



# HAGAR

The whole journey

## RUN FOR FREEDOM

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### 2018 PARTICIPANT INFO PACK



# WELCOME

Imagine running around one of the world's most famous temples to help transform the lives of women and children who have been trafficked or abused.

Rally your family and friends to sponsor you and help raise funds and awareness to support Hagar's work combating trafficking, slavery and abuse; directly helping those who have survived these practices to rebuild their lives.

While in Siem Reap you will have the opportunity to learn more about Hagar's work, meet our staff in Cambodia and run alongside survivors who we have supported through their recovery, all while exploring an incredible city and staying active!



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**HELP REBUILD LIVES**



# About the Run

The run will take place on Sunday 2 December 2018 in Siem Reap, Cambodia.

You will join hear survivors, staff and supporters from around the world, as together, we participate in the Angkor Wat International Half Marathon. The choice is yours: You can run or walk, 3k, 10k or the half marathon which is among the most picturesque in the global circuit.

## **ANGKOR WAT MARATHON**

The Angkor Wat International Half Marathon was started in 1996 as an appeal to the world to support the ban on the use of antipersonnel mines. Runners from all over the world participate in this event and entry fees continue to support those who have been injured by landmines.

The marathon offers the chance to run on an incredibly unique course in a UNESCO world heritage listed area with ancient temples and trees – bring your camera and snap some photos along the way!

There are three distances; 3km family run/walk, 10km road race or 21km half marathon

Each category starts and finishes at the iconic Angkor Wat temple in Siem Reap and follows a flat course – so there are no killer hills!



# MOTIVATION

## HOW THE MONEY YOU RAISE WILL HELP

Run for Freedom is not only an opportunity to challenge yourself physically, explore a fascinating part of the world, meet some inspirational people and learn more about Hagar's work. Yes, it is all those things, but it is also much more. At its heart, Run for Freedom gives you the opportunity to help transform the lives of women and children who are recovering from the trauma of trafficking, slavery and abuse. By asking your family and friends to sponsor you, you will be raising vital funds that will enable Hagar to reach more women and children who need our help to rebuild their lives.

So, regardless where you finish in the run, you'll be a champion to us. We know the idea fundraising can be daunting, but our staff are here to help you every step of the way!

Once you are all signed up as a participant the team at Hagar will send you out some handy fundraising tips and ideas and you can follow us on social media in the lead up to the Run.

## 2018 Goals

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In 2018, our collective goal is to raise funds so that Hagar can continue to transform the lives of women and children who have been trafficked, enslaved or abused in Cambodia.



# MOTIVATION



**HELP A WOMAN REBUILD HER LIFE**

“Being in Siem Reap and meeting some of Hagar’s clients was a once-in-a-lifetime experience. I am incredibly humbled by it and so proud of what the clients and team in Cambodia have achieved.”

**Heather Li**

**Runner from HSBC**

“I was most inspired by meeting Hagar’s clients in person the day before the race. We talked about their hometowns, their day to day, what they did with Hagar. Sharing the race experience was also a great way to connect.”

**Rachel Choi**

**Runner from Goldman Sachs**



# THE SUPPORT TEAM

HELPING YOU TO MAKE THIS YOUR BEST JOURNEY

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**OUR FABULOUS TEAM WILL KEEP YOU UPDATED WITH DETAILS YOU NEED TO PLAN YOUR ITINERARY, PREPARE FOR THE RUN, AND SMASH YOUR FUNDRAISING GOALS!**

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## YOUR ITINERARY

### **SATURDAY 1 DECEMBER**

Join the Hagar team for a welcome dinner and get to know your fellow participants whilst you hear from an inspirational survivor about their journey of healing after unimaginable trauma.

### **SUNDAY 2 DECEMBER**

It's an early rise and the day has arrived...run time!

### **MONDAY 3 DECEMBER - OPTIONAL**

With the run complete, you'll have the unique opportunity to learn more about Hagar's extraordinary work, direct from some of the experts who lead it. You'll also learn about the fascinating history of Cambodia and participate in a cultural activity."





# YOUR COMMITMENTS



By participating in Run for Freedom, you'll be making a commitment to fundraise to support Hagar's life transforming work in Cambodia.

On a practical level, you will be responsible for organising your own:

- flights
- accommodation
- airport transfers
- visa, and
- travel insurance.

We are here to help you and will provide accommodation suggestions and general information about travel in Cambodia, including basic information about visas and safety.

# JOIN US

We would love to have you be a part of this year's Run for Freedom!

