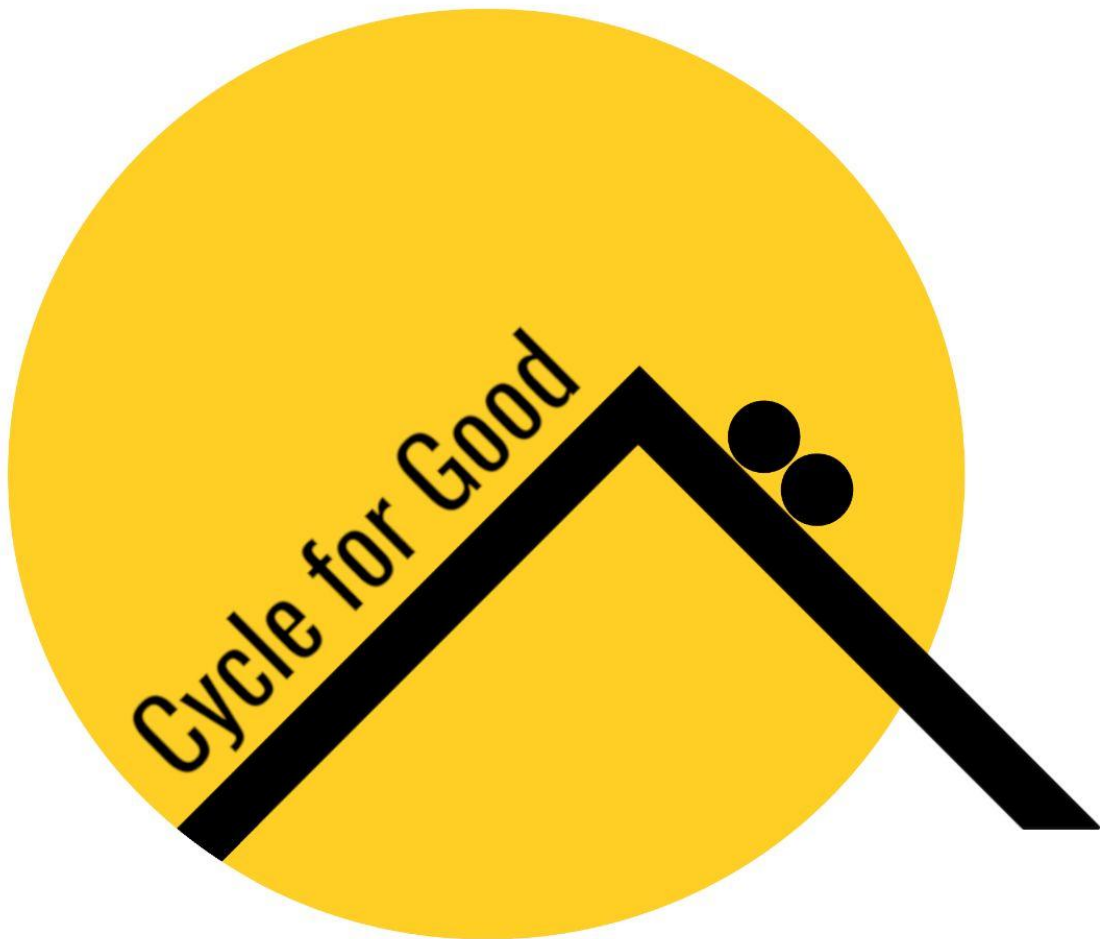


Cycle for Good

Year report

**School year 2021-2022 and
School year 2022-2023**



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1065SL Amsterdam

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Introduction



Cycle for Good raises money so that 47 Burmese refugee children can go to school, have food to eat and a place to sleep. The children fled the civil war in Myanmar without their parents and are now living in Mae La Oon refugee camp in Thailand.

Myanmar has the longest running civil war in the world, which started in 1948. In the province Karen state (also known as Kayin state), where the children that Cycle for Good supports come from, the situation is so bad that hundreds of thousands had to flee from the violence. Thailand has 11 refugee camps that host refugees from Myanmar.



