



# EUROPE

# FOR YOUTH



To Corinne, Laëtitia, and Margot without  
whom this project would not have been  
possible.



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and the Occitanie Region.



Direction de région académique  
à la jeunesse, à l'engagement et  
aux sports (DRAJES)



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# EUROPE FOR YOUTH

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# DiscoverEU (Erasmus+)

DiscoverEU is an opportunity free of charge for you to travel for a month by train to discover Europe in a different light! Try your luck and you may be picked to win an Interrail pass.

For whom: Teenagers who turn 18 in the same year of their application and who reside in an EU or an Erasmus program country.

How long: from a day to a month

How: Make sure you stay up to date with the application period! You can try your luck only once within the year of your 18th birthday. Two-week windows are available in two different times of the year to sign up for the lucky draw, so don't miss out.

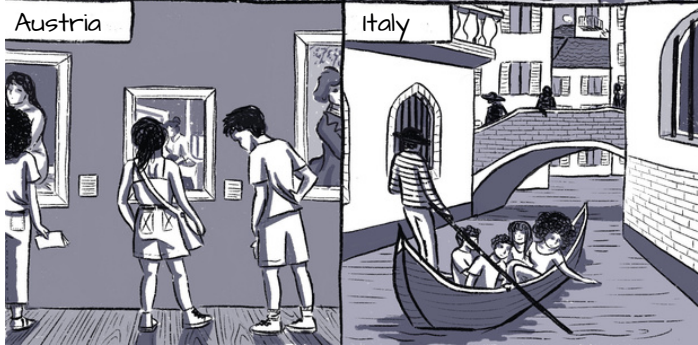
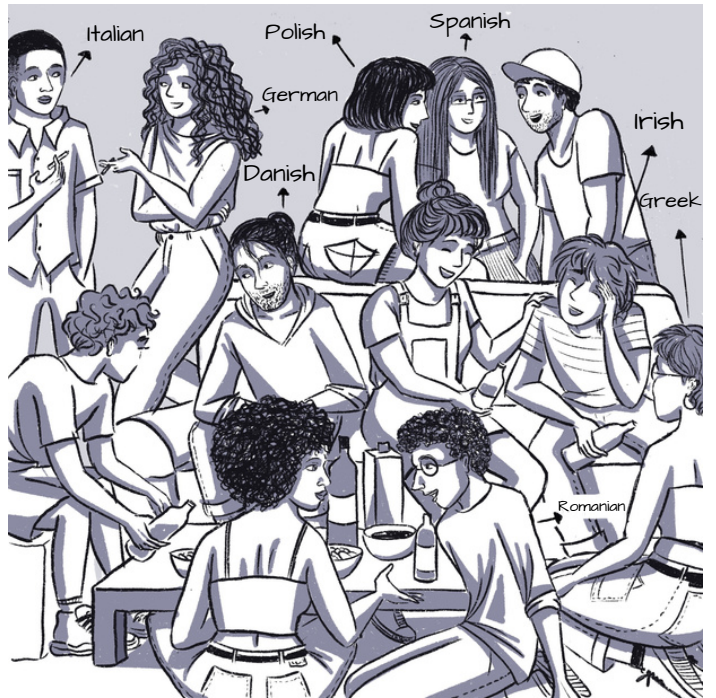
Are you scared to go alone? Or do you face any challenges? No worries, with DiscoverEU Inclusion, you and your friends can ask an organization to assist you and bring further support during your stay.



[https://youth.europa.eu/discovereu\\_en](https://youth.europa.eu/discovereu_en)









# Volunteering (European solidarity corps)

Do you want to go abroad and make yourself useful but feel like you didn't develop enough skills yet? Are you also scared to take a leap? The European solidarity corps offers volunteering that suits all preferences. Your housing, food and travelling expenses are taken care of, so no worries!

You will also benefit from a monthly allowance as well as some languages classes to make the best out of your working experience.

