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CWC NEWS

Can I Do it? Of Course You Can!

Dear friends,

Recently I heard from a few people a similar comment: "Wow, you guys cycle 750 km in 7 days! I could never do that!". In most cases I dare to disagree. Yes, a certain degree of cycling fitness and bike confidence is required, but I am rather sure that with a bit of training over a few months, most people would be able to join and enjoy our rides. CWC rides are no races and everybody is a winner at the end of the day with the same sweet sense of accomplishment - regardless of the time it took to reach the destination. Further, we are accompanied by support vans and it is perfectly alright to do a portion of the day's distance in a van, if one for whatever reason doesn't feel like riding. Our participants cover a wide spectrum of age, fitness level, gender, race, religion, nationality..., but at the end we are all united as ONE in the knowledge that we have done something extra-ordinary. If you considering to join the CWC 2019 ride, but are unsure, if you could do it, perhaps best speak to any of the former participants or send me any of your questions or concerns. As Mark Twain once said: "At the end of our life, we will not regret the things we did, but those we didn't"!

CWC is a bike ride, yes, but it is also about humanity. Our rides, the things we experience, the sites we see, the people we meet and also the physical and mental challenges will be memories that are never lost or forgotten. We want to open the hearts and minds of our participants and their friends and families to the plights and suffering of those we are aiming to help with our rides. And often it only takes so little to make a big difference. One example is the special project for the children of sex workers by the Tamar Center in Pattaya. Baht 500 (app USD 15) a month will ensure the transport, food, etc at school for one child for one whole month. The Tamar Center is the featured charity in this month's newsletter and you can find out more about this charity and the amazing people behind it on the following pages.

For now, best wishes, GOD Bless and safe cycling, always...

In the next editions of CWC News we will introduce to you in more detail the chosen charities for CWC 2019, their causes and the people behind them. For this newsletter we will feature: [The Tamar Center!](#)

A CWC 2019 Beneficiary:

The Tamar Center in Pattaya!



The Tamar Center was founded in 1999 and seeks to provide hope in a city full of red-light districts. To provide healing through love, counselling based on Christian principles and to provide education through vocational training as well as job opportunities for girls leaving the bars. Girls travel to Pattaya in

search of happiness and financial security; instead they find prostitution, loneliness and disease. Far away from their families and friends many girls desperately desire love, comfort and help to find alternate employment.

Tamar Center operates two centers in Pattaya. In Soi 6 they have an Outreach Center which includes a hair salon, the House of Peace – a place for women working in the bars to come and rest, they offer free English classes and have a House of Prayer on the top floor. On 3rd Road in Pattaya, Tamar Center has their main office which includes their own restaurant and bakery, card and handicraft room, counselling center and offices. In addition to these centers, Tamar have rented ten houses in a small and quiet street, where Tamar Center operates a nursery for the children of the women and accommodation for all the women in Tamar's programs. Tamar team members also do regular outreaches to Issan (the north east region of Thailand), the region where most of our women come from.

Tamar Center is a part of [Youth With a Mission \(YWAM\) Thailand](#) and under the covering of [Project L.I.F.E.](#) and is supported by [Stichting Tamar Center Thailand](#).

The Mission:

We want to bring hope and healing to the estimated 35000+ girls and women that are working in the sex industry in Pattaya, Thailand.

At the core of Tamar's heart is our desire to provide the girls with an alternative to the often devastating job as a bar girl. To achieve this goal we deploy various activities to help the girls - each step of their way - to a new life.

We reach out to the girls working in the bars, through: bar outreach, banquet parties, pregnancy counselling and English classes.

We offer vocational training to the girls, who stepped out of their work in the bars to prepare them for a new life with new ways to earn a living.

We train them in the following areas: card crafting, hair dressing, baking, cooking and restaurant management as well as sewing.

We also offer safe housing for the women and their children as well as providing a nursery, where their children are taken care off.

Daniel Vaupel,
Director, Tamar Center



The Tamar Center's Special Project for Children:

Tamar Center is helping women that are working in the sex industry to find a new life, education and new jobs. But this project is not about the women, it is about their children. Most women that Tamar is helping have a number of children and find it hard to provide for them.

