



Barikisu, a 44-year-old trader and mother of five from Kontomire, deals in a variety of grains. Transporting her goods to the market used to be difficult and stressful.

At the conclusion of Tour de Ghana 2025, Barikisu acquired one of the motorbikes through a microcredit loan from Self-Help International.

The tricycle has allowed her to save money previously spent hiring transport. With her own tricycle, Barikisu can quickly deliver goods to customers, avoid losing sales, and also use it on the farm.

This has reduced her stress and created more peace, while opening opportunities for her business to grow.