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Boom, another year around

2017 wasn't just a year of dramatic changes for me personally: It was the 10th year of the Kleine Hilfsaktion - and a good one for countless people who, unfortunately, have completely different problems to ours.

In the last three years, we did not keep our promise to send annual financial statements in printed form. However, this year we think it's extremely important. Naturally, there are costs, but they are worth it. You decide for yourself:

- You could, for example, follow the attached brochure 'Water instead of wine', forego a Christmas/birthday gift or two, and instead donate to an organization that you trust and that you have supported in the past.
- Put the planned 2018 trip aside and consider taking a trip with a social background. It will be more meaningful and sustainable - plus it can do wonders for your conscience. How is this possible? Take a look at the enclosed flyer "Fundriding" and please contact us if you have any questions.
- Please become the 383rd member. In order for that to happen, all you need to do is fill in the card that can be detached from the enclosed flyer. Head to the post office and voilà - we'll even pay the postage. Every new member is a motivation to continue. You most likely won't die from the five or ten Euros per month (before the tax deduction!), but you may save a life in the 3rd world. You may save someone from going blind or help them find a way out of their misery. We are the shortest way to effectively help. Promise.

We want to appeal to your emotions and tell you about what we're planning to do with your donation or your membership fee. These projects are not limited to Cambodia. The KHA e. V. also helps in Germany and in other countries around the world.

Let us be your extended arm. We bundle help and try to make the decisions that you too would make.

Thank you for your support, your interest and your trust.

R. Debschütz



Roland Debschütz
Kleine Hilfsaktion e. V.



10 years



A small aid project with a big success story

We started off with 123 mosquito nets, pushed by the knowledge that we had to do something.

Now, ten years later, we're a medium-sized aid organisation that doesn't only help in Cambodia.

We have saved hundreds of lives, helped thousands of people and are as motivated as on day one!

Of course, our possibilities are limited by our financial and personal resources, but our aim is to help as many people as we can and make this help as sustainable as possible.

Who can we help? Where do we help, and how? That is for our members and donors to decide.

Please help us help others in the future as a donor and/or member.

We want to thank all current and future supporters and promise you to further use donations efficiently in the next ten years, to limit pain and suffering and provide sustainable development to those in need.



10 years

Yes, we did it - and are still doing it - for ten years now!

Personal memories of ten years of Kleine Hilfsaktion by Roland Debschütz

In 2006 I was still a proud Yamaha dealer with nine employees: Everything revolved around motorcycles, target achievement, cost recovery, profit and utilization. At the end of 2006, Yamaha abruptly sacked the 46 largest Yamaha traders, presumably to avoid having to pay the bonus at the end of the year. From one day to the next, I lost my business, my house, my old-age provision and - at least for a few months - my sense of existence and ambition.

About five months later, a friendly couple approached me and my significant other, Kerstin. It was Victor and Alina from Romania. We knew that they had already taken over two school sponsorships years ago. They each paid 150 Euros a year and somewhere in the 3rd world (in their case in Cambodia) two children got to go to school, get a school uniform and a bicycle for the long and arduous way to school.

Like many of us, Victor and Alina wondered whether everything was going right. Was their donation actually reaching two girls in Cambodia or were they simply sending money to two accounts? Was their donation achieving anything? Are the girls' regular letters also received by ten other people as copies? Victor and Alina wanted to go and check.

Kerstin and I had gone backpacking countless times in South-East Asia before, but Alina and Victor had

no experience in this region. That was why they asked us to accompany them on their exploratory trip to Cambodia.

My business was closed, my head was empty, and Kerstin urged me to join the adventure. We have always been very social-minded people, donating as we thought appropriate and helping where we could. But we had no experience with development aid. We wanted to clarify the question of whether these school sponsorships are used to abuse the good faith of the donors through this real-life example. So we agreed to come along.

In mid-2007, the time had come. We travelled to Cambodia. Of course, we visited the temples of Angkor Wat like every normal tourist. But then we took a driver and started our journey to Central Cambodia - a journey that would change my life and the lives of countless people.

When we arrived at the Bretterschool in Pursat in Central Cambodia, we were convinced that we would never see the two girls and that we would have to leave the country disappointedly.

As it turned out, we were wrong on all accounts! The headmaster went into a class, took the two girls out of lessons and they recognized Victor and Alina im-



mediately because of their exchange of letters. Even the two bicycles were properly placed in front of the school. We were stunned and positively surprised.

I had the idea of accompanying the children home after school. In retrospect, this was a good idea, because what we saw there exceeded all our fears. Of course, Kerstin and I had seen endless poverty on all our backpacking tours through India, Thailand and the rest of Asia. But bringing the children home to their parents and getting a direct insight into life at this unbelievable level of poverty blew all four of us away. How far had my own difficult economic situation suddenly receded into the background? I suddenly only had eyes for the suffering of others. We wanted to help as many people as possible and in the most useful ways possible.

I had the idea to buy as many mosquito nets as we could find in the city of Pursat and distribute them to the families. We bought three here, five there and ten over there. In the end, we had 123 nets, got ourselves a driver with a pickup truck, joined up with two development workers from school and started to do something useful. Strictly according to the motto, which is still a guideline for us today: Don't talk - do it!

I remember it like yesterday. On the flight back to Germany I told Kerstin: "We have to do something."

She reminded me that we had no financial means at our disposal and that we had just lost all our material resources. I replied: "Then I'll have to do it with the money of others - but I have to do something." When I arrived home, I wrote our experiences down, printed it out 50 times and threw it into the neighbors' mailboxes.

The idea was born. We had carried out a small aid operation and wanted to do this again every year.

Twelve months later, I flew to Cambodia with 3,400 dollars, processed twelve small projects and saved a woman's life. She had an ectopic pregnancy and no chance to finance the life-saving surgery - but I did.

I will never forget the feeling on the return flight. I had saved a person's life directly with the money of other people - this feeling had finally set the course for me. No other occupation in my life had given me nearly as good a feeling. Nothing even compared, or made any sense after this.

The "kleine Hilfsaktion" grew. Twelve months later, we had raised 10,100 dollars in donations for the second trip and 14,250 dollars for the third trip. The trust of the supporters grew with every project and my experience as a development aid worker and my local infrastructure also grew.



10 years

In the middle of 2010, the time had come. We founded the “kleine Hilfsaktion e. V.” with 13 friends at our home, received the charity certificate from the tax office and started with great motivation.

Ten years have already passed since the first small aid operation. We are now more than 380 members, we have been running our own school with 269 children in Central Cambodia for five years, have built two villages for 70 previously homeless people, run two kindergartens, finance about 250 eye surgeries every year, screen about 1,500 people a year in project ‘Eyesight’ and help with free glasses. We have already equipped 20 schools (40 more are planned) with a WASH. The approximately 3,000 children in these schools now have clean drinking water, a toilet and hand-washing stations all year round. We have just excavated 100 huge ponds with funding from the federal government and at the same time created jobs and a source of income for about 1,000 people, by helping them cultivate organic vegetables. For years, we have been bringing used wheelchairs and thus mobility and a sense of purpose into the lives of mining victims and children with polio. We have saved the lives of countless people in our emergency projects and filled their lives with meaning and options. We have also been and are active outside Cambodia and here in Germany.

In short, it has already become a “big Hilfsaktion”. It’s my job and vocation now. Luckily, motorcycles still play a big role in my life and I connect them in a very special way with the Kleine Hilfsaktion.

On one hand, I drive the Benefiz race taxi (www.Benefiz-Motorrad-Renntaxi.de) where I take customers for a ride on a 209 hp superbike, racing over a race track in Germany (Nürburgring, Hockenheim, Sachsenring etc.) I donate part of the money and use it to finance about 70-75 eye surgeries every year.

My latest engagement is www.fundriding.de, which was inspired by the sponsored runs organised by schools every year. We do it a little differently: We don’t travel on foot but ride with big wheel scooters. Together with twelve Fundriders, we cross Cambodia from the north to the south, each fundrider having to acquire his/her own kilometer-sponsors in advance. The last two fundriding tours have already raised more than 100,000 Euros, and each tour is assigned a special project.

I am just as motivated and full of energy as in the middle of 2007, and I would like to thank my partner Kerstin for the motivation, the support, the many good ideas and her work on the board of the association.



