



Cycle Confidence Class



SDG focus

- ☒ Goal 3 - Good health and wellbeing
- ☒ Goal 10 - Reduced inequalities
- ☒ Goal 11 - Sustainable cities and communities

What did you do?

At Glasgow Kelvin College, our 'Cycling for All' project puts often-overlooked groups at the centre of our cycling initiatives. This project includes a Cycle Confidence Course for Support for Learning students, who require support due to physical or neurological disabilities, and led cycle rides for ESOL (English Speaker of Other Languages) students who can subsequently get a free bike. This project has also expanded and diversified our College fleet of bicycles to include adapted trikes, a bike suitable for wheelchair users, multiple eBikes, and many bikes specified to accommodate those who wear longer garments due to religious, cultural, or comfort reasons. With the 'Cycling for All' initiative, Kelvin College has taken actionable steps to ensuring that our diverse range of students and staff have access to cycling resources, skills training, and opportunity that reduces barriers and allows for everyone to participate in cycling, regardless of ability, background, or circumstance.

What were the benefits and outcomes?

1. 23 Support for Learning students can now cycle comfortably and confidently
2. Six ESOL students now own a bike and can cycle confidently to campus
3. All students and staff can now access a more diverse and inclusive range of bikes and equipment for free loan.



Image: Support for Learning Cycle Confidence Class

What barriers or challenges did you encounter in embedding sustainability into your learning and teaching practice and how did you overcome them?

Availability of time and resources are always barriers to embedding sustainability, but support from enthusiastic lecturers, support from community partners, and funding opportunities helped us to overcome these barriers.

What are your conclusions and recommendations for others?

This project is certainly not completed, and the College is confident that it can continue to break down barriers and expand the inclusivity of the cycling resources and opportunities offered to students and staff. The College has been energised by this project and now has the infrastructure, staff training and enthusiasm, and community partner and external stakeholder support to sustain and build upon this initiative for years to come. We believe that with the same prioritisation of inclusivity of resources and opportunities, this project can be replicated at other institutions; especially considering that there is often institutional support for cycling initiatives.