

PROJECT FUTURES

END SEX TRAFFICKING

**2013 SCHOOLS CYCLE CHALLENGE
INFORMATION PACK**





Thank you for enquiring about the FUTURES '13 Cycle Challenge!

Get off the beaten track in Cambodia as we blaze a trail from the glories of Angkor to some of the less known and visited Khmer sites, pedal by the side of the Mekong River to the capital city then sweep southwards through rural provinces and tropical beaches of Kep and the river town of Kampot.

This is a real journey of discovery pedaling along quiet back roads and passing through sleepy villages you'll see the beauty of rural Cambodia up close and experience a the pace of life that has not changed much since the time of the Khmers.

See some of the best Khmer ruins, far from the madding crowds that now dominate Angkor and experience a real thrill as you explore off the beaten track. Our cycling route is varied and fascinating whether it's on jungle tracks up a pilgrimage mountain, cycling by the Mekong River or along the beaches of the tropical southern coastline you will experience a side of Cambodia seen by few others. Coupled with time spent relaxing in Siem Reap, Phnom Penh and Kep this is a superb way to experience one of Asia's most captivating countries

By registering, you will be committed to helping raise funds for PROJECT FUTURES, an organisation dedicated to combating human trafficking and sexual exploitation in Australia and South-East Asia. We also urge you to read the information on www.projectfutures.com to better understand where the sponsorship money raised will go towards.

PROJECT FUTURES and our partners Raw Travel (an Australian based travel tour company) have many years experience running bike tours across South-East Asia, including running specific tours for school groups.

Our July 2012 bike ride in partnership with Loreto Normanhurst was a fantastic success.

"The school cycle challenge in Cambodia was the experience of a lifetime. We were fortunate enough to ride with and spend the entire week with two of the Voices for Change girls who gave us great insight into their lives and Cambodian culture. We cycled through spectacular countryside, were treated to amazing local cuisine and delicacies. The shelter visits were towards the end of the week and were very powerful. The impact of those visits will be with me always and as requested by the children those children. I will keep them in my heart."

- Bez, Parent, Loreto Normanhurst

"It was amazing to experience Cambodia and the culture along with viewing the diversity of the country and being able to interact with locals. The RAW Travel staff on the trip were amazing, extremely organised and helpful, making the trip a memorable experience. I also felt I saw a lot of Cambodia and its diverseness and visited many interesting and exciting places. I would love to do it again!"

- Caitlin, Student, Loreto Normanhurst

About the cycle

Details of the cycle

Date: June/July 2013 (Specific dates to be confirmed)

Kilometers cycled: 350-400km

Please note there is a complex itinerary subject to change dependant on local conditions, weather and airline / transportation schedules. Raw Travel reserves the right to amend this itinerary and any distances stated at its discretion. As conditions may vary all distances are approximate.

Accommodation

Accommodation is a mixture of hotels and guest houses and we have chosen the best that are available in the more remote locations. In Phnom Penh and Siem Reap we use great hotels which are very centrally located with comfortable rooms and facilities. Generally speaking, the accommodation on this trip is a good standard though some patience maybe required in the smaller guesthouses where the plumbing and standards of English may not always be as you like it!

Meal Inclusions

Most meals (except for your free days) are included in this trip and the food is generally of an excellent quality. We like to sample the best of local dishes and produce so you enjoy an authentic taste of the region which you're travelling through. Cambodian food is a mixture of different influences from Thailand, Cambodia and France.

Transport

Any transport required is generally by private vehicle. You will have an air-conditioned support vehicle travelling with you in Cambodia throughout the trip.

Group Leader

Raw Travel has both resident western and local leaders who lead our trips in this region. Generally speaking you will have a western leader with a larger group size supported by local leaders as well. Where the group size is smaller or with a private booking for a few persons you will have a local leader. All our staff are first aid trained and experienced with the special nature and demands of cycle tours and are able to give you support and insights into the local culture.



The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends.

While not being tour guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local area guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

One of the staff accompanying your trip will also double as mechanic and ensure that your bikes are trouble free by checking them over regularly during your trip.

"We were extremely fortunate to have had Alan as our group leader. He displayed high quality leadership skills in his dealings with the girls, parents, PROJECT FUTURES Team and the local team. He also shared willingly his extensive local knowledge with everyone. I would highly recommend him."

