



Build Your Future Today Newsletter January - December 2022

1.

Message From Sedtha Long

Dear Friends and Supporters of BFT Locally and Around the Globe,

Like everyone else in the world, BFT continued to struggle with the effects of COVID in 2022, with related reduction in funding made worse by sharp cost increases brought on by the Russian invasion of Ukraine. I hope you have all stayed safe and healthy throughout the year.

I am delighted to be able to tell you of the many accomplishments of the BFT team and the generous supporters who have made it happen.

Through the generous support of Bob and Indu Shah with Polio Children in Need (UK), our friends at P.O.E.M. in France and Friends of BFT Hong Kong, we have built another high school, additional rooms classrooms and facilities at other schools in remote villages. Other donors, including Om-Health (Singapore), Lions Club (Singapore), Trees of Love (UK) and others have provided food and improved food security through programs to develop farming skills and create more school and home gardens, including the establishment of a duck cooperative funded by Gillian and Benn Gray.



Critical to improving the lives of villages is ensuring they have access to year-round supplies of clean water. With additional funding from Rotary International, 5 Rotary Clubs, Bob and Indu Shah, Lions Club of Singapore, Friends of Belgium and ongoing support from other friends, we have been able to successfully drill many deep wells and install equipment in several villages. Clean water is essential to good health and also adds to food security with the ability to irrigate gardens.

With support from friends in Germany, Belgium, Hong Kong, SE Asia Foundation, Tawingo Funds, Dr. Mattie Muldoon and others, we have been able to provide skill development, education and peace building in villages, the BFT Learning Center in Siem Reap and for the BFT team. Building better skills for the future will allow Cambodians to become more self-sufficient and improve our team's ability to provide the best possible support. Support for skills development has included extending our association with our partner at HFCA to improve football skills for children in some of the villages BFT supports.

I want to make special mention of and congratulate the team here at BFT. They have worked tirelessly throughout the year in very difficult circumstances to better the lives of poor Cambodians. Thank you to Gillian and Michael Cappelletto and Sue Ferguson for their ongoing support in funding wages for team members. I'd also like to thank Friends of BFT HK for sponsoring one of our teachers at university, to Sharon and Pete, friends in Australia for sponsoring one school teacher from Sre Robong at university and Katrina and John Hayward for sponsoring Nursing studies for one of our young women who has now successfully completed her second year. I also want to acknowledge the ongoing support of Friends of BFT Australia, Friends of BFT Germany and their directors who individually and as a group do so much for BFT.

It has been great to see the return of international volunteers to Cambodia and to BFT to support our work. Threads of Red (USA) and many others have provided their time, expertise and support to help us in our mission.

While this message has provided some highlights, I want to personally thank all of BFT's compassionate supporters, donors and friends from around the world.

May you have Happiness, Health, Prosperity and Peace in 2023 and always! We look forward to welcoming you back to Cambodia soon!

Founder & Director, Prof. Long Sedtha



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2.

Message from Jo Reynolds, PR & Fund Raiser Consultant

It was wonderful to return to Cambodia at the start of September and make this my personal home - and to be reunited with Sedtha and the team at BFT after far too many years away. It's been wonderful to see how much everyone has grown and how much more successful BFT is now. Although I was working on the successful Trees of Love project and helping with social media remotely in the UK, that will be far more efficient and effective now that Siem Reap is my home. BFT has always been very close to my heart, and I'm really looking forward to seeing how the team and their important (and life-changing) programmes develop over the next few years. I'm also very pleased that my partner Eric Secker is being able to make a significant contribution to the work of BFT.



Message Message Eric Secker

Before coming to Cambodia and making this our home I was obviously aware of Sedtha's incredible journey and the work of BFT through Jo, but it was only on arriving and meeting everyone that I understood just how dedicated everyone was and what a difference their various projects made to the lives of so many people. Initially I wasn't too sure how much help I could be to BFT since my background is in promotional/feature writing and magazine editing, but I was soon proved wrong. I am currently helping the BFT with English grammar, report writing and improving their skills with computer programmes such as Adobe Photoshop, and I am also leading an evening English class for young students at the BFT Centre - which has been very successful. The tireless work of Sedtha and his dedicated staff is truly inspiring and it's been both a pleasure and an honour to be playing a small part in that.



The first high school building project in Dang Rek and clean water funded by The Bob & Indu Shah Family Foundation along with Polio Children in Need Charity in UK

Bob and Indu Shah together with Polio Children in Need Charity in UK have been working very effectively in supporting in the area of education development particular in school building projects for the rural villages of Siem Reap and Banteay Meanchey Provinces.



