



Care

Community-based Active-cycling and Recreation for Elderly

D2.2 – Pedal & Connect: Training & Café Setup report

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1. BACKGROUND – ABOUT THE CARE PROJECT

The **CARE (Community-based Active-cycling and Recreation for Elderly)** project is an Erasmus+ Sport Small-scale Partnership funded by the European Union under the call *ERASMUS-SPORT-2025-SSCP*. The project promotes healthy and active ageing through community-based cycling activities. CARE responds to key societal and health-related challenges faced by older adults across Europe including reduced physical activity, social isolation, limited confidence in independent mobility, and a lack of accessible opportunities for safe exercise. Cycling is introduced as an inclusive, low-impact and socially engaging form of physical activity that can strengthen physical well-being, mental health, social inclusion and intergenerational cohesion, while fostering a greater sense of connection to the community.

CARE adopts a community-based approach by establishing **CARE Cafés** across partner countries, acting as local meeting points (hubs) where seniors can participate in structured cycling sessions, receive guidance and support from trained volunteers, and engage in social interaction.

These hubs provide a safe, inclusive environment for seniors to build confidence, improve mobility skills, and strengthen their sense of belonging. Through workshops, guided rides, route familiarisation, volunteer-supported activities, and intergenerational engagement events, the project aims to reduce barriers that prevent seniors from cycling such as safety concerns, lack of information, physical limitations and low confidence and to promote long-term behavioural change towards more active, connected and sustainable lifestyles. Volunteers, local community groups, senior associations and municipalities play a key role in supporting, co-delivering and amplifying these actions.

The specific objectives of the CARE project are to:

- Increase Senior Participation in Physical Activity Through Cycling.
- Reduce Social Isolation by Promoting Intergenerational Engagement.
- Establish Cycling Hubs / Café Networks as Social and Mobility Centers for Seniors.
- Improve seniors' mental and physical well-being through structured cycling programmes.

The CARE consortium brings together partners from Greece, Poland and Bulgaria, combining expertise in cycling promotion, active mobility, social inclusion, community engagement and community development. Together, they work to create an innovative and replicable model that promotes healthier, more connected and sustainable communities. CARE contributes directly to the priorities of the Erasmus+ programme, the EU Sport Policy, the EU Strategy on Ageing and the European Green Deal, ensuring strong alignment with European objectives for active ageing, social participation and sustainable mobility.

2. INTRODUCTION

2.1 Purpose and Scope of the document

This deliverable presents the outcomes of the Pedal & Connect phase of the CARE project, focusing on two key components designed to prepare communities for the implementation of the project's cycling activities for seniors: the organisation of the volunteer training programme and the establishment of the CARE Café network.

The purpose of this report is to document the preparation and implementation of the Pedal & Connect training, as well as the identification and activation of CARE Café locations across the partner countries. These two components represent important preparatory steps for the implementation of the CARE cycling hubs and community-based activities.

The training programme, delivered in the form of an online webinar coordinated by Cities for Cycling, aims to equip volunteers and community members with the necessary knowledge and skills to support senior participants throughout the project. The training focuses on topics such as cycling safety, supporting seniors in cycling activities, and fostering intergenerational engagement between volunteers and elderly participants. The training also introduces the CARE methodology and the role of volunteers in facilitating safe, inclusive and socially engaging cycling experiences.

In parallel, the project partners have identified and engaged local cafés and community spaces that will function as CARE Cafés. These locations act as social hubs and meeting points where seniors participating in the project can gather before and after cycling activities, rest during rides and interact with volunteers and other members of the community. The cafés therefore contribute to the social dimension of the project and support the creation of welcoming environments that encourage participation and reduce social isolation among older adults.

This report presents the concept of CARE Cafés, the process followed by the partners to identify appropriate locations, and the characteristics of the selected venues in each participating country. Information has been collected through a partner input template which documents the local context, selection criteria and details of each CARE Café.

The scope of this deliverable therefore includes:

- Presentation of the Pedal & Connect volunteer training programme, including its objectives, structure and planned content.
- Description of the CARE Café concept and its role within the CARE project.
- Explanation of the criteria and methodology used to identify suitable CARE Café locations.
- Presentation of the CARE Café network established across the partner countries, including descriptions of each selected location.

2.2 Methodology and Data Collection

The preparation of this deliverable followed a coordinated data collection approach involving all partners of the CARE project. The methodology focused on gathering information related to two key components of the Pedal & Connect phase: the organisation of the volunteer training programme and the identification of CARE Café locations across the participating countries.

For the documentation of the CARE Café network, a structured input template was developed and distributed to all project partners. The purpose of this template was to ensure that information collected from each country followed a consistent format and included comparable details. Partners were asked to provide descriptive information about the CARE Café concept in their local context, the criteria used for selecting appropriate locations, and detailed profiles of each café or community space identified for the project.

The template collected key information such as the name and type of location, address and geographical information, short descriptions of the venue, the reasons why the location was selected, and the status of its activation. In addition, partners were asked to confirm whether the selected locations meet a number of important criteria, including accessibility for seniors, proximity to cycling routes or hubs, safety of the surrounding environment, and willingness of café owners or managers to collaborate with the project. Where possible, partners were also invited to provide photographs of the locations in order to visually document the selected CARE Cafés.

All partner inputs were compiled and reviewed by the partner responsible for this deliverable. The collected information was then analysed and synthesised in order to present a consolidated overview of the CARE Café network established across the project countries.

In parallel, information regarding the Pedal & Connect volunteer training programme was gathered from the partner responsible for organising the training activities, Cities for Cycling (CFC). The training was delivered as an online webinar hosted on the project website, ensuring that all partners can participate in a coordinated and accessible way. Rather than organising separate local trainings, the project has adopted a centralised training approach where the content is delivered once and made accessible to all participating organisations.

