

Application

Programme	Erasmus+
Action Type	Cooperation partnerships in youth (KA220-YOU)
Call	2025
Round	Round 1

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Context

Field	Youth			
Project Title	Cycling for Inclusion			
Project Acronym	CYCLOS			
Project Start Date (dd/mm/yyyy)	Project Duration	Project End Date (dd/mm/yyyy)	National Agency of the Applicant Organisation	Language used to fill in the form
01/09/2025	30 months	29/02/2028	FR02 - Agence du service civique	English
Project lump sum	250 000,00 €			

You can find the contact information of all National Agencies at the following webpage: [List of Erasmus+ National Agencies](#).

Project Summary

Please provide a short summary of your project. Please be aware that this section (or parts of it) may be used by the European Commission, Executive Agency or National Agencies in their publications. It will also feed the Erasmus+ Project Results Platform.

Be concise and clear and mention at least the following elements: context/background of project; objectives of your project; number and profile of participants; description of activities; methodology to be used in carrying out the project; a short description of the results and impact envisaged and finally the potential longer-term benefits. The summary will be publicly available in case your project is awarded.

In view of further publication on the Erasmus+ Project Results Platform, please also be aware that a comprehensive public summary of project results will be requested at report stage(s). Final payment provisions in the contract will be linked to the availability of such summary.

Objectives: What do you want to achieve by implementing the project?

By implementing CYCLOS, we aim to promote the social inclusion of disadvantaged young people through cycling, raising environmental awareness, greener mobility, being more autonomous, boosting skills, inclusion and employability. CYCLOS aims to equip professionals with the tools needed to organise inclusive cycling sessions, encourage sustainable transport practices and enable disadvantaged young people to move independently in their environment to improve their employment opportunities.

Implementation: What activities are you going to implement?

CYCLOS will implement training & awareness-raising activities, including practical cycling sessions for disadvantaged young people, workshops on green mobility and environmental awareness. An educational guide will also be produced. We will organise dissemination events & a final conference, as well as developing a digital application to develop learning and awareness to continue reach and impact beyond face to face activity. The application will provide a variety of tools for repair and riding.

Results: What project results and other outcomes do you expect your project to have?

A guide in 5 languages, including training modules; creation of cycling sessions adapted to disadvantaged youth & a digital tool promoting sustainable mobility: learning to repair and cycle, as well as environmental awareness. CYCLOS promotes a more sustainable lifestyle, environmental awareness, becoming more independent & employable in the long term for these people, whilst developing their self confidence and skill sets in order to promote social inclusion

Applicant organisation

OID	Legal name	Country	Region	City	Website
E10249754	FEDERONS LES VILLES POUR LA SANTE	France	Nord - Pas-de-Calais	Saint-André-Lez-Lille	

Partner organisations

OID	Legal name	Country	Region	City	Website
E10044491	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC	Romania	Nord-Vest	Baia Mare	www.assoc.ro
E10387375	Austrian Forum for Integration and Sustainability	Austria	Wien	Vienna	www.oefis.org
E10247449	Computer Solutions SA	Greece	Αττική (Attiki)	Athens	http://www.csl.gr

Work package

Please note that it is recommended to split your projects in a maximum of 5 work packages, including the one on project management.

In this section, please do not add the work package project management already included in the previous section.

Work package id	Title	Number of activities	Grant (EUR)
WP1	Project Management		45 900,00
WP2	Cycling knowledge	8	52 850,00
WP3	From theory to practice in cycling	9	53 400,00
WP4	Digital platform and awareness	7	50 420,00
WP5	Dissemination, recommendations et quality evaluation	10	47 430,00
Total			250 000,00

Budget Summary

This section provides a summary of the estimated project budget. The table is automatically completed taking into account the described work packages and their estimated cost.

Budget Items	Allocated amount (EUR)
Work package No.1 'Project Management'	45 900,00
Work package No.2 - Cycling knowledge	52 850,00
Work package No.3 - From theory to practice in cycling	53 400,00
Work package No.4 - Digital platform and awareness	50 420,00
Work package No.5 - Dissemination, recommendations et quality evaluation	47 430,00
Total	250 000,00

Distribution of the grant amount among participating organisations

	Work package No.1 'Project Management'	Work package No.2 - Cycling knowledge	Work package No.3 - From theory to practice in cycling	Work package No.4 - Digital platform and awareness	Work package No.5 - Dissemination, recommendations et quality evaluation	Total (EUR)
FEDERONS LES VILLES POUR LA SANTE	20 900,00	12 766,00	12 437,00	11 533,00	24 800,00	82 436,00
Asociatia Profesionala Neguvernamentala de Asistenta Sociala ASSOC	8 300,00	21 998,00	13 512,00	6 492,00	6 531,00	56 833,00
Austrian Forum for Integration and Sustainability	10 400,00	14 626,00	21 176,00	7 745,00	7 494,00	61 441,00
Computer Solutions SA	6 300,00	3 460,00	6 275,00	24 650,00	8 605,00	49 290,00
Total (EUR)	45 900,00	52 850,00	53 400,00	50 420,00	47 430,00	250 000,00
Project lump sum (EUR)						250 000,00

Participating Organisations

To complete this section you will need your organisation's identification number (OID).

If you have an OID number please introduce it in this section.

If you are not sure if you have OID number, you can check here: [Organisation Registration System](#)

If you do not have OID number, you can create one here: [Register New Organisation](#)

According to the Programme Guide, each organisation (OID) can be involved in a total of 10 Cooperation partnerships in the fields of vocational education and training, school education, adult education and youth per application round. The maximum number includes all applications in the listed fields, regardless of whether the organisation is a coordinator or a partner. Once this limit is reached, it will not be possible to submit further applications with the same organisation (OID).

Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR)

Organisation ID	Legal name	Country
E10249754	FEDERONS LES VILLES POUR LA SANTE	France

Establishment/Registration date of the organisation

23/09/2016

Applicant details

Legal name	FEDERONS LES VILLES POUR LA SANTE
Country	France
Region	Nord - Pas-de-Calais
City	Saint-André-Lez-Lille

Profile

Is the organisation a public body?	Is the organisation a non-profit?
No	Yes
Type of organisation	Organisation or association representing (parts of) the sport sector

Background and experience

Please briefly present the organisation (e.g. its type, scope of work, areas of activity and if applicable, approximate number of paid/unpaid staff, learners).

Fédérons Les Villes pour la Santé (Federations of Cities for Health) (FLVS), is a not for profit organisation recognised of general interest since 1991. The organisation deploys the Vivons en Forme - VIF - programme (Let's Live Healthily) with over 30 years of experience in over 300 cities across France.

The programme was originally designed in order to prevent overweight and obesity in children. It has expanded over the years to support its member cities to contribute to health, well-being and a healthy living environment for all, with a particular focus on those most disadvantaged and vulnerable members of society.

VIF has developed an innovative approach: a decentralised prevention programme orchestrated by towns and cities that mobilises all the stakeholders implicated in the target group's living environment to help them to make small and sustainable changes to better their health on a daily basis. The programme is based on 5 essential pillars:

- Voluntary commitment of elected officials and "on the ground" actors in the cities that deploy action on the field, allowing for collective impact over several years
- A methodology based on behavioural changes (social marketing and nudge)
- Interventions via themes in the field of physical activity, nutrition and wellbeing (tools and training sessions) carried out by trained local actors
- Rigorous evaluation at all levels and scientifically published results

The social marketing methodology is a tried and tested approach that results in sustainable behavioural change and long term impact, it is based on implementing tools and actions developed in collaboration with the target group and identifying their needs and the brakes and levers to the desired behaviour :

- Co-construction of tools/training sessions/creation or modification of content, validated by a committee of experts. The committee is made up of several experts: from the field, sociology, scientists, professionals in school and extracurricular



activities, social marketing, physical activity, seniors...

- Field test and optimisation: the tools are tested during "living lab" in real life conditions with the target audience and the ecosystem of actors that work with them.
- Change of scale: deployment to all the VIF cities (300+ in 2025).
- Evaluation: throughout several indicators around the process, satisfaction, results, quantitative and qualitative impacts. This leads to reports that are created and disseminated.

The programme brings together a board of 12 voluntary experts, as well as 15 members of paid staff that coordinate the programme. In each member city, a voluntary project manager is designated to coordinate the programme locally with the support of the staff. In 2024, over 800 000 people were reached across the member cities.

What are the activities and experience of the organisation in the areas relevant for this project? What are the skills and/or expertise of key persons involved in this project?

In addition to the tried and tested VIF programme methodology for "step by step" and nudge approach to changing behaviour amongst the target group, that will be shared with the CYCLOS project partnership and approach, from 2019 to 2023, FLVS was a key partner in an Interreg France Channel England programme called ASPIRE. This project allowed the programme to expand its knowledge and experience to a new target group: vulnerable and disadvantaged young citizens furthest from the labour market. The ASPIRE project was designed to empower young people to improve their health, wellbeing and self confidence in order to (re)integrate society and the labour market. These young people were socially and economically disadvantaged for a number of reasons: intellectual disabilities, migrant backgrounds and low socioeconomic status, for example. The project was a huge success and responded to a gap that was identified by the VIF member cities and local partners such as the centres for social action, the job centres and charities working to support these groups. FLVS continues to roll out this programme to its member cities, but a key obstacle has been identified for the target group: mobility. This is what led to the development of the CYCLOS project.

Within the ASPIRE project, a digital platform (<https://aspire.vivonsenforme.org>) was created and hosted by FLVS to ensure that the target group had online access to all the resources that they accessed during face to face workshops. This platform will be shared with the CYCLOS project, expanded and adapted to include e-learning modules, resources and gamified elements to the target group of the project. Multilingual and user-friendly accessibility will be ensured and the platform will also be used to collect data and feedback from participants to enhance the evaluation of the project's impact.

The experience of the programme and its methodology, as well as its network of cities and the ASPIRE project will contribute to the CYCLOS approach and to ensuring long lasting and sustainable change.

The organisation's team is made up of a "cities department" that accompanies the cities on the ground to understand the needs of their target groups, the possibilities for putting in place long lasting interventions and how to do so. This team will be responsible for understanding the complex needs of disadvantaged youth with barriers to employment and particularly their barriers and motivational levers to mobility and how we can use cycling as a means for inclusion in society and the labour market. The "project department" is comprised of a team of people with extensive experience in developing, managing and delivering results in a number of European programmes: Interreg, Horizon Europe, Erasmus+ and CERV. This team will be responsible for the day to day management of the programme and the partnership, ensuring that objectives are met on time and within budget. The "communication department" is responsible for designing and implementing impactful communication campaigns that speak to the target audience but also to local government and local actors who are key to making sustainable change on the ground. This team will design the communication methodology and strategies and guide the partnership. Finally, the "evaluation department" know that for action to be recognised and its effectiveness proven, monitoring must be done regularly. The evaluation is an integral part of the methodology and will be implemented throughout the CYCLOS project.

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
Cooperation partnerships in school education (KA220-SCH)	0	0	1	1
Cooperation partnerships in youth (KA220-YOU)	0	0	3	0
Cooperation partnerships in vocational education and training (KA220-VET)	0	0	1	0
Newcomer organisation	No			
Less experienced organisation	Yes			
First time applicant	Yes			

Would you like to make any comments or add any information to the summary of your organisation's past participation?

FLVS participated in the Erasmus+ project EFFECT from 2021 to 2024. This project saw the organisation collaborating with partners from Spain and Greece and transferring their approved methodology and approaches to an international project.

Other experience in Interreg, Horizon Europe and CERV projects can also be applied to this new partnership.

Partner Organisations

Organisation ID	Legal name	Country
E10044491	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC	Romania
E10387375	Austrian Forum for Integration and Sustainability	Austria
E10247449	Computer Solutions SA	Greece
No. of participating organisations		4

Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO)

Partner organisation details

Legal name	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC
Country	Romania
Region	Nord-Vest
City	Baia Mare
Website	www.assoc.ro

Profile

Is the organisation a public body?	Is the organisation a non-profit?
No	No
Type of organisation	Non-governmental organisation/association
Main sector of activity	Other (specify)
Please specify the main sector	Social services provider

Background and experience

Please briefly present the organisation (e.g. its type, scope of work, areas of activity and if applicable, approximate number of paid/unpaid staff, learners).

ASSOC is a non-governmental organization set up in 1995 as a social services provider. The mission of the organization is to foster social integration and to improve the life conditions of vulnerable groups through education and work.

Through the experience of more than 60 implemented projects (POSDRU, UE/PHARE, DFID, USAID, Soros Foundation, private donors, Erasmus, SEE, POCU, POCA) ASSOC has developed a series of educational and social services for vulnerable groups, including: people with disabilities, people with low skills for work, children from placement centres, Roma people, elderly people, poor families, people in custody, people and families in crisis.

Main services at present:

- 2 Daycare centres for 80 people with intellectual disabilities
- Social canteen, providing daily free meals for 20 vulnerable people
- 5 Residential Centres for 54 persons with mental disabilities
- 3 Nursing homes and residential centres for elderly people
- Educational support for children with disabilities and/or behavioural problems, including speech therapy and psychotherapy. Since 2000 more than 500 children and their families have been supported
- Social economy structures: Social restaurant and packing factory, associations in other social economy structures at national level
- Integration services for refugees and migrants: ensuring access to educational services (nursery, kindergarten, school), health services, Romanian and English language courses, cultural accommodation, sport and recreational activities
- Working with the Roma community in projects with integrated activities: supplying education, training, employment measures, social and medical services, activities to improve living conditions, legal support and activities to promote multiculturalism and non-discrimination
- Information and counselling services for citizens and the elderly, including mediating the relationship between them and public authorities, civil society and social service providers in order to improve the situation of vulnerability in the context of measures to prevent the spread of COVID epidemic, through the Call service Center.

ASSOC has a good professional expertise in: organising sustainable social economy structures, development of social services for vulnerable groups, training and supporting social service professionals; developing civic conscience in the project beneficiaries and in the society in general; training volunteers and promoting volunteering; foster social integration, interculturality and dialogue with authorities.

ASSOC is member of European Social Network since 2019. At a national level, ASSOC was founder of the federation that set up the Council of Social Workers and contributed to the enactment of the profession in Romania. ASSOC is also member of Disabnet – People with disabilities social services providers network. At local level, ASSOC is member of Maramureş NGOs Federation and of Group for Local Action (GAL) Baia Mare, together with whom we contribute to the development of marginalized communities of Baia Mare.

Approximate current number of employees: 100+

What are the activities and experience of the organisation in the areas relevant for this project? What are the skills and/or expertise of key persons involved in this project?

ASSOC is a social services provider with almost 30 years of experience in providing social and professional integration services for persons with disabilities, mainly intellectual ones, as well as socially and economically disadvantaged groups and migrant groups.

Via their daycare centres for 80 persons with mental and physical disabilities in total, 5 residential centres for 54 adults with severe mental disabilities, social economy structures and integration services, several cognitive and physical activities are proposed in order to stimulate the beneficiaries to keep being both physically and mentally active, among which we can mention: ludotherapy, occupational therapy, art therapy, development of manual skills and attention, self-management, cognitive development stimulation, development of communication and social skills and physical activities in the open air. The purpose of these different centres is to help beneficiaries to develop independent living skills to be integrated both in the local society and in the labour market, and to live their lives autonomously. For this purpose, ASSOC also offers vocational counselling and professional integration services.

ASSOC has a collaboration with a sport organisation that helps us offering physical activities for our beneficiaries and stimulate a healthy lifestyle, with activities such as trekking, jogging, obstacle races, fitness programs, kick box, music box fit, participation in non-competitive sport events. ASSOC has recently won an Erasmus+ KA2 project: "ActivAbility: Promoting active ageing for People with Intellectual Disabilities (PwID) through physical activities". It focuses on the importance of physical activities in order to promote active ageing among PwID, and especially their role in promoting better life conditions and social inclusion. ASSOC is also partner in the Erasmus+ KA2 project "WorkAbility - European Alliance to Upscale DESIGN project' results and strengthen the employability of PCWA at the open labour market", aiming at developing the soft skills that people with disabilities need for a better economic and professional integration in the labour market. ASSOC was partner in the Erasmus+ project "DESIGN - Disabled Employability Signalling", with the aim of identifying the most suitable person for a job, improving counselling services and removing existing barriers due to discrimination and societal prejudices faced by people with disabilities. Lastly, ASSOC is coordinator of the Erasmus+ project "Vips Vibes", aimed at fostering the inclusion of persons with visual impairments in the labour market, with a specific focus on bakeries and on mentoring strategies.

All of these experience will be applied to the CYCLOS approach for disadvantaged youths with low employment potential, for whom cycling will represent a means to reach their employment opportunities, gain autonomy and skills, belonging to a social group and improving physical and mental health outcomes.

The following staff will be involved in the project:

_Annalisa Contu, international project expert, with a Master's degree in management at the Bocconi University of Milan and a second-level Master's degree in project writing and reporting at the Venice International University. She is actually involved in the writing and implementation of several Erasmus+ projects, including projects specifically addressing persons with disabilities, such as "ActivAbility", that promotes active ageing among persons with disabilities through an adapted set of physical activities, and "WorkAbility", aiming at developing the soft skills of people with disabilities for a better integration in the labour market

_Fiameta Fancsali, graduated in social work, she has experience in working with different categories of of vulnerable youths and in providing them with social, psychological and vocational counseling, implementing educational and learning activities, assisting them in finding a job and developing independence.

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
Cooperation partnerships in adult education (KA220-ADU)	3	1	12	3
Cooperation partnerships in vocational education and training (KA220-VET)	3	1	1	1
Cooperation partnerships in youth (KA220-YOU)	3	1	5	0
Cooperation partnerships in higher education (KA220-HED)	1	0	0	0
Newcomer organisation	No			
Less experienced organisation	No			

Austrian Forum for Integration and Sustainability (E10387375 - AT)

Partner organisation details

Legal name	Austrian Forum for Integration and Sustainability
Country	Austria
Region	Wien
City	Vienna
Website	www.oefis.org

Profile

Is the organisation a public body?	Is the organisation a non-profit?
No	Yes
Type of organisation	Non-governmental organisation/association
Main sector of activity	Other (specify)
Please specify the main sector	Non-formal and informal educational activities to leverage inclusion and integrative practices via social innovation, educational projects and promotive activities in local, national and international levels

Background and experience

Please briefly present the organisation (e.g. its type, scope of work, areas of activity and if applicable, approximate number of paid/unpaid staff, learners).

The Austrian Forum for Integration and Sustainability (AFIS) was established by a dedicated group of experts in international educational project management, education, and social integration. The organisation aims to address the growing need for inclusive educational support and integration of young people from disadvantaged backgrounds, including youth with disabilities, migrant youth, and those from economically disadvantaged families. By leveraging the experience and knowledge of our expert team, AFIS seek to drive positive social change through education, integration, and sustainability-focused initiatives.

The primary mission of AFIS is to support the active participation of young people in social, economic, and democratic life. We strive to provide youth with essential skills, opportunities, and pathways to enhance their personal, educational, and professional development. Through the facilitation of projects, partnerships, and learning initiatives, we empower youth to overcome barriers and achieve their potential. These activities extend across regional, national, and international levels, allowing us to create cross-border networks, promote the exchange of knowledge, and develop sustainable solutions for youth empowerment. By fostering a culture of inclusion, equality, and access to democratic decision-making processes, AFIS plays a key role in building a more inclusive society for all young people, regardless of their background.

