



BIKE FOR AIDS  
[uniterra.ca/bikeforaids](http://uniterra.ca/bikeforaids)

Bicycles, especially if outfitted with a stretcher, can help those living with HIV & AIDS in Malawi. In a country where road infrastructure and vehicles are limited, health workers have a harder time caring for patients with HIV and AIDS. With access to a bike, health workers in Malawi can see 5 times as many patients.

## GET THE WHEELS IN MOTION. YOU TOO CAN SAVE A LIFE

A \$200 donation will buy a bicycle and \$500 will provide a bicycle-ambulance, including costs for delivery and maintenance.

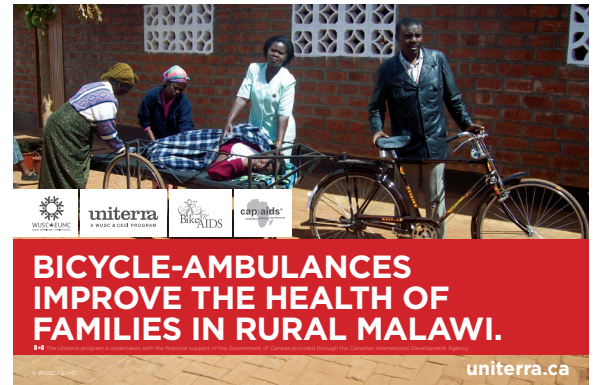
Malawi is located in southeast Africa, landlocked between Mozambique to the east and south, Zambia to the west and Tanzania to the north. Malawi is among the world's least developed countries. With an agriculture-based economy around 85% of the population lives in rural areas. Due to the distance from paved roads these people rely on bicycles for transportation.

### **With a bicycle, health workers can see up to 5 times as many patients**

An estimate of 910,000 people are living with HIV and AIDS in Malawi. In rural Malawi, community-based volunteers trained as HIV and AIDS educators, caregivers and/or advocates travel to neighboring communities and homes to care for those affected by the virus. Their ability to serve people is limited by their lack of transportation. By using a bicycle, a health care worker can see up to 5 times as many patients.

### **A case for bicycle-ambulances**

If a Malawian living with HIV or AIDS needs medical attention and is unable to walk, getting to the clinic can be very difficult. Bicycle-ambulances provide a much safer alternative to wheelbarrows - a commonly used mode of transportation for hospital-bound patients. By attaching a lightweight trailer and removable stretcher to the back of a bicycle, bed-ridden or injured people can be transported to clinics without risking further injury along the way. It is with this in mind that WUSC, through its Uniterra program, partnered with CAP AIDS to provide bikes and bicycle-ambulances to community based organizations through our partners' networks.



# A SUSTAINABLE TRANSPORTATION SOLUTION

Through Bike for AIDS, WUSC Malawi helps community based organizations to increase access to HIV and AIDS treatment and outreach programs by providing volunteer support workers with bicycles and bicycle-ambulances. Local economic development is also supported: all the bikes are bought in Malawi and their repair and maintenance is ensured through local shops. We work with grassroots partner organizations such as the Malawi Network of AIDS Service Organizations (MANASO) on the distribution of the bicycles. By utilizing local knowledge sustainable results are ensured.

## WOMEN, HIV AND AIDS IN MALAWI

Malawian women are disproportionately affected by the HIV epidemic, the prevalence among women is 12.9% compared to that of men at 8.1 % Bicycle-ambulances are also used to transport pregnant women in need of medical attention and 30% of the bicycles received from the Bike for AIDS project are designed specifically for women. Women are the main caregiver for chronically ill patients, modifying the equipment facilitates their work.

## RESULTS TO DATE

To date, Local Committees and Cap AIDS have financed the distribution of many bicycles and bicycle-ambulances since the project started in September 2005:

- Over 200 bicycles purchased and distributed.
- 193 bicycle-ambulances purchased and distributed to community organizations.
- 119 Community Based Organizations putting these bicycles to use
- 218, 000 plus people benefitted from them
- And more funds have been sent to Malawi to purchase even more bikes!

## ABOUT OUR PARTNER

Bike for AIDS was developed in partnership with CAP AIDS, an organization whose mandate is to develop partnerships between Canadian and African non- governmental organizations and AIDS service organizations to help Africans resist, survive and overcome the HIV and AIDS epidemic. Five percent of the funds raised by the project go to support CAP AIDS in its Bike to CAP AIDS initiative.

### WHAT YOU CAN DO

- Organize days of action around World Car Free Day (Sept. 1) or World AIDS Day (Dec. 1).
- Pump your heart some Bike for AIDS love: Organize a St-Valentine's Day event!
- Plan a Bike-A-Thon on stationary bikes, a Wax-for-AIDS or a Trike for AIDS.
- Invite a past international Unitera volunteer (eg. Student Without Borders®) to present on HIV and AIDS in Africa.

Contact your Regional Liaison Officer or: [campus@wusc.ca](mailto:campus@wusc.ca) for ideas or support and check the monthly newsletter at [www.wusc.ca](http://www.wusc.ca)