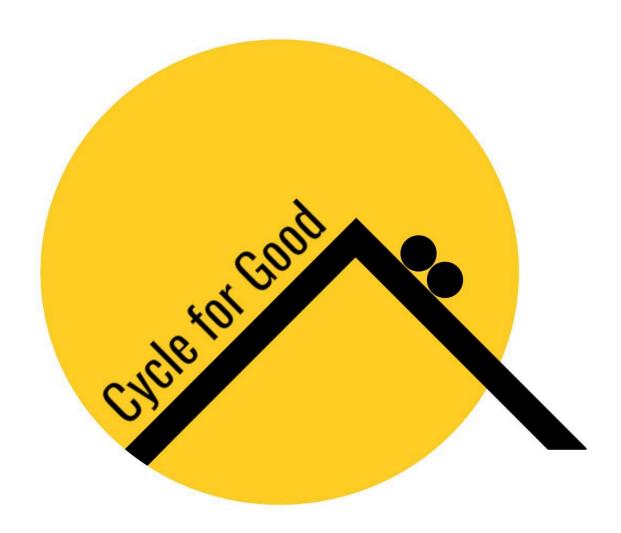
Cycle for Good

Year report

School year 2024-2025



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Why Cycle for Good exists



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, see map), 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

Since Cycle for Good started in 2018 it has been impossible to predict how each year would go. Every year we face new challenges with raising the money we need to support the now, 47 children. Life for those children and the people in the camp that we work with is also a constant challenge with new obstacles appearing all the time. This year was no different.

For the year 2024-2025 we decided to make our yearly fundraising party bigger than ever. A whole day event, with a 100km cycle ride, a bicycle treasure hunt, an Indian and Burmese dinner, all followed by 4 live performances and DJs. Frouke and Kiran led the organisation but once again they had the help of many people and organisations who all contributed to make the event a massive success.

Another huge positive from this year was the contribution from Jonas Volk. Cycle for Good started with the idea that people who love cycling would combine this with raising awareness and much needed funds for our cause. Each year we are lucky enough to meet people who want to literally "cycle for good". Jonas was one of those incredible people. He cycled extensively through South East Asia, New Zealand, South America and Europe and raised a huge €2310 by doing a series of events in Germany, talking about his trip and about the reason Cycle for Good exists. Amazing!

One of the biggest challenges we faced during this year started when Frouke had a bicycle accident in the summer, resulting in her suffering from a long term concussion. This meant that towards the end of this school year we were unable to carry out any fundraising activities and it likely means there will not be a big yearly Cycle for Good event for the school year 2025-2026. Frouke is recovering and all the signs are looking good for her to be back to her best soon enough, but it does mean we need to think again about how we will raise money. Another year, another set of new challenges.

With all that said, we can still look back on this year as being a success. With a series of different events and of course support from amazing and generous people, Cycle for Good raised €9560. **Thank you.**

1. Report School year 2024-2025

1.1 Life in the camp

The 47 children live together in two dormitory buildings, one for girls, one for boys. Together these are called "Dormitory 2". 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.

Primary school		7 children
Secondary school		35 children
College		5 children
Tot	al	47 children

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

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

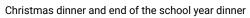


End of the school year 2024-2025 picnic



Christmas 2024: 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 were 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 many difficulties contacting 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 still protesting.

People from Myanmar are forced to join the army and fight against their own people. Lots of people try to avoid this by fleeing into the jungle, where many join the resistance.



The jungle of Karen State (where most children that we support come from) hosts lots of people that fled or joined the resistance and is therefore facing a still increasing amount of attacks from the army by land and air: bombing areas with planes and drones. The bombs cause a lot of casualties and damage. The planes cause constant stress, people are traumatised by the bombings or the constant worry of being bombed.

At the moment the opposition groups hold most of the country, but the Burmese army is still in charge of the major cities. The south east asian countries and all countries in the world don't take major actions to stop the war. Weapons and fuel (needed for all the army's planes and vehicles) are still traded with the Burmese army, so the atrocities can continue.

