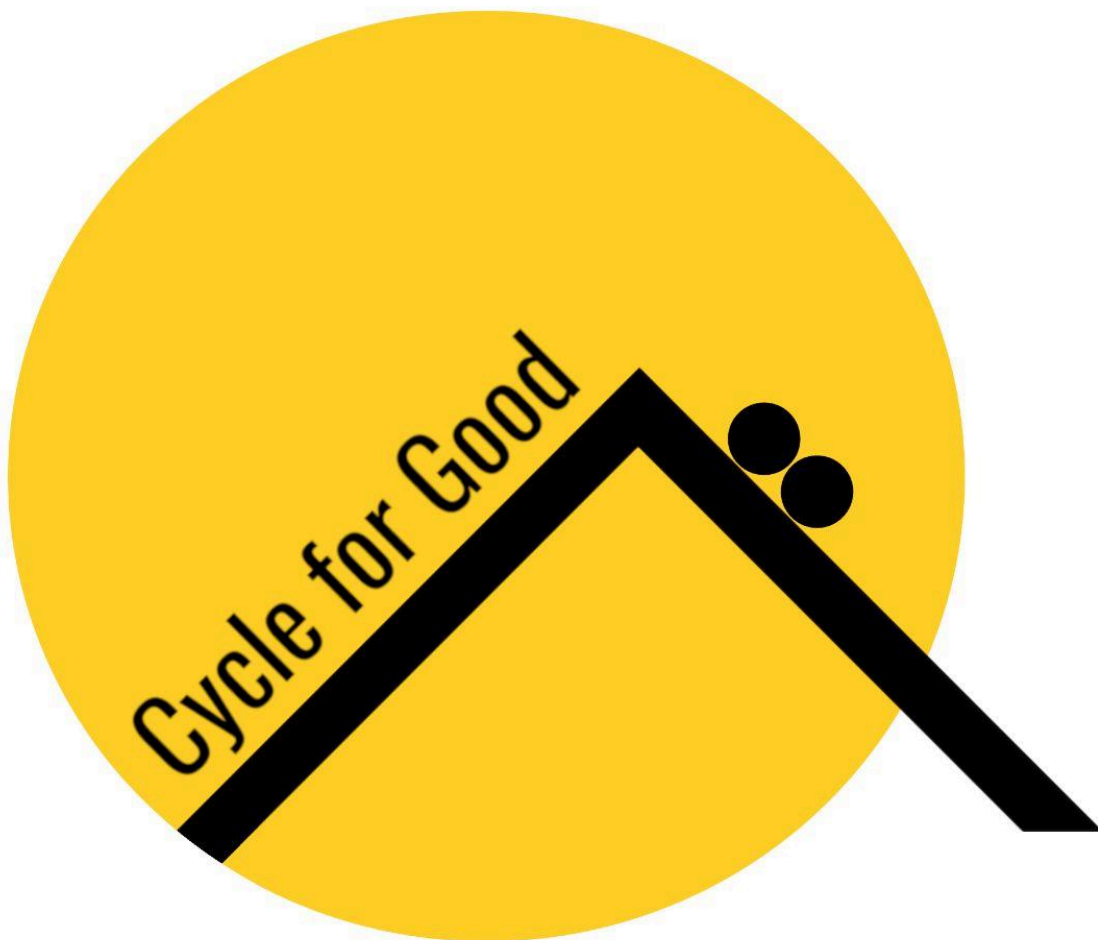


Cycle for Good

Year report

School year 2025-2026



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Why Cycle for Good exists



Cycle for Good raises money so that 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 and are currently still fleeing 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 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 by organising fundraising activities and by the generous fundraising actions of others!

Letter from the Board

The first time I arrived in refugee camp Mae la Oon in 2009 the camp looked so huge. 11000 people tucked away on the slopes of the mountains in huts made of bamboo. It looks pristine in the pictures, but the stories that the kids told me were not.



They fled the war, seeing family and friends get hurt, and lived in constant fear. They had to flee from the threat of shootings and bombings. Staying in the jungle for days or weeks, sometimes going back to find their homes or school burned. The ground often littered with dangerous landmines.

The refugee camp is a safe place to go to school. Kids can be kids for a moment. But fleeing alone, like the children did that Cycle for Good helps, means also that the thought of home, the family and friends that you left behind, is very much present every day.

In the last years the authorities of the camp keep raising the prices of education and they hand out less and less basic needs due to funding shortages. This gives a lot of stress to the children too, who are afraid of losing the chance to study and the hope of a better future. For them and for Myanmar. It makes us extra aware how important it is to continue raising funds for the 46 kids that Cycle for Good supports this year. Everyone deserves hope.