Each project partner involved both staff members and volunteers in the training session, allowing participants from the different countries to receive the same guidance and information. The training will cover topics related to cycling safety, supporting seniors in cycling activities, and fostering intergenerational engagement between volunteers and elderly participants.

Since the training session took place on 11 March, this report presents the planned structure and content of the training programme, while the sections describing participation, reach and outcomes will be completed following the implementation of the training webinar.

Through this combined methodology of structured partner inputs and centralised coordination of training information, this deliverable provides a comprehensive overview of the preparation phase of the CARE project, documenting both the establishment of the CARE Café network and the organisation of the Pedal & Connect volunteer training programme.

3. VOLUNTEER TRAINING PROGRAMME – PEDAL & CONNECT

The Pedal & Connect training programme represents an important preparatory step for the implementation of the CARE cycling activities. The objective of the training is to equip project partners, staff members and volunteers with the knowledge and practical guidance necessary to support safe and inclusive cycling activities for senior participants.

The training was organised and delivered by Cities for Cycling (CFC) in the form of an online Train-the-Trainer webinar session, allowing all partners to participate simultaneously. The online format ensured that the same training content was delivered to all partner organisations and that a shared understanding of the CARE methodology and cycling activity management was established across the consortium.

The session focused on two main themes that are essential for the successful implementation of the CARE programme:

- Training volunteers and ride leaders to support group cycling activities.
- Establishing partnerships with local cafés that can serve as social hubs and rest points during cycling activities.

These two elements are closely connected within the CARE methodology, as the success of the cycling activities depends both on well-prepared volunteers and on welcoming community spaces where participants can gather and socialise.

3.1 Objectives of the training

The main objective of the Pedal & Connect training was to prepare partners and volunteers to effectively support the cycling activities planned within the CARE project. Volunteers play a crucial role in creating a safe, welcoming and inclusive environment for senior participants, many of whom may have limited cycling experience or low confidence in cycling within a group.

The training therefore aimed to provide participants with practical guidance on how to organise and manage group cycling activities while ensuring safety, comfort and positive social interaction among participants.

More specifically, the training aimed to:

- Introduce the role of volunteers and ride leaders within the CARE cycling activities.
- Provide guidance on basic cycling safety and group ride management.
- Strengthen volunteers' skills in communication and participant support.
- Promote inclusive and supportive group dynamics, particularly for beginners or less confident cyclists.
- Provide practical advice on building partnerships with local cafés and community spaces that can support the social dimension of the cycling activities.

3.2 Training Design and Structure

The Pedal & Connect training session was delivered online by Cities for Cycling (CFC) as part of the Train-the-Trainer approach adopted by the CARE project. The training was organised through the project's online platform and brought together **24 participants** representing all partner organisations. Participants included project staff and volunteers who will be involved in supporting and facilitating the cycling activities in the next stages of the project.

The session followed an interactive format combining presentation of guidance materials, practical examples and open discussion among partners. The training began with a short introduction to the objectives of the Pedal & Connect phase and the role of volunteers within the CARE programme. This introductory segment provided an overview of how the training connects with the broader CARE approach to promoting cycling among seniors and building supportive community environments.

Following the introductory part, the training moved to the main thematic sections of the programme. CFC presented a series of practical recommendations for organising and managing group cycling activities with

senior participants. Particular attention was given to the role of volunteers in ensuring smooth coordination of group rides, maintaining clear communication with participants and anticipating potential challenges that may arise during the activities.

The training also included discussion on the practical aspects of implementing cycling activities in different local contexts. Partners had the opportunity to exchange experiences, raise questions and reflect on how the guidance presented could be adapted to their own communities. This exchange of perspectives helped ensure that the training content remained relevant and applicable across the different partner countries.

Another important component of the session focused on the integration of CARE Cafés into the cycling activities. Participants discussed how cafés can serve as meeting points, rest locations and social spaces that support the overall experience of the cycling programme. Examples and suggestions were presented on how to identify appropriate cafés, how to approach café owners and how to incorporate these locations into cycling routes in a way that enhances both the practical and social aspects of the activities.

The session concluded with an open discussion where partners shared initial ideas about potential CARE Café locations and the organisation of the upcoming cycling activities. This final exchange allowed participants to clarify practical issues and helped ensure a shared understanding of the next steps in implementing the Pedal & Connect activities within their respective countries.

3.3 Training Content: Volunteer Roles and Cycling Activity Management

A central part of the Pedal & Connect training focused on clarifying the role of volunteers and ride leaders in supporting the cycling activities planned within the CARE project. Since the project targets senior participants who may have different levels of cycling experience and confidence, volunteers play an essential role in ensuring that activities are organised in a safe, supportive and enjoyable manner.

During the training, participants were introduced to the concept of group ride facilitation, which emphasises guidance and support rather than formal instruction. Volunteers are expected to help create a structured yet flexible environment where participants feel comfortable participating in cycling activities regardless of their previous experience.

The training highlighted several responsibilities that volunteers should take into account when assisting with the organisation of group rides. These include supporting participants before the ride, helping maintain group coordination during the activity and assisting participants in case of minor issues such as fatigue or small mechanical problems.

Participants were also encouraged to adopt a proactive approach to communication with riders. Volunteers should provide clear instructions before the start of each activity, explain the planned route and inform participants about any scheduled stops. Throughout the ride, volunteers should maintain a visible and approachable presence within the group, ensuring that participants feel comfortable asking questions or requesting assistance.

Another aspect emphasised during the training was the importance of encouraging participation and building confidence among senior cyclists. Many participants may initially feel uncertain about cycling in a group or navigating public spaces by bicycle. Volunteers therefore play a key role in creating a positive atmosphere where participants feel supported and motivated to continue engaging in cycling activities.

Overall, this component of the training aimed to ensure that volunteers understand their role as facilitators of safe and inclusive cycling experiences, contributing to both the practical organisation of rides and the social dynamics within the group

3.4 Practical Recommendations for CARE Cycling Activities

In addition to discussing the general role of volunteers, the training session also provided several practical recommendations for organising cycling activities within the CARE project.

