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# CWC NEWS

## Three charities for one ride?

Dear friends,

Three charities for one ride? A few of you may ask, if we do not dilute the funds we generate too much. Yes, that is a valid question. However, we had a few good reasons for this decision. Firstly, all the three beneficiaries - *The Tamar Centre*, *The Asia Center Foundation* and *For Freedom International* - are connected in more than one way and are partners in their mission to help the under-privileged, the exploited and the oppressed. Therefore all funds collected still benefit the same single cause.

Another and very important objective of our initiative is to raise awareness about the causes we support. And while the money we raise before, during and after the actual tour is very, very crucial for those three charities; sustainability and ongoing cash flow is even more important. Our ultimate goal is to support the sustainability and help in establishing an ongoing positive cash flow. By showing you, how those three charities with their work, commitment and passion bring hope for a better life to so many children and young people, our hope is that you could support us in realising our dream and their mission with small, but regular contributions. Those can set up for any particular charity specifically through the websites of the individual charities or through the [CWC donation portal](#) for the combination of all three charities. Remember, no amount is too small!

For CWC 2019 we will - for the first time - launch a non-rider tour, allowing spouses and friends of our riders to share much of this wonderful experience. The non-rider tour will not follow the riders, but will have its own program during the day visiting a gorgeous part of Thailand off the beaten tourist track visiting local markets, temples, caves, national parks and wetlands full of birds, elephants and other wild life. Details of this tour will be send together with the booking link for the main tour by April 1.

And like every year, we will have the ever popular *one-day-family-fun ride* on the last day again. Details are currently being worked out and will be communicated to all of you very soon!

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

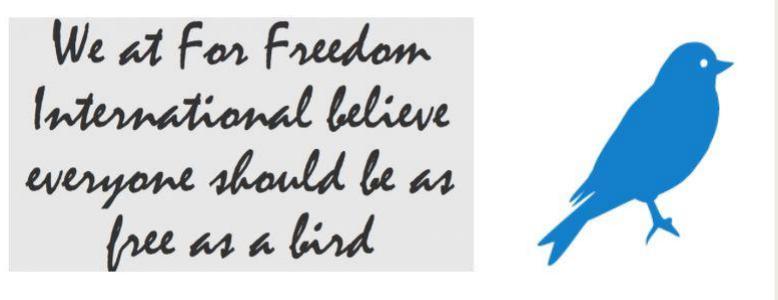
**A CWC 2019 Beneficiary:****For Freedom International (FFI) in Phuket!**

[For Freedom International](#) started with a dream to see the marginalized, vulnerable, and exploited set free from the injustice of oppression. That dream has drawn our team from around the globe to Thailand, a truly beautiful country in the throes of combating human trafficking and sexual exploitation. FFI has begun our work in the province of

Phuket, one of the largest sex tourism destinations in Southeast Asia. For Freedom International does not discriminate on any basis such as sexual orientation and various faith beliefs and is privileged to provide service to the families, children and constituents we exist to serve.

FFI works to change conditions that allow exploitation to exist. We believe in a holistic approach so that our projects can give women and children the opportunity to be free from oppression before and after it occurs. We do this through :

- prevention
- intervention and
- restoration programs.

**PREVENTION:****Safe Home**

FFI has donated the funds to build the first Safe House at the new ACF school facility - which will serve as a boarding component for children at risk who attend the school. One of two more houses to be build could also be used as emergency temporary accommodation for children who need to be removed from exploitative situations as per agreement between and FFI and ACF. The house is run by caring Thai parents and provides a safe family environment and emotional support, while still allowing children the opportunity, where viable, to visit their nearby families in a way that is not threatening. There are a myriad of reasons why children are given the opportunity to enrol in the safe house project, such as exposure to alcoholism, physical abuse, unsafe home environment, or the nature of their parents' occupation. Whatever their reason for coming to the safe house, we're excited to see the children growing and thriving.

**Building project**

FFI supported the ACF pre-school building project for disadvantaged and at-risk children through financial donations during the building process.

