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Who We Are

Indochina Starfish Foundation (ISF) is a Cambodian development organisation dedicated to a vision of a Cambodia where every child has access to quality education, healthcare and sport. We have 12 years of experience working with some of Cambodia's most marginalised children and economically deprived communities to build more sustainable, healthy and bright futures.

Our Mission

To provide opportunities for Cambodian children and their communities to lift themselves out of poverty through education, healthcare and sport.

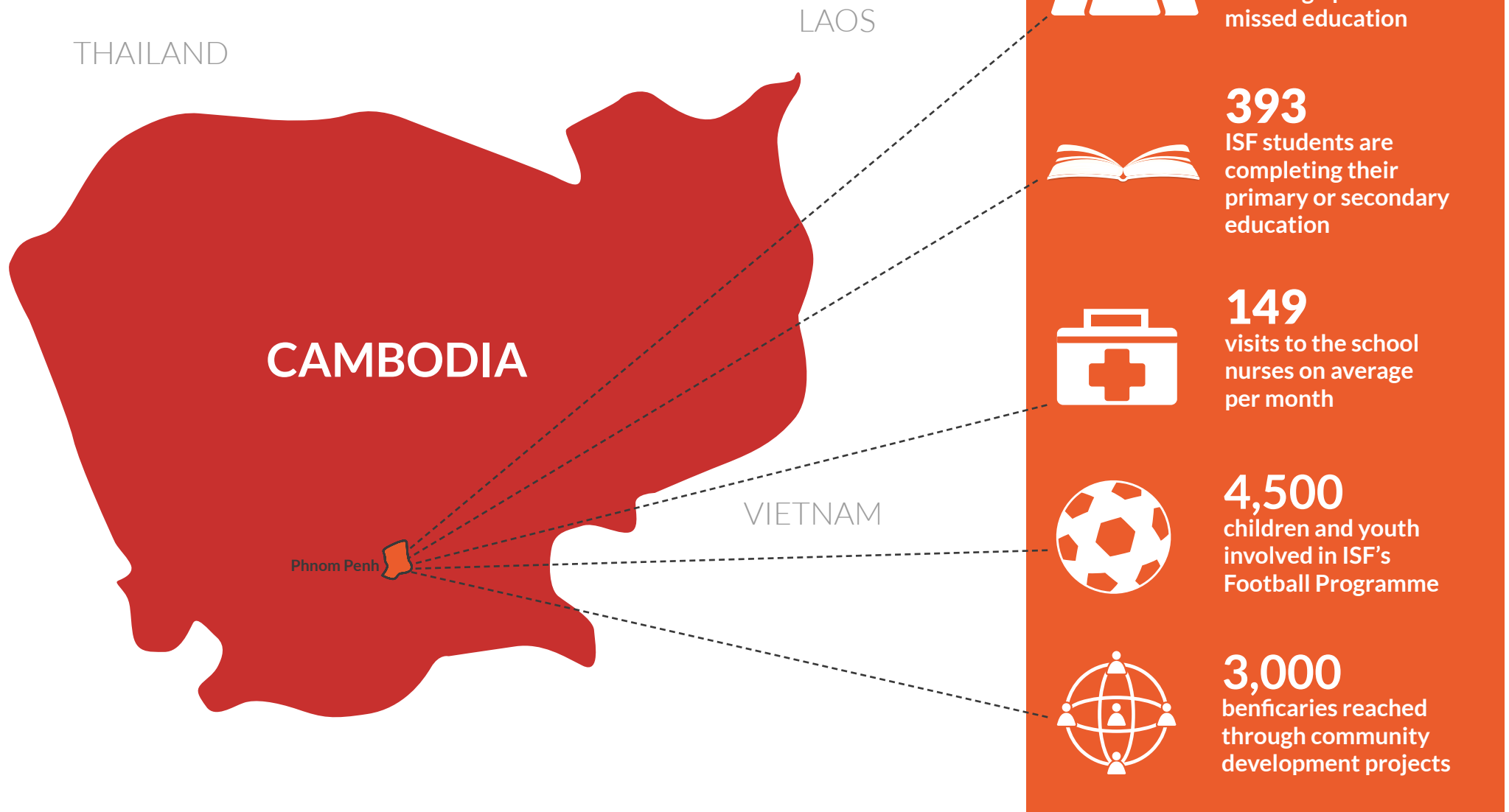
What We Do

We currently offer:

- **Catch-up Education** – a fast-track education for children who have never been to school or have dropped out to 'catch up' to the correct grade for their age and enter state school
- **State school support** – ongoing support to students (and their families) who completed the Catch-Up Education Programme and are attending state school
- **Healthcare**
- **Nutrition**
- **English classes**
- **Information and communications technology (ICT) classes**
- **Employment counselling, training and support**
- **Community development projects**
- **Football Programme** - opportunities for ISF students and students from other schools and organisations to play football competitively and attend weekly training sessions

