youth zone



EU ACTIONS 4 YOUTH

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HI THERE!

There are a variety of opportunities for youth provided through EU programs. The most recognizable program is for sure Erasmus + program. What is it that this program provides for young people?

Let’s see.

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DISCOVEREU

DiscoverEU gives 18-year old citizens the opportunity to discover Europe through learning experiences. Travelling mainly by rail (there are exceptions for those living on islands or in remote areas), you will explore Europe's stunning landscapes and its variety of cities, towns and cities. Specific funding is available as part of the DiscoverEU action for young people with fewer opportunities to explore Europe. They can receive extra support to overcome obstacles to applying and travelling. This action aims to reach out and include those who would not normally apply on their own initiative. As an 18-year-old resident of the European Union or of one of the third countries associated to the Erasmus+ Programme like Iceland, Liechtenstein, North Macedonia, Norway, Serbia and Türkiye, DiscoverEU offers you the opportunity to participate in a travel experience that will enable you to explore Europe's diversity, learn about its cultural heritage and history, and connect with people from all over the continent. Furthermore, DiscoverEU enables you, as a young person, to develop life skills of value to your future, such as independence, confidence, and openness to other cultures. Selected participants will receive a DiscoverEU European Youth Card that will allow them to have discounts on cultural visits, learning activities, sports, local transportation, accommodation, food, etc.

MORE INFO

- DiscoverEU
- Contact your National agency for Erasmus +



YOUTH EXCHANGES

Youth exchanges allow groups of young people from different countries to meet, live together and work on shared projects for short periods. Youth exchanges take place outside the school environment. On a youth exchange, you can expect to participate in activities such as workshops, exercises, debates, role-plays, outdoor activities and more. Youth exchanges last between **5 and 21 days**. This excludes travelling time. Youth exchanges are open to people between the **ages of 13 and 30.** To be a group leader in a youth exchange, you must be **at least 18 years-old**. Youth exchanges are managed by youth organisations, informal groups of young people or other organisations. To participate in a youth exchange, **you cannot apply directly for a grant as an individual**. Applications must be made by an organisation or a group of young people who in turn select who will participate in the exchange.

MORE INFO

- Youth Exchanges
- Contact your National agency for Erasmus +

PUPIL MOBILITY

If you are a pupil, you can spend a period abroad to study at a partner school or perform a traineeship at another relevant organization abroad. An individual learning programme will be defined for you. Alternatively, you can also benefit from the group mobility of pupils to spend time learning together with your peers in another country. Teachers or other authorized persons from the sending school will accompany you for the entire duration of the activity. **Group mobility** of school pupils can last up to 1 month. This excludes traveling time. **Individual learning mobility** for pupils can be short-term, lasting up to 1 month, or long-term, lasting from 1 month up to 1 year. This excludes traveling time. For you to participate in pupil mobility abroad with Erasmus+, your school must apply to acquire an Erasmus accreditation in the field of school education or to participate in a short-term mobility project. In both cases, organizations should adhere to a set of quality standards for mobility projects on good management practices, providing quality and support to participants, and sharing results and knowledge about the programme. In the case of individual pupil mobility, you, together with your institution and the receiving organization sign a Learning Agreement. This document sets out your learning goals, rights and responsibilities and also how the study period abroad will be formally recognised. To participate in pupil mobility, **you cannot apply directly for a grant as an individual.** Applications must be made by schools, who in turn select candidates for study periods abroad. The selection of pupils for mobility activities should be fair, inclusive, transparent and well documented.

MORE INFO

- Pupil mobility
- Contact your National agency for Erasmus +
- Alternatively, check with your school if it is accredited

NETWORKING AND TRAINING FOR YOUTH WORKERS

Erasmus+ supports the professional development of youth workers through training or networking periods abroad. Periods abroad can consist of training courses, study visits, job shadowing or observation periods at relevant organizations and more. Youth workers' mobility must last between 2 days and 2 months. This excludes traveling time. To go abroad with Erasmus+ as a youth worker, your organization must be part of a youth mobility project with another institution or organization. You cannot apply for a grant as an individual. Applications must be made by organizations who in turn involve youth workers in the project.

MORE INFO

- Networking and training for youth workers
- Or contact your National Agency for Erasmus +



STUDENTS

Studying abroad is a central part of Erasmus+ and has been shown to have a positive effect on later job prospects. It is also an opportunity to improve language skills, gain self-confidence and independence, and immerse yourself in a new culture. Erasmus+ also offers the chance to combine studying abroad with a traineeship. Opportunities are available for students at short-cycle Bachelor, Master or Doctoral levels.

