



## Message from Sedtha Long, founder and director of BFT:

Friends of BFT, both domestic and abroad,

As I always say, I'm amazed by how fast the beginning of this year has gone by. And like always, I mean it. There is so much going on here at BFT. All of the new projects, continued efforts, and lasting friendships make it difficult to keep track of the days. We are able to continue to make positive change through our united compassion and collective efforts. Together we can make a difference for Cambodians in need.

We are forever grateful that we continue to receive strong support from our many great friends, donors, and volunteers from around the world. However, there is still work to do. We will need to strengthen that support further in 2016 and beyond. If every one of us is working towards the same goal, I trust that we will overcome the upcoming challenges. So let's continue our compassion, sympathy, and hard work to build hope, peace, and a better future for our younger generation.

I would also like to express my sincere admiration and appreciation to all my dedicated Cambodian and international colleagues and volunteers. Your enthusiastic effort and help is why BFT has been able to help the poor for the past ten years.

May the culture of sharing and compassion continue! All the best wishes to each and everyone of you and your families in 2016 and in years to come!

Founder & Director

Long Sedtha



*Knowledge is Hope. Peace is Development.*

### Highlights:

- Message from Sedtha Long

- Progress in the Villages

- ◆ Latest News

- Acknowledgements



### Visit from the school girls at PLC in Sydney

In late April, we warmly received a group from Pymble Ladies College in Sydney. About 30 helpful young ladies came to Siem Reap to help teach English and physical education to Cambodian school children. We know that both our new Australian friends and the Cambodian children both enjoyed spending time together. We wish the best for the PLC girls and hope that they come back to visit us in the future.



### Sopherith Long has gone to Scotland to play football for the Glasgow 2016 Homeless World Cup.

We could not be more proud to announce that our staff member and friend Long Sophearith was selected for the 2016 Homeless World Cup. He will be traveling to Scotland in July to represent Cambodia and share the passion of sport with athletes from around the world. This is the culmination of years of hard work and dedication. We are so happy to see him follow his dreams and will keep on supporting him as he pursues his next adventure. Thank you to our friends at Happy Football Cambodia Australia for their support and sponsorship in making this possible. Best of luck, Sophearith!

Learn more <https://www.hfca.org.au/news/2016/jul/5/boy-angkor-wat-goes-glasgow/>



**10th anniversary of BFT creation and Khmer New Year celebration**  
10 years has certainly flown by. We have come a long way and the road has not always been smooth. We have had the opportunity to smile, laugh, and worry together. All the while we have stayed true to our mission of building PEACE, HOPE and a BETTER FUTURE for the impoverished people, especially the youngsters, of Cambodia. The visions and the enthusiastic efforts of everyone involved have had meaningful results that we can be proud of when reflecting on our 10-year anniversary. It was great fun to celebrate our Anniversary and the Khmer New year with so many wonderful friends and family. We look forward to reaching new milestones in the coming years and to many more opportunities to enjoy each other's company. Thank you to everyone from the bottom of our hearts. Without you this would not be possible. With you we can change the



### Bicycles donated by our partner, Bike4life Australia

On behalf of the school children in remote rural areas, we would like to extend our deepest thank and gratitude to our partner at Bike4Life and all donors for their kind efforts and recent donations of the 40 bikes this year. The bikes will help making the life of the impoverished people especially the children DIFFERENCE!



### Oddom attended the workshop on the Leadership skills in Sydney sponsored by the Rotary Club

In January, our friend and staff member Oddom had the opportunity to go to a leadership conference in Sydney, Australia thanks to Rotary Club's support. It was a phenomenal experience that not only broadened his knowledge of leadership and gave him valuable exposure to other cultures, but it also taught him new teaching methods. As some of you may know, Cambodians teach mostly through lectures. At this weeklong conference, he learned the value of situational drilling. He had to learn how to deal with different crisis situations like fights, injuries, and obtrusive bystanders. This class taught Oddom valuable skills on how to handle .



### Sedtha and Sek visited Sydney and Melbourne on funds raising and making more friends and supporters

In May, Sedtha and Sek visited many different compassionate people and organizations throughout Australia. Raising funds is essential for BFT to continue to help the people of Cambodia and this trip was a vital step in securing the necessary funding. Due to the help of so many of you, the trip was a success! Sedtha and Sek were able to make new friends and partnerships during their time in Australia while strengthening existing relationships. Thank you to all who contribute to our cause in whichever way you can.





