Press kit

Bike up & Down project

Blois - Nouméa

riding a bicycle to help with Down's syndrome

Emilie and Davy SANCHIS

Emilie & Davy in pictures and in a few words

Meeting in 2012, volunteers for the construction of a kerterre

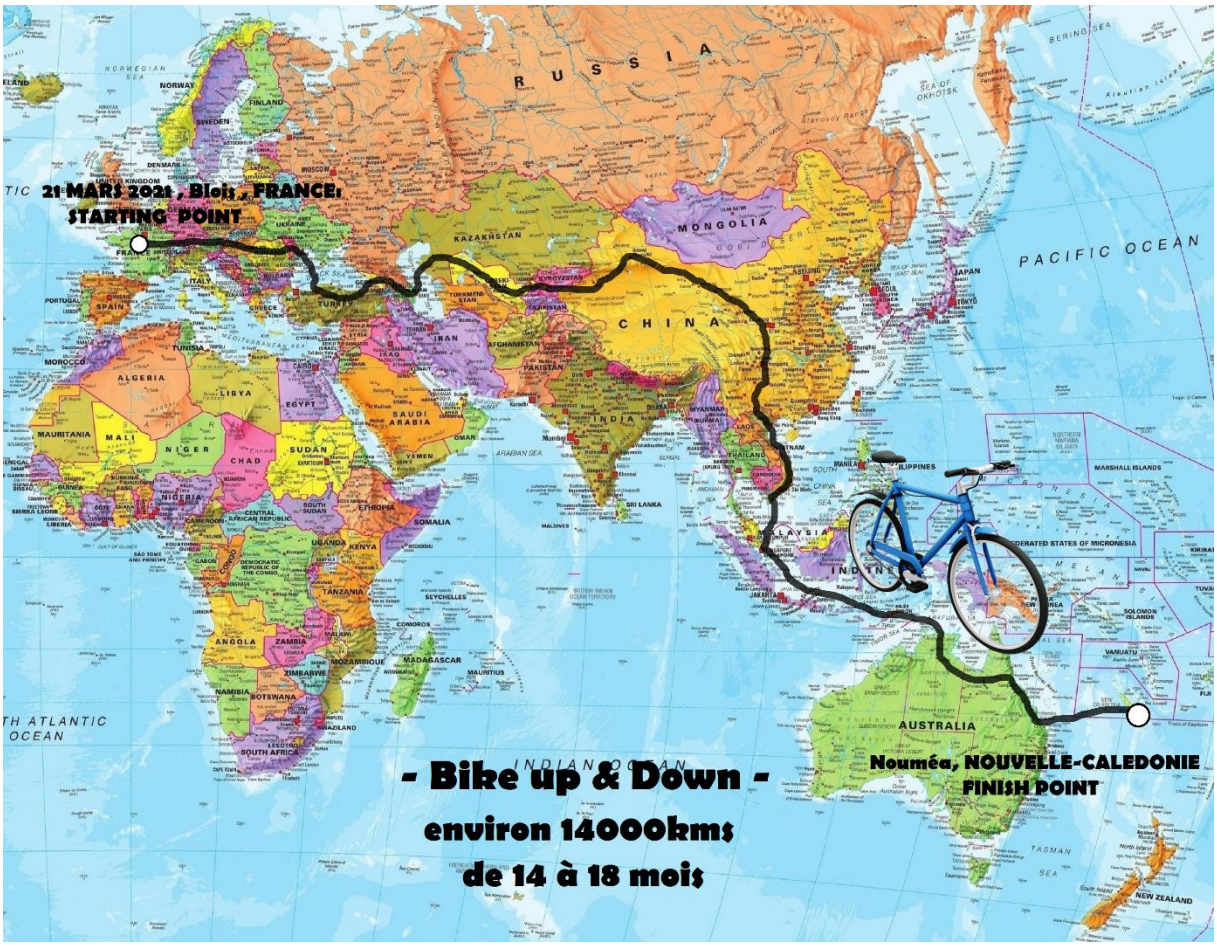
(self-built ecological habitat)

A couple with solid experience in independent travel (see CV of travellers, appendix 1), proven organizational and adaptation skills, physical and mental endurance

DAVY, 40 YEARS	EMILIE, 39 YEARS
Manager of a timber trade **Courageous, ultra sporty, adventurer, innovative, ready for anything**	**Administrative and Financial Director** **Dynamic, athletic, organized, patient, funny**
he is the creator of the project whose practical sense will resolve all the small difficulties of daily life in the bivouac	**she is the project manager whose patience and sense of humor will allow her to delay and take a step back in the toughest moments**

"Because at the end of the day, you won't remember the time you spent in the office or mowing the lawn. Go climb that damn mountain" Jack Kerouac

An environmentally friendly journey: 14,000 km by bicycle through 18 countries



See appendix 2: summary of the course

2020 winners of the traveller's label awarded by the association ABM - Aventure du Bout du Monde.

