay **60,000 Riels (approximately 15 US dollars)** for her pills every month. They live in Ou Heng village, Samraong Commune, Phnum Kravanh District, Pursat Province. Unlike other families in the village, they have no farmland. They work as laborers, digging and cutting cassava, and earn about **20,000 Riels (approximately 5 US dollars)** per day. This kind of business does not provide them with a regular daily income. Mr. Thoeun's family also raises chickens for sale; raising chickens is not profitable because their chickens are very sick and die. Later, through the village chief, his family participated in a three-day agricultural training course with LWD on **"Climate-Resilient Chickens Raising"**. The training also includes learning how to raise chickens, vaccinating and hatching chicks. Furthermore, they have received 15 kilograms of chickens, equivalent to a total of 13 chickens, and some additional equipment from LWD for raising chickens, such as nets for fencing chickens and water tanks.



Mr. Dol Thoeun and his wife, Ms. Ron Sokha

Mr. Thoeun said confidently:

"Before I learned how to raise my chickens, it was not very lucrative, the chickens turned sick and died, but now, if I see that the chickens are starting to feel uncomfortable [sick], I can make a treatment such as taking care of them so that out of 10 chickens, only one is lost."

It has been more than a year since this family started raising chickens technically with the support of LWD. As a result, I sold four times for a total of about **600,000 Riels (approximately 150 US dollars)**. All of this money can greatly facilitate my living and treatment of my wife's illness."

In mid-October 2020, their family was affected by floods that resulted in the loss of 23 chickens. Mr. Thoeun said with a sad face: *"When the flood came, I could not catch chicks on time, and they floated on the water. The left I collected, kept them in the house, and we fled to a temporary hill away from home. Nevertheless, I still take a boat to see them twice a day."* Pausing for a while, he wiped his tears and continued:

"I miss my chicken! I love it as much as I love my wife! Because chicken can save my wife's life. I can sell it for the price of medicine for my wife one time for one chicken."

During the conversation, this disabled husband took his wife's pillbox to shake to make sure the box still left many pills there. *"It is possible that this is our destiny as a disabled couple. I am a husband who is physically disabled, and my wife is mentally disabled too. However, we still have hope. When I was sick, she would take care of me, and when she was sick, I would take care of her"* he added. Five days later, the floodwaters receded, leaving his family and other families in the village returning to live in the house as usual. Additionally, he requests a well for subsistence and growing more vegetables because they face a shortage in the dry season.

Although raising chickens is still a small family business, it could alleviate many of their hardships, including their economic situation, living a decent life with dignity, and happiness in their family.



Rehabilitation of Irrigation Canal for Farmers' Economy



Community Development Committee Member with LWD's staff

About 28 km from Pursat town, farmers in Tuol Pongro Village, Bak Chenhchien Commune, Talo Senchey District often suffer from water shortages in the dry season. They farm in a climate-dependent manner that they can only harvest once for their year-round planting efforts.

During the dry season, farmers in the village often face water shortages due to the lack of irrigation systems and the lack of water sources to supply water for farmers' cultivation. Each family has to spend money to buy at least three or four pump machines to drain water from the Dob Pram Pi Mesa canal dam to their fields, about 2.5 km away. They have to spend about **600,000 Riels to 700,000 Riels (approximately 150 to 175 US dollars)** per time for refueling, depending on each farmer's land size, and they have to pump water at least four times a year. This high cost has forced them to borrow money from a bank or microfinance institution and re-pay in the harvest season. Ms. Seang Kea, a **8** year-old farmer in the village, took a

deep breath. *"This farming is just good-looking, but in fact, there is nothing left. I have to borrow money from the bank to buy oil, buy fertilizer to get the results, then return it to them, very tired, nothing left, just for a meal a day."*

On the other hand, the use of submersible pumps often causes controversy in the village, with some farmers preferring to use high-powered pumps, leaving the lower farmers short of water. Inequality in the pumping of water is often a source of controversy in the community. The decision to approve the proposal came after villagers raised concerns in the community and set up a self-help community group with a clear structure and expenditure plan. Under the auspices of the development partner in the Village Partner Program (VPP), **18 Million Riels (approximately 4,500 US dollars), added with another 4 Million Riels (approximately 1,000 US dollars)** from the community contribution, enabled them to implement the 2,50-meter canal rehabilitation project from Life With Dignity

(LWD) under the initiative and directed by the community. More than 2.5 kilometres of the canal, 3 metres deep, and 5 metres wide, brought water from the Dob Pram Pi Mesa dam to irrigate in both dry and rainy years over 200 hectares of land, for more than **8** families. They have now reduced the use of four pumps to just one, lowering their costs and saving nearly 75% on refueling in 2020. Ms. Ros Srey Leak, a **5**- year-old Deputy Chairman of the Development Committee, described: *"The rehabilitation of this new canal has benefited the villagers a lot. In the past, each pump used to cost 700,000 Riels (approximately 175 US dollars), now only 100,000 Riels (approximately 25 US dollars). The money is left to feed the children to study and pay off debts owed in the past"*.

On the other hand, rice yield has also increased significantly: in one hectare of rice land, they can earn at least **4 Million Riels (approximately 1,000 US dollars)** per season, and in one year, they can farm up to two seasons.



Ms. Seang Kea, a 48-year-old



Ms. Kem Pha, 31-year-old



Ms. Ros Srey Leak, a 35-year-old



Mr. Trung Yun, 55, a commune councilor

Ms. Kem Pha, 31 years old, a resident of the new canal dam, laughed, *“Lots of better...! Save more energy, save more time, do not have to be tired like before that I have not slept enough in the past because of guarding the water pump for fear of being stolen”*.

Mr. Trung Yun, 55 years old, a commune council member for Tuol Pongro Village, said, *“On behalf of the entire community, I would like to thank all the donors for their financial support and thank you LWD for facilitating this development project”*. *“In the future, our team will continue to*

participate in the maintenance and repair of this canal to



The rice field full of the crop after canal rehabilitation

benefit future generations,” he added. *“Disputes in the village also were reduced because they can pump water into their fields according to their respective families’ability.”*

Mr. Yun continued.

