



PEACE CORPS CAMBODIA



Annual Report 2014



Since 1961

DIRECTOR'S MESSAGE



Penny Fields
Country Director
Peace Corps Cambodia
(RPCV Gabon, 1988-1990)

“

*I have not failed. I've
just found 10,000 ways
that won't work.*

- Thomas Alva Edison
(1847-1931)

”

Dear Friends and Colleagues,

I am pleased to present our 2014 annual report. We have come a long way in recent years, with an expanded staff and office space, improved training for Volunteers and their counterparts, and enhanced collaboration at every level in both our Education project and our Health project. The one on one relationships formed between our Volunteers and their Cambodian host families, colleagues, counterparts, students, and communities continues to be the heart of all our work and the key to our success.

This report reflects the thousands of hours of work carried out in primary and secondary activities by our Volunteers and a variety of community members, that would not be possible without a firm foundation of mutual respect and understanding. Working together we continue to improve capacity in the health and education sectors, give young people new skills so they can pursue expanded opportunities, and share our cultures to strengthen the relationship between our peoples. This report contains not only data demonstrating the progress toward our project goals and objectives, but also presents stories of just a few of our many successes. In these stories -- examples of people coming together across cultures and working together -- you can see a glimpse of what makes the Peace Corps experience unique, and the work we do so special: individual Americans and Cambodians coming together to make a lasting and positive difference in each others lives.

I invite you to continue to follow the story of Peace Corps Cambodia throughout the coming year on our website <http://cambodia.peacecorps.gov>, Facebook page <http://facebook.com/cambodia.peacecorps>, and Instagram <http://instagram.com/peacecorpscambodia>.

In Peace,

A handwritten signature in black ink, appearing to be 'Penny Fields'.

Penny Fields

OVERVIEW

Peace Corps sends the best and brightest Americans abroad on behalf of the United States to tackle the most pressing needs of people around the world. Volunteers work at the grassroots level to develop sustainable solutions that address challenges in agriculture, community economic development, education, environment, health, and youth development. Through their service, Volunteers gain a unique cultural understanding and a life-long commitment to service that positions them to succeed in today's global economy.

The agency traces its roots to 1960, when then Senenator John F. Kennedy challenged students at the University of Michigan to serve their country by living and working in some of the most remote corners of the world. He ignited a movement among young Americans that inspired the nation and led to the founding of the Peace Corps. In an ever-changing world, the agency has become a dynamic, forward-leaning champion for international service defined by its innovation and compassion—yet, its original mission remains the same:

THE PEACE CORPS' MISSION

To promote world peace and friendship by fulfilling three goals:

- ▲ To help the people of interested countries in meeting their need for trained men and women.
- ▲ To help promote a better understanding of Americans on the part of the peoples served.
- ▲ To help promote a better understanding of other peoples on the part of Americans.



President John F. Kennedy and Peace Corps Director Sargent Shriver greet departing Tanganyika and Ghana Peace Corps Volunteers in the oval office.



John F. Kennedy greets volunteers on August 28, 1961

HISTORY

Officially established:
Americans who have served:
Host countries served to date:

March 1, 1961
Nearly 220,000
141

PEACE CORPS GLOBAL

PEACE CORPS TODAY

Peace Corps Director:

Carrie Hessler-Radelet
(RPCV Western Samoa, 1981–83)

Host countries:

65

Volunteers and trainees:

6,818

Gender:

63% female, 37% male

Marital status:

94% single, 6% married

Minorities:

25% of Volunteers

Average age:

