

SCHOOLS CYCLE CHALLENGE INFO PACK.

TRIP DETAILS:

365KM CYCLE
FROM SIEM
REAP TO
SIHANOOKVILLE

DATE:

21 SEPTEMBER -
1 OCTOBER 2015



THANK YOU

Thank you for enquiring about the PROJECT FUTURES 2015 Schools Cycle Challenge, 21 September – 1 October 2015 in Cambodia.

Cycle off the beaten track as we blaze a trail from the glories of Angkor to some of the lesser known and visited Khmer wonders. Pedal alongside the Mekong River to the capital city, Phnom Penh, before sweeping southwards through the rural provinces and tropical beaches of Kep and finally lose yourself in the river town of Kampot.

Our route is equally varied and fascinating. Whether cycling along jungle tracks, up the holy mountain, by beaches and rivers, you will experience a side of Cambodia seen by few before you.

By registering for the PROJECT FUTURES Schools Cycle Challenge, you are committing to raising funds to contribute to our mission of combating human trafficking and sexual exploitation in Australia and South-East Asia. We urge you visit www.projectfutures.com to find more information on our project partners and understand how the funds raised are used.

PROJECT FUTURES and our travel provider, Raw Travel, have a combined 15 years' experience running bike tours across South-East Asia, including specific tours for school groups.

BERENICE

Parent, Loreto Normanhurst



“The school cycle challenge in Cambodia was the experience of a lifetime. We cycled through spectacular countryside and were treated to amazing local cuisine and delicacies. The shelter visits were very powerful and the impact of those visits will stay with me always. I will keep the children we met in my heart.”

CAITLIN

Student, Loreto Normanhurst



“It was amazing to experience Cambodia. We saw the diversity of the country, learnt about the culture and were able to interact with locals. The RAW Travel staff were amazing. They were extremely organised and helpful, making the trip a memorable experience. I would love to do it again!”



THE CAUSE

The money raised through the PROJECT FUTURES 2015 Schools Cycle Challenge will be donated directly to our longest standing project partner, The New Somaly Mam Fund - Voices for Change. This organisation runs three centres in Cambodia which focuses on recovery, training, education and reintegration of survivors.

The New Somaly Mam Fund - Voices for Change was founded in 1996 by Cambodian sex trafficking survivor, Somaly Mam. It operates in Vietnam, Laos and Cambodia. Participants in the 2015 Schools Cycle Challenge will visit at least one of the centres and learn more about the organisation's amazing and life changing work.

For more information, visit <http://newsomalyfund.org/>





REGISTRATION FEE & FUNDRAISING

The PROJECT FUTURES 2015 Schools Cycle Challenge costs approximately \$3,190 AUD per person. Please note this amount may vary based on the number of confirmed participants. This cost is based on at least 26 participants on this trip.

The cost must be paid for each participant directly to RAW Travel upon filling out the online registration form. This payment confirms your place on the cycle. Fill out the online form here: http://rawtravel.com/bookings/project_futures_schools_challenge_september_2015/

COST

- Flights from Australia to Cambodia (excluding airline taxes approx \$585 per person)
- Accommodation in Cambodia (twin share)
- Most meals, drinks are at an extra cost to the participant
- Multi speed mountain bike hire
- Local guides, ground staff and bike mechanics
- Support bus
- Safe drinking water and snacks on cycle days
- PROJECT FUTURES cycle shirt

COST DOES NOT INCLUDE

- 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 PROJECT FUTURES 2015 Schools Cycle Challenge is \$2,000 AUD per person.

Please note 100% of the fundraising minimum must be raised before the commencement of the tour. One month will be granted upon returning to Australia to raise any remaining funds. 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 the 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 \$1000 AUD at a time to:

BSB: 012 361
Account No: 180659178
Description: Your full name and 'SCHOOLS CYCLE'



VIA 'GO FUNDRAISE' WEBSITE

Set up your personal fundraising profile on the PROJECT FUTURES Go Fundraise page. Go Fundraise is an easy way to engage your networks to support you and to manage your fundraising online. Please note Go Fundraise takes a 4.5% commission fee from all funds raised through this channel. To create a personal profile, visit

projectfutures.gofundraise.com.au/cms/contentpage3



THE ITINERARY

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.

