



# SPEAKER'S KIT

SALLY HETHERINGTON

*Championing for empowerment in Cambodia*

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"I REALISED THAT FOR ORGANISATIONS TO BE SUSTAINABLE, THEY NEEDED TO BE RUN BY LOCAL STAFF. AND FOR LOCAL STAFF TO RUN ORGANISATIONS, THEY NEEDED TO BE EMPOWERED."

"International Service has changed since Rotary was founded. Sally and Selya bring international service into the modern age through empowerment. Bring them to your meeting and learn how empowering locals abroad goes further than voluntourism. The Human and Hope Association is a beautiful diamond among millions of NGOs." - Kim Ruth, Sydney City Rotaract

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"Sally tells the story of how development goals can be met by empowering local people through training and then stepping back to allow them to lead. She is passionate about combatting short term voluntourism and instead focusses on long term skill transfer. Her five years in Cambodia hold important lessons for anyone interested in international development." - Kate McKenzie, Rotary e-Club of Western Australia

# ABOUT SALLY

In 2011, Sally took a career break from her financial services job and moved to Cambodia. Originally working as a Volunteer Coordinator at a local not-for-profit, Sally eventually realised that voluntourism, that is, short-term and one-off volunteering by foreigners, wasn't helping the development of Cambodia. She came to understand that sustainable development in a developing world is falsely sold to Australians. Upon discovering a nightly English school that was run by Cambodian volunteers in 2012, Sally decided to help the local community establish Human and Hope Association (HHA). She lived among the community with the simple goal; to support the locals to take a makeshift school into a financially and socially sustainable enterprise that is locally managed.

Seeing how other Cambodian communities had entrenched dependency on foreigners, Sally promised herself and the community that they would use social enterprise and sustainability principles to ensure the longevity of HHA. Sally was appointed Operations Manager and earned \$100 - \$200 a month (not even enough to cover her rent) as she built the organisation up from scratch. Despite struggling financially, Sally did not wish to earn more money than her hard-working local counterparts.

After successfully registering the organisation as an NGO, creating a team of paid Khmer staff, implementing numerous projects (including language classes, preschool, art class, a library, sewing, farming training, microfinance loans and university scholarships), building their own community centre, increasing staff salaries to competitive wages, and generating a sustainable source of income for the organisation, Sally departed the organisation and returned to Australia in 2017. HHA is now entirely run by Cambodian staff who are committed to empowering their community to break the cycle of poverty and raise 50% of their own yearly income.

Back in Australia, Sally continues to serve as the President of Human and Hope Association Incorporated (HHA Inc.), a registered Australian charity that fundraises for HHA.

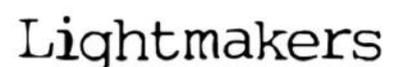
# ABOUT SALLY

Due to Sally's service in Cambodia, a whole community is being positively affected by the programs they now have access to. In 2017, 80% of sewing students who studied at HHA reported a decrease in domestic violence due to their newfound skills and confidence. 100% of the participants in the family farm program have changed from chemical farming to chemical-free farming. 100% of preschool graduates transitioned to public school, and 90% of students in the English language program passed their exams. 100% of the women in the 10-month sewing program gained employment. It is thanks to Sally's leadership, perseverance and commitment that this community in Siem Reap is accessing the skills and knowledge they need to break the cycle of poverty.

## AWARDS

2018 Third Sector Volunteer of the Year  
2018 JCI Australia Top Outstanding Young Person Honouree  
2018 Ethical Enterprise Award Finalist  
2015 Anti-Poverty Awards Finalist

## AS FEATURED IN



# TOPICS

## AN INSPIRING JOURNEY - FROM AUSTRALIA TO CAMBODIA AND BACK TO AUSTRALIA

Sally left Australia in 2011, intending to return 15 months later. Instead, she didn't return for another five years. Hear Sally's [inspiring](#) journey as she came to realise her original intentions to help a Cambodian community were doing more harm than good, and how she did everything in her power to fix her mistakes. Sally went to Cambodia as a girl who thought she could save the world. She came back as a woman who had developed a community to [help themselves](#).

