



SOCIAL ACT PLUS: CYCLING FOR INCLUSION AND WELLBEING

Cycle paths

Creating inclusive cycling initiatives for
healthy and united communities



**Co-funded by
the European Union**

1. SUMMARY

CyclePaths – Active Mobility for Social Inclusion and Wellbeing

Project duration: 01/12/2025 – 30/11/2027

Cycle Paths is a transnational capacity-building initiative that promotes cycling as a tool for social inclusion, environmental sustainability and community participation. The project strengthens the skills of grassroots sport organizations, youth actors and local stakeholders to design, implement and sustain inclusive cycling programs in their communities. Through training, community engagement and digital innovation, Cycle Paths enables disadvantaged groups to actively participate in sport and to enjoy the physical, psychological and social benefits of active mobility.

In many European countries and Partner countries, people with fewer opportunities – including youth facing social or economic barriers, migrants, persons with disabilities and individuals affected by isolation or low participation in community life – encounter major obstacles in accessing sport. At the same time, cycling remains an underused instrument for social participation and health-enhancing physical activity. Cycle Paths responds to this reality by creating inclusive learning pathways that connect mobility, sport, sustainability and social equity.

The project brings together partner organizations from Greece, Turkey, Georgia, Armenia and Ukraine. Each partner contributes complementary expertise in inclusive sport, community engagement, sustainable mobility and educational innovation. Through this collaboration, CyclePaths strengthens both local impact and European added value, facilitating knowledge transfer and long-term cooperation in the field of social inclusion through sport.

The methodology of CyclePaths is based on four pillars:

1. **Capacity Building** for grassroots sport organisations and Sport Cycling volunteers, through a Training of Trainers programme and ongoing mentorship.
2. **Digital Innovation**, including the development of 10 micro-learning Nuggets, a mobile app, and an AI-powered chatbot to provide real-time support to beneficiaries.
3. **Community Engagement**, through inclusive group cycling activities, adaptive cycling opportunities and local cycling camps designed for participants with different abilities, backgrounds and needs.
4. **Policy Advocacy**, supporting local municipalities and actors to integrate cycling into their mobility and social inclusion strategies.

By the end of the project, Cycle Paths will have trained at least 20 sports educators and Sport Cycling volunteers, engaged a minimum of 100 marginalized participants in community cycling events, and mobilized more than 500 citizens through awareness

activities. The project will also contribute to the development of cross-sectoral partnerships and lay the foundations for sustainable cycling initiatives beyond its lifetime.

Through this comprehensive approach, CyclePaths promotes a culture of “cycling for all” – accessible, inclusive, environmentally responsible, and rooted in community participation. The initiative not only improves access to sport but fosters empowerment, well-being, active citizenship and solidarity among diverse communities across Europe and beyond.

2.Introduction & Context

Introduction

Cycle Paths – *Active Mobility for Social Inclusion and Wellbeing* – is a European initiative that empowers grassroots sport organizations and local communities to use cycling as a vehicle for inclusion, well-being and sustainable development. By building capacities, developing digital learning tools and creating accessible cycling experiences for people of all abilities, the project contributes to a more inclusive and socially connected Europe.

Developed within the framework of Erasmus+ Capacity Building in the Field of Sport, Cycle Paths promotes an integrated approach to sport participation. It combines physical activity with educational innovation, community engagement and environmental awareness. The project seeks not only to increase participation in sport but to ensure that marginalized groups have equal access to opportunities for health, empowerment and mobility.

Context and Rationale

Across Europe and neighboring partner countries, vulnerable communities continue to face barriers to active participation in sport. These barriers are often structural (lack of infrastructure or trained staff), economic (limited access to equipment), social (discrimination or exclusion), or personal (health conditions, physical limitations or trauma-related challenges). As a result, many individuals remain excluded from the social and psychological benefits of sports-based community life.

Cycling, when implemented as an inclusive practice rather than a competitive one, has proven to be a powerful tool for participation, autonomy and mutual support. It enables low-cost, low-barrier engagement, fosters physical and mental health, encourages environmentally sustainable behavior and strengthens local cohesion.

At the same time, the project aligns with major EU frameworks:

- The **EU Work Plan for Sport (2021–2024)** prioritizes inclusion, grassroots participation and innovation.
- The **European Green Deal** and the **EU Urban Mobility Framework** promote cycling as a key sustainable transport mode.
- The **WHO Global Action Plan on Physical Activity (2018–2030)** highlights active mobility as a public health priority.

Cycle Paths responds to these European policy orientations through practical, community-driven interventions that build skills, foster accessibility and create long-term engagement systems around inclusive cycling.

