



# COMMUNITY FUNDRAISING PACK

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[www.karenhilltribes.org.uk](http://www.karenhilltribes.org.uk)



The Karen Hilltribes Trust (KHT) is a British registered charity that has worked with the Karen people living in Northern Thailand for over three decades. As a community-led organisation, we partner with rural Karen communities to create sustainable solutions to improve community health, secure livelihoods and increase access to education. By taking an integrated approach to the complex socio-economic issues at hand, we aim to achieve sustainable change and empower Karen communities across Northern Thailand to improve their own lives.

By fundraising for us, you make vital contributions to building sustainable futures for Karen communities across Northern Thailand whilst ensuring that we can carry on the amazing work that we do. As a small charity, we aim to use all the money raised by you to improve the lives of the Karen people in Thailand. Continue reading to find out how you could support KHT!

# WELCOME





# THE KAREN PEOPLE

The Karen people live in Myanmar and Northern Thailand, and the groups we work with live in small villages dotted across the remote mountains in Mae Hong Son.

**Mae Hong Son** is the least-populated, most-forested, most ethnically diverse, and poorest of Thailand's 77 provinces. About **64%** of the population of Mae Hong Son live below the poverty line and many of these belong to marginalised ethnic minorities such as the Karen.



A disproportionate majority of Karen communities depend on subsistence agriculture for their livelihoods and most communities also have limited access to basic socioeconomic services such as healthcare and education.

Only **45.1%** of Mae Hong Son's 3 to 4-year-olds are developmentally on track for literacy and numeracy (compared to 83.9 per cent of children in Bangkok), while only **40.7%** complete upper secondary school.

One of the main reasons for poor health in Karen communities is through lack of access to adequate clean water, sanitation and hygiene (WASH) facilities. Around **40%** of the population in Mae Hong Son lack access to clean drinking water and adequate waste disposal making.

Children in particular are disproportionately affected by bacterial and parasitic water-borne diseases with as many as **48%** of Karen children suspected to be infected with intestinal parasites in Northern Thailand.

Karen communities are situated in an unforgiving mountainous environment. The climate often destroys crops and villages are cut off during the rainy season. Despite all the challenges they have managed to maintain their rich culture and sense of community.



## SOURCES

*Closing the learning gap in Mae Hong Son, United Nations Children's Fund (UNICEF, 2022)*  
*Drinking Water Investigation of Hill Tribes: A Case Study in Northern Thailand, Sudsandee et al, 2020*





## OUR PROJECTS

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*TRANSFORMING COMMUNITY HEALTH  
THROUGH WATER, SANITATION & HYGIENE*

*SECURING SUSTAINABLE LIVELIHOODS THROUGH  
FLOOD-RESISTANT IRRIGATION SYSTEMS*



*ACCESS TO EDUCATION FOR MARGINALISED  
KAREN CHILDREN*

## OUR ACHIEVEMENTS TO DATE

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Transformed health and well-being for over 48,000 people through providing cleaner drinking water, improved sanitation facilities and hygiene education.



Allowed 16,696 farmers to secure agriculture as a sustainable livelihood through the construction of flood-resistant irrigation systems



Increased access to education for 16,271 children and young adults through the provision of school meals, transport and accommodation, and higher education scholarships.





# MEET JINTRA AND HER FAMILY

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Living deep in the forests of Salawin National Park in a village which lies 100km from the nearest town, is Jintra. She is one of KHT's scholarship recipients.

Her family is a typical Karen family, her father, Mala Ei, has lived in the village for 50 years. They mainly live off subsistence farming and 'slash and burn' work with little disposable income for school fees. KHT met her and her family in their home during the school holidays in March 2020.

Jintra studies computing at HVD level at vocational college. During term time she lives in a dormitory close to the college. She really enjoys her time at college where she finds sports, in particular, volleyball, really fun.

The family have not only benefited from the scholarship project. They also live in a community that has recently been the recipient of a KHT Water, Sanitation and Hygiene Project.

Before the water project they had to collect water from the river. Walking to and from the river was tiring and time consuming.

During the dry season there often wasn't enough water available for cooking, washing and cleaning.

The water project has ensured they have access to clean water all year round. This will help them complete their daily tasks and open up opportunities to create other sources of income due to more reclaimed time.

Mala Ei has been helping almost every day as part of the construction team to help his community install a new water system through support from KHT.



# FUNDRAISING IDEAS

01

## At home or in your community

- Organise a pub quiz or a gig – you could even approach local businesses to donate a prize.
- Ask family and friends to donate money instead of gifts for a special occasion
- Take on a sponsored challenge, a marathon or another sport challenge
- Organise a charity night, like a dinner, with your club or society.

