



Europe for young people

Erasmus+ youth exchanges

Are you a young person looking to explore different cultures, gain new skills, and make lifelong friendships? If so, Erasmus+ Youth Exchanges may be just what you are looking for!

What are Erasmus+ Youth Exchanges?

Erasmus+ Youth Exchanges are short-term programs (lasting up to 3 weeks) that give young people between the ages of 13 and 30 the opportunity to travel to different countries in Europe and beyond or host in their country groups of young people from abroad. During the project they all learn new skills and cultures and make friends from all over the world. The program is funded by the European Union and offers a wide range of activities such as workshops, cultural visits, team-building exercises, exchanges with the local community.

Why should you take part in Erasmus+ Youth Exchanges?

Erasmus+ Youth Exchanges offer a unique opportunity to:

- experience new cultures. By living and working with young people from different countries, you will get the chance to experience different ways of life, customs, and traditions—exchange experiences on the international stage;
- learn new skills. The program offers a range of activities that will help you develop new skills, such as teamwork, leadership, communication and problem-solving;
- increase the knowledge related to the topic you are interested in. Mostly all youth exchange has a primary topic (environment, music, sport, comic, gender equality, etc.) and the daily activities are connected with that;
- improve your language skills and share your own language. By living on a daily base with your peers from different countries and cultures, you will have the chance to practice and improve your language skills in a fun and supportive environment, while making your own language known;
- make lifelong friendships. You will meet young people from all over Europe and beyond and have the chance to establish long lasting contacts and relations. Knowing other cultures and point of view will open the doors to new countries and hopefully new destination of future travel together!
- have fun! Erasmus+ Youth Exchanges are not just about learning and development but also about having fun and enjoying new experiences! Together!

Can you take part?

Youth exchanges are open to all young people aged from 13 to 30, living in Europe or in one of the other participating countries (no matter their nationality).

Some youth exchange have specific rules for participation, related to the topic or to the age of participants.

What if you don't speak English well? Don't worry!

Involving groups from different countries, the common language of exchanges is almost always English, but it is certainly not 'Her Majesty's English' and a basic level is always more than enough. And above all, in exchanges you never go it alone, but in a national group with a group leader and the atmosphere is always very inclusive and open to involve everyone as best as possible.



Funded by
the European Union



What kind of support is provided?

Youth Exchanges are funded by the European Union, which means that almost all costs are covered, including travel, accommodation and meals, insurance. However, you may be asked to contribute a small amount towards the program's cost if the EU contribution do not cover 100% of travel costs.

Practical arrangement depends on the agreement with the local organization: sometimes you have to buy the tickets on your own, and later the cost of that will be reimbursed, sometimes all tickets will be purchased by the organization. Everything is a matter of setting it up.

How can you take part in Erasmus+ Youth Exchanges?

Youth Exchanges are organized by association, non profit organizations, municipalities. They will help you find a suitable exchange program and guide you through the application process. You can find a list of sending organizations in your country on your national Youth Portal or look on your preferred social network for groups and pages related to the programme.

It is such a good option, you have the opportunity to ask for more information and also how to apply, what is the policy of the organization, and what it looks like in practice.

More information:

More information can be found on our website www.youthspeaces.eu under the Erasmus+ section, or on the Youth Portal or addressing the national agency dealing with Erasmus+ for youth.

