



Bike & Belong

What is a Bike & Belong Offer (B&B)?

Our B&B Offer consists of bike courses according to our concept and a supporting program (bike tours, workshops, events, and many more).

How long does a B&B course last?

One course takes 8 weeks.

How often does a B&B course take place?

A course takes place weekly on a fixed date, each for two hours.

Where do the B&B courses take place?

The courses take place in different places in the city. In some cities there are fixed training places, please ask if needed.

How much is the course?

Our courses are all free of charge. We want to enable all women to take part in our courses and finance our courses among others through funding partners.

Can I bring my children?

In general, we provide childcare during the course. Please ask your course coordinator in case you would like to bring your children.

Do I need to take along a bike or will bikes be provided?

We provide bikes. If you have a suitable bike, please inform the course coordinator and bring your bike along.



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Is the course only for women (what about children/men)?

Yes, the course is only for women, our trainers are also women. There is childcare available during the course, however, men cannot participate.

Is Bike Bridge an official bicycle school?

We are not a bicycle school with professional teachers. Bike Bridge is a non-profit organisation. We want to strengthen togetherness and mobility and empower women. That's why we work with volunteer trainers.

Do I need to speak German well for the course?

No, there is no need to speak German well. It helps to speak some German, but together we will manage with just a few words.

How should I dress for the course?

It is important to wear sturdy shoes (no sandals or flip flops!) and no wide skirts, which could get caught in the spokes.

How many women are in the course?

There are 10-12 trainees and 8-10 trainers in a B&B course.

Do I have to bring anything to the training?

You don't have to bring anything. We bring the training material and drinks, maybe some snacks.