Due to the fighting around 3 million people are internally displaced, and many try to flee to Thailand.



1.2 How we raised the money

Cycle for Good organised 1 big event this year to raise money. Next to that we had a cyclist 'Cycling for Good' and had many generous donations.

Cycle for Good Benefit party 2024

Date: 6 July 2024 Amount raised: €5574 Where: De Tanker

On Saturday the 6th of July we organised a big party and cycle event at the Tanker in Amsterdam North. We had a 100KM cycle ride through the province North Holland, starting from the Tanker.

We had a treasure hunt cycle tour (alleycat race), a small and big one through the whole of Amsterdam North, where the cyclists had to find clues and do fun games.

In the evening we had a party with live music from The Burners, Antics, Serhat, Chajes, Legenhairy and The Nubans! We served amazing food, cooked by Thandar, the owner of the restaurant Yangon Delight, and our inhouse chef Kiran:)



We are very grateful to so many people. All the people that helped during this event, the people that donated the ingredients for food we made, the cyclists that participated in the cycle rides and the treasure hunt, and the great prizes that were donated!

Thanks to all the support and donations we raised a stunning €5574!

Months of work right till the start of the event.

It all started with lots and lots of preparation: finding the right routes and clues for the treasure hunt. Finding price sponsors and shops and locations that wanted to help. Finding sponsors for food and drinks for lunch and dinner. Then preparing food for 80 people. Getting all the stuff to the Tanker and to all the right locations. We managed to do it all with lots of support from volunteers (Thanks!)



100KM Cycle ride

The 100KM cyclists started cycling at 8AM instead of 12PM because there was a storm predicted starting at 11AM. They cycled through brutal winds and a bit of rain!

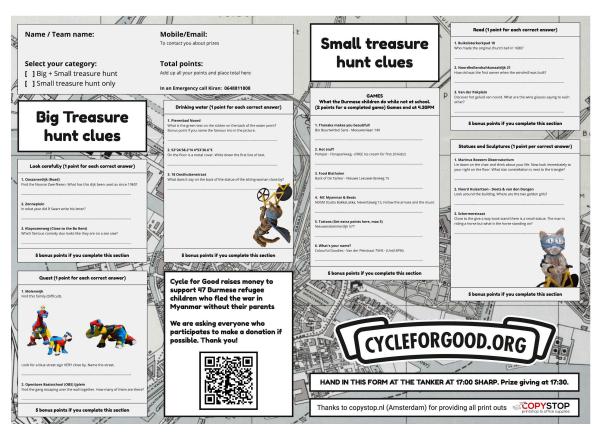


The 100KM cyclist!

2 pitt stops during the ride

The Treasure hunt for all ages.

Even though the weather was Code Orange by 12AM with brutal winds and rain, many showed up to do the treasure hunt. Criss cross through Amsterdam North they had to earn points by finding clues, participate in games and find the quickest routes to cycle to finish first.



The treasure hunters start with planning the routes as efficiently as possible.



Then they're all off finding clues and playing games like: eating hot chillies, writing in Karen (local Burmese language), applying tattoos and traditional Burmese make-up, rapping the Burmese children's names, hunting for food, obstacle races and more.











We managed to get as many sponsored prices as there were cyclists so we had a price for everyone, which was great!

Peter won 1st price (A dinner for 2 at Restaurant Adam) for raising the most money by cycling. By asking friends and family to support his 100KM ride he raised a stunning €1133! Also the other 100KM cyclists raised lots of money!

Harry won the 1st price (A dinner for 2 at Restaurant Adam) for being the fastest in finishing the treasure hunt!

This Girl got a doll from the Colourful goodies shop









Our sponsor De Vakantiefietser donated his book '250.000km op de pedalen' as a price (and to sell to raise money)

At six o'clock it was time for delicious Burmese/indian food!



Made possible by:

- -Thandar from restaurant Yangon Delight in Amsterdam
- Kiran and cooking team
- De Kutzaak sponsored our event by giving a great pussycake workshop as dessert!