Objectives of AFIS:

- Facilitating Access to Democratic Participation: Enhance the ability of young people to engage in democratic decision-making processes within their communities and beyond.
- Soft Skills Development: Support young people in developing essential soft skills for a smoother transition to employment and adulthood.
- Youth Initiative Support: Encourage and provide support for youth-led initiatives in various fields, fostering creativity, leadership, and community engagement.
- Active Participation in Social, Economic, and Political Life: Create opportunities for young people to play an active role in social, economic, and political spheres, enabling their growth as responsible and engaged citizens.
- Innovative Educational Tools and Methods: Promote the use of innovative educational tools and non-formal, informal, and formal learning methods to better support youth development.
- Equal Access to Education: Advocate for equal access to educational opportunities, especially for youth from disadvantaged backgrounds, including those with disabilities, migrant youth, and economically disadvantaged groups.
- Cross-Border Youth Cooperation: Foster international collaboration and know-how transfer between countries to enhance educational outcomes for youth.



Strategy of AFIS: To achieve its objectives, AFIS develops and implements activities, projects, and strategic partnerships that address the diverse needs of young people from disadvantaged backgrounds. AFIS employs a variety of non-formal and informal learning approaches to enhance youth engagement and promote lifelong learning. AFIS aims to bridge gaps in access to educational resources, improve youth employability, and foster a sense of belonging and community participation among youth.

AFIS is committed to building strong regional, national, and international partnerships to maximise the impact of its initiatives, by working closely with schools, training institutions, civil society organisations, and public authorities to develop holistic support systems for youth.

What are the activities and experience of the organisation in the areas relevant for this project? What are the skills and/or expertise of key persons involved in this project?

AFIS is actively involved in a range of local, national, and international projects aimed at supporting the development and integration of young people from disadvantaged backgrounds. The organisation has implemented numerous outreach campaigns focused on the rights and inclusion of youth with disabilities, migrant youth, and youth from economically disadvantaged backgrounds. Through these campaigns, AFIS has fostered greater social inclusion and provided training opportunities to equip young people with the skills they need for active participation in society. AFIS works closely with youth from migrant backgrounds, offering tailored training programs, workshops, and hands-on activities. These initiatives place a strong emphasis on soft skills development, digital literacy, and employability skills, ensuring that young people are better prepared for educational and professional opportunities. By providing these essential services, AFIS supports youth in overcoming barriers to social and economic participation. Improving their mobility via the CYCLOS project will be a key addition to these initiatives and an identified barrier amongst the migrant community who do not have access to affordable mobility solutions. The organisation is also an active member of various regional and international youth networks and federations. AFIS collaborates with other youth organisations, policymakers, and educational stakeholders to develop and implement policies that promote youth inclusion and participation. This engagement allows AFIS to influence policy recommendations, contribute to the development of youth work practices, and support knowledge transfer across European youth networks. Influencing policy recommendations in particular will be a key element of the CYCLOS project. AFIS also maintains strong partnerships with educational institutions, municipalities, and youth centres. In collaboration with local and regional stakeholders, AFIS organises workshops and training sessions for young people. These sessions include ICT training, intercultural awareness activities, effective communication workshops, teamwork exercises, and mentoring programmes. By facilitating these activities, AFIS ensures that young people are equipped with the skills and knowledge they need to thrive in their personal, educational, and professional lives.

Key Staff:

Alperen Bayram – Project Manager

With a specialisation in grants management for cooperation projects in the field of Youth and Adult Education, Alperen is a certified trainer of the Council of Europe (ToTHRE) and a facilitator in numerous Erasmus+ mobilities for young people in Turkey, Hungary, and Austria. His expertise spans inclusive practices for ethnic minorities, LGBTQI+ individuals, and refugees, as well as experience in conflict management and reconciliation. His comprehensive educational background and hands-on experience make him a key contributor to initiatives focused on youth empowerment, integration, and social inclusion.

Ezgi Nur Budak - Trainer

Ezgi possesses extensive experience in facilitation within Erasmus+ and Council of Europe-funded projects. Her areas of expertise include human rights, training design, and non-formal education facilitation. She is proficient in designing training curricula and scheduling activities, as well as facilitating workshops and training sessions. Additionally, Ezgi has considerable experience in research activities for intellectual outputs, group management, and wellness coordination, including cycling.

Atilla Tastan – Technician

Atilla is an expert on graphic design and full stack web development. After working for various companies in the public sector as a developer, Atilla became part of AFIS to provide expertise on educational visual and technology development, as well as localisation of the educational outputs into Austrian perspective. This expertise will be used in the expansion of the online platform to the Austrian context.

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
Newcomer organisation			Yes	
Less experienced organisation			Yes	

Computer Solutions SA (E10247449 - EL)**Partner organisation details**

Legal name	Computer Solutions SA
Country	Greece
Region	Αττική (Attiki)
City	Athens
Website	http://www.csl.gr

Profile

Is the organisation a public body?	Is the organisation a non-profit?
No	No
Type of organisation	Small and medium sized enterprise



Background and experience

Please briefly present the organisation (e.g. its type, scope of work, areas of activity and if applicable, approximate number of paid/unpaid staff, learners).

Computer Solutions S.A. (CSSA), established in Athens in 1987 through the collaboration of IT and healthcare experts, has grown into one of Greece's premier Health and Social Services IT solution providers. With over 30 years of industry expertise, CSSA has consistently delivered innovative products, robust solutions, and large-scale projects tailored to the evolving needs of both public and private sectors.

CSSA boasts an impressive client portfolio that includes more than 30 public hospitals and over 100 private enterprises. Its flagship IHIS platform, ASCLEPIOSTM HOSPITAL, comprehensively covers every functional area of modern healthcare institutions, while its cloud-based Personal Health Record, MedIndoBook™, is seamlessly accessible via web, Android®, and iOS® platforms. These solutions are developed using an agile methodology, leveraging cutting-edge technologies and ensuring full standards compliance. CSSA's commitment to interoperability is demonstrated through its robust HL7/FHIR/SOA platform, which guarantees seamless data exchange and integration across diverse healthcare systems. Continuously pushing the boundaries of innovation, CSSA is actively engaged in Research & Development in key areas such as Artificial Intelligence (A.I.), Machine Learning, Big Data Analysis, Chronic Disease Monitoring, Biosignals, Computer Vision, Image Processing, Distributed Networks, and Data Security/Privacy. This ongoing R&D enables CSSA to remain at the forefront of technological advancements and deliver state-of-the-art solutions that improve patient care and operational efficiency across the healthcare landscape. Based in Greece, CSSA works across borders and in all European languages. Over the years they have come to specialise in working particularly on the creation of digital tools for disadvantaged and vulnerable groups.

What are the activities and experience of the organisation in the areas relevant for this project? What are the skills and/or expertise of key persons involved in this project?

Computer Solutions has implemented a series of projects that demonstrate its expertise in developing and implementing integrated information systems for institutions serving disadvantaged groups, particularly young and vulnerable populations. In the project for the Social Welfare Center of the Region of Attica (Κ.Κ.Π.Π.Α.), an information system was implemented to create and manage adoption/foster care records, allowing for real-time monitoring and organisation of each child's progress. This solution provides essential tools for better guidance of children and parents, strengthening social services for disadvantaged groups. Additionally, in projects such as the Integrated Health Information System and solutions for the Centres for the Treatment of Addicted Individuals and Pre-deportation Detention Centres for Foreigners, Computer Solutions ensured full interconnection of services, smooth information flow, and reliable data recording. These measures enhance decision-making and the efficient management of resources. Through these projects, Computer Solutions demonstrates its ability to deliver specialised technological solutions that support organisations working with groups facing limited opportunities. Its solutions not only improve operational efficiency and service delivery but also promote social inclusion and development, creating a sustainable environment that enhances the quality of life for users. Moreover, Computer Solutions is not a newcomer to the Erasmus+ program. As technical partners in the HERO project (2020-2023, Erasmus+ KA2), they contributed to a groundbreaking training program in elderly care and infectious disease prevention aimed at integrating refugees from Middle Eastern and African countries into Western societies. In HERO, Computer Solutions helped develop a comprehensive web platform and mobile application to deliver training materials—including caregiving videos and professional resources—thereby supporting both skill development and language training for refugees. This project addressed Europe's dual challenges of aging populations and refugee integration, creating certified employment opportunities and facilitating smoother social integration. Moreover, Computer Solutions is currently participating in DanceCARE project (2023-2026, Erasmus + KA220-ADU), which develops innovative training programs integrating Dance Movement Therapy to support caregivers working with older adults. In this project, the company leads the development of the digital learning platform, containing all the relevant material concerning the training of the participants and their communication. Through these projects, Computer Solutions has consistently demonstrated its ability to provide specialised technological solutions that not only improve operational efficiency but also empower disadvantaged groups—especially young people and refugees—with essential skills and improved quality of life. In CYCLOS, CCSA will provide this skill set, knowledge and expertise to take over the re-design, re-enhancing and adaptation of the FLVS ASPIRE platform, in order to add new CYCLOS content and make it fully workable for both professionals working with the target group but also the target group themselves (easy-to-read). The platform will be available in all languages of the project partners, but also in English to ensure a maximum impact and roll out beyond the lifetime of the project and beyond the project pilot area. CCSA will also be responsible for leading on the dissemination and quality control/evaluation. In order to impartially evaluate the quality of the project, it is important that the evaluation be conducted by an organisation that is not directly involved in the face to face activities and therefore are able to better evaluate the project from a neutral point of view.

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
Cooperation partnerships in adult education (KA220-ADU)	0	0	2	1
Newcomer organisation	No			
Less experienced organisation	Yes			



Relevance of the project

Priorities and Topics

All project proposals under the Erasmus+ Programme should contribute to one or more of the programme's policy priorities.

Please select the most relevant priority according to the objectives of your project.

HORIZONTAL: Inclusion and diversity in all fields of education, training, youth and sport

If relevant, please select up to two additional priorities according to the objectives of your project.

HORIZONTAL: Environment and fight against climate change

YOUTH: Strengthening the employability of young people

How does the project address the selected priorities ?

The CYCLOS project addresses key European priorities by focusing on inclusion, diversity, environmental sustainability, youth employability.

It targets disadvantaged youths with low employment potential, including those with intellectual disabilities, migrant backgrounds and low socioeconomic status through tailored programmes. CYCLOS as a vector of employment, helps break down barriers to greener mobility and increased employability, promoting physical activity, social integration, and autonomy. This initiative aligns with the EU's goal of creating inclusive communities where diversity is celebrated, and everyone has equal opportunities.

CYCLOS also encourages youth empowerment by motivating participants to take an active role in their communities through cycling activities and environmental campaigns. These actions help cultivate a sense of responsibility and community spirit while reinforcing EU values of social responsibility and youth employability. Additionally, the project empowers participants to advocate for greener, more inclusive mobility solutions in their local areas, promoting sustainable practices and contributing to environmental conservation.

Environmental sustainability is a key focus of CYCLOS, as it promotes cycling as a sustainable transportation option that reduces carbon emissions. This aligns with the European Green Deal's objectives. Participants are educated on the environmental impacts of different transport options, fostering a shift towards more sustainable lifestyle choices within their communities. By positioning cycling as an accessible and eco-friendly alternative to traditional vehicles, CYCLOS supports the EU's vision of sustainable transport systems.

Moreover, CYCLOS integrates environmental education into its cycling programs, enhancing green skills among participants. As Europe transitions to a greener economy, this education equips young people with the knowledge and skills necessary for a sustainable future, preparing them to participate fully in this transition.

Equality and non-discrimination are also fundamental to CYCLOS. The project ensures that all participants, who are those from disadvantaged backgrounds, have access to its benefits. By promoting a non-discriminatory approach, CYCLOS improves mobility access for socioeconomically disadvantaged youths with low employment potential, in line with the EU's goals of fostering equality and combating social exclusion.

In conclusion, CYCLOS not only meets European priorities but actively promotes them by fostering an inclusive, sustainable, and engaged society. Its holistic approach to cycling education enhances the autonomy and mobility of socioeconomically disadvantaged youths and serves as a model for sustainable community engagement across Europe. Through this project, participants gain practical experience in both mobility and environmental sustainability, contributing to the creation of more inclusive, environmentally conscious communities.

Please select up to three topics addressed by your project

Green transport and mobility

Inclusion, promoting equality and non-discrimination

Green skills

Project description

Please describe the motivation for your project and explain why it should be funded.

CYCLOS is based on the idea that cycling is not just a means of transport but a powerful tool for social inclusion, professional development, and empowerment, particularly for young people who were socially and economically disadvantaged.

Cycling fosters independence, improves quality of life, and helps young people integrate better socially and professionally. For disadvantaged youth, learning to ride a bicycle can transform daily life, improving their skills confidence and



participation in society. With over 13 million unemployed people in the EU in 2024, cycling offers a solution to unemployment by creating opportunities in sectors like tourism, bicycle maintenance, and sports event organisation. This not only boosts social inclusion but also opens doors to new jobs and training in green industries, which are growing rapidly. The CYCLOS project will train young people in bicycle maintenance and repair, sectors expanding by 23% annually, offering concrete work opportunities and contributing to a sustainable economy.

Cycling also provides an affordable, eco-friendly transportation solution for people in rural areas, helping overcome geographical barriers and improving access to jobs and training. In areas with limited public transport, cycling increases employability and enhances social mobility, making it easier for young people to participate in society.

Aligned with the EU Green Deal, CYCLOS aims to reduce transport-related emissions by 90% by 2050. The project will engage 70 young participants in environmental education, promoting cycling as a sustainable mode of transport. These youths will become ambassadors of green mobility within their communities, reducing their carbon footprint and contributing to a greener future.

In addition to environmental benefits, cycling helps develop valuable skills like resilience, decision-making, and spatial awareness, which are transferable to the workplace. According to the International Labour Organization, 80% of skills gained through sports are applicable in professional settings, enhancing social and professional inclusion for disadvantaged youths, including those with intellectual disabilities, migrant backgrounds, and low socioeconomic status.

By reducing CO2 emissions—responsible for 12% of the EU's total emissions—CYCLOS supports the transition to a sustainable society. Regular physical activity like cycling also reduces the risk of chronic diseases by 25%, promoting long-term health benefits for participants. Moreover, cycling improves mental health, boosting self-confidence and a sense of competence. ASICS' research shows that just 15 minutes of daily exercise boosts mental health.

In conclusion, CYCLOS supports EU priorities such as social inclusion, green mobility, and access to sustainable jobs. The project aligns with the EU Green Deal and EU Disability Strategy by promoting independence, professional integration, and environmental awareness among disadvantaged youth.

What are the objectives you would like to achieve and concrete results you would like to produce? How are these objectives linked to the priorities you have selected ?

The CYCLOS project aims to promote social inclusion, autonomy, and sustainable mobility for disadvantaged youths with low employment potential, while enhancing the skills of the professionals who support them. The project aligns with EU priorities focused on inclusion, equal opportunities, and combating climate change, with the aim to achieve concrete results.

Main Objectives :

1. Empower disadvantaged youths: CYCLOS will teach young people cycling skills, enabling them to travel independently and safely, thus fostering their social inclusion and employment opportunities. The project will also educate them on green mobility, helping to reduce their carbon footprint.
2. Support professionals: CYCLOS recognises the importance of specialized training for professionals who work with disadvantaged youths. The project will provide training tools and methods that will enable professionals to better support the youths toward greater autonomy.
3. Contribute to climate change mitigation: Promoting cycling as a sustainable transport option, CYCLOS will help reduce CO2 emissions. The project will raise awareness among participants about the environmental impact of mobility, aligning with EU environmental priorities, via dedicated workshops.

Expected Results:

1. Cyclos Guide: A multilingual guide (in French, English, Romanian, Greek, and German) will be developed for professionals, assisting them in supporting disadvantaged youths with learning cycling skills and environmental awareness.
2. Training Sessions and Validation: CYCLOS will offer 8 training sessions per partner working face to face with participants and a validation session with professionals. Around 70 youths and 40 professionals will participate, helping young people become more independent and increase their environmental awareness.
3. Environmental Awareness: CYCLOS will raise awareness about the environmental impact of mobility via dedicated workshops and local events. 90% of the participants will be encouraged to adopt sustainable transportation practices, reducing their carbon footprint.

Link with Selected Priorities:

1. Inclusion & Diversity: The project promotes the inclusion of disadvantaged youths by providing them with valuable skills, enabling their full participation in society. It supports equal opportunities and combats discrimination.
2. Environment & Climate Change: By advocating for green mobility, CYCLOS contributes to the reduction of CO2 emissions, supporting the EU's Green Deal and ecological transition goals.
3. Green Skills & Sustainable Mobility: The project will equip young people with green skills essential for a sustainable economy, aligning with EU priorities on skill development and sustainable mobility.



In conclusion, CYCLOS addresses key EU priorities, including social inclusion, sustainable mobility, and environmental awareness, providing young people with skills to enhance their autonomy while supporting the green transition.

What makes your proposal innovative?

CYCLOS stands out for its innovative approach, blending green mobility, social inclusion, and skill development for disadvantaged youths with low employment potential. The project is unique in its use of bicycles, creation of a tailored educational guide, and collaboration between disadvantaged youths with low employment potential and professionals. The project also employs nudge (step by step) approach to ensure long term behaviour change, as well as a collective impact model (bringing a multi-sector group of local actors together to have the most impact on youth).

The first innovation is the bicycle, used not just for transportation but as a tool for education and inclusion. Teaching disadvantaged youths to cycle addresses mobility challenges, boosts self-confidence, and promotes social participation, connecting green mobility with social inclusion—key European priorities.

Secondly, the project provides a comprehensive educational guide tailored to the needs of disadvantaged youths. Co-created by professionals, the guide simplifies topics like cycling and environmental awareness, making them engaging and accessible for the target audience.

Professional involvement is another key innovation. While the focus is on training disadvantaged youths, professional support is essential. These professionals adapt teaching methods to meet each participant's needs, ensuring a personalized learning environment and enhancing both their skills and those of the youths.

Finally, CYCLOS promotes environmental awareness by encouraging disadvantaged youths to adopt sustainable mobility practices, thus reducing their carbon footprint. The project aligns with European goals to reduce CO2 emissions and emphasizes the importance of environmental awareness alongside cycling skills.

To conclude, CYCLOS is an innovative in its holistic approach, merging social inclusion, green mobility, and tailored education, with long-term benefits for individuals, communities, and society.

How is this project complementary to other initiatives already carried out by the participating organisations?

The CYCLOS project strengthens the initiatives of all partner organizations by leveraging their expertise in social inclusion, mobility, and environmental sustainability, while introducing cycling as a tool for empowerment.

- ASSOC, with nearly 30 years of experience, supports the social and professional integration of disadvantaged individuals. For CYCLOS, this expertise will help disadvantaged youth with low employment prospects use cycling to access job opportunities, gain autonomy, and improve their health and well-being. ASSOC will provide the partnership with its relevant experience in Erasmus+ projects.
- VIF, through its national program in 300 towns across France, promotes health and well-being among vulnerable people. CYCLOS amplifies VIF's impact by integrating cycling into health initiatives, fostering sustainable transport habits. VIF's participation in the ASPIRE project, which empowered youth to improve their health, well-being, and self-confidence, will contribute to the success of CYCLOS, ensuring lasting, sustainable change.
- AFIS supports youth from disadvantaged backgrounds, including migrants and individuals with disabilities. It offers training in soft skills, digital literacy, and employability to help young people integrate into society. CYCLOS will address mobility barriers for migrant youth, improving their social and economic participation.
- CSSA has developed integrated information systems for institutions serving disadvantaged people, such as hospitals and social welfare centers. Their involvement in Erasmus+ projects like HERO and DanceCARE provides training platforms for refugees and caregivers, promoting skill development and integration. The CYCLOS will add to this skillset.

