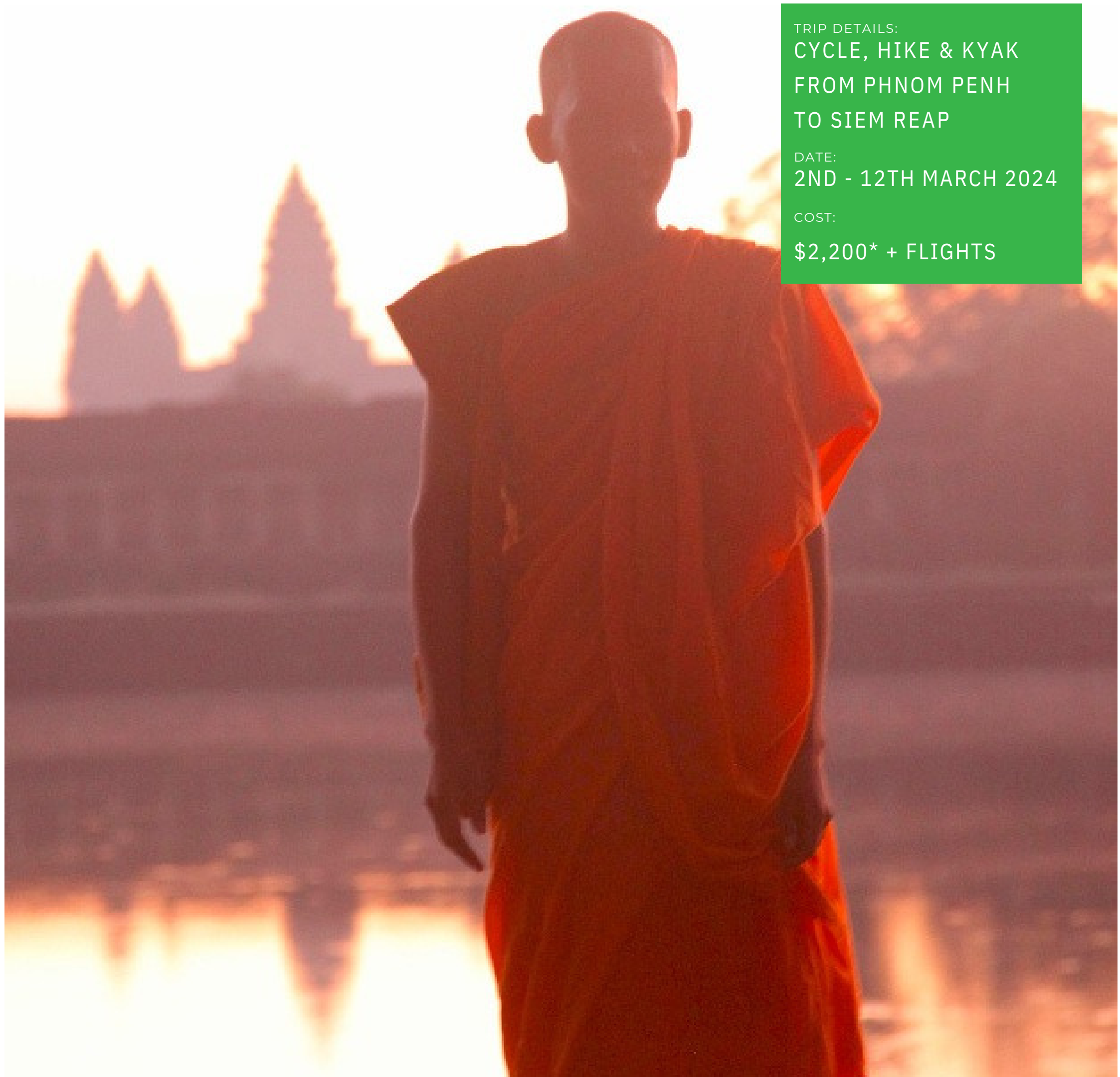


2024 CAMBODIAN ADVENTURE CHALLENGE Info Pack

TRIP DETAILS:
CYCLE, HIKE & KYAK
FROM PHNOM PENH
TO SIEM REAP

DATE:
2ND - 12TH MARCH 2024

COST:
\$2,200* + FLIGHTS



THANK YOU from project futures

Thank you for enquiring about the PROJECT FUTURES 2024 Cambodian Adventure Challenge.