Since 2019 Bob and Indu Shah and Polio Children in Need Charity in UK had sponsored the buildings with 6 classrooms, toilet blocks & teachers' house for Prey Chka, Oroong and surrounding villages to establish their first new secondary schools in their areas.



Early 2022 Bob and Indu Shah the Polio Children in Need Charity in UK funded another new building of High school in Dang Rek in Banteay Meanchey Province to enable older students continue higher education once they completed the secondary school level in this area. This high school building of 6 classrooms project is almost coming to an end, the building is expected to finished early January 2023.

Moreover, Bob and Indu Shah together with Polio Children in Need in UK also funded the clean water system and water wells for whole communities in the remote rural areas of Siem Reap and Banteay Meanchey to have access to all year-round water supply with safe and clean for their communities. We would like to THANK YOU our great supporters, Bob & Indu Shah and their family together with Polio Children in Need Charity in the UK for their kind donation to make this meaningful project possible for our communities.



The building of teachers' office & library, kitchen with dining room and toilets projects funded by POEM Foundation from France

Since 2017, our great partners POEM Foundation and Friends of BFT France have been working very hard to raise fund to support the BFT building projects so far POEM Foundation from France have funded to build school libraries, primary school, Secondary schools in Oroong, La'ak and Prey Chhka Villages.



This year, we were so excited to receive another funding to kick off project in Banteay Meanchey Province, Dang Rek Village, Tmor Pouk Commune bordered to Thailand. The funding is able to BFT to build teachers' office & library, kitchen with dining room and toilets. These buildings will help providing more opportunities and better development of Dang Rek School itself for the future development.



Teachers, students and villagers in Dang Rek are so excited and proud to see the progresses of more buildings of library, teachers' office,



toilets block and kitchen with dining room for their high school. They would like to extend their appreciation and gratitude to all compassionate donors and supporters for making their dream coming true. They can't wait to see the completions of these important buildings and accessing for their first time of higher education in this High school



Friends of BFT HK support more classroom and continue projects of feeding and sponsoring the teacher of Sangha to the University

Another fantastic news to share our friends and supporters of the latest development of Chang Ha School. Megan's family and Friends of BFT Hong Kong continue working tirelessly to raise funds and awareness in Hong Kong with these respect activities by Melissa's family, all friends and supporters in Hong Kong we enable to continue the great work we do for all the children in Chang Ha school.



Through Friends of BFT Hong Kong funding, we had built another classroom building and renovated an existed building and provided the scholarship for 1 teacher to study in university.



Moreover, Megan's family, friends and supporters of Friends of BFT Hong Kong also continued to funded the breakfast feeding and school demonstration garden in Chang Ha School for the year of 2022.



We would like to give a THANK YOU to Megan's family and all supporters at FoBFT Hong Kong for continuing to support Chang Ha School!

Duck cooperative farms by the Grey Family and FoBFT Australia

A total of 800 ducklings have been delivered to Kromom Bol and La'ak villages, each duck cooperative receiving 300 ducklings to raise with the remaining 200 ducklings being delivered to 20 families, who all received 10 ducklings each – ten families in La'ak and ten families in Kromom Bol.



Three days livestock training on the skills involved with duck-raising was conducted in La'ak in the middle of April and was provided to 25 families by the Agriculture District Officers and coordinated by the BFT Project Leader.



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As a result, 50 families received duck-raising training education, 20 families received ducklings, and 2 families select to manage the duck cooperative places in La'ak and Kromom Bol.



Learning Center, Peace Building, Family Adoption Support and Nutrition funded by Friends of BFT Germany

English and Computer Program

Our English and Computer programs have continued to operate as normal with larger groups of children at BFT. There are 150 students attending the evening classes from 5pm to 7pm at the evening through Monday—Friday. Around 50 computers learners attending the computer classes different hours from the morning to the evening.



Family Adoption Support

With the funding we received from FoBFT Germany we managed to provide adoption support to help some families in Sre Robong and in Kromom Bol. These families were trained on proper animal and

agricultural techniques and were then provided with some seed money to start their businesses at their own houses. Moreover, ten children and adults receive daily meals, study time and living support thanks to the help of FoBFT Germany.



Peace Building

Aim and Ven. Veasna have been working to provide consoling support to 20 families from three villages in the districts of Svay Lue and Chi Kreang. The follow up visits have been carried out by the peace building team.