Great DJ's and musicians got the party going and helped us raise even more funds! The Burners, Antics, DJ Serhat, DJ Chajes, Legenhairy and The Nubans!













So grateful for all of them!

Jonas Volk gives 2 talks about his cycle adventures

Date: January 2025 Amount raised: €2310

Where: Sweighausen, Germany

Jonas Volk cycled through South East Asia, New Zealand, South America and Europe, AND as if that wasn't already a heck of a trip he then went to cycle from Germany via the North Cape to Cape Town!!

Along the way he stayed over at our house in Amsterdam via Warmshowers (free stay for cyclists).

To raise money for Cycle for Good Jonas organized two events in his home town (Sweighausen in Germany) where he talked about his cycle adventures. During these evenings he spoke about Cycle for Good, and that it would be great if the stories of his trip could somehow contribute to help the 47 kids that Cycle for Good supports. He raised €2310 giving two talks in a public hall about his trip. His audience donated so generously! Incredible!





The link to his video: https://www.youtube.com/watch?v=1-YFLWb3cFk



1.3 Donations overview

School year	Total of donations
2021-2022	€8458
2022-2023	€7525
2023-2024	€11248
2024-2025	€9590

Donations school year 2024-2025	Euro
Cycle for Good benefit party 6July 2024	5574
Fundraising cycle ride talk Jonas Volk January 2025	2310
Individual donations	1706
Total	9590



1.4 Costs

All donations were able to pay for all the costs this year: school fees, food, basic necessities and sanitary products and the renovation of the dormitory buildings .

Costs in Camp	School year 2022-2023 39-47 children	School year 2023-2024 47 children	School year 2024-2025 47 children
Education	1000	1136	1273
Food	3272	3678	3682
Toiletries/cleaning products	454	627	609
Other basic needs (bedding, mosquito nets, kitchen equipment, etc.)	1166	1447	1473
Dormitory renovations	0	2151	0
Logistics	38	33	33
TOTAL Expenses	5930	9072	7069

Other Costs	School year 2022-2023	School year 2023-2024	School year 2024-2025
Banking admin fees Rabobank	174	268	246
Wordpress website	106	58	58
Name cheap domain website	0	14	14
printcosts 2022/2023	0	51	0
TOTAL Expenses	280	391	304

A small amount of the donations we used for bank fees and expenses for the website.

1.5 Less funding available for help in the refugee camp

The US government, led by Donald Trump, decided to stop approximately 90% of the USAID programs all around the world. 9 of the 11 Thai refugee camps had to stop many of their aid programs. Luckily, Mae Ia Oon refugee camp (where the kids live) was not one of them. However, the lack of funding by USAID in all other projects does affect the main distributor (TBC - The Border Consortium) of funds within the camp. The sponsors that previously provided funds to TBC, decided to spend their money on other (more urgent) projects that now have no funding anymore due to the

USAID changes.

At the beginning of 2025 there was a reduction in the main supply of rice, yellow beans and fishpaste. The children lived in fear of not getting food at all in the new school year. Cycle for Good provides all other food, outside of TBC's basic food supply to be able to make a nutritious meal. Since the cuts in basic food supply, Cycle for Good also provides the much needed rice.

In July 2025 TBC sent a letter out to announce the consequences of the loss of funding. From August 2025 vulnerable people (among them the children we support) will continue to be provided with a small amount of food and charcoal to cook with.



Other people in the camp (deemed not vulnerable) will not get any food from August 2025. By October 2025 they won't get any charcoal anymore either. TBC tries to convince the Thai government to give people the chance to find work in the surrounding of the camps. At this moment it is illegal to work in or outside the camps. When caught, you are sent back to Myanmar.

The situation will be brutal in a few months when all "non vulnerable" peoples' provisions are finished. Especially when Thailand disagrees with letting refugees work for their living. Will the children share their precious food? It will be a very hard time.