Cycle, hike and kayak off the beaten track as we blaze a trail from the glories of Angkor Wat to some of the lesser known and visited Khmer wonders. Spend time with trafficking victims and survivors before making our way slowly to the coastal southern reaches to take in all the highlights and hidden attractions.

You will pedal alongside the Mekong River in the capital city, Phnom Penh to meet our Impact Partner, AFESIP Cambodia.

Whether cycling along jungle tracks, up the holy mountain, by beaches and rivers, you will experience a side of Cambodia seen by few others.

This trip is open to everyone.

We are also excited to announce a local homestay for this trip, which will really get you immersed in the culture.

By registering for the trip, you are committing to raising funds to support victims, survivors and those at-risk of human trafficking and sexual exploitation in Cambodia.

We urge you visit www.projectfutures.com to find more information on our Impact partner and understand how the funds raised are used.

PROJECT FUTURES have been running challenges across South-East Asia since 2009, having hosted over 23 local and international challenges and introduced over 350 people to the wonders of this beautiful land in that time.

A MESSAGE FROM OUR 2019 CYCLE PARTNER ELEVATION FITNESS

We are afforded the luxury of living a life that feels very removed from the shocking reality of human trafficking and sex trade, but the very knowledge that this exists, makes it impossible to ignore.

If fate had dealt a different hand, any one of us could have been born in to that world, and we feel a very strong desire to give women and girls suffering from exploitation the means to make a change, to break the cycle and create a life she longs for.

Increasing awareness of human trafficking and the sex trade is vitally important. Through PROJECT FUTURES, we are able to help make these hopes a reality, which is why we wanted to take others on this journey too.

- Ali Davidson

ELEVATION FITNESS GENERAL MANAGER

DON

Participant, 2017 Cycle Challenge



“Cycling through Cambodia with PROJECT FUTURES and a group of like-minded individuals has been a highlight of my life.

The tour was extremely well organised with a team of local experts who were both patient and knowledgeable. Being on the bike also meant that we were able to see the country from a different perspective, beyond the usual tourist hotspots.

Meeting the survivors of sex trafficking and seeing their resilience inspired me and made me realise how important it is to tackle this issue.

For anyone considering the Cycle Challenge, I’d recommend it in a heartbeat.”