### Distributions of school uniforms, stationaries, bicycles and other materials to more than 3000 pre & school children in the villages

As you already know, BFT believes that one of the most important steps towards peaceful development is education. We have distributed school uniforms, stationaries, bicycles, and other materials to more than 3000 pre & school children in the villages. This is a continued effort and one of the best ways to help the people of Cambodia. We look forward to creating more smiling faces in classrooms! Thanks you karma wheel for the uniforms as well as the others sponsors



### 10 House hold toilets were built for villagers funded by BFT Friends of France

We would like to say thank you again to our French friends for their support. Toilet use is an important evolution in hygiene for many villagers here in Cambodia. Many of the villagers that we help have never used a toilet and do not understand the importance of basic sanitation. By giving them access to toilets we are both increasing awareness and changing culture. After installing these toilets, we noted that villagers want to use toilets and want more toilets installed. These are great first steps in decreasing sickness within our villages.



### Lions Club of Singapore visit with the donation to support 130 families in Chub Smach

At the time that this is being written, we are looking forward to a visit from our friends from the Lions Club of Singapore. They are coming in late May to help 130 families from the villages of Sre Robong, Cham Resh, Chub Smach, and La-ak. We greatly appreciate their gifts of water filters, food supplies, school supplies, and children's clothing. These donations will support these children as they chase their dreams of a better life. Thanks again to our compassionate friends.

### The children from the community visiting the children hospital in Siem Reap for their health care

Sometimes BFT's work does not take place over years of sustained work, but is an act of compassionate kindness that will have positive ripples for far longer than it took to take the action. A woman from Taom village was sent home from the hospital after having twins. Unfortunately, one of the babies was drastically underdeveloped and weighed less than a kilo. Upon hearing the news, we rushed the baby to the other children's hospital and supported the family with food, transport, and clothing. Luckily the baby is now healthy and whole. We would like to thank Angkor Hospital for Children for taking in this child when others would not and we wish the best for the family on their continued journey.



### Shelter of community-base mother and child was built by the Rotary Club Griffith in NSW

Ten of our friends from Australia built a community center for mothers and their children in the village La-ak. Through their rotary club they raised funds and came to be a part of the construction. For ten days they ate, slept, and stayed in the village while helping see the construction to completion.



### New sponsor for the Malnourished project

The new malnutrition program was implemented because the malnourished children needed to recuperate at a faster rate. In every village that we work in there are at least some moderately acute malnourished (MAM) children and many times there are severely malnourished (SAM) children. In the Cambodian health care system there is little help for children with MAM and children older than 5 years who suffer from SAM. BFT wanted to be able to quickly help and recuperate all the malnourished children regardless of age. The program was a few months in the making and the meals were designed with the help of Katie, a UK nutritionist, using local foods. The program commenced in May 2016 in the villages of Chub Smach and Sre Robong, which between them have 38 malnourished children. Each village has one or two Village Malnutrition Coordinators (VMC) who live in the village, cook two meals a day for the children, teach the parents how to cook nutritious food, follow up the children's care in their home, and gather the families for health





education and follow up measurements. The VMC will report to BFT and be an integral part of the children's recuperation.

BFT would like to say a huge thank you to Geoff Sam, a friend in Adelaide, who has donated enough money for the first 12 weeks in the two villages. He has given these children the gift of a better future and has shown great compassion.

If you would like to be a part of the malnutrition program, BFT has children in other villages who are malnourished and are in need of your help.



### Third year project cycle in Chub Smach by DePuy Synthes G2A

BFT is in the third year of a holistic development program for the village of Chub Smach. This year is pivotal because the results of our initial efforts are now available due to comparison surveys taken in 2012 and 2015. We see large improvements in access to healthcare, education, and clean water. The number of people who have gotten sick from bad water has dropped considerably and there is now a desire to use toilets within the village. These are major improvements that have direct effects on improving, and sometimes saving, villagers' lives.

Interestingly, our success in certain areas might have dampened the success of another. Over 200, mostly illiterate, immigrants have come to Chum Smach during the time that we have been working there. Having our programs active there likely encouraged these villagers to migrate. These people make it appear as though our educational efforts have been less impactful than they really have been by creating stagnant, or even lower, school attendance and literacy rates. We know that there are more people attending school than ever before in Chub

Smach because we cannot fit all of the people who want to learn into the current school. This makes it difficult to call our education efforts anything short of a success. We know that with continued effort, and hopefully a new school, we can drastically improve the mediocre metrics and continue our work educating Chub Smach.