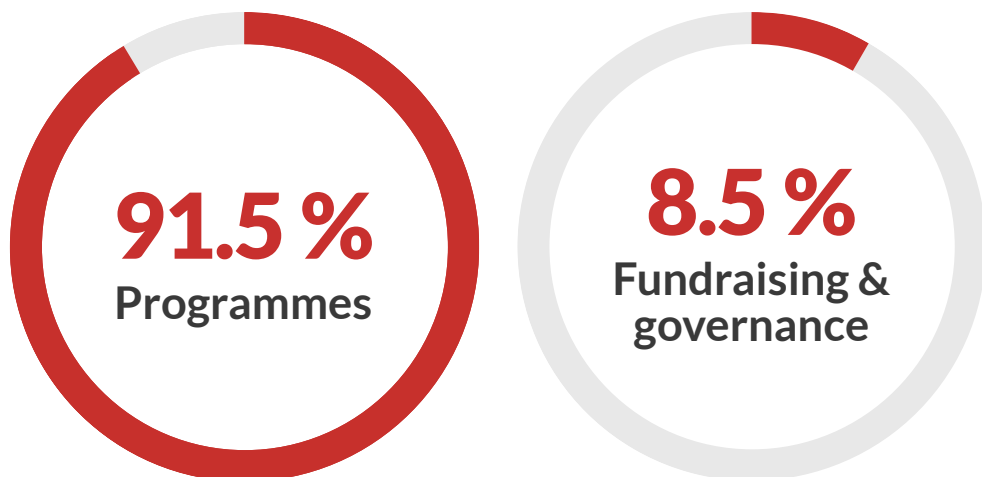


Our Impact at a Glance:

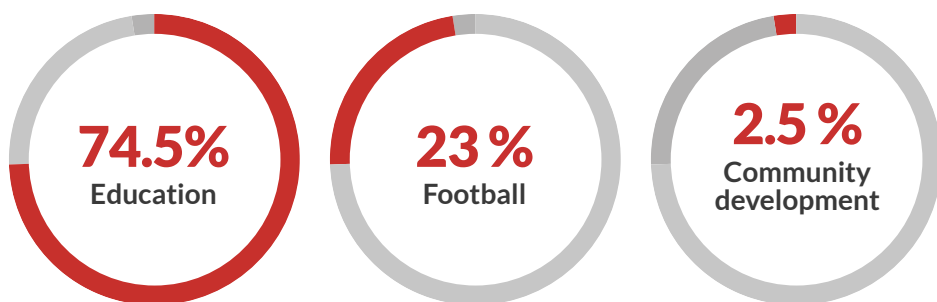


Where our money goes:

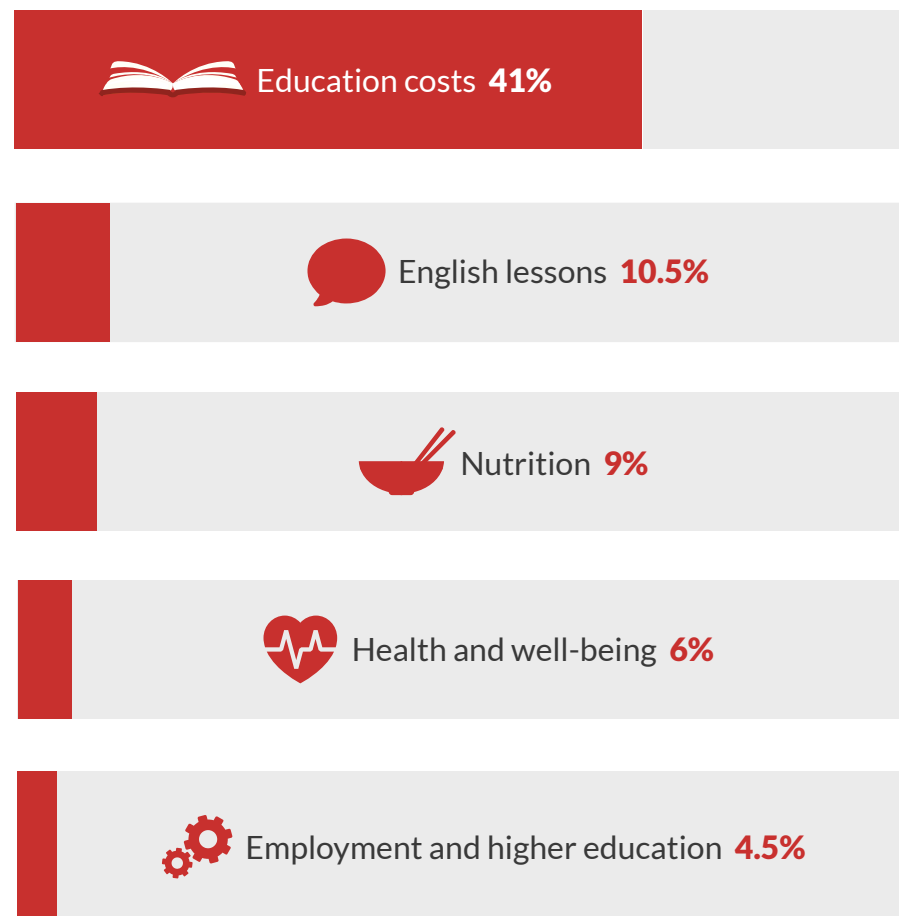
Organisational Expenditure in 2018:



