



HANDS ACROSS THE WATER

BUILDING BRIGHT FUTURES & A LIFE OF CHOICE





WELCOME TO THE RIDE EXPERIENCE

Congratulations and welcome to the Hands family.

By signing up for a Hands Ride, you've said yes to more than just a physical challenge—you've said yes to giving kids a brighter future and a life of choice.

The bike ride that you will embark on will be a journey of heart, community, and purpose. Every kilometre you ride, every dollar you raise, and every conversation you start will create meaningful change for the children we support across Thailand.

We're so grateful to have you in the saddle with us.

[Watch a personal welcome from our CEO, Claire Baines](#)

THE HANDS STORY

WHERE IT ALL BEGAN

Hands Across the Water was born from tragedy but built on hope.

After the 2004 Boxing Day tsunami devastated communities in Thailand, forensic police officer Peter Baines travelled there to lead the Australian team with the identification of the victims. What he saw and experienced changed his life—and sparked a promise to do more.

Peter returned to Australia and, together with a colleague from the UK, founded Hands Across the Water. What began as a plan to build a home for 32 children left without family or shelter quickly evolved into something much bigger.

Hands grew to offer more than just food, clothing, and safety—with a strong focus on education and future pathways, the organisation cemented its role in creating brighter futures for children across Thailand.

Meet Peter and hear the story in his own words



HANDS PROJECTS

WHERE YOUR IMPACT LIVES

We support a network of homes and projects across Thailand, each with its own story and unique focus. Our homes are not institutions—they are homes in every sense of the word: filled with love, laughter, and opportunity.

Our projects focus on creating future pathways and opportunities for the children in our care.

Home Hug, Yasothon

Providing care for children affected by HIV and supporting the surrounding local community.



Pama House, Chanthaburi

A safe and nurturing home for 22 children, 100% owned and operated by the Hands Foundation.



Baan Tharn Namchai, Khao Lak

Our founding home and tsunami legacy, now home to over 100 children.

COMING SOON



Agricultural Learning Centre (Khao Lak)

Equipping young people with practical skills for sustainable farming and self-reliance.



Hospitality Training Centre (Khao Lak)

A skills-based training hub creating pathways into hospitality and tourism employment.

WHO WE CARE FOR

THE STORIES BEHIND THE SMILES

The children who live in our homes come from incredibly tough beginnings. Their stories are not always easy to hear—but they are the reason we ride.

Each child we support has been brought into our care because staying in their previous environment would have placed them at risk of harm, or meant a future without opportunity.

OUR KIDS COME FROM THREE KEY SITUATIONS:

Orphaned or Abandoned

They have no parents or extended family who are able—or willing—to care for them.

Abuse or Neglect

Many of our children have been removed from homes where they were suffering physical, emotional, or sexual abuse. Others were identified by local authorities as being at high risk if they remained.

Insufficient Care

Some children may have a parent or relative who loves them, but who cannot provide safe care. Poverty, substance abuse, homelessness, or mental illness are common contributing factors.



MEET ANNIE

Left without family support, Annie arrived at BTN aged 6 months. Today, she's learning to walk, talk and wrap all of the older kids around her little finger.



MEET CAPTAN

Abandoned at three months old, Captan came to Baan Tharn Namchai when no one else could care for him. Now a quiet but determined boy, he loves football, studies well, and dreams of joining the navy.

WHY WE DO WHAT WE DO

The children we support are not statistics. They are bright, resilient, and full of dreams—just like any other child.

They've simply been dealt a tough hand in life. Poverty, abandonment, illness, or disaster brought them to us—but their journey doesn't end there.

Your ride is part of their story. Your commitment is what makes their future possible.

MEET YOY

Yoy came to Baan Tharn Namchai with his brothers after their mother, unable to care for all her children, asked for help. Today, he's giving back by volunteering with Hands Experiences Thailand as a bike mechanic and dreams of becoming a professional athlete.



MEET MUEANFUN

After her mother was imprisoned and her father left, Mueanfun and her brother lived with their grandfather, who struggled to make ends meet. With no stable income or home, life was tough. Now safe at PAMA House, she is growing up with care, support, and a brighter future ahead.