THE CAUSE

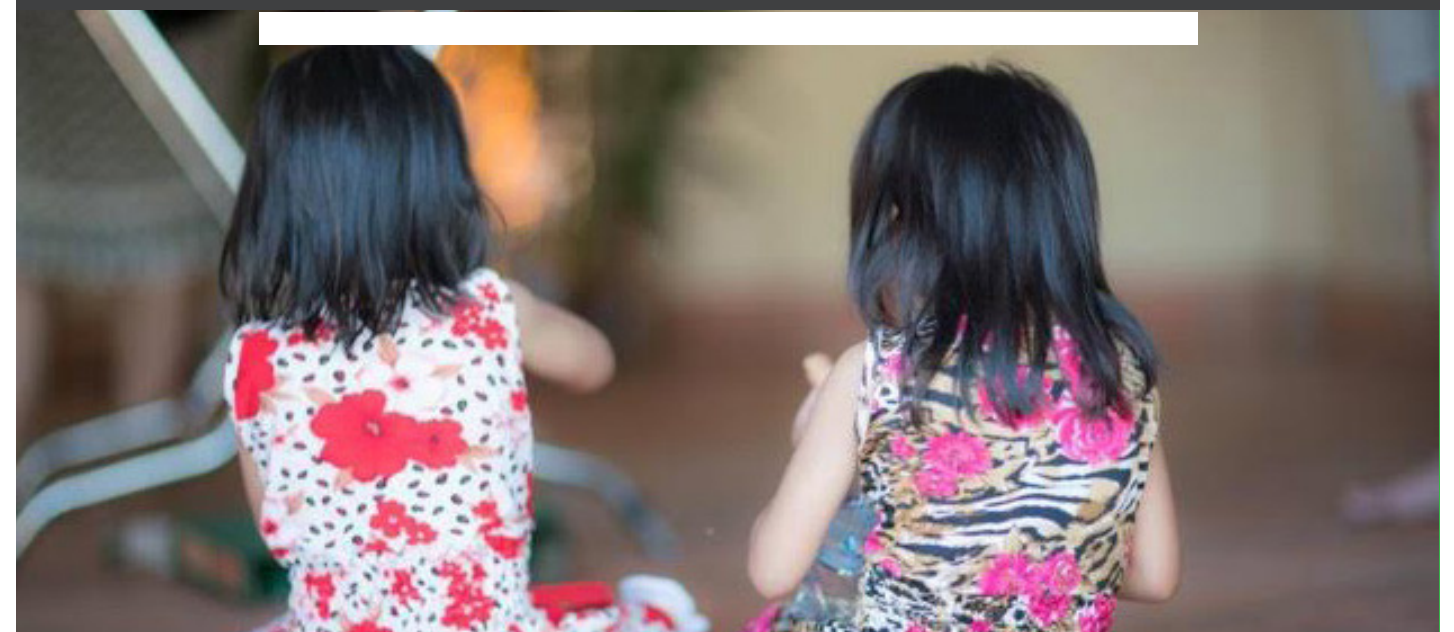
PROJECT FUTURES gives hope by helping to transform the lives of women and children affected by trafficking, slavery and sexual exploitation by creating meaningful experiences that raise funds, educate and empower others to take action.

Funds generated support established projects in Australia and Cambodia that seek to prevent, support and empower victims, survivors and those at risk of trafficking and exploitation. Our funding provides flexibility for services supporting vulnerable communities in this region and allows them to take a holistic approach to survivor recovery.

Money raised through this trip will support:
AFESIP Cambodia (AFESIP)

AFESIP was founded on the vision and life’s work of survivor and activist, Somaly Mam who for over 20 years has sought to combat both the impact and the enablers of sex trafficking, slavery and exploitation of young women and girls in Cambodia.

This is achieved through outreach and recovery programs; training and education, as well as economic empowerment and reintegration of survivors.





REGISTRATION FEE & INCLUSIONS

The PROJECT FUTURES 2024 Cambodia Adventure Challenge registration is \$500 AUD per person, which goes towards the cost of the trip. The remaining value will be due no later than 30 days prior to trip commencement.

The cost must be paid for each participant directly to PROJECT FUTURES upon filling out the online registration form. This payment confirms your place on the cycle.

The cost is \$2200* + Flights.

Please fill out the online registration via our website.

COST INCLUDES

- Accommodation in Cambodia (twin share)
- Travel Leader
- All meals as indicated
- Water, snacks and fresh fruits
- Multi speed mountain bike
- Local guides and ground staff
- Support bus while cycling
- Admission fees as noted on the itinerary
- Project Futures t-shirt

COST DOES NOT INCLUDE

- Flights from Australia to Cambodia (excluding airline taxes)
- Travel insurance
- Airline departure taxes, and any fuel surcharges
- Appropriate Cambodian visa
- Vaccinations
- Spending money
- Gratuities for all tour staff
- Any additional activities undertaken on the tour
- Cycling helmet



FUNDRAISING MINIMUM

The minimum fundraising target for the 2024 Cambodia Adventure Challenge is \$3,000 AUD per adult or \$500 AUD for children under the age of 16.

Please note 100% of the fundraising minimum must be raised before the commencement of the tour and you are encouraged to reach beyond the minimum target.

The PROJECT FUTURES team are here to assist you through this process. However, if less than 80% of the minimum has been raised at the time of departure, your credit card details will be requested and the remainder of the fundraising minimum will be charged upon your return from Cambodia at the end of a one month grace period.