In 2009 Frouke was a teacher in one of these camps, called Mae la Oon refugee camp. She has seen the difficulties these children had to face first hand. The children are dealing with lots of trauma and the continuing civil war makes it dangerous for them to (ever) return home. The situation in the camp is also far from ideal: authorities do not provide them with enough food, basic necessities or affordable education and they have no parents to help them out.

Frouke and Kiran started Cycle for Good in 2018 to raise money for these children by cycling 18,220 KM from Vietnam to Amsterdam and are now continuously supporting them with many kinds of fundraising activities.

Letter from the Board

Cycle for Good started in 2018 with a simple idea. The founders, Frouke and Kiran, cycled from Vietnam to Amsterdam to raise money for Burmese refugee children. This worked for two years, but once they got home in 2020 the Covid pandemic meant further cycling was no longer possible. It was also not possible to do any fundraising events till the end of 2021.

2022 was different. With the majority of COVID-19 restrictions lifted we were finally able to make and execute our plans to raise money for Cycle for Good.

One of our first plan was to become an official foundation. Tesink - Van Dooren (legal services/notariskantoor) kindly offered their services for free to help us set this up and the Foundation 'Stichting Cycle for Good' was born in January 2022. In June '22 we received an ANBI status.

This year report is the very first that we present to you and it will cover the last two years (2021 till 2023). Each year covers a period that follows a school year from June till May.

We will tell you about the lives of the children that Cycle for Good supports, the fundraising events we hosted and the plans for the coming school year (2023-2024).

We started the school year 2021-2022 supporting 25 children, but the number of students rose very fast due to the intensified civil war in Myanmar. The brutal violence since the military coup in 2021 caused many more to flee.

Throughout the school year 2021-2022, 14 children, who fled the war in Myanmar, arrived at Dormitory 2 in Mae La Oon refugee camp. In the school year 2022-2023 eight more children arrived. It meant that we faced a challenge to raise even more money and find solutions within the camp to support them all.

Seeing and hearing about the atrocities of the war, the bombing of villages and schools and the terrible stories the children told, urged us to help the new children. That's why we're very happy to say that with the help of our team in the camp and all the amazing financial support, we managed to support them all! Cycle for Good is now supporting 47 children.

We hosted 5 Cycle for Good events including two big events, one in Amsterdam and one in London. We also hosted photo exhibitions and garden drawing events.

We also hoped to encourage other people to "Cycle for Good". Our first cyclists, Carly and Matilda, signed up and cycled from London to Serbia, raising €790 along the way.

Events, sponsored cycles, individual and group donations have all contributed to our goal to raise the needed 7000 euro for each school year. Now with 47 children to support we continue to work towards this each year with the help of friends, family and kind strangers.

Thank you!

1. Report School year 2021-2022 and 2022-2023

1.1 Life in the camp

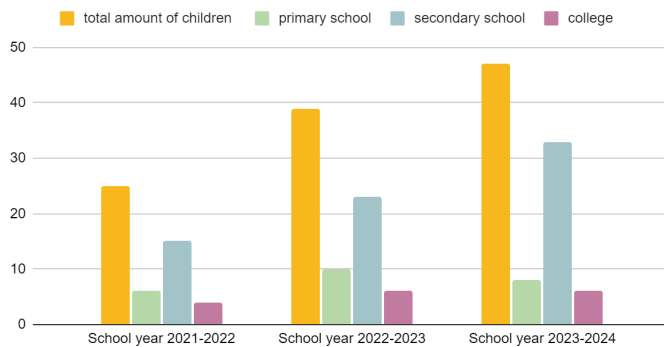
Daily life

The refugee children live together in a complex with two dormitories, one for girls, one for boys. They have a small kitchen/dinner area and a bathroom. With the help of dormitory leader Naw K' Paw Moe the children pick up and prepare food together, to serve two meals a day to all the children.

All of them go to school. After primary and secondary school some go to college. Most of them like to serve their community in some way after college, to become a teacher or a nurse within the camp or in Myanmar.