A special thanks goes to the many comrades who took part and helped to shape the almost 20 auxiliary trips on a voluntary basis. Without people like the optician Michael Jäger, there would be no project 'Eyesight', without Pascal Pepels and Dr. Dirk Boerner there would be no project 'Healthcare', without Rolf Externbrink and springer f3 no functioning public relations work. I also want to thank people like Gregor Schneider, Endru Tedjasukmana, Katharina Sondermann, Jan Hanrath, Nadine Urbansky and Leo Gijsen. At the risk of forgetting someone, I thank you all from the bottom of my heart!

Of course, it makes no sense to fly to a developing country, take money with you and try to help, sustainably and meaningfully, through a watering-can-concept. The aid can only make sense if the projects are well planned and implemented on site. We work very closely with the two development workers Kov Bong and David Emery, who live in Cambodia. They had already accompanied us in 2007 when we brought the two girls home from school. David and Mr. Bong went north from Central Cambodia in 2010. There in Battambang, they founded Bareebo, our closest partner organisation. Bareebo is the guarantor of the most sustainable and professional development aid known to us so far. We are characterised by development aid with short decision paths, little bureaucracy and

the most effective use of resources. We try to make decisions on site that our donors would presumably have made themselves.

Short: We want to be the extended arm of every donor. We try to uphold transparency and trust and want to give our donors the good feeling they deserve. And most importantly, we want to help as many people as possible overcome the bad hand that life has dealt them.

Please support us in this. Please become a member, donor, fundrider or advocate for our kind of help.







Development

Sustainable development aid

Besides emergency projects, practical and sustainable development aid is the focus of our work. The shorter the journey, the better - no unnecessary detours!

Schools

Escape from the vicious circle of (educational) poverty. The KHA has been running a school with 269 children in Central Cambodia for five years now.

Villages/Kindergartens

With the foundation of the villages Chy Hong I and II, the KHA has given 70 homeless families (about 500 people) a home. Additionally, two kindergartens were built for the youngest.

Eye surgeries

Seeing is living. Cataract is widespread in Cambodia. Those affected lose access to the working world and continue to slip into helplessness. We now finance 250 eye operations per year!

Project Eyesight

For six years now, opticians have been flying with us to Cambodia and we send thousands of used glasses in advance. Thereby we help about 800 people with free glasses every year.

PPG (Ponds, Pumps and Gardens)

We also bring water to the villages during the dry season. In 2016/17 we already dug 100 huge ponds which carry water all year round. Organic vegetables are grown all around. This created new and secure jobs for approximately 500 people.

WASH

A WASH system for a school means drinking water, toilets, hand-washing stations for all children. 21 schools (with approx. 2,700 children!) have already been realized, another 43 are planned!

Health Care

No matter where we are: When we see sick, frail people, we help immediately. Whether with a wheelchair, an artificial limb, surgery or medication. Every life counts.



Development

Project Eyesight

A résumé and a look into the future

Project Eyesight 2015

31. January 2015. The Kleine Hilfsaktion is on its way to Cambodia, 9,562 km away. In one of the world's poorest countries, people in the rural areas of northern and central Cambodia are falling through the grids of large aid organisations and charities. The Kleine Hilfsaktion aims to improve the lives of as many needy Cambodians as possible - especially by maintaining or regaining sight. The project Eyesight is now entering its third year. The opticians Michael Jäger (Neuss) and Roy Houton (NL) are responsible for the implementation of this year's "Eyesight" campaign. The osteopath Pascal Pepels (NL) and of course the initiator of the Kleine Hilfsaktion, Roland Debschütz, will be present.

With us on our way to Cambodia are four wheelchairs. Around 5,000 spectacle frames, 6,000 sunglasses, a treatment bench and 51.5 kg of kindergarten toys were sent in advance.

Twenty-five days of Cambodia means a tight schedule and tireless work from early in the morning to late in the evening. In addition to project "Eyesight", our routine consists of emergency projects (instant and immediate aid), medical examinations, visits and processing of long-term development aid projects (own kindergartens, schools or a village, drinking water treatment). We work there irrespective of the circumstances and the adventurous conditions. It is a

wonderful feeling to help the people! "It's impressive how satisfied and happy they are despite the bitter poverty," says Michael Jäger: "People put on their most beautiful clothes and often take long marches to reach us. Then they sit in the waiting room (on plastic chairs or on the floor) and patiently wait their turn, sometimes for a whole day." In order to reach even the most remote villages, the helpers travel on mopeds. In eight days, over 800 eye screenings (control of the front eye, the lens and visual acuity) were performed. In addition, each investigated person was fitted with sunglasses to protect them from dust and UV radiation. 1,500 sunglasses provided by the DM supermarket via Innatura (www.innatura.org) were able to be distributed directly on site. 510 people received urgently needed visual aid, immediately and free of charge. 80 cataract patients (grey cataract) were immediately enrolled in the cataract program. 14 emergency projects were initiated directly. We have achieved a great deal in Cambodia. But there are still many possibilities that have not been exhausted.



Project Eyesight 2016

In the meantime, we have been regularly flying to Cambodia twice a year. Project "Eyesight", which is directly linked to our health care project, usually takes place in February. As in 2015, the project is supported by Michael Jäger (Optics-Studio-Neuss) and the Dutch optician "Gijssen Optic" from Sittard. Leo Gijssen is the type of boss everybody can only wish for. In addition to a financial support of around 8,600 Euros in 2016 alone, he sends one of his optics specialists to accompany the project. He wants another employee to fly with him every year, provides them with extra holidays and finances the trip. In return, all employees give up half a day's holiday - respect for the whole team. This time, Yvonne van Wegberg accompanied us. During the trip, we find out that she is extremely nice, a team player and very competent. With Michael Jäger at our side, we were able to screen an incredible 2,000 people in 2016. We found a visual impairment in about 900 patients, which we were able to correct for with free glasses. A new record for us and an improvement in the quality of life for the affected people, whose significance can best be assessed by local spectacle wearers. Not being able to see anything in the difficult environment of a developing country means the absolute crumbling of self-sufficiency and security of life. Patients in whom we detected cataracts were included in our cataract program. **In 2016, the Kleine Hilfsaktion financed 200 eye surgeries.** These are extremely important because the blindness of mum or dad often threatens the survival of the children.

Use of funds

Cost origin	In €
Approx. 5,000 used spectacle frames <small>The collection is a contribution by Roland Debschütz and Michael Jäger, therefore:</small>	0
Cleaning, sorting out, repairing and final glazing <small>Own contribution by Roland Debschütz and Michael Jäger, therefore:</small>	0
Shipping of spectacles <small>No supporting shipper has been found yet.</small>	Annually approx. 1,200
Screening on site <small>Own contribution by an employee of Gijssen Optics, therefore:</small>	0
Glazing by opticians on site	Annually approx. 2,000
250 eye surgeries	Annually approx. 15,000
Total	Annually approx. 18,200



Development

Eye surgeries (Cataract Program)

An important part of project "Eyesight" is our cataract program. This is for the people who have been diagnosed with cataracts during our annual screenings. This program runs all year round. When the 28 fieldworkers of Bareebo notice a village inhabitant with cloudy eyes and severe visual impairment during their daily work, we send a specialist to the village and have the affected person examined accordingly.

If a cataract is diagnosed, the patient is asked to undergo an operation free of charge. The reservations and the feelings of shame of the often uneducated villagers are high. They are very afraid to never see their village again if they travel so far away from it (about 20 km). That's where great sensitivity and trust is needed from our field workers.

In Cambodia, every patient must bring along an accompanying person, as he/she is not being cared for in the hospital. This accompanying person must of

course also be transported and fed. In addition, about 80 % of patients need reading glasses after successful surgery, and sunglasses as well, to protect against the sunlight.

The operation itself is actually free of charge for the poor rural population of Cambodia. Nevertheless, we will have to pay about 60 dollars per patient. We have to track down the people, organize a preliminary investigation etc.



What is the composition of the 60 dollars per cataract surgery?

Action	Cost per unit	Amount	Total costs
Surgery	\$ 0	1	\$ 0
Sending a field representative from the clinic	\$ 10	1	\$ 10
Transport Patient & Accompanying person	\$ 7 per person	2	\$ 14
Meals two Days	\$ 10	2	\$ 20
Reading spectacles (glazing)	\$ 5	1	\$ 5
Sunglasses	\$ 0	1	\$ 0 (Donation DM-Markt)
Follow-up with transport and other	\$ 11	1	\$ 11
Total			\$ 60

Every year, the Kleine Hilfsaktion finances about 250 cataract surgeries. Roland Debschütz, the association's managing director, finances about 70 of these with his commitment to the "Charity Motorcycle Racing Taxi" every year.

