Human-Centered Impact Story at Sekong Commune



At 28 years old, **Ms. Van Phengchan**, a mother from Sekong Commune, was struggling to keep her family afloat. With limited opportunities in her village, she and her husband worked as casual laborers, taking on construction jobs, farming, and any available work. Their combined monthly income was just 100,000–150,000 riel. Because they couldn't earn enough to meet their basic needs, the family was forced to migrate in search of work, taking their young children with them. This constant movement made it impossible for the children to attend school regularly, and the couple's relationship grew tense and strained under pressure. Arguments at home became frequent.

In 2024, the village and commune chiefs interviewed the family and selected them to join a mini project. That same year, they received a **water pump**, **hosepipes**, and financial support to buy vegetable seeds. In 2025, they received additional support — more hosepipes, a second cash grant of 150,000 riel, for a small-scale aquaculture kit including **catfish fingerlings, netting, and a cover tent for fish farming**.

This support transformed their lives. With the ability to farm vegetables and raise fish from home, their monthly income rose to between 300,000 and 400,000 riels. They no longer need to migrate, and their children now attend school consistently. "*I feel proud that I can earn a living while staying close to my children*," she said. "*It gives them stability — something we didn't have before*."



The improvements extended beyond income. After attending sessions on gender, domestic violence, and shared responsibility, Ms. Phengchan and her husband began to communicate better. Conflicts became less frequent. "*We used to argue all the time*," she admitted. "*Now, maybe once or twice a month. He even helps with the cooking and washes dishes if I'm busy — something he never used to do*."

Although some challenges remain — such as occasional alcohol use — the situation has drastically improved. *"Before, he drank four or five times a month. Now it's once or twice,"* she added. *"It's not perfect, but it's better. And we are more at peace."*

Ms. Van Phengchan's story shows that when families are supported with practical tools and knowledge, transformation is not only possible — it's sustainable. What began as small support evolved into greater stability, shared parenting, and renewed hope for the future.