OUR CHARITY STRUCTURE

MAXIMISING IMPACT THROUGH A UNIQUE MODEL

Hands Across the Water is built on a unique and sustainable model, comprising five entities working together to create lasting impact. We operate three registered charities in Australia, New Zealand, and Thailand, each with tax-deductibility status, providing supporters in these countries with confidence in their giving.

These are supported by two commercial entities, operating as social enterprises, which generate income through experiences and services. All profits from these businesses are reinvested into the Foundations, helping fund operational costs and enabling more of our donor contributions to directly benefit the children and communities we support.

This model strengthens our long-term sustainability and helps us ensure that donations are used as effectively and transparently as possible.



HANDS
Australia



HANDS
Pty Ltd



HANDS
Thailand



HANDS
Experiences
Thailand



HANDS
New Zealand

NOW THAT I'VE SIGNED UP... WHAT DO I DO NEXT?

GET STARTED EARLY



Start Fundraising

You'll automatically receive your personal fundraising link.



Join the Rider WhatsApp Group

Connect with fellow riders, share training tips and fundraising ideas, and start building team camaraderie.

REGULAR COMMUNICATIONS



Attend Zoom Info Sessions

Keep an eye out for the schedule in your inbox.



Monthly Newsletters

Stay informed with key updates, stories from the kids, and tips for the ride.

IMPORTANT TIMELINE



Submit Your Riding Kit Measurements



Book Your International Flights

Meet Booking Deadlines

Secure your single room
Book extra nights if needed,
Request an e-bike hire



Submit Travel Documents

Valid passport
Travel insurance policy
Signed waiver form

Pay Balance Owing –
Ensure your trip is fully paid.



Receive Your Ride Bag – Your custom Hands ride bag will arrive!

Complete Fundraising Goal
– You've got this!



Secure your digital arrivals card
– must complete the Thailand Digital Arrival Card inside of 72 hours before arriving in Thailand.

YOUR TRAINING JOURNEY

Training is a huge part of your success—and it starts now.

Whether you're an experienced cyclist or haven't ridden in years, we'll support you all the way. You don't need to go hardcore straight away, but the sooner you start building your fitness, the easier and more enjoyable your ride will be.

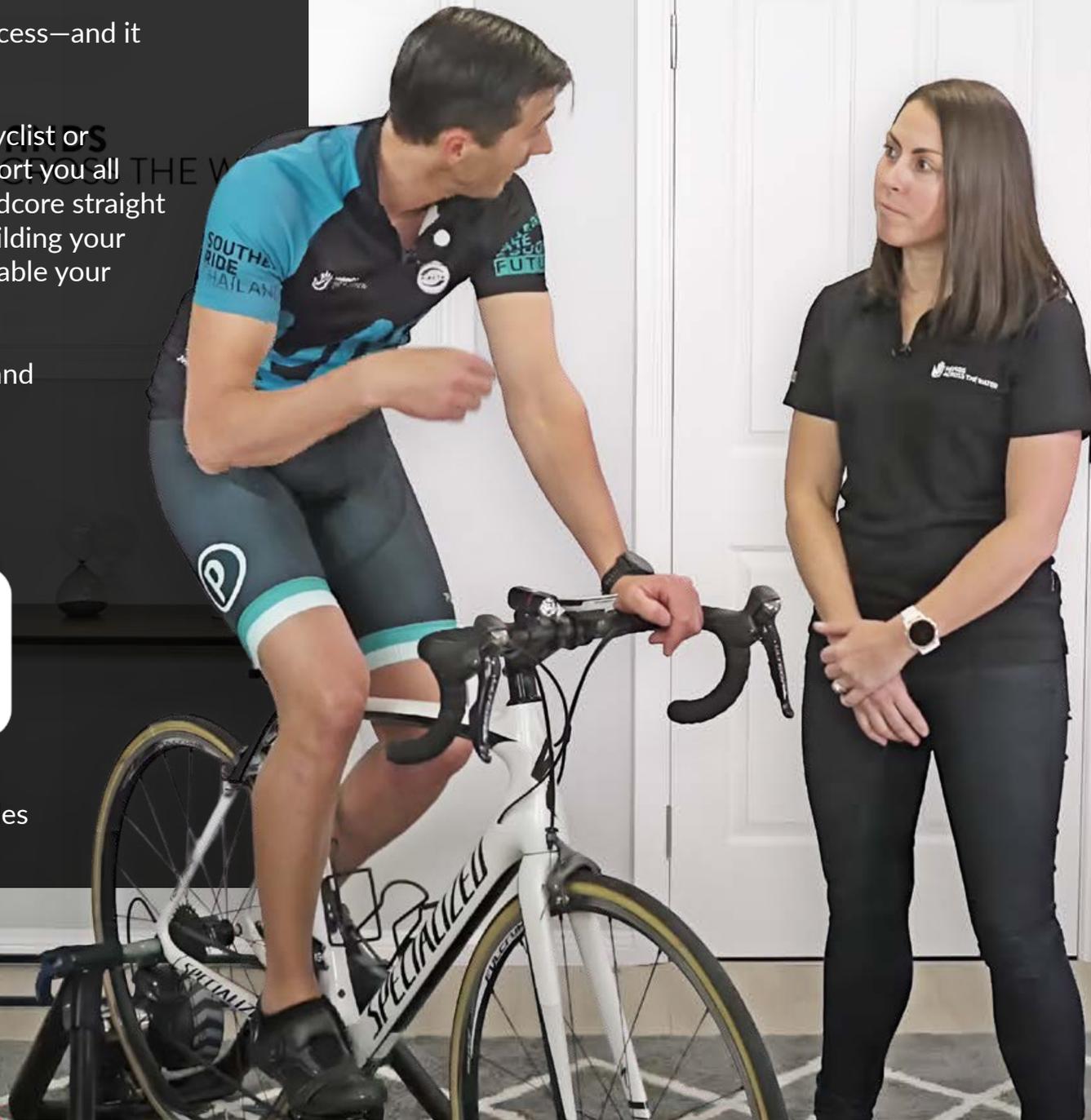
Start with small, consistent rides and increase your distance over time. If possible, find a riding group or buddy—it's more fun together.