28

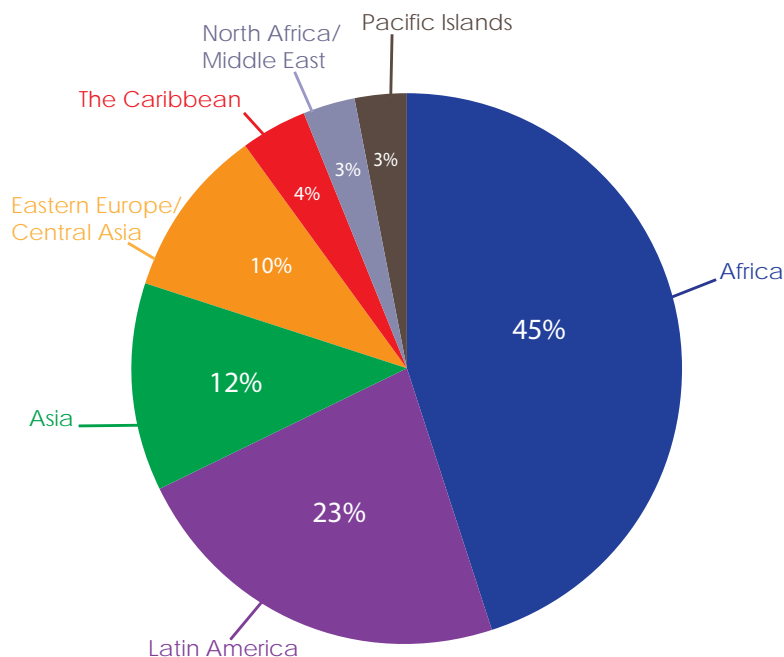
Volunteers over 50:

7% of Volunteers

WHERE VOLUNTEERS SERVE

The Peace Corps provides technical assistance to countries that request it, while strategically targeting resources and country presence to achieve the greatest impact.

Percentage of total Volunteers serving, by geographic region, in 2014



TO BE A VOLUNTEER

- ▲ Volunteers serve for two years following 9-12 weeks of in-country training.
- ▲ Peace Corps provides Volunteers with housing and a living stipend to cover food and basic needs—allowing them to live at the level of people in their community.
- ▲ The minimum age for Peace Corps service is 18; there is no upper age limit. Volunteers must be U.S. citizens and have a university degree or extensive experience in a relevant field.
- ▲ Volunteers' health, safety, and security are the Peace Corps' highest priorities. The agency is committed to providing Volunteers with the training, guidance, and support they need to stay healthy, safe, and productive throughout their service.

PEACE CORPS IN CAMBODIA

The Royal Government of Cambodia invited Peace Corps to open a program in Cambodia in late 1992, and a country agreement was signed in 1994. However, the political situation was found to be too unstable for Volunteers to enter the country at that time. In 2004, talks about establishing Peace Corps Cambodia resumed, and Peace Corps welcomed their first group of Volunteers in Cambodia in 2007.

Individuals who serve as Peace Corps Volunteers are carefully selected through a competitive application process. Peace Corps Volunteers are male and female, range in age from around 22 to 75, and represent diverse ethnic and minority groups. Most Peace Corps Volunteers hold university and/or advanced degrees. Volunteers come to Cambodia

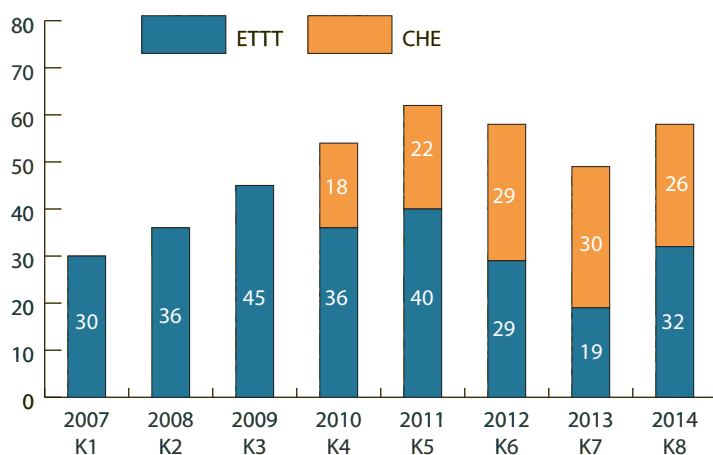
to contribute their skills and knowledge to the development of the country through direct action at the local level. Upon arrival in Cambodia, Peace Corps Volunteers undergo extensive language, cultural, health, safety and technical training. Throughout their term of service, Peace Corps provides training opportunities to Volunteers and their co-teachers to improve their language and technical skills.