This also brings me to say a massive “thank you” for all that helped to raise funds and to all that donated to Cycle for Good. This year Cycle for Good didn’t do a big fundraising event, but several others did! Jonas Volk did two fundraising talks about his cycle trip. Horia Constantin took the challenge of running an Ultra Marathon! The Campsite Lichtbond Gelre raised money by making and selling artworks! Together with all individual donations we managed to raise €7857 this year, which made us able to support the kids again in all their needs.

Thanks!

1. Report School year 2025-2026

1.1 Life in the camp

The 46 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	12 children
Secondary school	29 children
College	5 children
Total	46 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 2025-2026 picnic



Christmas 2025: The children each get a Christmas gift.



Christmas dinner

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.

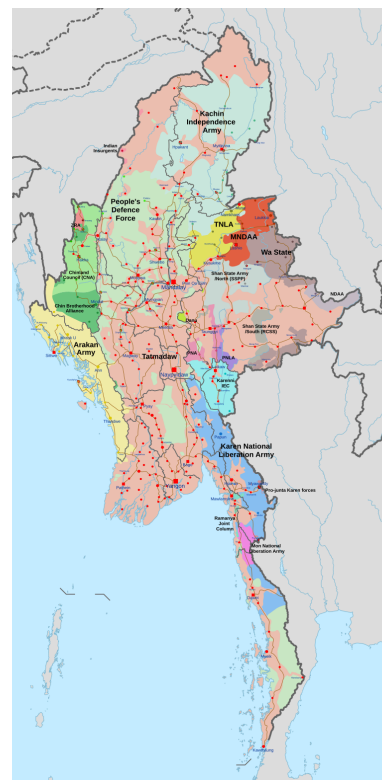
Since the military coup on the 1st of February 2021, Myanmar is once more fully under control of the military. All over Myanmar people are still protesting.

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 and their surroundings (see map: the salmon colour). 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 still try to flee to Thailand.



1.2 How we raised the money

Cycle for Good had a break from organising big events this school year, but we had lots of support to raise money.

Jonas Volk gives 2 more talks about his cycle adventures

Date: Summer 2025

Amount raised: €420

Where: surrounding 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!!



Jonas raised funds for Cycle for Good last school year by giving two talks about his cycle adventures, but decided to do two more talks to raise money for this school year too.

He raised another €420, on top of the €2310 from last year!



Camping Lichtbond Gelre

Date: 15 august 2025 - present

Amount raised: €855

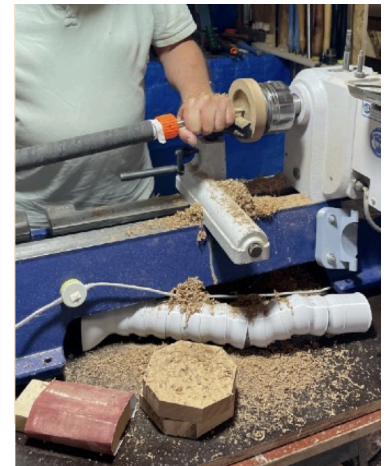
Where: Camping Lichtbond Gelre, Eerbeek, Netherlands

Frouke gave a talk about Cycle for Good and the situation the children we support live in. People donated generously, but something lasting came out too!

The campsite committee and multiple artists present on the campsite decided that they would try and sell their artworks, and donate 100% of the profit to Cycle for Good.

The art works, mainly wood sculptures made on the terrain and paintings, are presented in a small glass exhibition space on the terrain.

It continues to raise money by selling art works once in a while.



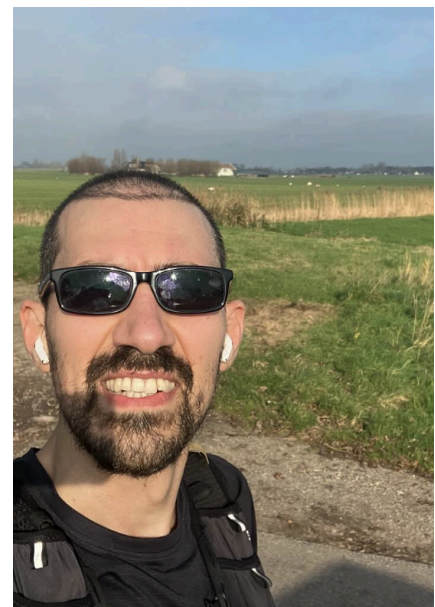
Horia Constantins challenge: An Ultra Marathon of 80KM

Date: Sept 2025 - March 2026

Amount raised: €1340

Where: Training in Spain/Netherlands,
Ultra Marathon Salland Trail 2026

Horia trained for more than half a year to run a mind blowing 80 kilometer Ultra Marathon in March 2026 in the Netherlands. Training multiple days a week, running multiple marathons and more as part of the training. He used this personal challenge to support Cycle for Good. He raised a stunning €1340, which makes it possible for Cycle for Good to support all the costs for food for 15 children for a whole year!



