

# *Invitation to change lives*

Restore One



**Community Development Projects – Cambodia**



# A quick glance at Restore One Projects

## And how you can help

### SCHOOL NEEDS

Stationary and learning materials per student .....	\$30
A whiteboard for the classroom.....	\$200
Soap and basic hygiene supplies for all schoolkids for one month .....	\$250
Teacher's salary for one month .....	\$1,000
A school library .....	\$30,000

### AGRICULTURE PROJECT

Plants/seeds .....	\$2-\$20
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### SEWING PROJECT

Buy sewing products online .....	\$12-\$50
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### RESTORE ROSE

Restore Rose Cups for 3 Cambodian women.....	\$20
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*Donations \$2 and over are tax deductible*

**Email: Tanya Lawrence ~ [Tanya@restoreone.org.au](mailto:Tanya@restoreone.org.au)**  
*or visit our website*

**[www.restoreone.org.au](http://www.restoreone.org.au)**

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## Who we are

**Restore One** is not-for-profit organisation dedicated to developing and empowering impoverished communities in Cambodia.

As the name suggests, we bring about change and restoration, one community at a time.

As such, our focus is local yet comprehensive, working with individual communities to address issues in the following key areas:

- Education
- Employment
- Housing
- Healthcare and hygiene
- Sustainable food production
- Child welfare and safety



## Why Cambodia?

Cambodia is a broken country, one of the most disadvantaged societies in the world.

Once one of the most promising economies in South-East Asia, it was torn apart by the genocidal Khmer Rouge regime between 1975 and 1979. During this period, the social and economic fabric of the nation was all but destroyed. Entire cities were evacuated, with infrastructure left in ruins.

Most of the population was forced to work as slave labour in rice paddies. Up to 2 million people (a quarter of the country's population) died as a result of starvation, disease, torture and executions. This is history for the rest of the world, but for the people of Cambodia, the legacy of this period is disturbingly real.

Reports of economic growth are deceptive, because the wealth often does not flow through to disadvantaged rural communities.



## The Basic Facts

The World Bank classifies Cambodia as a low-income economy.

The country has a population of almost 15 million.

About 13% of the population are living on or below the poverty line, mostly rural villagers.

Quality employment is difficult to find, with much of the rural poor relying on subsistence farming, low-paid farm labouring, and even prostitution.



Cambodia is a notorious strong-hold for human trafficking networks. Young girls are often sold into slavery by parents desperate for money. Entire villages are devoid of girls aged 13 years and over.

Education is under-resourced, with a primary student-teacher ratio of 49:1.

Rural houses are generally one room, and built from flimsy materials that fail to shelter families from the heavy rains of the monsoon season.

Awareness of health issues is limited by lack of education, social stigma, and traditional beliefs.

24% of Cambodian children are under a healthy weight, and 3 out of 10 have stunted growth.



### **SOURCES:**

#### **The World Bank**

<http://www.worldbank.org/en/country/cambodia>

#### **The World Health Organisation**

<http://apps.who.int/nutrition/landscape/report.aspx?iso=khm>

#### **UNICEF**

<http://www.unicef.org/cambodia/>



## What makes Restore One different?

### 1. Our focus is local

Our overriding passion is to bring about change in Cambodia, one community at a time. We develop and maintain close local-level relationships, because they are key to any positive change.

### 2. Our approach is practical

At Restore One, we do not believe in “bandaid” solutions. We change lives in a tangible, sustainable way. From houses for the homeless to micro-business for the unemployed, we judge potential projects with one question: “Will this have a genuine and lasting impact on the lives of these people?”

### 3. We partner with communities



Who is in the best position to judge what a community needs? The community itself. Everything we do at Restore One is driven by consultation and feedback from those we are trying to help.

We have local employees who manage relationships with the communities where we work. We utilise local labour in our projects, and consult closely with local leaders.

### 4. We have low administration costs

We have taken important strategic steps to prevent financial waste and ensure that contributions go directly to the communities where we work.

For example, we obtain volunteers for some sections of our organisation that would normally have a high salary cost, such as media and marketing.

For the most part, we maintain our exposure through news coverage in Australian local media, an approach which avoids high advertising costs.

We have also made significant savings by not operating an office in Australia, where work is done remotely.



## Our Current Initiatives



## Primary & Secondary Schools – Kampong Thom Province



Kampong Thom is the second-largest province in Cambodia, and the village where we work is one of the poorest in that province. Education is crucial here. Without it, the best-case scenario for local children is a life of subsistence farming or labouring. The worst case (and a very real possibility) is a life of slavery, sexual or otherwise.

Restore One partnered with the Cambodian Government to build a Primary School. As of November 2020 the Government will be taking total ownership of the Primary School. Restore One will still run the library and pay for an English teacher.

Now things have changed for the better. In partnership with the community we have funded and constructed a PreSchool building. Restore One provides ongoing support with teachers wages and continuing education of the teachers.

