

**NO MATTER YOUR
BACKGROUND,**

YOUR EUROPEAN ADVENTURE

**STARTS
HERE!**



eurodesk



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version of this brochure.

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**ARE YOU FEELING
HELD BACK?**

**DON'T LET LIFE'S
CHALLENGES
STOP YOU FROM
EXPLORING
THE WORLD!**

EU programmes like Erasmus+ and the European Solidarity Corps are here for you and want to ensure everyone can participate. Discover how to get extra support to participate in various opportunities to work, learn and volunteer abroad.

ARE YOU FACING ANY BARRIERS TO PARTICIPATION?

As part of its inclusion strategy, the European Union aims to increase the diversity of participants in its youth programmes.

You could qualify for inclusion support if you face obstacles in accessing opportunities.



These obstacles could be:

- **Financial struggles:** For example, if you are from a low-income family or are unemployed, need to work to support yourself or depend on the social welfare system.
- **Geographical isolation:** If you are from a rural or remote area with limited access to education and opportunities.
- **Disabilities and health conditions:** If you have physical, mental, intellectual or sensory impairments and chronic illnesses or long-term health problems.
- **Cultural differences:** Like if you are a refugee and asylum seeker, belong to a national or ethnic minority, or are a sign language user.
- **Educational challenges:** If you have learning difficulties or lack formal qualifications.
- **Discrimination:** If you face discrimination based on sexual orientation, gender identity, ethnicity, religion, belief or any other reason.

Are any of these obstacles making you feel like the EU programmes are not for you or preventing you from accessing the programmes? Then maybe there is a solution to overcome them!

WHAT KIND OF SUPPORT IS AVAILABLE?

Accessibility and inclusion are important goals of all EU youth programmes. So you are more than wanted!

To make sure everyone can participate, the EU provides extra top-ups for different things:

- **Travel costs:**
Additional support for travel expenses, especially for participants from remote or disadvantaged regions.
- **Accommodation costs:**
Extra funding can be provided to cover accommodation costs for participants with special needs like accessibility requirements.
- **Exceptional costs:**
Financial assistance for special equipment needs, reinforced mentorship, personal assistance, specific intercultural or linguistic preparation, etc. These are just a few examples; every cost that supports inclusion will be accepted if adequately justified.

Beyond financial support, additional measures are in place to support inclusive participation of young people:

- **Flexible options:** Erasmus+ and the European Solidarity Corps offer various opportunities to accommodate specific needs, such as offering shorter stays abroad to those who cannot stay for longer periods for various reasons.
- **Language support:** Offering language courses and support through an online tool for participants with limited language skills.
- **Information and support:** Contact Eurodesk for more information about available opportunities!

By providing different types of support, Erasmus+ and the European Solidarity Corps aim to create inclusive programmes that empower young people from all backgrounds to reach their full potential.



“ALL INCLUSIVE” ACTIONS FOR YOU...

Actions such as the European Solidarity Corps Volunteering Projects and the Erasmus+ Youth Exchanges offer opportunities to participate in a project abroad, “all included”! That means the organisation will pay for your trip, meals, and accommodation. These could be great starting points!



EUROPEAN SOLIDARITY CORPS: VOLUNTEERING PROJECTS

The European Solidarity Corps is an EU programme that supports solidarity activities in a wide range of fields.

You can either volunteer on your own (individual volunteering) or as part of a group of 10-40 volunteers coming from at least two different countries (team volunteering).



Duration for individual
2 weeks to 12 months

Duration for team
2 weeks to 2 months



Age from 18 to 30 years old



Destination: EU Member
States + partner countries



The costs covered are:
travel and subsistence
expenses, pocket money,
complementary insurance,
support services such as
linguistic support and
training, and expenses
related to special needs

How to get started:
Register on the European
Youth Portal, check the
offers and apply



ERASMUS+: YOUTH EXCHANGES

Erasmus+ Youth exchanges bring together 16 to 60 young people from at least two countries to exchange and learn together.

The objective is to engage and empower young people to become active citizens, connect them to the European project and help them gain and develop competencies.



Duration from 5 to 21 days



Age from 13 to 30 years old



Destination: EU Member States + Partner countries.



The costs covered are:
travel costs and practical
and activity-related costs
necessary for the exchange

How to get started:
To participate in a youth
exchange, you must apply
through an organisation or
as a group of young people.
If you need help finding a
suitable participating
organisation or have
questions, contact your
Erasmus+ National Agency
or Eurodesk



HOW TO GET SUPPORT?

Organisations involved with Erasmus+ and the European Solidarity Corps as hosts can support your participation. Some work exclusively with young people with disabilities or special needs.

The best option is to contact your national agency or Eurodesk for information on how to participate. You could also ask them to provide you with information for your parents or relatives about the conditions that apply when going abroad to reassure them and discuss all the options.



**CONNECT WITH EURODESK
AND DISCOVER MANY
OTHER OPPORTUNITIES!**



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