Kiran's 50st birthday parties

Date: December 2026

Amount raised: €1527

Where: Amsterdam/London

Kiran decided to give two dress up parties for his 50th birthday, one in Amsterdam and one in London. As a birthday gift he asked for donations to Cycle for Good. Friends and family donated generously, raising 1527 euro!



Fundraising action at the Tanker's kingsday party

Date: 6 July 2024

Amount raised: €250 (Thanks to the Tanker!)

Where: De Tanker, Amsterdam

The Tanker hosted a kings night party. Frouke decided to create an activity to raise money. For €5 people could do something fun and be reborn as the new king or queen, with true blue blood in their veins.



1.3 Donations overview

School year	Total of donations
2021-2022	€8458
2022-2023	€7525
2023-2024	€11248
2024-2025	€9590
2025-2026	€7857

Donations school year 2024-2025	Euro
Fundraising cycle ride talk Jonas Volk Summer 2025	420
Camping Lichtbond Gelre talk and sales of art works	855
Ultra Marathon Challenge 80KM by Horia Constatin	1340
Kiran's birthday parties fundraising	1527
Fundraising action at the Tanker, Amsterdam	250
Individual donations	3465
Total	7857

1.4 Costs

All donations from this year and last year were able to pay for all the costs this year: school fees, food, basic necessities and sanitary products, a new generator and the renovation of the dormitory building.

Costs in Camp	School year 2023-2024 47 children	School year 2024-2025 47 children	School year 2025-2026 46 children
Education	1136	1273	1066
Food	3678	3682	3891
Toiletries/cleaning products	627	609	616
Other basic needs (bedding, mosquito nets, kitchen equipment, etc.)	1447	1473	1448
New generator			548
Dormitory renovations, new metal roof	2151	0	2740
Logistics	33	33	38
TOTAL Expenses	9072	7069	10347

Other Costs	School year 2023-2024	School year 2024-2025	School year 2025-2026
Banking admin fees Rabobank	268	246	254
Wordpress website	58	58	58
Name Cheap domain website	14	14	14
printcosts 2022/2023	51	0	0
TOTAL Expenses	391	304	326

A small amount of the donations we used for bank fees and the expenses for the website were paid by Frouke and Kiran themselves.

1.5 Food programs reduced in refugee camp

The main supply of basic food: rice, yellow beans and fishpaste, is being provided by the refugee camp authorities. Cycle for Good provides all other food needed to make a good meal. In the last few years we provided more and more rice, because the supplies from the authorities went down and were not enough to fill your belly.

At the beginning of 2025 it became very visible what the impact was going to be from Donald Trump's decision to reduce the USAID help programs all around the world by 90%.

The distributor of food in the camp: The Border Consortium (TBC), lost its main funding due to the reduction of these USAID help programs.

Slowly from the beginning of 2025 the portions of food were reduced.

In August 2025 TBC was forced to stop lots of the food support and the supply of charcoal for cooking (October 2025).

Vulnerable people in the camp (among them also the CFG children that fled alone) still get some food and charcoal support.

Other refugees in the camp won't get any food or charcoal anymore and can now try to find work in Thailand to supply for their own needs (this was previously illegal).

This is a difficult path too, with lots of obstacles. Many are hungry.

Cycle for Good has been funding more basic supplies of rice for the children ever since.



1.6 Renovation of the dormitory

This year it was time to renovate the second dormitory.

There are two dormitories on the terrain, one for girls and one for boys. The first dorm was renovated 2 years ago. It has a metal roof so that the children don't need to renovate the dorm every 2 years. It is better protected against the heavy rain (previously it was from leaves that needed to be replaced every 2 years).



In May 2026 the second dorm was built with a metal roof on top.

The children do a lot of the work themselves!





New generator

In the dormitories they use a generator to be able to have light in the evening. This way they can still read, study and play games together in the evenings. The old generator broke down last year so this year we chipped in to buy a new one. The generator cost 33500 Thai Baht. Cycle for Good chipped in 20000 Thai Baht, which is around 548 euro. The dormitory commission also asked old students who now live abroad (former refugees) to raise money to be able to pay the full amount of the generator.



