

2024

Helping Hands Cambodia Annual Report



**HELPING
HANDS**
Helping people help themselves

globalteer

Helping Hands Cambodia

works to empower Cambodians living in poverty, to help themselves.

Our main vision is to **'give a hand-up'**, not a 'hand-out'. Through education, we empower our students and their families to break out of a life of poverty in rural Cambodia.

About Helping Hands Cambodia

Helping Hands school was founded by Australian photographer Deborah Groves, in 2005. The community wished for local provision of health care and education, so with their help Deborah built the school in 2006. In April 2013, Helping Hands handed over its management to UK registered charity Globalteer (charity no. 1119706), and it has grown sustainably to the holistic, community-led education and development work that we deliver today.

Helping Hands school operates in the rural village of Prasat Char, around 25km from Siem Reap in Cambodia. We provide a supplementary Education Programme to 300+ children between the ages of 4 and 20. We teach the local language (Khmer), English, Maths, Sports, Arts and Crafts, Music, Dance, and Health and Hygiene. Our Food and Farming Programme provides nutritious breakfasts made with organic vegetables grown on-site at the school, and food packs to take home during times of school closures. Additionally, we provide health and social care to our students, and run a University Scholarship Programme to encourage local youths to pursue further education.

Having built up years of trust within the local community, we are able to increase our reach to parents and other schools in the area. We offer workshops to parents and other local adults and collaborate with neighbouring schools to offer sports lessons. The Globalteer Sports Project, promotes equality and empowerment through sport, and works with students from schools in the wider community. Our goal isn't to just teach children English or Khmer, we strive to build up the pride and dignity of individuals, families and the village community as a whole.

Mission

Supporting the rural Cambodian community in building a sustainable lifestyle and becoming self-reliant.



Aims

We aim to provide a locally staffed project where village children can receive free supplementary education. A place they can learn new skills that will lead to opportunities for a self-reliant and sustainable future; breaking the cycle of poverty.

Helping Hands therefore works on the core principles of providing opportunities and support, rather than basic 'giving'.



At every stage we work with the community to understand the changing priorities of the village. Through meetings with the village chief, community elders, parents and teachers, we all work together to address the needs of the village.

Changing Life Cycles Every Day

Every weekday, over 300 students pedal their bikes to Helping Hands School, traveling kilometers down a pot-hole-riddled dirt road for a nutritious meal and enriching classes. That's where the magic happens. Our students come to school eager to learn, play, and create, allowing our engaging curriculum to play a pivotal role in breaking cycles of poverty. In 2024, we continued to provide our innovative education program designed by our phenomenal teachers. Additionally, we hosted many wonderful volunteers who elevated our programs and brought a wealth of multicultural perspectives. Significant improvements to our facilities were made, and students and staff have greatly appreciated the upgrades. Furthermore, several events were held throughout the year, creating overwhelming optimism for the future. This year has been a testament to how when a holistic education is prioritized, it offers hope for a brighter, more equitable future for individuals, families, and communities.



The Power of a Well-Rounded Education

Helping Hands Cambodia had another good year of progress for student learning. Aline, one of our volunteers, who has been deeply involved with Helping Hands Cambodia since its genesis, recently said, "If you give education, you give a child and later an adult something to help him or her to live on....[with education] you are free. You can read, you can write, you can understand." Education is a tool for personal empowerment and helps create more equitable and sustainable futures. That's why it is essential to make education more accessible in rural Cambodia so that students can live their best lives and use their newfound skills to benefit their entire community. Additionally, our Social Worker has been working tirelessly to support students and parents, stressing the importance of education. This creates a supportive environment where students feel encouraged to learn.

As always, the most important thing is that our students enjoy coming to school and the classes are as engaging as possible. Our teachers have continued to teach our successful curriculum while making time for games, creativity, and hands-on activities to ensure experiential learning. Additionally, we were thrilled to upgrade our library with more textbooks to make reading a foundational aspect of student lives. Our teachers also incorporated reading material focusing on practical, public speaking, and active listening skills. Throughout the year, our students participated in various activities organized by the school and our dedicated volunteers, such as science classes, reading groups, and English excursions. These activities sparked students' curiosity and helped them master practical skills.

Food Sustainability in Cambodia

Despite national strides to promote food sustainability, Cambodia is impacted by a lack of nutrient-rich meals. To combat malnutrition, our school is dedicated to giving each student a nutritious breakfast. Gardens are an integral part of our school, and the vegetables harvested are incorporated into the students' meals, providing both nutrition and a hands-on agricultural learning experience.

Maintaining an all-season farm requires lots of hard work. While the farm is primarily cared for by the kitchen staff, our students also play an active role. Students help tend to the gardens during assigned class times, and regular classes pause on the last Friday of every month so everyone can work together. The dedication of the whole Helping Hands community allows our gardens to continue to flourish.