One of the key aspects discussed was the importance of planning routes that are suitable for senior participants. Routes should ideally be short to moderate in distance, avoid complex traffic environments and include opportunities for rest along the way. This approach helps ensure that participants feel comfortable and reduces potential barriers to participation.

Participants were also advised to organise cycling groups in a way that allows for adequate supervision and support. Volunteers may position themselves at different points within the group—for example at the front, middle and rear of the group—to maintain coordination and ensure that no participant is left behind during the activity.

Another important recommendation concerned pre-ride preparation. Before each cycling session, participants should be encouraged to carry out basic checks on their bicycles, including brakes, tyres and seat adjustments. Volunteers may assist participants with these checks to ensure that bicycles are safe and comfortable to use.

The training also emphasised the importance of carrying basic equipment during rides, such as a bicycle pump, simple repair tools or a puncture repair kit. While the rides are intended to remain accessible and relaxed, being prepared for small technical issues can help prevent interruptions and maintain a positive experience for participants.

Finally, the session highlighted the value of integrating social elements into cycling activities. Stops at cafés or community spaces can provide participants with opportunities to rest, socialise and reflect on their experience. These moments contribute significantly to the social objectives of the CARE project by strengthening connections between participants and creating a welcoming environment for continued engagement.

Through these practical recommendations, the training provided partners and volunteers with a set of guidelines that can support the safe and successful implementation of CARE cycling activities across the participating countries.

4 ESTABLISHMENT OF THE CARE CAFÉ NETWORK

The CARE Café network represents one of the innovative elements of the CARE project. These cafés function as welcoming community spaces connected to the cycling activities organised within the project. They provide accessible meeting points where senior participants, volunteers and local residents can gather before and after cycling sessions, rest during rides and engage in social interaction.

The creation of the CARE Café network was carried out collaboratively by the project partners in Greece, Poland and Bulgaria. Each partner was responsible for identifying suitable locations within their local

context and establishing initial contact with café owners or managers. To ensure consistency across the project, partners followed a common set of criteria and provided detailed information through a structured reporting template.

This chapter presents the CARE Café concept, the criteria used for selecting the locations and the cafés identified by each partner organisation.

4.1 CARE Café Concept

CARE Cafés are designed as informal community hubs that support both the physical and social dimensions of the CARE project. While cycling activities form the core of the project, the cafés provide an additional layer of social engagement that enhances the overall experience for participants.

The cafés serve several key functions within the CARE programme:

- Meeting points for cycling activities, where participants can gather before rides and receive guidance from volunteers.
- Rest stops during cycling routes, allowing seniors to take breaks in comfortable and accessible environments.
- Spaces for post-ride interaction, where participants can socialise, exchange experiences and strengthen community bonds.
- Locations that promote intergenerational interaction, bringing together seniors, volunteers and local cyclists.

4.2 Selection Criteria for CARE Café Locations

To ensure that the selected CARE Café locations provide safe, welcoming and accessible environments for senior participants, all partners applied a common set of selection criteria when identifying suitable venues. These criteria were defined within the project framework and included aspects related to accessibility, safety, proximity to cycling routes and the willingness of café owners to collaborate with the project.

Partners were asked to assess potential locations using a checklist covering six key criteria. These criteria ensured that CARE Cafés would function effectively as meeting points and rest stops during cycling activities, while also providing comfortable social environments where participants can interact and feel included.

Across the three participating countries, the cafés selected for the CARE network meet the majority of these criteria. All partners confirmed that the identified locations are easily accessible for seniors, located close to cycling routes or hubs, situated in safe neighbourhoods and operated by owners who are willing to collaborate with the project. In addition, the cafés selected are well known locally and have a positive reputation within their communities.

The Greek partner Cities for Cycling (CFC) confirmed that the selected café offers a level entrance, ample seating and an accessible restroom, making it comfortable for older visitors. The location is situated on a quiet and well-lit street with low traffic levels, which increases safety for cyclists approaching the venue.

The café owner has agreed to host cycling groups and support the promotion of project activities. Furthermore, the café is already popular among local residents and known for its welcoming atmosphere.

In Poland, the partner Fundacja PROAKTYWNI emphasised that accessibility and safety were particularly important selection factors. The selection process focused on identifying venues that could function not only as cafés but also as community meeting points connected to cycling routes and senior activities. Based on previous workshops and community discussions, it was noted that seniors value locations that offer simple access, trusted environments and convenient rest points during cycling activities. Therefore, cafés located near low-risk cycling routes and community areas were prioritised.

The Bulgarian partner Planet & Esports confirmed that the selected café meets all the defined criteria. The venue is accessible for seniors, located near cycling routes, offers wheelchair accessibility and is situated in a safe environment. In addition, the café owner expressed willingness to collaborate with the project and support community-based cycling initiatives. The café also has a positive reputation within the local community, making it an appropriate location for hosting CARE project activities.

4.3 CARE Café Network Overview

4.3.1 CARE Café Network in Greece

This section presents the CARE Café locations identified by the Greek partner, Cities for Cycling (CFC). The cafés were selected based on accessibility, proximity to cycling routes, and their ability to host social gatherings linked to cycling activities. Both locations are situated in central Athens and provide convenient meeting points for group rides and post-ride social interaction.

One of the selected cafés is located within Pedion tou Areos park, offering a calm, green environment directly connected to cycling paths and recreational routes. The second café is located in the Technopolis cultural complex in the Gazi district, a lively urban area that is easily accessible by bicycle and frequently used as a meeting point for community activities. Together, these locations provide complementary environments for the CARE activities, combining a park-based setting with an urban social hub.

Their welcoming atmosphere and supportive management make them suitable locations for hosting CARE activities and strengthening community engagement among senior participants.

