

2025/2026 IMPACT REPORT

The #andshecycles ambassador programme puts teenage girls at the heart of the conversation around cycling. The programme gives girls the opportunity to explore the barriers that can prevent them from cycling to school, build confidence and practical skills, and use their voices to create positive change in their schools and communities.



The Year in Numbers

2025/2026 at a glance:



134 student ambassadors trained



17 Schools



71 took part in our cycling events



70% felt more confident cycling after taking part



30 + actions carried out by ambassador schools



118 awarded ambassadors

A National Movement

Girls from 17 schools in 9 counties took part in the programme and were trained as #andshecycles Ambassadors.



- 📍 Galway
- 📍 Athlone
- 📍 Meath
- 📍 Laois
- 📍 Dublin
- 📍 Carlow
- 📍 Kilkenny
- 📍 Limerick
- 📍 Clare



Building Confidence, Skills & Connections



Ambassador Training

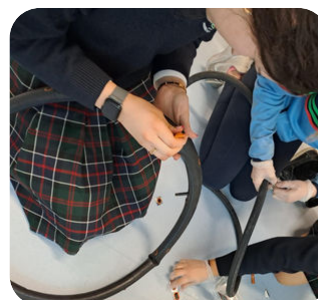
Our first national training took place in Portlaoise, bringing together 83 ambassadors for a day of learning, connection and development.

For schools that were unable to attend on the day, the training was delivered directly in their schools, ensuring that all 134 student ambassadors received this crucial training as part of the programme.



Story Telling Webinar

An interactive webinar hosted by Greenschools Communications Manager explored the power of story telling and how to create their own social media campaign.



Bike Maintenance Workshops

New for the 2025/2026 cohort, hands-on bike maintenance workshops were delivered in schools, helping ambassadors build their skills and confidence in looking after, maintaining and fixing their bikes.

I was inspired by the number of people at this event and now I feel that taking action is important, so we can do something about it.

I learned how to fix a puncture on my bike and now I feel more confident to go on long cycles.

Confidence on Two Wheels

6 Events, 6 Locations, Memories to Last a Lifetime!

71

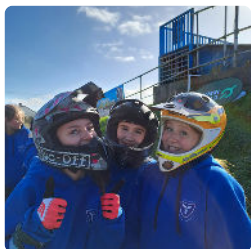
ambassadors from 10 schools took part in our March cycling events.

70%

of participants said they feel more confident cycling now since taking part in the programme.



Lucan BMX Track



Rathoath BMX Track



Lough Boora Discovery Park



Castlecomer MTB Trails



Velodrome Race Track



Ballyhoura MTB Trails

Becoming Change Makers

ACTION

- Trialling new girls-specific uniform trousers
- Greenway cycles
- Bike for breakfast events
- Public speaking
- Delivering bike safety workshops
- Campaigning at the Dáil
- Creative social media campaigns
- Student petitions for cycle lanes
- Cycle to School Week
- Cycle buddy events

Ambassador schools delivered at least two substantial actions to address barriers to cycling in their schools and communities.

Thank you to all the ambassadors who are making real change happen!



Celebrating Achievement

118 #andshecycles ambassadors from 15 schools celebrated at the awards ceremony in Portlaoise.



Mungret Community College won overall ambassador school for their exceptional commitment to the #andshecycles ambassador programme.



Outstanding Ambassador Award was given to one student ambassador for her excellent leadership and campaigning to improve cycling infrastructure in her home town.

I became more confident on a bike and learnt a skill that I will use in the future, and found out that I'm really good at cycling!