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FRSB
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Trek Cambodia and help build homes for landmine survivors
25 November - 5 December 2010

Trek through this incredible country, take part in a project to build housing for landmine survivors and meet the heroes dedicating their lives to destroying mines.

call: 0161 236 4311

email: events@maginternational.org

visit: www.maginternational.org/cambodia10



Registered charity 1083008. MAG is a landmine clearance charity and co-laureate of the 1997 Nobel Peace Prize

Itinerary

This challenge is one that brings you into the real essence of Cambodia. We spend two days trekking around the 800 year old temples of the greater Angkor Wat region and then work on a community project to build traditional Cambodian houses for the poor and victims of landmines. Our last day will be an opportunity to find out more about the amazing, life saving work MAG does everyday and meet the heroes dedicating their lives to destroying landmines. The history, trekking, building project and warmth and friendliness of the Cambodian people will leave us with great memories of an amazing challenge.

DAY 1 DEPARTURE

DAY 2 SIEM REAP

We arrive into Siem Reap in the north of Cambodia early evening and transfer to our hotel. This evening we finish the day with a briefing by the local guides on the week ahead.

DAY 3 KULEN MOUNTAIN - 21KM

Our first day we wake early to take advantage of the cooler morning and transfer to the base of the famous Kulen Mountain, where we have a steep 350m ascent to Tapeanh Village, the highest point of our challenge. For the rest of the day we trek through jungle, into villages and past "the Big Buddha" statue, that overlooks the whole of Siem Reap Province, before ending the day at the Kulen River waterfalls where we are able to relax and unwind at our riverside campsite.

DAY 4 ANGKOR WAT - 15KM

After breakfast we break camp and trek through the jungle before emerging on the edge of the Kulen plateau from where the plains of northern Cambodia extend beneath us. Climbing down the steps that lead off the mountain we pass through a small Buddhist community before continuing our walk through paddy fields to our support vehicles. On the transfer back to Siem Reap we take a small detour off the main road to visit the community where we will spend the coming days building the houses. Here we enjoy a box lunch with the local community before returning to Siem Reap, we have the rest of the afternoon free to prepare for the start of our challenge proper.

DAY 5, 6, 7, & 8 PROJECT WORK

Today, after breakfast and a full briefing on how our community challenge will be run, we transfer 30 minutes to the district of Puok/Angkor Thom where our village project will be based. Upon arrival there will be a welcome by Mr Channarith a double-amputee and life-long anti mines campaigner. In 1997 Mr Channarith accepted the Nobel Peace Prize on behalf of MAG and the ICBL (International Campaign to Ban Landmines) and now works closely with mine affected families throughout Cambodia.

After meeting the families whose houses we will be working on we will split into teams and commence work proper on the build – under the careful supervision of Mr Channarith and his team.

For 4 days we continue our work on the house building. Throughout the days there will be water, snacks and fruit available to replenish energy levels and at midday we have a good Cambodian lunch. In the afternoons we finish work at about 1700 and transfer back to our Siem Reap hotel. Dinner will be at various local restaurants and occasionally in the hotel.

On our last afternoon at the project, local Buddhist Monks will perform a blessing ceremony to officially hand the homes over to the families. There will then be a chance to visit the local school and some time to meet the children before we say goodbye to the whole community and return to Siem Reap.

DAY 9 PROJECT VISIT SIEM REAP

This morning, after a good local breakfast, there will be a chance to meet MAG demining teams and learn more about MAG's lifesaving work. The afternoon and evening will be free to explore Siem Reap and the World Heritage Site of Angkor Wat, which, along with its surrounding temples, are justifiably regarded as one of the wonders of the world. This evening we re-assemble for a celebratory dinner in Siem Reap.

DAY 10 FREE FULL DAY IN SIEM REAP

Today is free for optional excursions and you may choose to explore the outlying temples of Angkor by Tuk-Tuk, or perhaps visit the floating villages on the nearby Tonle Sap lake.

DAY 11 FLIGHT HOME

This is a complex itinerary and subject to change.