Country	Partner Organisation	Logo
Greece	Monopatia Allileggis / Solidarity Tracks	 The logo for Solidarity Tracks features two stylized, overlapping footprints in yellow and orange, with the text "SOLIDARITY tracks" and the website "www.tamonopatia.org" below.
Turkey	ENVERÇEVKO	 The logo is circular with a green border. Inside, there are green leaves and the text "MUGLA ENVER ÇEVKO" and "2007". A banner at the bottom says "15 YIL" with a bicycle icon.
Georgia	SYC – Student-Youth Council	 The logo features the letters "SYC" in a stylized blue font, with a graduation cap icon above the "Y". Below it, the text "Student-Youth Council" and its Georgian equivalent are written.
Armenia	Lusamood NGO	 The logo is a dark blue circle containing a white stylized graphic of three human figures holding hands, with the text "Lusamood" below.
Ukraine	NUUPES – National University of Ukraine on Physical Education and Sport	 The logo is a circular emblem with a yellow border. Inside, there is a blue figure of a person in a dynamic pose, surrounded by text in Ukrainian. A small Ukrainian flag is visible to the right.

3. Objectives, Target Groups & Expected Results

Project Objectives

Cycle Paths is designed around five strategic objectives that correspond to the Erasmus+ priorities in inclusion, capacity building, digital transformation and sustainability:

Objective 1 — Strengthen the capacity of grassroots sport organizations

Provide training, tools and mentorship to local sport educators, youth workers and volunteers so they can design, implement and sustain inclusive cycling programs in their communities.

Objective 2 — Increase participation in sport among people with fewer opportunities

Engage marginalized groups in accessible cycling activities that foster physical well-being, self-confidence and community belonging.

Objective 3 — Encourage environmentally sustainable mobility behaviors

Promote cycling as an eco-friendly transport mode and health-enhancing lifestyle, linking sport participation with environmental responsibility.

Objective 4 — Integrate digital innovation into sports education

Develop a multilingual mobile app, an AI-powered chatbot and ten micro-learning “Nuggets” to ensure flexible, user-friendly access to learning and coaching resources.

Objective 5 — Reinforce cross-sectoral cooperation and policy dialogue

Facilitate collaboration between sport organisations, municipalities, educators and social actors to increase the visibility and sustainability of inclusive cycling initiatives.

Target Groups

The project directly benefits several categories of target audiences:

Target Group	Description	Added Value of CyclePaths
Marginalised youth	Young people from disadvantaged backgrounds or rural areas	Access to community sport and mobility opportunities
Persons with disabilities	Individuals requiring adapted or assisted participation	Inclusive and accessible cycling formats

Target Group	Description	Added Value of CyclePaths
Migrants & refugees	People facing social integration barriers	Use of cycling as a tool for inclusion and participation
Grassroots sport educators & volunteers	Coaches, youth workers, NGO staff	Training and digital tools to improve practices
Local communities	Citizens of partner territories	Increased awareness of sustainability and inclusion
Sport educators	Coaches, youth workers, Sport NGO staff	Training and digital tools to improve practices

Through this approach, Cycle Paths ensures that both those who deliver sport and those who benefit from sport are supported structurally and sustainably.

Expected Results

By the end of the implementation period, CyclePaths aims to achieve tangible and measurable results at multiple levels:

Capacity-Building Outcomes

- At least **20 trained sport educators and Sport Cycling volunteers**
- Creation of a **community of practice** among five partner countries
- Development of a **digital open-access library** for inclusive cycling resources

Participation & Inclusion Outcomes

- Engagement of **at least 100 participants** from disadvantaged or marginalised groups
- Implementation of **at least 15 local cycling initiatives** across partner countries
- Increased self-efficacy, motivation and sense of belonging among participants

Digital Innovation Outcomes

- **10 micro-learning Nuggets** available in multiple languages
- Launch of a **mobile application** with integrated AI chatbot
- Greater accessibility of learning regardless of geography or ability

Sustainability & Policy Outcomes

- **3 policy recommendations** for municipalities on inclusive cycling
- Strengthened cross-sector partnerships (minimum 5)
- Replication potential beyond the project's lifetime

4.Expanded Methodology Section

The methodology of Cycle Paths is grounded in the principles of **non-formal education, experiential learning, and inclusive community development**. The project recognizes that individuals facing social barriers require not only access to sport, but also tailored, safe and motivating environments that help them build confidence, develop autonomy and create sustainable behavioral changes.