Volunteers live with Cambodian host families at a standard of living comparable to Cambodian citizens in their communities. They work side-by-side with Cambodian people to assist them in carrying out meaningful work towards a better future for their community and for Cambodia.

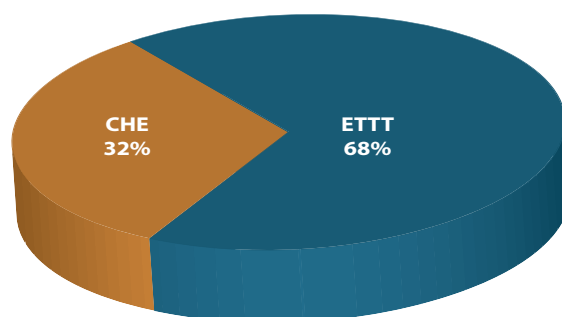
392 Volunteers have served in 16 of Cambodia's 24 provinces since 2007

Current Projects:

- ▲ English Teaching and Teacher Training
- ▲ Community Health Education



Number of Volunteers each year since 2007



Percentage of Volunteers in English Education vs. Health Education

OUR VOLUNTEERS TODAY



The newly sworn-in K8 PCVs with Penny Fields, Peace Corps Cambodia Country Director, H.E. Dr. Pit Chamnan, Secretary of State for the Ministry of Education, Youth, and Sport, U.S. Ambassador William Todd, and H.E. Eng Huot, Secretary of State for the Ministry of Health

2014 Statistics

PCV Numbers

86 : Volunteers served in 16 provinces

Project

51 : English Teaching and Teacher Training

35 : Community Health Education

Gender

60 : female

26 : male

Age

81.4% : between 20 to 29 years old

9.3% : between 30 to 39 years old

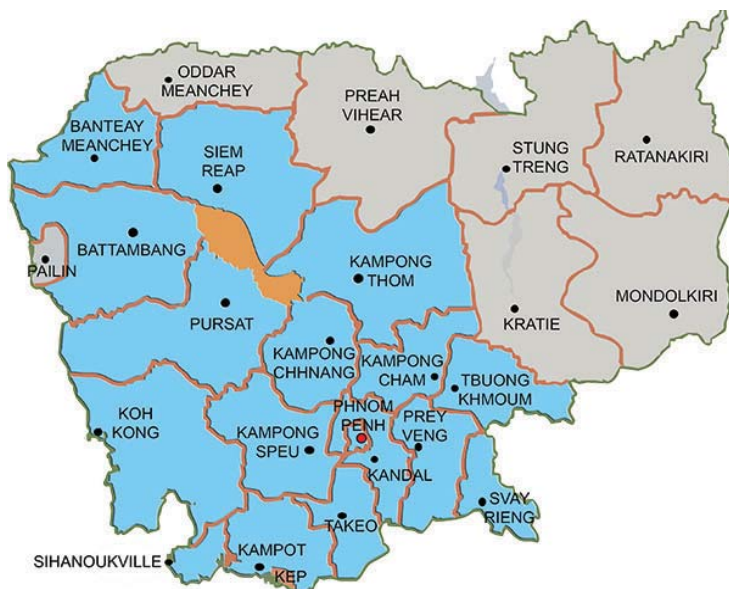
9.3% : between 40 to 65 years old

20 years old : youngest Volunteer

65 years old : oldest Volunteer

U.S. State

Our current Volunteers come from 29 of the 50 United States.





ENGLISH TEACHING AND TEACHER TRAINING

The English Teaching and Teacher Training Project has been cooperating with the Ministry of Education, Youth, and Sport in Cambodia since 2007. The project has worked to develop the English language and critical thinking skills of Cambodian students, teachers and community members to help them gain access to personal, professional, and academic opportunities.