Funds raised can be provided to PROJECT FUTURES in two ways:



DIRECT DEPOSIT to PROJECT FUTURES

You can transfer funds raised via EFT (electronic funds transfer) directly into the PROJECT FUTURES bank account (with no commission fees). Please only transfer when you have your total fundraising target or no less than \$500 AUD at a time to:

BSB: 012 361

Account No: 180659178

Description: Your full name and 'ELEVATION CYCLE CHALLENGE'

Any funds raised through events that do not automatically get processed through Chuffed can be applied as an offline donation and contribute to your overall total.



Via 'chuffed' fundraising page

We will help you to set up your personal fundraising profile on our preferred platform, Chuffed.

Chuffed is an easy way to engage your networks to support you and to manage your fundraising online.

Chuffed is a not for profit organisation. This means that donors can elect to pay a small fee or not.

Credit Card Charges apply. Chuffed will issue a tax deductible receipt directly to donors.



THE ITINERARY

Please note this is a complex itinerary subject to change dependant on local conditions, weather and airline / transportation schedules. We reserve the right to amend this itinerary at our discretion.

Date: 2 - 10 March 2024

1

2 MARCH ARRIVE PHNOM PENH

You will need to make your own way from the airport to the hotel before meeting with your guide and group. An authentic culinary welcome dinner awaits at a riverside local restaurant .

Meals: Dinner



2

3 MARCH PHNOM PENH

This morning you will meet with your guide for a briefing on the journey ahead and be fitted for your bike.

You will spend the remainder of the day at the AFESIP Centre. We have organised a very special day of yoga, painting, traditional Khmer dance and cooking with the girls currently residing with AFESIP.

You will meet the inspiring Somaly Mam and understand why she has dedicated her life to helping the victims and survivors of trafficking.

Meals: Breakfast / Lunch / Dinner

3

4 MARCH PHNOM PENH - KOMPONG CHAM

Feeling inspired after hearing the stories of the victims and survivors of trafficking at the AFESIP centre, we begin our cycle journey.

You will be transferred by bus out of the city to avoid the busy traffic of Phnom Penh, and begin your journey through the Cambodian countryside; passing endless rice fields, pepper farms and waving at the local children along the way.

You will experience incredible lakes, ancient temples and panoramic views as you journey to reach Kompong Cham Province. En route, pass through Skuon – a small town known for its unusual delicacy of tasty spiders. Try one if you're game!

Meals: Breakfast/ Lunch/ Dinner

4

5 MARCH KOMPONG CHAM - KOH TRONG HOMESTAY

Onwards to the town of Kratie on the banks of the Mekong. Board a local boat from Kratie waterfront to Koh Trong for your homestay.

Approximately 280 families call this 6-kilometre island home. The island is famous for growing the citrus fruit pomelo – some of the best in Cambodia – as well as rice and other agricultural products.

Your homestay is a wonderful opportunity to immerse yourself into everyday Cambodian life, and this evening you'll enjoy a traditional Khmer dinner.

Meals: Breakfast/ Lunch/ Dinner



5

6 MARCH KOH TRONG-STUNG TREN

After breakfast, take a 1-hour guided walk, getting a chance to see how the locals live, and to learn more about local culture in this part of Cambodia.

Villagers have started a three-planting project at Wat Ty Pram Kbal Koh Trong. You'll have the opportunity to contribute to the project by helping to plant a tree in the pagoda grounds.

Afterwards, say goodbye to your island hosts and head back to the mainland. There's time to wander down the river boulevard and explore the local market in Kratie before travelling 2.5 hours to Stung Treng.

Meals: Breakfast / Lunch / Dinner

6

7 MARCH STUNG TREN - HIKING & KAYAKING

After breakfast you will set off for a day of hiking and kayaking; Travel by private minibus to the village of Vooun Kham (approximately 2 hours)

From there, catch a local boat to cruise the Mekong River to the fierce Sopheakmit Waterfall. Situated on the Cambodia–Laos border, the thundering falls crashing over limestone crags and boulders is a spectacular sight. Moor the boat at a local family's home and hike through jungle to a lunch spot overlooking the falls. The hike will take approximately 2 hours.