To ensure meaningful engagement and impact, the methodology follows five key pillars:

Needs-based and learner-centred approach

Before implementation, partners carry out local needs assessments and stakeholder mapping. This enables activities to be shaped around real community needs, cultural context, accessibility challenges and participant motivations. The learner is placed at the heart of the process, allowing programmes to be adapted for different physical abilities, language backgrounds and socio-economic contexts.

Blended digital-and-physical learning model

Cycle Paths combines:

- Online micro-learning and self-paced modules
- Gamified challenges that reinforce motivation
- AI-supported interactive assistance
- Practical in-person cycling training sessions
- Community cycling events and real-life application

This blended method ensures inclusivity regardless of location, mobility constraints or personal learning needs.

Learning-by-doing and reflection

Participants do not simply receive information — they learn through:

- Participatory workshops
- Demonstrations and peer exchanges
- Real cycling scenarios
- Personal and group reflection

Reflection tools (journals, feedback circles, digital badges) reinforce the learning experience and support internal growth.

Mentorship and peer-support

Trained educators serve as role models and mentors, but the project also cultivates **peer-to-peer support** among participants. This approach encourages teamwork, shared responsibility, leadership development and emotional encouragement — key elements for social inclusion.

Community & institutional engagement

Cycle Paths works in close cooperation with:

- Local authorities and municipalities
- Sport clubs and grassroots organisations
- Schools and youth networks
- Civil society groups

This ensures that learning does not remain in a project bubble but translates into lasting community-driven cycling initiatives.

5. Work Packages and Key Activities

The project structure consists of five Work Packages (WPs), each led by a specialized partner within the consortium.

Implementation period
01/12/2025 – 30/11/2027

WP	Title	Lead Partner	Main Outputs
WP1	Project Management & Coordination	Monopatia Allilegiis (Greece)	Steering, quality assurance, consortium coordination
WP2	Tools for Inclusive Cycling	NUUPES (Ukraine)	10 e-learning Nuggets, chatbot & app
WP3	Capacity Building	Envercevko (Türkiye)	Training of Trainers & guide for inclusive cycling
WP4	Community Engagement & Local Actions	SYC (Georgia)	Local cycling events, inclusion pathways
WP5	Communication & Dissemination	Lusamood (Armenia)	Outreach, visibility, stakeholder engagement

A short description of each:

WP1 – Project Management & Coordination

Ensures smooth implementation, financial compliance and consortium cooperation.

Includes steering meetings, internal monitoring and final evaluation.

WP1: project management & coordination

Task number	Task name	Short description	Expected result	Number & profile of beneficiaries	Period of implementation	Lead organization
T.1.1	Kick-off Meeting in Armenia	Organize an initial virtual/in-person on spot kick-off meeting to align partners on objectives, timelines, and administrative requirements. Deliver an initial risk assessment and compliance briefing	Signed attending list of participants -The meeting report (people in charge of the project) -The project infopack “The Handbook” (English/ languages of consortium members)	1 from Each partner, the person in charge of the project	January 2026	Lusamood/ Armenia
T.1.2	Quarterly Steering Committee Meetings	Conduct quarterly virtual Steering Committee meetings to monitor progress, discuss risks, and adjust work plans as needed.	Data collected from quarterly project reports will be synthesized to provide a clear overview of progress, outcomes, and areas for improvement. The report will serve as a resource for the project’s success and recommendations and will be the base for the final report.	//	April 2026, Oct 2026, April 2026	MONOPA TIA ALLILEGGIS GREECE
T.1.5	Progress Monitoring and Reporting	Collect data on project activities, evaluate performance against Key Performance Indicators (KPIs), and submit	Narrative report in English evaluates the 24 months of the Cycle path project, examining its impact, challenges and best practices. It highlights the achievements,	//	December 2025- Oct 2027	MONOPA TIAA LLILEGGIS GREECE

		quarterly and final project reports.	lessons learned and a blueprint for the future sustainability strategy.			
T.1.6	Progress Monitoring and Reporting	Ensure the effective management, maintenance, and administration of the sportsocialact.org platform, including regular updates, user support, and performance monitoring. Implement risk management and quality control measures to address technical challenges and ensure platform reliability. Collect and analyze platform usage data.	• A reliable and secure platform with minimal downtime. • A positive user experience with effective support. • Data-driven decisions for continuous improvement and stability.	//	May 2026-October 2027	MONOPATIA ALLILEGGIIS GREECE
T.1.6	Final evaluation meeting in Greece	A 2-day evaluation meeting in Greece to assess project results and develop a joint sustainability plan. The agenda includes structured discussions with local beneficiaries, decision-makers, and project partners.	Signed attending list of participants -The meeting report (people in charge of the project)	1 from Each partner, the person in charge of the project	October 2027	MONOPATIA ALLILEGGIIS GREECE

WP2 – Tools for Inclusive Cycling

Develops digital micro-learning units (“Nuggets”), the mobile application and the AI chatbot to provide continuous support for trainers and participants, including guidance on inclusive methods, logistics, safety and mental well-being during group cycling.