Programme Expenditure in 2018:



Education Programme Expenditure in 2018:

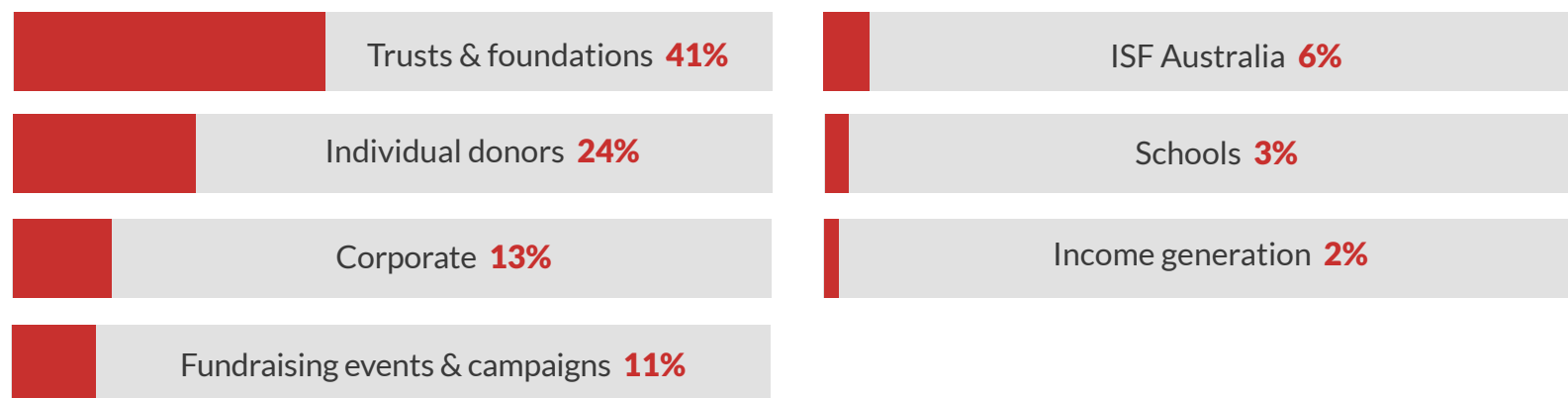


As the organisation continues to grow, it is increasingly important for us to ensure that we are transparent across the board from our finances to our programmes' impact.

Our accounts are audited for The UK Charity Commission by external, UK-based firm PKF Francis Clark Chartered Accountants. We believe financial accountability is essential for our programmes as well as highly relevant to donors who need to see transparency in how we work.

To effectively monitor and evaluate our programmes and impact, both qualitatively and quantitatively, we have been working with OSCaR, in the development of an Open Source Case-management and Record-keeping system. This system allows us to track the progress of our students and their families. This is one of many steps that we have taken in order to ensure that we are able to effectively evaluate our programme and ensure that we are achieving our intended outcomes.

Where Our Money Comes From:



Our Key Supporters and Donors:

EDUCATION

ISF provides underprivileged children with a comprehensive fast-track Catch-up Education Programme which enables them to complete two years of standard education in one school year. This allows them to 'catch-up' to the correct grade for their age and join government provided schooling.

Once accepted into state school, ISF continues to support each child and their family by providing **uniforms, paying school fees and providing monthly food parcels until the child graduates**. Children who have integrated into state school also continue to have access to all of ISF's projects, including **English and ICT lessons, extra-curricular activities, employment and vocational training**.

ISF has grown from providing basic education opportunities to 18 children in 2006 to almost 700 in 2018. Through the services provided to the families of the children ISF works with, almost 3,000 additional people are supported.



Catch-up Education

ISF's Catch-up Education Programme is run out of our two Education Centres in Stung Meanchey and Chbar Ampov in Phnom Penh. The programme follows the same curriculum as state school, which includes lessons in Khmer, social science, maths and sciences.

Catch-up students also have access to daily English classes, introduction to ICT through discovery learning on XO tablets as well as extra-curricular activities such as physical education (PE), yoga, traditional Cambodian dance, art classes and experiential learning field trips.

The new academic year started in November 2018 and 218 students, 48% of whom are female, are currently catching up on missed education at our two centres.

TEY'S STORY

In November 2018, nine-year-old Tey started school for the very first time in her life. Tey and her family relocated from Svay Rieng Province in south east Cambodia to Phnom Penh three years ago in search of better opportunities.

Tey's parents struggled to provide for their family and were only able to send one of their three children to school. Now, thanks to ISF's Education Programme, Tey has the opportunity to get an education too.