Gardénia Café – Pedion tou Areos Park

Location: Pedion tou Areos, Athens, 11471 **Type:** Café

Gardénia Café is located inside the Pedion tou Areos park, one of the largest green areas in central Athens. The café offers outdoor seating surrounded by greenery and is easily accessible from nearby cycling paths. Its location within the park creates a calm and pleasant environment where cyclists can gather before or after rides.

The café is particularly popular among local residents and cyclists who frequent the park for recreational activities. The relaxed atmosphere, combined with easy accessibility for seniors and visitors, makes it an ideal location for CARE Café activities.

The venue was selected due to its direct connection to the cycling routes proposed within the project. It also offers sufficient seating capacity to accommodate group gatherings and provides a welcoming environment where participants can socialise and share experiences.

The owner has verbally confirmed participation in the CARE initiative and agreed to support group rides by allowing bicycle parking and providing refreshments for participants.

Technopolis Café – Gazi Cultural District

Location: 100 Pireos Street, Athens, 11854 **Type:** Café

Technopolis Café is located within the Technopolis cultural complex in the Gazi district of Athens. This area is well known as a cultural and social hub that hosts numerous public events and community activities.

The café offers spacious seating areas, accessible entrances and a welcoming environment for visitors of all ages. Its central location and proximity to cycling-friendly areas make it an ideal rest stop for cyclists participating in CARE activities.

The venue was selected due to its strong connection to community and cultural life in Athens and its accessibility for participants travelling by bicycle. The café management has expressed strong interest in supporting the project and has confirmed that cycling groups will be welcome at the venue.

Technopolis Café is expected to play an important role as a **central meeting point for group rides and social interaction**, particularly for participants joining cycling routes that pass through central Athens.

4.3.2 CARE Café Network in Bulgaria

This section presents the CARE Café locations identified by the Bulgarian partner, Planet & Esports. The selected locations are situated in the city of Montana and are designed to function as community gathering points linked to cycling activities and storytelling sessions within the CARE project.

Both locations are situated in areas that are easily accessible for cyclists and seniors, providing safe and welcoming spaces for social interaction and community engagement.

Restaurant Montanezium – Central City Park

Location: ul. “Izvora” 4, Montana, 3400 **Type:** Community space / restaurant

Restaurant Montanezium is located next to the central city park of Montana and serves as a well-known meeting place for local residents. Its location near the pedestrian zone and park paths makes it easily accessible for cyclists arriving from different parts of the city.

The restaurant provides spacious seating areas and a relaxed atmosphere that is particularly appealing to older residents. The presence of outdoor seating areas also allows cyclists to comfortably park their bicycles while taking a break.

The venue was selected because of its central location and strong connection to the local community. Many seniors already visit the restaurant regularly, making it a familiar and trusted environment where they can comfortably participate in CARE activities.

Discussions with the owner have already taken place and the concept of the CARE Café has been positively received. While the participation is currently under discussion, the owner has expressed support for the project and interest in creating a welcoming environment for cyclists and seniors.

KATo Bar/Dinner – Montana

Location: ul. “Pop Hariton” 19, Montana, 3400 **Type:** Community space

KATo Bar/Dinner is a modern venue located in a lively area of Montana. The space is known for its friendly atmosphere and its ability to attract visitors from different age groups.

The venue includes a spacious outdoor seating area where cyclists can park their bicycles and relax. Its location near popular walking paths makes it a natural meeting point for both active residents and seniors.

The location was selected because it offers a balance between a modern social environment and accessibility for older participants. Its layout allows groups to sit together comfortably, making it suitable for group discussions, storytelling sessions and post-ride social interaction.

The owner has shown interest in supporting the CARE initiative and discussions are ongoing regarding the possibility of adapting the venue to better accommodate cyclists and senior participants.

4.3.3 CARE Café Network in Poland

The Polish partner, Fundacja PROAKTYWNI, identified two locations in the city of Łódź that can support the CARE Café concept. Both venues combine accessible social spaces with proximity to recreational areas where cycling activities can take place.

Gentleman's Coffee Bistro – Łódź

Location: Żłotno 74, Łódź, 94-221 **Type:** Café

Gentleman Coffee Bistro is a neighbourhood café located on Żłotno Street in Łódź. The venue offers a relaxed and welcoming atmosphere, with coffee, breakfasts, desserts and comfortable seating areas.

The café is well known locally and provides a friendly environment suitable for informal meetings and conversations. Its community-oriented character makes it an appropriate location for the CARE Café initiative, as it encourages social interaction and peer support among participants.

The venue is located relatively close to **Park Brus**, a recreational area that includes cycling paths and outdoor spaces. This proximity allows cycling activities to be naturally connected with social interaction at the café.

Power Tennis Club Café Area – Łódź

Type: Sports centre café / relaxation area

The café area at the Power Tennis Club is located within a modern tennis facility near Łódź. The venue includes indoor sports facilities, training rooms, changing rooms with sanitary facilities and a relaxation area where visitors can gather after activities.

The location provides a comfortable environment for small group meetings and post-activity social interaction. Because the facility already hosts visitors from different age groups, it offers strong potential for intergenerational interaction within the CARE project.

The presence of monitored parking and extended opening hours also provides additional convenience and safety for participants attending activities.

Chocolate Café E.Wedel – Manufaktura Complex

Location: Ogrodowa 19, Łódź, 91-071 **Type:** Café

Chocolate Café E.Wedel is located in the Manufaktura complex, one of the most popular leisure, cultural and shopping destinations in Łódź. The café offers a cosy atmosphere with desserts, hot drinks and comfortable seating, making it a suitable location for informal meetings and rest before or after cycling activities.

The wider Manufaktura complex provides several accessibility features that are particularly relevant for senior participants, including accessible toilets, elevators and spacious pedestrian areas. These features make the location easy to navigate and welcoming for visitors of different ages and mobility levels.