Next it's into a kayak to paddle amongst the spectacular scenery of flooded forests to Vuen Sien village (approximately 2 hours).

Meals: Breakfast / Lunch / Dinner

7

8 MARCH STUNG TREN - SIEM REAP

This morning, set out to our final destination Siem Reap! Travelling by private minibus through Cambodia's countryside and small towns (approximately 4.5 hours). En route, stop at Beng Mealea – a spectacular hidden jungle temple. Stretch your legs and indulge your inner Indiana Jones as you explore the temple at your own pace.

Tonight, your dinner will be at Haven Restaurant, a social enterprise supporting disadvantaged young adults.

After dinner you will visit Phare – the Cambodian Circus, which is run by an NGO who support Khmer youth with art and performance training.

Meals: Breakfast/ Lunch/ Dinner



8

9 MARCH SIEM REAP (ANGKOR WAT)

This morning, get set up on mountain bikes for a ride around the Angkorian ruins. By taking the bike you can avoid much of the walking crowds and get a unique perspective on this amazing site.

You'll also cycle along the wall of the ancient city of Angkor Thom

Tonight, enjoy a farewell dinner at Spoon Café and Restaurant, a full-service restaurant, student training facility and multi-purpose space serving authentic and creative Cambodian cuisine. It is time to celebrate your amazing achievement with your fellow challengers!

Meals: Breakfast/Lunch /Dinner



9

10 MARCH DEPART SIEM REAP

Sadly, your Cambodian adventure finishes today and you will be free to return to Australia at a time of your choosing.

Meals: Breakfast



VISITING THE CENTRE

One of the most rewarding and exciting parts of the PROJECT FUTURES international challenger events is the opportunity to visit AFESIP Cambodia.

As per the visitor policy, these centres are ‘places of healing, care, support and growth for each individual resident’. For this reason, it is extremely important that all PROJECT FUTURES’ challengers understand the privilege of being welcomed in to this space and be prepared to follow all procedures in relation to centre visits.

If you are over 18 you will be required to provide a recent criminal record/background check or Working with Children Check (WWCC) before leaving for South East Asia. This can be obtained from your local police station, the National Criminal Record Check or online (WWCC).

The Visitor Information and Agreement Policy and Child Protection Policy will also be provided to you in advance and must be completed prior to departure. We ask that you read these carefully and return the signed forms to your PROJECT FUTURES representatives.

No cameras, videos or mobile phones may be taken into the centres and strictly no photography is allowed. An organised photo will be taken and shared with group to commemorate your time there.



Our mission is to give hope by transforming the lives of women and children affected by trafficking, slavery and exploitation.



FUNDRAISING TIPS

One of the easiest ways to begin fundraising is to create your personal profile on the PROJECT FUTURES Chuffed campaign page. Through Chuffed you are able to personalise your profile, and set yourself a fundraising goal of a minimum of \$1,000.

You can share the link with your family, friends, colleagues and on social media to encourage them to support your journey and make a donation.

Another way to raise funds for your trip is using the PROJECT FUTURES Fundraising Kit.

This is for anyone who is wishing to raise funds for PROJECT FUTURES through events and other activities. You can download the kit here for some great ideas and a suite of approved designs for your use <http://projectfutures.com/fundraise>

Our top five fundraising ideas to get you started include:

1

SPONSORSHIP

Ask for personal sponsorship. Never underestimate the generosity of others and any donation you receive is contributing to your goal.

2

EVENTS AT SCHOOL OR WORKPLACE

Approach your school or company and ask them to support you in hosting a fundraising morning tea to share your journey.

3

BUNNINGS BBQ

Approach your local Bunnings to request a date. This could be done individually or as part of a group supported by the team at Elevation Fitness.

4

RAFFLE

Approach local businesses to request donations of goods or services for a raffle or auction.

5

EVENTS

Host an event. Charge an admission fee for a movie night, a BBQ or Trivia night. This can be a big money maker no matter how big or small the scale.





FREQUENTLY ASKED QUESTIONS

1. Are donations tax deductible?

PROJECT FUTURES is a registered public benevolent institution with DGR1 status, which means that any donation over \$2 is tax-deductible.