Overall, farming is no longer a problem for them now. Farmers were happy to have increased rice yields, which significantly improved their household economy and reduced the risk of farming, reduced costs and disputes in the village, and people live happily.



Community Development Committee Member

Woman in Commune Council, Prosperous Community

In Cambodian society, women are generally not valued nor encouraged to do higher work, especially in the government. Ms. La Phatt, aged 47, lives with her husband, Mr. Nem Sem, 59 years old, as a farmer in Bour commune, Phnum Proek District. Ms. Phatt is an activist in the community with a lot of experiences working with community people on both local and national levels.



Ms La Phatt, right hand, promoting OVID-9 sanitation in a rural setting.

In 2006, Ms. Phatt was commended by the Provincial Department of Women's Affairs for her understanding of the roles of women and their rights. She became a Chief of Toul Village in the same year. Previously, she worked in a women's association in the Phnum Proek District. With high effort and attention, she was well recognized about others for her work at the time. Furthermore, she always shares her knowledge and experience with others too. Being a focal person who has more knowledge of women's rights, she encouraged other



Promoting Safe Migration Campaign

women who faced problems in the family. Most of the issues faced are related to domestic violence and the promotion of gender equality and equity in the community. Only one year later, she was elected to be a commune council member in Bour in 2007. It was a quick step forward in her career as an excellent public service provider to her people. Since 2017, she continues her pathway as the First Deputy in Bour Commune, Phnum Proek District. Not only is she the right provider of public service to residents, but she also looks for other opportunities to work with non-government organizations to develop her community. She has a strong collaboration with Life With Dignity (LWD) organization in the remote area program to provide better public service and promote safety and livelihood. Example are water management training, Disaster Risk Reduction and Climate Change Adaptation (DDR/CCA) Planning, Drought Mitigation, Leadership, and Integration of DRR/CCA into Bour's commune investment

plan. She has also played an essential role in addressing vulnerable families' challenges to help prevent unsafe migration. Most of them migrate at high risk after they have been affected by natural disasters on the crops they grow. Ms. Phatt said with a bright smile, *"I felt so excited that I could support them through sharing experiences and mainstreaming of drought impact mitigation programs."*



Ms La Phatt, First Deputy in Bour

"It is such as growing crops for climate change, water use, and migration work locally and abroad. I want to see the people in my commune live in dignity in the future, which is why I strive to do this work without exhaustion."

Finally, she would like to thank LWD, especially the field staff who always support her in being involved in the community development process. It is such a great pleasure to promote a better livelihood in her community.

A Charcoal Maker Become a Smart Vegetable Producer



Mr. NHEM Ra, aged 38, was born in a low-income family in Peam Lvea village, Trapeang Chour Commune, Aoral District, Kampong Speu province. He stopped studying in grade 9 at the local Lnguem secondary school. He moved to live in Trapaeng Angkrong Village of Trapeang Chour Commune in 2008 after getting married to Mrs. Sok Khy, aged 35. His wife stopped studying at grade 3 of Lnguem Primary School; thus, she could only read and write very little. They have two sons. His family is impoverished, living in a small house made of wood with a zinc roof and palm leaf walls in a remote area with limited access to water sources. Every year, his family uses rainwater during the rainy season and spends about **75,000 Riels (approximately 19 US dollars)** for buying water from local sellers for domestic use (drinking and cooking) during the dry season. He had been working in the charcoal-making activity for 11 years by leaving his wife and children at home while he would spend 24-27 days a month in the jungle cutting the trees for making charcoal. He receives a minimal

income from this activity. By spending much time in the jungle, he had never known the Agricultural Cooperative (AC) nor participated in any local development work. As a charcoal maker, he returned about **450,000 Riels (approximately 113 US dollars)** per month with tough work. However, the income could not make any change in his family's living conditions. His family was still poor with isolation and depression. His children were not in school because they sometimes went to the jungle with him. In early March 2019 Mr. NHEM Ra joined the program as one of the other partner households. He attended several meetings with LWD's staff, AC committees, and village development committees to plan for vegetable growing activities. By seeing his active engagement and commitment in the program, he was given the opportunity by AC and attend the program growing climate change resilient vegetables (drip system techniques) and learn sale and market approaches. As part of post-training follow-up, AC's committee and LWD's field staff frequently conducted home visits to provide him with ongoing mentoring and coaching support. In January 2020, with the knowledge and skill gained from the training and coaching, he had applied them and actively engaged in various types of vegetable growing activity, including pumpkins, eggplant, edible

plant, peppers, wax-melons, and cucumber. He invested **1,120,000 Riels (approximately 280 US dollars)** as start-up capital. In the beginning, he faced many challenges in applying drip system techniques. Because of these challenges, the Agriculture Cooperative Committee provided him more frequent direct mentoring and coaching support on drip system techniques in the field. His vegetable growing skill and experience improved through actual practice and learning from others from time to time. With the improved experience, skill, and commitment, he has succeeded in his cucumber growing activity. He could earn from **2,100,000-3,000,000 Riels (approximately 525-750 US dollars)** per production cycle within two months. In March 2020, he was selected as a selling representative of vegetable producer groups by the AC. He is a smart vegetable producer. He collects vegetables from his group members and other group members daily to supply the AC's market. Mr. Ra said, *"I enjoyed my income from pumpkin, eggplant, edible plant, pepper, wax-melon, and cucumber planting, as well as my role as a small business group leader."*



Mr. Ra spends four hours a day working at his vegetable growing field controlling pests, watering, harvest, tending, and collecting vegetables from producer group members. He added, *"I do not like my previous work as a charcoal maker. With the income from the vegetable growing activity, I use it for my children's*

educational materials, clothes, food, and other social events, and the remaining is saved". "I am so happy because I was acknowledged by AC and the program as a model farmer, and I usually provide climate change resilient vegetable growing technical support to other farmers in my village." He continued, *"I hope to see*

my children become teachers. And I will convince my friends to stop doing charcoal-making activity in the jungle and return home to earn income through a vegetable growing like me".



