

## Teen Club of Hope Pedals on with Confidence

Life is much like riding a bike. There are often obstacles to overcome, or situations demanding intense effort. In today's complex world, a bicycle can serve as an extraordinary device to help them. This year Negba's Teen Club of Hope in Beersheva harnessed the potential of the bike as a vehicle for personal growth and launched a pilot project which includes structured group riding, facilitated group dynamics and leadership development.



"It was very challenging, and a lot of hills," commented Netanel, a teen in the program. His friend, Adir, agreed. "We were really pushed by the project, but it was so much fun. We also learned a lot about ourselves," Adir said.

Approximately 20 teens participate in the weekly two-hour biking session, which are structured around a ride to an area of interest in Beersheva and explore the personalities behind the names of streets on which they ride. The project is being observed and evaluated by the Kaye Academic College of Education in Beersheva to measure its impact. Goals of the project include improved physical health, enhanced ability to interact socially and contribute as a team player, developed appreciation of the outdoors, and elevated self-confidence.



And elevate self-confidence it did, as testified to by Nadav, one of project's educators. "The teens perceived the bike rides as hard to finish, but in the end they succeeded. It really boosted their self-esteem. One particular ride we started out in the rain, and the teens were complaining at first. We all were drenched. But afterwards, the teens didn't stop talking about how much they appreciated the experience. It was one they will never forget."



On behalf of the children, we want to warmly acknowledge Mr. and Mrs. Gerard Levy and Mr. and Mrs. Frank Levy, loyal donors associated with an anonymous foundation. Without them, this important initiative would not have happened.