"I am very happy to have the chance to study at ISF" she tells us. "When my parents told me that I was selected, I cried because I was so excited - I really wanted to study but my parents could not afford it" Tey explains.

She describes feeling "very nervous as well as happy" on her first day of school. However, after quickly

"When my parents told me that I was selected I cried because I was so excited - I really wanted to study but my parents could not afford it."

making new friends and getting to know her teachers, Tey's nerves have subsided and now she has started to feel at home.

"I feel that ISF is my home and I want to come to study at ISF every day including on weekends" she beams. "I promised myself, all my teachers and my parents that I will study hard and be a good student."



218
students

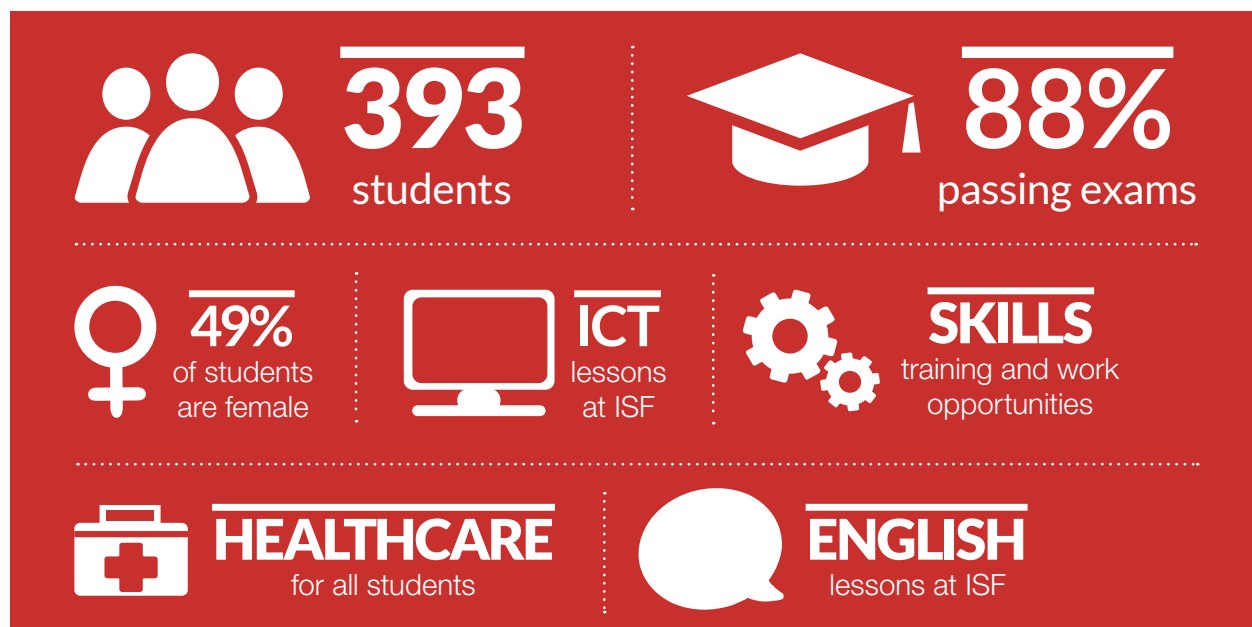


90%
progressing to
next grade



48%
female students

State State Support



“Before ISF, I didn’t work hard at school and didn’t know what I want to do in the future.”

Children who graduate from ISF’s Catch-up Programme have attained the necessary grade for their age to enable them to enter state school.

ISF supports all our students to attend state school as well as ensuring they have access to our English and ICT lessons, extra-curricular activities, healthcare, employment and vocational training.

RATANA’S JOURNEY

Kim Ratana moved from her hometown in Cambodia’s south eastern province of Kampong Cham to Phnom Penh to live with her aunt when she was just eight years old. Ratana’s aunt had heard of ISF and submitted an application. Ratana began studying at ISF in grade 2 and quickly developed a passion for learning.

Back in her hometown Ratana admits to not being focused on studying very much but her journey with ISF has been a different story. After just one year in ISF’s Catch-up Education Programme, she joined state school.

Today, Ratana is 16 years old and is in grade 10. Her favourite subjects are Khmer and Math and in the future she dreams of being a teacher. Since joining ISF and taking her education seriously, she is happy to find focus and concentrate on her future:

“Before ISF, I didn’t work hard at school and didn’t know what I wanted to do in the future, but now, I’ve been studying hard, both at school and home, and along the way, I’ve realised a lot of things I want to achieve. I feel proud of myself now” she says.



“At ISF, I was able to see the nurse when I had a toothache. The pain went away after she brought me to the dentist for treatment. Now I’m happy because I can concentrate in class and play with my friends.”

- Lay Sokha (13)
Grade 5 at state school

Healthcare

As part of our holistic education programme, we support the health and well-being of all our students and provide necessary services to improve their physical and mental health. This is achieved by increasing children's access to healthcare, clean drinking water, improved sanitation, nutritional support, counselling intervention and more.