In order to understand the importance of the cataract program, it is vital to remember the following: If mom or dad go blind, the family breaks down. It can soon cost one of the children's lives. Because if the father can't make one or two dollars a day, the family doesn't have any cash inflow. In addition to the four

children, the poor mother now has a helpless blind man she has to take care of. If the mother goes blind, the father can't leave the family alone anymore, no one can take care of the children, cook food etc. - the result is usually identical, and always terrifying.

Therefore, every eye surgery is vital for survival.



Development

Health Care - our mobile waiting room

Quick and unbureaucratic help with illnesses and injuries

Healthcare means we look after people who have acute health problems. Health often depends on the circumstances in which a person lives, on whether he or she can eat healthy and adequate food and, of course, on whether or not he or she can afford treatment.

In developing countries, people often live under unimaginable conditions, are unable to feed themselves sufficiently or healthily and have almost no access to medical care.

For us, healthcare means strengthening all three pillars as far as possible. In our often long-term projects, we try to improve living conditions by generating jobs and increasing income. We try to impart knowledge about hygiene and better nutrition through training and access to information. This closes the circle and the level of health can be increased significantly.

But there are also countless people who are no longer helped by this precaution. They need immediate medical assistance because of an acute and often life-threatening health problem. This is where our special way of working comes into play. We don't have to hold long meetings and ask about five different public authorities. We receive the information from our colleagues on site and decide immediately. The solution can be very complex. In most cases, however, a quick transport of the patient to a clinic, an examination

and the immediate release and cost recovery of the treatment can help.

Over the years, whole healthcare trips have been organized again and again. Doctors such as Dr. Boerner (Düsseldorf) or Pascal Pepels (NL) accompany us and examine hundreds of patients in remote villages. They then decide whether and how we can specifically help the people. We organize and accompany the examination and surgery in the clinic and take care of patients' transport, food and aftercare or medication.

With the professional support of our partner Bareebo and corresponding interpreting services, we also look at the teeth of the patients. As the condition of the teeth in these areas is already very poor, we limit ourselves to the most threatening ones. Every year, we accompany more than 100 people to the dentist. In addition, countless blood tests, x-rays and other hospital stays are organized and financed.

Only with your financial help can we save lives immediately and without detours. Please help us to help.





Development

Our two villages Chy Hong I and II

A total of 70 previously homeless families now have a home

Most of the villagers had to build their own huts and, if possible, provide the material. With a lifelong right of use, they were given an area of about 30 x 9 metres. We support them with infrastructure, know-how, village structures (self-help groups) and some materials. In addition, we installed a separate WASH with a rainwater collection system and a 4,000-litre water cistern as well as a latrine for each family. The villagers are trained in the use of water, hygiene and the bio-sand filter. We're creating a village infrastructure with fortified paths through the village, deep wells and a kindergarten. We also train the villagers in setting up their own gardens and take over productions at a fair price. Every villager has the opportunity to participate in a training program. It teaches craftsmanship skills (such as the production of fish traps) and the most important activities for the maintenance of a family.

As early as 2013, the second village "Chy Hong II" was built according to the same pattern and only about five kilometres away. Here, the group of the no longer home- and hopeless families numbers 58. With an average of seven people per family, we help another 400 people here. As a precaution, we had Helo-Trust, a British mine-clearing organisation, inspect the area during construction. It turned out to be a very lucky

decision, as six mines were found and removed on the site. For safety reasons, we built a fence in the direction of the minefield. Chy Hong II also has its own kindergarten and each family has its own WASH system. 75 % of this WASH was financed by the Federal Ministry for Economic Cooperation and Development (BMZ).

Both villages also benefit from the Banan school in the centre of the village, which we have also upgraded with a WASH with the help of the Rotary Club Willich.

Conclusion

Both villages are developing splendidly thanks to our help and the professional work and support of our partner organisation Bareebo. All expectations were far exceeded and the people there have a life and perspective again. This is sustainable development aid.



The children play an enormously important role in helping to sustainably improve the living conditions of the approx. 70 families. The young generation is not affected by the cruel past of the Pol Pot regime. This generation is open to innovation, and it is the only hope for Cambodia to get past its status as a developing country in the foreseeable future. The key to unlocking this potential is education. Unfortunately, today's parents do not have enough education to survive in the fierce competition of a developing society.

In both villages we were able to build a kindergarten with the help of the organisation "Kinderhilfe-in-Kambodscha e. V. Jüchen". In addition to the educational function of a kindergarten, they have another advantage. They keep the parents' backs free, at least in the mornings. They can work or take care of important things. In Chy Hong I and II, most residents work as day laborers. The more flexible the affected person can react to a task, the higher the chance of getting the job.



The two kindergartens are being accepted in a fantastic way. For the children, they are the greatest thing on earth. They are extraordinarily meaningful, helpful and worth every effort and every dime.





Development

WASH

Water Sanitary Hygiene

There's a small school directly between our two villages, Chy Hong I and II. It teaches 111 small children between the ages of six and eleven in five simple classrooms.

During our aid trip in January/February 2013, we became aware of the disastrous conditions in this school. There was no drinking water, no possibility to wash your hands, and no toilet. The children have to follow nature's call in the bushes behind the school. It is easy to imagine the health risks this poses.

When Bong, our team and I visited the school during lessons, we asked the children whether they had something to drink. About 30 % of the small children had some water with them, filled in old plastic bottles, cloudy and incredibly dirty. When a little girl proudly pulled out her bottle to drink from it, I suddenly felt the need to knock the bottle out of her hand. It brought tears to my eyes, especially in view of the fact that I have a little daughter at home. The idea that she would drink this broth and go to the toilet (95 % diarrhoea) behind the school, without toilet paper, without being able to wash her hands ... this thought stayed with me for several days.

We worked out a plan to change the conditions. This plan is based on a calculation that results in a financial requirement of approximately 6,000 Euros.

The following was needed:

- 10 Rainwater collection systems (RWH) = 40.000 Liter
- 1 Bio-Sand-Filter (BSF) for every Classroom = five items
- 2 Hand wash stations
- Separate toilet facilities for girls and boys

Back in Germany, I had the opportunity to present this project to the Rotary Club Willich. My listeners quickly realized that many children here can be helped sustainably, with little money. The projects are sustainable, effective and almost unbeatable in terms of budget and the quality/quantity of aid. We built a pilot project and one of our most successful programs took its first step: WASH.

Filtered drinking water, toilets and hand washing stations are the basics that all students in the world should be able to find. For this purpose, we train the teachers in the basic knowledge about hygiene, the handling of water and the avoidance of plastic waste.

Today, four years later, in cooperation with the two Austrian organisations "Wasser-für-die-Welt" and "Last-Hope", the Rotary Clubs "Willich" and "Neuss", the initiative www.moeglichkeitenschenken.de of our partner agency springer f3 and of course our partner organisation Bareebo, we have already converted



21 schools and helped about 3,000 children. The diarrhoea rate of worst type of diarrhoea has dropped from about 90 % to less than 20 %. Diarrhoea is the most common cause of death among children in Cambodia and, indeed, most other developing countries. Of course, a weakened child is not in a position to receive the urgently needed education at school.

A school converted by us has a sufficient quantity of filtered rainwater, new toilets and hand washing stations 365 days a year. Additionally, the teachers and students are trained in basic knowledge of hygiene, water and waste management.

A WASH helps countless children to leave the vicious cycle of (educational) poverty.

We have screened a further 43 schools and are able to make precise statements about the current situation and the required budget. Contact us and become a development aid worker. We will find a school that fits your budget and help effectively, concretely and sustainably.



Development

Project Education - our school

Knowledge is the basis of an independent and self-determined future for young Cambodians. Education is the only way out of a developing country's status.

Developing countries are developing countries for various reasons. Either a war has thrown them back or prevented development or external circumstances or even nature may have led to this situation. What they all have in common, however, is that at least the predominantly poor part of the population suffers from insufficient education. It is the vicious cycle of (educational) poverty from which they can hardly escape without outside help.