**Community Development and Education**

FFI values community-based approaches to programming that encourages and empowers locals to utilize their God-given strengths and abilities. If a local church or organization is already working in a certain area, we take their lead, learn from their experience, and come alongside them where beneficial. FFI is



based out of Phuket specifically because there are no other similar organizations working in South Thailand, so the need is great, but where we can partner with and equip others, especially locals, we will. Because FFI recognizes the importance of developing local capacity, we are excited that one of our partners, YWAM Phang Nga Andaman, is working with Thai schools to offer training focused specifically on helping children understand sexual abuse, an issue not often discussed but one that is prevalent in society. By teaching children how to protect themselves and friends from exploitation, and challenging them to think about how certain decisions can impact their future, we hope to stop the cycle of abuse and

prevent these children from ever entering the sex trade.

### **International Awareness**

Many people are still unaware of the realities of human trafficking and sexual exploitation in our world today. FFI seeks to empower this generation with the knowledge needed to end global oppression. We want to provide you with resources to help bring awareness to your friends, family, and network of our need to work together on behalf of the exploited. We offer awareness campaign resources, fundraisers through social media, tools and information, and event hosting ideas to energize your efforts in being a part of what FFI is doing to break the chains of oppression.

**Did You Know?  
An estimated 250,000  
women and children  
are trafficked for  
sexual exploitation in  
Southeast Asia each  
year!**

### **INTERVENTION:**

#### **Child Advocacy Center**

In partnership with the *Royal Thai Police, the Thai Internet Crimes Against Children, the FBI, and the U.S. Homeland Security*, FFI runs the Child Advocacy Center Phuket, a safe and child-friendly place where young victims of trafficking and sexual exploitation are able to speak to a trained forensic interviewer about the trauma that the child has experienced or witnessed. During the child-friendly interview, investigative law enforcement and social workers supervise from a separate room to build case evidence against the offender(s) that can lead to arrest and prosecution. The children are referred to specialized counsellors and their families are given an advocate to help them through the legal process. When not being used for interview purposes, FFI also runs after school programs at the Center for children in the community.

#### **Outreach**

FFI recognizes the importance of building trust and deepening relationships with the women who work in the red-light district of Phuket, something that in Thai culture usually requires a lot of time. This is especially true with Thai women working in the sex trade, who often have a significant amount of past trauma that makes it difficult for them to trust. For this reason, our outreach team is committed to developing relationships with individual women in order to become trusted people in their lives, which then gives us a platform on which to discuss our vocational training programs and, ultimately, to share the hope we have in Jesus. Some of the ways FFI reaches out to women in the red-light district are:

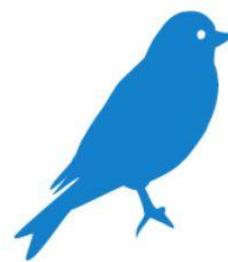
- Weekly salon outreach, where we offer free hair and nails for women getting ready for work
- Weekly visits to the bars
- ESL classes

### International Repatriation

Women from African and Eastern European countries who come to Thailand to work are often tricked into a life of sexual exploitation and simply cannot find a way to return to their home countries. With the help of local partners, FFI walks these women through the legal and logistical procedures required in order for them

to leave Thailand, and we provide care and emotional support during this process. We also help connect these women with organizations in their home countries that can help them rebuild their lives with dignity and strength.

*We at For Freedom International believe everyone should be as free as a bird*



### RESTORATION:

#### Baking Project

Our baking training program will help participants learn a new trade with an opportunity to open up their own businesses. The goal of our program is for women leaving exploitation to eventually be able to open their own bakery or be employed in the commercial baking industry. We are committed to walking hand-in-hand with these women and showing them another way of life, another way to earn income, and another way to regard their self-worth. By providing these women with a firm foundation to build on, they can eventually return to their homes and families to make an impact on their own community.

#### Salon Project

Our salon project is designed to educate and empower those affected by sexual exploitation by providing an education in hair design. Through this vocational training program, we will give participants the chance to grow, thrive, and look ahead to a future filled with hope. We will be providing education, training, and support in the areas of hair cutting, barbering, hair coloring, and hair styling. Providing someone with a skill set and an education is a priceless gift that can be shared with others from similar circumstances.