ISF's nurses: All students benefit from the healthcare and education provided by our school nurses. In 2018, 3,567 visits to the nurses' offices took place. The majority of visits related to fevers, colds, sore throats and stomach problems which did not require hospital visits.

Clean water and sanitation: Students at ISF have access to clean drinking water and toilets which have a significant impact on their health and personal hygiene. Our nurses also deliver lessons on health education and personal hygiene to both our students and their parents to improve sanitation practices in the communities where we work with.

Vaccinations: Our nurses oversee and administer vaccinations against ten illnesses to all new children in our programme. The 80 students who joined us in 2016 have been fully vaccinated, and those who entered the programme in 2017 are in the process of receiving their full set of vaccinations.

Ear, dental and eye care: In 2018, 930 visits to the dentist and ear specialist took place. Further to this, 70 students who reported having eye fatigue, dry eyes or discomfort, had their eyes tested at our partner optometrist and received free glasses, where necessary.

Sexual and Reproductive Health Course: Seventy-one students attended our Sexual and Reproductive Health Courses in 2018. The students were tested at the beginning of the course to evaluate their knowledge and awareness on the topic and again at the end of the course to ensure that the lessons were fully understood. The students were very engaged in class and demonstrated that they understood and absorbed the lessons, successfully completing the course.

Counselling service: A small proportion of students struggle to engage and sometimes misbehave in the classroom. In 2018, our counsellor provided four students with holistic, child-centred counselling and support. ISF's counsellor uses different techniques, including discussions, books, drawing, games, and role-play activities. When necessary, our counsellor refers students to outside organisations. To date, six students have been referred to our partner organisations specialised in the field of mental health care and psychosocial support.



20%
of people in
Cambodia have
**no water
facilities**



1,000
children die daily
across the world from
water and sanitation
diarrhoeal diseases



100%
of ISF students
have **access to
safe water in
our centres**



80
ISF students
received a set of
eight vaccinations
in 2018

AVA'S VISIT TO THE SCHOOL NURSE

When Ava joined ISF last year at the age of 11, she was underweight and her general health was unstable. Because of illness, she missed classes regularly. Concerned about her health and well-being, one of ISF's nurse identified under-nutrition as the cause of her poor health and gave her vitamin pills to take everyday as well recommending that she eat healthier, if possible.

With regular check-ups and the cooperation of her parents, ISF's nurses are pleased to report Ava's nutrition greatly improved after just six months. Now she is feeling much stronger and her bouts of fever, headache and the common cold have reduced. To ensure she is on the path to improved health, ISF's nurses check her weight and height every six months.

Ava's mother, who earns a meagre income from collecting rubbish and recycling for a small income, is thrilled to see the recent improvements in her daughter's health. "I am very happy to see my daughter gain some weight and look healthier - she has always been a sick and skinny girl since she was about four years old" she tells us.

Having the chance to go to school as well as receive healthcare and nutritional support is a dream come true for Ava and her mother. "My dream is for my daughter to have good health and a good education" she explains.

At ISF, we know that healthy, happy children do better in school and we are delighted to be able to support our students with free healthcare, school meals and monthly food parcels for their families.

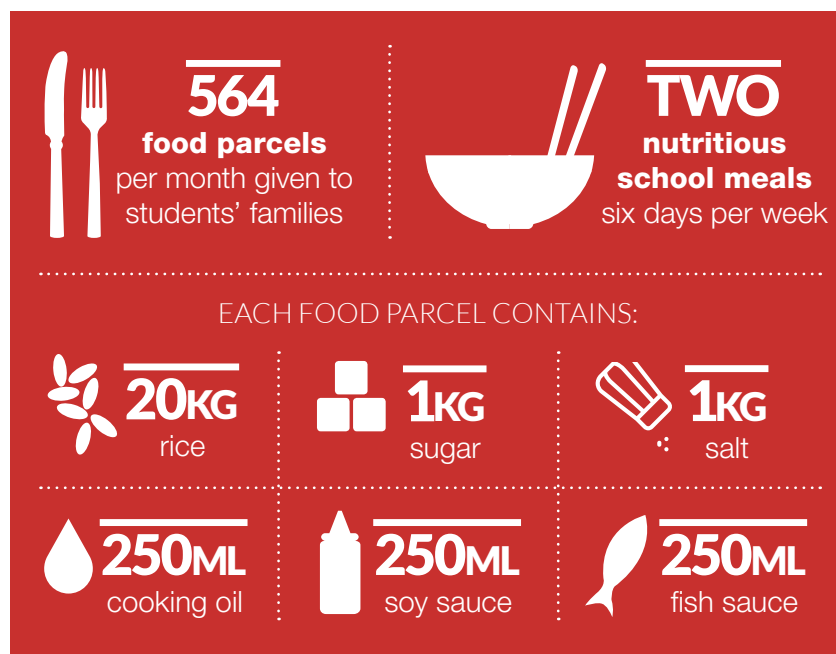


"I'm very happy to see my daughter gain some weight and look healthier... My dream is for my daughter to have good health and a good education."