- Katrina , Parent, Loreto Normanhurst



Physical rating

Moderate: You don't need to be a highly experienced cyclist to join these multi-day trips but a reasonably good level of fitness is required to participate fully. Full support is provided throughout, so you can ride as much or as little as you want to. Be prepared for moderate to strenuous physical activity as you will be cycling for between 5 and 7 hours each day on average and some pre-trip training is recommended to get the most from your adventure. Terrain is varied but generally on sealed roads and no technical skills needed to enjoy the trip. Mb: (+855) 77 774 093

More detailed information

If you agree to the cycle, we will happily provide you more detailed information on:

- Biking and Training
- Travel Insurance
- What to take
- Local Dress
- Money Exchange and spending money
- Visas
- Health and Medicine (esp. Dehydration)
- Keeping in touch and communication while on the road
- Emergency Contacts
- Travelling as a group and Safety
- Responsible Travel and Group rules

Registration

PROJECT FUTURES and Raw Travel require all riders to fill out an online registration form. A link to the form will be provided closer to the date.

Registration Fee and Fundraising

Please note: PROJECT FUTURES is an Australian-registered charity, and for our purposes, we generally quote prices in AUD Dollars.

Registration Fee: Approx. AUD \$3,000.00 per person.
(This amount may vary based on the number of confirmed participants for the trip).

The registration fee will be paid per person to RAW Travel (our travel operator) upon filling out the registration form. This payment will ensure your place on the ride. The cost is inclusive of the following:

- Flights from Australia;
- All accommodation in Cambodia (twin share, if you require your own room please inform us);
- Most meals;
- Multi speed mountain bikes;
- Local guides, ground staff and bike mechanics;
- Support bus;
- Safe drinking water and snacks during riding days;
- PROJECT FUTURES cycle shirt.

The cost will not include:

- Travel insurance;
- Departure taxes, and any fuel surcharges;
- Appropriate Cambodian visa;
- Vaccinations required;
- Spending money;
- Gratuities for all staff looking after us on tour;
- Any additional activities whilst on the tour;
- Adequate helmet for cycling.

Once you fill out the online registration form you will be contacted by RAW Travel to ensure your place is secure.

Fundraising minimum: AUD \$2,500.00 per person

Please note: You are expected to fundraise 80% of the AUD \$2,500.00 before you leave for the trip. You will have 2 months upon return of the cycle challenge to raise the remaining fundraising minimum amount. If the 80%

has not been raised, PROJECT FUTURES will need to take an imprint of your credit card before departure date with the remaining balance to make up the fundraising minimum in order for you to still be eligible to participate on the cycle. All funds will be returned to your account once you raise the minimum amount within the two month period.

Deliver your fundraising to PROJECT FUTURES

1. Direct to PROJECT FUTURES

You can also do an EFT (electronic funds transferred) directly into the PROJECT FUTURES bank account (with no commission fees). Please, however, only transfer amounts of AUD \$1,000:

BSB: 012 361

Account No: 180659178

Description: (Your full name and 'PROJECT FUTURES SCHOOLS CYCLE 13')

2. Via 'Go Fundraise' Website

You will need to set up your personal fundraising profile on the PROJECT FUTURES Go Fundraise page. A link will be provided closer to the date.

Important Instructions on Visiting AFESIP Shelters

One of the most rewarding and exciting parts of the PROJECT FUTURES Challenger events is to be able to visit one of the AFESIP centers (centers for victims of trafficking funded by the Somaly Mam Foundation) during your trip.

However, as per the AFESIP visitor policy, these centers are 'places of healing, care, support and growth for each individual resident'. PROJECT FUTURES wants to ensure, therefore, that all our visitors understand the privilege in visiting these centers and therefore follow all procedure in relation to centre visits.

Therefore, we will require you to provide a recent criminal record/background check (issued by police in your local area in the last 12 months) before you leave for South East Asia.

We will ask you to sign a copy of both the AFESIP Visitor Information and Agreement Policy and Child Protection Policy when you arrive in Cambodia.

Please also note that camera, videos and mobile phones can now not be taken into the centres.



The Itinerary

Day 1: Flight to Cambodia

We arrive into Phnom Penh and make our way to the starting point hotel in Central Phnom Penh, where we are met by the leader and check into the hotel for a rest and freshen up. Later that afternoon we have a briefing on what lies ahead for the week and meet our local team. Today is a day to relax after your long flight and explore your surroundings, taking in the French style cafes along the Riverside outside our hotel. You are walking distance to Phnom Penh's sites such as the Royal Palace and Wat Phnom, a hillside temple which the city is named after. Meals included: Dinner

Day 2: Ride to Sihanoukville

Today is your first day on the bikes! We'll have an early start as we transfer out of Phnom Penh and southwards to begin our ride through the countryside to the coast. After meeting your bike and getting set up we begin riding through rural Cambodia, passing timeless scenes of water buffalo and rice paddies. In the distance we see the Cardamom mountains, one of the country's last wild places. That afternoon we arrive into Sihanoukville, a sizeable port city and the jumping off point for Cambodia's beautiful tropical beaches, islands surrounded by coral and cool beachside bars you won't have any trouble relaxing tonight. Distance cycled Approx 55m Meals included: Breakfast, Lunch, Dinner

