

# 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)

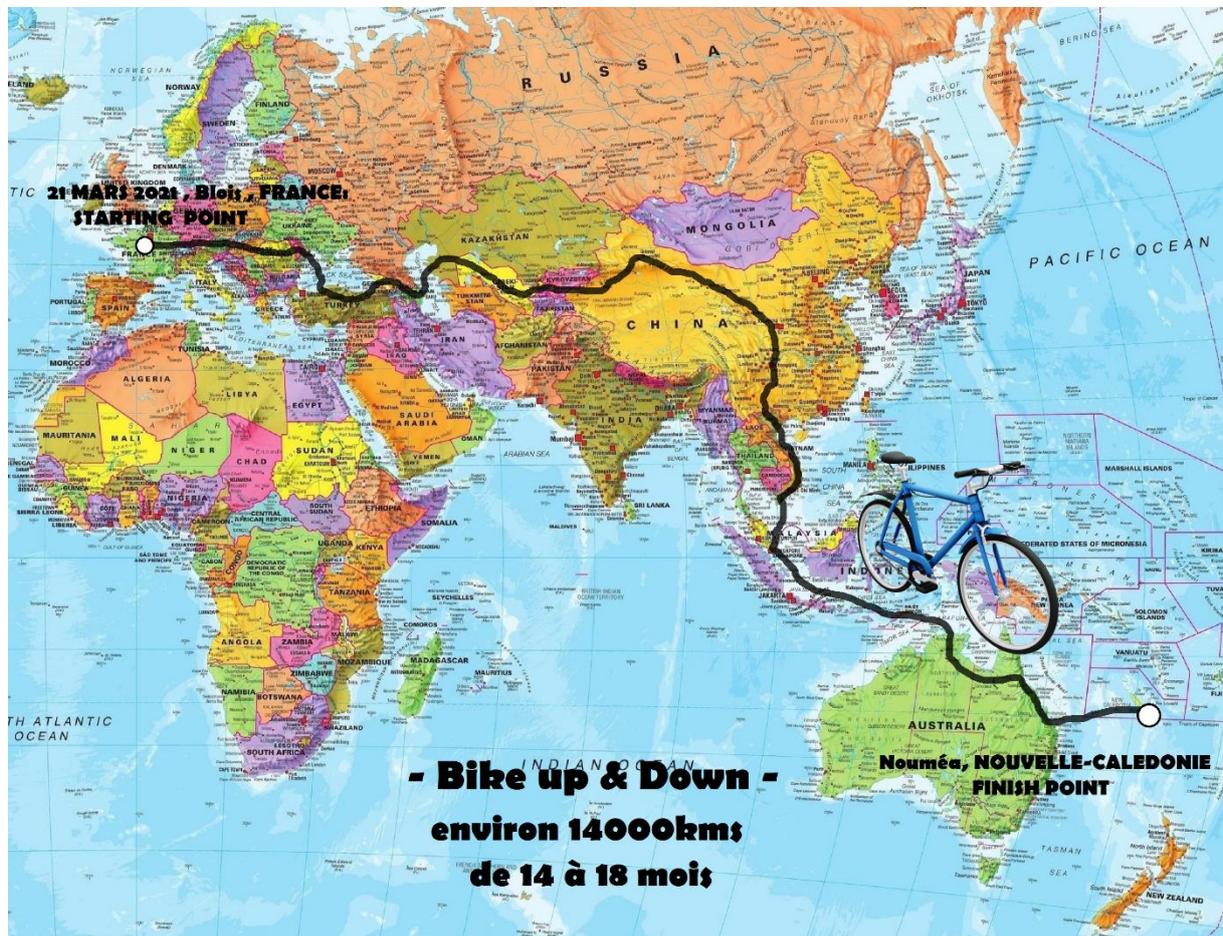


A couple with solid experience in independent travel (see CV of travellers, appendix 1), proven organizational and adaptation skills, physical and mental endurance

<b>DAVY, 40 YEARS</b>	<b>EMILIE, 39 YEARS</b>
<b>Manager of a timber trade</b> <b>Courageous, ultra sporty, adventurer, innovative, ready for anything</b>	<b>Administrative and Financial Director</b> <b>Dynamic, athletic, organized, patient, funny</b>
<b>➔ he is the creator of the project whose practical sense will resolve all the small difficulties of daily life in the bivouac</b>	<b>➔ 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</b>

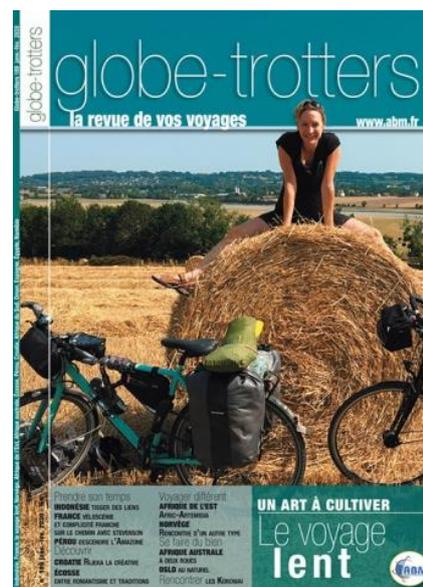
**"Because at the end of the day, you won't remember the time you spent in the office or mowing the lawn. Go climb that damn mountain" Jack Kerouac**

# 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



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



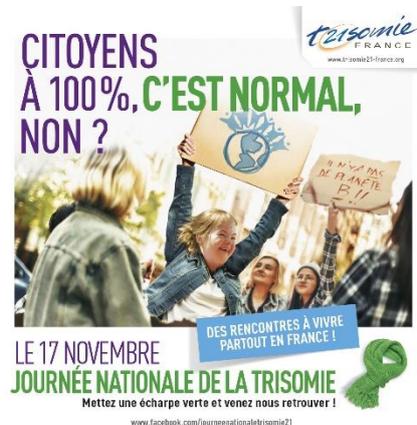
- A FRENCH HIGHER SCHOOL IN MEDIA / A FREELANCE / A COMPANY

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):



Centre de formation  
et services en  
langues étrangères



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 <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**



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

**Blois, France**



Germany

Austria

Slovakia

Hungary

Romania

Moldova

Ukraine

**Turkey**

Georgia

Azerbaijan

Kazakhstan

**Uzbekistan**

Kyrgyzstan

**China**

**Viet-Nam**

Singapore

**Australia**

**Noumea, New-Caledonia**

## 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

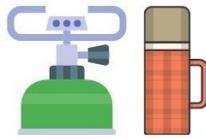
**TOTAL = € 9,450**



### 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**



### 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**



### CLOTHES

WINTER CLOTHING OK  
SUMMER CLOTHING OK  
UNDERWEAR OK

**TOTAL = € 0**



**€ 16,655**  
**equipment**  
**starting**



### 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



**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



14 000 km + 15 380 km + 4 800 km =  
**34,000 km in 14 months**



**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

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- 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

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- ELABORATED ITINERARY
- FINALIZED BUDGET



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

FINALIZE

**DEFINED DEPARTURE DATE:  
MARCH 21, 2021**

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- EMPLOYERS ADVISED
- FINALIZED PRESS KIT

**START OF MEDIATIZATION OF THE  
PROJECT**