Without education, these people have no jobs or only temporary ones. This means that they cannot finance the children's education and the child is usually forced to work instead of going to school. This child will then suffer from the same financial problems and cannot send his or her own child to the school when the time comes.

Our task is to break this circle. To do this, we must strengthen the situation of the family and explain the urgency. This is a difficult undertaking because our counterpart did not have these options as a child and is therefore not in a position to understand the correlation.

We are financing the entire school curriculum of the Kandieng Sustainable School in Central Cambodia in the fifth year already. We employ five part-time teachers and look after 269 children every day. These children are classified as underprivileged or needy

according to a strict catalogue of needs. Naturally, our school is only open to children who are really in need and who would otherwise not be able to afford an education. The success is enormous and we have already made 19 additional scholarships possible. These students are already finished and have well-paid jobs. Without exception, they are now helping their villages with money and knowledge.

Our WASH school projects also have something to do with education. In most cases, they make learning possible in the first place.





Development

Project: Traffic - Safety for students

The aim of development aid is, of course, to stimulate development in the countries concerned. This development is usually fueled by the younger generation, which aims to build a more stable basis for self-sufficiency through access to modern media and a minimum level of education.

This younger generation in Cambodia is still attending school or has already been given the opportunity to complete a postgraduate course of study.

One phenomenon in all developing economies is the disproportionate increase in traffic. Whilst up to now almost all road users travelled on two-wheelers, the number of cars is increasing enormously. The roads and the lack of compulsory driving licences, the absence of rules and the lack of a feeling for road safety exacerbate the situation.

The disproportionate increase in traffic, the cars and the enormous amount of freight - almost 100 % of which is carried by trucks - are responsible for the fact that more people are now dying in traffic accidents than from AIDS. There are countless AIDS programmes, but nobody makes sure that the young generation learns a minimum of safety thinking and driver's know-how in school. Driving schools or good examples in this direction? Not a chance.

The founders of Kleine Hilfsaktion, Kerstin and Roland Debschütz, are exactly that in their actual professions:

Driving instructors. Kerstin is still active and Roland is a trained and active road safety trainer.

The idea of the SFS project is simple:

We want to train road safety instructors and offer the schools in Cambodia a regular training of their pupils free of charge. The aim is to give as many students as possible a sense of the need for safety in road traffic. Even if we save only one child's life per year, the whole project has paid off.

Details:

As a first step, we want to train twelve people to themselves become road safety trainers. Of course, this training concept is tailored to the needs of the target country (here Cambodia). These twelve will then have a secure job and will be paid by us on a monthly basis.

After finishing their training, they will receive their own equipment, a 110 ccm scooter, which they will have to look after and maintain. They will also receive airy clothing with reflective components, a backpack with all the necessary tools such as pylons, chalk etc. and a minimum of tools. In this way, they can show the children how easy it can be to make sure that the lights work by simply screwing on the cable, and so on.

For two years now, Cambodia has had a helmet requirement. However, helmets are only worn so that



one doesn't have to pay a penalty at the next check. Accordingly, no one closes the chinstrap. How would the child know what the helmet is for? This feeling of security must be awakened first, through explanation and visualisation. The children do not have access to people who have knowledge about it, who convey the need for a minimum level of safety or who might even know tips and tricks.

One-third drive without light, another third has the light set so badly that the oncoming traffic is blinded and only a third (at best!) has normal light, but presumably no brakes ...

Due to this constantly worsening situation and a disproportionately high number of road deaths and disabilities, we would like to work out and prepare this new project in the second half of 2018 and start it in 2019. Building Bridges for Children (BBC) under the leadership of our friend Sophalla Ohrn is predestined, as he has good contacts in the upper government circles with regard to school and pedagogy, being a local project partner.

The necessary budget for this major long-term project will be around 60,000 Euros per year. An instructor can train an entire school with about 100-200 children in one day. He should do this twice a month to achieve a lasting effect. With 20 working days, this is ten schools with 1,000-2,000 children, which he trains intensively in safety issues every year. 1,000-2,000

children x twelve instructors = 12,000 to 24,000 children which are therefore trained intensively each year for 60,000 Euros. In addition, twelve people and their families have a secure income. The costs of gasoline, other expenses and Phalla, who will manage the project on a part-time basis, are already included. This results in costs per child of approx. three to six Euros per year - an excellent cost-benefit ratio for an enormous increase in safety.



Development

BMZ = Federal Ministry for Economic Development and Cooperation

Our second major BMZ project „Ponds, Pumps and Gardens“

The smallholders in the target area around Battambang/Northern Cambodia are highly threatened by poverty and precarious food insecurity. This is especially true during the dry season. Only 56 % of the families will have enough water, which in turn means that only 6 % of families have enough food to eat all year round.

The daily work of our partner organisation Bareebo with the small farmers has also shown that their diet has become very one-sided and unhealthy in contrast to the traditional diet. Deficiency symptoms can be observed especially in children. Often, this is simply due to a lack of knowledge of balanced, nutritious and varied food, and of course the lack of financial resources. In addition, countless chemicals end up in the fields and thus in the food chain. The reason for this is that the rural population in particular, has little education and is thus easy prey for supposedly clever fertiliser traders. The poor farmers are following the advice of the industry, hoping for a slightly better harvest.

The middle class is growing in Cambodia. These are people who fortunately have access to school education and information sources such as the Internet or TV. This layer and the many tourists around the temples of Angkor Wat are already aware of the high levels of pollutants in the food and are increasingly

asking for organic vegetables. Unfortunately, however, small farmers are unable to benefit from the growing demand for organically produced food in Cambodia.

That is what we want to and will change

The provincial capital Battambang, about 25 kilometres away, is the hub for agricultural trade in Cambodia. Battambang has a number of large markets. It acts as a distribution centre for supplying agricultural products to regional markets, hotels and restaurants.

PPG:

With sufficient water storage capacity to produce high quality organic products all year round, farmers in the target area would be well positioned to increase their incomes and improve their overall quality of life.

The project targets smallholders living in six villages in the Banan district of Battambang province in north-western Cambodia. These smallholders account for 85 % of the farmers in the target area. On average, they have less than five hectares of land. Of the 1,548 families living in the villages, around 100 (approx. 550 persons) will benefit directly from the project. 87 percent of these families say they grow vegetables, but only two percent of them can sell them on the market





Entwicklung

during the dry season. The income from their gardens amounts to only 13.86 Euros per year. The average household income per year is 906 Euros.

Together with the Federal Ministry for Economic Cooperation and Development (BMZ) and "Water for the World" from Austria, we launched our new major PPG project in May 2016. We dug up 100 large ponds. The pond measurements are: 30 m long, 15 m wide and 4.5 m deep. They act as water reservoirs for farm animals and guarantee a year-round harvest cycle. The raised topsoil is mostly distributed evenly on the sides and large areas of organic land are created. The farmers are prepared for their new tasks in special training sessions. The surplus organic vegetables are bought by Bareebo at a fair and pre-determined price and sold at the organic market stall in Battambang or directly to the hotels. The surplus generated goes back proportionately to the village coffers so that the villages become increasingly independent of the profit-oriented banks.

Also, the migration of the fathers to Thailand as day labourers is no longer necessary. They have enough to do with organic farming all year round. It should not be underestimated that through our training courses a lot of knowledge and financial inflow reaches the villages. The number of people benefiting from PPG is thus significantly higher than the 550 persons directly affected. We would like to express our sincere thanks to the co-financier "Wasser-für-die-Welt" and in par-

ticular to the managing director Lars Wesener for their financial support of 25,000 Euros and, of course, for the trust of the German government (75,000 Euros). We won't let them down. The PPG project runs in its proposed size of 100 ponds until the end of 2017, and since changes within the villages will have a much more positive impact than originally planned, we will continue to expand the PPG project both locally and quantitatively in the future.

Therefore, we will dedicate the proceeds of the fundraising tour in December 2017 to this project. The ponds, the training courses and the construction of the cultivation areas etc. cost only about 1,500 Euros and help countless people in the production and supply chain.