The venue was selected because of its central location and its role as a well-known social meeting point in the city. Its accessibility and familiarity make it comfortable for seniors to visit and participate in social activities linked to the CARE project.

The location is also relevant for the cycling routes identified by Fundacja PROAKTYWNI during the route mapping process. In particular, the Manufaktura – Park Staromiejski – Stary Rynek area was identified as one of the proposed senior-friendly urban cycling loops. As a result, Chocolate Café E.Wedel can function as a convenient stop for participants after completing cycling routes in this part of the city.

Within the CARE project, the café will serve as a post-ride meeting point and social interaction space, allowing participants to rest, share experiences and strengthen community connections.

4.4 Overview of CARE Café Locations in the CARE Project

Country	Partner Organisation	City / Municipality	CARE Café Name	Type of Location	Status of Activation
Greece	Cities for Cycling	Athens	Gardénia Café	Café	Confirmed (verbal agreement with owner)
Greece	Cities for Cycling	Athens	Technopolis Café	Café	Confirmed (email confirmation from management)
Bulgaria	Planet & Esports	Montana	Restaurant Montanezium	Community space / restaurant	Under discussion
Bulgaria	Planet & Esports	Montana	KATo Bar/Dinner	Community space	Under discussion
Poland	Fundacja PROAKTYWNI	Łódź	Gentleman Coffee Bistro	Café	Proposed
Poland	Fundacja PROAKTYWNI	Łódź	Power Tennis Club Café Area	Sports centre café / relaxation area	Proposed
Poland	Fundacja PROAKTYWNI	Łódź	Chocolate Café E.Wedel	Café	Proposed

5. CONCLUSIONS AND NEXT STEPS

The Pedal & Connect phase represents an important preparatory step in the implementation of the CARE project. Through the organisation of the volunteer training and the identification of CARE Café locations across partner countries, the project has successfully established the foundations necessary for the upcoming cycling activities involving senior participants.

The Train-the-Trainer session delivered by Cities for Cycling (CFC) brought together 24 participants, including staff members and volunteers from all partner organisations. The training provided practical guidance on organising and facilitating cycling activities, ensuring participant safety, supporting senior cyclists and fostering positive group dynamics. The session also highlighted the importance of integrating social elements into cycling activities, particularly through the use of cafés and community spaces as meeting and interaction points.

At the same time, partners have successfully identified a network of seven CARE Café locations across the participating countries of Greece, Poland and Bulgaria. These locations include cafés, community venues and sport-related facilities that meet the criteria defined within the project for accessibility, safety and community engagement. The selected venues are strategically located near cycling routes or recreational areas, enabling them to function as convenient meeting points and rest stops during cycling activities.

Beyond their practical role in supporting the organisation of cycling rides, the CARE Cafés also contribute to the broader objectives of the project by creating welcoming environments that encourage social interaction, peer support and intergenerational engagement. These spaces will help reduce social isolation among older adults and strengthen community connections around active mobility.