Vegetable growing through different techniques



APO-Kampong Speu

Nhem Ra, with his sister-in-law, is delighted to see their planting grow

Light of Happiness



APO-Kampong Chhnang

Davan and Ussah are reading a book under a solar light

"A ... B ... C... D..." is the voice of three-year-old boy Davan who reads after his 6-year-old sister Ussah reads aloud. The two siblings seem to be happier than ever because tonight they can read and look at the pictures in the booklet more clearly than the night before. Due to the challenging road conditions along the canal for about 10 km, which is very quiet, it takes almost 8 minutes by car to reach a remote area called the "Srae Oak." It is a small area located in Cham-bak Prasat Village, Krang Skear Commune, Tuek Phos District, Kampong Chhnang Province.

Since 1979, after Pol Pot's overthrow, the villagers have relied on lanterns, flashlights, batteries, and solar panels for night lighting. Ms. Kang Moeung's family is one of 3 families who have been without electricity for more than 40 years. Unfortunately, her eldest son died 20 years ago due to an accident,

and her husband left her to become a monk at a pagoda far from home. At the age of 76, she works as a baker and takes care



Ms. Kang Moeung

of two other grandchildren. Living in poverty and a lack of access to electricity is a significant challenge for her family, as she has to get up at 3 am to make cakes for selling at the market. It's then late in the evening when we got home together. The young grandchildren who live with her also have difficulty learning at night. All this makes her anxious all the time. Her fears and anxieties are now greatly relieved as her family

received a solar-powered night light from LWD under the auspices of ALWS. In the late afternoon, the sun came down to the forest's hill while the birds, the farmers, returned to their homes before nightfall. Returning from hauling with her husband at the canal, Suong Khun, 27-year-old, is a daughter of Kang Moeung, who rushes to the kitchen to cook the night's dinner with the snails she collected for her family. During her cooking, she described her worries when she did not have a solar lamp:

"Every time I hear the barking of a dog, I get up and look in the dark; I cannot see far, only close to the house and sleep is not enough, always scared, always afraid of thieves, afraid of wild animals, and when I have to travel at night. It is even more difficult because the eyes do not see in the dark."



Khim Phorn-Suong Khung

Not only that, the career of hauling for sale is not much income to support the family's livelihood. Each batch sells for only **400 Riels (approximately 10 cents)** and can draw between 8 and 10 bundles per day, equivalent to an average income of **15,000 Riels (around 4 US dollars) per day**. Moreover, they have to spend **10,000 Riels (approximately 2,5 US dollars) per day, equivalent to 1,500 Riels (about 0.4 US dollars) per day**, to buy batteries to light up at night. So, they have to save 10% of their meagre income to purchase batteries for the night. Khim Phorn, 29 her husband, said: *"I did not support my children's study as well*



LWD's staff provide solar panel system to household partner

because after the dinner it was already dark, and there was no light". With the funded support of ALWS, through LWD, it collaborated with local authorities to provide a solar lights system to 8 vulnerable families on January 13 2021. The provision of solar lamps aims to facilitate children's education at home and facilitate poor farmers' lives at night. Each family received one solar panel, one battery, and three light bulbs. *"For one light bulb, I put it in the kitchen just for cooking and for baking. The other one is enough for the grandchildren to study at home, and the other one is enough to light up when eating dinner together,"* she said with

a smile. She added, *"Now our family is warm first because at night we can use the light to see even from a distance. Furthermore, it is easy to get around because solar can move this lamp, so in case of an emergency, we are less worried about wild animals on the road."* Not

only this, with the help of this new solar lamp, she can help reduce her family's expenses. Their children's learning is also better because parents can have enough time and light to support more study at night. Although there was nothing special to eat that night other than boiled snail and instant noodles, they seemed happier than usual through the smiles we could see under the lights.

Not different from this family, more than 10 other neighbors in the **Srae Oak (annex village)** area, who used to live in the quiet of night with only the sound of animals crying turned into a night of light and fun from home to home.



Overcome Her Shame for Family and Community



Ms Meas Vannnda

Born into a poor peasant family of up to 10 family members in Sameakki Mean Chey District, Kampong Chhnang Province. Ms. Meas Vanda aged 27, describes a difficult life in the past. While in high school, Ms. Vanda rode an old bicycle 7 km to school every day. Due to the sympathy of friends around her, she always received food sharing from classmates. When Ms. Vanda was 12, she decided to drop out of grade 11 and worked in a garment factory to earn extra money to support her family. At the age of 20, she married and had a daughter, now 6 years old. Later, she knew Life With Dignity (LWD) by participating in meetings, seminars, and project assessments. She has transformed from a timid woman who did not dare to speak or dare to participate in activities, to a woman whose society values family, encourages and changes family life's

economic situation. In 2020, she was selected as a part-time contract employee with a 12-day contract to gather information about community-based water and sanitation programs. She is empowered through a variety of training courses, such as interview techniques and hands-on activities. On the first day of mediation, she seemed to feel a bit nervous, but she was ready and rehearsing at home and with a mirror and with her husband. On the other hand, she became more confident when the organization's staff went down to accompany this. One primary school among three target schools did not reasonably cooperate with her very much. It was a significant challenge for her because her educational background is lower than the teacher in school. *"They do not seem to pay much attention to the value of my explanations related to risk management for their school."* She said, *"Every day, I feel happy*

when I get a call from LWD to work with the community because of all that work, it helps to teach and guide my shortcomings, turning me into a better person. Another new one that is brave and careful," she said with a happy face. Then she was assigned as a focal point for a school disaster management project to push the school to have Disaster Risk Reduction (DRR) planning. *"My mother encouraged me that if I have been working with LWD, I have to be honest because LWD has been helping our community for a long time,"* she added. She seems angry and resentful for a lack of appreciating what she is doing for the children in her school and their community. She was immediately encouraged by the feedback from Ms. Nantha, LWD's staff, which enabled her to change and improve the situation. The next day of planning with the school involved developing a disaster response plan and disaster pre-



Vannnda attended DRR workshop conducted by LWD



field interview for data collection

vention to work better because they understand that she wanted to make a DDR plan for the school.

Although she did not finish high school, she loved social work, such as visiting villages, publishing information, gathering data, and being

encouraged by those around her, such as her mother, brother, and husband. On the other hand, she wants to see her village district develop into other villages as well.