Join Strava



View the training modules





FUNDRAISING

WHERE PURPOSE MEETS ACTION

Your fundraising commitment helps us keep our promise of a bright future and a life of choice for the children in our care.

Every dollar makes a difference—and when you ride into our homes, you'll see firsthand the incredible impact of your support.

We'll equip you with everything you need to ask for support – email templates, social tiles, campaign ideas, and personal support from our team.

[Access the Fundraising Resource Centre](#)

WHERE YOUR FUNDS GO



**Food, shelter, education,
and healthcare**



**University and
vocational scholarships**



**Training and
employment programs**



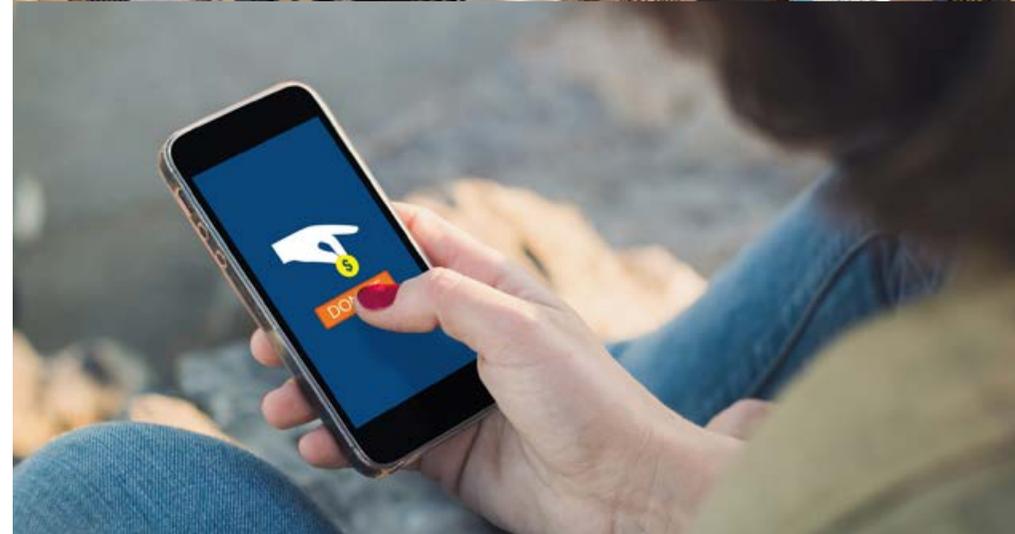
**Infrastructure, safety,
and sustainability
initiatives**

