

Behaviour Change Interventions

Training



What?

Training is about imparting skills to support and carry out the desired behaviour. This training can be formal or informal but should consider and be adapted to the target audience.

Training should incorporate, instruction, demonstration and practice in order to build confidence.

Training can be delivered in a one to one or group setting.

There is also a role in 'training the trainer'. By upskilling individuals to be able to implement the training of others, projects can increase the capacity of a community, creating a more sustainable and long-lasting legacy.



Examples

- Practice & rehearsal of behaviours related to aspects of cycling e.g. Cycle Commuter training/ [Essential Cycling Skills](#)/ Basic Bike Maintenance
- Behaviour experiments e.g. ride a route with a buddy before you ride it to work, or undertaking a journey with a friend before doing it alone
- [Bikeability](#) cycle training for primary school pupils
- Behaviour practice e.g. puncture repair sessions in the school/ local community or workplace
- I Bike Project in North Ayrshire took small groups of children on trains with their bikes to practice embarking and disembarking safely, where to store them and to show them a journey they could do with their family by catching the train to a destination and cycling back.
- Driver awareness training. A popular, CPD accredited option for drivers of large vehicles and/or learner drivers is the [Practical Cycle Awareness Training](#) course which combines theory and hands on cycle sessions

Why?

I learned how to build my confidence in riding a bike. This felt amazing; I wanted to teach other women who never had the chance to learn, how to ride a bike and feel that sense of freedom.”

Fatima, Bike Life Dundee

“I loved it (Bikeability). I didn't feel safe on my bike but I do now!”

Pupil, P5, Eastbank Primary, Bike for Good Report 2017/18

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

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