“Based on my capacity, people around me never think that I have lower education; they always think that I have finished at least a bachelor’s degree,”

she said with a laugh.

“Vanda is diligent, brave, and kind, and I got much knowledge from her. She is a person

who is respected and loved by everyone,” Ms. Hek Chhapong, aged 18 a c o-worker, said.

“If no LWD came into my life, I would probably still be at home, working in a factory that the old people used to call a rotating stove,”

Ms.Vannda said.

In conclusion, Ms. Vannda is now a brave, mature, healthy person who dares to overcome all obstacles for her family and community through volunteer work.



Kampong Chhnang

Ms Heak Charpong and Vanna are visiting house hold partner to collect the data of disater awareness

Core Actor of Safe Migration



Educational information billboards installed in front of Boeung Pram commune hall

Boeung Pram Commune was once a battlefield with landmines during the Civil War. After clearing all the mines, this area was established as a new commune in Bavel District, Battambang province, in 2012. The people there are engaged in farming on 0 meters by 40 meters, of concession land provided by the government. Due to the small amount of arable land and the number of people experiencing natural disasters for three consecutive years between 2015 and 2018, the number of migrants have increased significantly. Seventy percent of the commune people start migrating at risk to raise money to pay off their debts due to loss of their farm product. Ms. Neth Sinuon, 30 years old, is a farmer, and she is a youth volunteer in a migration project with LWD.

Due to the family situation, she decided to drop out of 8th grade. She migrated to Thailand with her aunt in 2015. She worked in a pineapple factory, earn-

ing 130 Bahts a day. Because she is an illegal migrant, she needs to pay 10 Bahts a day to the Thai police, making only 120 Bahts a day from



Ms. Neth Sinuon, 30 years old

her work. *“Feeling scared, no matter where I go, I do not dare to be afraid of people (the sheriff) cannot walk anywhere, just go to work and come back to the accommodation,”* she said with a sad face. Later, she returned home to get married and returned to work in Thailand until she became pregnant; then she returned home to this present day. Many challenges have arisen for unsafe migrants, such as cheating, not receiving a decent wage, and

not daring to complain, fearing that they will call the police to return them to Cambodia. Not unlike her friend’s life, 31-year-old



Ms. Mak Srey Pich, 31 years old

Mak Srey Pich described her hardships in the experience of migration. *“First, Illegal migration was complicated for me because I did not know where I was going and what to do for sure. Moreover, on the way, I was miserable; I had to crawl through the forest and sleep on the road,”* she said. *“When I got there, I did not have a job immediately, so I asked them to stay in the abandoned huts for two weeks until I had a job to do.”*

I decided to migrate there because I hope that there will be work until it arrives in person, that work is over, there is no place to sleep, there is no water to drink. there is nothing to eat," she continued. After working for six months, the situation was difficult, so she decided to come back home. In 2018 Srey Pich and Sinuon became friends after attending a safe migration training course organized by Life With Dignity (LWD). They started as a youth group with LWD, participating in many training activities related to migration. It also helps promote safe migration by conducting awareness campaigns, conducting workshops, consultation meetings, and peer education. Through these activities, villagers have become more aware of legal and safe migration.

Furthermore, they can learn how to prepare essential documents such as passports and work permits abroad that employers require for regular migration. Besides, people know how to communicate for intervention when there is a migration problem through



Ms. Yun Chamrouen, 38, CCWC these volunteer youth groups' outreach. Ms. Yun Chamrouen, 8 a member of the Boeung 5 Commune Committee for Women and Children, said,

"Through the volunteer activities of these young people, it has provided many benefits for the whole community, such as outreach to target villages, awareness-raising, and migration counselling"

"The rate of migration has decreased compared to the previous year, and the dropout rate of young people at the secondary level has also decreased by 20%," she added. CWCC works with youth groups to conduct safe migration awareness five times per year.

Moreover, she collects



Safe migration outreach activities some data related to the number of birth, death, and migration during the monthly meeting for Commune Investment Plan (CIP) . As a result, safe migration topics have been integrated into the CIP in 2020. The CIP supports the main activities on safe migration, meeting the commune council for women and children, and local community outreach activities. Furthermore, capacity building to youth groups through publishing educational banners, referrals to stakeholders, and preparing for safe migration campaigns.

Overall, with the support from development partners, LWD could effectively implement the Safe Migration Project by contributing to education, preventing human trafficking, and improving household partner lives in the community.



A Gift for New Term Study



APO-Kampong Chhnang

Ms. Hin Srin, 36, is happy to see a pre-school in her community

In 2020, young children and their guardians in Kngaok Pong Village, Svay Chuk Commune, Samaeki Meanchey district, Kampong Chhnang province, received a new community Pre-school for the new term study. The government was temporarily suspended due to the spread of COVID-19

The 6-by-6-meter pre-school building was built on 00 square meters in the center of the village. With the support of Australian Lutheran World Service (ALWS) donors of **17 Million Riels (approximately 4,000 US dollars)**, a beautiful kindergarten building has emerged with community provision contributing **2 Million Riels (approximately 500 US dollars)**. At present, this kindergarten has 19 students. Before when there was no pre-school in the community, school-age children had to go to another

village about 4 km from where they lived. Some children are accompanied by their parents, while others have to travel independently by motorbike-wage to transport students to the villages, each of which can carry 0 to 0 students.

For a round trip per student, parents pay **1,000 Riels (25 cents) per day, for a total of 20,000 Riels (5US dollars) per month**. The cost of transportation for their children is not a big problem, but parents are always worried about the safety on the way home from school because those children are such a young age. Of course, the motorbikes-wage transporting them are not very safe either. Ms. Hin Srin, 0 years old, dropped out grade 8 secondary school. She is one of the volunteer teachers in this community pre-school, earning only **60 US dollars** a month

from the commune administration. Of course, there are more educated people in the community, but they all still have to go to school and work in the city. As for the brave, she is willing to take on this burden without hesitation when the commune needs teachers. In the morning, she teaches the children from 7 am to 9 am, and after free time from teaching, she sells groceries at home.