Action	Unit / Costs	Quantity	Total
Excavation of ponds by a professional pond excavation company (incl. test excavations)	1 Excavation: 536	100	53,600
Commissioning of experts in the field of water management and organic farming	1	1	804
Purchase and installation of water pumps	1 Pump: 27	100	2,700
Purchase and installation of supply pipes for water pumps	1 set of supply pipes: 5	100	500
Acquisition of a delivery vehicle	1	1	5,804
Acquisition of agricultural needs for home gardens (seeds, ecological fertiliser)	1 set of agricultural requirement: 27	100	2,700
Purchase of equipment for composting plants	1 composting facility: 27	100	2,700
Instruction of participants	1 instruction day: 269 100 x training material: 45 100 x local transport: 45 100 x meals: 179		269
Trainings 1-6	1 training day: 269 100 x training material: 45 100 x local transport: 45 100 x meals: 179	14	3,766
Training 7	1 training day: 136 50 x training material: 23 50 x local transport: 23 100 x meals: 90	3	408
Project manager 9 months in 2016 12 months in 2017	446	21	9,371
Project assistant 9 months in 2016 12 months in 2017	223	21	4,683
Implementation costs (regular field visits, preparatory meetings with participants etc.)			1,696
Administrative expenses			1,953
Project support trips	1,340	2	2,680
Other costs, exchange rate etc.			Approx. 10,000
Total			103,634

Emergency





Emergency projects

Sustainable aid is good - but sometimes we just have to help spontaneously. We get into situations or receive current information from mayors, our Cambodian partner organization Bareebo or by chance.

These emergencies can be very different. They usually require a short decision-making process and are under time pressure. That is exactly how we work on site.

We help with what is most urgently needed: medical care, supplies, drinking water, food, clothing or a roof over your head.

Fast, effective and unbureaucratic.

On the following pages, we present some projects from ten years of Kleine Hilfsaktion, which are examples of our work.



Emergency

Wherever we find a person with disabilities, we help.

21-year-old with poliomyelitis

We can't always change fate, but we can make it more bearable

We are taken to a family by the mayor, to see a 21-year-old girl. She has been suffering from polio since she was two months old, her arms and legs are crippled. Swallowing is becoming increasingly difficult for her. She can barely speak but understands what she's being told.

Her parents both died and she theoretically lives with her grandfather. Since his hut is already too small for him alone, she was accommodated opposite with the neighbours. A terrible situation: Here she has to lie on a hard wooden floor inside the henhouse.

We find out that the girl spends most of the day alone like that. Nobody cares, nobody cleans her regularly. Unfortunately, we can't really help her, her handicap is too severe. But we want her to no longer be cut off from the outside world and experience distraction again. First of all, we ask her what her greatest wish is. She would like to see something different. We have an idea: We'll try to get her to Battambang with a Tuk Tuk. At least she will remember this day. The trip is a complete success. She's been glowing all day, and I'm sure she'll never forget it. She bought a big stuffed bear from the pocket money we gave her. Together with her big yellow Winnie the Pooh, she is overjoyed and smiles at us all.

We also buy a couch so that she doesn't have to lay on the hard floor in the henhouse. We ask the grandfather and the other family (which has taken her in) to take care of the girl a little bit more and to position her and the couch somewhere else occasionally.

Other children come running right away to see where the girl is now. That is exactly the way we imagined it to be: We hope that despite polio, there will be more variety in the life of the 21-year-old girl in the future.

Use of funds

Cost origin	in €
ChezLong - Couch	27
TukTuk	19
beautiful day	12
Total	58

Conclusion

Disabled people are really at the end of the scale. To their families, they are often a symbol of helplessness to the outside world. This loss of face is almost unbearable in Cambodia. Therefore, most disabled people are shielded from the outside world.



The crooked house

Just in time

Through Roy's fall, we lost one of our two opticians for half a day. Therefore, today we can only visit one emergency project.

We visit a 42-year-old mother with her six children. They live in a life-threatening hut that resembles a parallelogram. The father passed away two years ago. A typical fate in the third world with often fatal consequences, especially for the children.

One thing is clear: a new hut is necessary. The land is owned by the family, but this family is large and the part of the land on the street is to be sold soon. However, this decision is made by other family members and the situation seems uncertain. With the involvement of all parties and the mayor, we find a compromise: the rear part of the property remains in the hands of the family. We want to create a new safe home there. Before the start of construction work, we will draw up a corresponding contract for safe and permanent use by the seven-member family. Only then do we start the construction work.

The new hut is the core of this project. It is primarily a matter of protecting the six children. Nevertheless, the family needs some encouragement. Since the father's death, it has been extremely difficult for the mother to guarantee the nutrition of the children.

Use of funds

Cost origin	In €
Simple house	400
Bio sand filter	60
Kitchen set (pan, kettle, crockery, cutlery etc.)	30
Seven sleeping sets (blanket, pillow, bast mat, mosquito net)	120
200 kg rice	90
Clothes for the family (including school uniform)	52
RRH (rainwater collection system 4,000 litres)	340
Latrine	44
Total	1,136

Conclusion

It was only a matter of time before the hut would've collapsed over the family. Of course, the amount of 1,136 Euros for a single emergency project is very high, but we are talking about seven people here, including six young children.



Emergency

Old and hard of hearing

The elderly, handicapped and sick have a particularly hard time

We stop at a remarkably bad cabin. A very old couple live here, he's 93 and she's 89, their children were all killed in the war. Both are extremely hard of hearing. Old and hard of hearing is a bad combination in the Third World. During the conversation, Mr. Bong has to speak very loudly and directly into their ears. The "roofed" porch of the hut is the most important place. Older generations often sit in front of the hut all day long and watch the hustle and bustle of the village. But this part of the hut is in a particularly bad condition. Additionally, the roof is leaking and the two of them are completely wet during the rainy season (approx. six months). Actually, we'd have to demolish the cabin and rebuild it. But we don't want to put this much stress on the couple. We limit ourselves to repairing the roof and especially the veranda.

We ask them about their heart's desires. After countless attempts they finally understand us and express two wishes:

1. Safety in the form of a roof and the repair of your hut porch. The old man says, "If neighbors come to visit, it would be nice if they could sit here again."
2. One more trip to Battambang, the provincial town about 18 km away. He comes from Battambang and can even tell us where his parents' house is.

Of course, we are happy to fulfil both of their wishes and organize everything they need.

They also need some support in the form of rice etc. Here are our measures in detail:

Use of funds

Cost origin	In €
Repair of the porch and the roof	150
Kitchen set (pan, kettle, plate, cup, cutlery etc.)	30
100 kg rice	45
Traditional clothes	30
Trip to Battambang (with pocket money)	45
Total	300

Conclusion

We don't just want to help children. Disabled, sick and elderly people are simply doubly hard hit in a developing country. Wherever we can, we will help - gladly.



Wheelchair No. 3 (children's wheelchair)

Mobility is the most important thing for disabled people

In our effort to organize good wheelchairs in advance of the trip, we also got a children's wheelchair. We asked our partner organization Bareebo to find a recipient. When we ask Mr. Bong who the wheelchair should be for, he laughs and says: "Vichicah is back. His family has finally moved into the built hut."

Two years earlier we had taken care of the little boy. Vichicah was born without feet and with only one hand. He became the godchild of our members and friends Ingrid and Uli. We donated a new hut to his very poor family and financed the caesarean section of his twin siblings. Since Vichicah was small and light at that time, he could walk without feet. But it was foreseeable that he would need either prostheses or a wheelchair in the future.

Ingrid and Uli travelled to visit Vichicah. However, a meeting did not take place. Despite Mr. Bong's efforts to convince the parents of the opposite, the family moved to the Thai border to earn a living there.

At the reunion, Vichicah has prostheses on both feet, but can hardly walk with them because they have become too small. The explanation: Socially disadvantaged Cambodians receive free prostheses. However, the family lacks the money for the trip (20 km) with at least one accompanying person to Pursat and the three-day stay, to make the prostheses.

Vichicah drives off with the wheelchair as if it were the most natural thing in the world to him. We decide to leave the wheelchair with him for the time being, but also to cover the travel and accommodation costs so that he can get new prostheses.

Use of funds

Cost origin	In €
Children's wheelchair (transported by Kerstin and Milda)	0
Travel and subsistence expenses Battambang (2 people, 3 days)	90
Total	90

Conclusion

When we had to cancel the sponsorship of Ingrid and Uli, it almost broke our hearts for Vichicah, but also for the two of them. Now we are looking forward to the reaction of the two of them when they get the great news. We will again have a constant eye on Vichicah and will do everything we can, to ensure that he has a decent future and a chance in his life - promised.



