Human-Centered Impact Story at Sentepheap Commune



At just 21 years old, **Ms. Koul Loy** has experienced hardship beyond her years. A young widow and single mother to a three-year-old daughter, she lives in Sentepheap Commune, where opportunities are limited and survival depends on daily struggle.

After her separation, life became extremely difficult. Pregnant and alone, she could no longer go into the forest to gather and sell wild products — the only way she had earned income before. With no stable work and no one to depend on, she found herself facing both physical and emotional isolation. *"During my pregnancy, I stayed home most days," she recalled. "There were moments I didn't know how I would feed myself, let alone my child."*



Everything changed when the commune chief and village leaders came to her area to promote a new support project. At first, she didn't believe help was possible. But after expressing interest and being interviewed, she was selected. Through the project, she received a **latrine, chickens, a pig, and hygiene supplies** — support she described as "life-changing."

With her new resources, she began raising chickens and pigs near her home. She sells what she can, earning enough to cover basic needs and to buy medicine when her daughter gets sick. Just as importantly, having a latrine means she no longer needs to walk into the forest, where she once faced dangers from snakes and wild animals just to relieve herself. *"Now, I feel safe," she said. "I don't worry about being alone or exposed."*

Her home is also cleaner. With proper sanitation, her daughter is less likely to fall ill. *"Before, I never imagined the commune or a project would help someone like me*, she shared quietly. *"But they came. They saw me. And they helped."*

Koul Loy's story is a reminder that **real transformation doesn't always begin with big interventions — it begins with being seen.** With just a small investment, the project restored her sense of security, dignity, and belonging. Today, she is not only surviving but slowly rebuilding a life for herself and her daughter, with hope.