In November 2015 we opened a Secondary School. Here children can obtain the skills needed to get a good job. Not only do they do the standard Khmer curriculum studies but learn English as well. 2017 brought about the opening of a computer lab where all students learn the skills needed in the work place. One of our biggest expenses is teachers wages. The wages in total are approximately AU\$13,000/ month.

### In light of this great success, our goals are to:

- Raise the wages of our teaches. This will allow them to live with greater dignity and fully commit to their work as educators.
- Bring professional teachers from Australia to provide much-needed training and professional development for our local teachers.
- Provide English classes. Knowledge of the language will allow children to work in the hospitality/ tourism industry when they are older, offering them a way out of poverty.
- Position the school as a focal point for community well-being, eg. offering classes in effective parenting, health/ hygiene principles etc.
- Provide a school holiday job for the Grade 5 & 6 girls. This will enable them to earn money working in the safety of their village. 2016 saw the girls make 1500 heart Christmas decorations that were brought back to Australia and sold.





## How can your organisation help?

By giving a general contribution to the project, with an amount of your choosing  
OR

A specific contribution based on one or more of the following needs:	
A year's supply of stationary & learning materials.	\$30 per student.
A whiteboard for one of our new classrooms.	\$200
Soap and basic hygiene supplies for our students.	\$250 for one month.
A Pre School teacher's salary.	\$1,000 for one teacher for one month.
A Secondary school teacher's salary.	\$1,000 for one teacher for one month.
A school library	\$30,000
Sewing Project	Online purchases \$12-\$50
Girls Holiday Project	Buy Christmas decorations
Agriculture/Plants and seeds	\$2-\$20

*With our assistance, this school is poised to become one of the most important centres of learning in the area. Please join us in making that happen.*

## Pre School – Kampong Thom Province



Why a Preschool? The primary aged children often care for the little siblings while Mum and Dad are working in the fields.

Some of the little buttons were even coming to school with their older siblings. Restore One opened the preschool November 2016 to be a safe place for the little ones that was not disruptive to primary education.

Along with a fun safe place, it is a place to learn hygiene and social skills ready for "big school". There is a great habit formed for school attendance rather than work. Local villagers help to run the preschool and part of our goal is to up-skill the teachers. If you're an early childhood teacher and would like the opportunity to partner with us, contact Tanya.



## Micro-Business and Life Skills Training

### Sewing & Textiles Enterprise – Phnom Penh

Because of the significant poverty and social problems in Cambodia, women from poorer families are required to work as well as raise children. Many are poorly educated, with low-paid farm work or prostitution often being the only realistic options for an income.

These forms of work may take them away from their families for long periods of time. It is not uncommon for women to return home, only to find that their daughters have been sold in order to make ends meet. Therefore, it is essential that women have a means of working from home, in order to generate an income and care for their children at the same time.

### At Restore One, we have established a micro-business in Phnom Penh:

This is a **TEXTILES DESIGN and SEWING BUSINESS** run by young mothers in a slum area of Phnom Penh.

The real expenditure of these projects is not the materials, but the life-skills training and education that we intend to deliver for these disadvantaged young women.

### How can your organisation help?

By giving a general contribution to the project, with an amount of your choosing *OR*

### Other ways to help

If you have a business in Australia where you could sell some of the products made by the women and/or host an awareness program, please contact Tanya for information. [tanya@restoreone.org.au](mailto:tanya@restoreone.org.au)

### A specific contribution to micro-enterprise:

Buy/sell sewing products made by the Fair Work/Fair Pay microbusiness



# Houses for Families in Need – Kampong Thom Province



One of our successful projects has been the funding and construction of houses for poor rural families.

Cambodia’s monsoon season brings brutal rainstorms and flooding, so protection from the elements is an especially serious issue.

In consultation with the local people, we have developed a design that is both simple and highly effective.

The houses are made with a cost-effective yet reliable combination of bamboo and timber. They are also raised on stilts to avoid flooding.

The houses are constructed as a collaboration between Restore One volunteers and local labour, to create an added benefit of employment and income for local tradespeople.

This project has changed the lives of many vulnerable families, and there are always more to help.

Accountability is key. A family is given a house on the condition that they maintain it as a positive, uplifting environment for their children. Upon receipt of a new house, the parents sign a contract whereby they commit to:

- Keeping the house in a reasonable state of order and care.
- Using income responsibly, to provide for their children.
- Sending their children to school.

This agreement ensures that the time and money spent constructing a house is put to good use for responsible families.

## How can your organisation help?

By giving a general contribution to the project, with an amount of your choosing *OR*



A specific contribution to help house a family in need:	
Buy a house for a vulnerable family	\$4,500

# Toilets for Families – Kampong Thom Province



In 2019 we began building toilets in the village. These buildings provide an obvious hygiene necessity, but they also provide a safe place for women and girls to do their business.