Challenge

The women working in the sex industry often have a number of children and find it hard to provide for them. Especially when they leave their jobs to change their lives, they struggle to earn enough money to provide for all their children. Often the children are staying with family in the North-East of Thailand and some also have children with them. Tamar aims to support them with a monthly small amount of money (1000 THB - around 30 USD)



Solution

Tamar has a child sponsorship project going on for all the children that are currently at Tamar and for the once that have left to return to their villages. This project will help in the following way: Tamar will give the women each month 500 THB (15 USD) to pay for transport for the kids to go to school, snacks, etc. And each month, Tamar will save 500 THB in the name of the child. Twice a year, the women have to pay the school fees in Thailand. The fees cover school materials, costs for school uniforms and other things. The amount that Tamar saves during the year will be enough to cover these costs for them and to help them with some other expenses.



Long-Term Impact

It will help the mothers to concentrate on their education and to not have to worry about finding money for their children. And because Tamar saves and manages the money for them, the money for the education of the children can't be spend on other things.



Another project is a fund for special outings for the kids, especially during school holidays, where Tamar take them to the zoo, pay for special activities, etc. In the past, Tamar staff has taken the kids to Snowland, which was very popular, the Open Zoo, the beach, etc.

\$6,842 raised of \$9,900 goal

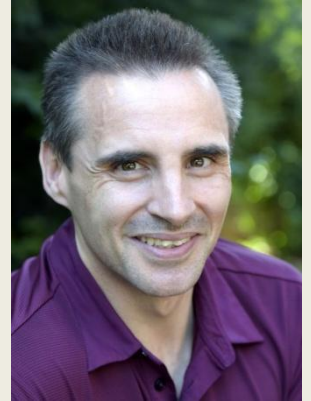


Tamar needs only USD 9,900 annually to provide for all the kids in their care. With your help and a small monthly donation they can reach their target.

Please visit:

<https://www.globalgiving.org/projects/helping-children-from-ex-sex-workers-in-thailand/>

to make a donation !

Making a difference - every day! An interview with:**Mr Daniel Vaupel, Director, The Tamar Center**

CWC: Daniel, please tell us a little bit about yourself!

Daniel: *Hello! I am Daniel from Germany, 41 years old and living since five years in Thailand. I studied finance in Germany and then joined OM Ships International (<http://www.omships.org/>) for 14 years and after that I came to Tamar. I am married to Steffi and she is also from Germany.*

CWC: How did you get involved with TC?

Daniel: *In 1999 my wife was part of the first team that Tamar Center took in after it was started. She was very impressed and over the years we stayed in contact with Tamar Center. We helped out in our holidays; I did some fundraising and helped with finance issues and then we were asked to come and join the work.*

CWC: What is your long term vision for TC?

Daniel: *Our goal is to rescue as many women as possible out of the sex industry here in Pattaya and to help them to heal, recover, get job training and help them find good jobs so that they can take care of themselves and their families in a good way. In order to achieve that we want to start more small businesses as training opportunities for the women and a counselling center as well to help them deal with their past.*

CWC: What are the biggest challenges for you personally and TC in general?

Daniel: *There are many challenges, one big one is to find Thai staff that is educated and can help running the work. Finances are also a challenge sometimes. But the biggest challenge is working with the women on a daily basis. Many have gone through abuse, rape, etc and it takes a long time for them to heal and get ready to trust again. This process is often difficult. They also often do not have a good relationship to their children and are distant to them. So, we try to help them to love their children and be good parents. Personally it is not the easiest to live in a City like Pattaya, as there is not much you can do without being in constant contact with the Sex industry here.*

CWC: What keep you motivated?

Daniel: *The change in the individual women. We had one woman last year and it took almost six months for her to smile for the first time. That was an amazing day when she finally did! Also when we see some of the women leave our center, ready to go out and work in a normal job, taking care of their kids – that makes it all worthwhile.*

CWC: What are the biggest success stories?