How is your proposal suitable for creating synergies between different fields of education, training, youth and sport or how does it have a strong potential impact on one or more of those fields?

The CYCLOS project has great potential to create synergies between the fields of education, training, youth and sport, while having a direct impact on these sectors. It combines key elements from each of these areas to meet the needs of disadvantaged youths with low employment potential, while promoting sustainable mobility and social inclusion.

1. Education and sport: CYCLOS uses the bicycle as an educational tool to teach practical skills and enhance the social inclusion and personal development of young people. Integrating sport into learning helps to improve physical and mental health, while teaching transferable skills such as risk management and self-confidence. This multi-sectoral approach responds directly to the European Union's priorities for promoting active and healthy lifestyles among young people.
2. Training professionals: The project aims to train education and sport professionals to provide better support for disadvantaged youths with low employment potential. An educational guide will be developed to provide them with suitable tools. These professionals will play an essential role in adapting the methods to the specific needs of young people, thereby

enhancing their skills in terms of green mobility and social inclusion.

3. Impact on young people: CYCLOS provides disadvantaged youths with low employment potential with practical learning opportunities and empowers them through cycling. This autonomy promotes their social inclusion, enabling them to travel independently, access training and employment. Increased skills and autonomy, as well as physical activity, all contribute to better mental and physical wellbeing. CYCLOS also encourages disadvantaged youths with low employment potential to become ambassadors for green mobility in their communities, by making them aware of the environmental impact of their transport choices.

4. Sustainable mobility and environmental education: The project is in line with the European objectives of reducing CO2 emissions by raising awareness among young people and professionals of the advantages of green mobility. By combining environmental education and sports activities, CYCLOS encourages sustainable behavior while strengthening young people's skills. CYCLOS creates a synergy between environmental education and sport, while raising young people's awareness of the importance of sustainability.

5. Social inclusion: One of the main objectives of CYCLOS is to promote the social inclusion of disadvantaged youths with low employment potential, a group that is often marginalised. By providing them with cycling and mobility skills, the project enables them to access opportunities that were previously inaccessible to them. In this way, the project helps to reduce inequalities by providing these young people with skills that promote their inclusion in the world of education, sport and work.

CYCLOS creates synergies between the fields of education, training, youth and sport, as well as green mobility.

How does the proposal bring added value at European level through results that would not be attained by activities carried out in a single country?

The CYCLOS project brings significant added value at the European level by addressing common issues across several EU countries, such as the social inclusion of disadvantaged youths with low employment potential, sustainable mobility, and professional integration. These challenges, though present in each country, require a transnational approach to maximise impact and ensure the widespread dissemination of good practices.

Sharing knowledge and practices: CYCLOS brings together partners from different countries to pool knowledge, teaching methods, and experience in supporting disadvantaged youths with low employment potential. This exchange of expertise creates a harmonised approach enriched by the diversity of local contexts, transcending national borders and cultures.

Creation of transferable, multilingual tools: The project will produce teaching guides and digital tools in multiple languages (French, English, Greek, Romanian, and German), making the results accessible to all participating countries and beyond. These tools will be easily transferable and adaptable, offering a broader reach than national initiatives alone.

Responding to European priorities: CYCLOS aligns with key European priorities, including ecological transition (green mobility) and social inclusion. It aims to reduce disparities within the EU by offering training and professional integration opportunities for disadvantaged youths with low employment potential. The project contributes to the EU's goal of reducing CO2 emissions while promoting the social inclusion of vulnerable groups.

Impact on public policy: By involving local, regional, and European decision-makers, CYCLOS has the potential to influence policies on inclusion and sustainable mobility at the EU level. The White Paper produced as part of the project will share recommendations based on transnational results, encouraging the adoption of inclusive and environmentally friendly measures in multiple countries.

Needs analysis

What needs do you want to address by implementing your project?

The CYCLOS project addresses critical needs related to mobility, social inclusion, and environmental awareness for disadvantaged youths with low employment potential. These individuals often face significant barriers that hinder their independence and integration into society. As of 2024, youth unemployment rates (under 25) were: France 19.7%, Greece 21%, Austria ~10%, Romania ~20%. Severe material & social deprivation (2022) was highest in Romania (25.4%) and Greece (14.9%), exceeding the EU avg (6.1%). In 2024, 28.1% of Greek and 39.8% of Romanian children were at risk of poverty. Greece and Romania face significant youth vulnerability challenges (Sources: Statista and the European Commission).

One key issue identified by the partnership (notably via the Interreg FCE ASPIRE project) is the lack of accessible mobility opportunities. Many disadvantaged youths struggle to access safe, practical training in cycling or other green transportation modes, limiting their ability to travel independently for education and work. CYCLOS will address this by providing targeted cycling and green mobility training, enabling youths to gain essential skills for independence.

Another important need is social inclusion. Disadvantaged youths often feel isolated due to limited participation in social, educational, or recreational activities. CYCLOS will offer opportunities for these individuals to engage in cycling sessions and environmental awareness campaigns, fostering community connections and promoting inclusion through shared experiences in green mobility initiatives.



The project also aims to address the gap in environmental education for this group. Many disadvantaged youths are unaware of how their daily choices, especially in transportation, impact the environment. CYCLOS will educate participants about the benefits of cycling, such as reducing carbon emissions and promoting sustainable lifestyles, empowering them to advocate for green mobility.

Additionally, CYCLOS will provide essential tools and resources for professionals working with disadvantaged youths. Many professionals lack the training and materials to teach cycling and environmental skills effectively. CYCLOS will provide a comprehensive guide, created by experts, that equips professionals with tailored modules to address their clients' needs and support their progress toward autonomy and inclusion.

The project will also promote collaboration across sectors, such as education, sport, and environmental initiatives. By involving stakeholders from various fields, CYCLOS will foster cross-sector partnerships, creating more inclusive and sustainable community practices. This holistic approach ensures that the diverse needs of disadvantaged youths are met, supporting both their mobility and social integration.

To conclude, CYCLOS empowers disadvantaged youths with low employment potential to gain independence through cycling, promotes social inclusion, and raises environmental awareness.

What are the target groups of the project? How do the participating organisations engage with the project target groups in their activities?

The primary target group of the CYCLOS project consists of disadvantaged youths with low employment potential aged between 16 and 25 years old (specifically focusing on 3 key extremely vulnerable sub-groups: mentally disabled, low socioeconomic status and migrants). These youths often face significant barriers to social inclusion and mobility, limiting their autonomy and access to educational, social, and professional opportunities. CYCLOS aims to address these challenges by providing tailored training sessions in cycling and environmental awareness, empowering them to lead more independent and sustainable lives.

Professionals working with individuals with disadvantaged youths with low employment potential also form a key target group. These include educators, social workers, and sports instructors, who need specific training and tools to support the development of cycling skills and environmental consciousness among the young people they work with, particularly the most disadvantaged. Through the CYCLOS Guide and training sessions, professionals will be equipped with methods and materials that can enhance their ability to foster autonomy and inclusion for individuals with disadvantaged youths with low employment potential.

The project will also engage families and caregivers. Their involvement is crucial in supporting the young participants in adopting green mobility practices and reinforcing the skills learned during the project. Their understanding of the importance of sustainable transportation will ensure that the practices introduced through CYCLOS are reinforced in daily life.

Finally, local communities and policymakers will be engaged as secondary target groups. By raising awareness about the benefits of green mobility and inclusion through public events and dissemination efforts, the project will influence local and regional policies, creating a more inclusive and sustainable environment for disadvantaged youths with low employment potential.

How did you identify the needs of your partnership and those of your target groups?

The needs of our partnership and target groups were identified through a combination of previous project experiences, consultations with stakeholders, and direct interaction with young people from disadvantaged backgrounds, their families, and professionals working with them.

1. Previous project experiences: The partner organizations have extensive experience working with individuals with disabilities, as demonstrated in past Erasmus+ projects (e.g., WorkAbility, ActivAbility) and the Interreg FCE ASPIRE Project. These initiatives highlighted key barriers to mobility, autonomy, and social inclusion for young people furthest from the labour market. These insights emphasised the need for targeted programmes combining physical skills (like cycling) with environmental awareness. CYCLOS was created to maximize the impact of physical activity, environmental awareness, and independent mobility for young people.

2. Consultations with professionals: We conducted surveys and interviews with educators, social workers, and disability professionals. They highlighted the need for accessible, practical tools to help disadvantaged youths become more independent and socially integrated. These professionals also expressed a need for resources promoting sustainable mobility. Parents emphasised the importance of using sport and environmental awareness to encourage self-reliance and help young people address societal challenges.

3. Direct interaction with youths and families: Feedback from disadvantaged youths and their families showed strong interest in acquiring cycling skills, but concerns about safety, accessibility, cost and the lack of tailored programmes were raised. Many young people with limited employment opportunities cite their mobility as being the key barrier.



These insights have shaped the development of CYCLOS, ensuring that cycling education is accessible, practical, and integrated with environmental awareness.

How will this project address these needs?

The CYCLOS project will address the identified needs by developing a comprehensive training framework tailored to disadvantaged youths with low employment potential and providing professionals with specific pedagogical tools to support them.

First, disadvantaged youths with low employment potential will benefit from both practical and theoretical sessions on cycling and green mobility. These activities will be designed to promote their learning in cycling, the environment, and autonomy, while teaching them the necessary skills to travel independently and safely by bike. In line with environmental priorities, the project will also raise awareness of the impact of their mobility choices on the environment, encouraging them to adopt sustainable practices. These skills will directly improve their social inclusion and access to new opportunities, both personal and professional.

Next, to meet the needs of professionals, CYCLOS will develop a pedagogical guide co-created by experts and professionals who work with our target group, which will serve as an easy-to-read and understand reference tool for training young people. This guide will offer specific methods for teaching cycling and raising awareness about environmental issues to disadvantaged youths with low employment potential. It will also enable educators to acquire new skills, thereby improving their ability to promote green mobility and social inclusion.

Finally, training sessions for professionals will be organized to ensure the dissemination of best practices, guaranteeing a sustainable and replicable approach to the project in order to create formal learning opportunities for disadvantaged youths with low employment potential. In summary, CYCLOS will address needs by strengthening the skills of both young people and professionals, while promoting autonomy, inclusion, and environmental sustainability.



Partnership and cooperation arrangements

Partnership composition

Organisation ID	Legal name	Country	City	Organisation type	Newcomer
E10249754	FEDERONS LES VILLES POUR LA SANTE	France	Saint-André-Lez-Lille	Organisation or association representing (parts of) the sport sector	No
E10044491	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC	Romania	Baia Mare	Non-governmental organisation/association	No
E10387375	Austrian Forum for Integration and Sustainability	Austria	Vienna	Non-governmental organisation/association	Yes
E10247449	Computer Solutions SA	Greece	Athens	Small and medium sized enterprise	No

Cooperation arrangements

How did you form your partnership? How does the mix of participating organisations complement each other and what will be the added value of their collaboration in the framework of the project? If applicable, please list and describe the associated partners involved in the project.

During an Interreg FCE project, FLVS worked on the ASPIRE programme that aims to boost the health and wellbeing, as well as the self confidence of disadvantaged young people furthest from the labour market. Continued roll out of the programme has highlighted the mobility of the target group a major barrier for employability and social inclusion. The project idea took shape, with cycling emerging as the central focus, promoting not only sustainable mobility but also enhancing inclusion and skills. Through EU networks, FLVS identified ASSOC and AFIS as expert organisations in the field of providing social and employment support to disadvantaged groups, particularly youth affected by problems affecting their employment opportunities, such as intellectual disability and issues faced by migrants. This experience is complementary with FLVS who mainly has experience in reaching socioeconomically disadvantaged groups. According to Eurobarometer, the partner countries also have varying percentages of people who have never used a bike as a means of transport, in Romania this is as high as 61%, with 56% in France and only 32% in Austria. This will allow for sharing of best practices from Austria in which cycling is already more heavily adopted and sharing of key barriers elsewhere, allowing the project to adapt its approach to a wider range of challenges, making the outcomes more impactful across Europe. In addition, the partnership needed to identify a partner with experience in providing adapted digital tools for vulnerable groups. CSSA fit this role perfectly and will also be responsible for the dissemination and evaluation/quality control, which will be more objectively managed by a partner that is not directly involved in the face to face activities. This will also allow us to have a pathway into future roll out of on the ground activities in Greece, where 75% have never used a bike as a means of transport, for impact beyond the lifetime of the project. In terms of associated partners : FLVS will associate "Les Mains Dans le Guidon" an initiative that promotes self-repair workshops and therefore boosts autonomy whilst also encouraging up cycling of second hand bikes. AFIS will associate ESICA, who will support reaching of target groups in Vienna. All partners are committed to promoting green mobility and inclusion and the cultural and regional diversity of the consortium ensures that cycling is promoted not only as a sustainable transport solution but also as a tool for social change. By encouraging different subgroups of disadvantaged youths with low employment potential to engage with cycling and environmental responsibility, the project fosters greater autonomy, skill development, social integration and long-term employability. In addition, FLVS will contribute its digital ASPIRE platform to the project, which will be enhanced and adapted by CCA to include resources, e-learning and gamified elements for the target groups.

What is the task allocation and how does it reflect the commitment and active contribution of all participating organisations (including the associated partners, if applicable) ?

The task allocation for CYCLOS has been carefully designed, taking into account the expertise and internal resources of each partner. The project is divided into 5 WP, with each WP assigned a leader and a co-leader. This ensures shared responsibility across partners and allows them to contribute actively while leveraging their specific strengths and resources. Each WP leader and co-leader is responsible for drafting the guidelines, methodology, and templates required for the completion of their respective activities. They are also accountable for ensuring that deadlines are met and that the allocated budget is used efficiently. This structure promotes shared ownership and a collaborative approach, ensuring that all partners feel equally responsible for the project's success. Additionally, the project operates on the principle of co-creation, where every partner is encouraged to contribute across various activities, as well as involving the target group in the design process. ASSOC is responsible for WP2, which focuses on cycling knowledge, and is co-leader of WP3. This collaboration



between ASSOC and AFIS draws on their complementary expertise in reaching diverse youth target groups and ensures a smooth transition from theoretical knowledge to practical application in the project's cycling activities. AFIS serves as leader of WP3 ("From Theory to Practice in Cycling"), whilst FLVS will be the overall project coordinator and lead on WP1, handling overall project management, including administrative, financial, and risk management. FLVS is also in charge of ensuring compliance with the budget, handling time management, and maintaining effective communication with the National Agency. As the coordinator, FLVS plays a critical role in maintaining communication and resolving conflicts, ensuring that the project remains on track. CCSA will lead WP5 (co-led by FLVS) which focuses on dissemination, recommendations, evaluation and quality assurance. It is deemed important that a partner external to face to face activities lead on evaluation of these activites for better impartiality. FLVS plays a significant role in ensuring that the project's outputs are shared effectively across different networks which they have expertise in thanks to their network of 300 cities, and they will host the final conference in Lille to mark the project's conclusion, which the associated partner in France will co-organise. CCSA also leads WP4, co-led by FLVS, which is dedicated to the development of the project's digital components. Physical meetings are organised on a rotating basis between the partners, depending on the tasks to be carried out at each event. This rotating structure ensures that each partner has the opportunity to organise study visits to areas of best practice (such as the self-repair workshops in Lille) and take on important roles, allowing for equal participation and active contribution throughout the project lifecycle.

Describe the mechanism for coordination and communication between the participating organisations (including the associated partners, if applicable)

The CYCLOS project will be conducted in English, and the coordination and communication mechanism is based on a methodical approach designed to ensure smooth interaction between partners. Several key elements structure this coordination plan.

Dual leadership: Each Work Package (WP) is led by a leader and a co-leader, ensuring continuity in the event of absence. This dual leadership approach ensures the project progresses smoothly.

Teams chat: A Microsoft Teams chat will be created for key contacts from all of the partners to allow for regular communication. This ensures quick information flow and effective responses to needs and questions as they arise. Break-out chats can be organised for specific topics such as the digital platform of the communication and dissemination strategy.

Bilateral online meetings: Specific meetings are organised to address particular tasks or clarify specific questions. This flexibility allows for adaptation to project requirements and facilitates the prompt resolution of potential issues.

Bi-monthly meetings: Online meetings are held every two months to update partners on ongoing activities, define deadlines, and allocate responsibilities. These meetings are crucial for synchronising actions and ensuring compliance with guidelines, budget, and timelines.

Google Drive: All project documents are centralised on Google Drive, providing a collaborative platform for sharing contributions, comments, and feedback. This facilitates collaboration and allows easy access to all project documentation.

Transnational on-site meetings: 5 in-person meetings will be organised to strengthen cooperation. These meetings will foster better mutual understanding, establish trust, and share skills and good practices, contributing to project progress. Meeting face to face allows partners to get to know each other better and reduce conflict.

Conflicts will be resolved through structured steps: (1) Internal discussion (7 day deadline), (2) Escalation to the Steering Committee (14 day deadline), and (3) External mediation if unresolved. Partners will evaluate each other anonymously; biannually based on timeliness, quality, engagement, and compliance. A scoring system (1-5) and peer reviews ensure accountability. Partners with low scores submit improvement plans, followed by a reassessment in 3 months. The coordinator compiles results in an annual review, and a final project evaluation documents best practices. This ensures transparency, collaboration, and quality outcomes.

As the project coordinator, FLVS is responsible for ensuring effective cooperation and communication between partners. FLVS ensures that the established mechanisms produce quality results while encouraging the exchange of expertise and best practices in line with the project's collaborative approach. FLVS is also responsible for drafting meeting minutes, documenting discussions and decisions accurately, as well as ensuring communication with the national authority.

Impact

How are you going to assess if the project objectives have been achieved?

The evaluation of the CYCLOS project objectives will focus on concrete and measurable results in order to maximise the impact of the actions carried out.

The key points for evaluating the objectives are :

WP1 - Effective coordination and management: Measure adherence to deadlines, strict budget management, and smooth communication between partners to ensure proper project implementation. Each meeting and progress report will serve as a key performance indicator.

WP2 - Training and empowerment of professionals: Evaluate the creation and use of the Cyclos Guide as well as the training of 40 professionals. Success will be measured via questionnaires on their perceived self-efficacy to transfer skills related to green mobility, social inclusion, and autonomy to disadvantaged youths with low employment potential. We will measure the number of youths reached per professional.

WP3 - Youth autonomy: The project aims for young people to gain significant autonomy through cycling practice. Indicators include the number of successful practical sessions and the increase in individual autonomy in bike travel, which is crucial for their social inclusion and employability.

WP4 - Accessible digital application: evaluation will focus on the number of users, ease of use, and the application's impact in raising awareness (qualitative) among disadvantaged youths with low employment potential and professionals about the importance of sustainable mobility and environmental engagement.

WP5 - Dissemination and European impact: Success will be measured by the visibility and replication of the CYCLOS model across Europe. The number of public events and organisations adopting the Cyclos Guide will demonstrate the project's large-scale impact.

