

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

មជ្ឈមណ្ឌលកសាងអនាគតរបស់អ្នកថ្ងៃនេះ
BUILD YOUR FUTURE TODAY CENTER

[Donate](#)[Volunteer](#)

Having trouble viewing this email? [View it in your browser.](#)



BFT July Newsletter : Better Together

When We Collaborate Communities Thrive

Dear BFT Friend

July has been a month of showing up — for our communities, for each other, and for the partnerships that make this work possible. From a medical mission in our most remote villages to knowledge-sharing days with fellow NGOs, our team has been out in the field, in the classroom and around the table, learning and giving in equal measure.

This month our team has been building the foundations for stronger healthcare, sharper systems and safer communities — and you will see the impact of that work in the months and years ahead.

Sincerely yours,
 The BFT Team

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Healthcare Where it's Needed Most

Project Bottrong 2024

There are villages in Cambodia where the nearest hospital is 200 kilometres away. For the families living there, a fever or an undiagnosed condition can mean a journey that is simply impossible. This is the reality that [Project Bottrong](#) was built to address — and this July, it came back.

Project Bottrong is an annual medical mission organised by [HealthEx International](#), a Singapore-registered society that gives Singaporean healthcare students the opportunity to serve communities beyond their borders. Since 2019, HealthEx has partnered with BFT — first as Project Ta Om, now as Project Bottrong — bringing medical care directly to the villages we support, and it has become one of our most valued and enduring partnerships.

This year, the team travelled to Chob Romdeng Village, working alongside local volunteer doctors from Phnom Penh and across Cambodia. Together they provided 176 free health consultations, carried out 10 home visits to families needing additional care, and assessed the height and weight of 283 kindergarten to Grade 3 students — including 155 girls — to monitor growth and nutritional status.

A huge amount of work goes into making a mission like this happen. BFT's Health Programme Leader Ahty Long coordinated the entire project — and her dedication made all the difference. At BFT we know that health and education are inseparable. When children are unwell and families are struggling, school is simply out of reach. This is why our Health Programme is not a standalone effort — it is the foundation everything else is built on.

BFT will continue working with the local health centre to follow up on patients, and we are delighted that Project Bottrong is expected to return next year.

To the HealthEx team, the Singapore medical students, our local volunteer doctors, Ahty Long and all our community members — thank you. [Learn more at](#)

Learning From Each Other - A Day with REACH



Good organisations are never too busy to learn. This month, BFT's senior leadership team spent a day with our friends at REACH— a Siem Reap-based NGO with a similar programme focus and a shared funder in the SE Asia Foundation. Where BFT works across the regions, REACH is deeply rooted in Siem Reap itself, making collaboration between us a natural fit.

The day was hosted by REACH team members Voleak and Mardy, who generously opened their doors to share how they manage their operations — from team coordination and communications to fundraising and donor management systems. It was practical, generous and immediately useful.

Seeing how a peer organisation navigates the same challenges we face every day gave our team a powerful, real-world blueprint. The insights gained will directly support BFT as we develop and refine our own internal systems going forward.

As Long Yothin, Marin, Vudthy and Manith from BFT's senior leadership team reflected afterwards: "Knowledge sharing between organisations pushes our entire sector forward. We are incredibly grateful to the whole REACH family for their open hearts and invaluable support."

Thank you, REACH, for a day of genuine collaborative growth.

Walking in Someone Else's Shoes - A Workshop With Free to Shine

[Subscribe](#)
[Past Issues](#)
[Translate ▼](#)

renewed constantly and we are committed to this process. BFT's leadership and programme team recently spent a day with Free To Shine, an organisation dedicated to preventing the trafficking and exploitation of girls in Cambodia, also supported by the Australian Volunteers Programme.



The workshop deepened our team's understanding of how exploitation operates in the Cambodian context — the mechanics of trafficking and forced labour, how to identify vulnerabilities and recognise the tactics used by perpetrators, and how to strengthen BFT's own safeguarding policies across all community projects. The centrepiece was Free To Shine's interactive workshop *A Mile in Serey's Shoes* — an immersive experience that places you in the life of a Cambodian mother navigating impossible choices to keep her children safe. Challenging, moving and unforgettable. For BFT's Aim, our women's social worker, the day was particularly invaluable — not only for the knowledge gained but for the chance to connect with colleagues across the sector who are fighting the same battles. This work cannot be done alone, and knowing who is standing alongside you matters.

Aim reflected: "The workshop taught me to think critically, to recognise when something isn't right, and to trust myself to act. For any young woman working in communities like ours, that knowledge is everything."



Get Involved

For more information about our work, reach out to us at info@buildyourfuturetoday.org. If you would like to support BFT and the communities we serve, you can donate at buildyourfuturetoday.org/donate — every contribution makes a difference.



Contact: info@buildyourfuturetoday.org | +855 12 940 669

Address: Slakram Village & Sangkat Village in Siem Reap and Province P.O. 931333 Siem Reap Kingdom of Cambodia

[Update your preferences](#) or [unsubscribe](#)