FUNDRAISING IDEAS

Need a little inspiration? Here's a list of fundraising ideas that have worked brilliantly for past riders. Mix, match, or make them your own:

- Host a trivia night or cocktail party
- Organise a charity dinner or long lunch
- Hold a bake sale at work or school
- Run a raffle with donated prizes
- Ask friends to “shout you a coffee” by donating \$5
- Run a talent night, open mic, or comedy show
- Organise a garage sale or market stall
- Sell homemade products (candles, jams, art, jewellery)
- Offer wine tasting or cocktail-making nights
- Partner with a local business for a shopping night
- Ask your employer to match donations
- Run a workshop or masterclass in your area of expertise
- Host a school fundraiser or involve a student council
- Auction art, photography, or a creative service
- Celebrate your birthday with donations instead of gifts
- Add a donation link to your email signature and social profiles

The more personal, fun, and community-driven you make it, the more successful (and enjoyable!) your fundraising journey will be.



SPONSOR A CHILD

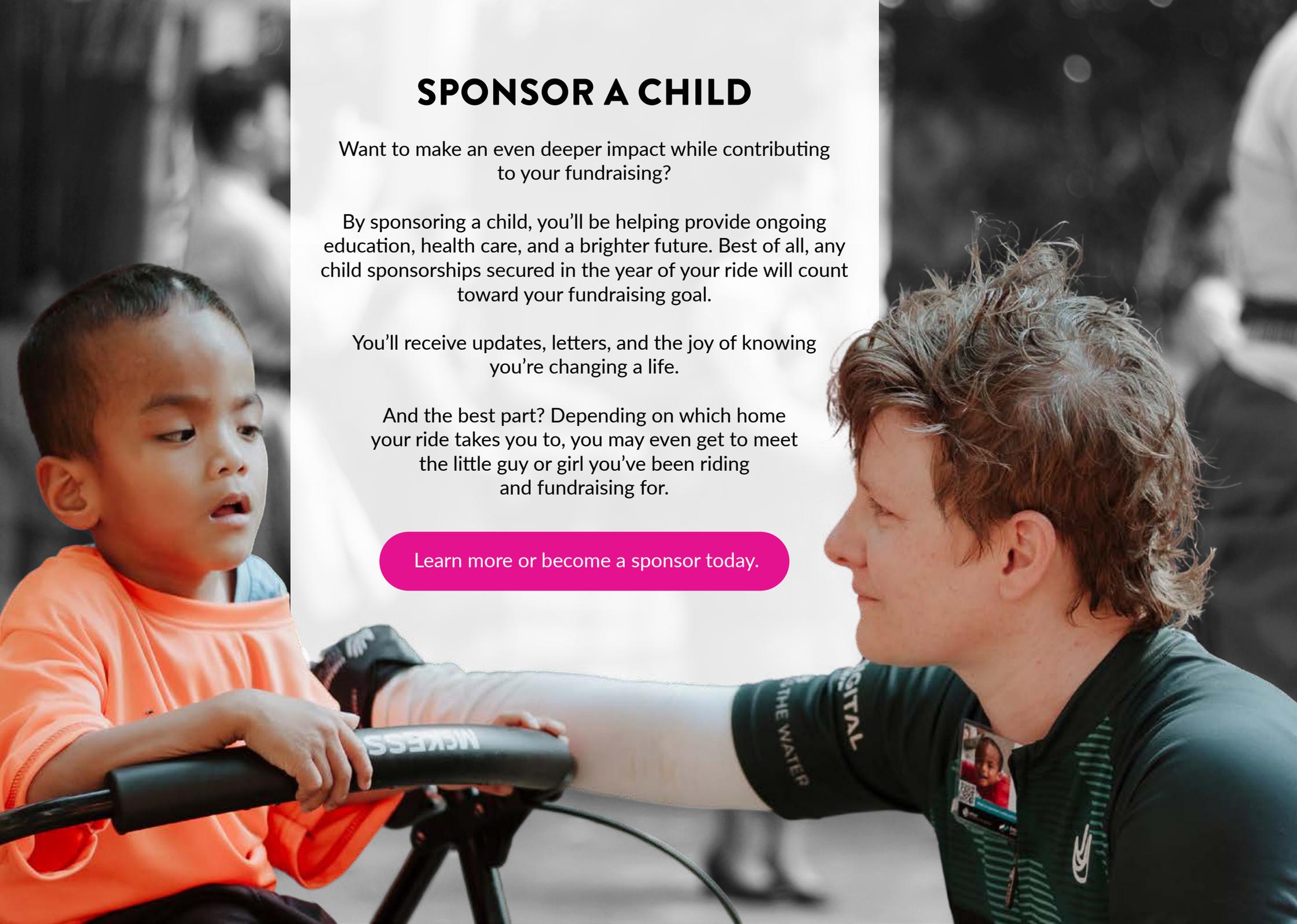
Want to make an even deeper impact while contributing to your fundraising?