Emergency

A fire destroys the little they have Good thing that we were there by chance

Today, no emergency projects and no eye and health-care screenings were planned. Indeed, Roland finally found time to type some project descriptions into his computer in the morning and the rest of the team was preparing everything for the forthcoming eye screenings. All the parcels we sent here in the last few weeks had to be opened and the thousands of glasses needed sorting. Therefore, the rest of the team is going out to our headquarters in Banan.

When we (the rest of the team) arrive in Banan, David and Bong and some of the helpers head west in a hurry. A fire had been reported, we are curious to hear what they'll tell us after their return. About an hour later, they return very concerned. They report that a relatively large hut has completely burned down. Fortunately, no one in the family was hurt. The parents of the family left their children with their grandmother to look for work on the border of Thailand. The grandma and her three grandchildren left the house to get some supplies at the corner. She left the fireplace burning. The hose of the gas bottle was too close, an explosion occurred and everything burned down. The meagre houseware and all the belongings were burned. The five have nothing. The grandma is paralyzed.

As we drive to the scene of the accident, a picture of destruction appears. At its edge sits the stunned grandmother with four small children. A monk tries to sort the small donations that the neighbours and villagers have given. The village collects a total of twelve dollars and hands them over to grandma for first aid.

Pascal Pepels runs his clinic for osteopathy, physiotherapy and manual therapy in Aachen. This clinic had already collected 1,000 Euros in advance of the trip. Pascal agrees immediately: With these 1,000 Euros, he will contribute to the reconstruction of the hut and the purchase of the most necessary items. The rest will be provided by the Kleine Hilfsaktion as part of its "Emergency Program".

Mr. Bong walks over to the desperate grandma and comforts her. He promises that reconstruction will begin tomorrow and care will be taken for them and the small children. Grandma is relieved and we get a smile. It would have been the end of the family, now it's a new beginning.



Use of funds

Cost origin	In €
House	Approx. 1,000
Bio sand filter	45
Kitchen set (pan, kettle, plate, cup, cutlery etc.)	30
Sleep sets (blanket, pillow, bast mat, mosquito net)	60
100 kg rice	45
Clothes	30
Shoes	15
Total	Approx. 1,225

Conclusion

Many thanks to Pascal's clinic. We were lucky to have been nearby when this emergency occurred.



Emergency

10 ragged children

A first step, we'll stay at it ...

The screening runs smoothly and at the end of the day Michael, Pascal and Roy will have examined 200 (!) patients. An incredible achievement of the three specialists - what a great team. Mr. Bong and I were with a disabled girl all morning.

When we arrived around noon, the team was dismantling our temporary optics studio and the healthcare clinic to spend the lunch break far out in between the rice fields and irrigation ditches. An incredible experience for all of us. We were eating rice, vegetables and some chicken - on the floor, of course.

When we go back to school to set up our clinic there, I stay behind a little. When you follow the small paths, it is quite normal that countless children stand to wave on the street and from everywhere you hear "Hello, hello!" Three little children stand out even here. They're not poorly dressed, they're ragged. I stop briefly and take three children's sunglasses out of my backpack, that were donated by the DM-market. The kids smile at me and thank me warmly. Such warm and welcoming children I think, but so poor.

I drive back to the others who have already resumed their work. I ask Mr. Bong to come back with me to take a closer look at the living conditions of the three children. The mother comes along, she is surrounded by ten children and each one looks as ragged as the first three. Mr. Bong starts questioning the mother in a professional but unobtrusive way. The hut doesn't

look bad at all, it was built two years ago by a Christian missionary organisation. That explains the cross on the middle post of the hut. We're looking into the cabin. Here you can see the real living conditions. Hardly any equipment, two torn mosquito nets and only four mats for twelve people. The children are between one and 13 years old, the parents lack education, foresight and the necessary money to properly take care of family planning.

Additionally, the mother seems to have mental problems. She smells of alcohol, she probably can't bear her life otherwise. "The poor kids", we think. The father looks after another man's three cows. He doesn't get any money for it, but he gets the cow's second calf, a common method of payment. Thereby, they have made it to a single cow of their own - far too little for twelve people.

We decided to solve the dress situation on a broad front and to provide all children with additional school uniforms. They also receive sleeping materials and kitchen utensils, because the situation is particularly fatal in this respect.



Use of funds

Cost origin	In €
10 x children's clothing and 10 school uniforms	120
2 x clothes for parents	28
Kitchen set (pan, kettle, plate, cup, cutlery etc.)	40
Sleeping sets for 12 persons (blanket, pillow, bast mat, mosquito net)	85
Total	273

Conclusion

Of course: We have not been able to change the overall situation for the 12-head family for all eternity. It is not that simple. However, in the context of our emergency aid, the situation has clearly defused. We cannot expect much more in the short term and for 273 Euros. But we'll stay tuned and keep an eye on the family ...





Emergency

The severely disabled girl **An unimaginable situation**

When we were here in February of 2014, we had visited a severely handicapped girl who had been in the same position for eleven years. Unfortunately, our efforts at that time did not bear fruit, the mother had blocked everything.

The case is so serious and the disability so severe that we all have to fight with our emotions.

We looked for a way to change the girl's terrible situation. We found a physiotherapist and met him at the girl's house. We want to hire him twice a week. He examines her and rejects our job offer. It is too far out to Banan and there is no visible support from the family. Besides, he's too busy. We search for another way. Mr. Bong has the best idea. Her father is blind and, like the little one, has no place in the family. He produces a hammock/month from pieces of cloth, which earns him five dollars. That's pretty much nothing, even here. Mr. Bong suggests we offer him a job. We hire him to take care of his disabled daughter all day long and intensively. Of course, one should first of all assume that it goes without payment. But there is too much frustration within the family, too much resistance from the utterly disgruntled, hopeless and completely uneducated mother. Too weak is the blind father and too great the poverty and the pressure to survive because the family has already sold and tried everything for their daughter. They're overwhelmed with the situation. In our approach to finding a solution, we think primarily of the disabled girl. With

Bong's idea we could achieve what the Cambodians call: "Killing three birds with one stone", meaning: to achieve three goals with one measure.

We have a long talk with the blind man and the family and raise the bar for expectations. If we only come by once and the little one smells of urine and sweat, if she complains about the lack of affection or commitment of her father, mother or sister, the father loses his new job and the family loses its only income. Sounds tough, but it's fair.

After just two days, we show up again without a warning. She laughs for the first time and the bad smell has disappeared. She seems to be washed and she confirms that the father is constantly doing exercises with her. Only the fingernails still look terrible. We draw the red card. The father apologizes, he is blind and needs the help of his mother and sister. Mr. Bong gets very cross and talks loudly and sternly with sister and mother and threatens that there is only one red card and it is being used up now.

Everyone vows improvement and Bareebo will now have a permanent presence, as fortunately, the entire thing is only five km from Bareebo and David Emery, one of the bosses of Bareebo. He drives past the hut every day on his way home. We stay tuned and never lose sight of our goal: The girl and the blind father should get better.



Use of funds

Cost origin	In €
Annual salary for the blind father (\$ 150/month)	1,800

Conclusion

We are looking for a sponsor or several people, who share the effort. For example, if three sponsors take over 50 Euros/month each, then the girl is helped, the blind father has a job, a place value and the bitterly poor family finally has a small income. As Mr. Bong says, "One stone kills three birds."

Note: Just two weeks after our return two big sponsors have been found and 1,100 Euro of the annual salary has been secured. We are very happy.

Aftercare

And here is some more great news from the Boerner family, who visited the child about six weeks after our departure:

The young woman has been lying on the wooden platform for years and wasn't able to move at all, because of the pain, so that during the last visit she didn't have any courage for life and her parents didn't know what to do.

Both thighs have jumped out of the hip joint due to the muscular spastics.

This time we find a neatly groomed woman greeting us with a smile. The blind father proudly demonstrates the exercises he does with his daughter every day. (These were taught to him by Mr. Bong.)

The woman has no pain whatsoever when she is moved. David and Mr. Bong can't believe what progress has been made in the last few weeks and hardly recognize the young woman. The parents are also very happy now, as they finally have the feeling that they can help their daughter.

We are all very happy about this huge progress and are convinced that the money the father receives every month is very well invested for the whole family.



Emergency

The 70 % burned little boy **He grows and his skin becomes too tight**

Kimbol was a normal, lively, five-year-old boy. He lives in Pok Russey Commune, Kandal Province, Cambodia.