This is an extremely important project for us because our success will show that BFT has the capability to vastly improve entire villages through solely its own effort. This may lead to village projects being funded by other corporations and an expansion of the good that BFT can bring to the people of Cambodia.

Thank you to the staff and volunteers who have helped make this vision a reality, thank you to DePuy Synthes and G2A for your faith in us. We look forward to the continued progress that we will make in Chub Smach.



### Managing director of BFTC got married

We would like to congratulate our friend and Managing Director Yothin on his wedding. On 16 of January he married Sreymuoy. We wish them many happy years in their future.

Yothin is also heading up one of our new initiatives, Build Friends Travel Cambodia. They are enriching and socially responsible tours that expose you to the real lives of the Cambodian people. All the profits will go to help the needy villagers, especially the children, supported by the non-profit local NGO, Build Your Future Today Center (BFT Center). You can find more information : at: <http://www.buildfriendstravel.com>





## Available story of the Tragedy and Triumph by Chad Williams

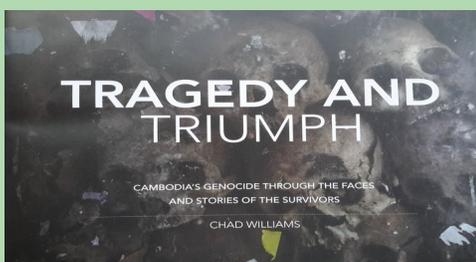
### About the Author

Chad Williams is a young man who volunteered with BFT last year for 6 months on his third trips to BFT. He was so inspired by BFT and Sedtha's story that he wanted the entire world to hear it. His book, "Tragedy and Triumph,"

is available for download at

<http://tragedyandtriumph.squarespace.com/>

All of the proceeds go directly to BFT and our efforts here.



## International Children's Day

On the first of June, we celebrated international children's day for the tenth time! We had over one hundred children participate in the ceremony. During the ceremony, there was a question and answer period to talk to the children, dance performances, and a class singing competition. The children really enjoyed performing the dances and songs they have been working on for months. Ensuring children a bright future is vital to the success of any nation.



## GROW team visit

In the month of June, we happily welcomed our annual GlobeMed GROW team from the University of Virginia in the United States. This group consisted of 6 ladies who helped with English teaching, BMI measurements, and the feeding program. The Cambodian children and our American friends definitely enjoyed their time together. We hope GlobeMed returns to BFT!



## Krama Wheel Visit

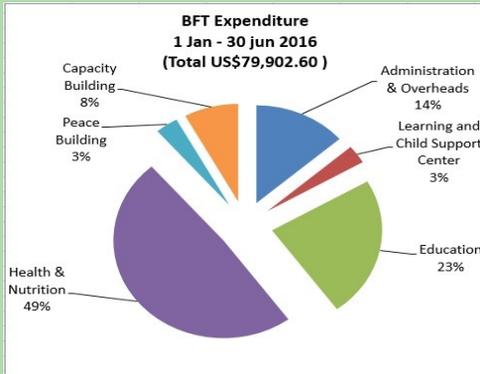
We welcome Marisa from Austin, Texas who is an International Relations graduate intern for Krama Wheel and will be working with BFT from June to July. Marisa will be researching the uniform program, interviewing students, seamstresses, and helping in other areas within BFT. We hope Marisa enjoys her first time in Cambodia.





# Thanks and recognition

Our deepest thanks and sincere gratitude to our donors and partners from around the world



We've made big steps forward in our ability to report financial information. Many thanks to Chek Manith for his efforts to consolidate our accounts for the first half of 2016. With income of \$89,725.35 and expenditures of \$79,902.60 we are able to deliver services to support villagers but expanding to new villages requires additional donations; something many of our supporters are actively working to secure. Indeed, our income included substantial, unexpected donations late in the period from first-time donors to BFT. It should be noted that, while the graph shows that 14% of expenditure was on Administration and Project Management.

## International BFT Friends

## Donors and Partners



BFT Friends from Australia, America, Germany, Singapore, Norway, England, Denmark, France, Hong Kong & Dubai

Special thanks to our valued local private sectors, local and International volunteers and individual supporters from around the globe.



BFT would like to thank all our other friends who have donated over the last six months and all BFT Friends around the globe who are working tirelessly to raise awareness and funds to support our valued mission. We are very grateful for all your support and passion. It is amazing to see so many people and organizations committing to the BFT cause. It makes us humble and grateful that we all together—people from Cambodia and people from all over the world—engage in a network to improve the quality of life and opportunities for the Cambodian people who need our help most.

**THANK YOU!**