Lead organization: NUUPES – Ukraine

Task number	Task name	Short description	Expected result	Number & profile of beneficiaries	Period	Lead
T.2.1	Development of 10 Micro-Learning Nuggets	Design & produce 10 interactive modules on inclusive cycling methods (adaptive bikes, accessibility tools, group safety, motivational coaching, trauma-aware sport support, intercultural inclusion, mental well-being, route planning). Include audio, visuals, quizzes.	10 micro-learning modules in EN + local languages	Trainers, volunteers, youth workers	Mar – Oct 2026	SYC (Georgia)
T.2.2	AI Chatbot Development	Develop AI-powered support bot integrated in the mobile app & web platform; trained to assist trainers and participants on cycling safety, inclusion practices, equipment, adaptive methods, motivation techniques, emergency guidelines.	Live chatbot integrated in app	All project beneficiaries	Apr 2026 – Feb 2027	ENVERQEVKO (Turkiye)
T.2.3	Mobile App Development	Build multilingual mobile app providing access to Nuggets, event calendar, user badges, GPS routes, chatbot assistant, accessibility tips and community features. Ensure GDPR, security, accessibility and UX tests.	Functional application available to public	General public, participants	Jun 2026 – Jun 2027	Solidarity Tracks (Greece)
T.2.4	Storytelling Production	Creation of storytelling videos showcasing project activities, impact	5 storytelling videos in EN + partner languages; strengthened	General public, stakeholders, youth participants	2026–2027	Lusamood (Armenia)

Task number	Task name	Short description	Expected result	Number & profile of beneficiaries	Period	Lead
		stories and inclusive cycling experiences	visibility & engagement			
T.2.5	User Testing & Improvement	Pilot tools with 30 testers (educators & youth). Collect feedback on usability, clarity, accessibility, culture-sensitivity. Improve content structure, navigation, accessibility, onboarding flow, bot responses and micro-learning engagement.	Updated prototype and feedback report	30 testers across partners	Feb – Aug 2027	NUUPES (Ukraine)

WP3 – Capacity Building

Implements a Training of Trainers (ToT) programme, equipping at least 20 trainers and Sport Cycling volunteers with the knowledge and competencies to design inclusive cycling programmes in their territory.

Lead organization: Envercevko – Türkiye

Task number	Task name	Short description	Expected result	Beneficiaries	Period	Lead
T.3.1	Curriculum for ToT	Co-create practical competency-based curriculum covering inclusive sport pedagogy, safe cycling instruction, mental-health support, adaptive bikes, risk-mitigation, motivation dynamics, and diversity-sensitive communication.	Training manual	Educators & youth workers	Jan – Apr 2026	Envercevko (TR)
T.3.2	Training of Trainers (ToT)	Organize and deliver a 6-day Training of Trainers (ToT) program in Muğla ,	20 trained coaches & volunteers	Trainers in 5 countries	May 2026	Envercevko (TR)

Task number	Task name	Short description	Expected result	Beneficiaries	Period	Lead
		Turkey for 20 sport trainers and cycling sport volunteers. The training will equip participants with practical skills for inclusive cycling coaching, including adaptive cycling techniques, accessibility methods, inclusive group dynamics, safety procedures, and approaches for engaging marginalized groups. The ToT places a strong emphasis on adaptive cycling, ensuring trainers can support participants with diverse abilities.				
T.3.3	Mentoring & Support	Run 12-month mentoring programme offering online clinics, peer sessions, technical support, and case-study review. Trainers develop local action plans & receive personalized coaching to implement them.	Mentorship programme	20 trained ToT graduates	Jun 2026 – Oct 2027	Envercevko (TR)
T.3.4	Guidebook on Inclusive Cycling	Produce digital methodology handbook & toolkits (curriculum, inclusive cycling protocols, accessibility checklists, safety guides, outreach for marginalized youth, evaluation methods). Translate to consortium languages.	Digital handbook EN + local	Educators, NGOs, municipalities	Oct 2026 – Oct 2027	Envercevko (TR)

WP4 – Community Engagement

Organises inclusive cycling activities (minimum three per partner country) and local cycling camps that engage marginalised participants, offering them adapted, supported and community-based sport experiences.