Impactful Evaluation Methods:

- Key Performance Indicators (KPIs): Measure the increase in autonomy, reduction in social isolation, and environmental awareness among youths. The project aims for 80% of participants to improve their mobility and awareness of the impact of green mobility.

- Participant satisfaction: Systematic surveys to assess the satisfaction of trained youths and professionals.

- Discussion groups and qualitative feedback: Involve youths and professionals in discussions to adjust and improve methods.

- Interviews and case studies as mentioned above are examples of qualitative methods

- Partners already provide physical activities to youths, so, to ensure sustainability, they will sign a Memorandum of Understanding at the end of the project implementation, through which they commit to integrate the outcomes and results of the Cyclos project into their existing professional practices after the end of the project.

Global Objectives:

- Increase the autonomy of youths with disadvantaged youths with low employment potential through green mobility.

- Raise awareness of the ecological impact through the use of bicycles.

- Create a network of trained and engaged professionals to promote these practices in the long term.

Explain how you will ensure the sustainability of the project: How will the participation in this project contribute to the development of the involved organisations in the long-term? How do you plan to continue using the project results or implement some of the activities after the project's end?

To ensure the sustainability of the CYCLOS project, several measures and strategies will be implemented to guarantee that the results and impacts last beyond its official duration. Participation in this project will play a key role in the long-term development of the organisations involved and the continued implementation of its activities.

Long-term development of organisations: These skills will allow organisations to continue developing similar initiatives and apply the concepts learned in future projects. The partnerships created will foster long-term collaboration, encouraging the exchange of best practices and resources for future projects.

Continuity of activities after the project : The CYCLOS project will generate concrete results that will be useful beyond the project's end. These include:

- The Cyclos Guide, a comprehensive training tool on green mobility and social inclusion, which will continue to be used by professionals and shared with others across Europe.

- The digital application will remain accessible and regularly updated, providing interactive resources for youth and professionals.

- The training sessions conducted during the project will be replicable by organisations outside of the partnership, ensuring a wide spread dynamic of continuous training in sustainable mobility and inclusion.

Replication and adaptation of activities: Activities such as cycling sessions and awareness campaigns on green mobility will be integrated into the organisations' regular programs. The network of qualified professionals created will ensure that these skills are passed on to new generations of professionals. These practices can be adapted to reach new target groups, further extending their impact.

Sustainability through dissemination: The results of CYCLOS will be widely disseminated through conferences, public events, and online platforms. The Cyclos Guide and other tools will be made accessible to a wider audience, ensuring



continued use beyond the original partners.

Impact on local and European policies: CYCLOS has the potential to influence public policies at local and European levels. Recommendations will be shared with decision-makers to promote greater cycling access for disadvantaged youths with low employment potential, ensuring long-term structural change.

The tools, training, and network developed will continue to benefit the participants, some of whom will be identified as ambassadors to promote future roll out, contributing to the development of the organisations involved, for lasting impact. FLVS will pilot this project in the Lille/Lens area in the North of France but will go on to roll it out to all 300 cities in their network. They will support on the ground partners in Austria and Romania to put in place a comparable strategy. In Greece, face to face activity is not foreseen during the project lifetime, but again FLVS will work with CSSA to identify potential actors that can benefit from the training beyond the lifetime.

Please describe the impact of the project on the participating organisations and their target groups. How the outcomes will be integrated in their regular work ?

The CYCLOS project has a broad potential impact that goes beyond the partner organisations. Its collaborative approach and concrete results aim to reach various groups at different levels: local, regional, national, and European.

Via the B to B to C model, the professionals trained within (any beyond) the partner organisations will acquire sustainable skills and practical tools to promote green mobility, social inclusion, and autonomy for disadvantaged youths with low employment potential to enhance their existing actions with this target group. These skills will become an integral part of their approaches, allowing them to continue the practice with target groups long after the project end. Each partner will benefit from the acquisition of new skills, the strengthening of their expertise, and the integration of the innovative practices developed by the project. By collaborating on this project, the organisations will enhance their ability and legitimacy to promote green mobility, social inclusion, and the autonomy of disadvantaged youths with low employment potential. Additionally, they will gain greater visibility and recognition at the European level, thereby strengthening their position in their respective fields.

The digital tool created will also remain available after the lifetime of the project and will continue to be used by partners and participants.

Long-term impact on the organisations: The tools and skills developed will continue to be used after the project ends, ensuring the continuation of activities. By influencing local and European policies on sustainable mobility and inclusion, CYCLOS will contribute to structural transformation that will benefit disadvantaged youths with low employment potential and allow for the partners of the project to widen their recognition and their reach. For example this could lead to FLVS attracting new cities into their VIF networks, or new financial partners wishing to support the partner organisations long term. Organisations involved will become ambassadors for inclusive and ecological practices, passing on this knowledge to other groups. Case studies and testimonials will be created for use after the project lifetime to continue to promote the need and evidence for the CYCLOS practices. Links created with local authorities will allow us to check the ongoing post-project impact after +6 and +12 months.

By involving the professionals in the partner teams in the design of the tools and training, the organisations will have ensured buy-in on an institutional level and this will help to embed the training as long term practice. The digital tools will have also been designed to be user friendly and used beyond the lifetime of the project.

By selecting ambassadors amongst the target groups, the project outcomes will ensure that these people are empowered to continue to promote the Cyclos tools in their communities. FLVS will share a model for ambassador training, developed in previous projects.

Please describe the wider impact of the project on local, regional, national or European level relevant for the field of the application.

At the local and regional level: Disadvantaged youths with low employment potential, families, professionals, and local communities will directly benefit from the training and tools developed. Awareness-raising initiatives and the promotion of cycling as a sustainable mode of transport will influence local practices, encouraging green mobility and social inclusion. Additionally, local training sessions will provide hands-on experience and skills, increasing employability and self-confidence among disadvantaged youth. By engaging municipalities, cycling associations and other key actors in towns and cities. CYCLOS will facilitate dialogue on urban mobility, leading to improvements in cycling infrastructure, safer routes, and integration into public transport systems. The initiative will also strengthen community ties by promoting collective activities and opportunities around cycling, fostering a sense of belonging and mutual support.

Promotion of results in local communities: The project aims to raise awareness in local communities about the benefits of green mobility and social inclusion via local events where the benefits of cycling will be presented through events organised to promote sustainable mobility. These activities will include workshops, events, and social campaigns, highlighting both the environmental and social benefits of cycling. Youth centres will integrate CYCLOS methodologies into their curricula, ensuring that new generations adopt sustainable transport habits. Partnerships with local actors such as local authorities,

centres, and associations to integrate CYCLOS practices and tools into their programmes. FLVS collaborates directly with 300 local authorities and their local centres/associations so will guide the other partners on how to do the same. Local authorities play a key role in promoting mobility to their citizens via policy (eg. via financial aid for buying bikes and cycle lanes). Utilising local media will also be a key target, in order to publish articles and testimonials, mobilising local communities.

At the national and European level: The project's results, such as the Cyclos Guide and the digital application, will be shared with other organisations across Europe. Stakeholders in the social, educational, and sports sectors will be able to adapt these tools to develop similar initiatives, ensuring wider dissemination and replication of best practices. This means that the target group will continue to benefit from the project outcomes within and beyond the partnership reach. Policymakers and decision-makers will be encouraged to incorporate project insights into national and European mobility strategies, potentially influencing legislation and funding priorities for sustainable transport and youth employment initiatives. Additionally, cross-border collaborations will be encouraged, strengthening partnerships between European institutions, cycling federations, and NGOs to further promote green mobility solutions.



Project design and implementation

In addition, subcontracting of services is allowed as long as it does not cover core activities on which the achievement of the objectives of the action directly depends. In such cases, the amount budgeted for subcontracting must be included in the description of the activities covered by the subcontract.

Work package No.1 Project Management

How will the progress, quality and achievement of project activities be monitored? Please give information about the involved staff, as well as the timing and frequency of the monitoring activities.

The monitoring of progress, quality, and the implementation of activities within the CYCLOS project will be meticulously and collaboratively orchestrated, fully involving each member of the consortium. A detailed GANTT chart has been developed to outline the entire project timeline, highlighting each stage, the responsibilities of the activity coordinators, and key mechanisms such as quality control and dissemination, whilst including flexibility via feedback loops. Prior to the submission of the project, a number of comprehensive meetings were held with all partners to gather feedback and ensure the full commitment of each consortium member. The leadership and co-leadership teams for each WP were formally validated by all partners, thereby reinforcing cohesion within the group.

The close collaboration between all partners will play a central role in establishing continuous quality assessment throughout the project. Systematic surveys will follow each LTTA meeting/TPM to evaluate the consortium's satisfaction with the organisation and the results of these meetings. The leaders and co-leaders of each activity will continuously monitor the implementation of each deliverable, regularly informing the partners and seeking their input when necessary.

Each partner will form a pair comprising a project manager responsible for implementation and an administrative representative. These individuals will engage the internal stakeholders and share the project's progress within their teams. A steering committee (Copil) will meet virtually every two months at M1, M3, and M5, with two additional online steering meetings to review the activities already completed and those yet to be implemented. The overall monitoring process will involve the active participation of all partners, encouraging in-depth discussions during monthly meetings, learning, teaching, and training activities (LTTA) sessions & transnational project meetings (TPM) taking place alongside study visits to optimise travel time/costs. Regular communication channels, emails and Teams chats, will be used to share actions taken and flag any potential challenges. Dates will be collaboratively determined through online polls, ensuring optimal participation.

The review of the progress of each activity will be a consensual process, taking into account any constraints, the desired format and the established timetable. Partners will meet regularly, online every 2 months, and will hold one LTTA/TPM in Romania during the project, as well as 1 TPM in France, 1 in Austria and 1 in Greece.

Finally, progress tracking will be shared transparently among all partners throughout the project, with direct access to each partner's results on shared drive. A shared older will be established for uploading all project documents, facilitating consultation, communication, and collaboration among consortium members. This approach guarantees transparent, efficient, and collaborative management of the CYCLOS project.

How will you ensure proper budget control and time management in your project?

FLVS, as the project lead, is responsible for managing the administrative and financial oversight of the CYCLOS project in collaboration with the partners. To ensure proper budget control and time management, FLVS has established dedicated tools for tracking financial and administrative documents. These include:

A dedicated folder for organising and archiving all physical supporting documents (paper version)

A digital project folder to store all electronic documents (allowing for confidentiality where necessary)

An Excel tracking sheet (accounting style) to monitor budgetary expenditures, broken down by budget lines, partner workdays, and cost allocations.

A detailed GANTT chart has been developed to manage time effectively. It outlines the duration of each activity within each Work Package (WP) and includes key dates for coordination meetings (TPM) which will take place alongside study visits/co-creation workshops to optimise travel time and costs and ensure optimal presence of relevant partners and stakeholders, long-term training sessions (LTTA), and the multiplier event. Within each WP, the leader and co-leader are responsible for ensuring the efficient use of financial resources and adherence to deadlines.

Each partner, WP, and activity has been allocated a detailed budget to ensure a rigorous financial management process. This collaborative budgeting process ensures that all partners have the necessary resources to complete their project activities while adhering to the co-contribution principle.

Regular technical coordination meetings (TPM) and bi-monthly online meetings enable continuous monitoring of the budget and deadlines.

These meetings foster frequent communication and cooperation among partners, providing opportunities to review the schedule and budget, and suggest adjustments if necessary.

They also serve as checkpoints to update the GANTT chart and budget in response to unforeseen circumstances.



Additionally, FLVS will conduct a semi-annual audit of timesheets submitted by each partner to ensure transparency and efficient use of resources. This process guarantees that resources are being used appropriately across all partners, allowing for continuous budget control and precise time management throughout the project's lifecycle. This comprehensive structure ensures that the project remains on schedule and within budget, providing a high level of transparency and accountability.

What are your plans for handling risks for project implementation (e.g. delays, budget, conflicts, etc.)?

Risk Management Plan for the CYCLOS Project Implementation:

Risk of Delay : Probability: Medium, Impact: High

Delays may arise from coordination issues, execution delays, or external factors

Mitigation Measures:

Develop a detailed schedule with milestones and deadlines

Include buffer periods for unforeseen delays

Hold regular follow-up meetings to address and adjust actions

Risk to the Security and Data Protection of Minors: Probability: Medium, Impact: High

Mitigation Measures:

Strict Access Control: Limit access to sensitive data, with regular monitoring

Clear Consent Process: Ensure a transparent process for obtaining parental consent before collecting data on minors

Risk of Budget Overruns : Probability: Low, Impact: Medium:

Unforeseen expenses or poor resource management may cause budget overruns

Mitigation Measures:

Create a detailed budget with allocations for each activity and partner

Use budget monitoring tools to ensure adherence.

Risk of Conflicts Between Partners : Probability: Low, Impact: Medium

Conflicts may arise due to cultural differences or differing priorities.

Mitigation Measures:

Define roles, responsibilities, and expectations clearly.

Encourage open communication and hold regular feedback sessions.

Risk of Lack of Commitment from Local Stakeholders Probability: Medium, Impact: High:

Ineffective or disengaged stakeholders may hinder project success.

Mitigation Measures:

Work with professionals familiar with the target audience.

Engage stakeholders early and clarify roles.

Maintain regular communication and updates via calls, emails, or newsletters.

Dissemination Risk :Probability: Medium, Impact: High:

Results may not be effectively disseminated, limiting impact.

Mitigation Measures:

Develop a dissemination plan with objectives and follow-up actions

Use communication tools (newsletters, websites, social media) to reach a wide audience

Organise events and training to share results

Monitor dissemination impact feedback participants indicators

How will you ensure that the activities are designed in an accessible and inclusive way?

The CYCLOS project is committed to making all its activities accessible and inclusive, by implementing strategies that allow young people with disadvantage to fully participate while promoting green mobility and environmental awareness thanks to cycling. From the planning phase, the project adopts a collaborative approach by involving partners and end beneficiaries to ensure that the specific needs of young people with disadvantage are taken into account. Each activity is developed with attention to the accessibility of venues and educational materials, both physically and cognitively. All partners already work extensively with vulnerable groups, and it's thanks to them that their needs will be taken into account.

The educational materials, whether the guide, videos, infographics, or digital documents, will be simplified and designed to be accessible to all. These materials will be available in different formats to ensure optimal understanding, regardless of the participants' level of competence or disability.

The training sessions are led by professionals trained in inclusion, capable of adapting pedagogical methods to individual needs.

CYCLOS provides an adapted cycling learning approach for young people with physical limitations. This ensures that everyone can fully participate in cycling activities. By offering these adapted tools, the project guarantees a greener mobility is accessible to everyone, regardless of physical abilities and an environmental awarness.

CYCLOS will also offer specific workshops and local events around environmental awareness, showing that green issues impact all of us despite our socio-economic or ability status to promote inclusion. By demonstrating a greener mobility is accessible to all and showing what participants are capable of achieving, CYCLOS naturally promotes social inclusion. The dissemination of the project's results will also help raise awareness among a wider audience. The digital application



developed as part of the project will ensure that it is usable by everyone, ensuring that no one is excluded from the project's digital activities.

Families and caregivers play a key role in supporting participants. CYCLOS actively involves them by providing regular updates on the project's goals and progress, thereby creating a support network around the young participants, strengthening their engagement, inclusion and environmental awareness adapted for them. This application is also being developed because they are in the 'digital divide', also known as digital exclusion, and we need to work on this and create tools that are tailored to them.

In conclusion, CYCLOS ensures accessibility and inclusion in all its activities through adapted educational tools, specialized guidance, and adapted cycling practices. By taking concrete actions and involving participants at every stage, the project also raises awareness about inclusion in local communities, while ensuring equal participation for every

How does the project incorporate the use of digital tools and learning methods to complement the physical activities and to improve cooperation between partner organisations?

The CYCLOS project integrates the use of digital tools, designed in easy to read and simple terms, providing innovative learning methods to complement physical activities, enhance the project's impact, and improve cooperation between partner organisations. These tools are essential for ensuring flexibility, collaboration, and wider participation, while adapting to the needs of each participant.

One of the key elements of the project is the development of a digital platform accessible to all participants, including those with disabilities. This application will serve as an interactive learning platform, incorporating educational content such as explanatory videos, tutorials, and infographics with an easy vocabulary for disadvantaged young people. It will also include modules on environmental awareness and green mobility, allowing young people to follow e-learning modules to complement practical cycling sessions.

The platform will also offer the possibility of personalised tracking, where participants can record their progress and receive advice to improve their cycling skills and environmental awareness. This strengthens their engagement and active participation throughout the project.

To ensure digital inclusion, the tools developed are made accessible to all, enabling participants, regardless of their situation, to access the content and creating an application to prevent the digital exclusion of vulnerable groups (particularly migrants)

The use of digital tools also facilitates transnational cooperation between the project's partners. Documents and reports are shared through collaborative platforms and shared drives, ensuring smooth management and effective coordination. These tools allow partners to track the progress of different tasks in real time, exchange feedback, and collaborate interactively, even from a distance.

Partner meetings are held regularly via videoconferencing, reducing the need for travel while ensuring constant communication. These online meetings help review activities, define the next steps, and resolve issues quickly, thus improving the project's efficiency and responsiveness.

The project's results will be widely disseminated through digital tools, reaching a broader audience. The educational materials created will be available online and shared with other organisations across Europe, thereby enhancing the project's impact beyond the initial partners. Digital tools also make it easier to collect and analyse participant feedback, enabling continuous project evaluation and adjustment of methods based on needs.

The integration of digital tools in the CYCLOS project not only improves learning methods and youth participation, but also strengthens partner cooperation. By using collaborative platforms and accessible technologies, CYCLOS ensures smooth management, expanded participation, and increased dissemination of results, while complementing physical activities with interactive, inclusive pedagogical.

How does the project incorporate green practices in different project phases?

The CYCLOS project actively encourages participation in and promotion of green mobility throughout, integrating participants and local communities in a collaborative and inclusive process.

By giving disadvantaged youths, who often have financial, cultural or mental barriers to cycling, the opportunity to learn to use and repair bicycles as a mode of autonomous transport, the project empowers them to become actors of a greener mobility. This active participation encourages them to play a larger role in their community by promoting green mobility and raising awareness about the importance of social inclusion.

Awareness and training sessions: The training modules include interactive workshops on environmental issues and the benefits of sustainable mobility. These sessions aim to educate participants not only about the ecological impact of their transportation choices but also about their responsibility as citizens in the fight against climate change. They are encouraged to share this knowledge within their communities, thus strengthening their civic engagement and their role as

ambassadors of sustainable mobility.

Participation of local communities: The project includes public events and awareness campaigns in partner communities, involving young participants, trained professionals, and the general public. These events provide participants with a platform to speak out and become agents of change in their regions by promoting cycling and sharing the best practices developed during the project. This will aim to encourage communities to invest in greener infrastructure such as bike lanes to boost employment in their area.

Co-creation and collaboration between partners: The project operates on a co-creation principle, where each partner is encouraged to contribute not only to the project's specific activities but also to the development of solutions. This approach fosters transnational cooperation, stimulating participation from different partners and reinforcing their long-term commitment. Each partner is involved in the design, implementation, and evaluation phases, ensuring that promotion of green mobility is embedded at every stage and every level.