Amount of supported children at the start of each school year and what education they follow



In their free time they play board games and join sport activities. Some try to earn some pocket money by weaving bags that they could sell.

Twice a year they have a dormitory celebration: at Christmas and to celebrate the end of the school year.



End of the school year 2021-2022 picnic



Christmas 2022, the children each get a christmas gift

The emotional impact of the war

The children we support are very anxious about the situation of their families and friends back home. Some of them fled because one or both parents got killed in the war. They share their stories with us. Stories of fleeing for weeks through the jungle, hunger, lack of medical support and constant insecurity.

While in the camp there are lots of difficulties to get in contact with the people they left behind. They often don't know where they are, and sometimes get horrible news.

The war in Myanmar and the effect on Karen State

Myanmar has the longest running civil war in the world, which started in 1948. The Burmese Army has been fighting against the ethnic minorities ever since.

Since the military coup on the 1st of February 2021, Myanmar is once more fully under control of the military. All over Myanmar people are protesting. Many protesters take their refuge in Karen State (where most children that we support come from). This has led to increased attacks within Karen state.



During this year we received multiple messages with footage of the current situation in Karen state. They show intensified bombing of villages and many people on the run from the emerging Burmese army. Over 100.000 people in Myanmar are currently displaced. We often hear that the Thai border police are pushing back refugees who are attempting to flee the terrible situation in Myanmar



More children getting help in Dormitory 2

Once in a while people do manage to slip through and reach Mae La Oon refugee camp. 22 children that fled the war without their parents throughout the last two school years asked to stay in Dormitory 2. Cycle for Good does its best to support all 47 children but it is a struggle. With the help of the dormitory leader Naw K' Paw Moe, our contact person Kaka and the rest of the team in the camp



solutions were found for this problem. The refugee schools decided to give some of the children free education. The dormitory leader asked others in the camp to support the new children with some clothes and other necessities. This way together, we can give these additional children some hope for the future.

Renovations of the Dormitory

The children ended the last school year 2021-2022 in May, renovating the buildings on the school property so that they could start the new school year with proper roofs above their heads and brand new bamboo floors in their bedrooms. The renovations take place every two years. The next renovation will take place at the end of school year 2023-2024. They are planning to build a new dorm for the children that recently arrived



Covid

Covid had a big impact for the refugee children as well as for the fundraising.

The refugee camp was in a complete lock down, nobody was allowed to go out or in. For a long time the Covid virus was under control, but at some point it spread through the whole camp. All students had it. Luckily no one got long term side effects from it. The Thai authorities kept the lock down active even after the virus was long gone. It meant that the children were not able to see or support their family or friends for almost 2 years, which had a big emotional impact.

In the school year 2021-2022 we had difficulty raising enough money to support the children.

The founders donated money to make sure the support continued. At the end of the school year, in spring 2022, we could start hosting events again.

Previous to the Covid period Cycle for Good would send the money via a connection outside of the camp. The money would be picked up there and brought to the school. Lockdown meant this was not possible anymore. We found a solution by sending it via a bank within the camp, which asks a small amount of extra transfer costs each time.



1.2 How we raised the money

Cycle for Good organised multiple events to raise money. Next to that we had cyclists 'Cycling for Good' and had many individual donations including one large donation from a group called EXAI (A Dutch group who support good causes and grassroots charities).

Due to the Covid lock down the founders have chipped in when needed to make sure the support of the refugee children would continue.

The events were a big success and they broadened our reach compared to the years before, where we mainly relied on our own network. Below is an overview of the events and what they raised.

Cyclists that 'Cycled for Good', 8 Januari 2022

- Raised: €792

Carly and Matilda decided to Cycle for Good when they started their cycle trip from England to Serbia. Via a Go fund me page they raised money via social media, making video's and instagram posts, reaching out to friends, family and people they met on their way. Their cycle trip was a big adventure and they loved cycling for a good cause!

More about their adventure here: <https://cycleforgood.org/carly-and-matilda/>



Fundraising events



De Tanker, Amsterdam, 28th May 2022

- Raised: €1288
- The photo exhibition told the story of Frouke and Kiran's journey from Vietnam to Amsterdam and how they started Cycle for Good along the way.
- Frouke and Kiran also gave a talk about travelling by bicycle, the civil war in Myanmar and the impact it has on the refugee children Cycle for Good supports. It was an event including tasty food and dancing.