Volunteers teach at Upper and Lower Secondary Schools and Teacher Training Centers. As requested by the Ministry of Education, Volunteers co-teach with a Cambodian national teacher. This practice benefits not only the students but also enhances the Cambodian

teachers' language capacity and builds their technical classroom skills. By teaching alongside a Cambodian teacher, Volunteers can share modern teaching practices, help design and deliver lessons, build communicative English language skills and introduce effective classroom management techniques. Volunteers also develop and enhance teaching and learning resources for the classroom including introduction of new technologies.

Since the project opened in 2007, more than 393 Peace Corps Volunteers have served in the Education Project. Of the group of 53 Volunteers sworn in on September 12, 2014, 29 of them were Education Volunteers.

Project Goals:

- ▲ Improve Teaching
- ▲ Increase Student Success

Project Activities:

- ▲ Co-teach with Cambodian counterparts in the classroom.
- ▲ Develop lesson plans and teaching materials that use the communicative approach to teaching English.
- ▲ Facilitate student activities and clubs.
- ▲ Develop libraries and resource centers.

2014 ACHIEVEMENTS

Goal 1: Improve Teaching

Teachers will improve their English proficiency and implement student centered teaching techniques.

OBJECTIVES

Improve Teacher's English Communication Skills

- ▶ **49** teachers improved their English teaching methodology.
- ▶ **60** teachers participated in professional development activities in English.
- ▶ **104** teachers conducted a higher proportion of their class procedural language in English.
- ▶ **64** teachers introduced improved structure or routines to manage classroom interactions more effectively.

Improve English Teacher's Instructional Practice

- ▶ **89** teachers increased their use of student-centered teaching techniques.
- ▶ **13** teachers increased their use of classroom-based assessments to monitor and inform student progress.
- ▶ **21** teachers increased their use of learning resources or classroom materials.

Improve Teacher Trainee's English Teaching Skills

- ▶ **159** teacher trainees improved their English language communicative skills.
- ▶ **140** teacher trainees increased their use of learning resources or classroom materials.
- ▶ **89** teacher trainees increased their use of student-centered teaching techniques.
- ▶ **21** teacher trainees increased their use of gender equitable classroom practice.



Students walk across a wooden bridge to school

2014 ACHIEVEMENTS (con't)

Goal 2: Increase Student Success

Students/youth will improve English language proficiency and develop leadership skills in the English classroom (formally and informally) or in extracurricular activities.

OBJECTIVES

Improve Achievement and Participation in English Class

- ▶ **868** students demonstrated improved English proficiency
- ▶ **667** students demonstrated increased confidence or motivation in classes, clubs or camps.

Improve Leadership Skills

- ▶ **347** students demonstrated leadership in or out of the classroom through activities like peer teaching, coaching or homework help.

Expand Use of Library and/or information Technology (ICT) Resources and Utilization

- ▶ **723** students gained access to more reading materials or were better able to use and access electronic resources due to the creation or expansion of a school library or computer center.



PCV Alexa Ofori prepares a presentation for her primary school students

The Library Project

by: Tara Kelly, K7 ETTT PCV

When I arrived in my village in Kampong Cham I found the community was fortunate enough to have a USAID funded library complete with Khmer and English books. My school had even dedicated a full time librarian to the project. However I soon noticed the library hours were limited, it was completely locked and unavailable in the summer months, and the Khmer book selection was very small. The quality of the library intimidated students from entering and the library wasn't being used to its full potential. Thankfully the school director and all the teachers recognized this and were committed to a goal of inspiring reading in the students.

We began holding clubs in the library more frequently to get students comfortable with coming into and exploring the library on their own. This proved great for my younger students, and soon people would wander into the library during club hours just to read the books. The second issue we needed to tackle was the quality and appropriateness of the library books available. There was a real lack of Khmer language books and the English language books were much too advanced for even the highest level students. I approached the English Language Fellows (ELF) team at Royal University to help inspire the English teachers. They came to our school and hosted an all-day teacher training for the English teachers. After seeing the dedication and wiliness from the school staff, the ELF team decided they would help us develop our library. After months of communication they agreed to donate 400 books to the library; half would be strictly Khmer novels spanning all reading levels, and the other half would be text books to help students and teachers read, write, and listen to English. Instead of having mismatched textbooks, we now have at least fifty copies of each type so teachers can use them to supplement the English for Cambodia (EFC) curriculum during class.

