



## Bike & Belong – Infos for trainers

What is a Bike & Belong Offer?

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 take?

The 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 does the B&B take place?

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

Which prior knowledge would I require as a trainer?

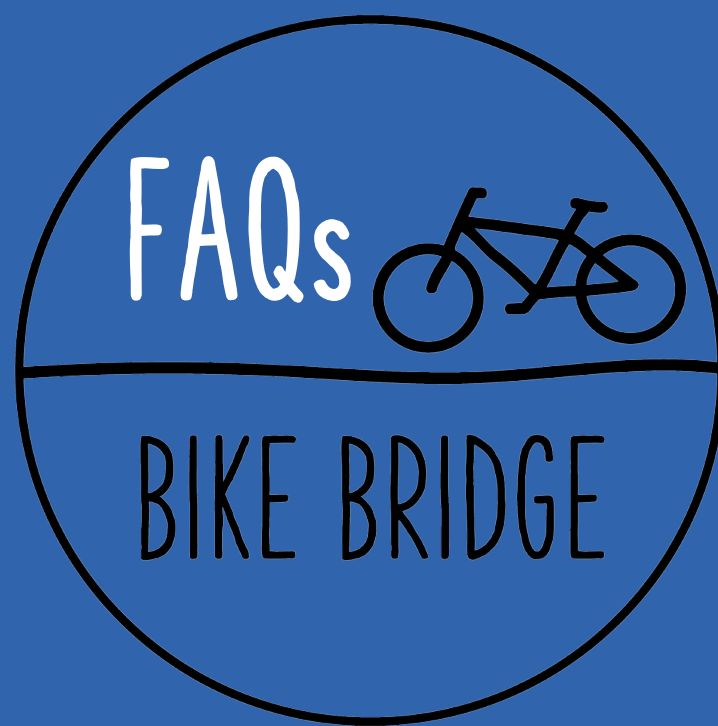
You don't need any prior knowledge - we are happy if you are motivated and in a good mood!

Am I being prepared for a course as a trainer?

Yes, we offer a Train the Trainer Workshop for your preparation. You will get to know other trainers, learn about our courses and what your tasks look like.

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

Yes, the course is for women only. There is childcare available during the course, but men can't take part in the course.



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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.

How many women are in one course?

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

Do I have to bring anything to the training?

No, you don't have to bring anything. We provide the training material and drinks, if required some snacks.

Do I have to take part in the supporting programm?

We would be happy if you are interested to take part in the supporting programm and to be part of the exchange amongst people, however, this is not part of your tasks as a trainer.

Will I get a certificate for my volunteer engagement?

We are happy to issue you a certificate. Please ask your course coordinator for a certificate.

Do I need prior-knowledge or experience to take care of children?

Our childcare is all about playing with children and supervising them. Ideally, you have fun and some experience in dealing with children, but you don't need a certain training. However, prior to your start you are required to submit a police clearance. . You will receive a cost exemption from your course coordinator.