



## NGUYET, VIETNAM

**Nguyet is a teenager living with a disability in a small town in Vietnam. Her early years were subdued and solitary. Nguyet's life has been transformed thanks to a Caritas-supported program helping people like 16 year old Nguyet to discover a world of new opportunities. Two years after she featured in Project Compassion 2017, she has built a successful online business and is even riding a motorbike.**

Nguyet (new-wet) lived the first 14 years of her life isolated at home, her parents caring for her many health needs. Her disability restricted her movements, ability to interact with others and any chance of an education.

Around 7% of people in Vietnam are living with a disability. They often have poorer health, fewer educational and employment opportunities and higher poverty rates than people without disabilities.

The future appeared bleak – until a Caritas Australia program, implemented by our partner Catholic Relief Services (CRS) changed her life forever.

Called the Capacity Building for Parent Associations Supporting Children with Disabilities (CBPA), the program focused on inclusive education, health and building strong community networks to help to break down stigma and discrimination for those with disabilities. Discrimination remains one of the biggest barriers for people like Nguyet to participate in their communities and try to live a normal life.

Through the program, Nguyet was offered a home-based education, health services, new social interactions with other children and a creative outlet she is good at.

When Nguyet first participated in the program, she started designing and sewing doll's clothes and making delicate paper flowers to sell. Two years on, Nguyet is now 16, and has used her entrepreneurial ambitions and newfound confidence through the program to take her business in another direction. Today Nguyet is making a profit selling T-shirts, accessories and home-cooked snacks made by her sister. She also helps her parents in their business selling building materials locally.

"Now I can buy things I need at home and I can also purchase things to sell online," Nguyet says.

"Because I can only use my left hand, I put products on the floor and I use the timer mode on the camera to take photographs. And I used my savings, with support from my parents, to buy a motorbike to help me get around. I am very happy," she says.

"I can go out independently now," Nguyet says. "I visit my

grandmother who lives four kilometres away and my friends' houses and I ship merchandise to my clients who live near here."

The program also enabled her mother, Tim, to develop physiotherapy skills so she could better assist her daughter. Her mother says Nguyet's health is better, although it fluctuates and she still relies heavily on her parents for her physical needs.

Parents' associations first set up by the program have created a strong community. They support each other and learn from one another about how to best raise their child with a disability.

"Nguyet is happy, she earns her own money. Thanks to the project, Nguyet can read, write and do calculation. She is also more energetic and confident," Tim says.

"I'm still involved in the Parents' Association. We know how to take better care of our children. We are happier because our community now has a very good attitude to us," she says.

Around 4,000 people have now benefitted from this inspiring Caritas program.

Nguyet has great hope and a real commitment to succeed in her future. She hopes her story will inspire others to see what is possible for a person once isolated and unheard.

"I would like to have my own shop in the village one day. And I hope that other people with disabilities in Vietnam will receive help like I did," Nguyet says.

"I would like to say thank you to Caritas Australia and all those who have helped me."

*"I would like to have my own shop in the village one day. And I hope that other people with disabilities in Vietnam will receive help like I did."*

-Nguyet

\*World Bank 2015.



## FIND NGUYET'S SHORT FILM AND INTERACTIVE STUDENT WORKBOOK:

<https://www.thinglink.com/scene/1114794575739748353>

### REFLECT

*"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."*

St Francis of Assisi

- What is your initial reaction to this quote? What thoughts and images does it create in your mind?
- Think back on your life, what have you achieved that you thought initially would be impossible?
- What is inspirational about Nguyet's story?

### CATHOLIC SOCIAL TEACHING

Solidarity

We believe that we are part of one human family and have a responsibility to help each person reach their full potential.

- Do you think Nguyet's story is a powerful example of how life can change completely by having an opportunity to go to school and work with others?