Here are the letters that are sent by TBC about the situation they face:

 $\frac{https://www.theborderconsortium.org/wp-content/uploads/2025/06/WRD-Statemen}{t-2025.pdf}$

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27 June 2025

Dear Camp Committee and all Camp Residents,

We regret to inform you that, as of today, we have not received confirmation of continued funding from our primary donor for the food card programme beyond 31 July 2025. This means that food card support is likely to be discontinued after that date.

This change will affect most households and is a direct result of the anticipated withdrawal of junding from one of TBC's major donors. Despite our best efforts to secure alternative support, we have not yet been successful in bridging the funding gap.

However, Most Vulnerable (MV) and Vulnerable (V) households will continue to receive a limited level of food assistance. This will shift to in-kind support, with monthly distributions of dried food items taking place at the warehouse using your ration book. This change is part of a necessary move to more cost-effective methods of support.

Unfortunately, Standard households will no longer receive food support after 31 July 2025.

The final food card top-up will occur on 1 July 2025, at the same amount as the June top-up. There will be no topups from August onwards. However, food cards will remain active until 31 August 2025, and households are encouraged to use any remaining balance before that time.

With regard to charcoal, distributions will continue for MV, V, and Standard households, although the amount provided to most households will be reduced. We will confirm exact amounts for food and charcoal support in a follow-up announcement.

Please ensure that your household ration books and food cards are kept safe, as they will still be required.

We understand that these changes may cause considerable hardship, and we sincerely apologise for the impact this may have on you and your families. TBC remains fully committed to securing additional funding and will keep you informed of any progress.

At the same time, we are actively working with the Thai authorities to urgently open up local work opportunities to support greater self-reliance for refugees.

Your understanding and cooperation are greatly appreciated as we continue to prioritise assistance for the Most Vulnerable and Vulnerable households under these difficult circumstances.

Please stay alert for further announcements and letters from TBC.

With sincere thanks,

Dr Tim Moore

Thailand Programme Director

The Border Consortium

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MEMBERS: Christian Act. UM/reland + Church Mond Service, USA + DenChurchArd, Dennisch + Denchur, Sweden + (C.42) Handschaft, Infel Pares, Canada + Infernational Rysicue Committee: USA + Act for Peace NCCA, Assertice + Norwegian Committee: Act Nor

2. Future

Cycle for Good will continue to support the 47 children living in Dormitory 2.

The generator that the children are using to have light in the evenings to be able to study, read and play games, broke down. Cycle for Good is planning to contribute to the costs to buy a new one.

Because the main supplier (TBC) of basic food (rice, yellow beans and fishpaste) and charcoal, has announced the reduction of funding, we take into account that the costs for food might rise during this year.

2.1 Budget

Below you'll find the estimated costs for the coming school year 2025-2026. The total amount that we need for the children is €8283 and we estimate another €1000 as a back-up, since the supply of food in the camp is now so insecure. The other costs (banking/website/domain €378) will be paid by Frouke and Kiran.

Costs in Camp	School year 2024-2025 47 refugee children
Education	1066
Food	4110
Toiletries/cleaning products	625
Other basic needs (bedding, mosquito nets, kitchen equipment, etc.)	1923
New generator, to be able to study at night	527
Logistics	33
TOTAL Expenses	8283

Other Costs	School year 2024-2025
Banking admin fees Rabobank	270
Wordpress website/domain	72
TOTAL Expenses	378

Extra costs	School year 2024-2025
Support when food supply by	
refugee camp is failing	1000

2.2 Future Events

Cycle for Good has several fundraising events planned for 2025-2026.