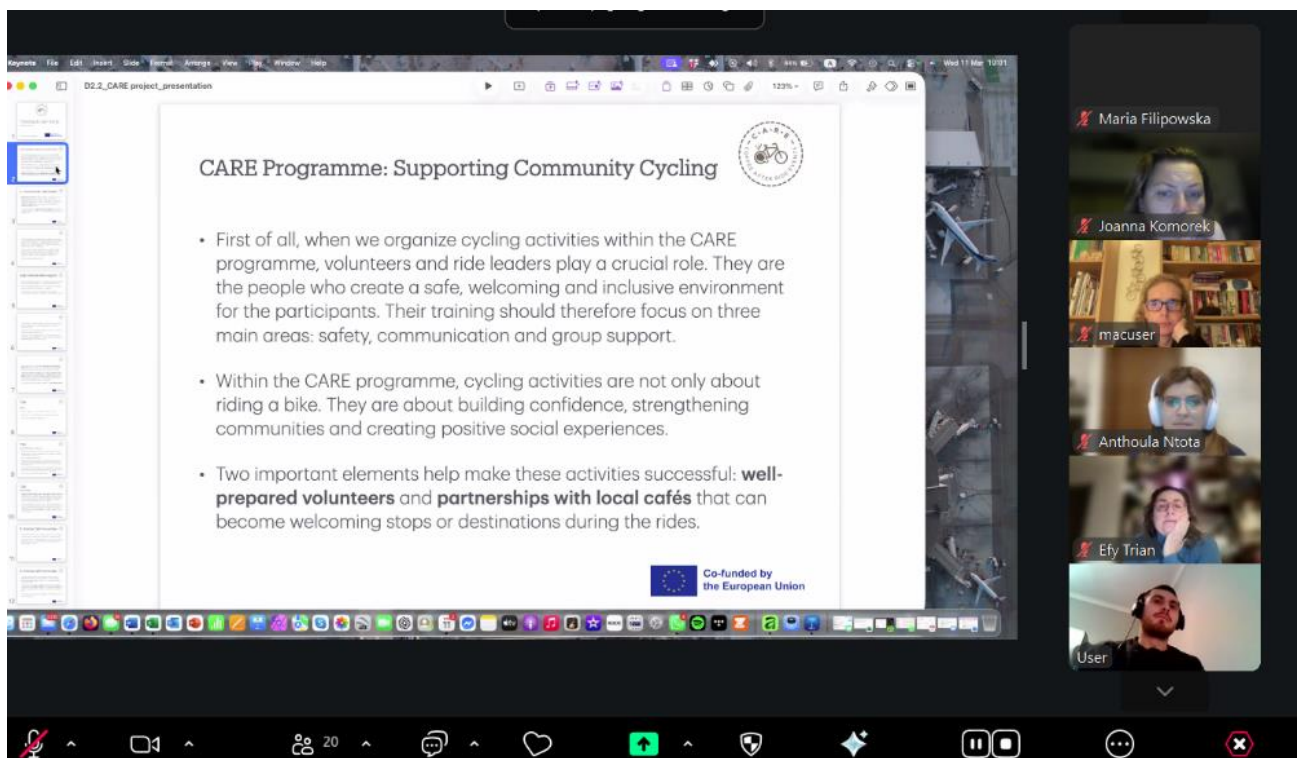
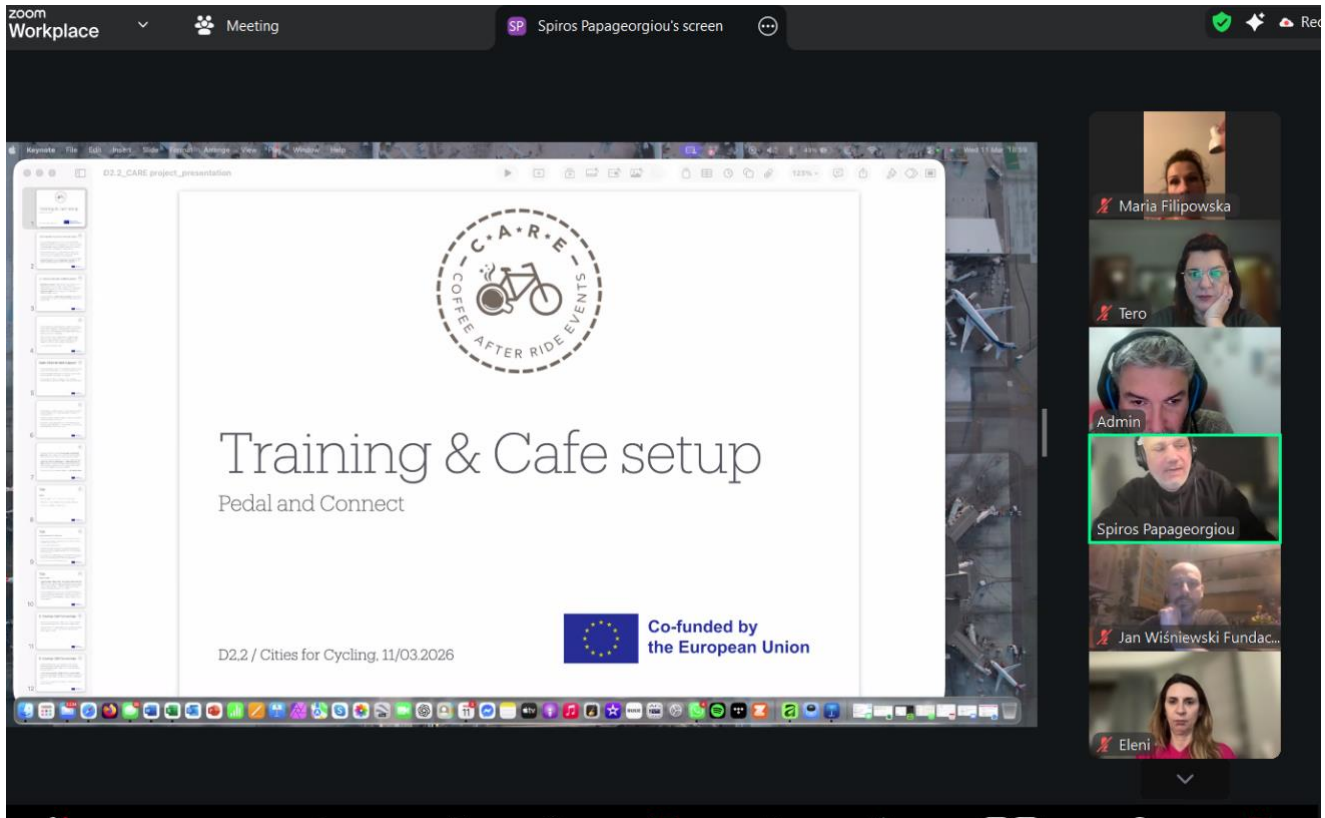
While several café locations have already confirmed their participation, others remain under discussion with local owners and managers. These ongoing discussions demonstrate a positive level of interest from local stakeholders and highlight the potential for further expansion of the CARE Café network during the project.