Date: 21 September - 1 October 2015 | **Distance:** Approximately 365km

1

21 SEPTEMBER ARRIVE SIEM REAP

Arrive at Siem Reap. Here you will be met and transferred to your hotel, centrally located by the river, by RAW Travel and your PROJECT FUTURES representative. This afternoon you will be briefed from the guides on the tour ahead.

Meals: Dinner

2

22 SEPTEMBER DAY IN THE LIFE OF A CAMBODIAN VILLAGE

Today, join a local family and spend a few hours walking in their shoes. Help with a harvest, try your hand at rice planting, weave thatch, learn to drive a bullock cart or perhaps discover the infamous Prahoc! This full day tour directly helps all villagers providing a sustainable income year round.

You will be looked after by a host family who receive payment for their services. A larger contribution is also made to the village fund which is used for special village projects, which we will identify with families, such as filters and water wells.

Meals: Breakfast / Lunch

3

23 SEPTEMBER ANGKOR SUNRISE CYCLE (30KM) AND SHELTER VISIT

It's an early start this morning with a day ahead guaranteed to provide unforgettable memories. You will find yourself at Cambodia's most important religious monument, Angkor Wat, at sunrise. This is the most magical time of day to explore its extensive grounds and interior as we make the most of the light and cooler temperatures.

In the afternoon, take a break from cycling to visit the Siem Reap centre. You will have the opportunity to meet girls who have been rescued and rehabilitated from sex trafficking and who have found a new life and loving support at the shelter. It promises to be emotional and unforgettable afternoon. PROJECT FUTURES has supported The New Somaly Mam Fund - Voices for Change since our inception in 2009.

Meals: Breakfast / Lunch / Dinner

4

24 SEPTEMBER TRANSFER AND CYCLE TO SAMBOR PREI KUK AND KAMPONG THOM (55KM)

Start the day with a two and a half hour drive before setting off cycling north of Kampong Thom. Here you will discover a complex of pre-Angkorian temples known as Sambor Prei Kuk. These ruins date back to the 7th century and are remarkably intact for their age. Sambor Prei Kuk is located amidst leafy sub-tropical surrounds and is still untouched by tourists, making this a very special experience. You will then cycle the beautiful back roads all the way to your accommodation in Kampong Thom.

Meals: Breakfast / Lunch / Dinner





5

25 SEPTEMBER
TRANSFER AND CYCLE TO
KAMPONG CHAM (80KM)

Drive along the busy highway to the perfect starting point to jump back on the bike. Cycle through plantation country where cassava, corn and rubber make up the agricultural produce. Today you will start off on paved roads before cycling through villages on dirt roads to roll into Kampong Cham by late afternoon. Tonight's hotel is located on the bank of the Mekong River which runs all the way from the Tibetan Plateau to the Mekong Delta and the South China Sea.

Meals: Breakfast / Lunch / Dinner



7

27 SEPTEMBER
REST DAY IN PHNOM PENH

Use your free day to get lost in Cambodia's capital city, Phnom Penh. Our hotel is centrally located in the city and is a short walking distance to most of the main sights including the Royal Palace, the Silver Pagoda, the National Museum, Wat Phnom, the local market and the riverside.

Meals: Breakfast

6

26 SEPTEMBER
TRANSFER AND CYCLE TO
PHNOM PENH (65KM)

One of the most interesting cycles on the trip, today we ride along the Mekong River on a small dirt road through Cham Villages, which survive on fish from the Mekong and small-scale vegetable and animal farming. You will then transfer by bus on the last leg to your hotel in Phnom Penh.

Meals: Breakfast / Lunch / Dinner

8

28 SEPTEMBER
TRANSFER AND CYCLE TO
KEP (80KM)

Continuing our journey southwards, we start with a bus transfer to the rural landscape. It is then an easy cycle on flat roads through endless rice fields, pepper farms and past waving children towards the coastal town of Kep. Arrive at Kep in the mid-afternoon and rest before dinner.