By sponsoring a child, you'll be helping provide ongoing education, health care, and a brighter future. Best of all, any child sponsorships secured in the year of your ride will count toward your fundraising goal.

You'll receive updates, letters, and the joy of knowing you're changing a life.

And the best part? Depending on which home your ride takes you to, you may even get to meet the little guy or girl you've been riding and fundraising for.

[Learn more or become a sponsor today.](#)





 **HANDS EXPERIENCES THAILAND**

THE TEAM BEHIND THE RIDE

Hands Experiences Thailand is more than just logistics—it's a social enterprise with heart.

This incredible operation exists to support the work of Hands Across the Water, with 100% of profits reinvested into our homes and programs. That means when you pay your ride registration fee, you're not just covering your journey —you're directly contributing to a brighter future for the kids in our care.

This is purpose-driven travel at its best. You name it — they're all over it.

From the moment you arrive at your bike fitting to the time you roll into one of our homes, our team has everything covered:



Bike Logistics



Food and Meals



Accommodation



Transfers



Daily Ride Support

MEET THE CREW BEHIND THE MAGIC

LET US INTRODUCE THE CORE TEAM WHO MAKE IT ALL HAPPEN:



NUNN

Our General Manager and logistical mastermind. Calm, capable, and always one step ahead



NICHA

The coordination queen. She ensures every detail is sorted so your ride runs smoothly from start to finish.



AM

Once a child at Home Hug, Am joined our team in 2024 after completing her Business English degree. She began as a tour guide intern, earned her license, and now co-leads our tours with professionalism and heart.



SQUID

Our reliable mechanic, driver, and all-around legend. Whether it's fixing bikes, driving the trailer, or helping the crew behind the scenes, Squid keeps the wheels turning—literally and figuratively.

Hands Experiences doesn't just employ local Thai staff—it also creates meaningful opportunities for the young people who grow up in our care.

On your ride, you may meet young men from our homes who are training to become mechanics as part of our on-tour learning programs.

FAQs

No question is a silly one—we're here to help.

Whether this is your first big challenge or your tenth, it's totally normal to have questions. We're just an email away if you need anything, but here are a few things you might already be wondering:

WHAT'S THE FUNDRAISING TARGET?

- **5-DAY RIDE** = \$5,000 AUD
- **8-DAY RIDE** = \$8,000 AUD

These funds directly support the children in our care across Thailand.

WHAT IF I DON'T MEET THE TARGET?

We'll support you every step of the way with resources, ideas, and personal guidance. However, meeting the fundraising target is a condition of participation—**if the minimum isn't met, you won't be able to join the ride.**

HOW FIT DO I NEED TO BE?

You don't need to be an elite cyclist, but you do need to train. We've had riders from 18 to 70+ years old! What matters most is **time in the saddle**. We recommend building up to at least 25km in a single ride comfortably before your tour.

FAQs

WHAT'S INCLUDED IN THE RIDE REGISTRATION?

YOUR FEE COVERS:

- Accommodation
 - All meals during the ride
 - Bike hire
 - Team jersey
 - Support vehicles and logistics
 - A once-in-a-lifetime experience
-

DO I NEED TO BRING A BIKE?

Nope! Bike hire is included in your registration. You'll be riding a well-maintained Cannondale hybrid, perfect for the terrain and distance.

DO YOU HAVE E-BIKES?

Yes! E-bikes are available for an additional fee. These are intended to support riders who want a more comfortable experience—not to ride ahead of the group. They're a great option if you're concerned about distance or stamina.