Studying abroad

Erasmus+ can offer you support during your period of study abroad: whether this is in an Erasmus+ Programme country or in a Partner country. Your long-term study period abroad can last a minimum of 2 months (or 1 academic term or trimester) and a maximum of 12 months. Students can also do a blended mobility, combining a virtual period with a physical short or long-term mobility. The short-term physical presence abroad as part of blended mobility lasts a minimum of 5 days and a maximum of 30 days. To study abroad with Erasmus+, you must be registered in a higher education institution and enrolled in studies leading to a recognised degree or tertiary-level qualification. For students in the first cycle, you need to be at least in the second year of your studies. Your period of study abroad must be relevant for your degree-related learning and personal development needs, and be part of the study programme that you are following. Your home institution and the receiving institution must have an inter-institutional agreement between them for you to study there with Erasmus+. Both institutions must also hold the Erasmus Charter for Higher Education (if they are in Programme countries). Institutions from Partner countries commit to the principles of the Charter when signing the inter-institutional agreements.

STUDENTS

Traineeships abroad

Erasmus+ supports traineeships (work placements, internships, etc.) abroad in a Programme or Partner country for students enrolled in higher education in a Programme Country. These opportunities are also open to recent graduates. 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. These opportunities are also open to recent graduates. The Erasmus Intern Traineeship Portal, developed by the Erasmus Student Network, can help you find Erasmus+ traineeships opportunities from companies. Traineeships abroad can receive Erasmus+ support from 2 to 12 months. Students and recent graduates can also do a blended mobility, which means combining a short physical stay abroad (between 5 and 30 days) with a virtual period. Trainees can also combine an Erasmus+ traineeship with a study period abroad.

Erasmus Mundus Joint Master Degrees

Erasmus Mundus Joint Masters are offered by multiple higher education institutions and run across various countries. They are distinguished by their academic excellence and by the high level of integration of the courses. There are also scholarships for students to take part in these prestigious programmes. Erasmus Mundus Joint Masters are prestigious international masters, jointly designed and delivered by a group of higher education institutions. They involve at least 3 institutions from at least 3 different countries and multiple associated partners from the academic and non-academic world. Typically, they include periods of
study, research, traineeship, thesis preparation and defense. Masters may also offer full scholarships to the best-ranked students worldwide. Scholarships cover your participation costs and contribute to travel, visa and a living allowance. You will gain either a joint degree (i.e. one single degree certificate issued on behalf of at least two higher education institutions) or multiple degrees (i.e. at least two-degree certificates issued by two higher education institutions of the consortium). You'll be able to define these in detail when you sign a study agreement with the relevant Erasmus Mundus Joint Master at the beginning of your studies.

STUDENTS

Students with physical, mental or health-related conditions

Additional funding is available and students have the right to the same support services offered to local students by receiving institutions. To ensure that a person whose individual physical, mental or health-related conditions are such that his/her participation in Erasmus+ would not be possible without extra financial support can take full advantage of European mobility arrangements, Erasmus+ pays particular attention to guidance, reception, physical accessibility, pedagogical and technical support services, and, especially, financing the extra costs. Additional funding is available for participants with physical, mental or health-related conditions via the Erasmus+ special needs support. Erasmus+ grants may therefore be higher than the regular study, traineeship or staff grants to offset the specific difficulties faced by the participant (such as adapted accommodation, travel assistance, medical attendance, supportive equipment,
adaption of learning material, an accompanying person for students and staff with disabilities). This additional support grant is a contribution based on real costs. Higher education institutions should describe on their website how students and staff with physical, mental or health-related conditions can request such additional grant support. In preparation of the Erasmus+ mobility period, a participant with physical,
mental or health-related conditions should indicate her/his needs and extra costs in order to apply for the Erasmus+ special needs support grant with the support of their sending higher education institution. Ask the Erasmus+ coordinator of your sending higher education institution about the application procedure (application deadline, where you can obtain the application form, where to submit your application form etc.). The higher education institution and/or National Agency will assess your application and will decide on the additional amount you may receive.