Meals: Breakfast / Lunch / Dinner

9

29 SEPTEMBER
TRANSFER AND CYCLE TO
SIHANOUKVILLE (55KM)

Start the morning cycling under the watchful eye of the Elephant Mountains and in sight of the southern Cambodian coastline. Enjoy a lunch in Kampot to prepare for another burst of cycling before transferring by bus to Sihanoukville, Cambodia's main port, famous for its beautiful beaches and islands surrounded by coral.

Meals: Breakfast / Lunch / Dinner

10

30 SEPTEMBER
TRANSFER TO PHNOM
PENH AIRPORT - TOUR
CONCLUSION

Sadly, your cycling adventure finishes today and after a leisurely morning you will be transferred you back to Phnom Penh in time for your evening flight.

Meals: Breakfast

11

1 OCTOBER
ARRIVE BACK TO AUSTRALIA

Welcome home!



VISITING THE CENTRES

One of the most rewarding and exciting parts of the PROJECT FUTURES international challenger events is the opportunity to visit some of the AFESIP centers that we have supported since our inception in June 2009.

As per the visitor policy, these centers are 'places of healing, care, support and growth for each individual resident'. It is extremely important that all PROJECT FUTURES challengers understand the privilege in being welcomed in to these centers and therefore 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 before leaving for South East Asia. This can be obtained from your local police station or the National Criminal Record Check Office.

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

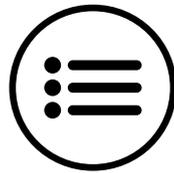
No cameras, videos or mobile phones may be taken into the centres and strictly no photography is allowed.

<http://newsomalyfund.org/>



Our vision is to create an empowered world where every person can take action against human trafficking and exploitation.





FUNDRAISING TIPS

One of the easiest ways to begin fundraising is to create your personal profile on the PROJECT FUTURES Go Fundraise page. Through Go Fundraise you are able to create a personalised profile and set yourself a fundraising goal. 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. To create a Go Fundraise profile, visit projectfutures.gofundraise.com.au/cms/contentpage3

Another way to raise funds for your trip is using the PROJECT FUTURES DIY Fundraiser 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 projectfutures.com/get-involved/diy

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 WORK

Approach your workplace and ask them to support you in hosting a fundraising morning tea for employees to share your journey.

3

DONATION BOX

Approach the local coffee shop or corner store you're a regular at and ask them to support you by keeping a donation box at the front counter.

4

BUSINESSES

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

5

EVENTS

Host an event. Charging an admission fee for a movie night, a BBQ or even a morning or afternoon tea can be a big money maker no matter how big or small the scale.





FREQUENTLY ASKED QUESTIONS

1. Does PROJECT FUTURES or RAW Travel have experience running bike tours for school students?

PROJECT FUTURES and our partner Raw Travel have a combined 15 years' experience running bike tours across South-East Asia. In July 2012, PROJECT FUTURES ran its first school cycle in collaboration with Loreto Normanhurst then subsequently ran trips for Loreto Kirribili and St Joseph's high schools. The 2015 July trip will be our sixth high schools cycle challenge.

2. Are donations tax deductible?

PROJECT FUTURES is not currently a tax deductible charity for our international projects. You will need to inform all potential donors of this. We understand that because donations are not tax deductible the ability to raise significant funds can be more of a challenge, however it is possible. To date PROJECT FUTURES has raised over AUD\$2.2 million dollars none of which has been tax deductible – so it can be done!

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

100% of the fundraising minimum must be raised before the commencement of the tour. One month will be granted upon returning to Australia to raise any remaining funds. 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 the one month grace period.

4. How many people will be participating?

Our group will be a maximum of 26 people. We have allocated 12 spaces to Loreto Kirribili and 12 spaces to St Joseph's College to fill before 1st January 2015. If places have not been filled before this date then places will be filled on a first come first serve basis.

5. 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.

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 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 Raw Travel 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.

7. 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.

8. Is tipping expected?

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 (So \$100 for one parent and one student). This will be collected by the PROECT FUTURES representatives at the end of the tour and will be distributed among the local guides.

9. 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 20km.

10. Do I need travel insurance?

YES! Without adequate travel insurance you are unable to participate. We recommend that you purchase travel insurance as soon as you confirm your place 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.

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 Raw Travel 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. Please visit <http://evisa.mfaic.gov.kh/> for details



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

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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 MAJOR SPONSORS



SHOWPO