CAN MY FAMILY COME?

While family can't join the ride itself unless they're registered participants—which we absolutely welcome, we strongly encourage them to be there at the finish line. It's an emotional and unforgettable moment, and we're more than happy to help with arrangements so they can be part of the celebration.

[View all the Frequently Asked Questions](#)

SOPHIE & KHOM'S RIDE TO REMEMBER

HANDS ACROSS THE WATER - RIDE TO HOME HUG 2024

We still remember lining up on Day One of the ride – nervous, excited, and not really knowing what to expect. It was our first time riding with Hands, and while we'd trained hard, nothing could prepare us for the journey ahead. From those first few shaky kilometres to the final emotional ride into Home Hug, every moment was unforgettable.

We were blown away by the support from the Hands team, the friendships formed along the way, and the beauty of riding through rural Thailand. One of the most powerful moments for us was the final 10km—quiet, emotional, and filled with a deep sense of accomplishment.

The ride had its tough moments too—hot days, tired legs, and for Soph, hitting a wall with just 5km to go on Day 5. But through it all, the spirit of Hands kept us moving. We knew every pedal stroke was helping create a better future for the kids.

We raised over \$23,000 through the support of Jellis Craig and our community—and we're already planning to return. If you're unsure about joining a Hands experience, here's our advice: **JUST DO IT**. You won't regret a single moment.

Sophie & Khom



SOPHIE & KHOM'S TIPS

GIVE YOURSELF TIME — it takes longer than you think! We hosted a fundraising night with a charity auction and raffle. Family, friends, and colleagues were incredibly generous once they heard about the cause.

SHARE YOUR WHY

Tell people about Hands Across the Water and the impact their donation will make. When people understand the story, they want to support you.

FUEL UP AND STAY HYDRATED

The heat can be brutal. Always top up your water bottles at every stop and pack snacks to keep your energy up. Don't underestimate what a sugary drink can do mid-ride!

TRUST THE TEAM

Our favourite quote of the ride was: "Just keep riding until you see a team member." It's true! You're never alone, and there's always help and encouragement waiting around the corner.

LEAN INTO THE COMMUNITY

The ride is full of highs and lows—share your experience, connect with others, and soak in the friendships both in the lead up to and on the ride.

REMEMBER THE WHY

Every kilometre changes lives. When it gets tough, think of the kids you're riding for—that's what will keep you going.

YOU'VE GOT THIS!



