



# Become an I Bike volunteer and help run walking and cycling activities at your local schools.

We're looking for volunteers to help with I Bike activities at your local schools. Bike rides, led walks, bike maintenance sessions, smoothie bike sessions, fun classroom activities, and more!



## 5 rewarding reasons to volunteer:

1. Inspire children to be more active.
2. Learn exciting new skills.
3. Help to run fun activities.
4. Meet interesting new people.
5. Get active outdoors.


## What you can get out of it:

- Volunteering looks great on your CV.
- You gain experience of working with children and young people.
- Enhance your skillset through recognised training.
- Mentor opportunities.
- Agreed expenses.
- Inclusion in other Sustrans activities.



“  
*It is energising,  
inspiring and a  
very rewarding  
experience.*  
”  
*Ugne, Volunteer*

 [www.sustrans.org.uk/scotland/i-bike](http://www.sustrans.org.uk/scotland/i-bike)

 0131 346 9777

Don't know  
much about bikes?  
Don't be put off! We run  
lots of different activities and  
provide training. All you  
need is enthusiasm to  
get involved!