Unfortunately, Kimbol's world is not so safe. Floods, lack of clean water and poor sanitation, malaria and dengue fever are just a few of the threats to the lives of children under the age of five.

Fire is also a major source of danger. In Cambodia, cooking is always done over an open fireplace. Cooking usually becomes a communal affair during celebrations or festivities. The cooking pot is correspondingly large, the cooking zone is usually unsupervised. In October 2014 Kimbol played in his village and unfortunately fell into one of the oversized pots of boiling rice.

In Cambodia, there is no rescue service or local hospital. All Kimbol's grandparents could do, was to take him to the central hospital in Phnom Penh by means of a TukTuk. This trip takes more than two hours and includes a ferry trip across the Mekong River. A martyrdom and surely a torture for the helpless grandparents.

On arrival at the hospital, 70 % of the skin was found to be burnt. To save the boy's life, he needed ten cans of blood as soon as possible. Unfortunately, there is no blood transfusion service in Cambodia. Our partner organisation BBC was called in. Colin Phillips, who has been running this project for us since then, contacted

an Australian football team who were in Phnom Penh at that time and agreed to donate blood. Transfusions could be provided.

Kimbol spent the first two months in an artificial coma in intensive care. Otherwise, his body could not have accomplished the healing process. Besides, the pain would have been unbearable. At the change of shifts, Kimbol's mother and grandmother had to help the nursing staff to change the bandages and wash Kimbol. This serves to train the relatives in nursing care because after hospitalisation there is no outpatient nursing service. On Christmas Day 2014, Kimbol was transferred to the regular ward and released from hospital two weeks later.

Kimbol depends on physiotherapy and pain therapy. His muscles need to be rebuilt and his skin stretched. Without treatment, he will not be able to move within a few months.

With Colin, we will help the little boy and his family. As a first step, we identified the only organization that employs physiotherapists. We will bear the costs for the treatments and also try to strengthen the family. We can't do anything about the scars, but we'll try to give him a new chance in his life.



Use of funds

Cost origin	In €
RRH (rainwater collection system)	340
BSF (organic sand filter)	60
Kitchen set (pan, kettle, plate, cup, cutlery etc.)	30
Sleeping set (blanket, pillow, bast mat, mosquito net)	30
100 kg rice	45
Clothes	30
Doctor/Hospital (transport, meals)	51
Total	586

Unfortunately, Kimbol is not the only child to be injured in this way. When a two-year-old girl fell into the fire, her parents couldn't afford the three to four dollars for medical treatment. They covered the burn wound with antiseptic toothpaste instead. Thanks to your support, the Kleine Hilfsaktion was able to help this girl immediately!

Conclusion

In this case, too, we were able to provide effective emergency assistance. However, it is still difficult to provide long-term treatment or to treat chronic illnesses on a long-term basis, since the costs are high and there is no functioning infrastructure.



Emergency

115 years and still in good spirits

Yes, we simply had to choose that header. Even if some people get strange in old age, there are exceptions.

It is spring 2014 and we are on our way to a 115-year-old lady. It is a long way that ends in a historical place. Here, the dictator and tyrant Pol Pot built a three km long dam in the 1970s. To put it another way, he forced laborers to build it and anyone who couldn't work any longer was killed immediately. The dam has cost the lives of thousands of people. It is a place filled with haunting memories.

The Pol Pot regime and the Khmer Rouge ruled about 40 years ago. The lady we visit today has lost ten of her twelve children during this time. She was already 75 years old then. We arrive and are all very excited. It was a trip on dusty roads, sometimes quite difficult to drive, but it was worthwhile for all of us.

We meet a 115-year-old who, despite the language barrier, doesn't miss a chance to spread cheerfulness. She is remarkably nice and of course, like almost all Cambodians, very modest. Her daughter has already died of old age and her granddaughter has died as well. Now she lives with her great-grandchildren. We are fascinated and have the urge to do something good for her. I ask her if she has any wish or if she would like to have or do something. We don't have to wait long for the answer. 30 years ago (when she was 85) was the last time she was in Battambang, the

"big" provincial town, about 18 km away. She wants to go back there and see what has changed.

We immediately decided that she should go there with her great-grandchild. We give her money to go shopping. Her spontaneous warning: "Careful, that could be expensive" says everything about her state of mind - fantastic!

Her health is also okay for her age, although we only have few people we could compare her with. She does, however, complain of rib pain due to a fall. Pascal is consulted. It is a very special situation for him, as she is by far the oldest patient he has ever treated. The important thing for him was to make sure, she didn't have a broken rib. Now it's Michael's turn to get spectacles. Age-related myopia sets in at some point, sometimes at the age of 115. She can choose her glasses, we'll take care of the lenses.

She's not very good on foot and we're thinking about what we can do. First, we get a couple of crutches from the truck, but that doesn't really work. We are afraid that she might fall. Afterwards, we try a walking frame, but here too the fear prevails that it could be her last fall.



She lives in a hut right on the back of the dam. She tells us that she hasn't looked at this dam for several decades and she would like to see what it looks like. Said and done: We take the wheelchair off the truck, put her in and show the great-great-grandchildren how they can safely push their grandma onto the dam. Arriving at the top, she is fascinated and laughs a toothless laugh, happy and satisfied. She's tired and wants to go back down, so we help to take her down to the open cabin. Before we say goodbye, we promise her 100 kg of rice, so that she will be able to make it for a few months and have the option of contacting us again.

Conclusion

This fantastic lady is indescribable, as is the experience she has collected in her long, long life.

Spring 2015, one year later. The unbelievably nice and cheerful woman didn't make it to 116 anymore. The memories stay forever, though, and hopefully, we were able to give her a little bit of joy on her final journey.

Use of funds

Cost origin	In €
100 kg rice	50
Spectacles	5
Wheelchairs	0
Trip (incl. TukTuk for one day and pocket money)	40
Total	95



Fundriding

Our new successful format: fundriding 1,300 kilometres for the good cause

Help can and should be fun. We simply combine it with adventure and the most interesting holiday of your life.

We all know it from our school days: the "Sponsored Run". At the school sports festival, the pupils run as many rounds as possible around the sports field. For each round, there is a sum of money contributed by the sponsors, the family or friends. The accumulated donations of all the children are collected. The total donation sum will then be used for an aid project.

I have adapted exactly that principle and adjusted it to us adults and our donation purpose. What do we want on vacation? Fun, recreation, adventure, exercise, sightseeing, country and people and culture. Why not help a little while on the way? Have a totally fancy holiday and take home the good feeling that you have helped a lot of people and probably even saved some lives - an indescribable feeling. It is not at all comparable to the holiday feeling of a package tour.

Anyone interested can apply to participate in one of the two annual fundriding tours. Once a year, we drive in the dry season in the second half of February and once a year after the rainy season, in the first half of December. Both seasons have their very special charm in Cambodia. Twelve participants are guided by two German and two Cambodian guides. We will drive on semi-automatic 110 cc scooters from the north to the south, about 1,300 km and are accompanied by a service vehicle with a doctor. I will show the participants places and things that they could not explore themselves or book elsewhere. The scooters are then loaded onto a truck in the south and taken back to the north. We will board a boat and drive on the Mekong River and across the Tonle Sap, the largest freshwater lake in South-East Asia, back to the north. In Siem Reap, everyone can then explore the temples of Angkor Wat. This is where the 14-day journey ends with the greatest feeling of your life - having saved that of others.



Fundriding

Test tour 2015 and the first real tour in December 2016

This idea was born after my little daughter had completed her sponsored walk in primary school at the beginning of 2015. I told this short story to my friend and then-RTL-Grip-reporter Jens Kuck. He was impressed, so we immediately boarded the plane to Cambodia with the camerawoman Susanne Kosa in November 2015. We quickly engaged two friendly Cambodian development workers, put a GPS in our pocket and set the direction: South!

Of course, Jens and I were looking for sponsors in advance. We didn't know how many kilometres, which way and certainly not how unbelievably fascinating this tour would be. At the end, we had travelled about 1,200 km without stress and without it being too much for "normal" people. We had raised 8,700 Euros together and were completely blown away. The tour had inspired us so much that I decided to make this experience possible for other people.

