**Bike2myRoots**

**A Journey to Build, Explore & Inspire**

**About Me**

My name is Emmanuel Adjei, born in December 1986 in Accra, Ghana. I am a 37-year-old proud Ghanaian and left for Germany in 2012 to pursue further education. I hold a B.Sc. and M.Sc. in Sports and Exercise Science from the Technical University of Munich (TUM) and currently work as a sports scientist at my university’s hospital for sports medicine and sports cardiology.

Growing up in a sports-enthusiastic nation like Ghana, I excelled in athletics and became a proficient pole vaulter. My affinity for cycling began at age 12, riding my father’s bicycle without permission. However, my new-found hobby was short-lived due to the lack of cycling infrastructure in Ghana. With time, I rekindled my passion for cycling in Munich, Germany where cycling enjoys a higher precedence among the city dwellers. Since 2020, I have expanded my cycling experiences to include road cycling and bikepacking, embarking on numerous adventures across Europe.

**About the Project**

Bike2myRoots is an innovative charity project by means of undertaking an epic cycling adventure across 2 continents, Europe and Africa aimed at transforming the lives of underprivileged children in underserved and hard-to-reach communities in Ghana through education. This project leverages the physical, educational, and communal benefits of cycling to create lasting positive change.

**Purpose**

This cycling project is not all about seeking the thrills of an adventure and fulfilling a dream. The saying “become the change you wish to see in the world” has inspired me and continues to fuel this project. This philosophy is deeply rooted in my passion and unwavering desire to use cycling as a tool to mobilize funds, support, and raise awareness for transforming lives in deprived communities in Ghana. In partnership with an impact-led non-governmental organization (NGO) EduSpots, this project will be used to raise funds and awareness to support EduSpots’ grassroots work in education in Ghana. EduSpots is a locally based NGO in Ghana with a global collaboration for community-led development through education. Through its community-led and sustainable approach, it transforms the educational opportunities of over 10,000 children and young adults in 50 underserved and hard-to-reach communities.

In summary, the project aims to:

1. **Build**: Join efforts in nation-building through grassroots engagement.
2. **Inspire**: Lay a monumental foundation to inspire others to dream and achieve.
3. **Explore**: Provide a platform to experience and learn from diverse African cultures, food, hospitality, and people.

**The Journey**

Narrating this journey evokes mixed reactions from friends, family, and strangers—concern for my safety, admiration for the charity aspect, and awe at the epic challenge. Though this adventure will be the most challenging, it is driven by my desire to transform the lives of children through education in deprived communities.

This journey will raise funds and awareness, bringing together networks committed to improving life in marginalized communities in Ghana and Africa. Join me on this epic journey, and together we can achieve this common goal.

**The Routes to My Roots**

This cross-country cycling adventure will take me from Munich across the Alps, over the Strait of Gibraltar, through the Atlas Mountains, the deserts of Western Sahara and Mauritania, and along the tropical rainforests and coastal regions of West Africa, culminating in my hometown, Teshie, Accra.

Ein Bild, das Text, Karte, Atlas enthält.

Automatisch generierte Beschreibung

**Gear and Equipment**

**Bicycle**

* Carbon Gravel bike from Bennotti Fuoco

**Bags**

* Saddle bag from Ortlieb
* Fork bags from Ortlieb
* Topframe bag from Specialized/Fjällräven
* Handlebar bag

To be continued ………………………………….

**Fundraising Concept**

“Little drops of water make a mighty ocean.”

For every km cycled, €10 can be donated to reach a target of €100,000. You can contribute as:

1. Single-ride donor : making a one-time donation.
2. Multiple-ride donor: making regular donations throughout the journey.

When resources are pulled together, even the smallest amount of contributions can make a significant difference. All your donations will be made transparent and published in a final report. Donors who wish to remain anonymous will remain as such. Become part of something truly meaningful to transform the lives of many children through education.

**About EduSpots** (www.edusports.org)

Doante through paltform (justgiving)

**Sponsors and Partners**

A journey of this magnitude is never done solo. Its successful realization requires collective efforts from friends and family both home and abroad, sponsors, generous individuals, and organizations, and last but not least the kindness of countless strangers on and off the road. I hope and pray that our collective efforts bear fruits for a better future.

**Physiology Research**

As an avid sports scientist, I will objectively conduct a single-case research project to study the physiological impacts of this journey on the human body. This includes measuring changes in cardiac output, resting heart rate, heart wall thickness, maximal oxygen uptake, and muscle fiber composition before and after the expedition