Fixagon, London, 23rd September 2022

- Raised: €1623
- This time we took our photo exhibition to London where Frouke and Kiran told the story of their trip from Vietnam to Amsterdam and how they started Cycle for Good.
- The event was co hosted by Carly and Matilda who premiered their film of their epic cycle trip from London to Serbia.



Garden drawing events, 11 December 2202 and 10 January 2023

- Raised: €919

Frouke organised 2 drawing events where the attendees learned how to draw a quick sketch from a garden, using a one point perspective. The attendees could donate an amount of €30-50. In each event 10 people joined.

Tuin Teken Event

Zo.11 November
Zo.15 Januari
13.00-16.30 uur

Locatie:
Anton Petershof
28, Amsterdam

Leer tuinen
schetsen onder
begeleiding van
tekendocent



Donations overview

Year 2021-2022: Total donations €8458

Year 2022-2023: Total donations €7525

Donations school year 2021-2022	Euro
Cyclists: Carly and Matilda 08-01-2022	792
Event Amsterdam 25-05-2022	703
Individual donations	2163
Donation founders	4800
Total	8458

Donations school year 2022-2023	Euro
Event amsterdam 25-05-2022	585
Expo De Ark 06-08 till 24-08-2022	7
Event london 23-09-2022	1623
Drawing event 1 11-12-2022	467
Drawing event 2 10-01-2023	452
Donations EXAI	1500
Individual donations	1891
Donation founders	1000
Total	7525

1.3 Costs

All donations were able to pay for all the costs from the refugee children the last two school years: school fees, food, basic necessities and sanitary products. A small amount of the donations we used for bank fees and expenses for the website.

The Dormitory 2 renovations take place every 2 years. The renovations took place in 2022, the next costs will be made in 2024.

Costs in Camp	School year 2021-2022, 25-39 refugee children	School year 2022-2023, 39-47 refugee children
Education	737	1000
Food	2609	3272
Toiletries/cleaning products	346	454
Other basic needs (bedding, mosquito nets, kitchen equipment, etc.)	1226	1166
Dormitory renovations	1401	0
Logistics	55	38
TOTAL Expenses	6374	5930
Other Costs	School year 2021-2022	School year 2022-2023
Banking admin fees Rabobank	0	174
Wordpress website/domain	0	106
TOTAL Expenses	0	280

2. Future

Cycle for Good will continue to support the children living in Dormitory 2.

The civil war makes it very unpredictable how many children will ask for help. We promised to pay for the costs till an amount of 7.500 euro. If there are more costs, we will try to find ways to help via extra donations or via the team in the refugee camp.

Budget

Below you'll find the estimated costs for the coming school year 2023-2024.

Dormitory 2 is able to host 30 children comfortably, but at the moment 47 children are living and sleeping in the same space. At the end of the school year, in May/June 2024 the refugee team plans to build a new dormitory for the children that arrived in the last months, if the means are there. We will take these extra costs in account on top of the regular renovation costs (once in the two years) and will try to support them.

Costs in Camp	School year 2023-2024, 47-? refugee children
Education	1232
Food	3682
Toiletries/cleaning products	625
Other basic needs (bedding, mosquito nets, kitchen equipment, etc.)	1350
Logistics	33
TOTAL Expenses	6922
Other Costs	School year 2023-2024
Banking admin fees Rabobank	180
Wordpress website/domain	58
Print costs exhibitions/events	100
TOTAL Expenses	338
Extra costs	School year 2023-2024/ 2024-2025
Building new Dormitory building	3000

Future Events

Cycle for Good has several fundraising events planned. And some plans in the pipeline.