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## BUILDING A CHARITY FROM SCRATCH

From [dream](#) to [reality](#). Sally will not hold back in explaining the [challenges](#) she came across when building up Human and Hope Association, she will give you a glimpse as to what to expect, practical tips and tricks to succeed, and in general, plenty to think about before embarking on a [sustainable development](#) project of your own.

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## HOW HUMAN AND HOPE ASSOCIATION IS EMPOWERING A COMMUNITY OUT OF POVERTY IN CAMBODIA

Learn about how a grassroots organisation in Siem Reap, Cambodia, is taking a [practical approach](#) to empowering locals to create sustainable futures for themselves. You will hear about Sally's [personal journey](#) in this inspiring presentation and ways to apply this approach into your own [sustainable development](#) projects.

# TOPICS

## THE EFFECTS OF VOLUNTOURISM AND HOW WE CAN RETHINK INTERNATIONAL SERVICE PROJECTS

Spoken first hand from someone who has partaken in voluntourism and seen the error of her ways, this presentation discusses the **negative impact** that voluntourism can have on locals, and also provides advice on what to look for when volunteering overseas. By rethinking the way we **participate** in international service projects, we can truly ensure we are going about **sustainable development** in the right way.

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## THE EFFECTS OF A SEWING PROGRAM ON MARGINALISED WOMEN IN SIEM REAP, CAMBODIA

"I now don't fear for my life."

Seila is illiterate; she was forced to stop studying in grade two when her parents told her that taking care of their cows was more important than education. Seila had an arranged marriage and lived in a tiny shack with a dirt floor. Soon after, she had a daughter, but she feared from her husband on a daily basis.

When Seila began studying with HHA, she gave it everything she had, and now runs her own microenterprise. Seila and her husband have officially moved out of poverty and are living a peaceful life, free from violence.

Learn about the impact this program has on marginalised Cambodian women and be **inspired** by their drive to create change in their lives.

# TOPICS

## AN OVERVIEW OF CAMBODIA'S HISTORY AND WHY SUSTAINABLE DEVELOPMENT IS NEEDED

Cambodia has a **complex** and turbulent history. When you know more about their volatile past and **current climate**, you will understand why NGO's such as Human and Hope Association are required in this developing country. Most importantly, why local community members need to be placed at the heart of these operations.

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SALLY IS HAPPY TO TAILOR HER PRESENTATIONS TO SUIT YOUR NEEDS. PLEASE CONTACT SALLY TO DISCUSS ADDITIONAL TOPICS SHE CAN PRESENT ON



# BOOKINGS

## DONATIONS

Sally doesn't charge a speaking fee; instead, she asks for a donation to Human and Hope Association Incorporated. Sally understands that schools, clubs, universities, businesses and conferences have different budgets, so she encourages you to donate what you can afford.

The donation must be made a minimum of five business days before the speaking engagement. The bank account details are:

Bank: CBA

BSB: 065124

Account: 1033 8820

Name: Human and Hope Association Incorporated

Please let Sally know if you require a donation receipt.

## TRAVEL AND ACCOMODATION

Sally will travel up to 90km each way at her own expense. For further distances, an appropriate petrol allowance must be provided. When air travel is required, this can be at economy rates. Accommodation should be a minimum 4-star standard where possible with airport transfers to and from the accommodation/venue included.

## BOOKINGS

Sally can be booked directly by phoning 0424 080 186 or emailing [sally@humanandhopeassociation.org](mailto:sally@humanandhopeassociation.org).

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“MY TIME IN CAMBODIA AT HUMAN AND HOPE ASSOCIATION WASN'T ABOUT ME. IT WAS ABOUT GIVING THE TEAM THE KNOWLEDGE AND CONFIDENCE SO THAT THEY COULD MOVE OUT OF POVERTY AND EMPOWER OTHERS TO DO SO. IT WAS ABOUT CREATING LASTING CHANGE THAT WILL IMPACT A COMMUNITY FOR GENERATIONS TO COME. IT WAS ABOUT SHOWING THE WORLD THAT CAMBODIANS DO HAVE THE ABILITY TO RUN THEIR OWN NGO'S EFFECTIVELY, WHICH IS EXACTLY WHAT THEY ARE DOING.”



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