CYCLEPATHS Training of Trainers – INFOPACK

This information note has been prepared within the framework of the **European Union Erasmus+ Sport Capacity Building Project – CYCLEPATHS**.

The **Training of Trainers (ToT)** activity will be hosted by the project partner **ENVERÇEVKO Energy Efficiency and Environmental Protection Association** and will take place in **Muğla, Türkiye**, between **28 March – 3 April 2026**.

Konaklama için Muğla şehir merkezinde MSKÜ Muğla Sıtkı Koçman Konukevinde (Üniversite Konukevi) odalar ön rezervasyon yapılmıştır.

Training Content

The Training of Trainers is expected to cover the following topics:

- Cycling literacy and basic cycling competences
- Organisation and management of cycling tours
- Cycling equipment and accessories
- Safe cycling practices and road safety
- Small group cycling tours (approximately **15–20 km**)
- Motivation techniques and participant engagement
- Camp-based cycling tours
- Development of local partnerships and cooperation models
- Basic bicycle maintenance and repair workshops
- Concept-based and thematic cycling tour experiences
- Different types and models of bicycles
- Small group workshop
- *International night organisation*
- *Social and cultural activities*
- *Local environmental and cultural excursions*
- *Visits to local authorities and public institutions*

A **detailed training agenda** will be shared with participants **one week prior to the training activity**.

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Participants and Composition

The project consortium consists of partners from **5 countries**. Each partner country will be represented by **5 participants**. In total, the training will be attended by **25 participants** and **1 project coordinator**, making a group of **26 participants**.

The target group of participants includes:

- Physical education teachers
- Sports trainers and educators
- Amateur or professional cyclists
- Volunteers involved in cycling activities
- Cycling enthusiasts

Participants are expected to:

- Take a leading role in organising **at least one cycling activity** within their institutions or local communities,
- Have the capacity and motivation to organise **camp-based cycling tours**,
- Be willing to **promote and disseminate** the project activities and results at local, national, and international levels.

Accommodation Information

- **Accommodation:** Rooms have been pre-reserved at the Muğla Sıtkı Koçman University Guesthouse (KONUK EVİ), located in **Muğla city centre**, for the duration of the training (6 nights).
    - **10 Double rooms for participants**
    - **4 Sigle rooms for group leaders**

Location: Muğla, Türkiye

Muğla is located in the Southern Aegean region of Türkiye and is one of the country's most well-known tourism destinations, with the longest coastline in Türkiye. The city center, Menteşe, is situated approximately 670 meters above sea level, providing a cooler climate compared to coastal districts.

Muğla borders the provinces of Aydın, Denizli, and Antalya. The population of the city center is approximately 100,000. At the summer time it is going up till millions.

Distances to major cities:

• Muğla – Aydın: 120 km

• Muğla – Denizli (Pamukkale): 145 km

• Muğla – İzmir: 220 km

• Muğla – Antalya: 320 km

• Muğla – Istanbul (SAW): 630 km

• Muğla – Istanbul (European side): 680 km

Muğla province includes popular districts such as Ula, Akyaka, Milas, Bodrum, Marmaris, Fethiye, Ortaca, Köyceğiz, Datça, and Dalyan. The Gulf of Gökova is the nearest coastal area, located approximately 25 km from the city center.

How to Reach Muğla

Muğla is served by two international airports:

- Dalaman Airport (**DLM**) – Southern access
- Milas–Bodrum Airport (**BJV**) – Northern access,

During the summer season, there are direct flights from many European destinations. In the winter season, flights are generally via Istanbul Airport (IST) or Istanbul Sabiha Gökçen Airport (SAW).

Alternatively, İzmir Adnan Menderes Airport (ADB) can be used. From ADB Airport, participants may travel to Aydın using HAVAŞ airport shuttle services and then continue to Muğla by intercity bus.

The Muğla Bus Terminal is located approximately 2 km from the city center of Muğla (Menteşe) and is accessible by municipal buses or taxi.

Please note that daytime bus services are more frequent than nighttime services.

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Main airlines serving the region:

• Turkish Airlines (THY)

• Pegasus Airlines (PGS)

• SunExpress (via İzmir)

Public airport shuttle services are operated by Muğla Metropolitan Municipality (MUTTAŞ), connecting airports with Muğla (Menteşe), Bodrum, Fethiye, and Marmaris.

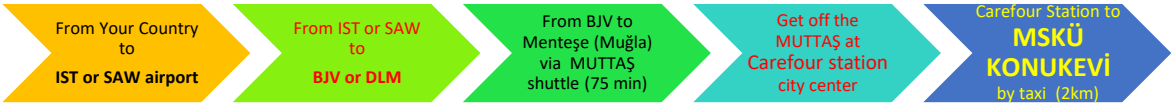
The average travel time is approximately 75 minutes, with a maximum fare of around 220 TRY (4–5 EUR). Taxi services are also available at both airports.

In Türkiye Euro rate is below ;

1 Euro = approx 52 Turkish Liras (10.02.2026)

IST

Trip Schedule



IST **:** Istanbul Airport at European Side

SAW : Sabiha Gökçen Airport at Anatolian side

BJV : Milas Bodrum Airport at north of Muğla (80 km from city center)

DLM : Dalaman airport at south of Muğla (95 km from city center)

MUTTAŞ : Airport shuttle from BJV to city center directly, DLM to city center with a transfer at Gökova junction (***pay at the MUTTAŞ bus, no need reservation online before)***

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Participant Selection Criteria

Each partner organisation may select its participants according to the following criteria:

1. Submission of a **motivation letter** explaining the applicant's interest, expectations, and technical and social competences,
2. Being **18 years of age or older** and affiliated with an association, university, school, municipality, public institution, or cycling/environment and related community group,
3. **Gender balance** should be taken into consideration during the selection process,
4. Participants must be available for **6 nights of shared-room accommodation**,
5. **Full attendance** for all training days is mandatory,
6. Participants are responsible for completing all individual travel-related arrangements (**visa, insurance, travel tickets, etc.**),
7. Participants must bring their own **cycling helmet and gloves**,
8. Participants must formally declare their commitment to supporting **post-training activities and dissemination actions** on behalf of their institutions,
9. Each country group is required to bring **at least one laptop** for use during small group work sessions,
10. Post-training activities should preferably be planned in alignment with **internationally recognised global days or weeks**,
11. Accepted participants must complete **a minimum of 100 km of cycling within 15 days prior to the training**.
    - These rides must be recorded and made visible via the **STRAVA** application by joining the **CYCLEPATHS Club**.
    - For club membership, please **CLICK** HERE.
12. Participants must **ensure the visibility** of the European Union and the project consortium in all activities, in accordance with **Erasmus+ visibility** and communication rules.
13. Active participating to the Interantional night event,

Note: Signing a goodwill agreement between the participant and the sending organisation is optional.

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