Engagement of professionals: CYCLOS also trains professionals who become drivers of change in their organizations and communities. By educating them about sustainable mobility and social inclusion, these professionals are better equipped to engage youth in similar projects in the future, thus ensuring a continued green engagement beyond the project's duration.

In conclusion CYCLOS project encourages green mobility and environmental awareness in target groups, the professionals that work with them and via the mobilisation of local communities. By placing co-creation and transnational collaboration at the center of its actions, CYCLOS motivates all actors to engage in a sustainable manner and become active citizens in building a more inclusive and environmentally friendly society.

How does the project encourage participation and civic engagement in different project phases?

The CYCLOS project encourages participation and civic engagement at every phase by involving young participants, local communities, and partners in a collaborative and inclusive process.

Active involvement of young people: The project places young people with barriers to employment due to various key vulnerabilities, at the heart of the activities, enabling them to develop skills in sustainable mobility through cycling. They become actors of their own autonomy and promoting greener mobility, boosting their self-confidence and ability to actively participate in community life. Their involvement in green mobility initiatives raises awareness of the importance of civic and environmental engagement.

Promoting community mobilisation: Local events, such as awareness sessions and cycling activities, foster the engagement of participants and the community. Young people and professionals trained through the project act as ambassadors for sustainable mobility, passing on the skills and knowledge acquired to other community members, which stimulates civic engagement at the local level.

Collective actions and collaboration: The public events organised as part of the project, such as awareness campaigns or cycling demonstrations, are designed to encourage participants to engage collectively. They have the opportunity to work together to promote inclusion and environmental responsibility through cycling. These initiatives strengthen social ties and encourage more active participation in civic life.

Partner involvement: Each project partner plays a role in encouraging civic participation by actively involving its members in the co-design of activities. This fosters a sense of ownership of the project and promotes the co-creation of solutions, driving partners to remain engaged in the project long-term and maintain their commitment beyond the project's duration.

Promoting results and dissemination: The project includes activities for disseminating results that involve participants in sharing best practices and outcomes with a wider audience. Young people and professionals are encouraged to share their experiences and promote cycling as a tool for inclusion and green mobility, thus contributing to broader societal change.

Long-term engagement: By training young people and professionals in inclusion and sustainable mobility, CYCLOS fosters lasting civic engagement. Participants continue to apply and share the values and practices of the project beyond its duration, encouraging long-term involvement in their local environment.

To conclude, CYCLOS project promotes civic engagement through concrete actions, community involvement, and youth mobilization around the issues of sustainable mobility and inclusion. By equipping participants with the tools to become agents of change, CYCLOS strengthens their commitment to society and encourages active participation in civic life.

Grant amount allocated to Project management

45 900,00 €



Work package No.2 - Cycling knowledge

In addition, subcontracting of services is allowed as long as it does not cover core activities on which the achievement of the objectives of the action directly depends. In such cases, the amount budgeted for subcontracting must be included in the description of the activities covered by the subcontract.

What are the specific objectives of this work package and how do they contribute to the general objectives of the project?

The objectives contribute to the general objectives of CYCLOS by ensuring that professionals are adequately trained to deliver inclusive, empowering, and environmentally aware cycling sessions for disadvantaged youths. These objectives align perfectly with the broader goals of CYCLOS which focus on promoting inclusion, autonomy, green mobility and environmental awareness.

By promoting inclusion WP2 enables the professionals to create safe and accessible cycling environments where young people with disadvantages can fully participate. This helps achieve the project's goal of using cycling as a green mobility for social inclusion, ensuring that all participants, regardless of their abilities, can benefit from CYCLOS.

The focus on fostering autonomy through the training modules contributes to the overarching objective of the project: to empower youths with the skills and confidence to navigate their world independently. Autonomy is key to enabling these youths to take control of their own mobility and, in the long term, enhance their employability prospects by reducing dependence on others for transport. This directly supports CYCLOS' aim of fostering self-sufficiency and social integration. Raising environmental awareness through WP2 also contributes to the general objectives of the project by embedding sustainable practices in the daily lives of participants. By training professionals to teach cycling alongside lessons on sustainable mobility, WP2 supports CYCLOS's environmental goal of promoting green mobility as an ecological transport solution and creating a generation of environmentally conscious individuals. This aligns the project's social inclusion efforts with the pressing need for environmental responsibility.

To conclude, WP2 acts as a foundational element in achieving the CYCLOS project's broader objectives, ensuring that trained professionals are equipped to deliver impactful, inclusive and environmentally responsible cycling programmes.

What will be the main results of this work package?

The main tangible result of WP2 will be the creation, validation and piloting of the Cyclos Guide. This latter is a guide addressed to professionals and aimed at training them on how to encourage and conduct cycling activities for youths with particular disadvantages (disability, migrant status, low socioeconomic status) that hinder their access to social inclusion and employment. By focusing on the different benefits that green mobility can have both on youths and on the environment, this WP will take a positive education approach rather than a top down approach. Thanks to the guide and to the related training sessions that will be conducted within WP2, professionals will acquire the necessary knowledge to conduct cycling activities with youths, understanding the main obstacles for the different vulnerabilities that they face and techniques to overcome them, encouraging youths to practise green mobility and to undertake environmentally responsible behaviours. More in detail, the Cyclos Guide will be composed of 5 training modules:

Module 1 - Green mobility and its benefits for disadvantaged youths: cognitive, cultural, emotional, social and economic

Module 2 - Basics of cycling: assess individual abilities and needs, safety first, choose the right type of cycling instruments

Module 3 - Advanced cycling techniques: enhancing balance and control, gear and brakes, climbing and descending hills, cycling in the traffic

Module 4 - Bike maintenance: the ABC quick check, cleaning and lubricating, fixing and maintenance

Module 5 - Confidence on the street: step-by-step approach, maintain consistency and practice, gradually introduce real-world scenarios, positive reinforcement and patience

The main intangible results of WP2 will be:

Increased knowledge and expertise of professionals to deliver a training to young people concerning green mobility

Increased environmental awareness and knowledge of environmental benefits deriving from green mobility

What qualitative and quantitative indicators will you use to measure the level of the achievement of the work package objectives and the quality of the results?

The main quantitative indicators used to measure the level of achievement of the WP2 objectives and the related results are:

1 Cyclos Guide in EN + FR, RO, GR, DE

5 training modules (including 1 developed by associated partner on self-repair) composing the Cycling Guide

1 LTIA in Romania lasting 3 days (+ 2 days travel)

8 staff members (2/partner organisation) participating in the LTIA (a TPM will take place in conjunction with this LTIA to optimise travel time/cost and ensure optimal participation).

4 validation sessions with professionals (1/partner)

20 professionals (5/partner) participating in the validation session

4 reports of the validation sessions (1/partner)

1 consolidated report of the validation sessions

3 training sessions for professionals (1/partner working on the ground)

30 professionals (10/partner) participating in the training sessions

3 reports of the training sessions (1/partner)

1 consolidated report of the training sessions

The following qualitative indicators will be used:

Level of knowledge and expertise of professionals to deliver a training to youth concerning green mobility: pre and post-evaluation, +80% in reported self-efficacy after participating in the training sessions

Level of environmental awareness and knowledge of environmental benefits deriving from green mobility: pre and post-evaluation, +80% after participating in the training sessions

One on one interviews will be conducted resulting in case studies and testimonials to be used in WP5. Interviews with youths will measure their perceived improvement of autonomy, as well as their raised awareness about the environment and green mobility. We will use this information to justify the integration of this new practice into partner organisations, but also into stakeholders and long term partners such as the 300 VIF network cities.

Please describe the tasks and responsibilities of each partner organisation in the work package.

ASSOC is the leader and AFIS is the co-leader of WP2. They will be jointly responsible for: Creating the WP2 workplan, guidelines and templates (A2.1), monitoring the development of the training materials (A2.2), conducting of the validation workshops (A2.3), the translations and the creation of the Cyclos Guide (A2.4), the training sessions for professionals for teaching to disadvantaged young people (A2.5), ensuring the respect of guidelines and deadlines by all partners, as well as the achievement of the WP2 indicators and objectives and the LTTA in Romania (A2.6)

All partners will: respect the guidelines and deadlines provided by leader and co-leader (A2.1), create one training module (A2.2), organise one validation session with professionals, improve the training materials and contribute to the creation of the Cyclos Guide (A2.3), translate the Cycling Guide in their own national languages (A2.4), Organise one training session for professionals (A2.5), participate in the LTTA in Romania (A2.6), evaluations will be implement during the WP2 (A2.7) and same for the dissemination (A2.8)

ASSOC is responsible for organising and hosting the LTTA. As such, it will deal with the logistic and organisational aspects of the LTTA, providing partners with the agenda and info-pack, containing useful information concerning travel, accommodation and any other issue that may be relevant for supporting partners in organising their trip.

FLVS is responsible for creating the visual layout of the Cyclos Guide.

CSSA (Quality Leader and dissemination) and FLVS as project coordinator will support the WP2 leader and co-leader in ensuring the conduction of all project tasks with effectiveness, proposing mitigating measures when necessary. FLVS will jointly monitor the respect of deadlines and budget. CSSA will monitor the impact of WP2 and the level of achievement of each indicator.

Please explain how you define the amount dedicated to the work package and how the work package is cost-effective ?

The total amount allocated to all the activities in Work Package 2, titled "cycling knowledge," is intended to co-finance the personnel, external and travel costs necessary to implement the desired work and produce the three targeted results in this module:

Result 1 - CYCLOS Guide

Result 2 - Creating training modules on cycling and environmental awareness

Result 3 - Creating training sessions for professionals

The majority of costs in this work package are personnel costs (2 participants per organisation) related to the creation of activities for sessions and modules about cycling and environmental awareness. Additionally, a LTTA will be held in Romania with all coordinators to discuss project progress and upcoming phases. Travel costs (transportation and accommodation) are included in this WP for various in-person activities, and field visits to local organisations engaged in environmental learning and awareness initiatives in Romania.

Each collaborative activity in this module aims to produce relevant deliverables addressing the needs identified in the project's preparatory phase. These deliverables will be shared with other local and European stakeholders, including associated partners, civil society organisations, and local authorities active in the fields of inclusion and environmental sustainability.

Drawing from their previous cooperation experiences, consortium members have sought the best balance in terms of efficiency between:

- Familiarisation phases (among consortium partners, associated partners, and local ecosystem organisations)
- Action-research through learning visits and in-person production (essential for smooth cooperation)
- Production phases that can be conducted remotely

Distribution of days/costs for activities:

A2.1 Creation of workplan, guidelines, and templates (€9,500)

- 6 days/partner (FLVS)
- 10 days for co-pilots AFIS
- 21 days for ASSOC

A2.2: Creation of the training modules (€11,900)

- 10 days/partner (FLVS)
- 12 days for co-pilots AFIS
- 21 days for ASSOC

A2.3: Validation sessions and fine-tuning (€8,050)

- 5 days/partner (FLVS)

- 10 days for co-pilots AFIS

- 16 days for ASSOC

A2.4 Translation (€1,840)

- 2 days/ all partners

A2.5 Training sessions for professionals (11 040€)

- 12 days/partner delivering training (FLVS, ASSOC, AFIS)

A2.6 LTTA in Romania (€9,000)

- ASSOC as host (most of cost)

- 1 learner and consortium members

A2.7 Evaluation (€750)

- 2 days for CSSA as leader

- 1 day for FLVS as co-leader

A3.8 Dissemination (€750)

- 2 days for CSSA as leader

- 1 day for FLVS as co-leader

Total: €52 850

Activities (2 - Cycling knowledge)

In the following sections, you are asked to provide details about each activity of the work package.

You are asked to provide information about each planned activity as a whole (e.g. its venue, duration, estimated number of participants etc.), to define the activity's lead organisation, and optionally to list the other participating organisations. The lead organisation is typically the one organising the activity. The other participating organisations are all other project partners who will also take part in the particular activity. The estimated activity start and end dates can be changed during implementation.

Please specify each of the planned project activities in the table below

Activity title	Venue	Estimated start date	Estimated end date	Leading Organisation	Participating Organisations	Amount allocated to activity (EUR)	Expected results
A2.1: Creation of workplan, guidelines and templates	Virtual activity	01/09/2025	31/10/2025	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR) , Austrian Forum for Integration and Sustainability (E10387375 - AT)	9 520,00	1 workplan, containing the guidelines and templates for conducting all WP2 tasks
A2.2: Creation of the training modules	Virtual activity	03/11/2025	31/01/2026	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR) , Austrian Forum for Integration and Sustainability (E10387375 - AT)	11 900,00	5 training modules developed
A2.3: Validation sessions and fine-tuning	Virtual activity	01/02/2026	31/03/2026	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR) , Austrian Forum for Integration and Sustainability (E10387375 - AT)	8 050,00	4 validation sessions with professionals (1/partner) 20 professionals (5/partner) participating in the validation sessions 1 final version of the Cycling Guide in EN
A2.4: Translation	Virtual activity	01/04/2026	30/04/2026	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR)	Asociatia Profesionala	1 840,00	Cycling Guide translated in FR, RO, DE and GR

				Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO) ,	
				Computer Solutions SA (E10247449 - EL) ,	
				Austrian Forum for Integration and Sustainability (E10387375 - AT)	
A2.5 Training sessions for professionals	Virtual activity	01/04/2026	30/06/2026	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR) , Austrian Forum for Integration and Sustainability (E10387375 - AT)
					11 040,00
					3 training sessions (1/partner) 30 professionals (10/partner) participating in the training sessions
A2.6: LTTA in Baia Mare - Romania	Romania	01/05/2026	31/05/2026	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR) , Austrian Forum for Integration and Sustainability (E10387375 - AT) , Computer Solutions SA (E10247449 - EL)
					9 000,00
					1 LTTA lasting 3 days (+ 2 travel days) hosting 8 staff members (2/partner)
A2.7: Evaluation	Virtual activity	01/09/2025	30/06/2026	Computer Solutions SA (E10247449 - EL)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR) , Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO) , Austrian Forum for Integration
					750,00
					Summary of assessment of training

A2.8: Dissemination Virtual activity 01/09/2025 30/06/2026 Computer Solutions SA (E10247449 - EL)

and Sustainability (E10387375 - AT)

Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR) ,

Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO) , 750,00

Posting on social networks and on the website

Austrian Forum for Integration and Sustainability (E10387375 - AT)

Total	Sum of grant (EUR)	
		52 850,00

Description of the activities

Describe the content of the proposed activities.

A2.1: The WP2 leader and co-leader will create the WP2 workplan, containing the division of roles and responsibilities among all partners, the deadlines and guidelines to be respected, the indicators to achieve, as well as the templates needed for all WP2 tasks

A2.2: Following the instructions provided in the WP2 workplan, all partners develop the training modules that are going to form the Cyclos Guide. Each partner (and associated partners) will contribute to the training modules described in the section above

A2.3: Each partner will organise a validation session, in which at least 5 professionals will participate. The training modules will be presented to professionals in such a way to collect their feedback and assess the usefulness and effectiveness of the materials developed. On the basis of the feedback received, all partners will make the necessary modification to the modules and thus create the final version of the Cyclos Guide in EN

A2.4: Partners will translate the Cyclos Guide in their national languages: French, Romanian, German, Greek

A2.5: Each "on the ground" (FR, AU, RO) partner will organise one training session, hosting at least 10 professionals, in which the contents of the Cyclos Guide will be piloted. Professionals will acquire the necessary knowledge to conduct cycling activities with Youths with ID, understanding obstacles and solutions, main methodologies, social, civic and environmental considerations

A2.6: ASSOC will host a LTTA lasting 3 days (+ 2 travel days), hosting 2 staff members from each partner organisation (8 in total). The LTTA will be aimed at testing the training modules internally and thus assess their effectiveness, usefulness and propose changes and integrations when necessary. The training modules will be adapted according to participants' feedback after the LTTA

A2.7: CSSA will summarise of assessments concerning the evaluation of training

A2.8: CSSA will post on social networks and on the website with input from all

Explain how these activities are going to help reach the WP objectives.

The activities described above help reach the WP2 objectives since they are aimed at creating and piloting the Guide. In turn, this latter is aimed at providing professionals with the necessary knowledge and expertise for delivering training in which youths with ID will have the possibility to:

Be aware of the environmental implications & benefits of green mobility

Learn how to ride bikes & other green mobility

Increase their feeling of social inclusion & their level of civic engagement

Develop practical skills that will help them becoming more independent in conducting everyday tasks, as well as indirectly increase their employability potential

Thus, the WP2 activities are aimed at training professionals in such a way that they are capable to deliver a training through which they can sensitise youths with ID on environmental issues, increase their awareness about green mobility, foster their social & civic integration, empower them to make use of green transportation means and develop some important practical skills that will help them become more autonomous in their everyday life. This is indeed the final aim of WP2

The WP2 activities are structured in such a way that it gives the possibility to access the training contents both to internal staff members (during LTTA in A2.3) and to external professionals (during the validation sessions in A2.4 and the delivery of the training sessions in A2.6), thus achieving the mentioned aims for both of these TGs.

A2.2 is strictly related to the creation of the training modules that will then compose the Guide. A2.3 is dedicated to the internal testing of the training contents developed, while A2.4 is dedicated to external validation with professionals. A2.5 deals with the delivery of the final training course to professionals. A2.1 has been considered preliminary and fundamental for the correct & effective development of all the following WP2 tasks. A2.5 serves to increase the guide's impact to people dont speak english.

Describe the expected results of the activities.

A2.1: 1 workplan containing a set of guidelines and template for the effective implementation of the WP2 tasks

A2.2: 5 training modules developed in EN

A2.3: 4 validation sessions with professionals organised (1/partner). 5 professionals participating in each session (20 in total). 4 reports of the validation sessions (1/partner). 1 consolidated report of the validation sessions. 1 final version of the Cyclos Guide in EN

A2.4: Cyclos Guide translated in FR, RO, DE and GR

A2.5: 3 training sessions for professionals organised (1/partner). 10 professionals participating in each session (30 in total). 3 reports of the training sessions (1/partner). 1 consolidated report of the training sessions : youth pass certificate will be provided to all participants.

A2.6: 1 LTTA hosted by ASSOC in Baia Mare - Romania. Duration: 3 days + 2 travel days. 8 staff members (2/partner) participating in the LTTA

A2.7: CSSA will summarise assessments concerning the evaluation of the training

A2.8: Posting on social networks and on the website by all partners but coordinated by CSSA

Expected number and profile of participants.

Participants in the WP2 activities are represented not only by the staff members of the project partners, but also by external stakeholders. These latter will participate in:

The validation sessions in A2.3: 5 stakeholders per partner, for a total of 20 people

The training sessions in A2.5: 10 stakeholders per partner, a total of 30 people

Such stakeholders may be represented by: Social professionals (e.g. social workers, psychologists) working with youths, sport professionals, cycling professionals (including for instance owners of bike shops), green mobility experts, youth workers.

As for staff members of partner organisations, they will participate in all WP2 activities. Each partner organisation will design at least two representatives:

WP2 coordinator, responsible for the overall coordination of the WP2 activities for their own organisation, respecting deadlines and budget, dealing with administrative and financial issues, risk mitigation, cooperating with the other partners, ensuring the achievement of the project indicators and the overall effectiveness when conducting the WP2 tasks

WP2 researcher/trainer/technician, responsible for the practical implementation of the WP2 activities: developing one training module (A2.2); organise and conduct a validation session with professionals, create the related report and apply the necessary modifications to the training module (A2.3); translate the final version of the Cyclos guide in their national language (A2.4); organise and conduct one training session for professionals and draft the related report (A2.5)

These two representatives of each partner organisation will also participate in the LTAA organised in Romania (A2.6).