Child Support

Ten children and adults at the Learning Center are provided daily meals three times a day. A big thank you to our donors in Germany for their continued support in providing these children's education, family adoption, and community life skills training.



The children and adopted families are so grateful for their compassionate commitment and contributions to making significant changes in their lives.



The second projects of Rotary Global Grant by five Rotary Clubs and the Bob & Indu Shah Family Foundation & Polio children in UK

Today the Rotary Global Grant 2232355 – Cambodian Villages Water Project had come to an end of the project there are many hundreds of families from 5 different villages have provided reliable year-round water supplies from the total of 50 bore wells along with Community WASH Promotion Education to everyone in these villages.



The WASH evaluators, Mr. Sedtha, Manith and Aim led by the project manager, Oddom and Sina to the Global Grant Villages for their final inspection and evaluation particularly on WASH practice behaviors of the villagers after they attended the workshop in the past. According to Mr. Sedtha and his team, they were very happy to see the good results, a lot of villagers change their behaviour better, the villages clean and lot of people learnt and practice and change their behavior.

The 3rd Rotary Global Grant Project Plan and preparation of washroom in Tapour Village

We would like to let you know that our friends and supporters at Friends of BFT Australia and USA have been working closely with the Rotary Club of Chadstone East Malvern and the Rotary World of Difference foundation on another major project - this time for the installation of community washrooms to provide improved hygiene, reduced water contamination, and also safety and privacy, especially for young women.



We are currently working with our friends in Rotary on a submission to the Rotary Foundation for a third major Global Grant. This will combine Rotary funding with that raised from our supporters to provide washrooms and greatly improve the quality of life for the village of Tapour in Svey Leu district, in the northeast of Siem Reap province.



Not only will the project provide these much-needed facilities, it will also establish a team from this village who will be trained in the required construction techniques. After completion of this project, this team will work on subsequent washroom projects in nearby villages.

Threds of Red from USA & UK

Our group of volunteers from Threds of Red from UK and USA together with our team have conducted health education on menstrual health and hygiene education to older girls and boys in school, educating adults and parents about sexual health, sexually-transmitted diseases and family planning in our remote rural villages.



Over six days in six villages, 107 boys attended male-focused health education, 276 children attended health, hygiene and puberty education, 506 younger children attended hygiene and hand washing instruction, 76 adult women and 72 adult men attended sexual health education, and we provided 289 pairs of reading glasses, 120 pairs of sunglasses and 250 toothbrushes to the six villages.



We would like to extend our deepest appreciation and gratitude for all their commitment and contributions with loving care and sympathy to make a huge difference to the life of the impoverished villagers - especially the children we supported. We truly value their important mission and wish them a safe and joyful return home to the USA and UK. We are already missing them and look forward to welcoming all of them again in the future.



Welcome to our Volunteers, Friends and supporters to BFT Siem Reap

We are so excited to welcome back our longstanding friends and volunteers Coline Stagnitto Woleg, Professor Michael Katze, Emily Jane Newberry, Mr. Bill Taylor, Jo Reynolds, Mr. Eric Secker, Jenny Foster, Rotary Club Sangke Battambang, Maria Hacks and Ake for their valuable time, their working commitment and their dedication to BFT for 2022.



Lions Clubs of Singapore

We were really excited to welcome back our compassionate friends and supporters from Lions Clubs of Singapore after almost three years of not seeing them. The group of 50 people from Lions Clubs of Singapore arrived in December and launched charity projects in the provinces of Banteay Meanchey and Siem Reap



On behalf of the impoverished people in the remote rural villages they supported we would like to extend our deepest appreciation and gratitude (once again) for all their kind commitment and donations of 21 giant bore wells for clean water, 84 bicycles, study materials and other supplies for over 1,000 children and teachers, 20 used laptop computers for our Learning Center, and food supplies for 400 poor families. They even found time to cook delicious food for more than 1,300 people in the villages. Their extraordinary generosity has made a huge difference to the lives of so many people.



Renew MoU as partnership for village football training by Happy Football Cambodia Australia (HFCA)

The Build Your Future Today Center (BFT) has become an important resource for disadvantaged, homeless and orphaned children, providing (with the support of both local and international donors) -

training in crucial life skills and many other programmes.



The Siem Reap-based BFT was established in 2006 by Long Sedtha, and manages programmes designed to help impoverished children (including orphans) within the local communities there and in other provinces.