"I love education, even though I did not graduate from higher education. After all, I am determined to train all these children because they love me, and I love them too. "I used to have a hard time studying, so I do not want to see them having a bad experience like me,"

she said.



Ya Chea, 57

She said.

Grandma Ya Chea, 57, stood and looked at her two grandchildren through the classroom window with a smile on her face.

"I am happy to see my grandchildren learning; I am delighted and warm

because the distance from home to school is close to each other, and I can see my grandchildren's learning activities."

Ms. Tes Sokea, 41, a member of the commune council, was pleased that her commune received this gift. Overall, the education of young children the community will be better. And parents will reduce costs and no longer worry about having community pre-school through a good corporation between LWD, community, and local authorities.

"I would like to thank LWD and the donors for providing a school building for my commune. I noticed that the parents in the village



Ms Tes Sokea, 41, CCM

were just as happy as I was, and I will continue to encourage other parents to bring their children to this pre-school because now our village has a beautiful kindergarten like others."



APO-Kampong Chhnang

Ms. Hin Srin pays strong attention to teach her student in the class



New Pre-school in Kngaok Pong village

Mother Groups Practice Nutritious Foods Cooking



APO-Svay Rieng

40-year-old Mam Sim is feeding nutritious porridge to her son

Tuol Trea Village is one of twelve villages in Svay Thum Commune of Svay Chrum District, Svay Rieng Province. 90% of families are engaged in growing various crops, rice, and animal raising for their living. The people there have climate change challenges, which caused irregular rainfall and rainfall flooding affecting their crops.

This village is about 18Km from the district and 28Km from Province town. It has about 356 households with 1,390 people (655 women), including 126 (55 girls) children aged 0-6, and 38 ID Poor-1&2 households. After the rice yield harvest, the people always seasonally go outside the village to find extra jobs to make more income as garment factory, construction, and

potato harvesting workers. Because of their business with rice fields and other firms, child parents do not care about their small



mother group is making a nutrition porridge

children's health, especially their nutrition. Only in 2020, Life With Dignity (LWD) has partnered with Svay Thum Commune Health Centre and local authorities to promote a Holistic Development Program For a Fullness of Life and formed a total of 10 mother groups in Svay Thum Commune. There

are ten mothers in each group with children from 0 to under 5 years old. Based on the real needs, monthly meetings with the health center and the village health volunteers revealed that the parents had never given nutrition (condensed ingredient porridge) to many children, which caused the children to be unhealthy, slow growth, and lacking nutrients. Because parents have never received nutrition training, they need the support of development partners in the target area by identifying community needs and encouraging the cooperation and participation of the people and local authorities to build collaboration, participation and support of Health Centre and mother groups.



children attend to nutritious food cooking with their parents

Currently, 10 mothers in Tuol Trea Village have received two training sessions on nutrition and malnutrition assessment of children from the Project of Holistic Development for a Fullness of Life of LWD with funding support from Mission Alliance. All of the mother group members actively participated in this training because it helped them gain new knowledge and training experiences. After the training, all mother group members practiced condensed nutrition porridge for children aged 6 months to under 5 years, every month and once a week in their group. A member spends only **1,500 Riels (approximately 40 cents)** per week for nutrition cooking (condensed ingredients porridge) for their small children. Mothers have changed and better understand the importance of nutrition and understand hygiene, and health care. Moreover, other mothers from outside the group join the group to learn

and apply their family experiences. As a result, the project cooperated with the district operational health center, the village, commune, and district authorities to understand the mothers' problems and needs in remote areas far from the health centre. Poor people joined the mother group in Svay Chrum and Romeas Haek Districts. Furthermore, Mother Group members know how to make nutritious foods (condensed ingredients porridge) for feeding their small children. Additionally, all mothers plan to do nutrition cooking (reduced ingredients porridge) two to three times a month when mothers know how to work as a group to make nutrition (condensed ingredients porridge) for children. On the other hand, there are some difficulties in the project also as a small number of mothers have not yet practiced nutrition cooking (condensed ingredients porridge) for children. Some households in communities have not

previously prepared home gardens for nutrition cooking. Mr. Kheng Ry, Deputy Chief of Tuol Trea Village said,

"We are delighted that the LWD has come to develop in our village and commune and set up this mother group. I have the support of the project to be sustainable."

Ms. Chet Sary, Chairman of Svay Thum Commune Council, praised the LWD when the project implemented its activities in her commune, especially the formation of mother groups in 10 villages. She was delighted to support all the project activities that LWD has implemented in the commune and strongly



