Cycling Scotland

The impacts of increased capacity to deliver active travel initiatives in Universities and Colleges

Cycling and Society Annual Symposium 2025

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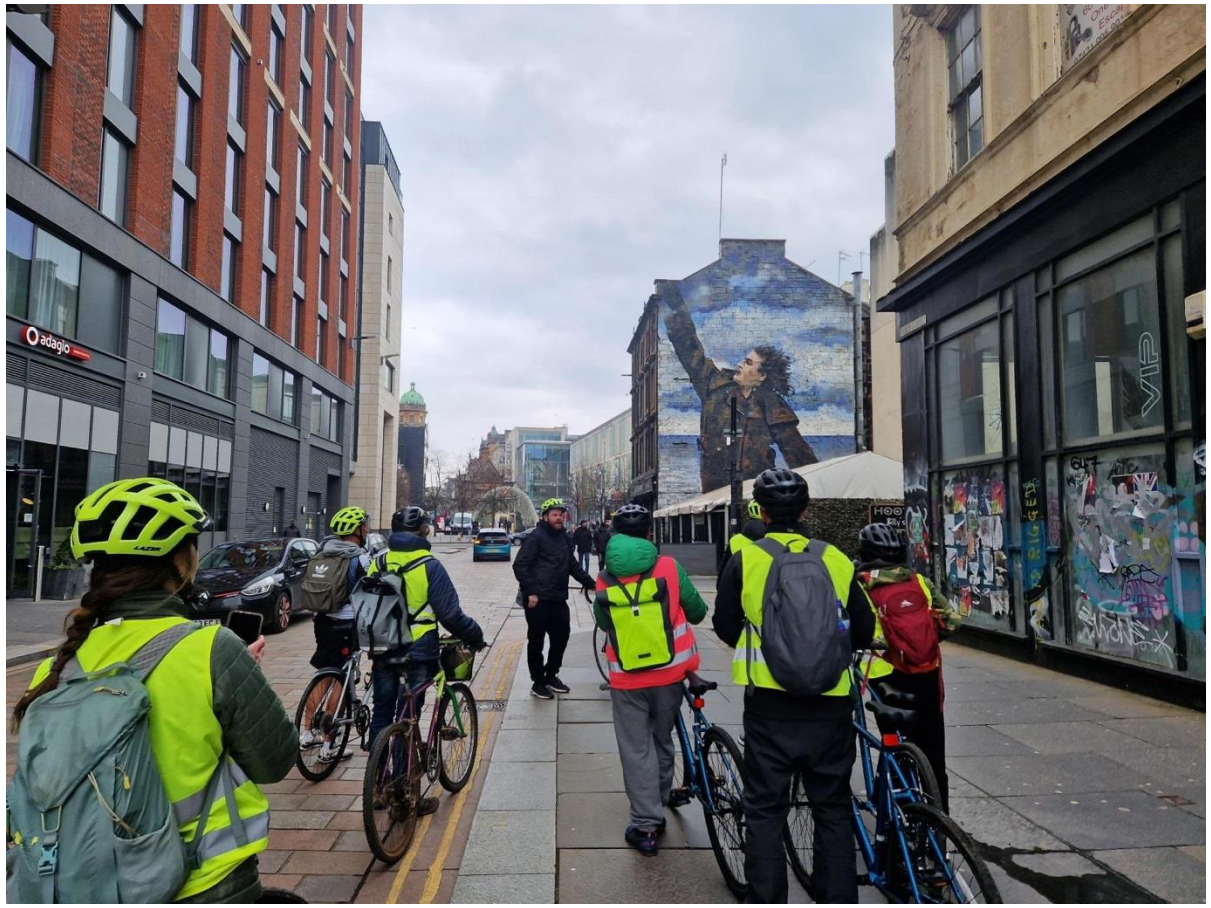
Agenda

- Vision
- Campus internship programme overview
- Impacts for interns
- Impacts for hosts
- Impacts for students
- Testimonials
- Summary

Cycling Scotland's Vision:

A sustainable, inclusive and healthy Scotland where anyone, anywhere can enjoy all the benefits of cycling.



Campus internship programme overview

- Provides capacity for delivering cycling projects and activities aimed at encouraging staff and students to travel by bike
- Interns take on the role of ‘Campus Cycling Officer’ (CCO)
- Fixed term placements paid at real living wage
- 75 interns at 29 campuses since 2016
- Lasting positive impacts across Scotland



Key Activities of a CCO

- Led rides
- Funding applications
- Creating cycling resources
- Improving capital infrastructure
- Bike fleet management
- Running engagement events
- Bike maintenance sessions
- Cycle confidence training



Impacts for interns

- Project management skills
- Training in behaviour change, cycle confidence training, bike maintenance, etc
- Career outcomes:
  - 56% sustainability sector
  - Including 41% in the active travel sector
- Increased confidence
- Communication and engagement skills
- Networking opportunities



Impacts for host campuses

- Increased capacity to deliver sustainable transport initiatives
- New partnerships
- Improved facilities
- Demonstrates the importance of active travel at campuses



Impacts for students

- Affordable access to bikes and bike repairs
- Opportunity to learn new skills e.g., bike maintenance or cycle confidence
- New friendships formed through cycling
- Better physical and mental health
- Access to dedicated cycling support



Testimonials

- *"My time as a CCO gave me the confidence to continue in the active travel field as I now enter my second year as Active Travel Officer for the University of Stirling. I've been responsible for driving engagement, leading on capital projects, and successfully applying for tens of thousands of pounds in grant funding. The CCO programme gave me the foundation I needed to transfer my skills and education to the working world to help drive positive change in how we travel"* - **Kamern Brown, 2023/24 CCO at University of the West of Scotland now working as an Active Travel Officer at the University of Stirling**

- *"Hosting our first CCO opened up a range new opportunities for the college, without which we would never have had the capacity to explore. They helped us to secure funding for resources, including some now very popular cycle storage, produced guidance that is relevant to our staff and students and fostered new partnerships."* – **Rory Hill, 2023/24 CCO Supervisor at Borders College**

- *"Teaching staff, support staff and families have commented that participants have grown in confidence, communication skills, social skills, fine and gross motor skills, awareness of their surroundings, and road safety knowledge. 77% of the participants said that they felt their health and wellbeing was directly improved by weekly participation."* - **Aiden Miller, 2024/25 CCO at Glasgow Kelvin College commenting on the cycle training that he organised for support for learning students.**

Summary

- Increased capacity to deliver active travel initiatives
- Opportunities for interns to learn a range of new skills to use in the next stage of their career
- More opportunities for students to get involved in cycling
- Demonstrates the need for increased capacity in active travel



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