I consider this project a success even though there is still work to do. The teachers have agreed to attend additional training on how to use the textbooks to supplement the EFC. There will also be a fulltime schedule of hours so the library is more accessible to everyone. I look forward to seeing more progress throughout the remainder of my service.



Students read books in the library



A female student learns how to draw



A student shows off the art she created



COMMUNITY HEALTH EDUCATION

In 2009, at the request of the Ministry of Health, Peace Corps Cambodia expanded their activities by opening a Community Health Education project. The project's purpose is to assist Cambodian individuals and communities, particularly women and children, to improve their overall health and well-being and increase their capacity to address health-related issues.

Volunteers work with health center staff, Village Health Volunteers, and schools to build the capacity of people to address their health needs. Since the project opened in 2010, more than 114 Peace Corps Volunteers have served in the Community Health Education Project. Of the group of 53 Volunteers sworn in on September 12, 2014, 24 of them were Education Volunteers.

Project Goals:

- ▲ Maternal And Child Health
- ▲ Healthy Behaviors

Project Activities:

- ▲ Conduct health education sessions at community health centers and through home visits.
- ▲ Promote positive nutrition practices through community and home gardens, cooking and feeding demonstrations.
- ▲ Promote ante/post natal checkups, immunizations, and family planning throughout the community.
- ▲ Educate community members on water and sanitation issues such as proper hand washing, diarrhea prevention and treatment, hydration and appropriate treatment and storage of drinking water.
- ▲ Engage individuals in activities such as group exercise, healthy cooking demonstrations, anti-smoking information, and drug and alcohol awareness campaigns.
- ▲ Educate community members on reproductive health.

2014 ACHIEVEMENTS

Goal 1: Maternal and Child Health

Community members will improve their knowledge and skills of, and adopt healthy behaviors for, maternal and child health in the areas of nutrition, water and sanitation, hygiene and ante-natal care.

OBJECTIVES

Nutrition

- ▶ **97** pregnant women were trained in child health and nutrition.
- ▶ **440** caretakers identified one or more actions they can take to prevent malnutrition in their family.
- ▶ **1,120** children from 6-59 months-old received a growth card and were weighed at least once over a 3 month period.

Ante-Natal Care, Checkup and Delivery

- ▶ **1,120** pregnant women received health education messages on importance of Ante-Natal Care and post natal checkup, immunizations, family planning, and delivery services.
- ▶ **1,680** women were able to identify at least 4 or more warning signs indicating the need to seek immediate care with a healthcare provider during pregnancy.

Goal 2: Healthy Behaviors

Community members will develop greater life skills and adopt healthy behaviors.

OBJECTIVE

Non-communicable Disease

- ▶ **60** exercise events were organized by Peace Corps Volunteers and their counterparts.
- ▶ **720** adults were educated on importance of healthy daily diets.
- ▶ **5,342** people were reached with individual or small group level education on non-communicable diseases and risk factor reduction.



Community children are very shy for the camera

SUCCESS STORY

My Garden Project

by: Brittany Guidos, K7 CHE PCV



PCV Brittany Guidos with her counterpart



The finished garden



PCV Brittany and villagers weighing children in her community

Malnutrition is a problem for families in Svay Rieng province, Cambodia. There is one village in particular that is very isolated and is unfortunately located very far from a health center. All the families in this village are subsistence farmers. After a village-wide weighing event identified more than a dozen malnourished children, I decided to focus my work in this community. The poverty and distance from the health center combined to contribute to a situation where nearly every child in that village was underweight.