Feeding nutritious activities

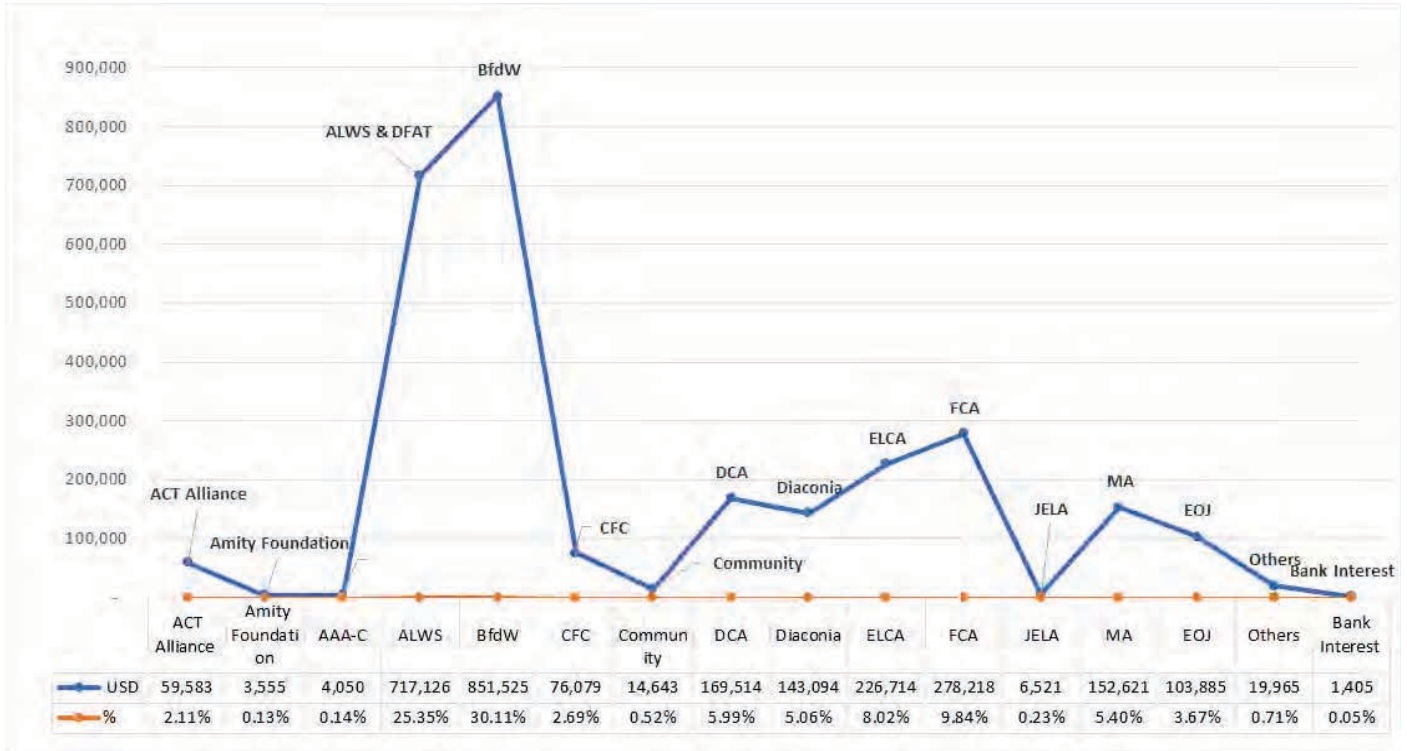
supports all actions to make the project sustainable in the future.

In conclusion, the mother groups formed by the LWD and local authorities have benefited the families in the community, increasing the mothers' knowledge and helping the children stay healthy.