The people receiving toilets have to attend a toilet cleaning and hygiene class.

Most families receiving a toilet pay 20% of the costs to construct their bathroom. We believe it is important to co-fund this, as it gives ownership to the toilet.

The toilets are constructed as a collaboration between Restore One volunteers and local labour, to create an added benefit of

employment and income for local tradespeople.

This project has changed the lives of many vulnerable families, and there are always more to help.

## How can your organisation help?

By giving a general contribution to the project, with an amount of your choosing *OR*

A specific contribution to construct a toilet:	
Buy a toilet for a vulnerable family	\$1,000





## The Restore Rose Project

In Cambodia, the average wage of a low skilled worker is AU\$60 a month. Many women struggle to fund the cost of pads and use rags as an alternative. Issues such as discomfort, inconvenience and the fear of leakage affect, among other things can reduce their attendance at school and work. There is currently NO garbage collection in rural areas. Often pads are burnt or buried. This causes another hygiene issue when dogs dig them up.

<https://wageindicator.org/salary/living-wage/cambodia-living-wage-series-january-2018-country-overview>

### Solution

The Restore Rose is a reusable, convenient, cost efficient and environmentally friendly alternative to pads and tampons. Unlike tampons and pads, the flexible silicone cup collects menstrual fluid rather than absorbing it. It can be worn 2-3 times longer than a pad or tampon, or up to 12 hours.



### The Restore Rose Project

Restore One has issued 15,000 cups to women. Our follow up studies shows that 90% of menstruating women are using them. To receive this free gift, women have to attend a Restore One Education Class on how to use them. This is currently run by Restore One staff and organized by a local health worker.

Restore One has issued cups to women all around our area and we have continued on in a new province.

In addition to empowering women to manage their period with confidence and ease, this project will positively impact the environment by reducing consumption and waste.

### Now available in Australia

Restore One has now made the cups available to Australian women. For just \$20, you can buy a Restore Rose which will support Restore One in providing a menstrual cup for TWO Cambodian women. Alternatively for every \$20 donated 3 Cambodian women will receive a Restore Rose Cup.

### To purchase your Restore Rose... or to donate to the Restore Rose Project

To order your Restore Rose cup or to donate to the Restore Rose Project, please visit our online shop at

**[www.restoreone.org.au/shop](http://www.restoreone.org.au/shop)**

If you require further information please contact Tanya at  
[tanya@restoreone.org.au](mailto:tanya@restoreone.org.au)

Every \$20  
donated will provide  
3 Cambodian women  
with a Restore  
Rose Cup

# Performance Indicators

At Restore One, we are committed to complete practical accountability. The following criteria are used to monitor the success of current and upcoming projects:

## High School:

- Student attendance
- Teacher attendance
- Student energy and concentration levels
- Student progress
- Teacher results from professional development training.
- Passing of inspections by the Department of Education



## Restore One Pre School:

- Provide a safe place for young children
- A place to learn hygiene and social skills
- Create a "school attendance" habit
- Employment for local villagers



## Sewing Micro-business

- Ability of employees to learn skills required
- Quality of work
- Ability of employees to apply skills learned in a work and domestic context.
- Income generated from sales



## Houses for Families in Need:

- Successful and timely construction
- Safety on worksite
- Safety of finished structure
- Durability of materials and structure (Including weather-resistance)
- Long-term compliance of family with responsibility contract signed when they became owners.



## Toilets for Families:

- Are they clean
- Are they being used





## Contact Us:

On behalf of the people of Cambodia, we would like to thank you for considering the opportunities we have outlined here.

To get involved, or to simply find out more, please contact:

**Tanya Lawrence**  
**Tanya@restoreone.org.au**

You can also visit our website at

**[www.restoreone.org.au](http://www.restoreone.org.au)**



*We look forward to hearing from you.*



## Global Development Group

Restore One is proud to be a partner for J789N Restore One Cambodia Village Development with Global Development Group (ABN 57 102 400 993), a non-government organisation carrying out quality humanitarian projects.

Global Development Group (GDG) takes responsibility of the project according to the rules set down by the Department of Foreign Affairs and Trade (Government of the Commonwealth of Australia), providing a governance role and assisting in the areas of planning, monitoring, evaluating and auditing.

Tax deductible receipts for contributions over \$2 with a preference for this approved aid and development project will be issued by Global Development Group for J789N Restore One Cambodia Village Development.

Contributions are a gift to GDG, and funds will be spent wisely and responsibly on the J789N Restore One project, according to best-use determinations made by the RestoreOne Cambodia project manager.

If funds raised exceed the requirement for this project, the funds may be directed by GDG to a similar project activity. Please note that no non-development (evangelistic, political or welfare) activities are funded by Restore One. For more information please visit [www.globaldevelopment.org.au](http://www.globaldevelopment.org.au)