Objective: To raise funds for Down's syndrome by defending inclusion through sport

Trisomy 21, also called Down's syndrome, appears in approximately one in 770 births, it is the most frequent chromosomal abnormality in humans (see appendix 3).

Chris Nikic, 21, the first Down syndrome carrier to complete an Iron Man on 11/7/2020

This is how the idea of the Bike up & Down project (for the syndrome) was born.

We will rely on local associations in each country crossed to raise funds around sporting events with people with Down's syndrome.

DEPARTURE EVENT in BLOIS

JUNE 13, 2021

World Down Syndrome Day

Journée Mondiale de la Trisomie 21

➢ THE SUITE CAN ALSO BE WRITTEN WITH YOU WE ARE LOOKING FOR :

➢ A SCHOOL WITH A CLASS WITH A CHILD WITH DOWN'S SYNDROME

To follow us along the way, participate in events with us, offer ideas to enhance our social networks (drawings or others) and promote international exchanges ...

➢ A FRENCH SOCKS MANUFACTURER

To make colored socks with the Bike up & Down logo with the aim of selling them with a percentage of funds donated to Trisomy 21 France to be determined

- **A FRENCH HIGHER SCHOOL IN MEDIA / A FREELANCE / A COMPANY**

To create our website

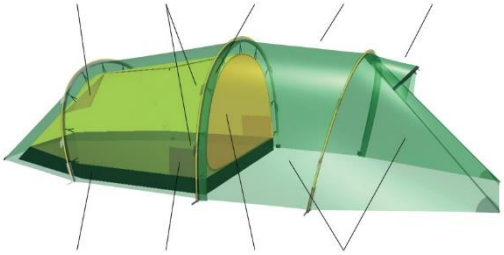
- **A SPORTSMAN(WOMAN) OR RECOGNIZED PERSONALITY WITH DOWN'S SYNDROME AMBASSADOR (DRICE) OF OUR PROJECT IN EACH COUNTRY CROSSED**

And participate in our events

- **SPORTS SPONSORS**

To help us complete part of our basic investment valued at € 15,000, knowing that we are looking for French or European equipment as much as possible (see appendix 4).

In exchange, a highlighting of your brand on our social networks and, if you wish, tests of your equipment and our feedback on the networks.



- **PATRON**

To donate funds for Trisomy 21 and / or to finance km and associate your company with an image of commitment, solidarity, surpassing oneself and adventure. An image focused on the world, people and inclusive society.

So if you want to help us and help them, don't hesitate ! Do like them (see project guarantees in appendix 5):

Emilie SANCHIS + 33 6 89 68 78 98 Davy SANCHIS + 33 6 63 08 36 46

bikeupanddown@gmail.com

https://www.facebook.com/BikeupandDown

https://www.instagram.com/bikeupanddown

https://youtube.com/channel/bikeup&down

APPENDIX 1 : TRAVELLERS CV

EMILIE & DAVY SANCHIS

NOMADS, SPORTS AND ADVENTURERS

BIKE UP&DOWN

Emilie 0689687898
Davy 0663083646

bikeupanddown@gmail.com

bikeup&down

bikeupanddown

bikeup&down

COUNTRIES CROSSED

EMILIE

Australia, Austria, Belgium, Canada, Croatia, Czech Republic, Egypt, England, Hungary, **India**, **Iceland**, Ireland, Norway, Scotland, Switzerland, Turkey.

DAVY

Belgium, Croatia, Czechoslovakia, Germany, **Italy**, Netherlands, **Poland**, Portugal, Slovenia, Spain, **Tunisia**, Yugoslavia.