Planned events:

- July '25: Jonas Volk will do 2 more talks about his trip to raise money
- 15 August '25: Frouke will do a fundraising talk on a campsite
- Dec '25: Selling Saint Nicolas and Christmas homemade gifts
- 2026: Cycle for Good Benefit party (when Frouke is fully better)
- 2026: 100 km cycle ride

Challenges

- Finding sponsors for our events
- Promoting monthly sponsoring
- Commercial sponsorship



3. Organisation

Stichting Cycle for Good

o RSIN:863572194

o Address: Anton Petershof 28, 1065SL, Amsterdam

o Phone number: Frouke Russchen: 06-26740032

o Email: cycleforgood12000@gmail.com

o Website: cycleforgood.org

o Nummer van de Kamer van Koophandel: 85283231

o 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/	NKJC Teacher
	project director	
Taw Taw	Report assistant	NKJC Part-time teacher
Day Htoo	Treasurer	
Naw Th' Lay Htoo	Auditor	RTP Supervisor
Naw K' Paw Moe	Dormitory leader in	Dormitory leader
	Charge of Dormitory (2)	1

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!

Companies/organisations that helped with preparations and advice:

- De Tanker (providing location event, lots of helping hands and advice)
- Twotone, Amsterdam (advice and spreading the word)
- 12 Hour Allecat (advice and spreading the word)
- Copystop, Wijdesteeg 3B Amsterdam (All printouts donated!)
- De Ark, Amsterdam (Kitchen we could use)

Companies that donated food:

- India Bazaar, Johan Huizingalaan 190, Amsterdam
- Albert Heijn, Mosveld 129, Amsterdam
- Aïtmaten Minimarket, Meeuwenlaan 323, Amsterdam

Companies that donated prices:

- Restaurant Adam: 2 dinner vouchers for 2 people
- Coulorful Goodies: Dol
- Tromm tweewielers (cycle shop): Bicycle computer
- Grand Cafe het Plein: Pancakes and a drink for 2 people
- Magiquejeanjean: Shirts
- De Tanker: BMX childrensbike
- Friekens bier: 6 special beers
- Kristian Jagerman: Full bike service
- Vakantiefietser: Books '250.000km op de pedalen' by Eric Schuijt

Businesses that helped by opening their doors to us, helping us with the 100km tour and the treasure hunt:

- Bio Buurtwinkel Sans
- Pompet (also donated icecream, but due to bad weather nobody went for it)
- Colourful goodies
- Studio nbakkalaka (NDSM)
- Cafe Brasserie Het Heerenhuis, Wijdewormer: 30km pittstop on the 100km ride
- Thomas Cafe, Edam: 60km pittstop on the 100km ride

4. Annual accounts/Jaarrekening

Jaarrekening	Schooljaar	Schooljaar	
	2023-2024	2024-2025	
	juni t/m mei	juni t/m mei	
Inkomsten			
Inkomsten uit eigen fondsenwerving	€ 10,034.00	€6,200.00	
Inkomsten acties van derden	€ 1,214.00	€ 2,310.00	
Overige inkomsten	€0.00	€0.00	
Totale inkomsten	€ 11,248.00	€8,510.00	
Bestedingen			
Kosten werving baten	€ 391.00	€ 246.00	
Kosten beheer en administratie	€0.00	€0.00	
Besteed aan doelstelling	€ 9,500.00	€6,500.00	
Toevoeging aan reserves	€ 1,357.00	€1,782.00	
Onttrekking aan reserves	€0.00	€0.00	
Totale kosten/bestedingen	€ 11,248.00	€8,528.00	
Activa			
Immateriële vaste activa	€0.00	€0.00	
Materiele vaste activa	€0.00	€0.00	
Vorderingen en overlopende activa	€0.00	€1,080.00	
Liquide middelen	€ 3,631.00	€ 5,395.00	
Totale activa	€3,631.00	€6,475.00	
Passiva			
Reserves en fondsen	€ 3,631.00	€ 6,475.00	
Langlopende schulden	€0.00	€0.00	
Kortlopende schulden	€0.00	€0.00	
Totale passiva	€ 3,631.00	€6,475.00	

5. Year report 2024-2025 confirmation agreement

Frouke Russchen

Datum: 31-08-2025

Kiran Chauhan

Treasurer

Datum: 31-08-2025

Thomas Schellekens

Secretary Datum: 31-08-2025