Daniel: *There are many but here is just one from last year. Last year one woman came to us after she worked for many years in the bars. She tried to kill herself but sent an SMS to one of our Staff. We went to the bar where she worked and with the help of the owner got into her room and got her to hospital. There they pumped out her stomach, rescued her and two week later she came to Tamar. Now she is living with us, healing slowly, but starting to look out for the other women and helping them. We are teaching her to get a driving licence and we see her recovering slowly. She is happy now!*

CWC: Thank you, Daniel! We understand that you are planning on joining the CWC 2019 ride. We are all looking forward to ride with us.

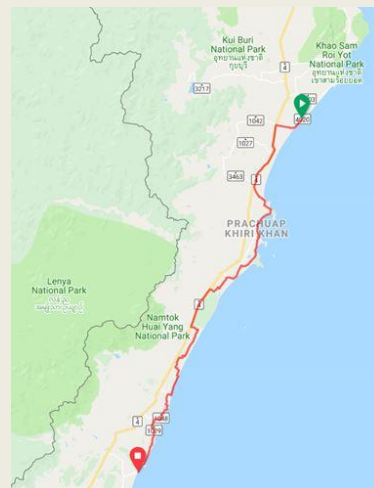
Daniel: *Yes, me, too!*

The route and sights of CWC 2019

DAY 2 (13 OCT 2019) : KUI BURI – BAN KRUT

The first 20 km of today's ride will be on a busier section on a main road, but this first section can be skipped by transfer if preferred. The tour is now well away from the main tourist areas and the roads are quiet and in good condition. The route sticks to the coast today giving the riders views of the sea to the left and rugged mountains on the right. The riders are passing through Thailand's narrowest part as the border with Burma is less than 20 km away at some points.

They will pass numerous bird condos. These are built to collect the nests of swiftlets for Bird's Nest soup. Edible bird's nests are bird nests created by edible-nest swiftlets, Indian swiftlets, and other swiftlets using solidified saliva, which are harvested for human consumption. They are particularly prized in Chinese culture due to their rarity, supposedly high nutritional value, and flavour. Edible bird's nests are among the most expensive animal products consumed by humans, with nests being sold at prices up to about \$3,600 per kg, depending on grading. The type or grading of a bird's nest depends on the type of bird as well as the



shape and colour of the bird's nest. It is usually white in colour, but there also exists a red version, sometimes called "blood" nest. The Chinese believe that it promotes good health, especially for the skin. The nests have been used in Chinese cooking for over 400 years, most often as bird's nest soup. Bird's Nest soup is big business for Thailand: Thailand is the world's third largest producer with app. 400 tonnes annually, resulting in a trade value - both wild and "farmed" - of around 10 billion Baht per year. The industry globally is worth an estimated US\$5 billion with the main markets being Hong Kong and the USA, where a bowl of Bird's Nest soup can cost up to US\$ 100.

The ride ends after 105 km (or 85 for the shorter version) at a beach side hotel in Ban Krut. The biggest single attraction in Ban Krut – and the area's most outstanding landmark – is the large Buddhist chedi of Wat Thang Sai atop Khao Thong Chai, the mountain that sits between, and separates, Ban



Krut's two beaches into north and south. The large Buddhist monastery virtually looms over every corner of Ban Krut, and the view from there is impressive. Or, one can just relax in a hammock and listen to the surf.

Our appeal for help from you!



Dear Friend!

Cyclists With Compassion (CWC) is a group of like-minded cycling enthusiasts and was started in 2015 with the goal to make a difference to underprivileged children and young people in Asia by raising money to better their education and life circumstances, which in turn will bring them hope and the foundation for a brighter future.

CWC plans and organises long-distance cycling tours to parts of Asia, raising awareness about the needs of children and young people in these areas. By raising money from corporate sponsors as well as donations from friends and family donated in recognition of our mental and physical efforts, we hope to contribute our little part of making their world a little better, a little brighter!

In October 2019 cyclists from around the world will be cycling over 750 km, starting near Bangkok and finishing in Phuket, where two of this year's three charities are based.