Nutrition

In Cambodia, 40% of the population live on less than \$2 a day, meaning not only do families often go hungry but that the responsibility of earning an income falls on children as well as adults causing children to miss out on school.

At ISF, we provide our students with two nutritious meals a day, six days a week. Meals consist of vegetables, protein and rice. This nutrition arm of our Education Programme has been running for ten years and has helped children focus more in class and become healthier and more active.



Bunleng's Story

Bunleng, currently a 20-year-old Tourism and Recreation Management student at Kao Yuan University (KYU) in Taiwan, joined ISF as a catch-up student in its infancy. At the time of joining, Bunleng's parents were struggling to afford food, let alone books or school fees for their son.

"My mother used to go down into the drainage system next to our house to pick the plants growing in the water for food."

While their son's opportunity to receive an education brought Bunleng's parent's great joy, so too did the provision of school meals and monthly food parcels as they often didn't have enough to eat: "My mother used to go down into the drainage system next to our house to pick the plants growing in the water for food" Bunleng explained.

Before joining ISF, Bunleng figured he would end up as a construction worker or labourer. When he received the opportunity to go to school he grabbed it with both hands and studied hard, taking extra classes for subjects he struggled in. Now, both Bunleng and his family couldn't be prouder to see where his ambition has taken him.



Community Development

We work closely with community and village leaders to make sure our education centres do not exist in a vacuum, but serve to lift up the wider community. Our goal is to create a good foundation for the children in our programme and opportunities for their families to develop their skills to change their own lives.



Adult Literacy

Every year, ISF offers adult literacy classes to students' parents and members of the local community. We believe by helping parents improve their skills and opportunities to increase their income, we can reduce the risk of students having to drop out of school to financially support their families.



Sewing Classes

ISF runs sewing courses for students' parents and members of the community. Classes offer beneficiaries the opportunity to learn a new skill and employment opportunities - such as sewing school uniforms and selling other sewn products at ISF - after completion.



Community & Mobile Libraries

We established community and mobile libraries in the areas where our students live to foster an appreciation of education and a habit of reading among our students, their families, and the wider community. The libraries also provide children with a safe place for enhancing their learning and to meet their friends.



Soap for Hope

Through the Soap for Hope Project, we collect used soap bars from local hotels and put them through a recycling process to disinfect, reshape and make new soap bars available to re-use. These are then included in the monthly food parcels that ISF students and their families receive.



SOAP FOR HOPE: SOVAN'S STORY

Sovan moved from Takeo Province to Phnom Penh over a decade ago in search of improved living conditions and opportunities for her family. A mother-of-three, she works collecting recyclable waste to support her family. Two of her sons are currently in school and she hopes to send her youngest daughter to school when she reaches the right age.

One of Sovan's sons is currently an ISF student and is being supported to study in grade 9 at state school. Sovan became a beneficiary of ISF's Soap For Hope Project because of ISF's Education Programme and has been receiving the soap as part of her monthly food parcel for the past three years.

She believes it's a great initiative and teaching children and community members about the importance of washing their hands and bodies with soap will prevent disease. Sovan and her family use the soap to wash their hands, face and body and says it makes her feel good, fresh and clean.

In addition to making her feel better and improving her health and well-being, she says receiving soap has also helped her economically as she can save the money she would've spent on buying soap at the market to invest in her children and their education.

Sovan talks highly of ISF's Education Programme, claiming that ISF's teachers have instilled valuable life lessons in her son that have carried over into his everyday life such as how to be responsible, how to treat others with respect and how to share the workload at home. Her dream for the future is for all of her children to finish school and her son to pass his final exams.



English Classes

We currently provide English classes to over 500 catch-up and state school students, 50% of whom are female.

In April 2018, we opened our dedicated English Language Centre at ISF's school in Stung Meanchey. This centre acts as a resource hub for all of our English teachers, providing access to materials for more interactive and engaging teaching methods.

Catch-up Students

Games, play, stories, movement and songs form the core methodology for our catch-up students when they begin English classes at ISF.

The curriculum focuses on four competencies: understanding simple spoken messages, oral expression in day-to-day situations, understanding and writing simple messages.

State School Students

We offer four levels of English to state school students based on their knowledge and skills.

To improve their skills and confidence we also offer students remedial classes and other English courses to improve their listening, speaking and communication skills.



535
students
are studying
English



50%
of students
are female



80%
of students
attending classes
regularly



80%
of catch-up
students passed
their exams



64%
of state school
students passed
their exams

Employment Support

As our students grow older, often pressure to contribute to their family's income becomes greater. This means they can end up in low-skilled and unstable jobs without many opportunities. To keep them in school and to equip them with the knowledge and skills they need to succeed in the job market, we began to develop our Employment Support in 2011.