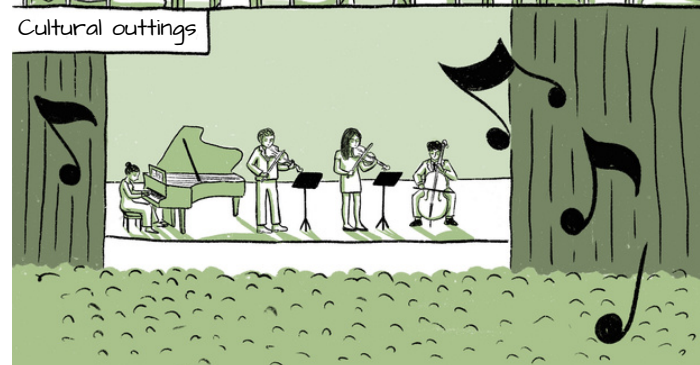
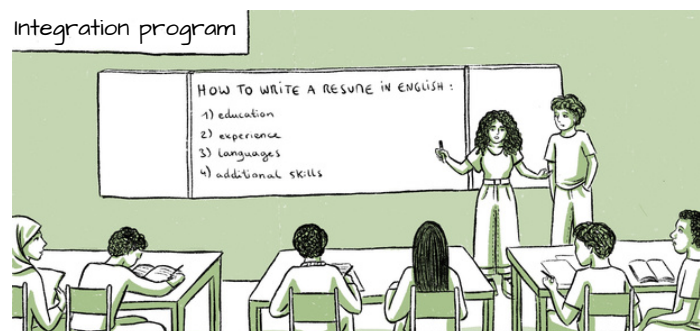
For whom: Anyone from 18 to 30 years old (until 35 for humanitarian missions!)

How long: two different possibilities: short mission (from 2 weeks to 2 months) and long mission (from 2 months to 12 months)

How: See the European Youth Portal online and apply to the offers you like! Then, on the same website, you need to find a sending body that will guide you in your application process.



[https://youth.europa.eu/solidarity/young-people/volunteering\\_en](https://youth.europa.eu/solidarity/young-people/volunteering_en)



# Solidarity projects (European Solidarity Corps)

Do you want to start a project with your friends to make a positive impact on your community, but don't have the money for it? Solidarity projects are made for you! You can receive a monthly allowance up to 500€ and even benefit from the help of a coach to assist you and your friends throughout the project.

For whom: a group of at least five people between 18 and 30 years old

How long: from 2 to 12 months

How: Stay up to date with the application period by visiting the official website of the European Solidarity Corps. You will then have to fill out a funding application form, with which your coach can help you with. Make sure you fill out the application as soon as possible, since the process can take up to 2 months.



[https://youth.europa.eu/solidarity/young-people/solidarity-projects\\_en](https://youth.europa.eu/solidarity/young-people/solidarity-projects_en)







# School mobility (Erasmus+)

Erasmus+ is not only made for higher education. You can travel alone, or with a group, from an early age to discover new countries, different languages and meet people your age!

For whom: All students from kindergarten to highschool

How long: from 2 days to a year depending on the kind of mobility your school offers;

How: Check with your teachers or with your school office to see what options are available for you.



<https://erasmus-plus.ec.europa.eu>







# Academic mobility (Erasmus+)

Your college can send you abroad to study, starting sophomore year. It's the perfect chance for you to speak a foreign language, discover another country and have a different approach your major!

For whom: Sophomore students and above.

How long: 3 months (i.e. one semester) to a year

How: Contact your university's international relations office, they will be the ones to inform you when and where you could go.



<https://erasmus-plus.ec.europa.eu>





# Internship mobility (Erasmus+)

Erasmus+ is more than studying abroad. Whether you're a student or a trainee, you can go abroad for your internship. Depending on your current situation, you could also benefit from an Erasmus+ mobility grant...

For whom: No age limit, however, make sure your institution allows internships abroad with the Erasmus+ program.

How long:

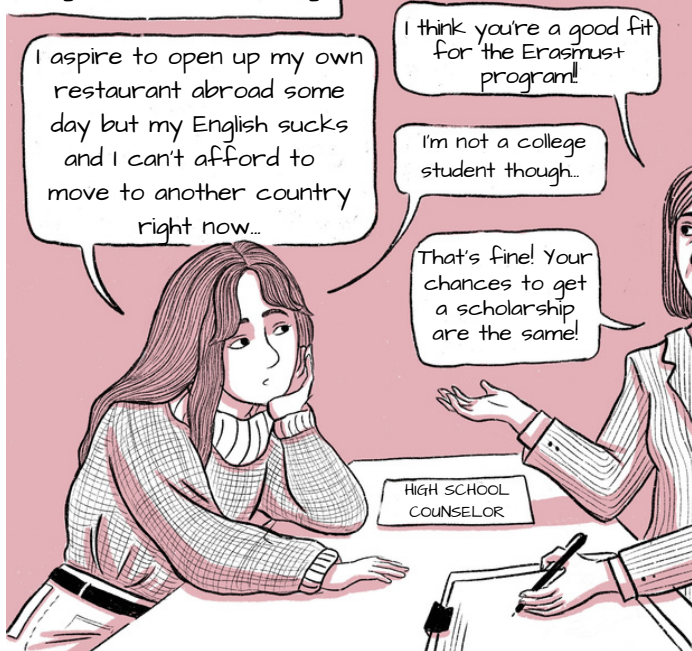
- For trainees: from 2 weeks to 12 months
- For students: from 2 months to 12 months

How: Contact your university's international relations office, they will be the ones to inform you when and where you could go.

