

The background of the image is a low-angle shot of a modern glass skyscraper on the left and several European Union flags on the right, set against a bright, cloudy sky. A large, light blue oval is centered over the image, containing the text 'Erasmus opportunities' in a bold, black, sans-serif font. A white, hand-drawn style underline is positioned below the text.

Erasmus opportunities

Youth Exchanges

- **Participants must be 18-30 years old (sometimes you can participate from 16, though it is rare)**
- **Team leaders can be any age above 18, though many choose to select people over 20-25 years old**
- **Every team is formed of 3-5 participants with a group**





Training courses

- **Participants must be over 18, sometimes having specific age restrictions depending on the project**
- **It trains you in the facilitation of non-formal education on themes depending on the project**

Erasmus Solidarity corps



- **Open calls for : volunteering, solidarity projects and humanitarian aid volunteering**
- **Must be between 18-30 years old**
- **Can be in a big variety of fields from health to recycling in accordance with the EU standards**



Benefits

- **Reimbursement of travel, to and from the project location with a limit depending on your country**
- **3 meals a day, free accommodation, activities**
- **Meeting people from different countries**
- **Youth Pass**
- **You can travel for 2 days before or after the project as long as you pay it yourself**



Youth pass

- Is given to all participants in ESC, YE and TC.
- Is an official document that can be used in your CV
- Lists competences and points where you can write what you have learned

ANA-MARIA DAVIDOIU

born on 30/07/2003

participated in the Youth Exchange

SEEING BEYOND

in Sudislav nad Orlicí, Czechia

from 25/03/2024 to 02/04/2024

About the project

Young people face unprecedented challenges, the pressure on the young generation is immense. Practising mindfulness is a powerful tool to face it, and in this project we specifically present it in the form of mindful photography, because it - raise wellbeing and resilience - deepen relationship to themselves, their community and surroundings - learn to tackle things creatively and see the world with fresh eyes - gain self-knowledge and confidence - reduce stress, anxiety and depression...

The tasks of Ana-Maria Davidoiu

Team leader for the Romanian national team

This certificate has been issued by INspire, z. s..



Legal representative

Youthpass is a Europe-wide validation system for non-formal and informal learning within the European Union youth programmes.

The ID of this certificate is .
To verify the ID, please go to the Youthpass website at <https://www.youthpass.eu/verify> or scan this QR code:

Youthpass

Makes your learning visible



Erasmus for young entrepreneurs

- Can be of any age
- Must have a business plan to apply or to have a business that is not older than 2-3 years
- Offers a stipend for rent and food
- Must be in another country
- A mentor guides you while you also work for the company
- Can be 3,6 or 12 months
- After the mentorship you are not required to open a business
- It does not give you funds for your business, only for mentorship



Questions ?



Co-funded by
the European Union