



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



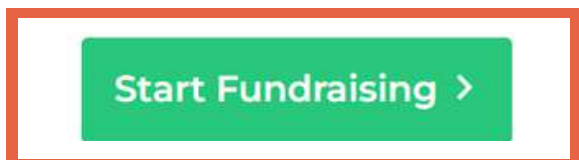
Leading causes of death are complications at birth, pneumonia, birth defects, diarrhoea and malaria — all preventable or treatable

Start your fundraising journey today

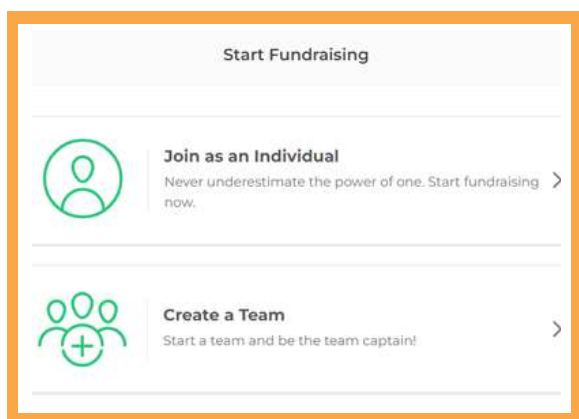
How to set up your online fundraising project in 60 seconds



Visit Team AHC's fundraising page [here](#) to set up your personal profile.



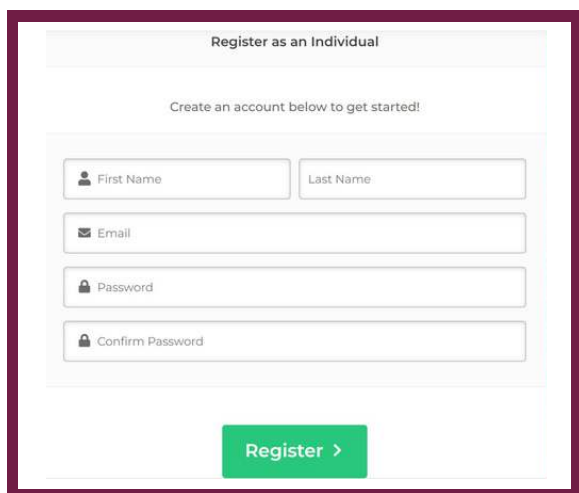
Click start fundraising to set up your very own account under Team AHC!



Join as an individual if you're not joining under a sub-team.

Create a team to create a sub-group within Team AHC (think running groups, management team, etc.).

Once a sub-team has been created, you'll have the option of joining a team rather than creating new ones.



Fill in your name and e-mail address to register!

You'll be sent a confirmation e-mail to your email address.



If this is your first time registering, a one-time code will be sent to your email address.

Click [Next Step], copy and paste the code in and select [Verify].



Congratulations, you're all set! You can click out of this page while you wait for your fundraiser to be approved.



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 passion into a life-changing mission.

In 2026, he completed an incredible two-year cycling journey from Cambodia to Africa, crossing three continents, travelling through 40 countries, covering 60,000 kilometres, and raising USD 260,243.57.

But this journey was more than an adventure — it was a powerful commitment to improving children's health. Throughout his ride, Dararith raised vital funds for AHC, helping ensure that children in Cambodia can access the life-saving medical care they need and deserve.



"I am very fortunate to have been able to travel the world for two years while dedicating my journey to supporting children's healthcare in Cambodia."

Dararith is an inspiring example of how someone can use their passion to make a meaningful difference in the lives of others. You could do the same.

[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.



Other essential fundraising resources

[Marketing guidelines](#)

[Branding guidelines](#)

[Marketing resources](#)

[Tell us about your fundraiser](#)



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/>