

Erasmus+ Training Course **INFOPACK**

PedaleEU: Bike as a Tool for Social Transformation in Education

25 - 31 MAY 2025
Zaragoza, Spain



Ciclería

ovals



Co-funded by
the European Union

Context

The project "**PedalEU: Bike as a Tool for Social Transformation in Education**" is designed to empower educators, youth workers and trainers with practical tools and innovative methodologies that use cycling as a means of education, social inclusion, and community change.

Over the Training Course, participants from 8 different countries will develop skills in basic bike mechanics, teaching cycling from scratch, safe group riding, and planning urban and natural routes. Additionally, they will explore how cycling can promote values of sustainability, active mobility, and youth engagement in their communities.

The program combines theoretical and practical sessions, including road safety workshops, teaching dynamics, and leadership in group rides. It fosters experience-sharing among participants and the creation of local projects with social impact, strengthening an international network focused on cycling as a driver of change.

This course is a unique opportunity to learn, share, and transform the use of bicycles into a powerful educational and social tool.

Programme

SUN 25/5	MON 26/5	TUE 27/5	WED 28/5	THU 29/5	FRI 30/5	SAT 31/5
ARRIVAL	Project presentation and getting to know each other	Bike equipment and mechanics	Teaching and evaluating bike skills	Designing a group bike route	Practicing	Closing and evaluation
Welcome and ice-breaking	Bike route around Zaragoza	Teaching how to ride a bike	Basics of circulation	How to guide a bike ride	Organizing a bike bus	DEPARTURE

All the activities will include non-formal methodologies and team building games in order to ensure you'll have lots of fun during sessions!

Target group

This Training Course is designed for **youth workers, facilitators, trainers** and individuals aged 18 and older who are interested in learning how to use the bike as a tool for social transformation and education and are willing to incorporate non-formal education methods in their work.

Whether you are passionate about bicycles or you are simply curious and want to learn more, this is an opportunity to gain valuable insights and practical skills to enhance your work.

Participants from **8 countries** (Slovakia, France, Italy, Romania, Lithuania, Serbia, Austria and Spain) will gain hands-on experience, expand their toolkit and learn new methodologies to tackle social challenges in a non-formal education format.

The hosting organization

“La Ciclería: Promoting Sustainable Mobility and Social Inclusion” is an organization with a strong track record in urban cycling, sustainable mobility, and social inclusion. Since its foundation in 2006 in Zaragoza, Spain, it has played a key role in promoting the bicycle as a tool for social transformation and a sustainable means of transportation.



Our work is based on three fundamental pillars:

- **Sustainable Mobility** – We encourage the use of bicycles as a safe, accessible, and environmentally friendly mode of transport, contributing to carbon footprint reduction.
- **Cycling Education & Training** – With over 1,200 adults and 6,000 students trained in safe cycling, we promote key competencies for navigating urban and rural environments while advocating for active and healthy mobility.
- **Social Inclusion** – The bicycle serves as a tool for inclusion, especially for vulnerable groups, creating opportunities for social integration and improved quality of life.

Our work consist of organizing cycling routes, workshops, and educational events for both children and adults, fostering social cohesion through cycling.

We actively participate in local and European networks dedicated to sustainable mobility and the promotion of healthy lifestyles.

Travel Budget

The travel budget for the round trip depends on the km distance from point A (where you begin your travel) to point B (Zaragoza, Aragón), calculated with the [official EU distance calculator](#).

Please refer to the below chart:

Travel distance	Green Travel	Non-Green Travel
10 - 99 km	56€	28€
100 - 499 km	285€	211€
500 - 1999 km	417€	309€
2000 - 2999 km	535€	395€
3000 - 3999 km	785€	580€
4000 - 7999 km	1188€	1188€
8000 km or more	1735€	1735€

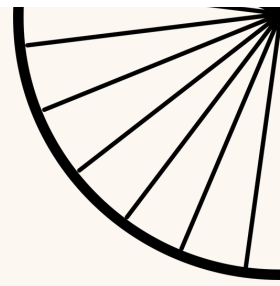
Those who are planning to arrive earlier or depart later are kindly requested to make their own accommodation arrangements for those extra days. For non-green solutions you can add up to 2 extra days for traveling, while if you choose green travel options you can add up to 4 extra days.

If selected, you will be asked to send us your travel plan and **wait for our confirmation before buying the tickets**.

It's very important to keep all the tickets, invoices and boarding passes in order to receive the travel reimbursement.

The travel reimbursement will be processed after the end of the Training Course, upon receiving all requested documents from participants.

What to bring?



- **Comfortable clothing** suitable for outdoor activities and cycling
- Reusable **water bottle**
- Small backpack or bag to carry essentials during routes
- Personal hygiene products
- Your ID/Passport for traveling and check-in at the venue
- **European Health Card** or private health insurance
- Your motivation and willing to learn :)

Accommodation

The participants will be accommodated at XIOR Residence, located at Pl. de José María Forqué, 4, Casco Antiguo, 50004 Zaragoza.

The rooms will be shared with other participants (double or triple), each room has a private bathroom.

During the project, full board will be provided, including breakfast, lunch, and dinner. If selected, we'll kindly ask you to inform us of any dietary necessity in order to provide it to you and make your stay the most enjoyable possible.

No need to bring bedsheets or towels, they'll be available at the residency.





How to get to Zaragoza?

Zaragoza is the capital of Aragón region, located along the Ebro river, in northeastern Spain.

It's a city with lots of history and beauty to be discovered, with a lot to offer on the cultural side, if you've never been to Zaragoza, this is a great opportunity to pay a visit.

If you're planning to get here by flight, you can check the international airport of Zaragoza, connected with several European cities with direct flights.

Alternatively, flying to Madrid or Barcelona can also be a convenient option, as Zaragoza is well-served by buses and trains linking these major cities.

To minimize environmental impact, we encourage you to prioritize direct flights whenever possible and opt for sustainable transportation options. **GREEN TRAVEL alternatives**, such as carsharing, buses, or trains, **are strongly recommended**.

Some useful links to check your travel options:

- [ROME2RIO](#): provides you with the itinerary from point A to point B, showing different means of transportation
- [SKYSCANNER](#) or [GOOGLEFLIGHTS](#): to check flight options
- [TRAINLINE](#): to check train and bus options

How to apply?

If you're interested in participating, we'd love to get to know you better! Please share a bit about yourself and your motivation for joining this project.

APPLY HERE - <https://www.youmore.org/registrazione/>

Deadline for applications:

10 March 2025

Make sure to double check the dates of the activity and apply only if you're able to attend to the whole duration of the Training Course.

See you soon!

Contacts:

If you have any questions or doubts, please don't hesitate to contact the logistics team at: **Youmoreaps@gmail.com**



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