

YOUTH EXCHANGE ACTIVE

ERASMUS +

Connect.
Learn.
Enjoy

DAILY ACTIVITIES

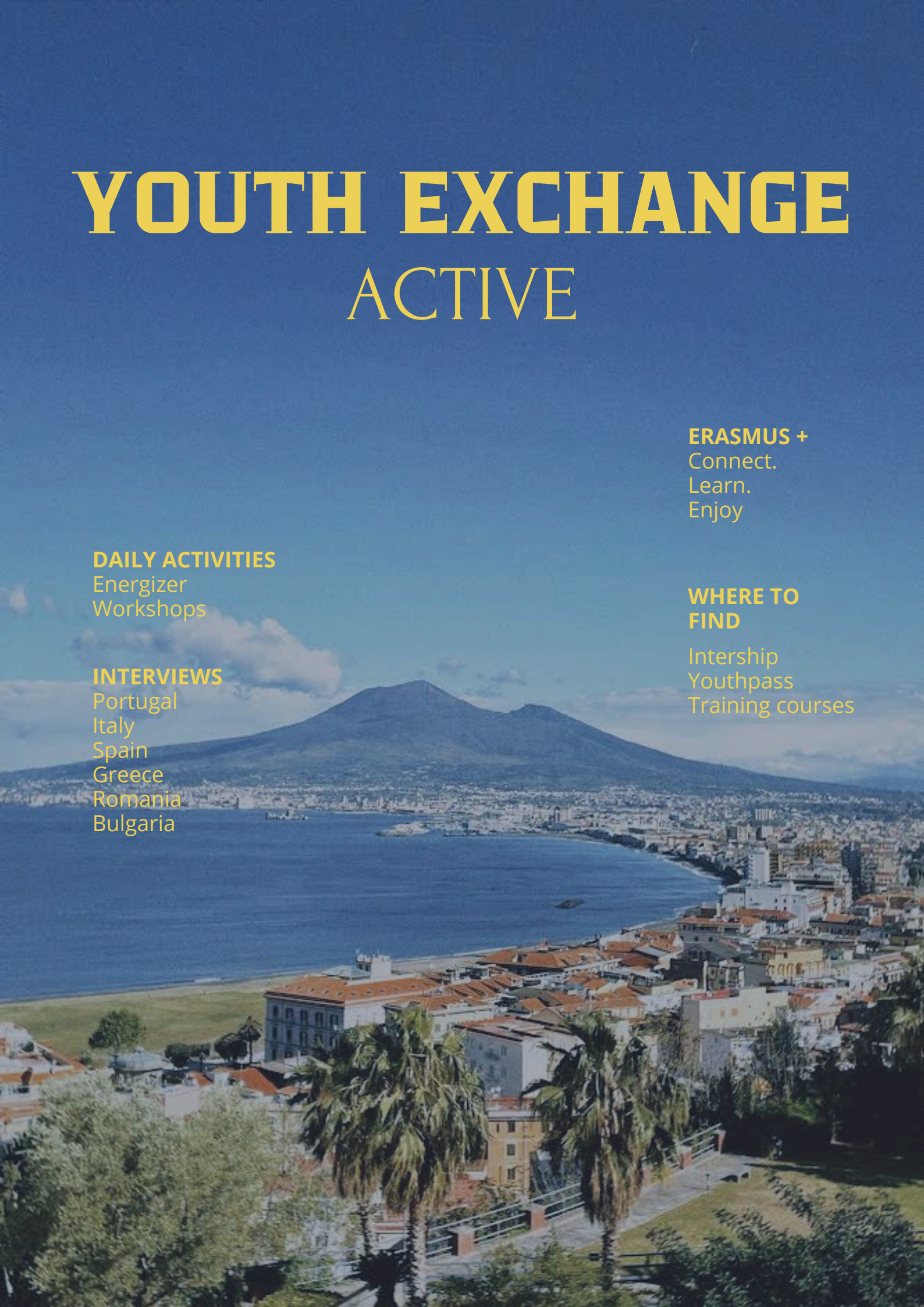
Energizer
Workshops

INTERVIEWS

Portugal
Italy
Spain
Greece
Romania
Bulgaria

WHERE TO FIND

Internship
Youthpass
Training courses



YOUTH OPPORTUNITIES

Erasmus + is the European Union's programme to support education, training, youth and sport in Europe.