EMILIE ET DAVY (SINCE 2012)

Albania, Armenia, Belgium, Bosnia, **Bulgaria**, **Cambodia, Croatia,** Cyprus, Denmark, Georgia, Germany, Ghana, **Guinea Conakry**, Italy, **Laos**, Luxembourg, Macedonia, Montenegro, Morocco, Monaco, Netherlands, Poland, Portugal, San Marino, Slovenia, Spain, **Sweden**, Taiwan, Thailand, Tunisia

SPORTS PRACTICED

EMILIE

Badminton, cycling, fencing, hiking, **mountaineering, rowing, running,** tennis

DAVY

Badminton, cycling, **football**, hiking, rollerblading, **running,** skiing, swimming, tennis and table tennis, **triathlon**

OUR STRONG EMOTIONS

Angkor Half-marathon (2015)

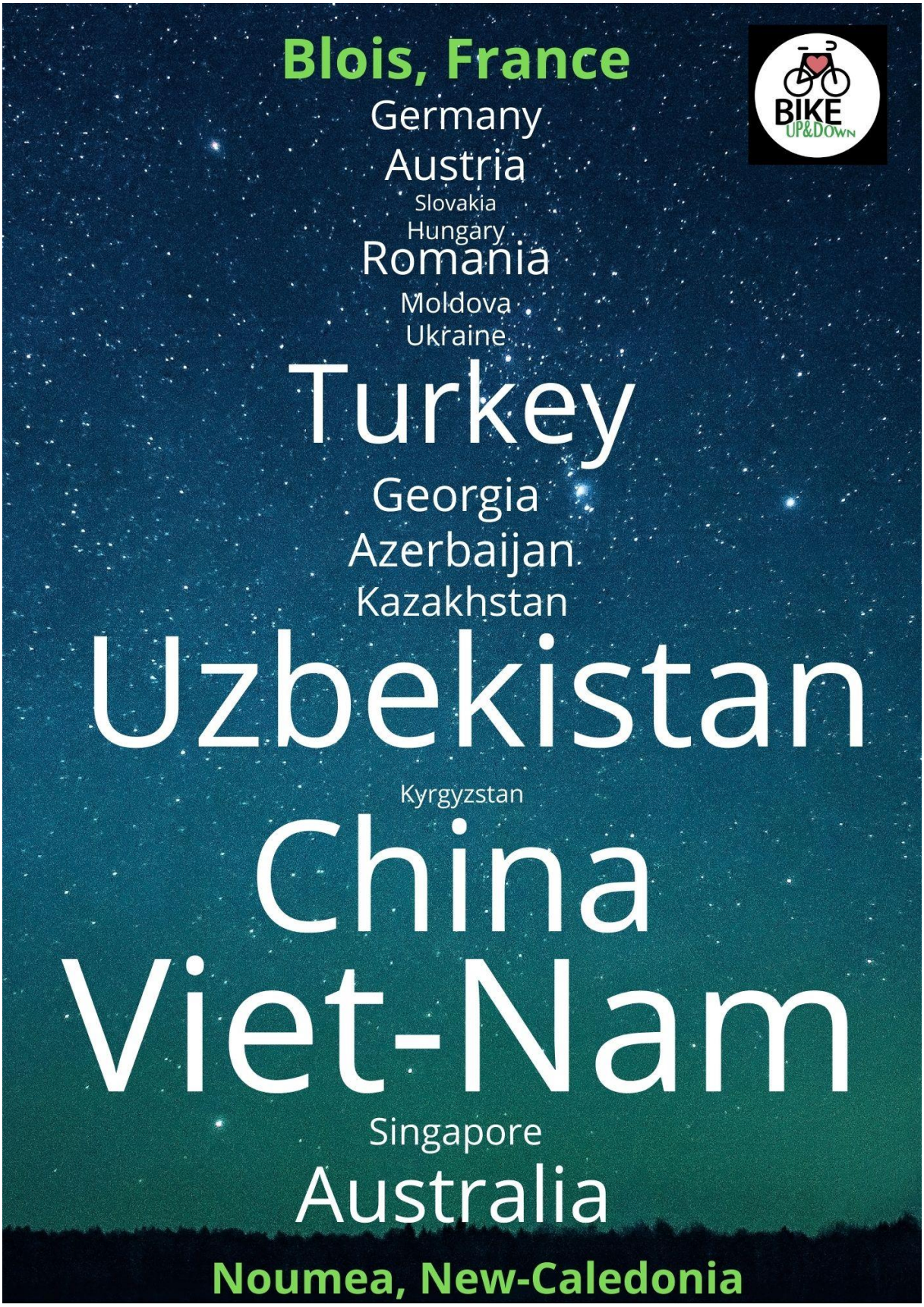
Copenhagen marathon (2017)