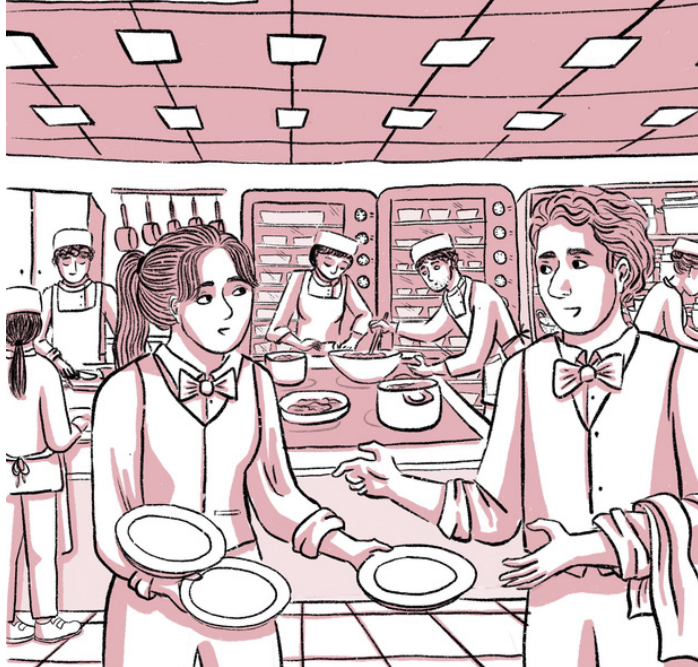


<https://erasmus-plus.ec.europa.eu>

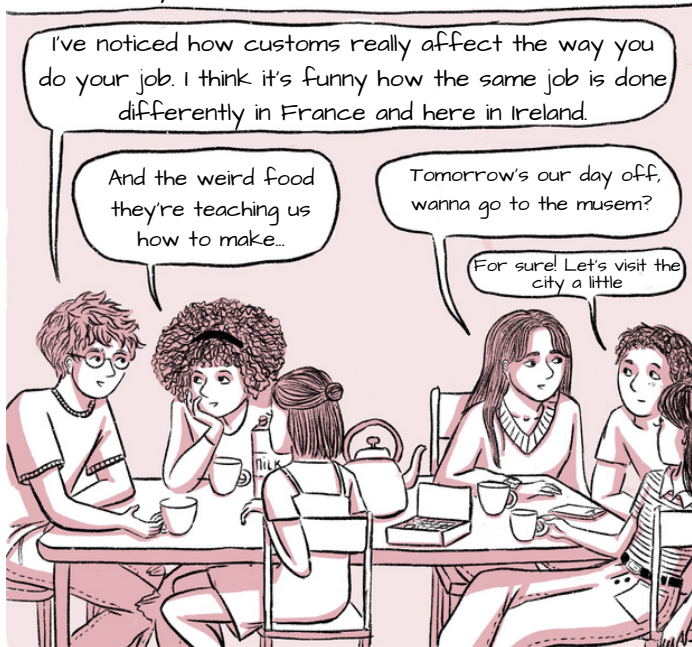
Angel, a cook-in-training



3 months later in Dublin



At the youth hostel, with other trainees





# Youth Exchange (Erasmus+)

Would you be interested in leading a mobility project or are you part of a youth organization that could lead one? Youth Exchanges allow you to travel abroad and meet, outside of school, people from your age group. The main goal is to represent what European citizenship means to you through creating different activities (such as debates, theater plays, ...).

For whom: people from 13 to 30 years old, supervised or not by a youth organization, forming a group of 16 up to 60 people (all countries included).

How long: from 3 to 24 months for the whole project and from 5 to 21 days abroad (plus travelling days)

How: You must apply for a grant from the Erasmus+ agency. To get the application dates, see the program's official website.



<https://erasmus-plus.ec.europa.eu>







# Youth participation activities (Erasmus+)

Youth participation activities can also take place on a local scale, unlike Youth Exchanges. What better way to get a first try at creating and managing a project from scratch? This is the opportunity for you to carry a non-formal initiative to get young people involved with democratic life on a local, national or international scale. You can also benefit from the help of a coach!

