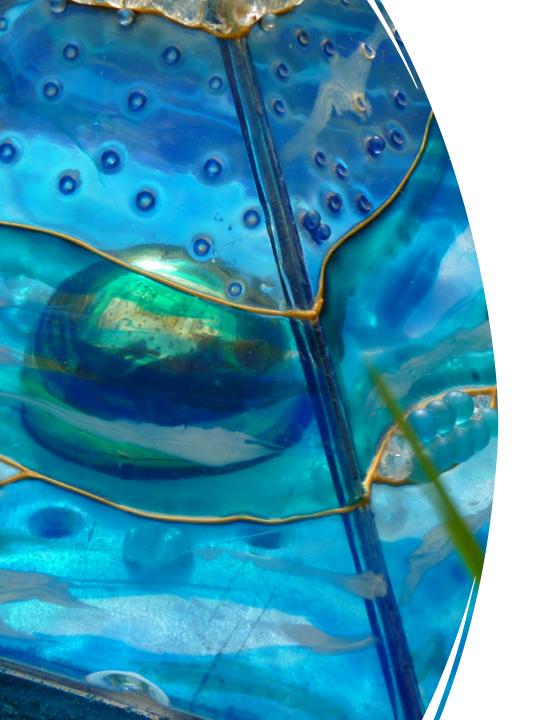


### Youth Exchanges

- 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

#### **Erasm**··· Solida 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 acommodation, 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 vourself

### 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

ne owner of this certificate has participated in a project supported by the ropean Union Erasmus+ programme. Erasmus+ supports the educational, ofessional and personal development of individuals in the education, training, buth and sport fields. It offers opportunities for learning mobility and active priticipation for young people, as well as professional development and soperation for youth workers and youth work organisations.



#### ANA-MARIA DAVIDOIU

born on 30/07/2003

participated in the Youth Exchange

SEEING BEYOND

in Sudislav nad Orlici, 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 nonformal 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:



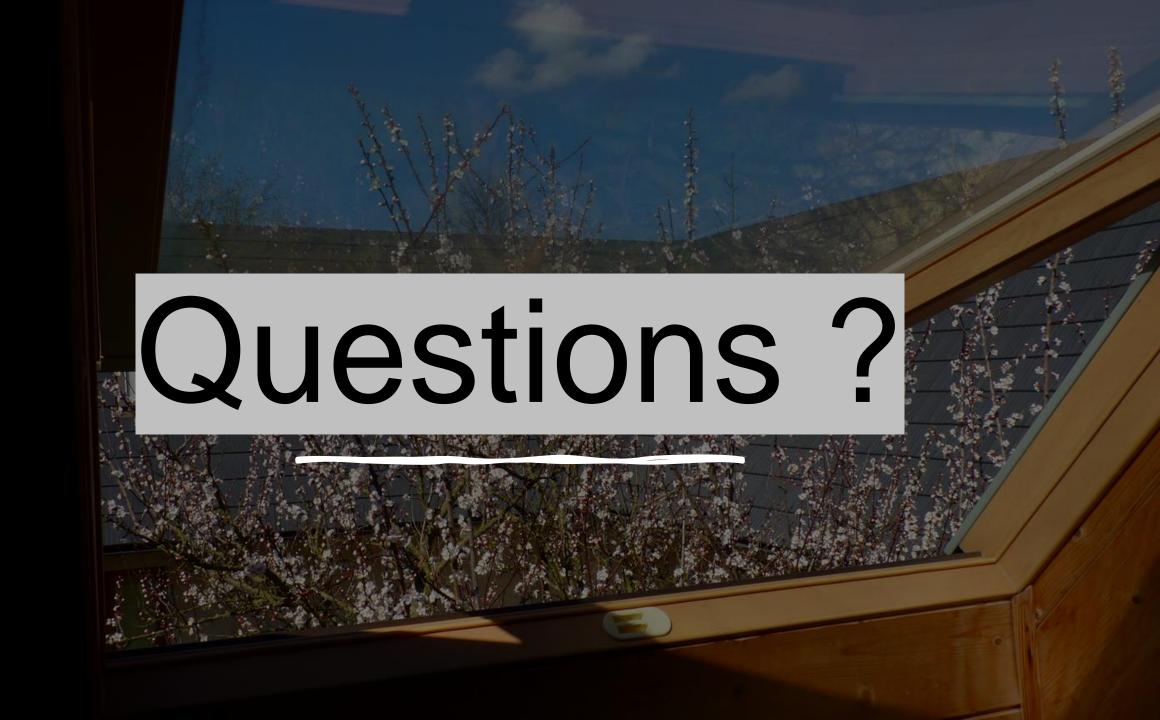




## Erasmus for you entrepreneurs

- Can be of any age
- Must have a bussiness plan to apply or to have a bussiness 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 bussiness
- It does not give you funds for your bussiness, only for mentorship







## Co-funded by the European Union