



PRESS RELEASE



CYCLING FOR INCLUSION AND EMPOWERMENT

Project No: 2025-1-RO01-KA210-YOU-000354351

Greetings

The first training, “Inclusive Cycling: The Basics”, will take place in Cluj-Napoca, Romania, between 3rd and 5th of February 2026. It will bring together youth workers from Romania, Spain, and Belgium, including visually impaired and blind participants, to explore how tandem cycling can become an inclusive tool for outdoor education and youth participation.

During the three-day training, participants will:

- Explore social inclusion and inclusive youth work approaches
- Learn about disability awareness and inclusive communication
- Discover how outdoor and sport activities can be adapted for visually impaired youth
- Get introduced to tandem bicycles, equipment, safety measures, and ethical principles
- Experience guided practical demonstrations with tandem bicycles

The theoretical sessions on tandem cycling safety, ethics, and equipment introduction will be facilitated by the Spanish partner Velorecicla, bringing their strong experience in cycling-based inclusion and sustainable mobility. The training will also include practical sessions supported by local partners in Cluj-Napoca, offering participants their first direct contact with tandem cycling.

Beyond knowledge and skills, the training aims to build confidence, cooperation, and shared understanding between youth workers with and without visual impairments. It also sets the foundation for the second training in Spain, where participants will move from theory to full practical application.

More information by e-mail office@babelontravel.eu

Cluj-Napoca, Romania, 20th of January 2026