For Freedom International aims to see the marginalized, vulnerable, and exploited set free from the injustice of oppression by combating human trafficking and sexual exploitation. FFI has begun their work in the province of Phuket, where they work to change conditions that allow exploitation to exist. FFI believes in a holistic approach so that their projects can give women and children the opportunity to be free from oppression before and after it occurs through prevention, intervention, and restoration programs. In partnership with the Royal Thai Police, the Thai Internet Crimes Against Children, the FBI, and the U.S. Homeland Security, FFI also runs the Child Advocacy Center Phuket, a safe and child-friendly place for young victims of trafficking and sexual exploitation.

The **Asia Center Foundation**'s mission since 2002 is to help disadvantaged children and children-at-risk by providing care, training and education. Creating both educational and sports programs, ACF helps children to focus on their education and overall development. Despite the difficult and impoverished situations of the students, ACF aims to give them hope to believe in themselves for a brighter future.

Our third charity for CWC 2019 is based in Pattaya: Founded in 1999 as a ministry of Project L.I.F.E. Foundation, **Tamar Center** is a part of Youth With A Mission Thailand (YWAM). Their mission is helping those trapped and working in the sex industry to find a new life, education and new jobs by reaching out, building relationships, offering shelter and housing, offering vocational training, counseling and providing Bible teaching. Tamar Center also runs a dedicated program for the children of sex workers. <https://www.globalgiving.org/projects/helping-children-from-ex-sex-workers-in-thailand>.

Our ambitious plans can only become reality with the help and support from private and corporate sponsors and I would like to ask your kind support by becoming a sponsor of the CWC ride 2019. No matter how big or small, your contribution matters and will be very much appreciated. Full details about the private sponsorship and the various options for Corporate Sponsorship can be found at the [Sponsorship page](#) on CWC's website www.cyclistswithcompassion.com.

You can donate using the "[Donate](#)" feature on <https://www.cyclistswithcompassion.com/donate>. On the payment page you will also have the possibility to name the cyclist, in whose honour you donate. All donations will be in USD. For other payment methods, please contact [us](#). In order to streamline the donations raised by the participants of the ride, the donations will be collected through the donation portal of FFI and distributed between the three charities. The cyclists pay all expenses for the tour themselves and the proceeds from private sponsors will go fully to the selected charity!

Thank you on behalf of all cyclists and organisers of the CWC 2019 ride and the many, many children and young people benefitting from your generosity!

God Bless!

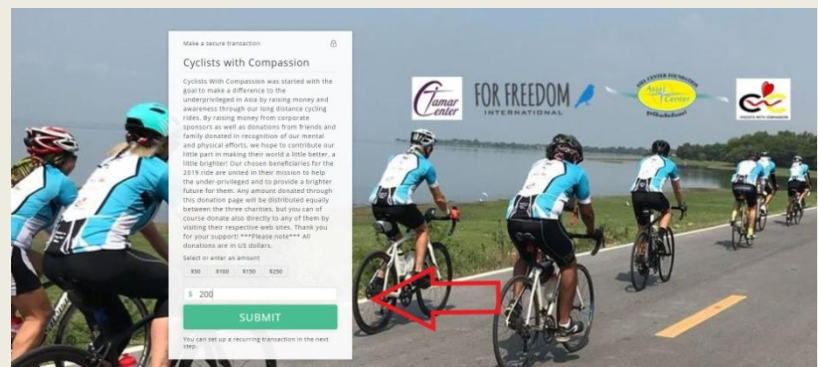
How to donate?

We collect the donations through a CWC-specific donation portal on the web site for For Freedom International in order to streamline and simplify the donation process. All donations will be equally distributed between our three chosen charities after FFI deducts a small admin fee. Please note that all donations for now must be in USD, but we are hoping to have an option for other currencies in place at some time in the future. Donating to our cause is easy! Simply follow these three steps!

1. Go to <https://www.cyclistswithcompassion.com/donate> and press the "Donate" button!



2. Now select any of the pre-set amounts or other any amount in you want to donate and press "Submit". Remember, any amount - no matter how small - will make a difference and will be greatly appreciated!



3. Now put in the name of the cyclists in whose honour you donate, fill in your credit card details and your donation will be processed through FFI's secure payment portal. FFI will send you almost immediately an email acknowledging your donation and attaching a tax receipt. You can set up your own account to manage your donations by clicking on the "sign up here" link on the donation receipt.