With the help of a Small Project Assistance (SPA) Grant a garden and nutrition project was started in this community. A home garden was built at one family's house in order to demonstrate to the community how to maximize land to provide their families with home-grown vegetables. New gardening techniques were introduced such as transplanting seedlings, creating a nursery, making beds, primary and secondary drainages, trellising and applying limestone. We stressed the importance of planting a variety of vegetables for their nutrition. The garden was built with the help of the local community, and over a dozen people came out to help. Many of the malnourished children were interested in helping and were each given a plastic planting bag and papaya seeds to plant and take home. Basic health lessons were taught in this community during the weeks before and after the garden build. Topics included the three food groups, cooking a nutrition weaning porridge, exclusive breastfeeding, clean water, and hygiene.

The most visible impact that can already be seen is the children's interest in health. They are much more willing to ask questions and participate in the sessions than before and they are all very proud of the papaya plants that they have growing at their homes. Neighbors come by regularly to see the garden and many have expressed interest in building their own soon. Over the next few months the garden should begin producing vegetables that the family will harvest and use to prepare nutritious meals for their children. The agricultural practices that they learned while making the garden will be carried over to the planting season next year and hopefully this family will continue to set a good example and be leaders in their community.

PARTNERSHIPS



PEACE CORPS PARTNERSHIP PROGRAM (PCPP)
SMALL PROJECT ASSISTANCE (SPA)

PEACE CORPS PARTNERSHIP PROGRAM

The Peace Corps Partnership Program (PCPP) connects interested groups or individuals and allows them to donate directly to projects addressing pressing needs in developing communities where Peace Corps Volunteers serve. PCVs and their Cambodian counterparts design projects together and seek funding through PCPP. Projects implemented in 2014 assisted in a number of areas including education, health, career development, and youth development.

In 2014, PCPP funded approximately \$47,000 for 21 projects in 20 communities.

1,643 community members

were directly involved in the design and implementation of the project, including those who attended trainings or workshops.

11,744 community members

received an indirect benefit from the projects.

6,036 community members and 320 service providers

have increased technical capacity due to the PCPP projects.

4,436 people

applied new technologies and/or practices as a result of the PCPP projects.



Participants at Camp LION play a team-building game

SUCCESS STORY

Camp L.I.O.N.

by: Rachel Crabtree, K7 ETTT PCV

In May of 2014, six volunteers in Siem Reap province hosted a four day co-ed youth camp called Camp L.I.O.N. (Leaders In Our Nation). In past years, volunteers in this province organized camps for girls only, but this year decided to do one for both boys and girls.

Sixty high school students came from 5 high school around the province for educational sessions, fun and to make new friends. The camp was funded by donations from friends and family in the United States through the PCPP program. The students arrived around 9am on a Thursday Morning and at 10am we started our first lesson. The sessions were facilitated by representatives from four Cambodian NGOs and the topics included health education, 7 habits of effective leaders and goal setting.

The campers were introduced to different career option besides the usual farmer, teacher, nurse, market seller, and doctor. It was great to expose them to different jobs available for their futures. The 8 hour long days were exhausting but we kept the energy and enthusiasm high through fun activities. These included balloon games and tie dying t-shirts. One evening we took the kids, in their tie-dye shirts, to Angkor Wat for photo shoots with the campers and their new friends. On our last evening we had a pizza party, where some of the campers were able to try pizza for the first time. Thankfully there was a lot of rice available as backup.

By Sunday afternoon, the campers hugged their new friends good-bye and hit the road. Back in their villages, the camp participants lead education sessions for their peers to share what they learned at Camp LION.



Camp LION participants show their camp spirit

SMALL PROJECT ASSISTANCE

The Small Project Assistance (SPA) Program is a collaboration between the United States Agency for International Development (USAID) and Peace Corps. The goals in Cambodia are to support local community development projects in sectors ranging from health to agriculture and basic education.

Peace Corps Cambodia Volunteers, in cooperation with their Cambodian counterparts, assist communities to achieve development goals related to Capacity Building and Sustainability. Projects include topics in areas such as: health, life skills, education, income-generation, business, art, and leadership.

In 2014, SPA funded approximately \$30,000 for 23 projects in 20 communities.

571 community members

were directly involved in the design and implementation of the project, including those who attended trainings or workshops.

3,074 community members

received an indirect benefit from the project.