In June 2022 BFT extended its partnership with sports NGO Happy Football Cambodia Australia (HFCA) to ensure that the children and young people they serve access academic and sporting opportunities as part of their personal development and growth.

BFT is delighted to continue working with Happy Football Cambodia Australia having first started our journey together in 2014. Special mention must go to Mr. Sedtha Long, the founder and director for his amazing leadership – and for inspiring HFCA with his commitment to working with underprivileged communities.



The Tawingo Funds and SE Asia Foundation for donations to support projects

In May 2022, our partner Tawingo funded the project to improve food security and income generation among the families living with poverty through bridging them with the key solutions from the advantages of the education, life skill and micro finance. From the results of their life improvement, they valued and support their children's education.

A very special thanks and gratitude to our compassionate partners at Tawingo Funds and SE Asia Foundation for all their kind support and donations to help our mission possible.



Tree planting by Trees of Love –UK

As the Trees of Love project matures, it's really rewarding to see sponsors from all over the world buying fruit tree saplings to plant, and over 200 have been planted so far! Some are celebrations of life, some are eco-gifts, and some (movingly) are bought as memory or memorial trees.



The saplings are planted in a number of villages in the poorest parts of Cambodia, the locations often being schools BFT is working with.



These little saplings also have long term benefits. As they grow, they'll enable the communities to be more self-sufficient, giving them fruit to eat (and surplus to sell) and the wood to build shelters and furniture. The branches of these trees provide shade, and the leaves will eventually fall and put nutrients back into the soil. These really are Trees of Love.



THANK YOU NOTES TO BFT FRIENDS AND SUPPORTERS ABROAD

Thank you to Gillian and Michael Cappelletto and Sue Ferguson for their ongoing support in funding wages for team members.



We would also like to thank Friends of BFT HK for sponsoring one of our teachers at university,



to Sharon and Pete, friends in Australia for sponsoring one school teacher from Sre Robong at university



and Katrina and John Hayward for sponsoring Nursing studies for one of our young women who has now successfully completed her second year.



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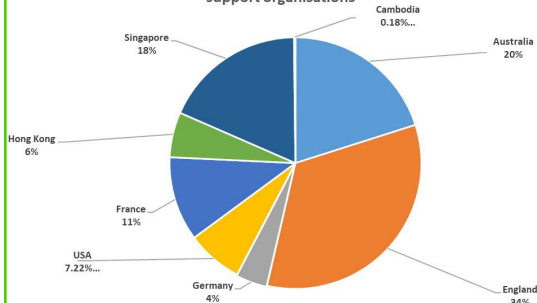


Financials and Recognition

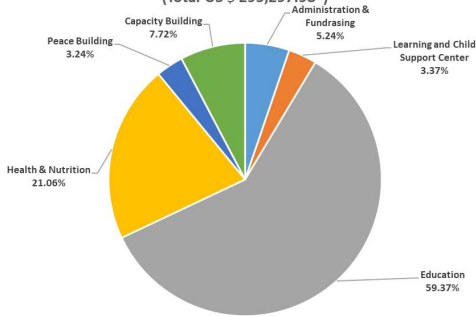
9.

BFT Donations
1 Jan - 31 December 2022
(Total US\$297,373.99)

Note: Amounts shown by country are from official support organisations



BFT Expenditure
1 Jan - 31 December 2022
(Total US \$ 295,297.98)



For the 2022 financial year, the total amount of our income (donations) was \$297,373. Our total expenditure for project and operations was \$295,297.

In addition, we a further amount of \$82,500 (not included in the revenue and expense graph figures) for Rotary Global Grant projects being run by BFT where the funds are paid directly from Rotary to subcontractors rather than coming through BFT's own accounts.

In any case, the overall income was significantly higher than the previous year allowing us to expand delivery of projects and services to support the needs of villagers. This was made possible by our generous donors and supporters who have actively worked with us to secure the project operation scheme.

It should be noted that, only some 5 % of expenditure was in the areas of administration and fundraising , with the remaining 95% being committed to the delivery of projects and services in the villages.



International BFT Friends

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

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

OUR DONORS AND PARTNERS

Michael Couch



Omhealth

Bob & Indu Shah Family Foundation



Allianz



BFT would like to thank all our other friends who have donated over the last six months and all BFT Friends around the world 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 committed to the BFT cause. We are humbled and grateful to see—people from Cambodia and people from all over the world—engaging in a network to improve the quality of life and opportunities for the Cambodian people who need our help most.

THANK YOU!