



If you don't have a sewing machine to donate, but would like to help us with shipping costs, please fill in the information below.

Yes...

I want to make a donation to the Pedals for Progress Sewing Machine Program

My contribution of

\$10 \$50 \$100 is enclosed.

Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Please make your check or money order payable to:

Pedals for Progress

PO Box 312
High Bridge, New Jersey 08829-0312
e-mail: pdls4@comcast.net
(908) 638-4811

Visit us on the web at www.p4p.org

Help other people "sew a future" and become economically independent. Donate Today!

Sewing Programs supported by Pedals for Progress:

Centro Salvadoreño de Tecnología Apropiada (CESTA) San Salvador, El Salvador

CESTA has used 10,917 bicycles in their ongoing transport, community and small business development programs. Sewing machines were an obvious choice to CESTA for San Salvador's new entrepreneurs. 85 sewing machines have shipped.

Ecología, Vivienda y Desarrollo (Ecovide) Honduras

5,096 bicycles have been shipped to this working partner, and they have an expanding women's sewing co-op in El Progreso, Yoro. We have shipped 28 sewing machines to this program.

Fundación Integral de Desarrollo Sostenible y Medio Ambiente (FIDESMA), San Andrés Itzapa, Chimaltenango, Guatemala

FIDESMA has a working bicycle program that has received 2,615 bicycles from P4P. Plans to support a women's sewing program were finalized. Pedals for Progress has provided 21 sewing machines.

General José Maria Moncada School, Nicaragua

Of the 17,247 bicycles P4P has sent to Nicaragua, 34% of these bicycles have brought mobility and increased prosperity to the adult population of Rivas. Byproducts of this new mobility include improved housing and educational programs. Sewing is one of the skills taught at General José Maria Moncada School. 121 sewing machines have shipped to Nicaragua.

NekoTech Ada & Tema, Ghana

Since 2000, Pedals for Progress has opened trade and communication channels with several African nations. One of the first to benefit from this ongoing association was NekoTech, an organization working toward community development through appropriate technology. Along with 2,932 bicycles, they have received 10 sewing machines.

Pedals for Progress

a New Jersey non-profit corporation

Sewing Machine Program

Sewing a Future



Nabie Gabera Mendoza gets some sewing tips from Professora Rosa Palacio Hernando.

Pedals for Progress/NJ

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The Problem:

The poorest individuals in developing countries need work.

Finding work, much less a career, in developing countries can require a Herculean effort. The barriers are often impossibly high and include widespread unemployment, limited education, inability to acquire credit, and discrimination. On top of this, many developing countries simply lack the industries, infrastructure, and robust economies that can keep people working.

The Solution:

Portable sewing machines, used, but in working condition.

Since 1992, Pedals for Progress has collected used bikes and sent them overseas to the working poor in developing countries. This established a successful network of recipient projects in over 15 countries on five continents. It also proved something as simple as a used bike from America can improve a life in, say, Nicaragua or Fiji. P4P bikes make people self-sufficient, far more mobile, and by degree, more affluent.

So how do portable sewing machines fit in this model?

In 2000, P4P sent its first sewing machine and discovered that these machines are in demand in the same places where our bicycles have changed so many lives for the better. Plenty of unwanted portable sewing machines exist in people's homes. And like the bicycles, they're often headed for a landfill. By collecting these sewing machines, P4P can piggyback them onto the bike shipments destined for recipient projects.

Once there, seamstresses and tailors alike can acquire their most valuable tool and begin a

business. Students can learn to sew—many of these machines will outfit programs in schools, teaching people a valuable skill they can use anywhere.

How can we export good used sewing machines overseas?

Pedals for Progress (P4P) is a non-profit charity seeking useful used items destined for U.S. landfills, donating them overseas where they can become productive assets for the poor. P4P has maintained active bicycle recycling programs in foreign countries for over 12 years. P4P's bicycle programs are so well established that the distribution channels for used sewing machines already exist with our overseas partners.

Most donated items go to non-profit vocational education, small business, and community service programs, that in turn distribute them to qualifying low income individuals.

How You Can Help: Donate a portable sewing machine and \$10.

In the developing world, a portable sewing machine is a vital workaday tool. Brand new, these are priced well out of reach of the working poor. Which is why your help is so critical. By including these machines with our bike shipments, we've managed to significantly defray their shipping cost. While it requires \$30 to get a bike to where it's going, we can get a sewing machine there for \$10.

With your donation of a used, and working portable sewing machine and \$10, you can provide someone with a most valuable asset—the means to earn a decent living.

300 sewing machines shipped!

In a shipment of used bicycles to the Rotary Club of Monte Cristi in the Dominican Republic, we included the first 17 machines—and a new P4P sponsored initiative was born.



Professora Rosa Palacio Hernando includes sewing in the curriculum at General José María Moncada School, Rivas, Nicaragua.

Professora Rosa Palacio Hernando is in charge of the sewing machine project. She was thrilled when her love for teaching and her love for sewing was combined by putting a sewing class room within the public school. The young students to learn how to sew during the day, and the adult community members gain access by opening the school during the evening to use the machines as part of the Adult Community Education Project. The adults who come during evenings vary from beginners, to housewives making repairs, to accomplished seamstresses and tailors who use the machine to make products to sell in the marketplace.

Recycled bikes provide a means of vocational training, clean transportation and income generation potential for the recipients.

Sewing machines provide a direct means of financial independence for the men and women struggling to support their families in these emerging economies.