Testimonials from Community Challenge Cambodia 2009

"Community Challenge Cambodia was hands down the most amazing experience I have ever had. It's hard to put into words just how impacting and rewarding this challenge was. To be associated with such a wonderful, inspirational charity, to experience local culture and amazing people is something that will remain me with forever. I felt extremely honoured to be a part of this adventure and would encourage everyone to do this at least once in their life."

Kellie Hutchens

"Fantastic, challenging, thought provoking and humbling. It made you appreciate what you have and realise your potential to give back and share."

Heather Card

"The feelings of the villagers are really unimaginable. They never expected that these foreigners can work and donate the house for the disabled. They are very thankful to all of you for your great help"

Manoj Ekka

Jesuit Service, Siem Reap

"Participating in the community challenge in Cambodia was both a privilege and humbling. The organisation and execution of this trip proves the professionalism of both MAG and Action Challenge. Next time you do a similar event – count me in! Thank you."

Cathy Turner



Frequently Asked Questions

Who is organising the event?

MAG has appointed a specialist event management company called Action Challenge to run the event on our behalf.

How fit do I need to be?

This challenge requires a good level of fitness to complete the days of trekking and house building, the days will be long and hot.

Is there a minimum and maximum age limit to take part?

The minimum age limit for this event is 18 years, there is no maximum age limit but if you are over 60 you will need to ask your doctor to sign the medical form.

What will the weather be like?

Temperatures in November and December can range from 23 – 30°C with the chance of rainfall.

What type of accommodation will we be staying in?

Hotels/lodges will be used throughout the time spent working on the project. During the trek we camp at the Kulen River waterfalls. Hotel room sharing is on a twin, single sex basis.

I am travelling with a friend/partner. Is it possible for us to share accommodation during the trip?

It shouldn't be a problem and we'll try our hardest to accommodate your room share preference but cannot guarantee it. Just make sure that you put the name of your friend/partner joining you on the trip on the registration form.

What kind of support is provided?

A representative from MAG will travel with you along with other support staff including a tour manager and a doctor. Joining us in Cambodia will be local English-speaking guides and a specialised Angkor Wat guide.

What do I need to provide?

When you register to take part in Community Challenge Cambodia we request a fee of £300 with your registration form and you will need to raise a further £3200 in sponsorship. You will need to pay airport tax (currently in the region of £200 but this is subject to change), visa costs and local departure tax (currently these are in the region of \$25 each but these prices can change), details of how to do this will be provided nearer the time. We will supply you with a list of what you will need to take, recommending the type of kit that you will require.

I want to extend my stay in Cambodia, is this possible?

Yes, a small percentage of the group will be able to extend their stay on a first come first served basis, further details will be made available in due course.

Can I offset my carbon emissions?

We offer you the option to offset the carbon emissions generated by the event through Climate Care. You can find out more about Climate Care and how to offset your emissions by visiting their website at: <http://www.climatecare.org/>.

What types of houses will we be building?

The houses we will be building are traditional Khmer houses, which are simple wooden houses set off the ground on wooden poles. Materials such as bamboo, palm leaves and dried grass are mostly used to build with and sometimes aluminium is used for the roofs. The houses vary in size, depending on the size of the family and most of the houses are located in the middle of the countryside.

How do I know the houses are needed?

The area we will work in is extremely poor and housing is definitely needed. The houses that are built may replace others that are in very poor condition or too small for the families living in them. The houses are vital as some of the families have no house at all and sleep with other families or even outside.

Usually the houses are selected based on the poverty of the family and their current living situation. The selection made for families to live in the houses gives priority to those with no home, those whose home has been destroyed and those who are disabled and don't have the resources or physical ability to build their own house.

Wouldn't it be more responsible to employ locals to build the houses?

We will be working together with the local community, local residents get involved in the project and will be there on site to help with the building process. We learn local building techniques and skills from the locals and they are thrilled that we are there to help.

Does Action Challenge have a responsible tourism policy?

Yes this can be found by visiting www.actionchallenge.com and clicking on the About Us tab.

How do I raise £3200?

There are many different ways of raising money, through your friends and family, organising a fundraising event or asking companies and businesses to support you, and don't forget that we are here to help. We will provide you with tips, advice and resources to make reaching your target as painless as possible and will help you in any way we can. If you are unsure about anything or need MAG's help please give Lesley a call on 0161 236 4311 or email lesley.achim@maginternational.org

How do I convince sponsors that this is not a holiday?

