



YOUTH FOR EXCHANGE
AND UNDERSTANDING



Bicycle Culture as Youth's Civic
and sustainable Empowerment



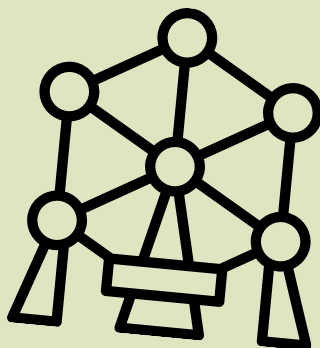
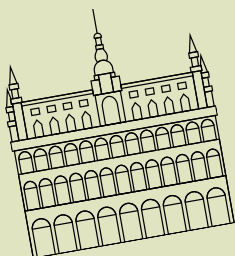
Bicycle's Final Study Visit

INFOPACK



BRUSSELS

21-24 OCTOBER 2026



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About Brussels

Being the political center of the European Union and NATO, this city is called the Capital of Europe.

It is an international city, full of institutional venues that offers much more than government buildings.

It is one of the European cities that contains the largest mosaic of languages and cultures.

It has many restaurants, clubs and an amazing night life!



About the project

The BICYCLE Project - BIcycle Culture as Youth's Civic and sustainabLe Empowerment - is a two-year European initiative launched in January 2025, bringing together organisations and young people from Belgium, France, Italy, Poland, Portugal, and Spain.

The project uses cycling and sustainable mobility to empower young people, strengthen civic engagement, and encourage political participation. Through youth work, training, advocacy, and dialogue with policymakers, BICYCLE supports young people in becoming active citizens and creating a greener, more inclusive Europe.



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Hosting Organization

YEU International

Youth for Exchange and Understanding (YEU) is an international youth NGO founded in 1986 and recognized at the European level by the EU and the Council of Europe. It is a member of the European Youth Forum and the Lifelong Learning Platform. Led by and for young people, YEU promotes active citizenship through non-formal education, fostering skills, intercultural understanding, peace, and respect for human rights. The organization has extensive experience organizing international youth activities such as exchanges, training courses, seminars, study sessions, and conventions.



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Partners



Spain

Belgium



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Italy

Portugal



AENIE



France

Poland



CWE
Creativity
Works
Europe



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AENIE

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About the Study Visit

Objectives: Study Visit in Brussels to empower youth workers and young people in strengthening political participation, advocacy, and civic engagement at an international level, with a focus on connecting cycling and sustainable mobility with democratic involvement.



- Strengthen participants' understanding of EU institutions and decision-making processes related to cycling, sustainability, and youth policies.
- Develop youth engagement, advocacy, and political participation skills through workshops, discussions, and direct dialogue with EU stakeholders.
- Share project outcomes, success stories, and local initiatives at an international level, while fostering cooperation and future collaboration among young people, youth workers, and policymakers.
- Create and promote the project website as a lasting resource for sharing the project's results, educational materials, advocacy tools, and opportunities for youth participation.



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Draft Agenda

21st OCT. ✈️

Arrival in Brussels in the + **first meeting with all participants** in the afternoon.

22nd OCT. 🇪🇺

Visits and meetings with institutions and representatives and meeting with other participants

23rd OCT. 💡

Meetings with EU Commission in the morning and visit to Parliamentarium in the early afternoon.

RETURN

Flights either late on 23 October or on 24 October



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Important Addresses

YEU Office

YEU International
office

YEU is located in:
Rue de la Loi 235, b27
Brussels (Belgium)
First Floor

Workroom



Sleep Well Youth Hostel

The nearest metro Station
is SCHUMAN.

Rue du Damier 23, 1000
Bruxelles, Rosa Parks
workroom



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ARRIVAL AND TRANSPORTATION

Charleroi Airport



Take the shuttle bus (Brussels City Shuttle - Flibco) to Brussels Midi // 19€ per person/journey buy it online here.

From Brussels Midi, you can find various means of transportation around the city including bus, train and metro.

Tip: Use Google Maps to navigate the city, it works very well in Brussels.

flibco
your airport connection

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Europe**


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ARRIVAL AND TRANSPORTATION



OPTION1

Take the bus "Airport Line" (n°12) from Brussels Airport and get off in Trône / 7.50€ per person/ journey (if you get your ticket from the machine at the bus stop, if you get your ticket on the bus it's 7.00€ per person/journey).

From here you can find various means of transportation to your accommodation including bus, train and tram connections

OPTION2

Take the train from Brussels Airport (direction Brussels Central) and get off in Gare Centrale (15/20 mn) 11.20€ per person/ journey. Gare Centrale is Brussels Central Station where the training will take place.

From here you can find various means of transportation to your accommodation including bus, train and tram connections.



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ACCOMMODATION

Suggestions

1-IBIS Brussel City Center

The ibis Brussels City Center offers simple, modern rooms in the center of Brussels, just 550 meters from Grand Place. Price: around 90€ per night



2-MEININGER Hotels

Meninger hotel is a more budget friendly option with shared rooms. It is located next to Midi/south Station. Price: around 40€ per night



3-Sleep Well Youth Hostel

Sleep Well Youth Hostel is a budget-friendly option with shared and private rooms. It is centrally located. Price: from 60€ per night



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ACCOMMODATION

Suggestions

4-Sleep Inn Hostel

Sleep Inn Hostel in Molenbeek is a comfortable and affordable accommodation option, conveniently located for participants and offering easy access to Brussels city centre and public transport.



5-Bruegel Hostel

A centrally located and budget-friendly hostel in Brussels, providing a practical base for participants to explore the city and easily access key locations by foot or public transport.



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Discovering the city

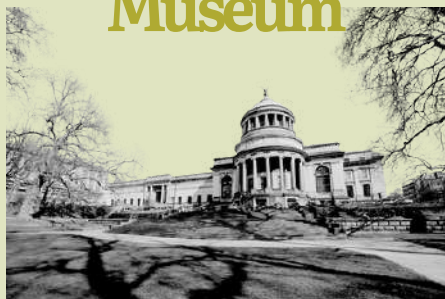
Visit the Grand Place



The Grand Place is Brussels' central square, famous for its stunning historic buildings, including the Town Hall and Maison du Roi. A UNESCO World Heritage Site, it hosts markets, festivals, and the famous Flower Carpet event.



Art & History Museum



The Art & History Museum showcases artefacts from prehistory to Classical antiquity, including Egyptian sarcophagi, Greek vases, and a Roman model. It also features non-European treasures, like the Easter Island statue, and European decorative arts from Romanesque to Art Deco.

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PRACTICAL INFORMATION

- ID, Passport or any travelling document needed
- Towel
- Shampoo, Conditioner and Shower Gel and toiletries
- Warm clothes
- Slippers
- Medicine that you may need
- Cable and power bank (highly recommended)
- Raincoat, umbrella and jumper
- Food from your country that you want to share.
- Insurance card/documents
- Your positive energy and and your desire to learn!

NOTE: Please, try to avoid Midi (south) station and Nord (north) station areas at night!



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Your YEU Contacts



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See you soon
in Brussels!!



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