MORE INFO

- Students
- Contact your National agency for Erasmus +
- Alternatively, check with your university if it is accredited



EUROPEAN SOLIDARITY CORPS

Most opportunities through the European Solidarity Corps are **cross-border volunteering activities**. These projects are an excellent opportunity to help where needed, learn new skills, spend time abroad, maybe learn a language – and definitely come back with unforgettable memories. With the wide range of issues covered by the projects (such as environment, health, inclusion, digital technologies, culture, and sport), you're sure to find something to match your interests and background. You have the choice between **volunteering individually and in teams**.

Individual volunteering can last from **2 months up to 12 months**, is **full-time** (between 30 and 38 hours a week), allows you to contribute to the daily work of an organization that is actively **benefiting the local community**, is usually 'cross-border' – i.e. **in a different country** to where you live (though it can be there too – these are called 'in-country' projects), in some cases, you can take part for a **shorter time** (from 2 weeks to 2 months) – for example for participants with fewer opportunities, or disabilities.

Team volunteering – If you can't commit for a long period, but still want to help the community, then check out team volunteering, which can last between **2 weeks and 2 months**, is **full-time** (between 30 and 38 hours a week), you volunteer with people from **at least 2 different countries**, the group will be **between 10 and 40 volunteers** and include people with fewer opportunities, is usually abroad, though it can be in your home country.



Supporting and host organizations – If you're going abroad for individual volunteering, 2 organizations are involved: **a supporting organization** – based in your home country, will help you prepare for your experience abroad (it used to be called 'sending organization') and **host organization** – will receive and help you in your destination country. You can search for a potential supporting organization on the accredited/Quality-Labelled organization database.

European Solidarity Corps volunteering activities are open to **18-30-year-old** people who reside in programme and partner countries. You are covered by a complementary **insurance**. You can access a range of support services such as **linguistic support and training**. Your **basic costs** will be covered (your travel to and from the project, accommodation and food). You'll also receive a **small allowance** for personal expenses (€3-6 a day, depending on the country). If you have **specific needs** (e.g. a disability), these costs may also be covered

MORE INFO

- ESC
- Contact your National agency for Erasmus +
- Alternatively, check for youth organizations in your country that are accredited

More youth related information available at: European Youth Portal

ERASMUS + SPORT

E+ SPORT component of Erasmus + provides different opportunities for young coaches and athletes.

MOBILITY OF STAFF IN THE FIELD OF SPORT

This action supports the professional development of coaches, and other staff (both paid staff and volunteers) in grassroots sport. Staff in non-grassroots sport, including those engaged in dual sport and non-sport careers, can also enhance the learning impact and knowledge transfer for grassroots sport staff and organizations. The general objective of this action is to give the opportunity to staff of sport organisations, primarily in grassroots sports, to improve their competences, qualifications and acquire new skills through learning mobility by spending a period of time abroad, thus contributing to the capacity-building and development of sport organizations.

Where to find information: Contact your National Agency for Erasmus+ or organization / club active in Erasmus + Sport in your community.

SMALL-SCALE PARTNERSHIPS

Small-scale Partnerships aim to reach out to grassroots organisations or those less experienced in Erasmus+. They are designed to widen access to the programme to small-scale actors and individuals who are hard to reach in the field of sport. This type of projects provide young coaches, other sport staff and volunteers as well as athletes coming from grassroots sport organizations and clubs to participate in transnational activities, to gain new
competences and network with their colleagues at the European level.

Where to find information: Small-scale Partnerships or contact organization/club active in Erasmus + Sport in your community.

ERASMUS + SPORT

COOPERATION PARTNERSHIPS

Another opportunity for young coaches, sport staff and athletes is Cooperation Partnerships. Cooperation Partnerships are designed to promote the creation and development of European networks in the field of sport. They aim to help sport organisations to:

- increase quality in the work, activities and practices of organisations and institutions involved.
- build capacity of organisations to work transnationally and across sectors.
- address common needs in the field of sport.
- enable transformation and change (at individual, organisational or sectoral level)

This opportunity can include activities such as:

- networking among key stakeholders
- development, identification, promotion, and exchange of best practices
- preparation, development, and implementation of education and training modules
- and tools
- increasing the skills of multipliers
- developing monitoring and benchmarking of indicators
- raising awareness of the added value of sport and physical activity
- promoting synergies between sport, health, education, training, and youth
- improving the evidence-base for sport
- organising conferences, seminars, events and meetings

Where to find information: Cooperation Partnerships or contact organization / club active in Erasmus + Sport in your community.

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