

## Siem Reap Cambodia

**Positive changes are happening in Siem Reap. Learn more about how we're supporting children and girls' rights through our collaborative, equality-driven work.**

This past year, key projects fostered skills and strengthened resources so young people and families can plan for a brighter future.

For example, schools are addressing the high rates of child malnutrition through meal programmes. Children receive a healthy breakfast, enabling them to concentrate in school. In addition, school gardens provide the opportunity for pupils to plant, harvest and grow healthy food.

Because a lack of information on sexual and reproductive health and rights is a concern in Siem Reap, a Community Empowerment project delivered quality information to young people—who then led meetings with their peers and community council members.

**"Most children go to school with empty stomachs and could not concentrate. Now, we have breakfast at school." —Rachna (8)**



Students access nutritional foods in school gardens.

### Impact in Numbers

**24,989**

**People attended nutrition awareness events**

**807**

**Students learnt the impact of early child marriage**

**31,942**

**People benefitted from improved sanitation facilities**

# Community Experiences Enrich Lives



**NAME:**

**Sopheak**

**AGE:**

**16 years old**

**DREAMS TO BE:**

**A football player**

**"I get to participate in national meetings and events where I gain valuable knowledge and share back in my village through peer-to-peer education."**



## **Meet Sopheak**

**Like many children in Cambodia, Sopheak is making steps to achieving her goals and building a stronger future for herself.**

Sopheak is a member of the Tompoun Indigenous community, and lives in a remote area in northeast Cambodia. Her parents are farmers who earn a living from planting rice and cashew nuts. They struggle financially, especially when the farm income is low.

Though her brothers have left school early, Sopheak's older sister is studying at university, and has been a mentor and inspiration to her.

## **The Benefit of a Community**

Sopheak has been involved in the Child Club since she was 12 years old, when she was introduced by her older sister.

At first, she was shy and afraid to speak with other people. Now, she has gained confidence in organising, educating others and advocating for herself and her community. She has participated in many activities, including peer-to-peer education, and community and national meetings.

## **Inspiring Others**

Sopheak's parents want her to finish school like her sister—Sopheak does too. She sees the health and economic consequences of dropping out. Seeing classmates marry early solidified her determination to stay in school.

And she wants to encourage other girls to stay in school, too. She is involved in peer-to-peer dialogue, where she educates others about the negative impacts of leaving school. "I get to share information with youth on challenges they face," she says, adding: "I also get to make new friends."



Sopheak has seen a decrease in school dropouts and child marriages compared to the past.

**We Work With 8,831 Sponsored Children in Siem Reap**



# Projects That Support Lasting Change

## Feeding the Future

**With healthy school breakfasts, student can concentrate and learn.**

The School Feeding and Learning Garden Project ensures students receive at least one nutritious meal every school day. The daily breakfast includes local fresh vegetables and protein such as eggs and fish from local farmers. The project has been implemented in 268 schools in 8 districts of Siem Reap province, feeding more than 48,000 students.

School learning gardens play a role, as students are able to grow a variety of plants. They learn how to plant, maintain and harvest a garden, and cook with their classmates. Teachers trained on a holistic approach to connect lessons in the garden and kitchen with topics like math, science, reading, writing and working together in the community.



Students enjoying their school vegetable garden

# 24,989

**people participated in  
School Nutrition Days.**



Health centre staff conducted outreach to parents in the community.



Sreymouy shared health information with her peers.

## Investing in Health

**Young people are learning about their health and rights.**

In Siem Reap, young people lack information and resources on sexual and reproductive health and rights. In fact, 55% of students said they had no knowledge of contraceptive methods.

With improved knowledge, young people are better able to develop healthy relationships and plan for their futures. This year, 807 students learnt about early marriage, sexually transmitted infections and contraception. Girls were empowered to lead monthly meetings to discuss challenges and advocate for solutions.

In addition, a five-day training session presented guidelines on school curriculum to 53 educators. After the training, participants cascaded the knowledge to students in their respective schools.

**“I facilitated meetings with the student council in order to collect their concerns and bring those issues to the monthly council meeting.”— Sreymouy (19)**

# You're Supporting a More Equal Future



Early education is key to helping children like Lita thrive.

**Together, we're working to create a more just world.**

Malnutrition is a concern for children under five years of age. With partners, we will continue to promote health awareness in the community, and conduct mass screening to identify malnutrition in children.

Only 49% of girls complete upper secondary school. We will continue to support children and youth to attend and stay in school. We will advocate for high-quality education and vocational training.

Issues of gender equality remain. We will continue to promote gender equality through the Champions of Change programme, and advocate for youth club activities at all levels of the community.

## Message from Plan Staff

"We would like to extend our thanks to sponsors. Your support brings positive change for both children and youth. We will continue to implement intervention projects to support more children in the upcoming year."



Hang Bona,  
Programme Unit  
Manager, Siem  
Reap

## The Plan Effect

Sponsored children are at the centre of everything we do, and they help plan our programmes based on what's important to them. Sponsors' donations are a gateway into a community. This helps build trust and credibility to attract even more funds from new sources. This makes more sustainable programmes possible in sponsorship communities. This powerful synergy is something we call The Plan Effect.

## Progress in Numbers

**3,497**

**Pupils benefitted  
from new school  
latrines**

**23,806**

**People have  
improved access  
to sanitation**

**41**

**Schools received  
gardening tools**

**2,512**

**Children  
screened for  
malnutrition**