Please keep in mind that the Erasmus+ Programme is offering co-financing for your project. This means that the EU grant can only cover a part of the project costs, while the rest must be covered by the participating organisations either in form of additional funding, or in form of invested goods, services and work.



Work package No.3 - From theory to practice in cycling

In addition, subcontracting of services is allowed as long as it does not cover core activities on which the achievement of the objectives of the action directly depends. In such cases, the amount budgeted for subcontracting must be included in the description of the activities covered by the subcontract.

What are the specific objectives of this work package and how do they contribute to the general objectives of the project?

The specific objectives of WP3 are crucial for supporting the overall goals of promoting social inclusion, autonomy, and environmental awareness through green mobility. WP3 aims to put theoretical knowledge into practice by implementing activities that build cycling skills and raise awareness of sustainable mobility among disadvantaged young people.

Promoting sustainable mobility and environmental awareness: WP3 integrates environmental workshops with cycling training, teaching participants how green mobility reduces CO2 emissions and supports environmental responsibility. This approach helps the project achieve its goal of promoting eco-friendly transport solutions.

Fostering autonomy for young people with vulnerabilities: WP3 empowers young participants by helping them develop practical cycling skills, enhancing their independence in daily life. This focus on autonomy strengthens their social inclusion and supports their ability to engage in society with less reliance on others.

Developing a replicable model for wider use: WP3 creates educational tools, including the Cyclos Guide, which will be used by professionals across Europe. This ensures that the project's outcomes can be applied long after its conclusion, contributing to CYCLOS' long-term impact on green mobility and inclusion.

Measuring progress and impact: WP3 includes evaluation and documentation processes to ensure that project objectives are met, focusing on improvements in autonomy, social inclusion, and environmental awareness among participants.

By integrating practical cycling training activities, raising awareness of environmental impact and creating transferable educational resources, WP3 helps to promote autonomy, social inclusion and sustainable mobility among young people with vulnerabilities. These efforts are part of CYCLOS' overall vision, which is to improve the quality of life of these young people while involving them in the transition to a more sustainable and inclusive future.

What will be the main results of this work package?

The main results of WP3 will directly contribute to the goals of the CYCLOS project, focusing on empowering young people with barriers to accessing the labour market due to their vulnerabilities, through practical cycling skills and environmental awareness. The key results of this work package include:

- Development of a comprehensive training plan and resources: WP3 will produce detailed work plans, guidelines, and templates that will guide the entire training process, ensuring consistency and effectiveness across all partners.
- Creation of workshops/events on cycling and the environment: A series of workshops and local events combining cycling skills with environmental education will be designed to teach participants the importance of green mobility and sustainable living.
- Implementation of practical cycling sessions: WP3 will organise practical cycling sessions that integrate the concepts of sustainable mobility and inclusion. These sessions will help participants gain confidence and autonomy in their daily movements.
- Learning outcomes assessment: An assessment process will be developed to evaluate the skills acquired by participants in both cycling and environmental awareness, measuring their progress and impact.
- Creation of multilingual educational materials: The training content, including the Cyclos Guide, will be translated into several languages to ensure accessibility and allow the replication of the model in different countries.
- Documentation of results: WP3 will document the learning outcomes and environmental awareness results, which will serve as a foundation for further development and replication of the project's activities.

In conclusion, WP3 will generate practical tools, learning materials, and documented outcomes that ensure the lasting impact of the project, both locally and across Europe.

What qualitative and quantitative indicators will you use to measure the level of the achievement of the work package objectives and the quality of the results?

Integrating data into the CYCLOS Guide 8 training courses linked to the 3 topics :

- Topic 1: Environmental awareness, green mobility and introduction to cycling
- Topic 2: Basics cycling techniques, maintenance and environmental impact
- Topic 3: Confidence in traffic and environmental responsibility
- Participation of 60 young people : 20 per partner working on the ground (FR, RO, AU)
- 1 Study visit and co-creation workshop in Vienna
- 8 staff members at the study visit and co-creation workshop in Vienna
- 80% participant satisfaction
- 85% satisfaction with the quality of teaching materials
- 90% of young people aware of environmental impact"
- 80% success rate in cycling skills assessments among participants.
- Guide translated into French, English, Romanian, German and Greek, ensuring wide accessibility of content.
- 20 professionals capable of disseminating skills in green mobility and social inclusion.



Qualitative results will include outcomes of interviews with participants to measure their empowerment and self confidence, case studies and testimonials will be produced in written and video formats to share on social media and as part of an impact report. Certain participants will be identified as ambassadors and receive further support to promote the initiative in their communities.

Please describe the tasks and responsibilities of each partner organisation in the work package.

AFIS is the leader, and ASSOC is the co-leader of WP3. They are jointly responsible for creating the WP3 workplan, guidelines, and templates (A3.1), monitoring the development of training sessions (A3.2), overseeing the practical cycling sessions (A3.3), and ensuring the overall quality of the work package.

Concerning the responsibilities of AFIS and ASSOC, it will be :

- Workplan, Guidelines, and Templates (A3.1): AFIS and ASSOC will create and share these documents to guide the partners in implementing WP3 activities. FLVS will contribute.
- Training Sessions on Cycling and Environment (A3.2): AFIS and ASSOC will develop these sessions, and partners will validate together with FLVS and deliver them in their respective countries.
- Practical Cycling Sessions (A3.3): AFIS and ASSOC will provide guidelines, and they will, as well as FLVS, organise local sessions focusing on sustainable mobility and inclusion.
- Assessment of Skills (A3.4): CSSA and FLVS will design assessment methods, and partners will conduct these assessments locally on the ground.
- Study visit and co-creation workshop in Vienna (A3.5): AFIS will manage logistics, and all partners will send staff to participate.
- Documentation of Results (A3.6): CSSA and FLVS will consolidate data, while partners contribute local results. Everyone will communicate about them.
- Translation of All Content (A3.7): AFIS and ASSOC will oversee translation, with partners ensuring quality in their languages.
- Evaluation (A3.8): CSSA will lead the evaluation of WP3 activities.
- Dissemination (A3.9): CSSA will coordinate dissemination at European level, while partners handle local promotion.

Concerning the role of all partners, they will review and validate all materials, implement activities, and contribute to evaluation and dissemination, ensuring local and European impact.

Please explain how you define the amount dedicated to the work package and how the work package is cost-effective ?

The total amount allocated to all the activities in Work Package 3, titled "From theory to practice in cycling," is intended to co-finance the personnel and travel costs necessary to implement the desired work and produce the three targeted results in this module:

Result 1 – Integrating data into the CYCLOS Guide

Result 2 – Creating training sessions on cycling and environmental awareness

Result 3 – Creating practical cycling sessions integrating sustainable mobility and inclusion

The majority of costs in this work package are personnel costs (2 participants per organisation) related to the implementation of activities for learning cycling and environmental awareness. Additionally, a meeting will be held in Vienna with all coordinators, to discuss project progress and upcoming phases. Travel costs (transportation and accommodation) are included in this WP for various in-person activities, such as the learning visit in Vienna, hosted by AFIS, and field visits to local organisations engaged in environmental learning and awareness initiatives.

Each collaborative activity in this module aims to produce relevant deliverables addressing the needs identified in the project's preparatory phase. These deliverables will be shared with other local and European stakeholders, including associated partners, civil society organisations, and local authorities active in the fields of inclusion and environmental sustainability.

Drawing from their previous cooperation experiences, consortium members have sought the best balance in terms of efficiency between:

- Familiarization phases (among consortium partners, associated partners, and local ecosystem organisations)
- Action-research through learning visits and in-person production (essential for smooth cooperation)
- Production phases that can be conducted remotely

Lastly, the decision to combine the transnational meeting with a study visit in Vienna, led by AFIS, including learning sessions among partners, will enable collective validation of key elements of the guide and the issues surrounding their development.

Distribution of days/costs for activities:

A3.1 Creation of workplan, guidelines, and templates (€5,200)

- 3 days/partner involved (FLVS)

- 5 days for co-pilots ASSOC

- 11 days for AFIS

A3.2 Creation of workshops on cycling and the environment (€11,490)

- 8 days/partner involved (FLVS)

- 12 days for co-pilots ASSOC

- 21 days for AFIS

A3.3 Organization of practical cycling sessions integrating sustainable mobility and inclusion (€11,040)

- 12 days for all partners involved (FLVS, ASSOC, AFIS)

A3.4 Assessment of cycling and environmental awareness skills (€7,540)

- 5 days/partners involved (ASSOC and AFIS)

- 7 days for co-pilots FLVS

- 15 days for CSSA

A3.5 Study visit and co-creation workshop in Vienna (€9,000)

- AFIS an host (most of cost)

- 1 learner and consortium members (ASSOC, FLVS, CSSA)

A3.6 Documentation of results on learning to cycle and environmental awareness (€5,790)

- 2 days/partner (ASSOC / AFIS)

- 9 days for co-pilots FLVS

- 12 days for CSSA

A3.7 Translation of all content in all languages (€1,840)

- 2 translation days for all partners

A3.8 Evaluation (€750)

- 2 days for CSSA

- 1 day for FLVS as co-leader

A3.9 Dissemination (€750)

- 2 days for CSSA

- 1 day for FLVS as co-leader

Total: €53,400

Activities (3 - From theory to practice in cycling)

In the following sections, you are asked to provide details about each activity of the work package.

You are asked to provide information about each planned activity as a whole (e.g. its venue, duration, estimated number of participants etc.), to define the activity's lead organisation, and optionally to list the other participating organisations. The lead organisation is typically the one organising the activity. The other participating organisations are all other project partners who will also take part in the particular activity. The estimated activity start and end dates can be changed during implementation.

Please specify each of the planned project activities in the table below

Activity title	Venue	Estimated start date	Estimated end date	Leading Organisation	Participating Organisations	Amount allocated to activity (EUR)	Expected results
A3.1: Creation of workplan, guidelines and templates	Virtual activity	01/06/2026	31/07/2026	Austrian Forum for Integration and Sustainability (E10387375 - AT)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR) , Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO)	5 200,00	Integrating data into the CYCLOS guide
A3.2: Creation of workshops/events on cycling and the environment	Virtual activity	01/08/2026	31/10/2026	Austrian Forum for Integration and Sustainability (E10387375 - AT)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR) , Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO)	11 490,00	6 workshops (2/partner) linked to the 3 topics: 1: Environmental awareness, green mobility and introduction to cycling 2: Basics cycling techniques, maintenance and environmental impact 3: Confidence in traffic and environmental responsibility
A3.3: Organisation of practical cycling sessions integrating sustainable mobility and inclusion	Virtual activity	01/10/2026	31/12/2026	Austrian Forum for Integration and Sustainability (E10387375 - AT)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR) , Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO)	11 040,00	20 professionals capable of disseminating skills in green mobility and social inclusion. Participation of 60 young people : 20 per on the ground partner

A3.4: Assessment of cycling and environmental awareness skills	Virtual activity	01/12/2026	28/02/2027	Computer Solutions SA (E10247449 - EL)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR), Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO), Austrian Forum for Integration and Sustainability (E10387375 - AT)	7 540,00	80% participant satisfaction 85% satisfaction with the quality of teaching materials 90% of young people aware of environmental impact
A3.5 Study visit and co-creation workshop in Vienna in Austria	Austria	01/12/2026	31/12/2026	Austrian Forum for Integration and Sustainability (E10387375 - AT)	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO), Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR), Computer Solutions SA (E10247449 - EL)	9 000,00	Multi-day study visit of existing good practice and co-design activity to create the content of the training
A3.6 Documentation of results on learning to cycle and environmental awareness	Virtual activity	01/02/2027	30/04/2027	Computer Solutions SA (E10247449 - EL)	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO), Austrian Forum for Integration and Sustainability (E10387375 - AT), Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR)	5 790,00	80% success rate in cycling skills assessments among participants.
3.7: Translation of all content in all languages	Virtual activity	01/03/2027	30/04/2027	Austrian Forum for Integration and Sustainability	Asociatia Profesionala	1 840,00	Guide translated into French, German, English, Romanian and Greek, ensuring wide accessibility of content.

(E10387375 - AT)

Neguvernamentalala de
Asistenta Sociala ASSOC
(E10044491 - RO),

Computer Solutions SA
(E10247449 - EL),

Applicant - FEDERONS LES
VILLES POUR LA SANTE
(E10249754 - FR)

Asociatia Profesionala
Neguvernamentalala de
Asistenta Sociala ASSOC
(E10044491 - RO),

A3.8: Evaluation	Virtual activity	01/06/2026	30/04/2027	Computer Solutions SA (E10247449 - EL)	Austrian Forum for Integration and Sustainability (E10387375 - AT),	750,00	Summary of assessment on impact of sessions
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Applicant - FEDERONS LES
VILLES POUR LA SANTE
(E10249754 - FR)

A3.9: Dissemination	Virtual activity	01/06/2026	30/04/2027	Computer Solutions SA (E10247449 - EL)	Austrian Forum for Integration and Sustainability (E10387375 - AT),	750,00	Positing on social networks and on the website
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Total	Sum of grant (EUR)	53 400,00
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Description of the activities

Describe the content of the proposed activities.

A3.1: AFIS and ASSOC will create a comprehensive work plan, guidelines, and templates. These will ensure that all partners follow a unified structure, making it easier to implement and evaluate the activities. Partners will also review and validate these guidelines, contributing to the collective quality of the project.

A3.2: AFIS and ASSOC will jointly create training sessions focused on cycling and environmental awareness. These sessions will be designed to teach participants how cycling positively impacts the environment by reducing CO2 emissions. The sessions will cover 3 topics environment awareness & green mobility, basic cycling techniques and confidence in traffic.

A3.3: 6 Practical cycling workshops will be organised in each partner country giving youths the opportunity to practice cycling in real environments. These sessions will foster autonomy and social inclusion while reinforcing the importance of sustainable mobility. By integrating real-world experiences, participants will build confidence in their ability to cycle independently.

A3.4: Tools will be developed to assess participants' cycling skills and environmental awareness. These assessments will provide quantitative data on participants' progress and help adjust training methods for maximum impact.

A3.5: AFIS will host 1 study visit and co-creation workshop in Vienna where 8 staff members will exchange knowledge, test training methods, ensure consistency in the application

A3.6: Each partner will document the results of their practical sessions, gathering insights on the effectiveness of the training in fostering autonomy and environmental awareness among youths. This documentation will serve as a reference for future adaptations and improvements.

A3.7: All training content will be translated in FR, ENG, RO, DE, GR, ensuring that the project's materials are accessible to all participants and stakeholders across regions.

A3.8 & A3.9 : CSSA will lead the evaluation of the project's outcomes

Explain how these activities are going to help reach the WP objectives.

A3.1 : By establishing clear guidelines and a unified workplan, this activity ensures that all partners are aligned in their approach to delivering training. This consistency is essential for achieving the WP objectives of providing high-quality training and promoting autonomy through cycling.

A3.2 : 6 sessions are directly linked to the WP3 goal of fostering environmental awareness and teaching practical cycling skills. By integrating environmental the 3 topics with cycling, the sessions promote green mobility and raise awareness of the environmental benefits of reducing reliance on motorised transport.

A3.3 : These hands-on sessions are key to building autonomy and confidence in cycling among youths. By providing real-world practice, the sessions ensure that participants can navigate their environment independently, thus contributing to their social inclusion and increased mobility.

A3.4 : This activity allows for the measurement of participants' progress, providing data on how well the training is achieving its goals. Regular assessments ensure that the training can be adjusted as needed to meet the objectives of increasing autonomy and environmental awareness.

A3.5 : This training event strengthens collaboration among partners and ensures that all partners are equipped to implement the training effectively in their respective regions. The exchange of knowledge and best practices during the TPM help refine the training sessions, aligning them with WP3's objectives of autonomy, inclusion, and environmental awareness.

A3.6 : By documenting the outcomes of the practical sessions, partners will gain insights into the effectiveness of the training. This documentation is crucial for evaluating the success of WP3 and identifying areas for improvement.

A3.7: Ensuring that all materials are available in partner languages guarantees accessibility, which is vital for achieving the objective of widespread adoption of green mobility practices across regions.

Describe the expected results of the activities.

A3.1 : This activity will result in the integration of key data and methodologies into the comprehensive CYCLOS Guide. This guide will serve as a lasting resource for professionals to promote green mobility and inclusion among young people with disadvantages

A3.2 : The expected result includes the delivery of 6 workshops focused on three key areas: environmental awareness and green mobility, basic cycling techniques and maintenance, and building confidence in traffic. These courses will provide both theoretical and practical knowledge, ensuring that participants gain essential skills in green mobility and understand their role in environmental responsibility

A3.3 : This activity will ensure that 20 professionals across partner countries will be equipped with the skills to train and support others in green mobility. Additionally, 60 young participants will directly benefit from the cycling training sessions, fostering their autonomy and social inclusion. Youthpass certificate will be provided to all participants

A3.4 : We aim for at least 80% participant satisfaction, 85% satisfaction with the quality of teaching materials, and 90% of young people becoming more aware of the environmental impact of their mobility choices. These results will be key indicators of the project's effectiveness in changing attitudes and behaviors toward green mobility. Alongside qualitative measures.

A3.5 : The expected result from this TPM in the successful participant of 8 star members who will enhance their skills in

delivering the project's training materials, this will ensure the consistency and quality of training

A3.6 : The project will ensure that 80% of participants successfully demonstrate improved cycling skills, which will not only enhance their mobility but also contribute to their sense of independence and social inclusion

A3.7 : CYCLOS Guide will be translated into FR, ENG, RO, DE and GR, ensuring wide accessibility and the ability to disseminate project outcomes across EU

Expected number and profile of participants.

60 young participants : 20 young people per partner will take part in the cycling training sessions. These participants will primarily be youths with disadvantages (disabilities, migrant or low socioeconomic status), for whom the training will provide opportunities to gain independence, improve their mobility skills and employment opportunities and raise their environmental awareness. Their participation will contribute to their social inclusion and autonomy.

A total of 20 professionals (5 per partner) will be trained to deliver and support green mobility initiatives. These professionals will come from diverse backgrounds, including education, the medical-social sector, and sports, and they will be responsible for ensuring the continuity and dissemination of the project's training modules and practices in their respective fields. They will also be equipped with the tools to train and guide young participants in green mobility and social inclusion.

8 staff members will participate in the TPM enhancing their ability to implement the project's methodologies and ensuring that the training is consistent and effective across all countries.

These participants, both professionals and young people, are key to the project's success, contributing to the dissemination of green mobility skills and social inclusion at various levels.

Please keep in mind that the Erasmus+ Programme is offering co-financing for your project. This means that the EU grant can only cover a part of the project costs, while the rest must be covered by the participating organisations either in form of additional funding, or in form of invested goods, services and work.



Work package No.4 - Digital platform and awareness

In addition, subcontracting of services is allowed as long as it does not cover core activities on which the achievement of the objectives of the action directly depends. In such cases, the amount budgeted for subcontracting must be included in the description of the activities covered by the subcontract.

What are the specific objectives of this work package and how do they contribute to the general objectives of the project?