02

## At school

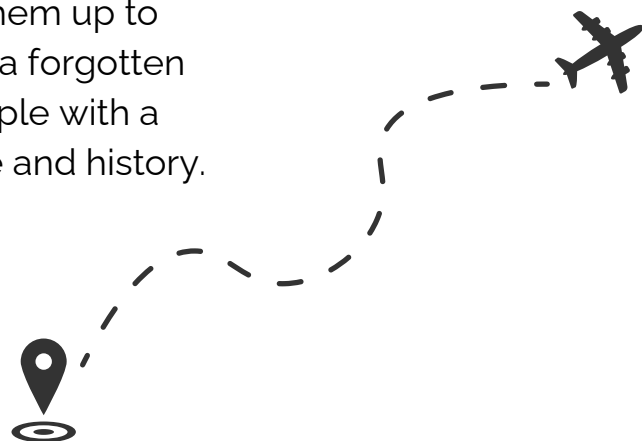
Download our free **School Fundraising Pack** [here](#).

This school pack features interesting information on the Karen as well as ways for young people to think about poverty, disadvantage and how they can help. It can be used as a supplementary activity in school and will enrich young minds and open them up to knowledge about a forgotten and unknown people with a fascinating culture and history.

03

## At university

- Organise a talk or an event at your student union, like an exhibition, a gig or a comedy night.
- Consider becoming KHT volunteer, in the UK or in Thailand, as you can see on [KHT website](#).





## At work

- Choose KHT as your Charity of the Year
- Organise a KHT talk to your staff members
- Choose to support us through one or more fundraising events
- Your staff members may be happy to donate to KHT while shopping online on [www.giveasyoulive.com](http://www.giveasyoulive.com) or [www.amazon.smile.com](http://www.amazon.smile.com)
- Support our projects through [Work For Good](#)

## With your faith group

- Hold a concert or a Charity Day fundraiser at your place of worship
- Hold a service dedicated to KHT and Karen communities. You may find the appeal on the next page very useful.



## Online

There are lots of fundraising websites you can choose from, but we suggest you use **JustGiving**. It's easy to set up and has helpful tools to make your fundraising as successful as possible.

### Setting up your page

1. Go to [www.justgiving.com/karenhilltribetrust](http://www.justgiving.com/karenhilltribetrust)
2. Click "Fundraise for us" and follow the step-by-step instructions.
3. Personalise your page by adding a photograph and explaining why you've chosen to support us.
4. Share the link to your fundraising page with as many people as possible.



# KHT APPEAL\*

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Mi Paw is 56 and lives with her family in the village of Ban Huay Tong Ching, in Mae Hong Son province, northern Thailand, where she has lived since her birth. The village can only be accessed by a dirt road that can become very difficult to navigate during bad weather.

Mi Paw remembers how difficult life was in the past. She used to walk more than 3km to primary school and didn't get to study past grade 4. The village has only had electricity for 10 years and before that she would have to burn trees for light and cooking. Without enough water she remembers that they struggled to grow enough rice and any other crops. She recalls only being able to eat once per day because they could only grow a little rice and limited vegetables. The dry season can be very harsh for farmers, with water sources drying up and the need for even more water than usual for crops.

Many Karen communities like the one living in Ban Huay Tong Ching lack reliable access to a safe, year-round supply of water. As a result, villages are forced to consume unsafe water which can be contaminated with harmful bacteria, parasites and chemical runoff from farmland. Frequent diarrhea, stomach ulcers and parasitic infections means communities are faced with poor health with further impacts on education and livelihoods.

The Karen Hilltribes Trust partners with the communities to plan, install and maintain innovative water systems. This means communities no longer have to drink unsafe water, improving their health and develop the skills needed to ensure its long-term sustainability.

During our WASH projects our Karen construction team works with the community also to repair and install safe toilets. As a result, communities can improve their health through maintaining good sanitation units and breaking the transmission of many harmful diseases.

KHT programmes also focus on securing livelihoods, protecting the environment and making it easier and safer for all children living in the remote villages to access school and improve their lives.

I'm reading this message today because we would like KHT beneficiaries stories to be told out loud and to be listened to by someone who may want to try and help and make a positive change. We probably always think of Thailand as the country of silk and dreams, but it's not. There are areas, where entire communities are marginalised, ignored and discriminated, without anyone knowing or caring. Approximately 64% of the people living in Mae Hong Son Province live below the poverty line, which means with less than \$1 per day. The majority of these people belongs to marginalised ethnic minorities such as The Karen, who is one of the most socially deprived and discriminated groups in Thailand.

We can change that, you can change that.

Thank you very much on behalf of The Karen Hilltribes Trust and on behalf of all the communities living in Mae Hong Son, for listening to our stories and appeal. Thank you very much for your generosity, even very small donations can make the difference.



*You may use this appeal to raise awareness about Karen communities and KHT projects in different community contexts and events.*





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# GET IN TOUCH



There are loads of other ways you can get creative to support KHT.

The opportunities are endless! Make sure to get in contact with us before you host anything, as we might be able to provide you with vital information and resources to make your event extra special!

*Thank you!*

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