



# PRESS RELEASE



## CYCLING FOR INCLUSION AND EMPOWERMENT

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

### Greetings

Across Europe, outdoor activities and sports play an important role in young people's health, confidence, and social life. However, for visually impaired and blind youth, access to inclusive outdoor and sport programmes remains very limited. Many communities still lack adapted activities, trained youth workers, and accessible methodologies that would allow visually impaired young people to participate equally in outdoor experiences. As a result, too many young people with visual impairments are excluded from physical activities that support well-being, independence, and social inclusion.

To respond to this need, Asociatia Babilon Travel (Romania), together with Velorecicla (Spain) and VIEWS International (Belgium), launched the Erasmus+ project "Cycling for Inclusion and Empowerment (CYCLE-IN)". The project introduces inclusive tandem cycling as a practical tool for accessible outdoor education, mobility, and social participation of visually impaired youth. At the same time, it strengthens the skills of youth workers, including youth workers with visual impairments, so they can lead inclusive outdoor programmes in their own communities.

A key element of the project is a two-step training pathway.

The first training, "Inclusive Cycling: The Basics", focuses on theoretical foundations: inclusion in youth work, disability awareness, accessible outdoor activities, and the basic principles of tandem cycling.

The second training, "Inclusive Cycling: The Practice", hosted later in Spain, will build on this foundation with hands-on tandem cycling experience, route planning, and practical implementation of inclusive outdoor programmes. Together, these two trainings create a complete learning journey from knowledge to practice.

Beyond training activities, the project will also develop an important long-term outcome: the "Tandem for Inclusion – A Practical Guide to Inclusive Cycling". This methodological guide will offer step-by-step tools, safety guidelines, communication tips, and programme designs for organisations that wish to implement inclusive tandem cycling activities.

More information by e-mail [office@babilontravel.eu](mailto:office@babilontravel.eu)

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