### LEARNING TASKS

#### TASK 1: STORY STUDY

ENGLISH Y7- ACELY1723, Y8- ACELY1734, Y9- ACELY1744, Y10- ACELY1754

Watch (or read) Nguyet's story and discuss.

1. What are some challenges for Nguyet?
2. How has Nguyet shown resilience in her life?
3. How did Caritas Australia help?
4. How did Catholic Relief Services help?

5. What have been the flow on effects into the rest of Nguyet's family and community?
6. What are two facts you learnt about poverty and injustice from Nguyet's story?
7. Where do you see or hear about discrimination in your community, in Australia and even the world?
8. Do you think more action needs to be taken to prevent discrimination? Why?

#### TASK 2: HUMAN WELLBEING

Geography Y10- ACHGK081/ Religious Education

Investigate differences in human wellbeing between places.

1. What are the different concepts and measures of human wellbeing, and the causes of global differences in these measures between the countries?
2. What are the spatial differences in wellbeing within and between countries?
3. Evaluate the differences from a variety of perspectives.
4. How are Caritas Australia supported programs designed to reduce the gap between differences in wellbeing?

Suggested websites:

- o <https://data.worldbank.org/>
- o <http://hdr.undp.org/en/data>
- o [caritas.org.au/projectcompassion](http://caritas.org.au/projectcompassion)

#### TASK 3: CIVIC LIFE

Civics and Citizenship Y9- ACHCK079/ Religious Education

Research the work of Caritas Australia.

1. How does Caritas Australia contribute to the Australian community? Explore the concept of 'the common good'.
2. How is Nguyet's story an example of how Caritas Australia, as the aid and development organisation of the Catholic Church in Australia, demonstrates interfaith understanding and social justice?
3. Why does Caritas Australia advocate for an end to poverty and inequality around the world?
4. How can you contribute to the work of Caritas Australia?

#### TASK 4: SUSTAINABLE DEVELOPMENT GOALS

17 goals to achieve 3 extraordinary things in the next 15 years:

- End extreme poverty.
- Fight inequality and injustice.
- Fix climate change.

The Sustainable Development Goals (SDGs) attempt to address the root causes of poverty and inequality within and between countries, climate change and environmental degradation, the lack of peace and justice, alongside other important issues.

1. How do the goals relate to Catholic Social Teaching (CST) principles?

2. Which goals do you think apply to Nguyet's story?
3. How has the Caritas supported program contributed to achieving these goals?
4. How are we tracking to achieving these goals? <https://sdg-tracker.org/>
5. What can you do to achieve these goals?
6. What link do you see between SDGs and CST?
7. What can we do to bridge the gap between the reality and the ideal?
8. How can you make a commitment to take action?

#### TASK 5: CLASS DEBATE

English Y7 ACELY1804, Y8 ACELY1807 ACELY1808, Y9 ACELY1811, Y10 ACELY1812, ACELY1813, Civics and Citizenship Y9 ACHCS089, ACHCS085, Y10 ACHCS099

Lives change when we all give 100%.

OR

The cycle of poverty and disability can only be broken if the rights and needs of people with disabilities are addressed.

#### TASK 6: GRATITUDE JOURNAL

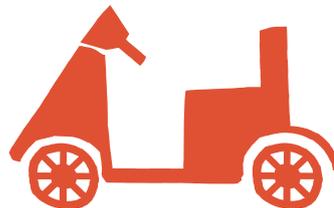
Living with a disability is challenging for Nguyet. Yet, since featuring in Project Compassion 2017, Nguyet has successfully built her own business, a dream that has become a reality with the support of Caritas Australia. Connected to the world in new ways, Nguyet has become independent, an important member of her community and has great hope for her future.

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

- St Francis of Assisi

## NGUYET, VIETNAM

What is my message of hope this Easter?



This week I am grateful for...

## 100% INCLUSION



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Spend 10 minutes reflecting upon what you have learned and on all the blessings in your life.

Three times I laughed with friends this week...

- 1.
- 2.
- 3.