Lead organization: SYC – Georgia

Task number	Task name	Short description	Expected result	Beneficiaries
Task No	Task Name	Description	Participants	In-kind Contributions / Subcontracting
T4.1	Organizing Local & Regional Group Cycling Initiatives (3 per partner)	Host local and regional cycling events across all partner countries targeting youth, underrepresented groups, migrants, and persons with disabilities. Each partner will implement at least 3 initiatives, including one adaptive cycling session for persons with disabilities to ensure accessibility and equal participation. Activities include awareness rides, inclusive group cycling sessions, and community engagement events.	All Partners (COO, BEN)	n/a
T4.2	Organizing Local & Regional Cycling Camp for Skills Development (4-day camp / 1 per partner)	Plan, organize and deliver one 4-day local cycling camp per partner focusing on skills development, adaptive cycling learning, safety training and community participation. Activities include outreach with municipalities and stakeholders, route preparation, inclusion-focused sessions, and practice workshops. Each camp must include adaptive cycling components to raise awareness and ensure accessibility for persons with disabilities.	All Partners (COO, BEN)	n/a
T4.3	International Cycling Camp for Skills Development in Georgia (4 days)	Organize one 4-day international cycling camp in Georgia for 5 participants per country (4 participants + 1 trained ToT graduate) . This camp deepens participants' skills in cycling techniques, road safety, environmental responsibility and cross-border cooperation. Includes: the Cyclothon without Borders, a synchronized virtual–physical cycling event linking several European cities via augmented reality; and a roundtable on policy advocacy &	SYC (Georgia) with All Partners (COO, BEN)	n/a

Task number	Task name	Short description	Expected result	Beneficiaries
		sustainable urban transport, contributing to local municipal recommendations.		

WP5 – Dissemination & Exploitation

Ensures visibility of project results and outreach beyond the consortium, using storytelling media, events, digital campaigns and partnerships with local authorities.

Lead organization: Lusamood – Armenia

Task number	Task name	Short description	Lead
T.5.1	Development of the CyclePaths Communication & Branding Strategy	Establish a comprehensive communication strategy, including branding guidelines, key messaging, and outreach methods for public engagement and EU visibility.	Lusamood All Partners
T.5.2	Creation of 4 magazines (every 6 month)	Develop and publish four high-quality magazines at six-month intervals throughout the project lifecycle. Each magazine will feature articles, initiatives organized by project partners, event highlights, and success stories related to inclusive cycling. The magazines will serve as a key dissemination tool, showcasing project progress, promoting Erasmus+ objectives, and engaging a wider audience. Ensure Erasmus+ branding and visibility.	Lusamood All Partners
T.5.3	Promo video of the learning nuggets and platform	Produce a professional promotional video to showcase the 10 learning nuggets (10 per partner) and the sportsocialact.org platform. The video will highlight the key features, benefits, and accessibility of the learning nuggets and platform, aiming to enhance their visibility and uptake among target audiences. The promo video will be disseminated through project channels, Erasmus+ networks, and social media to maximize outreach and engagement, ensuring alignment with Erasmus+ branding and communication standards.	Lusamood All Partners
T.5.4	EU Visibility and Promotion of Erasmus+ Objectives	Ensure Erasmus+ branding and visibility in all project outputs, including event materials, reports, and the online platform. Actively engage Erasmus+ networks for broader dissemination.	Lusamood All Partners

Task number	Task name	Short description	Lead
T.5.5	Final Conference & Sustainability Plan	Organize a Final Conference to present project findings, impact, and future directions, engaging policy makers, sports organizations, and municipal stakeholders. Develop a sustainability and exploitation plan to guide post-project activities.	Solidarity Tracks All Partners

6.Impact, Sustainability & Contact Section

Expected Impact

CyclePaths generates impact at three levels: **individual, community, and institutional.**

Level	Type of Impact	Description
Individual	Personal development & well-being	Participants gain self-confidence, autonomy, mobility skills and a healthier lifestyle
Community	Inclusion & participation	Local cycling activities become shared spaces for diversity, intergenerational contact and solidarity
Institutional	Long-term capacity	Organisations acquire methods, tools and digital resources to sustain inclusive sport programmes

More specifically, CyclePaths will:

- Reinforce the role of grassroots sport organisations in community development
- Improve access to sport for people with fewer opportunities
- Contribute to greener mobility and sustainability culture
- Foster a European network for inclusive cycling practice
- Promote innovation in non-formal sport education