FROM ABANDONED TO ADORED

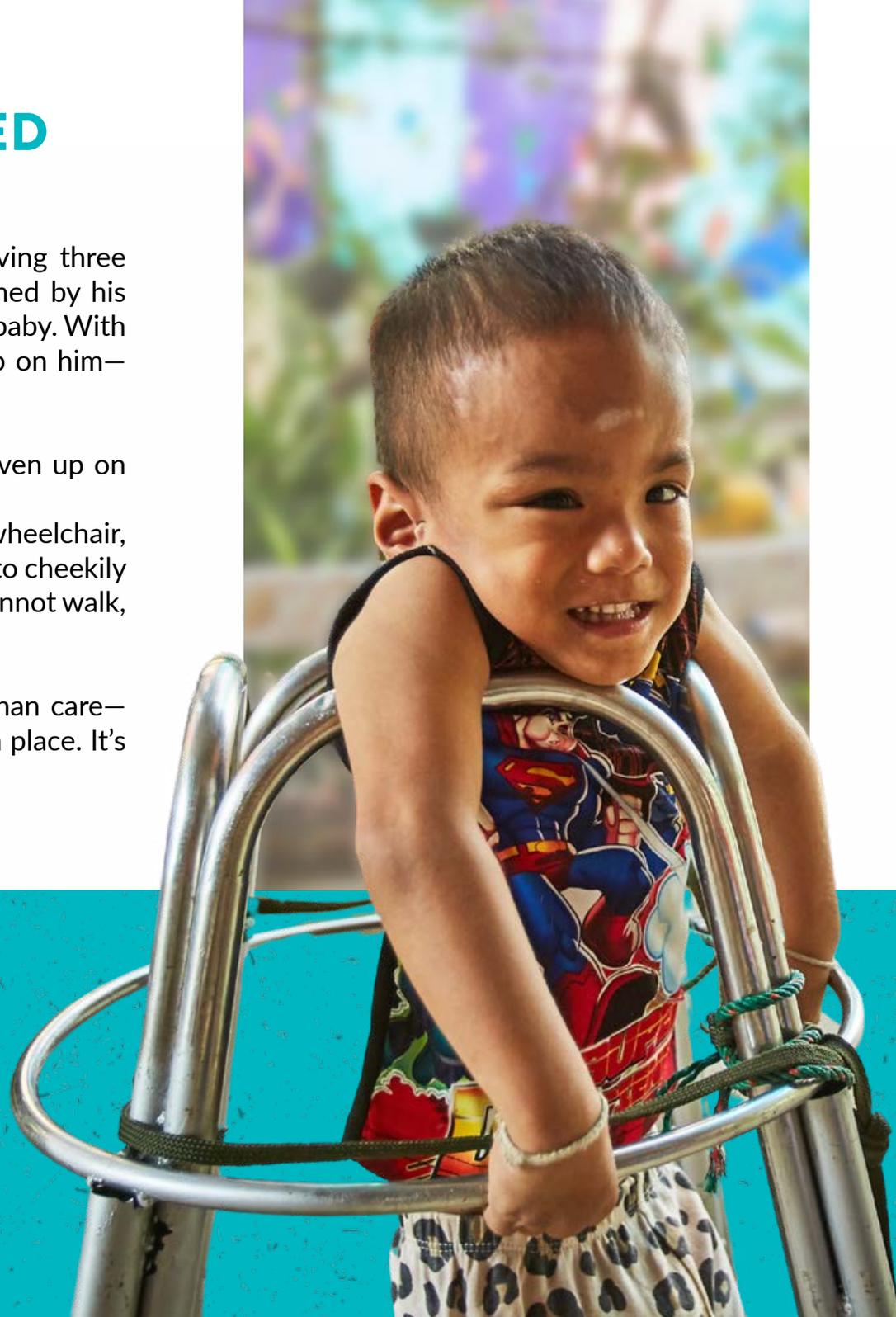
TONG KLA'S JOURNEY HOME

Little Tong Kla didn't choose the life he was born into. Arriving three months premature, he lost his twin at birth and was abandoned by his young mother, who was too afraid to tell her family she'd had a baby. With no known relatives and serious health issues, doctors gave up on him—until Mae Thiew, Director of Home Hug, received the call.

She held him in her arms and promised he would never be given up on again.

Today, Tong Kla is thriving. He gets around in a custom-built wheelchair, receives speech therapy, and is learning to use his voice—often to cheekily boss around the other kids! While he remains non-verbal and cannot walk, he's full of personality, resilience, and love.

Mae Thiew and his Home Hug family have given him more than care—they've given him a future. For Tong Kla, Home Hug isn't just a place. It's his forever home.



MEET BOOM

A FUTURE STORYTELLER IN THE MAKING

At just 17, Boom is excelling in her final year of high school and dreaming of a future in photography, video editing, and media production—with hopes of one day launching her own ice cream brand!

Life hasn't been easy for Boom. As one of five children in a struggling family, she faced many challenges, especially after her parents divorced. But with the support of a caring teacher and the team at Baan Tharn Namchai, Boom found a safe place to grow and thrive.

Once shy and uncertain, Boom has blossomed into a confident, curious young woman with a love of learning and big dreams ahead.

"I'm happy here, meeting people and gaining opportunities," she says.

Thanks to riders like you, Boom is one step closer to creating a future full of possibility.



MEET MAEK

A RISING STAR ON AND OFF THE FIELD

Maek came to Home Hug in 2011 at just five years old. With separated parents and a father unable to support him financially, Home Hug became his home and his chance at a better future.

From a young age, Maek loved football. He'd watch games at the flea market while his father worked, dreaming of one day becoming a professional player. He joined his school team at 10 and got serious by 12. Seeing his potential, Home Hug helped secure him a scholarship to a boarding school that specialises in football.

Now a rising talent, Maek has played 20 youth matches, and continues to grow as a player. His idol is Kevin De Bruyne, admired for his vision and passing.

In 2025, Maek reached another milestone—joining his first charity bike ride with Hands Across the Water. His story is one of passion, resilience, and big dreams.





HANDS ACROSS THE WATER