Bivouac trek in North Laos among the Hmong and Lenten ethnic groups

Ascent of Toubkal (4167m/Maroc 2014)

Bivouac tour in Guinea Conakry among the Fulani ethnic group and its night dances (2017)

APPENDIX 2 : COURSE PROPORTIONALLY TO THE TIME SPEND



APPENDIX 3 : DOWN'S SYNDROME

Part of a regular cell showing chromosome 18, 19, 20, and 21 pairs

Part of a Down Syndrome child's cell showing chromosome 21 pair with 1 extra chromosome

Down Syndrome

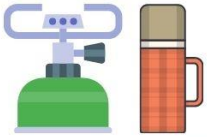
MYTHS	FACTS
People with Down syndrome do not live very long.	Today, people with Down syndrome can look forward to a long life given the right medical attention.
Only older mothers have babies with Down syndrome.	Although older mothers have a higher individual chance of having a baby with Down syndrome, more are born to younger mothers, reflecting the higher birth rate in this age group.
People with Down syndrome cannot achieve normal life goals.	With the right support, they can. Most people with Down syndrome learn to walk and talk, and many are now attending mainstream schools, passing exams and living full, semi-independent adult lives.
People with Down syndrome all look the same.	There are certain physical characteristics that can occur. People with Down syndrome can have all of them or none. A person with Down syndrome will always look more like his or her close family than someone else with the condition.
People with Down syndrome are always happy and affectionate.	We are all individuals and people with Down syndrome are no different to anyone else in their character traits and varying moods.

APPENDIX 4 : PROJECT BUDGET

BIKE AND PORTAGE

BIKE X2 "HISTOIRE BIKE" = € 5,500
SADDLEBAGS "ORTLIEB" X2 = € 1,100
TECHNICAL CLOTHING = € 2,050
helmet X2
"ENDURA" MT500 X1 suit
on rain shoe and gloves X2
special bicycle glasses x2
BIKE SPARE PARTS € 800
chain and transmission X2
brake and cable X2
tires and inner tube X2
repair tools

TOTAL = € 9,450



MEALS AND WATER

PRIMUS OMNILITE T1 STOVE = € 270
windscreen and fuel bottle
fire stone
GUARDIAN WATER FILTER = OK
complementary water bag OK
COOKWARE SET = € 90
in stainless steel "GSI outdoors"
CUTLERY = OK

TOTAL = € 360

TENT AND SLEEPING

HILLEBERG NALLO 3GT TENT
4 SEASONS = € 1,200
GROUND MAT FOR TENT = € 150
VALANDRE MIRAGE DOWN
EMILIE = € 320
DAVY = OK
THERMOLITE X2 SHEETS = € 135

TOTAL = €1 805

ELECTRONIC

"LENOVO" LAPTOP OK
SMARTPHONES OK
"VIVLIO" TOUCH HD plus X2 READERS = € 320
SOLAR PANELS "PT" FLAP 11W-5V = € 195
HEADLIGHTS X2 OK
"GO PRO" HERO 9 + SPORT KIT = € 390
"SIGMA ROX" BIKE GPS 12.0 = € 350

TOTAL = € 1 255

BIKE UP&DOWN

€ 16,655 equipment starting

CLOTHES

WINTER CLOTHING OK

SUMMER CLOTHING OK

UNDERWEAR OK

TOTAL = € 0

BANK AND INSURANCE

BANK FEES = € 200
TRAVEL INSURANCE
"CHAPKA" Cap adventure X2 = € 2000

TOTAL = € 2,200

VACCINES AND HEALTH

VACCINES X2 = € 800
VENOM PUMP = € 15
WATERPROOF FIRST AID KIT = € 50

TOTAL = € 865

PASSPORTS AND VISAS

PASSPORTS = € 170
VISAS = € 550
Azerbaijan, Kazakhstan, Uzbekistan, China, Vietnam

TOTAL = € 720

APPENDIX 5 : LIST OF COUNTRIES : CONVERT OUR KM INTO DONATIONS FOR ASSOCIATIONS AND/OR PARTICIPATE IN OUR DAILY COSTS

Choose your country and convert our km in direct donations (1km = 1 €) to :