Unfortunately, it is not possible to prepare the tour from here, but two dedicated organizers were quickly found in Cambodia. Each fundriding tour will aim at a different aid project. Although these aid projects are initiated by KHA, they are implemented and supervised by two local development aid organizations. These two organizations take care of the fundriding tours, which I, Roland Debschütz, accompany as a guide. I am also the contact person in Germany/Europe for all questions concerning fundriding tours.

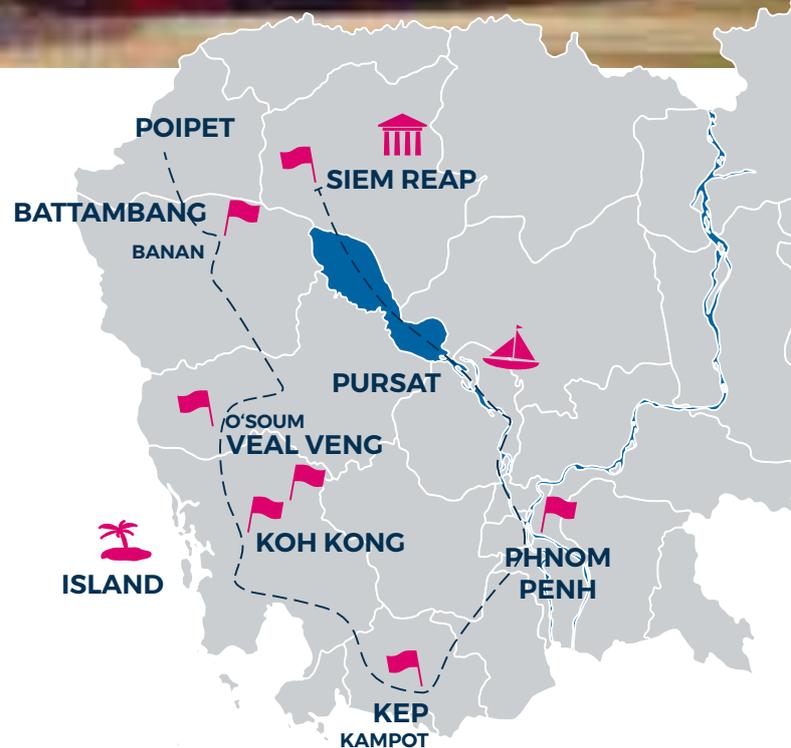
100 % of the donations go to our charity Kleine Hilfsaktion e. V. and are then used for the projects offered.

It was time for the first Real-Tour in December 2016. The twelve spaces were quickly sold out. Eight men and four women aged 24 to 68 made their way to Bangkok/Thailand. This is always the meeting point. Each of the fundriders has the task of acquiring sponsors worth a total of 100 cents per kilometre in advance.

On this tour, 317 sponsors offered a total of almost 44 Euros per kilometre. Our Fundriders told us that the tour could not be compared with anything they had called "holiday" or "experience" before. It was 14 days on vehicles, with no peer pressure and none of the classic prepackaged, pre-chewed and readily-canned tourist feeling. All of them were united by the fun, the adventure and the goal of being able to give something back to as many people as possible.

The participants were particularly impressed by their own project. Each of the twelve Fundrider had to declare a used wheelchair as their own medical luggage, meaning that we got twelve wheelchairs into a 3rd world country free of charge.

It's unfortunate that no airline offers this transport for a comprehensible purpose. The airlines are way more



flexible with a surfboard or someone's mountain bike. But who cares about a kid who stepped on a mine and lost both legs? Not the airlines. We've been doing this for years. And the end justifies the means.

I show the Fundriders many of our aid projects on site. We visit our two villages, organize a huge school festival with our 269 children, watch many aid projects close up. Each of us is free to create his or her own project on the way. One of them is sure to be the wheelchair project. We looked for twelve disabled people in advance. These may be mine victims, people who had had a stroke or people with polio. They all had one thing in common. Until the day we brought the wheelchairs, life was hardly worth living. A handicap in the 3rd world is simply terrible, it is a much greater burden than here in the developed world. It often means the complete exclusion from social life, and due to the lack of infrastructure for disabled people, it means immense suffering. The day the wheelchair is handed over does not only bring mobility into the lives of those affected. Due to the "high" attendance at social events, the standing of the handicapped person is clearly raised for a long time. He or she advances from last place in the ranking of the village to a completely different position and thus often finds motivation and rediscovers a purpose in life. We divide the Fundriders into four groups of three participants each. Together with a number of development workers, they deliver the aid personally to very remote villages many kilo-

metres away. According to the Fundriders, this is an indescribably emotional and lasting feeling of joy. After 14 days, we reached the north of Cambodia again. Nobody was happy that the tour was coming to an end, but everyone was proud of the result: we had collected an incredible 54,000 Euros. Because we drove this tour for cataract eye surgery (grey cataract), we were able to commission an incredible number of 900 eye surgeries for the next few years! I can't believe it.

**For more information please visit
www.fundriding.de**



Fundriding

Tour February 2017

After this first success, it was not difficult to fill the twelve slots for the planned fundriding tour in February 2017. A great group came together and it once again became the trip of a lifetime for everyone involved. The result of the February tour is also unbelievable: 44,000 Euros in just 14 days. This tour in the dry season of Cambodia was dedicated to one of KHA's most important and effective projects. We drove to upgrade schools with a WASH. WASH is of course also explained here in this 10-year-report, but here's a short reminder: Most primary schools have no access to clean drinking water, no toilets and no hand washing option. The children are forced to follow nature's calling directly behind the school. There are 150-500 students and a diarrhoea rate (strongest form of diarrhoea) of over 80 %. You can imagine how beautiful it is to be able to provide these kids with a toilet, a hand washing station and 365 days a year of filtered drinking water. During the tour, we visited one of these converted schools. One of the participants was Christian Peltzer from Düsseldorf. The self-employed master electrician was so moved that, after consultation with his wife, he ordered the transfer of a complete school worth 6,000 Euros. Together with the 44,000 Euros raised on our fundriding tour, this meant an incredible 50,000 Euros!

We are currently refitting eight schools and helping well over 1,000 children in their precarious school shortage. Only with education can the 3rd world break out of the vicious circle of poverty. Clean drinking water and a minimum of hygiene and health are indispensable prerequisites for this. Also, the February 2018-Tour will be driving for WASH-school equipment again - **join us!**

Support the current fundriders with a few cents per km. www.fundriding.de





Here's how you can support us!

If you are wondering how you can best help us, please become a member of our association. Every new member is a huge motivation. In addition, the monthly membership fee is a steady and reliable financial inflow that does not require any further fundraising effort. You can choose the monthly fee freely, but it should be at least five Euros/month. You will, of course, receive an annual donation receipt for your tax return.

Alternatively, you can also become a **pure sponsor** by allowing us to collect any amount of money you choose in the month or year. Just contact us, we will find a way.

Become a member

By becoming a member, you help sustainably and continuously. You can become a development aid worker yourself and make the world a little better by paying as little as five Euros per month.

Donations

Every donation helps in our project work. You can donate once or at regular intervals, by standing order, direct debit or on our website (PayPal). Please leave your address so that we can send you a deductible donation receipt.

Become a fan

In addition to financial contributions, the idealistic and moral support also helps: Become a fan on our Facebook page. Like and share our commitment and comment on our work. The layout/distribution of the flyers also helps, just ask us for them.



What's next? ... The way we've done it so far. „Never change a running system“

We want to grow, not for the sake of growing, but simply because we want to help even more people, whether in Cambodia, Germany, Africa or elsewhere.

A bigger kleine Hilfsaktion does not have to have more bureaucracy. Clearly, the costs increase when we do more and have to/can manage more donors and members. But that's no reason why our healthy relationship between costs and benefits should get out of balance. We will continue to work in the most direct and understandable way for the donors and members.

We have launched a new map system. It displays the coordinates and all important information on the already done and planned aid projects. With a simple mouse-click, the reader can retrieve all relevant data up to the required project budget, pictures and even a short video sequence. In this way, you can look for your aid project and know beforehand what will happen in it. Even after completion of the project, you can show your projects to others by sending them as links.

In future, we will continue to pay particular attention to emergency projects, WASH for another 42 schools that have already been screened, additional ponds in the PPG project and thus the expansion of organic vegetable cultivation, the Eyesight project and, of course, fundrasing tours. They are the best instrument for fundraising and to show interested people our work at the same time. They are a multiplier for the positive experiences made.

Short:

**We carry on -
with YOUR support!**



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