This fundraising challenge cannot be considered a holiday! It is designed to be a huge personal achievement that requires a lot of hard work with preparation and training, raising the sponsorship and finally the challenge itself.

What is included in the event cost?

International flights, all transfers, all accommodation, all meals except those in "free time" including snacks, water, fruit and celebratory meal, Action Challenge Tour Manager, local English-speaking guides and medical support. Your sponsorship also pays for the houses including all the building materials and equipment.

What is not covered in the event cost?

Alcoholic drinks, meals during "free time", items of a personal nature, single supplement, airport tax, visa costs, local departure costs and travel insurance.

How much of my sponsorship will go to MAG?

We are asking each participant to raise £3200 in sponsorship. Of this, less than half will cover the cost of running the event but the more you raise above this target, the more MAG will receive, so please raise as much as you can! The non-refundable £300 registration fee is not included in this total.

What if I don't raise the sponsorship money?

We do request that £2200 of the sponsorship target is received by MAG ten weeks before departure – by Friday 17 September 2010. If you do not raise this amount you are liable to forfeit your place on the challenge. The remaining £1000 is then due four weeks before we depart on Friday 29 October 2010. If you do experience difficulties, please contact us as soon as possible and we will try to help you out in any way that we can.

How much is MAG hoping to raise from Community Challenge Cambodia?

We hope to raise in the region of £60,000 profit from this event. This will help MAG to save lives and build futures in communities affected by the remnants of conflict all over the world.



MAG in Cambodia

Cambodia is one of the most heavily mined countries in the world. MAG has been working in Cambodia since 1992, clearing the remnants of conflict from both the Vietnam War (1959-1975) and the Cambodian – Vietnamese War (1975-1989).

Despite the fact that war has ended, families and communities remain physically endangered and socially and economically disadvantaged from the mines and bombs left behind. No one knows how many landmines remain in Cambodia, but estimations are between four and six million. From 2001 to the present day, nearly 5,000 Cambodian men, women and children have been reported as maimed or killed by weapons left behind after decades of conflict.

MAG employs around 480 people in Cambodia, working across six provinces: Battambang, Krong Pailin, Banteay Meanchey, Preah Vihear, Kampong Thom and Kampong Cham. Of these, 36 percent of MAG staff are female and eight percent are amputees.

MAG's work in Cambodia does not just save lives; it clears the path to the country's rural development. The extent of contamination in the country means that much of the rural population lives day-to-day with the threat of injury or death outside their door. MAG is committed to reducing the threat of injury and death by clearing land that will increase the social and economic opportunities of the local community through providing safe access to agricultural areas, schools, wells, health clinics and other community resources.

From 1992 to April 2009, MAG Cambodia has cleared 27,576,534 square metres, removing 50,181 anti-personnel mines, 644 anti-vehicle mines, and 149,372 items of UXO.

The clearance has directly benefited 254,976 people from 58,187 families and indirectly benefited 1,639,785 people from 342,334 families.

"After war, people still suffer from things left behind. I lost my cow, I lost my income, we didn't have enough food... people lost their lives also... war may end but our suffering remains... [however] life is getting better after the MAG clearance... what was once dangerous mined land is now agricultural land so we can grow crops and begin to make a better life for our families and children..."

Hom Hun (48) Ou Chamlong village, Battambang

"...because of war I lost my first beloved husband, and it has been difficult to live ever since as I could not cultivate to support my family. Every breath we took, we lived in fear... I didn't want to see any of my children becoming amputees or dying because of landmines... I believe that in the future, my family and all who live in this village will live in safety because MAG has cleared the mines away."

Lay Rim (48) Au Chhurkram village, Krong Pailin

"...now we feel a sense of relief from the fear of danger that we used to face, since MAG has come to clear our land... before, I used to be so ashamed to be an amputee but when MAG arrived in the village I saw that some of their deminers were also amputees. I felt that they were strong and brave because they had lost their limbs but could still do this hard work, and now I don't feel so bad."

Landmine survivor Chuk Naing (36), Plov Meas village, Battambang.

