



# CYCLING 4 GAZA

LONDON TO PARIS CHARITY BIKE RIDE,  
2<sup>ND</sup> – 5<sup>TH</sup> JULY



"Every single child in Gaza now knows the horror and terror of war. It is heartbreaking seeing children return to school to sit next to empty seats of those who were killed"

*Fikr Shalltoot, MAP Aid Worker in Gaza*

Help us raise £100,000  
for the children of Gaza

**SPONSOR US  
OR JOIN US NOW**

Online: [www.cycling4gaza.com](http://www.cycling4gaza.com)

Call: +44 (0) 752 828 1105

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**Thank you**

All funds raised will be donated to Medical Aid for Palestinians (MAP)

## Gaza's Children Need Us

The vulnerable children of Gaza were the most affected by the 22 days of intense attacks on the Gaza strip that started on 27th December 2008. The World Health Organisation (WHO) estimates that over 400 children were killed by the bombardments. Children all over Gaza are still fighting for their lives. Many have been left orphaned, mutated, burned beyond recognition and paralyzed. A whole generation of children have been left psychologically scarred by the war.

### About The Cyclists

**Lulu Saka, Seif Sammkieh, Tamara Ben-Halim, Misha Vaswani, Thami Kutbi, Zara Usmani, Stephanie Stone, Raoul Vaswani, John Oram.**

We are a group of Londoners, Arabs and Palestinians who want to make a difference for the people of Gaza.

In order to raise much needed funds, we are cycling about from London to Paris covering around **300km in just 3 days.**

Our mission is to raise as much money as we can to support the efforts of Medical Aid for Palestinians and raise awareness of Gaza's lost generation. For more information on MAP's work visit [www.map-uk.org](http://www.map-uk.org)

### About The London – Paris Cycle 2<sup>nd</sup> – 5<sup>th</sup> July

The cycle will take us 3 days, and we will be covering approximately 100 km per day. It will be a tough mental and physical challenge for all of us, but a rewarding experience knowing that every mile we ride will help in some way to alleviate the suffering in Gaza.



### About Medical Aid for Palestinians (MAP)

MAP is a UK-registered charity, which provides health and medical support to Palestinians living under occupation, displacement or as refugees. As the first international aid agency to respond to the humanitarian crisis in Gaza, MAP has delivered over £750,000 worth of emergency aid since 27th December. MAP's aid workers inside Gaza are organising the daily deliveries of essential medical supplies to the hospitals and people that need them most.

For more information on MAP's work please sign up to our eNews-letter by emailing [info@map-uk.org](mailto:info@map-uk.org), visiting [www.map-uk.org](http://www.map-uk.org) or calling 0207 226 4114.

# MAP

MEDICAL AID FOR **PALESTINIANS**

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