ISF's Employment Support currently engages 56 youth, 46% of whom are female, who are aged 14 years and upward. Some participants are still in full-time education, some are working part-time in order to earn an income, and the remainder have dropped out of school.



THAVY'S BRIGHT AMBITION

Eighteen-year-old Thavy, a beneficiary of ISF's Employment Support, used to live in Takeo Province in southwest Cambodia with her family. Despite attending school there for six years, she couldn't read or write well growing up.

At 13, she moved to Phnom Penh with her sister and discovered ISF. She restarted from grade one at ISF and after completing our Catch-up Education Programme, she entered state school in grade five.

Thavy has a lot of responsibilities at home, including the need to bring home an income. Because of this, she was delighted to get involved in ISF's Employment Support which trained her to work part-time at ISF's centre in Stung Meanchey as a librarian. "The wages I receive help towards my rent as well as the cost of transport, my daily allowance and supporting my family" she explains.



Thavy is busier than a typical 18-year-old girl – she works two jobs and studies at the same time. When speaking of the future she tells us that she will try her best to pass the national exams and hopes to continue her education at university. Her dream is to become an accountant.

ICT Classes

Be it independently or as part of a group, we believe that ICT education facilitates students to explore and solve problems, make discoveries for themselves and stimulate collaboration and interaction amongst peers. Having ICT competencies is also a valuable skill for young people entering Cambodia's job market.

Across both our education centres, we currently have 85 students enrolled in ICT classes which cover Microsoft Word, Excel, PowerPoint, Photoshop and Internet Explorer.

We also use tablets to support teaching and learning. Students may use and borrow tablets to play educational games during their free time, read e-books and do their homework. As well as developing a habit of using technology at an early stage, the use of tablets is leading to ISF students' increased motivation, interest and engagement, promoting autonomy and encouraging students to express their creativity.

"I'm really interested in learning computer skills. When I'm older, I'd like to work as a manager at a bank or an international company. I will use my salary to help my family."

**- Punthea (15)
Grade 7 at state school**



85
students
taking classes



200
students
using tablets



89%
students passed
ICT exams

FOOTBALL

ISF's award winning Football Programme is Cambodia's widest reaching grassroots Football Programme. We aim to increase access to sports, build life skills, and improve the quality of life for underprivileged youth in poor urban and rural communities across Cambodia.

ISF's Football Programme started out with 15 players in Phnom Penh in 2007. Today, the programme engages 4,500 children and youth of all abilities from 12 of Cambodia's 24 provinces.

In 2011, ISF expanded its football activities to include deaf and hearing impaired players who now participate in regular training and annual tournaments. In 2013, activities for players with intellectual disabilities commenced and ISF developed this from a pilot project into a well-established programme for players of all abilities.

Since 2017, ISF has continued to develop its All Abilities Programme by working with blind and visually impaired players, wheelchair-bound players and HIV positive players. All of these activities have been used as a platform to promote equality and social integration.

ISF has made a significant contribution to the development of sport for players with disabilities and is on its way to becoming a leader in disability sports coaching in Cambodia.



4,500
players



12
provinces
participating



2,000
spectators

Social Impact

ISF's qualified and experienced coaches provide technical and social impact-focused coaching to girls and boys, including players with disabilities in and around Phnom Penh each week.

Our sessions provide a safe space for children to escape from their difficult lives, have fun, develop essential life and soft-skills and improve their health.

Through our bespoke football for social impact curriculum, players engage with important local and global issues such as education, drug and alcohol abuse, gambling, disability and inclusion and gender equality; sharing experience and learning lessons on the pitch that in turn can contribute to behavior change in our players, their families and local communities.

FOOTBALL IS FOR EVERYONE

Khan Ratha, a 14-year old student football player, is challenging gender stereotypes through sport. Ratha never imagined herself playing football until she saw all her friends doing it and decided whatever the boys can do, she can do too. Now, two years later, she trains twice a week and dreams not only of winning the local league but also of becoming a qualified football coach.

In the weekly training sessions, players are taught a social impact module which focuses on the UN Sustainable Development Goals to address relevant and prevalent issues such as quality education, gender equality, conflict prevention, health and well-being, inequalities, drug and substance abuse and more.

“When I play football, I feel strong and energetic, I can do whatever the boys can do. Football is for everyone!”



Coming from a society where traditionally sport is considered a pastime or career choice for men only, Ratha is passionate about challenging this perception. “When I play football, I feel strong and energetic, I can do whatever the boys can do. Football is for everyone!” she exclaims, adding that when she finishes school she dreams of training as a football coach.

AIA-ISF
Youth
League:



1,492
players in league



347
female players



100
teams

AIA-ISF Youth League

The AIA-ISF Youth League is a joint effort between ISF and AIA (Cambodia) Life Insurance Plc (“AIA Cambodia”) with technical support from AIA’s Global Principal Partner Tottenham Hotspur Football Club.

