



Here's how you can join the ride and make a 'wheel difference' with BEN:

- Donate used bicycles
- Volunteer with organising events, offloading containers or with our administration
- Make a single or monthly donation via our webpage (benbikes.org.za) or via GivenGain.com under "Bicycling Empowerment Network"
- Doing a crazy/hectic ride somewhere? Make it count by making BEN your beneficiary and become an activist on our [GivenGain](http://GivenGain.com) site.
- Display your 1,5m sticker on your car.
- Come ride with us! Keep up-to-date with our events and fundraisers by following us on Facebook



Importing bicycles



Refurbishing containers & training



Community business

CONTACT US

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Follow us on Facebook:
<https://www.facebook.com/BENSouthAfrica>



Follow us on twitter:
[@BENbikes_SA](https://twitter.com/BENbikes_SA)

Founded in 2002 and getting stronger ever since...

ORGANISED 4 DUATHLONS FOR DEVELOPMENT

ESTABLISHED 16 BEC'S

AFFORDABILITY

TRAINED 54 BICYCLE MECHANICS

STARTED 2 UNIVERSITY BICYCLE-HIRE SCHEMES

SUSTAINABILITY

INTEGRATED COMMUNITIES

SAFETY

DISTRIBUTED OVER 18 500 BICYCLES

LOBBIED FOR "1,5M PASSING DISTANCE" LEGISLATION

AIDED JOB CREATION

ACCESSIBILITY

TRAINED OVER 4465 PEOPLE IN SAFE CYCLING



Striving to achieve safe, affordable, accessible and sustainable mobility for all South Africans.

www.benbikes.org.za

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**BEN's core mission:
To contribute to poverty
alleviation through promoting
the use of the bicycle**

Bicycles can provide people with affordable access to health, education and recreational opportunities in and outside their community.



“As an elder I feel BEN is making a large difference....It helps that children arrive easily to school. BEN's training was also responsible for the kids being able to repair and maintain their bikes themselves.”

(School principal)



BEN's PROGRAMMES

BICYCLE SUPPLY

Increasing the availability of affordable low cost bicycles in order to enhance low cost mobility.

BICYCLING EMPOWERMENT CENTRES (BECs) AND COMMUNITY CYCLING

Establishing job opportunities through bicycle workshops, creating affordable and accessible mobility in communities.



BICYCLE MECHANICS AND SAFETY

Establishing sustainable and safe cycling in communities through the provision of skills development initiatives in safe bicycling and mechanics.

LOBBYING AND ADVOCACY

Raising the profile of cycling through advocating for a safer cycling environment.



“When I started cycling it was just a bike; when I started cycling with the school it was a different thing. I didn't know about wearing a helmet, I didn't know the road rules. I used to talk a lot in class because I did not know what was going on. Now I give the answers. You have to focus on the road, now I can focus in the classroom.”

(Lavender Hill development cyclist)

Safe Affordable Sustainable Accessible