FINANCE AND STAFF

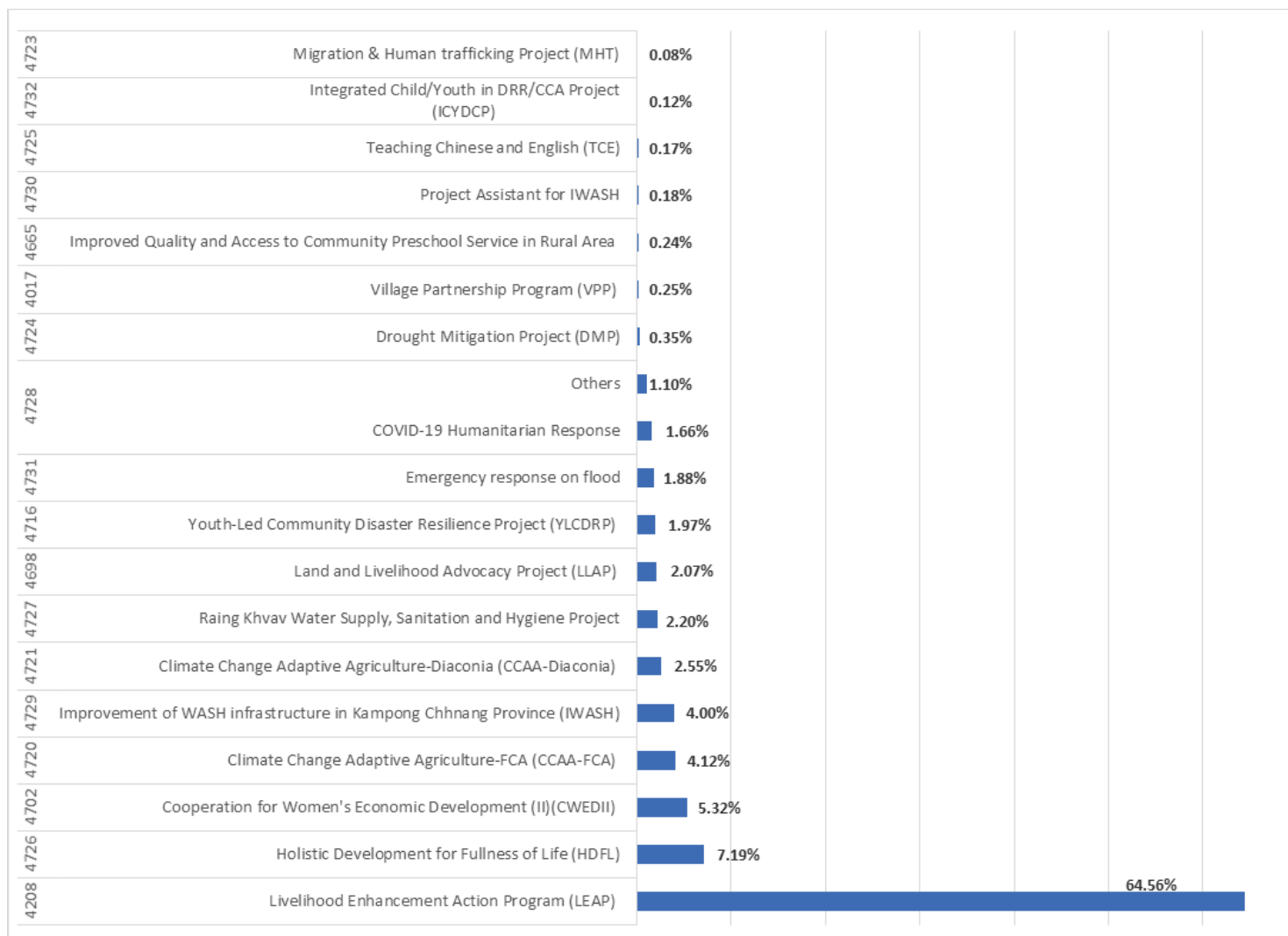
Finance Report in 2020

Funding Partners Contribution



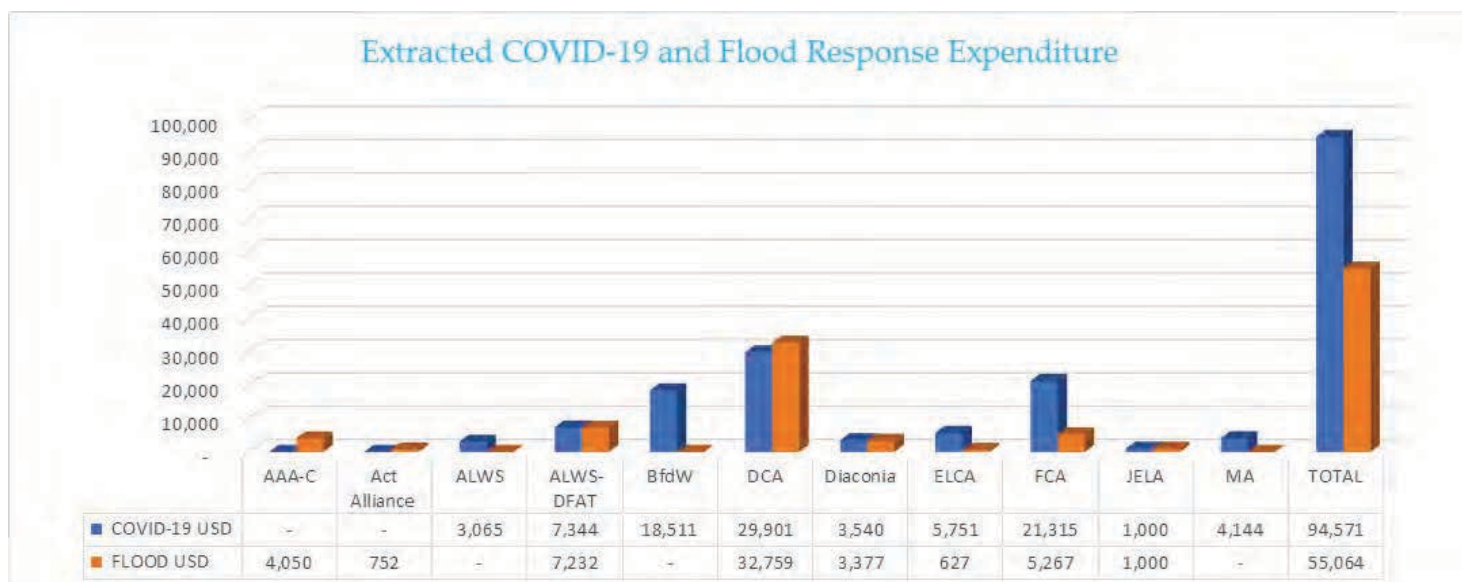
Total contribution USD2,828,498.

The Expenditure by Projects



Total Expenditure USD2,088,170.

Extracted COVID-19 and Flood Response Expenditure



Development Partners



From
the People of Japan



CZECH REPUBLIC



Staffing

LWD's Board of Directors



Ung Sim-Lee
Chairperson



Pok Panhavichetr
Board Member



Ms. Van Arun Raksme
Board Member



Norng Sivouthan
Board Member



Phan Sopheap
Board Member



Sim Sambath
Board Member

"LWD is deeply thankful to all donors for their generous support over the past years and requests continued support in improving the lives of the poor and oppressed through long-term and meaningful development works in Cambodia."

**-Mr. Ung Sim Lee,
Chairperson
LWD Board of Directors**

LWD's Management Team



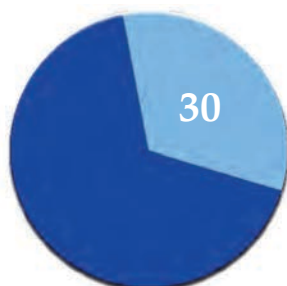
SUON Sopheap, Ph.D
Executive Director



Ms. CHANG MOUY
Admin & Finance
Manager



Ms. HEANG VEASNA
Program Manager



Legend:

91 : LWD Number of Staff

30 : Female

61 : Male

Annual Staff Reflection Workshop 2020



Annual Staff Reflection Workshop through telecommunication

The Annual Staff Reflection Workshop is the LWD event, which can be conducted between October and November to reflect on the program operation, key challenges, lessons learned, and improvement areas.

At the same time, key policies have been oriented to all staff for reinforcing. Due to the COVID-19 pandemic, the workshop was held on Zoom with the Board of Directors and staff from the distance of operational areas of Battambang, Pursat, Kampong Chhnang, Kampong Speu, Svay Rieng, and Phnom Penh Offices. However, we have challenged COVID-19 and the floods, but the achievements were still thriving. We congratulated our staff commitment and

efforts. The Chairman of the Board of Directors, Mr. UNG Sirn Lee, added that the strategic plan should incorporate those strategies into the Performance because it is an obligation, not just a duty, to give staff more in-depth understanding, not only to remember.

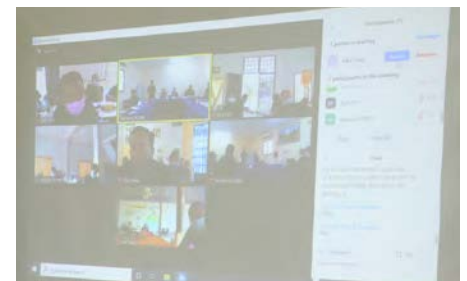
The institution needs to create a definition that means the difference is to get better respect. He also encourages all staff to study more independently (self-learning) by spending about 1 to 2 hours per week self-study.



Suon Sopheap, Ph.D. Executive Director



Mr. Ung Sirn-Lee, Chairman of Board of Directors



Country Strategy Plan 2021-2026 Workshop



On July 29-30, 2020, LWD organized a workshop to prepare "Country Strategic Plan 2021-2026" at DYVITH Hotel, Phnom Penh city. The workshop objectives were to strengthen ownership of the development of the LWD's Country Strategic Plan

2021-2026 through a participatory approach, lessons learned, analyzing context, key issues, challenges, and SWOT analysis. The workshop also reviewed Vision, Mission, Values, Theory of Change (ToC), and Strategic priorities of Objectives/ Outcomes and Outputs to

guide LWD's plan. An external consultant facilitated the workshop with participated by 27 staff (7 females including 2 people living with disabilities). Finally, we received a comprehensive Country Strategic Plan 2021-2026 for implementation.