Here's how you get started:

## Step 1

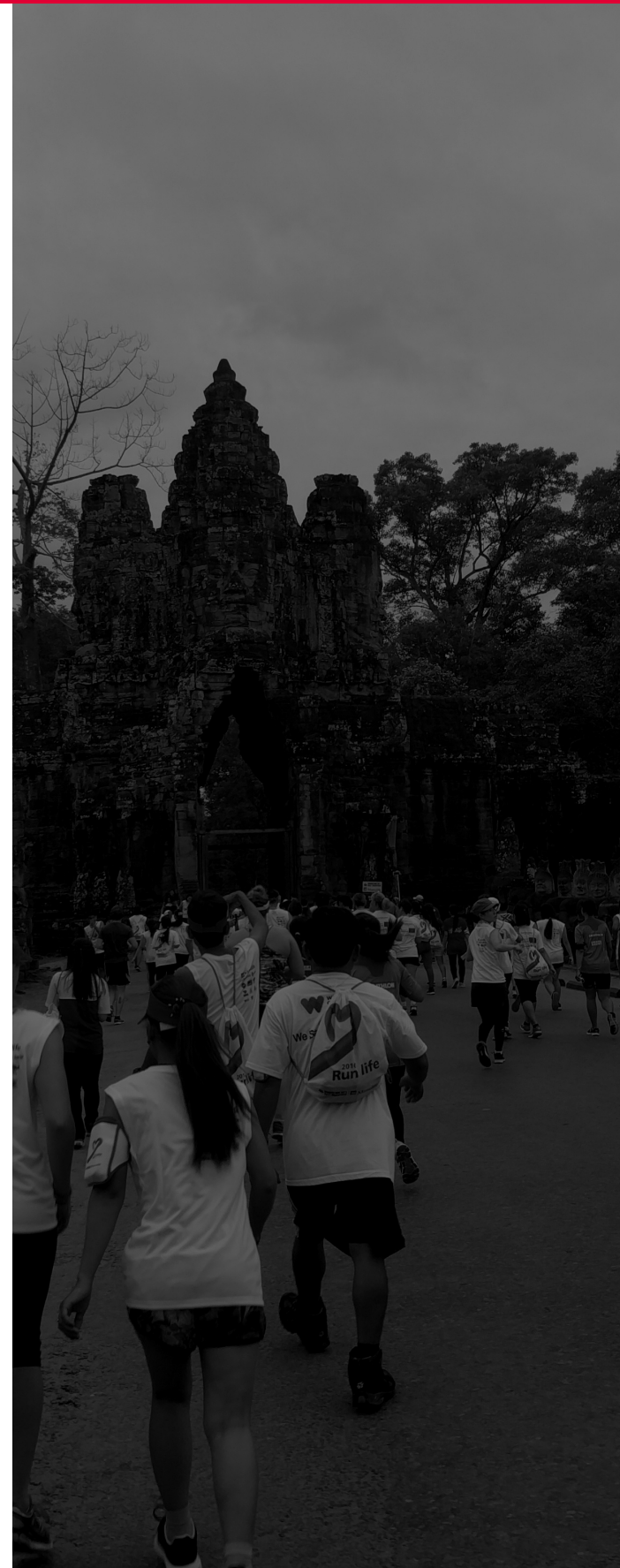
Get in contact with the team at Hagar:  
[hongkong@hagarinternational.org](mailto:hongkong@hagarinternational.org) and ask for a registration form,

## Step 2

Complete the form and return it to us

## Step 3

We will be in touch with the next steps and fundraising pack.





# QUESTIONS

## **Can I do Run for Freedom with a friend?**

Absolutely!

You can participate as an individual or get a friend or group of friends to do it with you. Having a training partner is a great way to prepare for the event and you can get creative by organising some joint fundraising activities too! If you're participating with a friend or group, you'll need to register as individuals but you can set up a joint fundraising page if you'll be fundraising together.

## **How do I fundraise?**

We've found one of the best ways is simply to set up a fundraising page and proactively ask your family and friends to sponsor you. However, you could also organise fundraising events such as dinner parties, sausage sizzles, clothes swaps, quiz nights and movie nights. Or, perhaps if you are crafty, you could make items to sell.

When you register for your trip, we will get in contact and give you some information on how to set up an online fundraising profile which you can use to receive your donations.

## **Why would people want to donate to me?**

We find that most people genuinely want to help others who are struggling, sometimes they just don't know how. By offering them the chance to financially support you, you are providing them with an opportunity to be a part of something truly amazing.

**RUN FOR FREEDOM 2018**

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# MORE QUESTIONS?

DON'T BE SHY!  
E-MAIL US  
[HONGKONG@HAGARINTERNATIONAL.ORG](mailto:HONGKONG@HAGARINTERNATIONAL.ORG)

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**HAGAR - THE WHOLE JOURNEY**