#### Life Skills and Discipleship

For our Baking and Salon Projects, our students will be brought together daily to be disciplined through God's Word. They will also learn personal and professional budgeting and finance, personal and cosmetic health and hygiene, ESL, and basic life skills. Furthermore, we recognize that the women in our programs have experienced a lot in their lives, and so we place a high value on restorative trauma-centered counselling for all of our participants.



**An interview with an extra-ordinary man:****Mr Darren Herbold, Director, For Freedom International**

**CWC:** Tell us a bit about you, Darren!

**DH:** *I am a Canadian from Edmonton Alberta.. My work experience includes business and marketing roles. Specifically Bell distribution in Canada and developing sales tools for other telecommunication and pharmaceutical companies in North America. Most recently I also served as part of a faith based non profit organisation in Canada which supports multiple international projects around the world.*



**CWC:** How did you get involved with FFI?

**DH:** *As part of my role in an NGO in Canada, I was asked if I would consider moving to Phuket to do further research on the need of women and children in South Thailand specifically while being based in Phuket. My family and I have now been living in Phuket for 4.5 years and we have seen the launch and formation of the only registered anti-trafficking NGO in South Thailand that we are aware of.*

**CWC:** What is the significance of the bird in your logo?

**DH:** To us, birds represent freedom; they are free to fly, free to choose their destination, free from snares that can entangle them, and free to soar with joy. Our freedom bird has landed with wings folded, because we also wanted to convey the beauty of being at rest, of being fully *restored* from situations that caused fear and flight. Our goal is for people to be free to become all that they were made to be, at peace, safe, and confident in their worth.



**CWC:** What is your long term vision for FFI?

**DH:** *Our vision is to break chains of oppression so that people have an opportunity at a better future and ultimately to help change the world for the better. Because South Thailand is a very under developed sector when it comes to social projects, NGO's etc, we are excited to be part of helping to form a broad strategy for this geographical area(s) as we seek to develop supporting systems and structure that support women and children in our three primary areas of work: Prevention, Intervention and Restoration. Our website lists the diversity of projects and initiatives we support, but we are most excited about the strong collaboration with the Thai government and the potential for significant sector change when it comes towards anti-exploitation initiatives to support and protect children.*

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

**DH:** *Personally, living overseas always brings new beautiful learning opportunities, diverse cultural experiences and the beauty of a foreign country. My wife and I have three children who attend school here and we definitely miss being away from family back home.*

*Organizationally, a key challenge is simply the underdeveloped nature of social work that supports Justice and Compassion projects like this in South Thailand. We are excited to have strong relationships with Tamar Center and Asia Center Foundation and the future potential of these key partnerships, but it is*

*amazing that the South of Thailand has very few agencies working to bring holistic change. We are excited what the future might bring.*

**CWC:** What keeps you motivated?

**DH:** *It is simply being able to meet survivors of extremely difficult situations and to hear their stories of hope and courage to create a better future. Not only for themselves, but to help bring positive change to others. I am left speechless at their courage, resiliency and capacity for joy in the midst of what can seem very, very difficult circumstances.*

**CWC:** What are the biggest success stories?

**DH:** *We are very proud of our strong relationship with the Thai government and International Governments and agencies. We help run the the third Child Advocacy Center in Thailand which is a partnership with the national government as well as a specialized police force called TICAC (Thailand Internet Crimes Against Children). We are also significant partners in support child education and safety by building a safe home for children that is managed by our partner ACF. Most recently, we are working with the government to develop and implement a foster and adoption program for Phuket and South Thailand as we seek to create healthy and supportive family environments for children.*

*Let me also take the time to say thank you to you, the reader, as you give of your valuable time and resources to support and participate in this cause. We are so very grateful. If you are ever in Phuket, please let us know and we would be more than happy to answer questions, meet with you and to mutually learn together how positive change can continue to be brought to this region of the world. My sincerest heartfelt thanks!*

**CWC:** Thank you, Darren! We are excited to meet you in Phuket and are grateful for the opportunity to partner with you for CWC 2019 and beyond!