The league offers boys and girls from underprivileged backgrounds the rare opportunity to play football in a safe environment, with the ultimate aim of helping them live healthier, longer and better lives.

Providing weekly coaching and tournaments to 1,492 players around Phnom Penh, the annual league comprises six divisions of girls’ and boys’ teams in the under-10, under-14 and under-18 age ranges.

Aligning our commitment towards a healthier Cambodia, we are now embarking on our second year of partnership with AIA Cambodia, using football to push for progress and inclusion.



All Abilities Events

Throughout 2018, ISF organised football games and activities as well as small tournaments for players of all abilities, including wheelchair users, youth living with HIV and able-bodied children.

During the events, ISF coaches used social impact games developed in partnership with Coaches Across Continents (CAC) and focused on teaching players to be responsible for their own actions and to understand the difference between cheating and making mistakes. Our young players enjoyed the games aimed at understanding the importance of teamwork.

Deaf Tournament

In December 2018, we held a Deaf and Hearing Impaired Football Tournament. Eighteen teams joined with 210 players in total. Almost 30% of the players were female.

All of the players were from Krousar Thmey, an organisation which is based in Battambang, Phnom Penh and Siem Reap and from DDP which based in Phnom Penh, Kampong Cham and Kampot. Ninety blind and visually impaired players, wheelchair users players with intellectual disabilities also competed in the tournament.

WHAT A DIFFERENCE SPORT MAKES

For 17 year-old student Nita, finding opportunities to play wheelchair football in Cambodia isn't easy. But ISF's inclusive Football Programme is beginning to change that.

In May 2018, Nita attended our All Abilities Football Tournament at the ISF Sports Ground in Preah Theat Village, Phnom Penh and took a few minutes out to tell us more about what football and tournaments like this mean to her:

"I really like my coaches, they make me feel like I'm complete as I am and they give me an opportunity to have fun."

"When I was younger I liked to play football but because I use a wheelchair I didn't have many opportunities to do so. Fortunately now it's different – ISF coaches offer training sessions once a week. I really like my coaches, they make me feel like I'm complete as I am and they give me an opportunity to have fun.

Football has also offered me opportunities to meet new people; for example, at the tournament, we started by playing a game where we passed the ball to each other and introduced ourselves. Meeting new people and participating in tournaments like this is really important to me.



Playing sport gives me energy and I feel like I can concentrate and do my homework better after playing. It also has given me more confidence in myself, I feel braver and no longer feel as stressed and sad as I used to.

I think people worry about me because I use a wheelchair. Often, they'll keep asking me if I'm doing okay during a match because they're concerned when I get hit by the ball. I tell them not only am I doing okay but I'm really enjoying playing."

Our Football Programme includes:



22

wheelchair users



30

blind/visually impaired players



29

youth living with HIV

Awards and Achievements

2018 was a monumental year for ISF as we took to the stage not only in New York at the Beyond Sport Global Awards but also in Kuala Lumpur, Malaysia at the Asian Football Confederation (AFC) Dream Asia Awards. In addition to this, we were delighted to see and support some of our players to travel overseas for competitions.



AFC Dream Asia Award 2018 in NGO category

We took home the AFC Dream Asia Award 2018 in the NGO category in recognition of promoting and advancing the power of football to create positive social change in Asian society.



Beyond Sport Shortlist for Health and Well-being Award

Selected from over 400 applications, from 100+ countries and covering 50+ sports, the shortlist recognised innovative work from organisations creating positive social impact around the world through sport.



Football for Hope: Moscow

ISF was honoured to send a Cambodian delegation to the 2018 Football For Hope Festival in Moscow, together with 48 other groups from around the world.



2018 SATUC Cup

Eight players from ISF travelled abroad, some for the first time in their lives, to represent their country in the SATUC Cup in Sofia, Bulgaria in August 2018.

MEMORIES THAT WILL LAST A LIFETIME

State school student Nas had the opportunity of a lifetime when he was invited to represent Cambodia at the 6th Gazprom Football for Friendship Championship running alongside the World Cup in Moscow, Russia.

The Football for Friendship (F4F) programme, supported by Gazprom and FIFA aims at developing youth football and a healthy lifestyle as well as promoting tolerance, open-mindedness and respect of different cultures and nationalities between children from across the globe. In 2018, the programme expanded to 211 countries and regions with Cambodia participating for the first time.

Nas joined ISF's Education Programme as a catch-up student where he received an intensive education to bring him up to an academic level where he could enter state school at the right grade for his age. Nas is currently completing his state school education with support from ISF and is achieving excellent results.

While one part of him dreams of working in a bank when he is older, another part is focused on being the best footballer he can be and becoming a football coach. The experience of going to Moscow during the World Cup, he tells us, is a memory that he'll treasure forever.

Speaking about the trip Nas says "Watching the World Cup in real life was wonderful. Everyone was so excited for me to go, my family, my friends, even my teachers at ISF! The trip was for 10 days and my favourite part was when we played football. I scored two goals!"



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