



# Fundraising toolkit





## Welcome to the team!

Congratulations! You've just entered a really special community of changemakers — our **AHC Champions**.

AHC Champions are dedicated, passionate individuals (like you!) who are committed to going above and beyond for children in Cambodia. By finding fun and exciting ways of fundraising for children's health care, you're not only saving lives, but rallying and inspiring a whole community of people to make change in their communities. We can't thank you enough!

From cake stalls to themed parties to marathons — we've seen our AHC Champions do some pretty remarkable things for AHC. We've created this guide to give you everything you need to make the most out of your fundraising.

## Why we're here



A child born in Cambodia is five times more likely to die before their fifth birthday than a child born in a wealthy country



One in five Cambodians survive on less than US\$2.70 a day



Children from the poorest families are three times more likely to die early than children from wealthier families



Leading causes of death are complications at birth, pneumonia, birth defects, diarrhoea and malaria — all preventable or treatable



## Fundraising tips from AHC



### Define your "why"

Your "why" is the glue that holds your fundraiser together. It's what people will connect with and what will convince them to support you. Whether it's a personal connection or someone else's story that inspired you — why are you fundraising?



### Spread the word

Share your fundraising link on your social networks. Make sure you post regular updates too. E-mail and Whatsapp (or your messaging app of choice) is the most effective way of asking for a donation, as it's more personal.



### Aim high and lead the way

The speed of the leader is the speed of the follower. So aim high with your fundraising target and set the standard by making the first donation yourself!



### Follow up

Remind people regularly about your fundraiser and that you need their help to reach your goal. And don't forget to personally thank the people who've donated!





# Five easy fundraising ideas

## 1. "Give it up" fundraiser

Whether it's your morning coffee, eating out or a Netflix subscription, have people give up something they love for a month, then donate the money they saved by giving it up!

## 3. Charity dinner party

Have your friends and neighbours sign up to cook and share their favourite foods for a charity dinner party. Charge an admission fee to enjoy your delicious creations!

## 5. Playlist fundraiser

A playlist party is a perfect way to share your love of music. Host an event and charge people a small fee to add their favourite song to the queue. To maximize the fun (and your impact!), combine this idea with a potluck or other fundraiser. For a fun twist, get people to add their worst songs, and award a prize to the person with the worst song!

## 2. Rummage sale

Lots of us hold onto stuff we don't need or like anymore. So why not sell it? Organise a community rummage sale, then donate all the proceeds.

## 4. Birthday fundraiser

It's a classic for a reason. Instead of gifts for your birthday (or any special occasion), ask your friends and family to make a donation in your honour.

## 6. Raffle or auction night

You don't need the most luxurious prizes to hold a raffle or auction night with your friends. Get people to buy tickets and bid on all sorts of fun and silly prizes: offer up a nightmare karaoke performance, a day with your dog or dinner choice privileges for a month. The sky's the limit!



## Need inspiration?

### Meet Tiv Dararith, one of our AHC Champions!

Dararith is an adventurous cyclist who turned his hobby into a life-changing mission.

In 2024, he embarked on an incredible year-long cycling journey from Cambodia to Europe, covering 20,000 kilometres across 25 countries.

But this journey was more than an adventure — it was a powerful commitment to transforming children's health. While he cycled, Dararith was also raising vital funds for AHC, ensuring children in Cambodia can receive the life-saving medical care they need and deserve.

*"I constantly think about how I can travel and contribute to communities, especially in remote areas where basic amenities like health care, schools and teachers are lacking. This is all for children in Cambodia."*

Dararith is an amazing example of someone using their passions to make a positive difference in people's lives. That could be you!



[Read more about Dararith's incredible journey](#)





# The impact of your fundraising

**US\$60,323**

could cover the cost of running one bed in our intensive care unit a year

**US\$17,508**

could pay for a year's training for a specialty doctor in surgery, anaesthesia or intensive care

**US\$5,164**

could cover the cost of medication for all children in intensive care for three weeks

**US\$3,789**

could support one intensive care nurse for six months

**US\$2,146**

could run our emergency department for one week

**US\$1,700**

could cover the cost of a syringe pump for administering pain medication

**US\$780**

could treat one malnourished child for a month

**US\$631**

could support one intensive care nurse for a month

**US\$211**

could help 10 children regain mobility after a long hospital stay

**US\$169**

could provide one child with life-saving intensive care

**US\$36**

could provide one major surgery

**US\$22**

could provide daily food packs for a child's four-day hospital stay



# Six easy steps to raise US\$1,000

**Donate to yourself**  
**US\$50**

Commit to yourself — you'll be asking others for their support so your donation can kickstart your efforts.

**Ask your family**  
**US\$250**

Ask your nearest and dearest for the support to get your fundraising going.

**Ask your friends**  
**US\$650**

Tell all your friends about your run and ask them to donate. Ask 16 people to donate \$25 each.

**Ask at work**  
**US\$850**

Ask your colleagues or your workplace for a contribution.

**Ask your community**  
**US\$900**

Ask five members of your sports team, church or club to donate \$10 each.

**Time for a sale**  
**US\$1,000**

Have a garage sale with your family and friends.

**You did it!**

Congratulations! Fundraising can seem daunting, but it's so much easier when you break it up into smaller targets.





## Did you know?



AHC opened in 1999 with just three doctors, ten nurses and one bed



AHC is a flagship hospital pioneering specialty treatments rarely available elsewhere in Cambodia



We have some of the most sophisticated equipment and clinicians in the country



We're home to 12 specialty out-patient units and four specialty in-patient units, many the first of their kind in Cambodia



We're one of three paediatric teaching hospitals rebuilding and futureproofing Cambodia's health workforce



98% of our staff are Cambodian



One of the first doctors hired at AHC in 1999, Professor Ngoun Chanpheaktra, now leads the organisation



**Every child — rich or poor —  
deserves to be healthy**



Want more fundraising tips, tricks and guidelines? Visit  
<https://angkorhospital.org/fundraise-for-ahc/>