CWC is very pleased to announce the first Corporate Sponsor for CWC 2019:

## **Underwater Shipcare Pte Ltd., Singapore**



**Underwater Shipcare Pte Ltd**, their Managing Director Mr **Paul Baragwanath** and his lovely wife **Salinah** have been supporters of CWC from the very beginning.

They even travelled to Chiang Mai to participate in the one-day-family-ride of CWC 2017 and proudly rode sponsored bicycles into the Baan Fah Sighy Children Home.

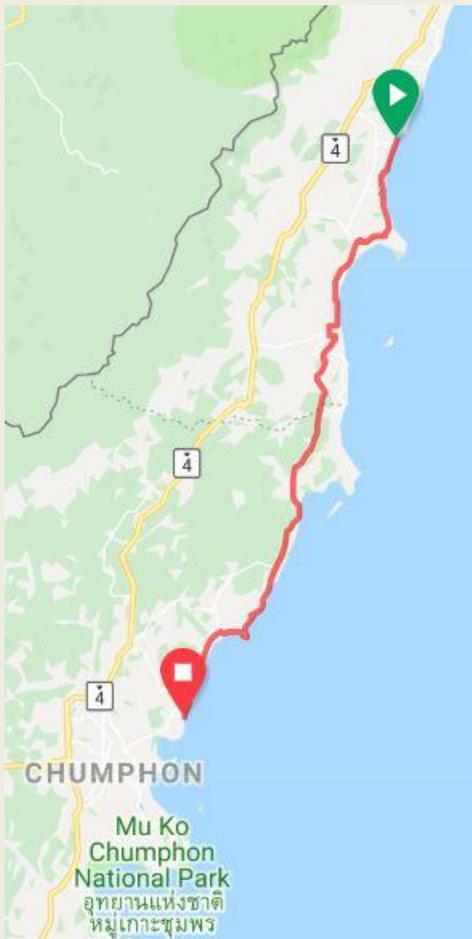
It is the support of big-hearted people like Paul & Salinah that keeps encouraging us. Thank you, Paul and Salinah and hope to see you in Phuket for the closing of CWC 2019!



For information on Corporate Sponsorship and the various options, please visit our [sponsorship page](#)!

# The route and sights of CWC 2019

## DAY 3 (14 OCT 2019) : BAN KRUT – CHUMPHON



Today the riders will cover a relatively long distance of 112 km to Saphli near Chumphong. It may sound quite challenging, but they will ride on quiet side roads with very little traffic, without any major hills and climbs. The route sticks to the coast today giving them views of the sea to the left and rugged mountains on the right. They will be passing through Thailand's narrowest part as the border with Burma is less than 20 km away at some points. The main attraction along the route are the gorgeous beaches and the tranquility of the small fishing villages with their colourful fishing boats.



Depending on their arrival time in Chumphon the riders could plan to visit the beautiful Kapo Falls for some photo opportunity or a refreshing swim. Just after the rainy season, the Kapo Falls will be a beautiful sight!

The riders will spend the night at the Nana Beach Resort and enjoy some beers by the pool!



## 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](http://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!

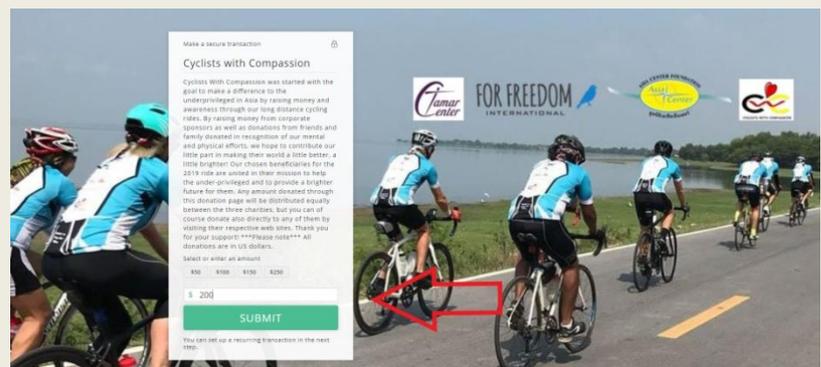
## How to donate?

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.