1,399 community members and 127 service providers

increased technical capacity due to SPA grants.

1,053 community members

applied new technologies and/or practices as a result of SPA grants.



Campers prepare to play a game

Camp STAR (Students Taking Active Roles)

by: Anthony Jensen, K6 ETTT PCV

Camp STAR was a 3-day, multi-gender workshop for 71 students aged 15-18 that allowed participants to realize their leadership capacity through both NGO and student led sessions, small group work, discussions, and guest lectures.

In response to an evident lack of leadership opportunities, environmental awareness programming, and gender development education for youth in Kampong Thom province, Peace Corps Volunteers in conjunction with community partners planned a camp that to address the following objectives:

- ▶ Increase youth leadership and development opportunities
- ▶ Increase environmental awareness amongst Kampong Thom youth
- ▶ Increase understanding of the roles that gender and gender identity play in Khmer society and in Cambodian workplaces

Communities were heavily involved in the process of planning and developing Camp STAR. Peace Corps Volunteers worked with counterparts and school leadership seeking input on the camp's content and format. The impetus for the project came from community members who were aware of the lack of leadership opportunities for youth. Additionally, local schools provided in-kind material support.

The camp's emphasis on leadership and youth development helped participants focus their ambitions, while allowing them to develop and hone skills that will benefit both themselves and their communities. By also examining and increasing environmental and gender awareness, student participants in their role as leaders will be able to better understand and approach issues facing their communities in a multi-faceted and nuanced manner.

Participants were universally very happy with the camp and what they learned. All PCVs reported that after arriving back at their sites, the student participants shared with other students and teachers what they had done and learned during the 3-day workshop. Many expressed interest in more workshop opportunities and for the opportunity to attend Camp STAR next year.

Host country counterparts also expressed their satisfaction with Camp STAR as they were able to learn along with the students and have an integral role in organizing and implementing the project. They expressed interest in having an increasingly prominent role in the 2015 camp. Other community members have also responded well to the camp's effects in their villages and communes and post-camp projects were well received, particularly among teachers at the PCVs' high schools.



Campers celebrating the success of their CAMP STAR



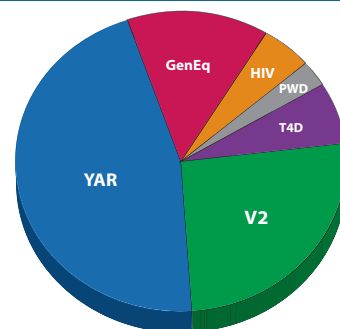
CROSS-CUTTING INITIATIVES

Volunteers integrate Peace Corps' cross-cutting themes into their work by conducting Youth Development, Gender Awareness and Volunteerism activities. In 2014, more than 19,690 people were reached by Volunteers through 985 activities including clubs, camps, workshops and other efforts.

- ▲ G.L.O.W. (Girls Leading Our World) Camps build life skills, self-esteem, and leadership skills as well as educate girls on topics ranging from reproductive health to choosing a career.
- ▲ Boys Leadership and Health Camps teach boys life and leadership skills, promote gender sensitivity and teach sexual and reproductive health.
- ▲ Domestic Violence Prevention Workshops promote gender awareness, equality and educate women on their basic human rights.
- ▲ Create Cambodia is an annual three-day national workshop for art and music clubs throughout Cambodia. The workshop promotes cultural art music and performance skills.
- ▲ Write On! Competition is a writing curriculum culminating in an international creative writing competition that gives Cambodian student writers the opportunity to be read by international audiences.
- ▲ Environmental Awareness and Recycling Projects

Cross-Sector Programming Priorities (CSPP):

People with Disabilities (PWD)
 Gender Equality & Women's Empowerment (GenEq)
 HIV/AIDS
 Technology for Development (T4D)
 Volunteerism (V2)
 Youth as Resources (YAR)



2014 ACHIEVEMENTS

People with Disabilities (PWD)

PWD activities positively impact disabled populations or raise awareness about the challenges of people with disabilities through advocacy and education.