Day 3: Sihanoukville

This is a challenging ride but probably the most interesting for the variety of scenery. In the morning we ride quite undulating terrain with the first 20km holding a few challenging hills. We ride within sight of the southern Cambodian coastline and by the afternoon the roads are flat but under the gaze of the Elephant Mountains. We

arrive at the town of Kampot, a sleepy provincial centre built on the banks of a river and full of dilapidated French architecture. Distance cycled 55km
Meals Included: Breakfast, Lunch, Dinner

Day 4: Kep Sur Mer & Rabbit Island

This morning we have a short ride to the beachside town of Kep Sur Mer, an old French colonial resort that has found a new lease of life and is popular as a weekend destination with visitors from Phnom Penh. After a pleasant ride there we'll take a boat to Rabbit Island. This tiny island is only 2 square kilometers in size, and just a 25 minute boat ride from the beach in Kep. There are about 7 or 8 local families who actually live on the Island, making their living from fishing and growing coconut trees. Return to Kampot later that day. Distance cycled 30km.
Meals Included: Breakfast, Lunch, Dinner

Day 5: Ride/Transfer to Phnom Penh

It's an early start as we hit the bikes again for a day of riding Cambodia's highways. Our Route today takes us Northward away from the coast and back towards Phnom Penh, passing through the provincial town of Takeo. The last section into Phnom Penh we will board vehicles and drive to the city, to avoid heavy traffic. Distance cycled - 90km.
Meals Included: Breakfast, Lunch, Dinner

Day 6: Phnom Penh Free Day

Today is free for you to rest up and explore the diverse city of Phnom Penh. From the leafy areas of the International workers, to popular riverfront area and the slums of the port area, Phnom Penh is not a city you will forget in a hurry. There are some tragic reminders of the Khmer rouge times here, including the infamous S21 genocide museum and the killing fields located just outside the city. On the brighter side, the markets are a great place to rub shoulders with the friendly population of this city and a good place for some souvenirs.
Meals Included: Breakfast

Day 7: Phnom Penh to Kampong Cham

We board buses from Phnom Penh and then follow along dirt roads all the way to the Town of Koh Kaong. One of the most interesting rides of the trip, today we ride along the Mekong River on a small dirt road through small Cham Villages, who survive on fish from the Mekong and small-scale vegetable and animal farming. Distance cycled 65km. Meals Included: Breakfast, Lunch, Dinner



Day 8: Siem Reap Cycle & Transfer

The Khmer Empire was one of the most prosperous empires in SE Asia and dominated much of what is now Laos, Vietnam, and Thailand. The kingdom drew its religious and political inspiration from India. The literary language of the court was Sanskrit; the spoken language was Khmer. Massive temples from this period, including Angkor Wat and the Bayon at Angkor Thom, testify to the power of Angkor and the grandeur of its architecture and decorative art. The unparalleled achievements in art, architecture, music, and dance during this period served as models for later cultural development in Cambodia. Angkor faded into obscurity after the capital moved south to Phnom Penh in the 15th century, probably due in part to frequent invasions by the neighbouring Thais. The jungle rapidly grew over the monuments. In the centuries that followed, frequent wars reduced the territory, wealth, and power of Cambodian monarchs. However, an independent state with its capital near Phnom Penh survived until the 19th century. Distance cycled - 80km
Meals included: Breakfast, Lunch, Dinner

Day 9: Shelter Visit in Siem Reap

Today we'll be visiting one of the Somaly Mam / AFESIP Shelters located in Siem Reap. The centre provides vocational skills training such as sewing, hairdressing as well as non-formal and holistic care including medical and counseling assistance for residents from Cambodia's northeast and western provinces.
Meals included: Breakfast, Lunch, Dinner

Day 10: Depart Siem Reap

Today you have the morning free for a last look around Siem Reap before your departing flight which usually leaves in the evenings (depending on your destination), bringing to a conclusion what will have been a remarkable and life changing trip.
Meals included: Breakfast

Please note this is a complex itinerary subject to change dependant on local conditions, weather and airline / transportation schedules. Raw Travel reserves the right to amend this itinerary and any distances stated at its discretion. As conditions may vary all distances are approximate.



The Cause - Where will your money raised go?