Concerning the specific objectives, WP4 focuses on the development and implementation of the Cyclos Digital Platform, a digital tool aimed at supporting the inclusion of individuals with disadvantages through cycling, by providing an accessible and easy to use online access to learning, tools and resources.

The key objectives include:

- Development of the Cyclos digital platform: Creating an innovative platform that offers interactive content tailored to users' needs. This app will use multimedia, gamification, and interactive modules to enhance user engagement and learning.
- Integration of educational content: The application will cover topics like environmental awareness, cycling techniques, self repair and traffic confidence, teaching users about cycling's environmental benefits and safe cycling practices.
- Accessibility and inclusivity: Ensuring the platform is accessible to all, including those with disabilities, by offering a user-friendly interface, multilingual content, and inclusive educational resources.
- Validation and refinement: Testing the platform with real users, especially those with disabilities, learning and language barriers, to gather feedback and improve functionality, ensuring the tool meets high standards for usability.

WP4 contributes to Cyclos' overall goals in the following ways:

- Environmental awareness and green mobility: The platform educates users on the environmental benefits of cycling, fostering responsibility and promoting sustainable practices.
- Cycling skills and independence: Through modules on cycling techniques and maintenance, users gain essential skills for safe, independent cycling, aligning with the project's goal of enhancing mobility and sustainability.
- Confidence and social integration: By building users' confidence in navigating traffic, the tool promotes regular cycling, enhancing social inclusion and contributing to the well-being and employability of individuals.

What will be the main results of this work package?

WP4 aims to deliver several key outcomes that align with the Cyclos project's overall goals:

1. Fully functional Cyclos digital platform: A user-friendly platform will be created, offering comprehensive support for individuals with disabilities. The tool will feature interactive educational modules, multimedia content, and gamified elements to engage users and enhance learning + data collection/feedback.
2. Interactive educational modules:
 - Environmental awareness and green mobility: Users will learn about cycling's environmental benefits, such as reducing CO2 emissions and improving air quality. They will also be guided on selecting safe cycling equipment.
 - Basic cycling techniques and maintenance: The modules will cover cycling skills like balance and coordination, along with eco-friendly bike maintenance practices.
 - Confidence in traffic and environmental responsibility: The tool will help users build confidence in traffic environments, promoting cycling as a sustainable and responsible mode of transport.
3. Multilingual accessibility: To ensure inclusivity, the tool will be available in multiple languages, making the educational content accessible to a global audience. This will remove language barriers and expand the app's reach.
4. Validated and refined application: Through rigorous testing and user feedback, including from individuals with disabilities, the app will be refined to ensure optimal functionality, usability, and accessibility. This process will ensure the final product meets users' diverse needs.
5. Enhanced user confidence and independence: By equipping users with cycling knowledge, maintenance skills, and environmental awareness, the app will foster independence and encourage cycling as part of daily life.
6. Increased social inclusion: The tool will create a sense of community by allowing users to share experiences and access personalised support, reducing isolation and promoting inclusion.

What qualitative and quantitative indicators will you use to measure the level of the achievement of the work package objectives and the quality of the results?

To measure the achievement of WP4 objectives and assess the quality of results, we will use both quantitative and qualitative indicators:

Quantitative indicators:

1. Platform metrics:

- 100 individual users: We aim for at least 100 individual users within the first six months post-launch to gauge the tool's reach and adoption.
- 80% user engagement: We will track the completion rates of interactive activities and quizzes, targeting an 80% completion rate to evaluate engagement levels.

2. Educational content utilisation:

- 70% module completion rates: Aiming for at least 70% of users to complete each educational module to assess content relevance and engagement.
- 75% assessment scores: We will aim for an average score of 75% or higher on quizzes and challenges to measure

knowledge transfer effectiveness.

3. Validation and testing results:

- Resolve 90% of bug reports and resolutions: We target resolving 90% of reported issues before the official launch to ensure application stability.

Qualitative indicators:

1. User feedback:

- Surveys and interviews: Conducted with users, including professionals that use the tool to reach target audience, to gather feedback on usability and experience. We aim for an 85% satisfaction rate in terms of application usability and accessibility.

2. Content quality:

- Expert reviews: Subject matter experts will review the content, targeting positive feedback on 90% of the educational material to ensure accuracy and quality.

3. Content relevance:

- User relevance assessment: We aim for at least 80% of users to find the educational modules highly relevant to their needs and expectations.

4. Application usability:

- UX evaluations: Usability testing with diverse user groups will target a rating of at least 4 out of 5 in user experience evaluations to ensure the application is user-friendly and accessible to all.

These indicators will provide a comprehensive assessment of the effectiveness and quality of the application.

Please describe the tasks and responsibilities of each partner organisation in the work package.

FLVS developed the ASPIRE platform for youth furthest from the labour market in an Interreg FCE project. They will contribute this platform to the project to ensure that we are not starting from scratch and already have some ideas, layout, design etc. However this platform will be adapted, expanded and translated led by CSSA with input from all partners.

In WP4, CSSA will serve as the leader, taking responsibility for the overall coordination and management of the work package. This includes overseeing the design and development of the Cyclos Digital Platform, ensuring it meets technical and user requirements, and developing strategies for user engagement. CSSA will also manage the validation and testing phases, gathering feedback to refine the application and provide comprehensive progress reports with the contribution of all partners.

FLVS will act as the co-leader by providing the existing platform and coordinating the development of interactive educational content. FLVS will design and create content related to cycling techniques, environmental impact, and traffic confidence.

They will also adapt the content according to guidelines provided by CSSA and ensure quality assurance before the piloting and translation phases.

FLVS will collaborate closely with CSSA to ensure that the relevant content of WPs 2 and 3 is effectively integrated into the Digital Tool and aligns with the educational objectives of WP4.

Following the completion of the English version, a piloting phase will be implemented to test the application with a selected user group, gather feedback, and make necessary refinements. After incorporating feedback, the application will undergo a translation process to ensure accessibility for a diverse audience, with thorough quality assurance checks to maintain the effectiveness of the educational content. This collaborative approach will ensure that WP4 meets its objectives and delivers high-quality results.

Please explain how you define the amount dedicated to the work package and how the work package is cost-effective ?

The total amount allocated to all the activities in Work Package 4, titled "Digital platform and awareness," is intended to co-finance the personnel and travel costs necessary to implement the desired work and produce the three targeted results in this module:

Result 1 – Accessible interface and scalable architecture

Result 2 – Robust and secure learning platform

Result 3 – Dynamic and inclusive learning modules

Result 4 – Thoroughly tested and inclusive application

The majority of costs in this work package are personnel costs (2 participants per organization) related to the implementation of the activities of this WP. Additionally, a meeting will be held in Greece with all partners, to discuss project progress and upcoming tasks and steps. Travel costs (transportation and accommodation) are included in this WP for various in-person activities, such as the learning visit hosted by CCSA and field visits to local organisations engaged in environmental learning and awareness initiatives (the latter will be an opportunity to scout for potential future face to face roll out of CYCLOS in Greece, led by FLVS).

Each collaborative activity in this module aims to produce relevant deliverables addressing the needs identified in the project's preparatory phase. These deliverables will be shared with other local and European stakeholders, including associated partners, civil society organisations, and local authorities active in the fields of inclusion and environmental sustainability.

Drawing from their previous cooperation experiences, consortium members have sought the best balance in terms of efficiency between:

- Familiarisation phases (among consortium partners, associated partners, and local ecosystem organisations)
- Action-research through learning visits and in-person production (essential for smooth cooperation)

- Production phases that can be conducted remotely

Lastly, the decision to combine the transnational meeting with a study visit led by CSSA, including learning sessions among partners, will enable collective validation of key elements of the guide and the issues surrounding their development.

Distribution of days/costs for activities:

A4.1: Design of the Digital Tool (€8 540)

- 6 days/partners AFIS and ASSOC

- 9 days for co-pilots FLVS

- 17 days for CSSA

A4.2: Development of the Cyclos Digital Tool (€10740)

- 6 days/partners AFIS and ASSOC

- 9 days for co-pilots FLVS

- 27 days for CSA

A4.3: Study visit and co-creation workshops in Greece (€9,000)

- CSSA host (majority of cost)

- 1 learner and consortium members (remaining cost between FLVS, AFIS and ASSOC)

A4.4: Development of the Interactive Educational Content (€10 740)

- 6 days/partners AFIS and ASSOC

- 16 days for co-pilots FLVS

- 20 days for CSSA

A4.5: Validation of the Digital Application and Language Adaptation (€9,900)

- 7 days/partner AFIS and ASSOC

- 10 days for co-pilots FLVS

- 20 days for CSA

A4.6 Evaluation (€750)

- 2 days for CSSA as leader

- 1 day for FLVS as co-leader

A4.7 Dissemination (€750)

- 2 days for CSSA as leader

- 1 day for FLVS as co-leader

Total : 50 420€

Activities (4 - Digital platform and awareness)

In the following sections, you are asked to provide details about each activity of the work package.

You are asked to provide information about each planned activity as a whole (e.g. its venue, duration, estimated number of participants etc.), to define the activity's lead organisation, and optionally to list the other participating organisations. The lead organisation is typically the one organising the activity. The other participating organisations are all other project partners who will also take part in the particular activity. The estimated activity start and end dates can be changed during implementation.

Please specify each of the planned project activities in the table below

Activity title	Venue	Estimated start date	Estimated end date	Leading Organisation	Participating Organisations	Amount allocated to activity (EUR)	Expected results
A4.1: Design of the Digital Platform	Virtual activity	01/07/2026	31/12/2026	Computer Solutions SA (E10247449 - EL)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR), Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO),	8 540,00	Integrate the interactive educational modules including: - Environmental awareness and green mobility - Basic cycling techniques and maintenance - Confidence in traffic and environmental responsibility
					Austrian Forum for Integration and Sustainability (E10387375 - AT)		
A4.2: Development of the Cyclos Digital Platform	Virtual activity	01/12/2026	31/08/2027	Computer Solutions SA (E10247449 - EL)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR), Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO),	10 740,00	Robust and Secure Learning Platform : 85% satisfaction rate in terms of application usability and accessibility
					Austrian Forum for Integration and Sustainability (E10387375 - AT)		
Study visits and co-creation workshops in Greece	Greece	01/07/2027	31/07/2027	Computer Solutions SA (E10247449 - EL)	Applicant - FEDERONS LES	9 000,00	Multi-day (2) study visits and co-creation workshops to refine the digital tool content and format

				VILLES POUR LA SANTE (E10249754 - FR), Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO), Austrian Forum for Integration and Sustainability (E10387375 - AT)	
A4.4: Development of the Interactive Educational Content	Virtual activity	01/02/2027	31/10/2027	Computer Solutions SA (E10247449 - EL) Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR), Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO), Austrian Forum for Integration and Sustainability (E10387375 - AT)	10 740,00
A4.5: Validation of the Digital Application and Language Adaptation	Virtual activity	01/07/2027	31/12/2027	Computer Solutions SA (E10247449 - EL) Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR), Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO), Austrian Forum for Integration and Sustainability (E10387375 - AT)	9 900,00
A4.6: Evaluation	Virtual activity	01/07/2026	31/12/2027	Computer Solutions SA (E10247449 - EL) Applicant - FEDERONS LES	750,00
					Dynamic and Inclusive Learning Modules at least 100 individual users within the first six months
					Thoroughly Tested and Inclusive Application Multilingual accessibility: French, Romanian, Greek, German and English
					Summary of assessments at least 4 out of 5 in user experience evaluations 90% of the educational material to ensure accuracy and quality

VILLES POUR LA SANTE
 (E10249754 - FR),

Asociatia Profesionala
 Neguvernamentalala de Asistenta
 Sociala ASSOC (E10044491 -
 RO),

Austrian Forum for Integration
 and Sustainability (E10387375 -
 AT)

Applicant - FEDERONS LES
 VILLES POUR LA SANTE
 (E10249754 - FR),

Asociatia Profesionala
 Neguvernamentalala de Asistenta
 Sociala ASSOC (E10044491 - 750,00
 RO),

Austrian Forum for Integration
 and Sustainability (E10387375 -
 AT)

A4.7: Dissemination activity	Virtual activity	31/07/2026	31/12/2027	Computer Solutions SA (E10247449 - EL)			Posting on social networks and on the website
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Total	Sum of grant (EUR)	50 420,00
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Description of the activities

Describe the content of the proposed activities.

WP4 focuses on developing the Cyclos Digital platform, an innovative platform designed to support the inclusion of individuals with vulnerabilities (disabilities, migrant and low socioeconomic status) through cycling education, environmental awareness, and practical skills training. The key activities include:

Activity 1: Design of the Digital tool (6 months): This phase involves creating the application's architecture and user interface (UI), ensuring accessibility for users with disabilities, learning and language barriers. Wireframes, prototypes, and technical specifications will guide the design, focusing on usability, visual appeal, and functionality.

Activity 2: Development of the Cyclos Digital tool (9 months): After design, the application will be developed with a secure backend and responsive frontend. Interactive features such as modules, quizzes, and a community forum will be integrated to enhance engagement. Rigorous testing will ensure technical functionality and user accessibility.

Activity 3: Development of Interactive Educational Content (9 months): Interactive modules will focus on cycling basics, environmental responsibility, and bike maintenance. Content will include videos, quizzes, and exercises tailored to the needs of individuals with a range of vulnerabilities and barriers to employment. Emphasis will be placed on environmental sustainability and promoting cycling as eco-friendly transportation.

Activity 4: Validation and Language Adaptation (6 months): The platform will be tested with diverse users, including those with disabilities, to gather feedback and refine content. Following validation, the platform will be translated into multiple languages to ensure broad accessibility.

These activities will create a user-friendly platform that not only teaches cycling but also promotes environmental awareness, independence, and employability, aligning with the project's general objectives of inclusion and sustainability.

Explain how these activities are going to help reach the WP objectives.

The design of the Digital tool will ensure the development of a user-friendly and accessible interface tailored to the needs of all users, based on the initial design and learning from the ASPIRE project which created a platform for vulnerable youths furthest from the labour market to improve their health, wellbeing and self confidence to boost employability. This foundational phase will be critical in adapting this platform a platform that is more intuitive and easy to navigate, directly contributing to the project's inclusion goals. The development of the Digital platform will focus on building a robust and scalable platform, integrating key interactive features such as quizzes and multimedia content to engage users in their learning journey. The educational modules will be designed to promote engagement while fostering skill development, leading to greater independence and employability. Additionally, the development of Interactive Educational Content will create dynamic learning modules that cover essential topics such as cycling techniques, environmental responsibility, and bike maintenance. These modules will be tailored to the specific needs of users but also professionals that want to work with the target , enabling them to acquire practical skills and confidence in cycling, while raising their awareness of green mobility and environmental impact. This activity will align with the project's goal of fostering self-reliance, reducing isolation, and enhancing employability through skill-building.

Finally, the validation and language adaptation process will ensure that the tool is culturally and linguistically suitable for a diverse audience. By gathering user feedback during testing, both the content and functionality will be refined to meet the highest standards of accessibility, usability, and relevance. Collectively, these activities will ensure that the WP objectives are achieved by promoting inclusion, skill development, and environmental awareness.

Describe the expected results of the activities.

The activities under WP4 will result in several key outcomes, aligned with the project's broader objectives of promoting inclusion, skill development, and environmental awareness through the innovative use of digital tools.

One of the primary results will be the Digital Platform, a fully operational platform designed to meet the diverse needs of users, especially individuals with vulnerabilities and disabilities. The application will provide an engaging, user-friendly experience, offering a range of interactive educational modules that cover essential topics such as cycling techniques, green mobility, and environmental responsibility. The integration of multimedia content, quizzes, and gamification elements will ensure that users are actively engaged, enhancing both learning and retention.

The second major result will be the development of high-quality educational content. These learning modules will be designed to equip users with practical skills, such as bike maintenance and safe cycling techniques, which will increase their independence, confidence, and employability. The focus on environmental awareness will encourage users to adopt sustainable transport practices, contributing to a greener lifestyle.

Additionally, the validation and language adaptation process will ensure that the application is accessible to a wide audience, including individuals from different cultural and linguistic backgrounds. Through rigorous testing and user feedback, the final product will meet high standards of accessibility, usability, and relevance, ensuring its effectiveness for a diverse range of users. Through testing and user feedback, the final product will meet high standards of accessibility, usability, and relevance, ensuring its effectiveness for a diverse range of users. The language used in the tool will be non-stigmatising and inclusive throughout.

Expected number and profile of participants.

The expected number of participants in the project will encompass a diverse group, estimated at a minimum of 400 people in total, spread across different target groups. This group will mainly include :

Young people with disabilities: Approximately 50 users, focusing on those with intellectual and physical disabilities. These individuals will engage with the Digital Application and educational modules to enhance their cycling skills, confidence, and independence.

Youth with migrant backgrounds: An estimated 100 users, will be introduced to basic cycling skills and environmental awareness, fostering a sense of inclusion and promoting healthy lifestyles from a young age.

Social professionals and educators: Approximately 50 users, including trainers and support staff who work with target individuals. Their involvement in validation and training sessions will ensure they can effectively implement the educational content and facilitate cycling activities, the digital tool will support this in the long term.

Approximately 200 users from a background of socioeconomic deprivation. The diverse profile of participants is crucial for fostering a rich learning environment that promotes interaction and shared experiences. Participants will be actively engaged in all phases of the project, from initial training and content development to piloting the application and providing feedback for continuous improvement.

These numbers relate to those actively using the platform within the lifetime of the project, it is expected that much higher numbers use the platform beyond the lifetime of the project and the goal of the tool is to create a legacy for the project that can be used to inspire face to face activity as well.

Please keep in mind that the Erasmus+ Programme is offering co-financing for your project. This means that the EU grant can only cover a part of the project costs, while the rest must be covered by the participating organisations either in form of additional funding, or in form of invested goods, services and work.



Work package No.5 - Dissemination, recommendations et quality evaluation

In addition, subcontracting of services is allowed as long as it does not cover core activities on which the achievement of the objectives of the action directly depends. In such cases, the amount budgeted for subcontracting must be included in the description of the activities covered by the subcontract.

What are the specific objectives of this work package and how do they contribute to the general objectives of the project?

The specific objectives of WP5, which focuses on dissemination, recommendations, and quality evaluation, are aligned with the overall goals of CYCLOS, particularly in terms of promoting green mobility, social inclusion, and the autonomy of young people with a range of disadvantages. WP5 ensures that the project's results are effectively communicated, adopted by relevant stakeholders & have a lasting impact. Promote wide dissemination of results: WP5 aims to ensure that the results of CYCLOS, including the training materials and methodologies, are shared widely with key stakeholders at local, regional, national, and EU levels. Through the development of a comprehensive dissemination plan, the creation of a project website, and active engagement on social media, the project will reach professionals in the fields of education, social work, and environmental sustainability, as well as the general public. Local dissemination events and a final conference will further promote the project's results and demonstrate its success in green mobility and social inclusion.

Produce valuable recommendations for stakeholders: WP5 is also tasked with developing actionable recommendations based on the project's findings. Through data analysis, identification of key stakeholders, and structuring of recommendations, WP5 ensures that the project's best practices and lessons learned are shared with policymakers and institutions at all levels. These recommendations will support the integration of cycling and green mobility into policies that promote the inclusion & autonomy of people with disabilities.