2. Future

From 46 to 39 children

The amount of children that stay in the dormitory can vary every year. This year the number of children has decreased. Not all students stay for all the school years. This has multiple reasons:

- Some children go home to family or relatives in Myanmar because at some point they are homesick,
- Family or relatives move to an area where it is safe or their own place is considered relatively safe again. If there is a school present then the child can go there.
- Some families or relatives start living in the refugee camp, so the children can live with them.
- Some children finish secondary school and decide to not study further and go back to Myanmar or move out. Or they will study elsewhere in another area in the camp, or in another camp (there are 11 in Thailand) and therefore move out.

In 2026-2027 the children go to these schools:

Primary school	10 children
Secondary school	22 children
College	7 children
Total	39 children

Extra costs

Since February 2026 the war in the middle east and the blockade and attacks on shipping lanes in the Strait of Hormuz are causing the fuel prices to go up. Due to this the prices of food and fuel for the generator in the camp have gone up.

The camp authorities also raised the price for education.

These extra costs make that the costs for the coming school year stay almost the same, even now we have less children in the dorm (39 instead of 46 children).



2.1 Budget

Below you'll find the estimated costs for the coming school year 2026-2027.

The total amount that we need for the children is €8964 and we estimate another €130 for the renovation of the dormitories.

The costs for the website and the domain (€72) will be paid by Frouke and Kiran.

Costs in Camp	School year 2026-2027 39 refugee children
Education	1244
Food	4521
Toiletries/cleaning products	658
Other basic needs (bedding, mosquito nets, kitchen equipment, etc.)	2308
Contribution to new laptop in camp for administration	200
Logistics	33
TOTAL Expenses	8964

Other Costs	School year 2026-2027
Banking admin fees Rabobank	255
Wordpress website/domain	72
TOTAL Expenses	327

Extra costs	School year 2026-2027
Renovation of the dormitories	130

2.2 Future Events

Cycle for Good has several fundraising events planned for 2026-2027.

Planned events:

- May 2026 Matilda starts cycling half the World, raising funds along the way for Cycle for Good
- October 2026 The Amsterdamse Lutherse Gemeente Advent fundraising action
- Dec '26: Selling Christmas homemade gifts
- Spring 2027: Cycle for Good Benefit action
- May/June 2027: 100 km cycle ride

Challenges

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



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	Treasurer	
Naw Th' Lay Htoo	Auditor	RTP Supervisor
Naw K' Paw Moe	Dormitory leader in Charge of Dormitory (2)	Dormitory leader

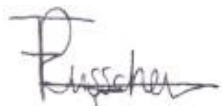


4. Annual accounts/Jaarrekening

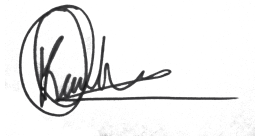
Jaarrekening	Schooljaar 2024-2025 juni t/m mei	Schooljaar 2025-2026 juni t/m mei
<u>Inkomsten</u>		
Inkomsten uit eigen fondsenwerving	€6,218.00	€6,097.00
Inkomsten acties van derden	€2,310.00	€1,760.00
Overige inkomsten	€0.00	€0.00
<i>Totale inkomsten</i>	€8,528.00	€7,857.00
<u>Bestedingen</u>		
Kosten werving baten	€246.00	€254.00
Kosten beheer en administratie	€0.00	€0.00
Besteed aan doelstelling	€6,500.00	€8,000.00
Toevoeging aan reserves	€1,782.00	€0.00
Onttrekking aan reserves	€0.00	-€397.00
<i>Totale kosten/bestedingen</i>	€8,528.00	€7,857.00
<u>Activa</u>		
Immateriële vaste activa	€0.00	€0.00
Materiële vaste activa	€0.00	€0.00
Vorderingen en overlopende activa	€1,080.00	€0.00
Liquide middelen	€5,395.00	€4,998.00
<i>Totale activa</i>	€6,475.00	€4,998.00
<u>Passiva</u>		
Reserves en fondsen	€6,475.00	€4,998.00
Langlopende schulden	€0.00	€0.00
Kortlopende schulden	€0.00	€0.00
<i>Totale passiva</i>	€6,475.00	€4,998.00

5. Year report 2025-2026 confirmation agreement

Frouke Russchen
Chair
Datum: 09-10-2026



Kiran Chauhan
Treasurer
Datum: 09-10-2026



Thomas Schellekens
Secretary
Datum: 09-10-2026