Students Becoming Teachers

One of the biggest rewards at Helping Hands School is watching our students grow into young professionals. This year, one of our former students started an internship with us to develop her teaching skills, and one of our trainee English teachers successfully completed her university degree. Additionally, two of our full-time English teachers revamped their 40-hour training program. It's incredible to see our students transform into teachers!

New Scholarship Students

As we begin this new academic year, Helping Hands is thrilled for two of our students as they embark their university journey. This scholarship fulfills a lifelong dream for both of them as they are the first in their families to attend university. Nita is pursuing a degree in Teaching English as a Second Language, while Ponna is studying Public Administration.



How we Supported Children in 2024:

Health & Hygiene

We provide all our primary students with toothbrushes and remind them to brush their teeth after every meal. They also regularly get information about healthcare and disease prevention. Plenty of soap and toothpaste is available at the school and the water at school is cleaner than at their homes. Our Social Worker is always on hand to help with any issues students may have at home or in school.



Nutritional Support

This has always been a key part of our programme; providing nutritious breakfasts to energise our students and help them get the most out of their day. We discuss and change the menu regularly to make a breakfast that the students are happy to eat while making the best use of our garden.



Extra creativity

Our students love to take part in art classes and creative projects. This year we were all very happy to join the Giant Puppet Parade once again. It is a wonderful event and our team represented their school very well with their beautiful orange dinosaur! We were also lucky to have a second visit from a talented artist who gave art instruction and painted amazing murals on the walls of our classrooms which are colourful displays of the English and Khmer alphabets.



The Year in Numbers:



362

Students learning at Helping Hands

60

New students beginning their education

10

Students preparing to graduate



Over 1000kg of vegetables grown on-site in the Helping Hands Garden

26,408

Breakfasts provided

5,940

Multivitamins distributed to our students

Highlights of 2024

Vital Improvements

Breakfast Fundraising Campaign

It can be difficult for families to find consistent access to nutrient-rich foods. Sopheap, the Project Coordinator at Helping Hands Cambodia, explained, "Most of the kids don't have breakfast, so we provide this for them. If they don't have breakfast, they will come to school and feel hungry. They can't focus on the lesson." This is why our breakfast programme is vital in providing holistic education. However, after the pandemic, the prices for staple foods (like rice) have skyrocketed in Cambodia, threatening our ability to keep the breakfast program open. Luckily, with intensive fundraising, we reached 72% of our goal, ultimately saving the program.



Kitchen Renovations

As our student population grew, so did the demand for a healthy breakfast! To support over 300 students, our kitchen required changes to ensure everyone had a place at the table. Literally. We got new tables! We also installed a much-needed roof, extended the dining area, and doubled the size of the handwashing sinks. This is a significant upgrade because the kitchen space was only made of cement before. However, most notably, students used to eat in their classrooms but now have a space to convene together. This is so important for fostering a sense of community!



Highlights of 2024

Here is a quick look at some of the other amazing contributions to our school this year!

Volunteers making our school and smiles brighter!

We are always happy to welcome back our volunteers to Helping Hands, especially returning ones who have given their precious time and effort to help the community. In 2024 we were lucky enough to have volunteers at the school for a combined total of over 30 weeks, plus multiple visits from long-term supporters. They have helped to work on maintenance projects, decorated the classrooms, and supplied lots of extra health and learning resources. We are very grateful to each and every one of them, and hope to see them again soon!



Group Visits - Making New Connections



Our community is always delighted to welcome both new and returning volunteers who generously give their time and effort to make a difference for our students. This year we were pleased to host two incredible volunteer groups: CISCO and Beeta International Education Group.

The CISCO group contributed by enhancing our farming project to support the student nutrition program, assisting with student learning through reading sessions, and helping to improve our Helping Hands library.

Beeta International Education Group, a returning volunteer group that first joined us in 2019, came back this year to offer their support once again. They dedicated their time and resources to various projects, ranging from water sanitation to educational assistance.

We are deeply grateful to each and every volunteer for their hard work in creating positive change, and we look forward to welcoming them back in the near future.



Extra-Curricular Activities in 2024

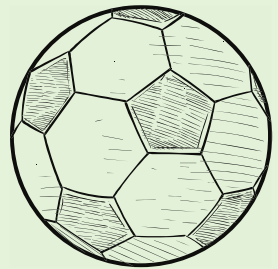
The Giant Puppet Parade

A group of our older students embarked on a class field trip to Wat Damnak. This stunning Buddhist pagoda and teaching monastery hosts an annual workshop that teaches the intricacies of puppet-making. For three days, our students had a blast utilizing bamboo, tape, and paper to construct the frame for a gigantic dinosaur. Afterward, their creation came to life with lights and was exhibited in the Giant Puppet Parade, where students and staff marched the streets of Siem Reap for the annual parade.