Ensure the sustainability of the project: Through activities focused on quality evaluation and the dissemination of results, WP5 will guarantee that the impact of the project lasts beyond its lifespan. The strategies developed in this WP will encourage ongoing use of the CYCLOS Guide & associated tools, ensuring that the project continues to influence mobility and inclusion efforts across

What will be the main results of this work package?

The main outputs of WP5 will focus on the effective dissemination of the results, the creation of strategic recommendations & quality assurance of the activities carried out

Data collection and analysis: The data collected for the Guide will feed into a White Paper. It will be analysed to highlight best practice in green mobility & social inclusion.

The White Paper, available in ENG, FR, RO, GR and DE, will be a strategic document, published online and accessible to a wide audience. It will contain recommendations based on the results and will be shared with key players at local, national and EU level.

Dissemination plan and report: A dissemination plan will be developed, ensuring that the results are shared consistently & with maximum impact. A dissemination report will follow to document the activities carried out & evaluate their success.

Project website and social networks: The dedicated project website will be a key platform for hosting resources, the Cyclos Guide, and project outputs. Active social networks, such as Facebook & LinkedIn, will be used to promote the project's actions and reach a wide and diverse audience.

Dissemination events and final conference: Local events in Greece, Romania and Austria will bring together 25 participants per venue to raise awareness of the project's results. The final conference in France (Lille) will bring together 60 participants, including decision-makers, professionals & representatives from the socio-medical sector.

Summary of sustainable actions: A document summarising the sustainable actions resulting from the project will be published, demonstrating how CYCLOS is contributing in the long term to green mobility & social inclusion.

In addition, a continuous quality assessment process will be put in place to ensure that each WP5 activity meets the expected quality standards, with adjustments based on feedback from participants and partners, in order to ensure the effectiveness and sustainability of the result

What qualitative and quantitative indicators will you use to measure the level of the achievement of the work package objectives and the quality of the results?

To measure the achievement of the WP5 objectives and the quality of the results, we use quantitative and qualitative indicators to assess the scope and effectiveness of the actions carried out.

Quantitative indicators :

Publication of the White Paper: 1 White Paper published in 5 languages (French, English, Romanian, German and Greek).

Participation in events: At least 135 will take part in the public events organised in the four partner countries.

Final conference: 75% of participants at the final conference consider the White Paper's recommendations to be relevant and applicable to their respective contexts (post-conference questionnaire)

Online activity: The dedicated website is updated regularly, with a minimum of 12 major publications on the progress of the project and the dissemination of results.

Qualitative indicators :

Relevance of recommendations: The White Paper's recommendations are adapted to the various target audiences,

guaranteeing their relevance for decision-makers, mobility professionals and local stakeholders. Measured via interviews with policy makers.

Taking account of WP results: The recommendations take account of the results of work packages 2, 3 and 4, integrating data from training courses, green mobility practices and digital tools.

Quality of exchanges: A post-event survey will measure how many high-quality exchanges take place at dissemination events, encouraging constructive discussions on the implementation of the recommendations and future initiatives.

These indicators will make it possible to monitor the progress of WP5 while ensuring that the results are in line with the objectives of dissemination, quality and long-term impact.

In order to ensure an optimal post-project impact, the project partnership will create a post-project plan to follow implementation of actions after the project lifetime. All partners will be able to use this document also transfer it to relevant stakeholders to encourage measurement of impact.

Please describe the tasks and responsibilities of each partner organisation in the work package.

Recommendations: As part of the WP focusing on recommendations, FLVS, an expert in the social and solidarity economy, will lead the drafting of the White Paper (with experience having designed a previous Paper on inclusion of overweight and obese people in the workplace via the ASPIRE project). Thanks to their experience in advocacy at European level and their research on the fight against discrimination and the inclusion of vulnerable groups, FLVS will be essential to the construction of recommendations that can be transferred to different countries and contexts. ASSOC and AFIS with their solid experience in advocacy, will play the roles of co-leaders to ensure the quality and relevance of the recommendations. All partners will actively contribute to the design of the recommendations, bringing their respective expertise throughout the process.

Dissemination: CSSA will be responsible for managing the dissemination of the project. Drawing on its expertise in external communication, CSSA will oversee the creation of the graphic charter, the development and management of the project's website and social networks. Each partner will be involved in translating the site, publishing articles on their own social networks, sending out newsletters and promoting the project's activities. In addition, each partner will organise local dissemination events and participate in setting up the final European conference. This collaborative approach will guarantee optimum dissemination of the results to a wide audience. This division of responsibilities ensures that all the partners are actively involved, both in creating the recommendations and in disseminating them, to maximise the project's impact.

Please explain how you define the amount dedicated to the work package and how the work package is cost-effective ?

The allocated budget for all the activities of Work Package 5, titled "Dissemination, Recommendations & Quality Evaluations," will co-finance personnel costs and the time spent on creating evaluations, communication materials, and recommendations necessary for the implementation of the desired tasks, resulting in the following 4 key outcomes:

Result 1: Promote the project's results

Result 2: Create and share CYCLOS recommendations

Result 3: Maintain and share the project website

Result 4: Ensure the sustainability of CYCLOS via a joint strategy

The majority of the costs in this work package are for the work time dedicated to creating communication materials to share the project results. This WP is divided into two phases: first, the creation of recommendations through 5 activities, and second, the dissemination phase with 5 activities, including a final conference and 3 multiplier events.

These deliverables will be shared with other local and European stakeholders, including associated partners, civil society organisations, and local authorities active in inclusion and environmental fields. The goal is to raise awareness of the project, its results, and recommendations.

Based on their previous cooperation experience, the consortium members have aimed for an optimal balance between the phases.

Breakdown of Days/Costs by Activities:

Recommendations:

A5.1 Research and data analysis (€6,100)

7 days for AFP JR and AFIS as co-pilot

18 days for FLVS

A5.2 Identification of local, regional, national, and European political players (€4,760)

3 days/partner (AFIS, ASSOC and CSSA)

8 days for FLVS

A5.3 Structuring and drafting Recommendations (€3,590)

3 days/partner (AFIS, ASSOC and CSSA)
7 days for FLVS

A5.4 Content revision and editing (€2,010)
2 days/partners AFIS and ASSOC
3 days for FLVS as co-lead
5 days for CSSA

A5.5 Graphic design and online publishing (€4,010)
3 days/partners AFIS and ASSOC
4 days for FLVS as co-pilot
7 days for CSSA

Dissemination:

A5.6 Design of the dissemination plan (€920)
1 day for all partners

A5.7 Creating and maintaining the website and social networks (€1,840)
5 days for all partners

A5.8 Three local public events (€4,500)
€1,500 for AFIS, CSSA, and ASSOC for multiplier events

A5.9 Study visit to associated partner "Les Mains dans le Guidon" and Final conference in Lille (€17,860)
€15,000 for FLVS for the final conference
€2,860 contributions from AFIS, CSSA, and ASSOC

A5.10 Sustainability strategies (€1,840)
2 days for all partners

Total : €47,430

Activities (5 - Dissemination, recommendations et quality evaluation)

In the following sections, you are asked to provide details about each activity of the work package.

You are asked to provide information about each planned activity as a whole (e.g. its venue, duration, estimated number of participants etc.), to define the activity's lead organisation, and optionally to list the other participating organisations. The lead organisation is typically the one organising the activity. The other participating organisations are all other project partners who will also take part in the particular activity. The estimated activity start and end dates can be changed during implementation.

Please specify each of the planned project activities in the table below

Activity title	Venue	Estimated start date	Estimated end date	Leading Organisation	Participating Organisations	Amount allocated to activity (EUR)	Expected results
A5.1 Research and data analysis	Virtual activity	01/05/2026	30/06/2027	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR)	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO) , Austrian Forum for Integration and Sustainability (E10387375 - AT)	6 100,00	Collection and analysis of relevant data for the Cyclos Guide, providing key information for recommendations
A5.2 Identification of local, regional, national and European political players	Virtual activity	01/04/2027	31/07/2027	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR)	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO) , Austrian Forum for Integration and Sustainability (E10387375 - AT) , Computer Solutions SA (E10247449 - EL)	4 760,00	List of players identified
A5.3 Structuring and drafting Recommendations activity	Virtual activity	01/08/2027	30/11/2027	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR)	Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO) ,	3 590,00	First version of the White Paper

A5.4 Content revision and editing	Virtual activity	01/11/2027	31/12/2027	Computer Solutions SA (E10247449 - EL)	Austrian Forum for Integration and Sustainability (E10387375 - AT), Computer Solutions SA (E10247449 - EL)	2 010,00	Final version of White Paper
					Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR), Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO)		
A5.5 Graphic design and online publishing	Virtual activity	01/12/2027	31/01/2028	Computer Solutions SA (E10247449 - EL)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR), Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO), Austrian Forum for Integration and Sustainability (E10387375 - AT)	4 010,00	White paper in French, English, Romanian, German and Greek, published online
A5.6 Design of the dissemination plan	Virtual activity	01/09/2025	29/02/2028	Computer Solutions SA (E10247449 - EL)	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR), Asociatia Profesionala Neguvernamentalala de	920,00	Dissemination plan and strategies for each country

				Asistenta Sociala ASSOC (E10044491 - RO) ,	
				Austrian Forum for Integration and Sustainability (E10387375 - AT)	
				Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR) ,	
				Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO) ,	1 840,00
A5.7 Creating and maintaining the website and social networks	Virtual activity	01/09/2025	29/02/2028	Computer Solutions SA (E10247449 - EL)	Project website and project information posted regularly on partner websites and social media pages
				Austrian Forum for Integration and Sustainability (E10387375 - AT)	
				Austrian Forum for Integration and Sustainability (E10387375 - AT) ,	
A5.8: Local public events	Other	01/12/2027	31/01/2028	Computer Solutions SA (E10247449 - EL)	4 500,00
				Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO)	Three local public events taking place to promote the project outcomes and results in Romania, Greece and Austria
				Asociatia Profesionala Neguvernamentalala de Asistenta Sociala ASSOC (E10044491 - RO) ,	
A5.9: Final study visit and final conference in Lille	France	01/02/2028	29/02/2028	Applicant - FEDERONS LES VILLES POUR LA SANTE (E10249754 - FR)	17 860,00
				Austrian Forum for Integration and Sustainability (E10387375 - AT) ,	Study visit to associated partner to learn about this good practice and take it back to other countries and final conference for minimum of 60 participants in Lille with online diffusion to promote project outcomes and results, towards policy makers
				Computer Solutions SA	

(E10247449 - EL)

Applicant - FEDERONS LES
VILLES POUR LA SANTE
(E10249754 - FR) ,

Asociatia Profesionala
Neguvernamentalala de
Asistenta Sociala ASSOC
(E10044491 - RO) ,

1 840,00

Austrian Forum for
Integration and Sustainability
(E10387375 - AT)

Comprehensive sustainability strategies for each country to ensure continued buy in and roll out of the CYCLOS deliverables, embedded into each organisation's practice and disseminated beyond the partnership and lifetime of the project

A5.10: Sustainability
strategies

Virtual
activity

31/12/2027 29/02/2028

Computer Solutions
SA (E10247449 - EL)

Total

**Sum of
grant
(EUR)**

47 430,00

Description of the activities

Describe the content of the proposed activities.

- A1. Research and data analysis : Analysis of needs, difficulties and existing political and legislative practices in each partner country.
- A2. Identification of key players: Mapping of local, regional, national and EU political decision-makers relevant to the dissemination of the White Paper of recommendations.
- A3. Structuring and drafting the White Paper: FLVS will be responsible for drafting the White Paper with input from all partners. Data collected in different countries will ensure the relevance and transferability of the recommendations to different contexts.
- A4. Revision and editing: The first version of the White Paper will be reviewed by the partners and external experts. CSSA with the help of FLVS will integrate the feedback to produce the final version.
- A5. Design and online publication: The White Paper will be translated from English, into French, Greek, German and Romanian by the partners. CSSA will take care of the final layout and online publication, with the partners checking the content.
- A6. Dissemination plan: CSSA, responsible for dissemination, will draw up and implement the external communication plan, ensuring wide dissemination of the results.
- A7. Creation of the website: CSSA will be responsible for designing, feeding and maintaining the project website. Social networks: CSSA will create and manage the project's social networks, ensuring regular communication and wide visibility of the results.
- A8. Local public events: 3 events will be organised in Romania, Greece and Austria, with around 25 participants per event to present the activities and results of the project.
- A9. Final study visit (to associated partner) and conference: A EU conference will be organised in Lille, bringing together 60 local and international participants to present all the results of the project.
- A10. Sustainability: Over the last few months, the partners will be working on a sustainability plan to ensure the continuity of the actions after the end of the project.

Explain how these activities are going to help reach the WP objectives.

- A1. This activity helps participants better understand the needs and challenges of the target groups in the partner countries, fostering the exchange of experiences and best practices, which enhances the relevance of the recommendations.
- A2. By facilitating networking with organisations at local, regional, national, and EU levels, this activity improves the dissemination and impact of the White Paper among key stakeholders.
- A3. This activity encourages participants to co-construct recommendations tailored to different countries and contexts, while boosting the partners' capacity for effective advocacy.
- A4. Involving external experts in this activity guarantees the quality and relevance of the final content, extending the project's impact beyond its initial partnership.
- A5. This activity ensures that the White Paper will be available online in four languages, providing broader accessibility and increasing its appeal through attractive design.
- A6. Developing a visual identity and carrying out dissemination activities guarantees the project's coherence and ensures clear and effective communication.
- A7. This activity increases the project's visibility by continuously publicising its activities, making the results accessible to both external stakeholders and the public. The promotion of results on social media keeps the project in the spotlight, engaging a growing audience and amplifying its impact.
- A8. Local public events offer a platform to share project outcomes, reaching communities directly and reinforcing the project's influence at the local level.
- A9. The final conference in Lille ensures large-scale dissemination of the project's results at the European level, capturing the attention of key decision-makers.
- A10. This last activity strengthens the sustainability of the project's results by involving partners in concrete actions to ensure long-term benefits and impact.

Describe the expected results of the activities.

- 1. White paper with recommendations in 5 languages, published online

This white paper will describe the activities that have been carried out and offer recommendations for improving public policies, based on relevant statistics, case studies and testimonials, to raise awareness of the environment and of the need for disadvantaged youth to learn how to use a bicycle in order to ensure their inclusion and employability. It will also serve as a resource for academic research (particularly action research) and enable other players to transfer and adapt the results to their own context.

- 2. Project website and social networks

The website will present the project's objectives and partners, as well as the final deliverables available at the end of the project. It will be a key platform for sharing results. Social networks will be used to regularly disseminate news about the project's activities, increasing visibility and engagement around our initiatives, reaching a wider and more diverse audience.

- 3. Four public events (3 multiplier events + 1 final conference)

These face-to-face events will present the results of the project to a diverse audience, promote networking, the good practice developed and gather feedback from participants. These exchanges will help to improve the dissemination of the results and reinforce their impact, while creating a dialogue around the themes addressed.

Expected number and profile of participants.

- Design and production of the White Paper: Each partner organisation will mobilise at least one qualified expert, guaranteeing a relevant and solid contribution to the drafting of the recommendations.
- Dissemination events: We are aiming for a total of 75 participants from outside the partner organisations at local events (policy makers at local and regional level)
- Final conference in Lille: A minimum of 60 participants are expected to attend and the conference will also be diffused online for a wider reach (policy and decision makers at local, regional, national and European level)
- Dissemination statistics: We expect at least 100 downloads for each of the following documents: the Cyclos Guide (local actors and professionals working with the target audience), and 100 downloads of the White Paper (policy makers), demonstrating the interest and uptake of the project results by a wide and diverse audience.

Please keep in mind that the Erasmus+ Programme is offering co-financing for your project. This means that the EU grant can only cover a part of the project costs, while the rest must be covered by the participating organisations either in form of additional funding, or in form of invested goods, services and work.

EU Values

The Erasmus+ programme's implementation, and therefore, the programme beneficiaries and the activities implemented under the programme, have to respect the EU values of respect for human dignity, freedom, democracy, equality, the rule of law and respect for human rights, including the rights of persons belonging to minorities, in full compliance with the values and rights enshrined in the EU Treaties and in the EU Charter of Fundamental Rights.

Article 2 of the TEU: The Union is founded on the values of respect for human dignity, freedom, democracy, equality, the rule of law and respect for human rights, including the rights of persons belonging to minorities. These values are common to the Member States in a society in which pluralism, non-discrimination, tolerance, justice, solidarity and equality between women and men prevail.

Article 21 of the EU Charter of Fundamental Rights: 1. Any discrimination based on any ground such as sex, race, colour, ethnic or social origin, genetic features, language, religion or belief, political or any other opinion, membership of a national minority, property, birth, disability, age or sexual orientation shall be prohibited. 2. Within the scope of application of the Treaties and without prejudice to any of their specific provisions, any discrimination on grounds of nationality shall be prohibited.

Subscribing to EU Values

- I confirm that I, my organisation and the co-beneficiaries (where applicable) adhere to the EU values mentioned in Article 2 of the TEU and Article 21 of the EU Charter of Fundamental Rights
- I understand and agree that EU Values will be used as part of the criteria for evaluation of the activities implemented under this project

Annexes

The maximum size of a file is 15 MB and the maximum total size is 100 MB.

Declaration on Honour

Please download the Declaration on Honour, print it, have it signed by the legal representative and attach.

File Name	File Size (kB)
DOH -declaration-on-honour CYCLOS.pdf	271
Total Size (kB)	271

Accession forms

Please download the accession forms, have them signed by the relevant legal representatives, and attach the signed forms here. You can attach a maximum of 90 documents.

Accession forms must be provided at the latest before the signature of the grant agreement.

File Name	File Size (kB)
ACF -accessionForm_E10044491_Signed.pdf	324
ACF -accessionForm_E10247449_signed.pdf	160
ACF -accessionForm_E10387375-scanned.pdf	726
Total Size (kB)	1 210

Other Documents

In this subsection, you can upload any additional documents.

If needed, please attach any other relevant documents (a maximum of 6 documents). Please use clear file names.

If you have any additional questions, please contact your National Agency. You can find their contact details here: [List of National Agencies](#).

File Name	File Size (kB)
OTH -Copy of GANTT Cyclos.xlsx	27
OTH -Letter of support Cyclos.pdf	93
OTH -Letter-of-Support_ESICA-scanned.pdf	99
Total Size (kB)	221
Total Size (kB)	1 703

Checklist

Before submitting your application form to the National Agency, please make sure that:

- It fulfills the eligibility criteria listed in the [Programme Guide](#).
- All relevant fields in the application form have been completed.
- All the relevant documents have been uploaded.
- You have chosen the correct National Agency of the country in which your organisation is established. Currently selected NA is: FR02 - Agence du service civique

Original content and authorship

- I confirm that this application contains original content authored by the applicant and partner organisations.
- I confirm that no other organisations or individuals external to the applicant and partner organisations have been paid or otherwise compensated for drafting the application.

Protection of Personal Data

Please read our privacy statement to understand how we process and protect [your personal data](#)

Please also keep in mind the following:

Accession forms of each partner to the applicant, should be submitted latest before the signature of the grant agreement. If the application is approved for funding, signed accession form will be considered as a condition for signature of the grant agreement.

The documents proving the legal status of the applicant must be uploaded in the Organisation Registration System, here: [Organisation Registration System](#)

Submission History

Version	Submission time (Brussels time)	Submission ID
2	04/03/2025 12:18:34	1669229
1	04/03/2025 12:17:45	1669222