Disaster Risk Reduction and Climate Change Adaptation

On August 25-27, 2020, LWD organized Training of Trainer on Disaster Risk Reduction and Climate Change Adaptation (DRR/CCA) to LWD staff in the purpose of increasing

knowledge of DRR/CCA, improving adult's facilitating and learning skills, and setting up DRR/CCA trainer in each provincial area development program office. This training is facili-

tated by LWD professional experts on DRR/CCA. There were 20 people (4 females including one person living with disabilities) who attended.



Improvement of Water Sanitation and Hygiene



On September 8, 2020, LWD and the Diaconia Czech Republic, Czech University Life Sciences Prague, and G-Service organized Project Launching Workshop on “Improvement of Water Sanitation and Hygiene from 2020-2023” to be implemented

in Samaki Meanchey and Tuek Phos districts, Kampong Chhnang Province. This launching workshop was chaired by the Provincial Deputy Governor of Kampong Chhnang Province, Czech Republic Ambassador, Head of Development Partner in Cambodia,

and Executive Director of LWD. There were 50 people (8 women) who participated from local authorities, NGO partners, private sectors, and relevant government departments around the province.

Holistic Development for Fullness of Life Launching



On July 17, 2020, LWD organized Project Launching Workshop on “Holistic Development for Fullness of Life 2020-2024” with the opening and closing remark by Mr. Hem Sarith, District Governor of Svay Chrum, Mr. Chab Nol, Deputy District Governor of Romeas Haek, and Dr. SUON Sopheap, Executive

Director of LWD. Representatives of the Provincial Department of Agriculture, Rural Development, Education Youth and Sport, Health, NGOs, and 7 commune chiefs of Svay Chrum and Romeas Haek districts.

This project was supported by Mission Alliance for 5 years, 2020-2024. It aims to have community

people, especially children, have improved livelihood through efficient and sustainable agriculture, primary health care, and quality education in Svay Rieng province by 2024. Thank you to Mission Alliance for helping the community to improve livelihood improvement.

Flooding Response

In October 2020, most of the provinces in Cambodia were affected by the flash flood. Life With Dignity (LWD) has been working closely with Pursat and Battambang provinces' authorities to respond to the effects of the 2020 flood.

As a result, **297 household partners** received food aid, including rice, fish sauce, soy sauce, cooking oil, salt, and canned fish. Besides, **948 vulnerable families** received **cash vouchers** to support their living conditions.



COVID-19 Response



During the COVID-19 pandemic, LWD worked closely with development partners to seek their support in allocating some budget to support the vulnerable community people in our target areas and made awareness through collaboration with the local authorities, youths, teachers, and agriculture cooperatives through

awareness-raising sessions. As the results, **40,701 pieces of IEC materials** (poster with information about preventing COVID-19) with hygiene material supported as **1,018 liters of alcohol**, **285 boxes of masks**, **831 boxes of gloves**; **328 bottles of hand sanitizer**; **10,088 pcs of soap** distributed to **8,495 community members and local authorities**. Furthermore, **75,330 people** collectively are aware of COVID-19 through **864 sessions conducted in 328 villages in 5 target provinces**.

Recovery activities have been supported by the way, such as conducted training on COVID-19 to 18 Village Disaster Management Groups (VBMGs), Commune Committee for Disaster Member (CCDMs), and Agriculture Cooperative (ACS) (05 females). Additionally, **973 vulnerable households** supported with food kits (fish sauces, salt, rice, canned fish, frying oils, sugar, soybean sauce, and noodle), and **643 vulnerable households** supported agricultural inputs, chicken breed, and seeds to recover their livelihoods. Moreover, **480 vulnerable households** were supported with cash through cash transfer services, while **322 vulnerable households** supported cash and food items.

Raing Khvav Water Supply, Sanitation and Hygiene Project



Aoral Wildlife Sanctuary area

The Water Supply System project is located in Raing Khvav Village, Santrae Commune, Phnum Kravanh District, which is approximately 300 kilometers or a 5-hour drive from Phnom Penh. The Phnum Kravanh District is located near the Phnum Coral Wildlife Sanctuary area, or 56 kilometers from the LWD office in Phnum Kravanh District, Pursat Province.

The Water Supply System's overall objective is to provide the village community of **206 families (886 persons)** with sustainable access to clean water, improving sanitation and hygiene. The specific objective is to alleviate waterborne diseases and improve health. Finally, the Water Supply System will help improve small-scale agriculture production, thus increasing income.



Water tank truck for water delivery sale in the village

The project will benefit **205 families (883 persons, 409 females), including 397 children, 9 people living with disabilities, and 28 specially-targeted households** that fall under ID-Poor 1 & ID-Poor 2, all living in Raing Khvav village, Santrae commune, Phnum Kravanh district of Pursat Province. Those 28 households are lowest-income (under the poverty line of **2,000 Riels**) and face struggles to meet the minimum necessary daily food intake.

The piping connects from mainline to each of **205 households** will be covered through various sources, including individual family, donors, and LWD will make the connection from year two after the it is completed.

In addition to funds received from the **KUSANONE Grant**, the local community will set aside funds and offer the labor of 20 people to assist in the construction of the water lines.



Meeting in between LWD staff, authorities and construction contractors for project completion



Natural drainage



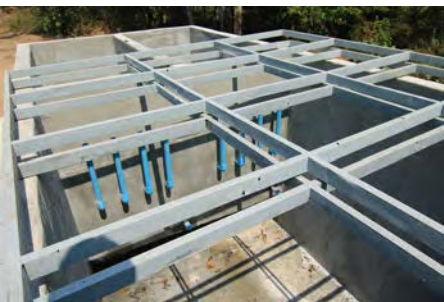
Natural drainage



First water bank



Second water bank



Water treatment plant



Water treatment plant



Water treatment plant



Water point connection



Water pipe connection



Water scale point



actalliance



LWD is a member of AZEECON, ACT Alliance and ACT Forum Cambodia, and certified by NGO GPP.

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