DOWN SYNDROME INTERNATIONAL*

* donations eligible for tax reductions in UK

AND/OR

Choose your country and participate in the daily costs of our project to defend inclusion through sport:

BIKE UP&DOWN

* donations eligible for our eternal gratitude

GO GO GO !!!
BLOIS, FRANCE on March 21, 2021
DISTANCE : 700 kilometers
DURATION : 18 days
Daily costs : **€ 540**

GERMANY
DISTANCE : 500 kilometers
DURATION : 13 days
Daily costs : **€ 390**

AUSTRIA
DISTANCE : 500 kilometers
DURATION : 15 days
Daily costs: **€ 450**

SLOVAKIA / HUNGARY
DISTANCE : 550 kilometers
DURATION : 16 days
Daily costs : **€ 580**

ROMANIA
DISTANCE : 550 kilometers
DURATION : 15 days
Daily costs : **€ 450**

MOLDOVA
DISTANCE : 600 kilometers
DURATION : 9 days
Daily costs : **€ 270**

UKRAINE
DISTANCE: 550 kilometers
+ 600 km by boat (Black Sea)
DURATION: 9 days
Daily costs : **€ 520**

TURKEY
DISTANCE : 1,500 kilometers
DURATION : 40 days
Daily costs : **€ 800**

GEORGIA
DISTANCE : 560 kilometers
DURATION : 15 days
Daily costs : **€ 300**

14 000 km +

15 380 km +

4 800 km =

34,000 km in 14 months

AZERBAIJAN
DISTANCE : 500 kilometers
+ 380 km by boat (Caspian Sea)
DURATION : 18 days
Daily costs : **€ 550**

KAZAKHSTAN
DISTANCE : 500 kilometers
DURATION : 13 days
Daily costs : **€ 260**

UZBEKISTAN
DISTANCE : 1850 kilometers
DURATION : 50 days
Daily costs : **€ 1,000**

KIRGHIZISTAN
DISTANCE : 250 kilometers
DURATION : 8 days
Daily fees : **€ 160**

CHINA + TRAIN
DISTANCE : 1,550 kilometers
+ 4,800 km by train (Kashgar-Chengdu)
DURATION : 51 days
Daily costs : **€ 1,650**

VIETNAM
DISTANCE : 2,350 kilometers
+ 1,100 km by boat (South China Sea)
DURATION : 63 days
Daily costs : **€ 2,740**

SINGAPORE
DISTANCE : 200 kilometers
DURATION : 29 days
+ 7,000 km by boat (Java Sea to Pacific Ocean)
Daily costs : **€ 4,300**

AUSTRALIA
DISTANCE : 1,000 kilometers
+ 1500 km by boat (Coral Sea)
DURATION : 35 days
Daily costs : **€ 2150**

STOP !!!
NOUMEA, NEW CALEDONIA
DISTANCE : where the wind will take us
DURATION : between 30 days and 3 years
Daily costs : **€ 1,400**

425 nights under the stars
€ 17,000 daily costs

YOUR DONATIONS TO ASSOCIATIONS OR YOUR PARTICIPATIONS AT OUR DAILY EXPENSES = NAME AND / OR LOGO ADDED TO THE CHOSEN COUNTRY AND PUBLISHED ON OUR NETWORKS, YOUR ACTIONS CAN BE !

APPENDIX 6 : PROJECT GUARANTEES

GO GO GO BIKE UP & DOWN : THE PROJECT GUARANTEES

KEEP THE ESSENTIAL

SOLD GOODS

- OUR 2 CONVERTED TRUCKS
- OUR HOUSE IN CHAUMONT SUR LOIRE AND ITS FURNITURE

MOVING INTO A FURNISHED APARTMENT IN BLOIS / PURCHASED TRAVEL BIKES: READY TO GO

TO PREPARE

A WELL-STUDIED PROJECT

- ELABORATED ITINERARY
- FINALIZED BUDGET

PROJECT VALIDATION BY TRISOMIE 21 FRANCE & DOWN SYNDROME INTERNATIONAL / ABM LABEL 2020

FINALIZE

DEFINED DEPARTURE DATE: MARCH 21, 2021

- EMPLOYERS ADVISED
- FINALIZED PRESS KIT

START OF MEDIATIZATION OF THE PROJECT