

# LIFETIME GIFTS



## Bicycle

*Your amazing gift of a bicycle will provide a volunteer trainer farmer with the means of travelling to neighbouring villages to share their knowledge with other farmers.*

*Walking more than five hours a day is very tiring and a bicycle will enable a farmer to meet more groups and also spend more time on their own farm.*



Self Help Africa is a non-profit 501(c) 3 organisation in the United States. EIN (Tax ID): 270580530

Find out more about the impact of this gift at:  
**[www.selfhelpafrica.org](http://www.selfhelpafrica.org)**

Self Help Africa works with local staff and partners, supporting rural farming communities to grow more food to feed their families and earn a living from their farm, helping to end hunger and poverty for good.