Planned events:

- Saturday 1 Juli: drawing event botanical gardens Amsterdam
- Saturday 15 Juli: benefit event, The Tanker Amsterdam
- Sunday 27 August: Vuelta a Utrecht: sponsor cycle ride 100 KM under the flag of No Yellow Beans Day (an organisation helping Burmese refugee children)
<https://www.no-yellow-beans-day.nl/>

In the Pipeline:

- Summer Cycle ride past Dutch towns
- Drawing event Botanical garden September
- Benefit event November 2023 (Vrijpaleis or Nieuwland)
- Benefit Dinner in Rijks Hemelvaart
- Drawing indoors event, January '24
- Producing bags to sell

Challenges

- Finding sponsors for our events
- Commercial sponsorship
- Sponsorship for extra costs building new dormitory
- Attracting more cyclists to 'Cycle for Good' and raise money by cycling long distances



3. Organisation

Stichting Cycle for Good

- RSIN:863572194
- Address: Anton Petershof 28, 1065SL, Amsterdam
- Phone number: Frouke Russchen: 06-26740032
- Email: cycleforgood12000@gmail.com
- Website: cycleforgood.org
- Nummer van de Kamer van Koophandel: 85283231
- Bank account: NL32RABO 0197 6746 15

Board

- Chair: Frouke Russchen
Anton Petershof 28, 1065SL Amsterdam
- Secretary: Thomas Schellekens
Emanzana 7,1103AV Amsterdam
- Treasurer: Kiran Chauhan
Anton Petershof 28, 1065SL Amsterdam

Team in Mae la Oon refugee camp

Name	Role	Remark
Ka Ka	Contact person/ project director	NKJC Teacher
Taw Taw	Report assistant	NKJC Part-time Teacher
Day Htoo	Treasure	
Naw Th' Lay Htoo	Auditor	RTP Supervisor
Naw K' Paw Moe	Dormitory leader in Charge of Dormitory (2)	Dormitory leader

Companies and groups that supported us

We would like to thank the following companies and groups for their support, by providing their services and by their sponsorship. It meant a lot to us!



EXAI



De Vakantiefietser

De specialist voor je fietsvakantie

Westerstraat 216, Amsterdam

De Ark, Van Ollefenstraat 9, Amsterdam



Nieuwe leeuwarderweg 15,
Amsterdam



India Bazaar Amsterdam

Johan Huizingalaan 190, Amsterdam



doha

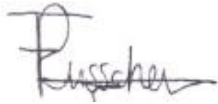
Johan Huizingalaan 189, Amsterdam

4. Annual accounts/Jaarrekening

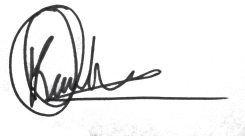
Jaarrekening	Schooljaar 2021-2022 juni t/m mei	Schooljaar 2022-2023 juni t/m mei
Inkomsten		
Inkomsten uit eigen fondsenwerving	€2,866.00	€6,525.00
Inkomsten acties van derden	€792.00	€0.00
Overige inkomsten	€4,800.00	€1,000.00
Totale inkomsten	€8,458.00	€7,525.00
Bestedingen		
Kosten werving baten	€0.00	€280.00
Kosten beheer en administratie	€0.00	€0.00
Besteed aan doelstelling	€7,800.00	€6,059.00
Toevoeging aan reserves	€658.00	€1,186.00
Onttrekking aan reserves	€0.00	€0.00
Totale kosten/bestedingen	€8,458.00	€7,525.00
Activa		
Immateriële vaste activa	€0.00	€0.00
Materiele vaste activa	€0.00	€0.00
Vorderingen en overlopende activa	€0.00	€0.00
Liquide middelen	€1,016.00	€2,202.00
Totale activa	€1,016.00	€2,202.00
Passiva		
Reserves en fondsen	€1,016.00	€2,151.00
Langlopende schulden	€0.00	€0.00
Kortlopende schulden	€0.00	€51.00
Totale passiva	€1,016.00	€2,202.00

5. Year report school year 2021-2022 and 2022-2023 confirmation agreement

Frouke Russchen
Chair
Datum: 24-06-2023



Kiran Chauhan
Treasurer
Datum: 24-06-2023



Thomas Schellekens
Secretary
Datum: 24-06-2023

