



Details about our Bike & Belong offers

Can I get a bike after the course?

Yes, it is possible to get a bike after the course, a helmet and a bike lock for all together 25 Euros.

How well will I be able to ride a bike after the course?

By now, all of our participants were able to ride a bike after the course. In order for you to feel confident to ride on the streets, it is necessary to keep on practicing.

Do I have the possibility to keep on practicing after the B&B course?

There is a so-called Open Training during the season for everyone who would like to continue practicing. Please ask your course coordinator for dates and places.

Do I learn how to repair a bike?

As part of the B&B course, there will be a small course unit on bike repair. Some locations offer additional bike repair workshops.

Do I learn traffic rules?

In the B&B course and in the open training we discuss traffic rules and situations in road traffic. It is important to continue learning these and to always be attentive when cycling.

Are there any advanced courses as well?

Yes, there are advanced courses. Please ask your course coordinator about any current offer. The courses are for women who can already cycle and want to become safer or e.g. want to learn to ride with a trailer.

As a former participant, could I also become a trainer?

Yes, we would be glad if former participants are interested to become trainers!



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How can I receive news about courses, e.g. if any classes are cancelled?

There is a Whatsapp group for each course, which is used for communication among the participants and trainers. If you don't want to use Whatsapp or don't want to join the group, your course coordinator will text you individually. Please discuss other ways of communication in case you don't have a mobile number.

What happens when it rains?

If the training has to be cancelled due to rain, your course coordinator will inform you, e.g. through the Whatsapp group. In case of light rain, the training may still take place.

Can I wear my headscarf?

Yes, you can wear your headscarf under your bike helmet.

Is my husband allowed to watch?

No, we aim for the course to be for women only to ensure that everyone feels comfortable

What happens if I can't attend a course?

It is fine not to attend an individual course, however, it is important to cancel. If you can't attend multiple occasions, it's important to discuss this with your course coordinator to see if the course is worth your while and to be able to free up the space for someone else to attend.

Would I be able to join the course at a later stage? (Timewise as well as if the course is already running).

It is important to be on time. so that we can all start together and in order to get through the content of the course. Inform us in case you are late. It is recommended to participate from the start of the course. In case there is still a space available, you would still be able to join up to unit 3 of the course.

What do I have to consider regarding Corona?

We have developed a hygiene concept and have adapted our B&B offer to the current situation. For example, it might be that there is no childcare. It is very important to wash/disinfect your hands regularly, to wear a mask, to keep your distance if possible and not to come to the course in case you have cold symptoms.