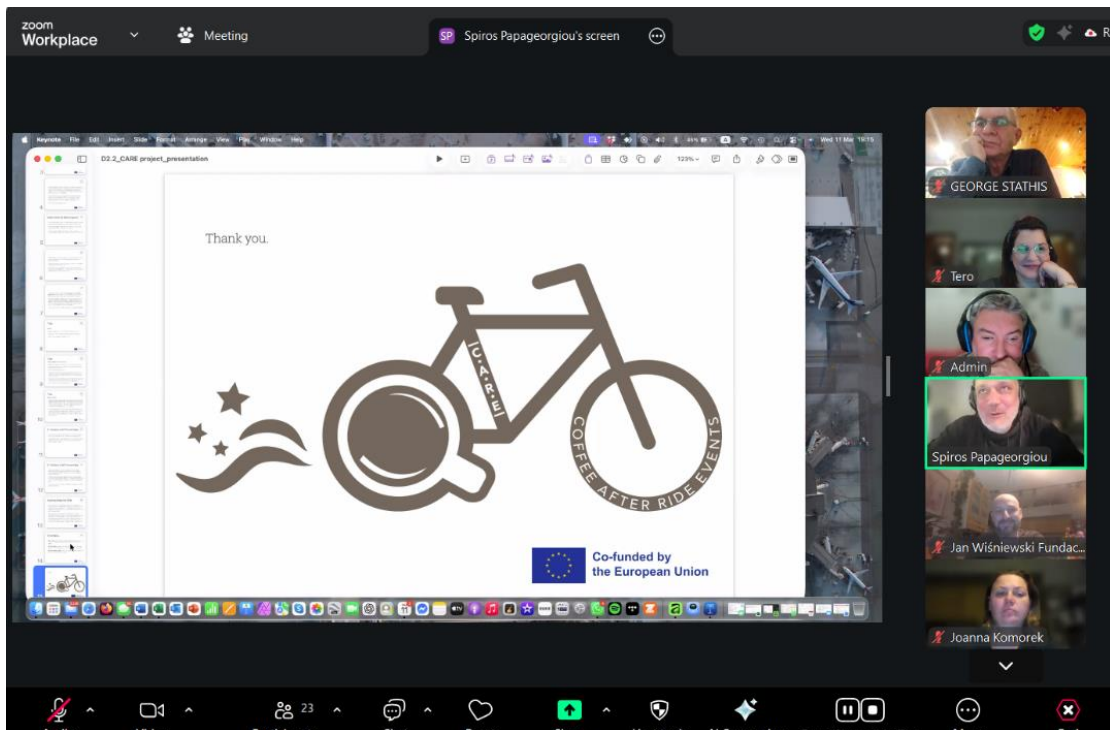
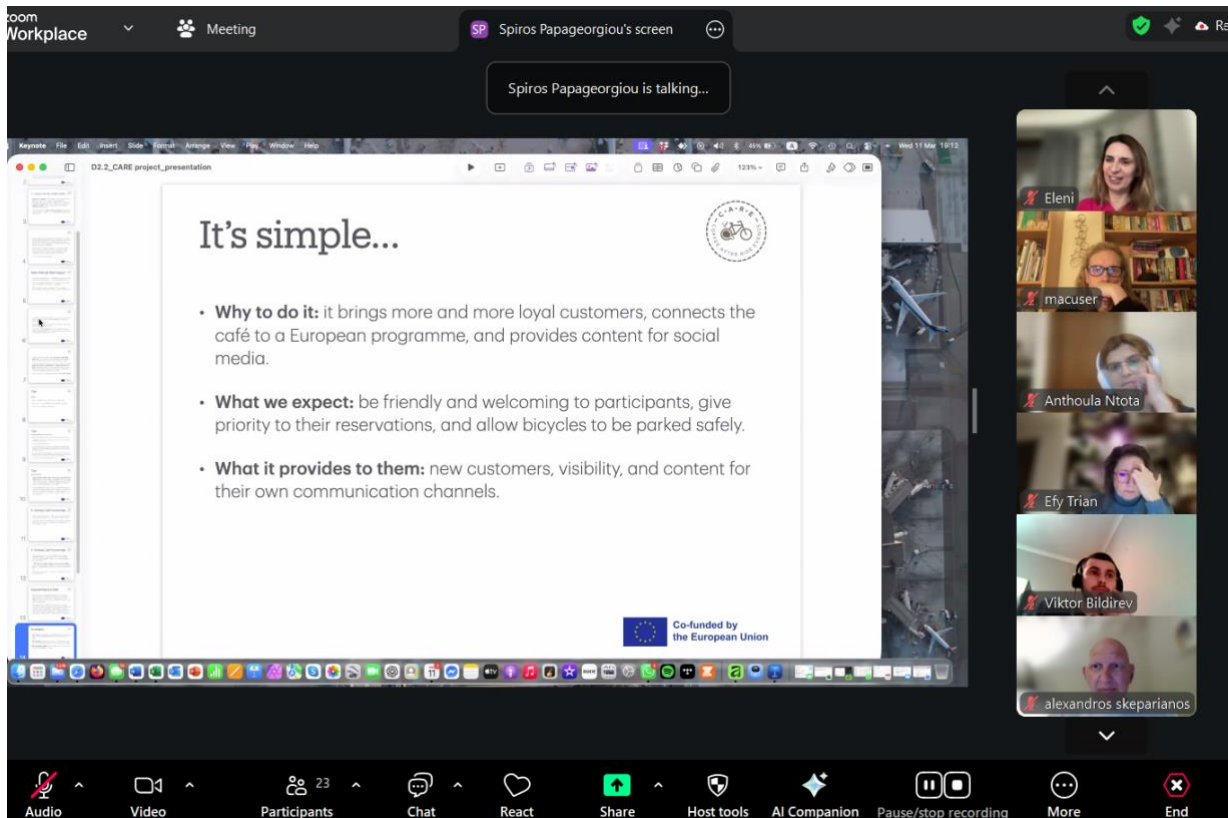
The next phase of the project will focus on the implementation of cycling activities and the activation of the CARE Cafés as community hubs. Project partners will begin organising group rides with senior participants, supported by trained volunteers and using the selected cafés as meeting points, rest stops and locations for post-ride social interaction.

During this phase, partners will also continue strengthening relationships with local businesses and community organisations in order to ensure the sustainability of the CARE Café concept beyond the duration of the project. Monitoring of participant engagement, feedback collection and documentation of good practices will also form part of the next steps.

Overall, the results presented in this deliverable demonstrate that the CARE project has successfully established the organisational and community foundations required to move forward with the implementation of its cycling and social engagement activities. The combination of trained volunteers and a growing network of CARE Cafés provides a strong framework for promoting active ageing, social inclusion and community-based cycling initiatives in the participating countries.