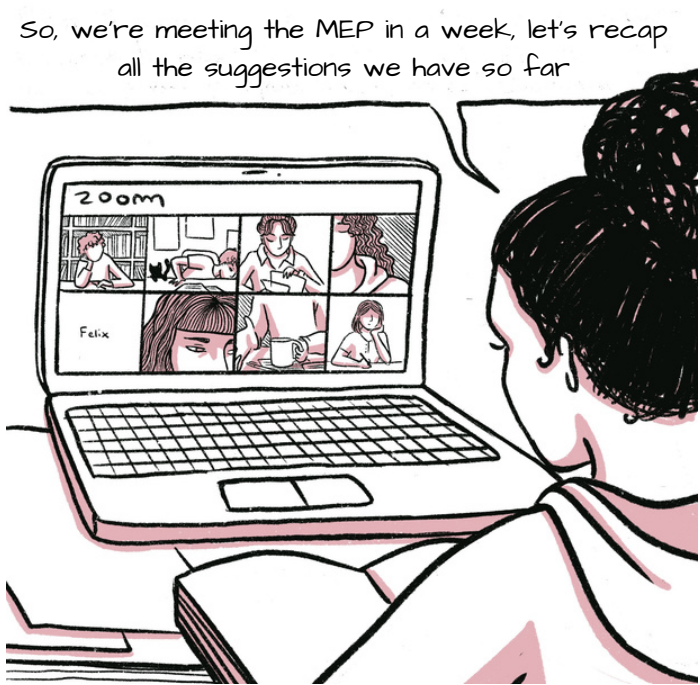
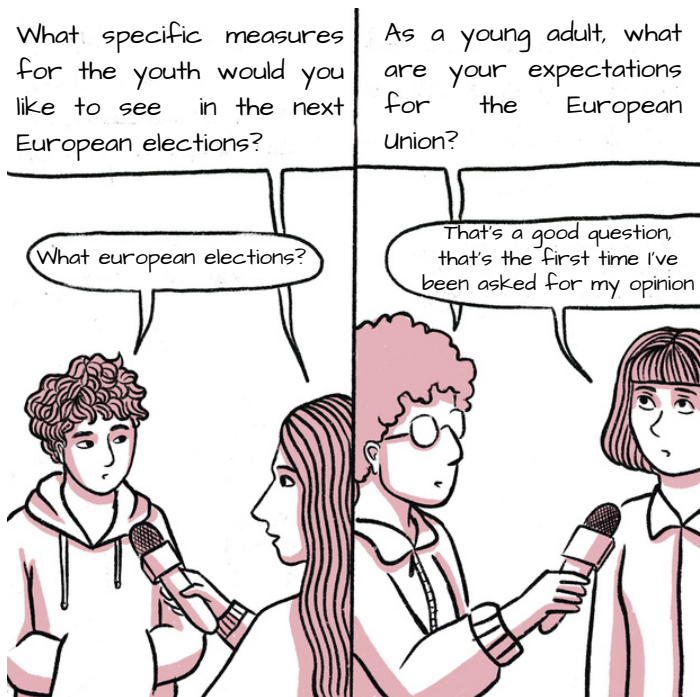
For whom: a group of 4 people minimum, from 13 to 30 years old, including at least one person of legal age, or the involvement of a youth organization.

How long: from 3 to 24 months

How: Submit an application to explain your project. Don't hesitate to ask a coach for help and make sure you stay up to date with the application dates since there are only two calls for projects within a year. So don't wait until last minute!



<https://erasmus-plus.ec.europa.eu>





Find out more about the European Union :

- Europe Direct

[https://france.representation.ec.europa.eu/points-de-contact-en-france\\_fr](https://france.representation.ec.europa.eu/points-de-contact-en-france_fr)

- Eurodesk

<https://eurodesk.eu/france/>

- Euroguidance :

<https://www.euroguidance-france.org>



EUROPE  
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euro | guidance





In the frame of the European Year  
of Youth, La Maison de l'Europe de  
Montpellier - EUROPE DIRECT

Montpellier Occitanie reveals to you  
its latest project :

a comic dedicated to youth that will  
introduce them to the main measures  
implemented by Europe for young  
people.

This project is co-funded by DRAJES  
Occitanie, the European Union and the  
Occitanie Region.



**ANNÉE  
EUROPÉENNE DE  
LA JEUNESSE**

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