

Cycling course for beginners: Frequently asked questions and answers

Language, health, age and fitness

Question: I only speak German poorly. Can I take part in the course?

Answer: Yes, you can take part in the course. The language of the course is German, but many trainers also speak some English. And other participants will help you with the language. We always have participants from many countries on our courses who help each other.

Question: I don't know the traffic rules in Germany. I don't have a car. Is that a problem?

Answer: That is not a problem. We practise on a safe training ground without car traffic. There are only pedestrians, children and other cyclists. In the course, we concentrate mainly on cycling itself. The most important traffic rules for cyclists are briefly explained.

Question: I have a health problem. Can I take part in the course?

Answer: If you have any health concerns, please speak to your doctor beforehand.

Question: I am very fat. Can I take part in the course?

Answer: Our bikes can only carry a weight of 120 kilograms. If you weigh more, you will unfortunately not be able to take part in our course.

Question: I never exercise. Can I still take part in the course?

Answer: Our courses are specially designed for beginners. It is not important that you are athletic. If you have any health concerns, please speak to your doctor beforehand.

Question: I am 55 years old. Isn't that too late to learn to cycle?

Answer: No, 55 is not too late to learn to cycle at all! In our cycling school, people between 16 and 70 start cycling.

Question: Can children join the course?

Answer: People aged 16 and over can take part in the course. We offer individual lessons for younger children. A mother or father must be present for the individual lessons.

What do I need for the course?

Question: Do I need to bring a bike to the course?

Answer: No. We only practise with the bikes at our school. **Please do not bring your own bike to the course!**

Question: Can I buy something to drink on the course?

Answer: No, but please bring something to drink yourself. And a snack, preferably fruit or a sandwich.

Question: I don't have a driver's license. Is that a problem?

Answer: No, that's not a problem. We practise on a safe training ground without traffic.

Postponements and rebookings

Question: Why do I need the "Ersatztermine" ("alternative date") in the timetable?

Answer: If the trainer has to postpone the course due to very bad weather, the training will be rescheduled on the previously agreed alternative date(s). In the event of bad weather, the trainers decide whether the course will be postponed.

Question: I don't have time on one of the dates. Can I make up the day in another course?

Answer: No, for organizational reasons this is not possible.

Question: I was ill. Can I make up the lessons I missed in another group?

Answer: No, for organizational reasons this is not possible.

And otherwise ...

Question: Do you have a course for women only?

Answer: No, men can also join us. But there is always **at least one female trainer in every team.**

Question: Do I get a certificate or confirmation of participation after the course?

Answer: No.