Sports Program

The Sports program continues to be an excellent source of motivation and skill development for our students. Thanks to our sports coaches' dedication, students can build a healthy relationship with their bodies and actively participate in outdoor activities that are vital for the development of young people. Recently, basketball equipment was added to our playground, giving our students a new sports outlet to express themselves. Our students are becoming healthier and stronger every day. Through participation in sport, they have learned to blend their competitive nature with care and support for their classmates.



Kids Play International Collaboration

Students at Helping Hands School have had a productive experience learning some new games and sporting values with the team from Kids Play International. The two communities share the belief in the importance of using sports as a tool for education, teamwork, and building positive relationships. The sessions were fun and engaging in meaningful ways for both our students and Kids Play International.

Curriculum Enrichment

The Addition of Science Classes

Two of our amazing volunteers, Andrew and Sue, recently brought the joy of science to our classrooms. Their curated curriculum introduced small experiments and research elements to our older students. The course sought to develop critical thinking by employing evidence analysis and creativity while pinpointing how scientific knowledge is utilized daily. From invisible ink to exploding volcanos, the class helped to enrich our learning environment by teaching students the beauty of inspecting life and asking questions about how and why things work as they do.



English Excursions

To curate a well-rounded education for our students, we have journeyed to several places around Siem Reap over the last year. Students were able to explore the art and culture of Khmer civilization by visiting the Angkor National Museum, reflect on the development of green spaces by visiting the Botanical Garden, and contemplate what it might be like to work at the Angkor Hospital or in the hospitality sector by visiting several hotels and restaurants.



Finances

The accounts follow the calendar year: 1 January 2024 to 31 December 2024.
The accounts are audited by AtCam and submitted to ACAR (The accounting and auditing regulator in Cambodia)

Total Income 2024

US\$ 120,547

Total Expenditure 2024

US\$ 121,402

Education Programme

US\$41,638

Sports

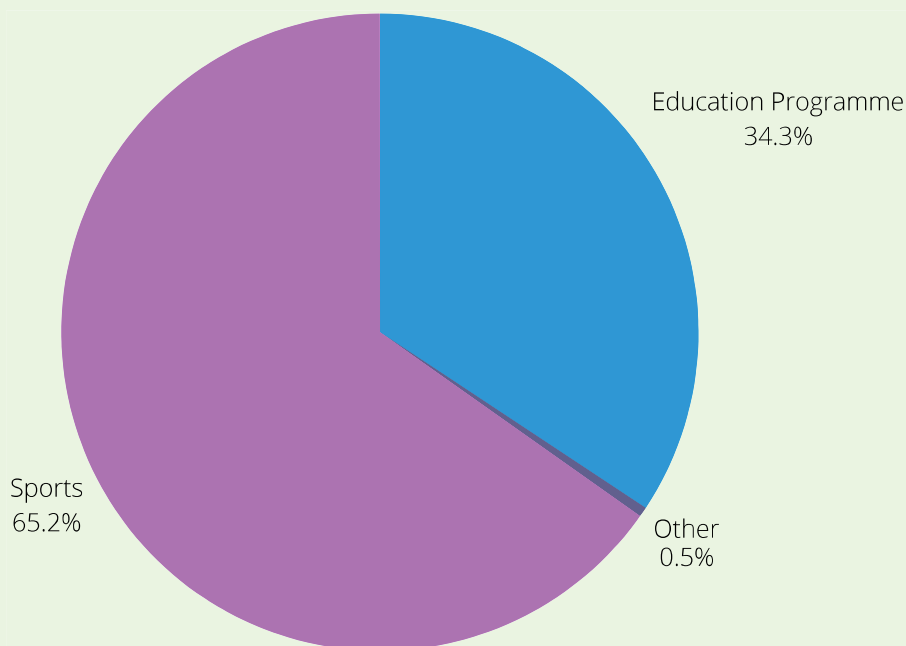
US\$79,167

Other

US\$597

Funds Carried Over

US\$11,900



[Click Here to read the full audited accounts.](#)
[Prepared and audited by AtCam and submitted to](#)
[ACAR \(The accounting and auditing regulator in](#)
[Cambodia\).](#)



How You Can Help

Donate

By donating to Helping Hands Cambodia you help improve access to, and quality of, education, nutrition and health and social care in rural communities; creating brighter futures for children.



Donate Now

Donate With US Tax relief

Spread the Word



Help us reach more people by telling your friends, family and colleagues about Helping Hands Cambodiat. By sharing our social media posts with your friends and followers, you help us reach people who would otherwise never hear about us.

Volunteer



Join our dedicated team of staff, and volunteer in Cambodia! Whether you're interested in supporting our English Classes, giving a helping hand to our Gardeners, or getting active with our Sports Programme, get in touch!

Volunteer

Fundraise

Use your connections to fundraise for us! For fundraising ideas and support to organise your fundraising event or activity, please email us at project.development@globalteer.org