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

As the fundraising target has been lowered considerably for this particular event, 100% of the fundraising minimum must be raised before the commencement of the tour. If less than 80% of the minimum has been raised, your credit card details will be requested and the remainder of the fundraising minimum will be charged at the end of a one month grace period.

3. What if the group reaches our fundraising target, but I have not reached the minimum fundraising amount?

To ensure that it is fair for everyone involved, minimum fundraising targets will apply to all individuals irrespective of whether other members of the group go beyond this amount. This just means more money can go to the services we support.

3. How much of the fundraising goes to the cause vs cost?

We keep costs separate to ensure that as much of the money fundraised goes to the cause as possible.

4. How many people will be participating?

Our group will be a maximum of 25 people, but a minimum of 10 is required.

There are no VIPs on PROJECT FUTURES cycle challenges, registration is based on first come first serve.

5. How does the change in numbers affect the land price?

There are no changes to price depending on numbers. This means that we can go ahead with the trip with as few as 6 people and the cost will remain the same.

6. How many hours a day will we be cycling?

Hours spent cycling will differ day to day depending on the itinerary and your cycling speed. As a rough guide, we will spend between 4-7 hours cycling over flat and hilly terrain each day, with rest stops every 20-25km.

7. Who looks after the luggage while we are cycling?

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.

8. 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 tours have been assessed for risk. You will be given a full safety briefing during the tour and cautioned about any activities which could pose a hazard to you or the groups' welfare.

All leaders accompanying the tour have full first aid qualifications, can attend to any injuries and if necessary evacuate you to the nearest clinic/ hospital for treatment.

9. What about vaccinations?

It is your responsibility to get all required vaccinations prior to the trip.

Visit www.travelvax.com.au to find health profiles for Cambodia and any other country you plan to visit or consult your doctor.

10. Do I need travel insurance?

YES! Without adequate travel insurance you are unable to participate in the trip. We recommend that you purchase travel insurance as soon as you confirm your participation on the tour.

11. What kind of accommodation will we be staying in?

We will be staying in different types of accommodation including hotels and guest houses, depending on availability in the area. All accommodation is twin share, clean and adequate for our needs.

Single supplements are available at an additional cost.

12. What kind of food will be provided?

Trying the local cuisine and delicacies is one of the best parts of your travel experience so we always try to serve

local dishes. In many places there will be a mixture of western and local dishes so you will always find something familiar to eat. Please notify PROJECT FUTURES of any dietary requirements at the time of registration and we will make every effort possible to meet your needs.

13. Do I need a passport or visa?

You must hold a full passport, which is valid for at least six months from the departure date. It is also your responsibility to obtain an appropriate visa for Cambodia prior to departure. \

14. Who do I tip in on the tour?

Tipping is expected for all of our local guides including bus drivers, mechanics, local leader and cycling leader. A generous tip is \$50 AUD per participant.

This will be collected by the PROJECT FUTURES representatives at the end of the tour and will be distributed among the local guides.

15. What is weather like in Cambodia at this time of year?

April is one of the hottest months of the year in Cambodia, with average temperatures of 35°C, and the possibility of the mercury hitting the 40°C's.

The chances of rain are still low, although the odd shower close to the end of the month is to be expected with rainy season just around the corner

In the capital Phnom Penh, temperatures reach average highs of 35°C and lows of 26°C in April.

IF YOU HAVE ANY QUESTIONS OR WOULD LIKE MORE INFORMATION PLEASE CONTACT:

EMAIL: contact@projectfutures.com

PHONE: 0415 105 782

WEBSITE: www.projectfutures.com



THE TEAM AT PROJECT FUTURES WOULD LIKE TO EXPRESS OUR SINCEREST THANKS TO YOU FOR MAKING A DIFFERENCE IN OUR WORLD AND HELPING THE MULTITUDES OF MEN, WOMEN AND CHILDREN WHOSE LIVES HAVE BEEN DEVASTATED BY HUMAN TRAFFICKING.

THANK YOU TO OUR CORPORATE PARTNER