The money that you are raising will be going directly to the work of former Cambodian sex trafficking survivor Somaly Mam. Somaly is the inspiration behind our work at PROJECT FUTURES after being sold into the sex trade at the age of 12. She was forced into a life of abuse, rape, torture and endured so much at such a young age. After escaping the industry with the help of a foreigner, she went on to establish a Cambodian nongovernmental organisation (AFESIP) which rescues, rehabilitates and re-integrates women and children who have been rescued from forced sexual servitude. AFESIP operates in Vietnam, Laos and Cambodia. We will be visiting two of Somaly's centres on the Challenge and learning more about the amazing work her organisation does in South East Asia. Please go to www.somaly.org for more information.

"It was so great to meet all the survivors and hear their stories. We were immersed into the Cambodian culture and the country was absolutely beautiful. We meet so many amazing people and formed life long bonds with them, it is an experience that will never be forgotten."

- Lauren, Student, Loreto Normanhurst

Frequently Asked Questions

1. Does PROJECT FUTURES or your tour company have experience running bike tours for school students?

PROJECT FUTURES and our partners Raw Travel have many years experience running bike tours across South-East Asia, including running specific tours for school groups. In July 2012, PROJECT FUTURES ran its first school cycle in collaboration with Loreto Normanhurst, Sydney NSW.

2. Are donations tax deductible?

Direct to PROJECT FUTURES

PROJECT FUTURES is applying to gain deductible gift recipient status (DGR) with the relevant governing bodies in Australia, but it is a lengthy process. We currently do not have DGR status within Australia, which means that any donations from Australia will NOT be tax deductible. You will need to inform all potential donors of this. We understand that because donations are not tax deductible the ability to raise significant funding becomes more of a challenge, however it is possible. We believe that this cause is worth fighting for and we hope you do too! To date PROJECT FUTURES has raised over AUD\$600,000 none of which has been tax deductible – people are passionate about this cause and together we can make a real difference.

3. What happens if I can't raise the fundraising minimum amount in time?

You are expected to fundraise 80% of the AUD \$2,500 before you leave for the trip. You will have 2 months upon return of the cycle challenge to raise the remaining fundraising minimum amount. If the 80% has not been raised, PROJECT FUTURES will need to take an imprint of your credit card before departure date with the remaining balance to make up the fundraising minimum in order for you to still be eligible to participate on the cycle. All funds will be returned to your account once you raise the minimum amount within the two month period.

4. How many people will be participating?

Our group will be a maximum of 30 people. This will be set on a first come first serve basis.

5. Who looks after the luggage whilst we are riding?

All luggage will be transported in support vehicles. A day pack/ handle bar bag is necessary to carry camera, sunscreen, snacks & small items with you.

6. Are the activities we will be partaking in safe? What about First Aid?

The safety of the group is our first priority and all of the challenge events have been assessed for risk prior to their being operated. You will be given a full safety briefing during the event and cautioned about any activity which could pose a hazard to your own or the groups' welfare. All of the Raw Travel leaders accompanying us have full first aid qualifications and can attend to any injuries that take place on the event and if necessary evacuate you to the nearest clinic/ hospital for treatment.

7. What about vaccinations?

It is your responsibility to get all the required vaccinations prior to the trip. Search on www.travelvax.com.au for health profiles on the country you are visiting or consult your family doctor.



Fundraising ideas

Please download our 'Do It Yourself' Fundraiser Kit from our website to get you started:

<http://www.projectfutures.com/get-involved/diy.php>

Here are some ideas to get you started:

- Ask for personal sponsorship. This cause is one that touches people & you should never underestimate the generosity of others. Any donation, no matter the amount, is helping you reach your target;
- Ask for corporate sponsorship. Big companies give big donations! See point 1 in the FAQ re. tax exemptions etc;
- Place donation boxes around the office/school;
- Approach local businesses and ask if they are willing to keep a donations box at their front counter;
- Approach local businesses to ask for donations of goods or services and once you have a decent prize pool, hold a raffle or auction. Raffles tend to raise more funds depending on the generosity and means of your donors;
- Put on an event- a movie night, a sausage sizzle, a morning or afternoon tea; and charge a decent admission fee. Even though a movie night may only mean hiring a DVD, buying 5 bags of popcorn & 10 blocks of chocolate, as it is for charity ask your guests to donate whatever they would spend on a night out at the movies. Borrow a friend's projector & make it feel like a real cinema experience! This principal can be applied to almost any event;
- Selling chocolates or treats at work or school (or anywhere!) is a great idea as whenever anyone has a craving, you are the closest source of goodies!



Contact us

If you have any queries on any of the above please contact a PROJECT FUTURES staff member:

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The team at PROJECT FUTURES would like to express our sincerest thanks to you for endeavoring to make a difference in our world and help the multitudes of men, women and children that are devastated by human trafficking.