9 activities implemented

270 people participated

76 service providers supported

Gender Equality & Women's Empowerment (GenEq)

GenEq activities integrate gender considerations, promote gender equality and women's empowerment, and reach groups of women, girls, boys or men who have been traditionally excluded from access to skills, benefits, and opportunities.

47 activities implemented

2,426 people participated

219 service providers supported

HIV/AIDS

HIV/AIDS activities promote Peace Corps' HIV/AIDS response through preventing transmission of HIV, improving access to care, support and treatment, and mitigating the impact of HIV on affected individuals, especially for those in rural and/or neglected areas of the world.

17 activities implemented

851 people participated

80 service providers supported

22 activities implemented

425 people participated

16 service providers supported

Technology for Development (T4D)

T4D activities leverage information and communication technologies (ICT) to more effectively meet activity goals and outcomes.

85 activities implemented

7,845 people participated

456 service providers supported

Volunteerism (V2)

V2 activities support sustained volunteerism for any age group and/or integrate service learning to identify and address issues within communities.

151 activities implemented

7,873 people participated

510 service providers supported

Youth as Resources (YAR)

YAR activities engage young people to contribute to community improvement, health promotion, environment and other civic projects.

SUCCESS STORY

Camp GLOW (Girls Leading Our World)

by: Vicki Chan, K6 ETTT PCV



Students actively participate in the discussion during the camp



Students playing game led by PCV



A student giving presentation

Volunteers and their counterparts organized a 3 day Camp GLOW (Girls Leading Our World) in Kampong Cham province. 59 young women came together to attend sessions to promote women's empowerment through the themes of "Mental and physical Well Being" and "Aspirations". Through interactive learning, dynamic presentations and hands-on application, the young women were able to return to their villages with a great sense of leadership, goal setting, and confidence to fulfill healthy living within their communities. Various community based projects resulted from GLOW including initiation of a school leadership camp, a mural painting, a community education session on hand washing and a cleanup at a local pagoda.

Some highlights from the Camp:

The hosting school's school director was impressed with the set up and even gave a speech at the opening ceremony about the importance of women leadership. He said, "women can do anything men can do." The catering lady (who brought her husband to the "Healthy Relationships" session), told PCVs after the camp that she "believes it's a powerful and wonderful thing for girls to engage in leadership and be strong, thinking community members."

Comments from students who attended GLOW:

Within these 3 days that I have participated in GLOW, I am very delightful and really excited to get to know a lot of girlfriends and the volunteers. I have obtained a lot of knowledge that I had never ever known before, especially, I feel that each individual lady is strong and intelligent! GLOW enhances girls to know about their own abilities.

I am really happy about GLOW because I could learn about Women's Rights and after these 2 days and a half I have obtained a lot from the lessons the teachers taught. I knew about how to take care of myself, how to build up my confidence to be struggled with all the obstacles of life and how to set goals for my future.

“

I am really happy about GLOW because I could learn about Women's Rights and after these 2 days and a half I have obtained a lot from the lessons the teachers taught. I knew about how to take care of myself, how to build up my confidence to be struggled with all the obstacles of life and how to set goals for my future.

-Camp GLOW Participant

”



Produced by Peace Corps Cambodia

January 2015

Contact Information:

Peace Corps Cambodia
P.O.Box 2453 . Phnom Penh 3 . Cambodia
#7A . St 256 . Sangkat Chak Tomouk
Khan Daun Penh . Phnom Penh

Phone: +855 23-222-901
Fax: +855 23-222-903
E-mail: info@kh.peacecorps.gov
Website: <http://cambodia.peacecorps.gov>

Follow Us:



[cambodia.peacecorps](https://www.facebook.com/cambodia.peacecorps)



[peacecorpscambodia](https://www.instagram.com/peacecorpscambodia)



Peace Corps is a non-political and non-religious organization of the United States Government that seeks to promote peace and friendship among peoples of different nationalities and cultures. For more than five decades, Peace Corps has provided technical assistance in 139 countries through the implementation of projects in education, business development, environmental protection, agriculture, and health.