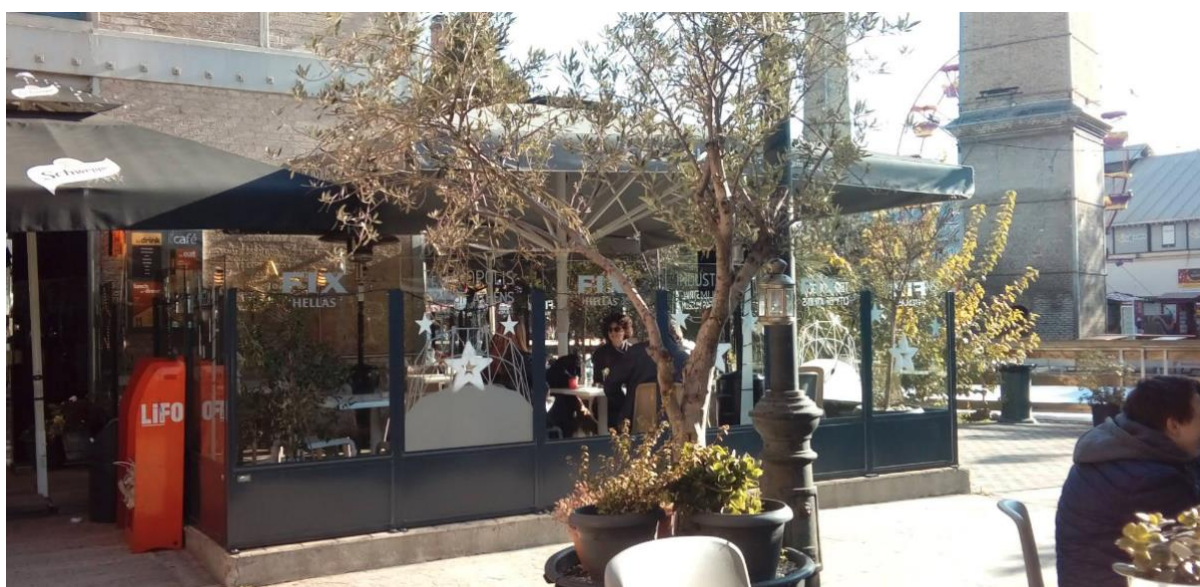
ANNEX 1 - PHOTOS OF THE SEMINAR





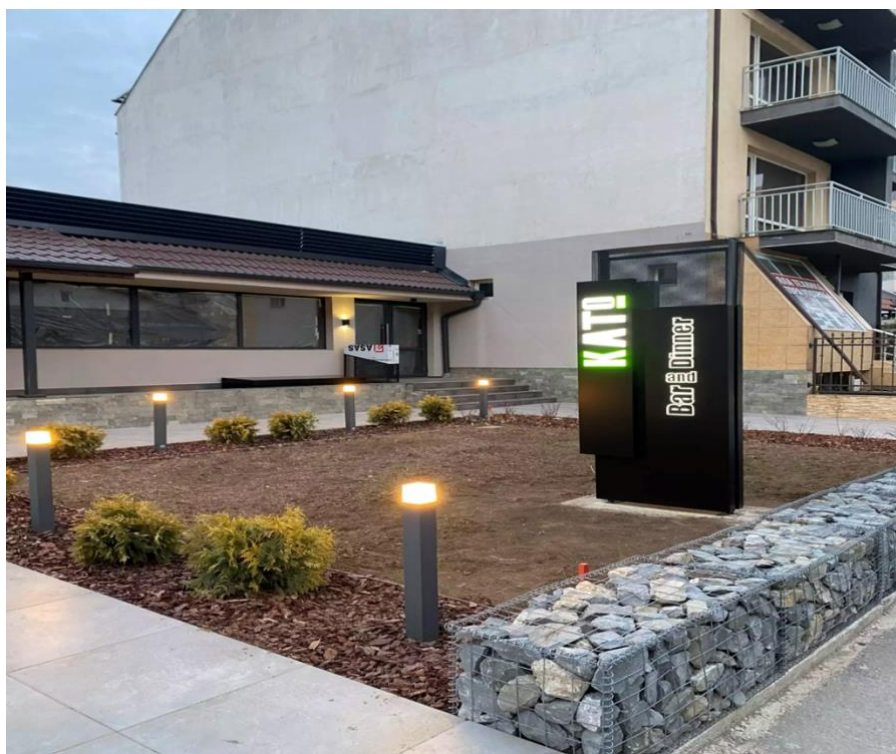
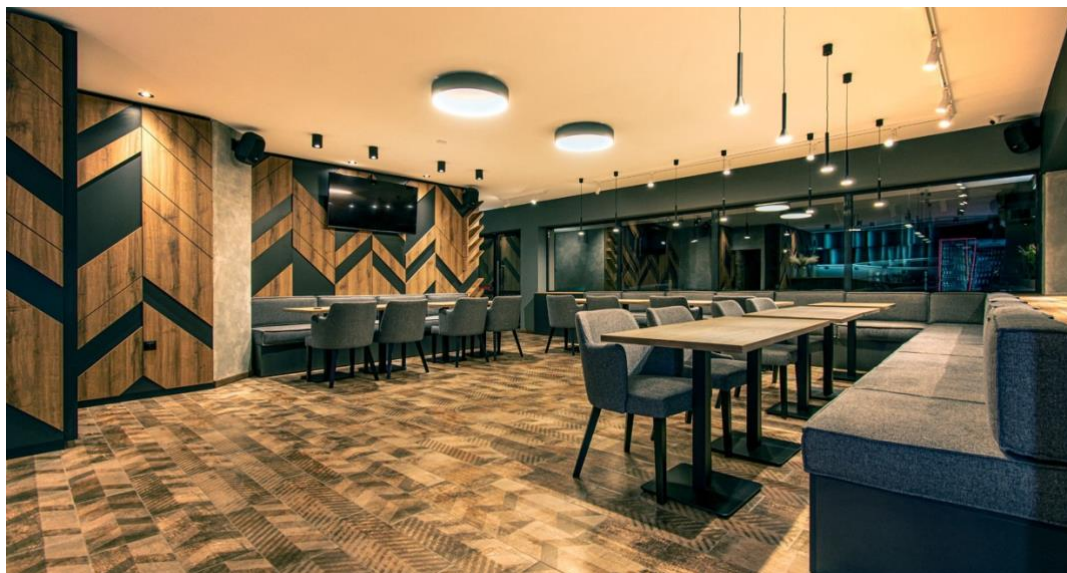
ANNEX2 - PHOTOS OF CAFES

GREECE





BULGARIA





POLAND

