

### **Project Compassion spotlights Lam's journey from isolation to independence.**

When Lam graduated high school, his physical disability meant there were few vocations available to him. Without access to any employment opportunities, he stayed at home with his parents in their rural home in Quang Nam province in central Vietnam, while many of his friends left to pursue careers.

Spending most of his time at home completing household chores with his family, harvesting vegetables, feeding chickens and cooking meals, Lam felt increasingly isolated and far from his dream of becoming a graphic designer.

Through the I-SHINE program, supported by Caritas Australia's partner in Vietnam, Catholic Relief Services (CRS), Lam was able to pursue his dreams and become more independent. He enrolled in a six-month IT Technician training course in Da Nang that not only equipped him with professional skills but also enabled him to rekindle his social connections and confidence.

"When I got the chance to be a part of this program, I was over the moon – just bursting with excitement and joy," Lam said.

With the knowledge and skills gained from the course, Lam was able to kickstart his own freelance graphic design business from home.

Today, Lam is a successful graphic designer, freelancing for both local and international clients. He earns a stable income from his job and is an inspiration for other young people in his community facing similar challenges.

"Right now, I'm most proud of being less dependent on my parents. They can finally relax knowing I've found a fulfilling career that I'm truly passionate about," Lam said.

Find out more about Lam and watch his story here: [Lam's story](#)

Those wanting to support Project Compassion, download resources or fundraise can visit <https://www.caritas.org.au/project-compassion>

To donate, look for the Project Compassion donation boxes, visit the website, or call 1800 024 413 toll free.

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**ENDS**

**Media contact:** Tara Harvey 0484 002 021 [tara.harvey@caritas.org.au](mailto:tara.harvey@caritas.org.au) or [caritasmedia@caritas.org.au](mailto:caritasmedia@caritas.org.au)