



2026

CHANGE STORIES



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and people constantly fought amongst
themselves, but this has changed.”***

**BOTH PANOM KORYOM
FACILITATOR FOR TRAUMA HEALING AT A PROTECTION OF CIVILIANS (POC) SITE IN JUBA**



“My parents and some siblings live in Akobo County, close to the Ethiopian border, while two brothers live in Ethiopia” Akobo is more than 500kms away from Juba, the capital of South Sudan. As is the case with most of South Sudan, the County has experienced fighting between rival communities that has led to the loss of lives. “I left Akobo for Kenya, where I stayed for 10 years, and when I returned to South Sudan, I came to live in the POC because I do not have enough money to take me back home. That means I have not seen my parents for over 10 years.”



Both Panom Koryom, 29 at time of photo.



Both and fellow POC camp facilitator. The team has been trained by Solidarity with South Sudan on techniques for dealing with trauma so that they can provide their communities with trauma relief and psychological support.

“I came back to an unstable country. There is little food, and work is hard to find. These problems can make you crazy and disturb your thoughts. Solidarity with Sudan trained me in several things, including how to avoid conflict in our communities, counselling, and trauma healing, and then I became one of their facilitators. There has been improvement because we were helped, and, in turn, we’ve been helping community members. We used to have very short tempers, and people constantly fought amongst themselves, but this has changed. Additionally, they encouraged us to continue with education instead of giving up despite all the problems. Everything comes to an end.”



STAY CONNECTED

Both Panom Koryom's journey reflects the quiet leadership rising within South Sudan's communities. Trained in trauma healing and conflict resolution, he now walks alongside neighbors in the Protection of Civilians site in Juba, helping foster stability, patience, and renewed purpose. His story reminds us that when one person is formed, communities begin to change. Follow our journey, explore more stories, and discover how you can stand in solidarity with leaders like Both.



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