Erasmus + has opportunities for people as well as organizations from all over the world.

It supports priorities and activities set out in the European Education Area, digital education action plan and the European skills agenda.

The programme contains new opportunities and broader horizons, it's education and open- minded, it's great to meet new people and visit extraordinary places, face challenges, improve the individual's creativity and become more independent.



*Is the best
way to
explore a
new
culture*



WHERE TO FIND ERASMUS OTHER OPPORTUNITIES?

Mobility of Youth workers (training courses; seminars)

For Youth workers organisations can like part in opportunities to support the professional development and network of youth workers, including activities such as:

- training courses
- seminars
- network events
- study visits.

The duration can be from 2 days to 2 months and must take place in the country of one of the participating organisations.

YouthPass

It's a European recognition instrument for identifying learning outcomes that are acquired in projects under the Erasmus + youth and the European solidarity cooperations programmes.

How and where you can find Erasmus and other opportunities?

- social media
- local associations
- person conditions
- freinds/family
- school/university/workplace
- mladiinfo.eu/org
- saltoyouth.net
- app- Apply&go

Erasmus Internship

Erasmus+ supports traineeships (work placements; internships) abroad at any workplace for students currently enrolled in higher education institutions in Programme Countries at short-cycle Bachelor and Master level as well as for Doctoral candidates.

The duration can be from 2 to 12 months.

European Solidarity Corps

The European Solidarity brings together young people to build a more inclusive society, supporting vulnerable people and responding to societal challenges. It offers an inspiring and empowering experience for young people who want to help, learn and develop.

Conditions - 18 to 30 years old.

What is covered?

You are covered by a complementary insurance

You can access a range of support services such as linguistic support and training

The EU grant supports travel as well as practical and activity-related costs necessary for the exchange.

YOUTH EXCHANGE PROGRAM

Youth exchanges allow groups of young people from different countries to meet, live together and work on shared projects for short periods of time.

The duration of one project is between 5 and 21 days.

Conditions - people between 13 and 30. But the leaders must be at least 18.

Activities include workshops, exercises, discussions, role-playing, outdoor activities and more.

During a youth exchange, participants jointly complete a program of work (a combination of workshops, exercises, debates, role-plays, simulations, outdoor activities, etc.) designed and prepared by themselves.



DAILY ACTIVITIES

Youth Exchanges are meetings of groups of young people from different countries who gather for a short period to implement jointly a non-formal learning programme.

The following activities are not eligible for grants under Youth Exchanges: academic study trips; exchange activities that aim to make financial profit; exchange activities that can be considered as tourism; festivals; holiday travel; performance tours, statutory meetings, training courses by adults for young people.



INTERVIEWS

Diogo Moreira, Portugal

"This is not my first Youth exchange project. I found the topic was interesting because we talked about issues in the EU (European Union). I met people from countries that I've never met before and discovered new cultures. I had such an amazing experience that I will never forget."



Francesco Vollono, Italy

"This is the first time I am participating in a Youth exchange program and I found the experience amazing. I met people from all countries around the Europe and I enjoyed every moment. The topic of the project made me understand many cons that the EU is experiencing but also the problems. "

Jesús Chinchilla, Spain

"This is my first Youth exchange. I really enjoyed it. Not only did I meet people from around Europe but, also I reinforced my European identity and my knowledge about the EU."



Sotiris Mouzis, Greece

"It is my fifth one and I can say that it was one of my favourites. If I had to use 3 words, I would choose unique, self-discovery and funny (the team was the best). The topic of the project was very interesting, I learned many things about the European Union and my responsibility as a European citizen."



Iulian Iorga, Romania

"It's my first Youth exchange. I would describe the experience as very captivating because I don't remember having a moment when I wasn't learning. I had a lot of fun and I believe that this past week was the funniest week of my life."

Marina Yordanova, Bulgaria

"This is my first project. I have never experienced something like that before. I feel content because I've learnt a lot about the topic through various activities. I've become much more confident to express myself because this group of people made me feel accepted - I'm grateful for every second of this project."





ACTIVE



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