



Regina joined Self-Help International's Microcredit Program as a business client in 2023. A grain trader and mother of six from Tampoe, she buys grains in season and resells them across different markets.

Despite her determination, unreliable and costly transportation made market days difficult, often forcing her to choose between her business and caring for her children.

Regina recalls one market day when she was caught in the rain because the tricycle hired to transport her goods had to carry three other traders' items before hers. She returned home very late, exhausted and worried about her children's safety and wellbeing. These challenges pushed her to find a lasting solution.

At the conclusion of Tour de Ghana 2025, Regina acquired one of the motorbikes through a microcredit loan from Self-Help International. It has transformed both her business and daily life.

She now saves the money she once spent on expensive transport and has reliable mobility whenever she needs it. With early access to markets, her sales are expected to increase, and the tricycle will also be invaluable during the farming season.

"I see a bright future," Regina says. "This will help me grow my business, enable me to build a store to keep my grains, and one day improve my family's housing."