

Cambodia 2017: Wells, Toilets, Bikes and — — — IT training

This trip has shown us that we are really good at diversity. DACF has realised that the hallmarks of a good project are that they are necessary, practical and efficient to be of any value and that is how we found out foundation investment in Cambodia this year.

Let's start with wells... Lotus Outreach (www.lotusoutreach.org) gave us the great joy of dragging us along to do some truly sparkling events, the first of which is changing the lives of 413 people. How? By bringing them water in the dry season. Why has that changed their lives? Well, let me tell the story of three women — extreme cases no doubt but who represent a much larger population.



Three Women

At one of our wells we met 3 women. Ang Roeun, 45, has been carrying water a minimum of 4 months of the year during the dry season November to June, 20 litres on each shoulder 3 times a day for — — wait for it — — 5 kilometres each way — — for — — wait for it — — 29 years! She starts about 6 am and finishes at about lunchtime cooking time (she was unsure of the amount of time she took). The same for Chev Sara, 55, for 39 years. Where are the men? Well in this particular village, they are off working: in the



fields or in factories often far away.

And the third woman? Nou Mean, 55, started the trek before marriage and has continued up to today (40 years!)



Here is Chev Saran celebrating for the Last Time!

Now they have a well some 50 to 100 meters from their homes. Are we proud and grateful to be able to change their lives (and those of their families)? Oh YES... Not only they no longer need to carry water but they also don't waste money buying water which they had to do before and money can be put to other uses.

Are they happy? Well, look at these smiles of relief!

Best wishes to all, mujin (To be Continued...)

