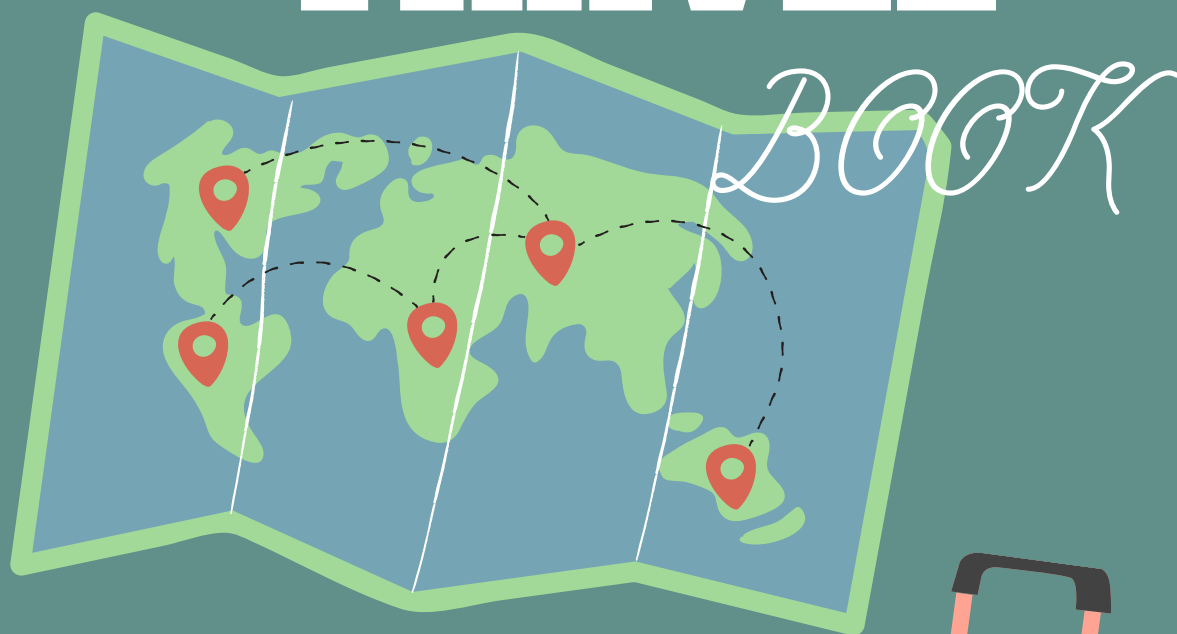


*The*

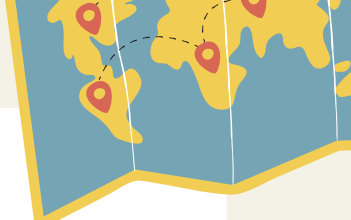
**TIME**

**TO**

**TRAVEL**







# TABLE OF CONTENTS:

## VOLUNTEERING

The European Solidarity Corps .....	1
EU AID Volunteer .....	2
United Nation Volunteer .....	3
Erasmus+: Youth Exchange .....	4

## STUDY OR INTERNSHIP ABROAD

Erasmus +: Study Abroad.....	5
------------------------------	---

## WORKING ABROAD

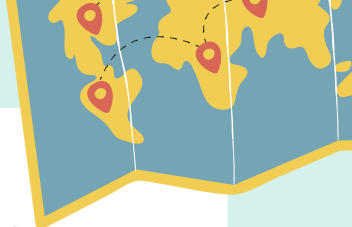
EURES.....	6
Au Pair .....	7
Working Holiday Visa.....	8

## OTHER WAYS TO TRAVEL

Discover EU.....	9
Woofing .....	10
Work Camp .....	11

How to reach us.....	12
----------------------	----





# EUROPEAN SOLIDARITY CORPS

## WHO?

Young people between 18 - 30 years old. There are no qualification or language requirements to partake. These can be individual or team volunteering.

## WHERE?

In the 27 EU countries and others associated countries throughout the world. You can also do it in your country.

## WHAT DO YOU DO?

Volunteer assignments: environment and nature, art and culture, education and children, sport, non-formal education, media and communication, disability, animation, development of rural areas, European policy, youth etc...

## HOW LONG?

Short Mission: Between 2 weeks and 2 months

Long mission: Between 2 and 12 months

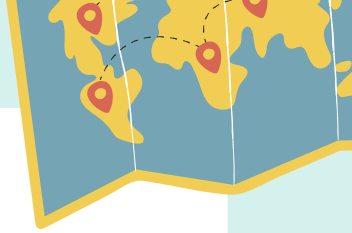
## WHAT IS INCLUDED?

Free accommodation, reimbursement of return air tickets, CIGNA insurance, language support, pocket money and for food.

## MORE INFORMATION:

Go to the website: [Click here](#) or





# EU AID VOLUNTEER

## WHO?

Young people between 18 - 35 years old. Prior to a volunteering activity volunteers need to have completed successfully a self-assessment, an online and face-to-face training. These can be individual or team volunteering.

## WHERE?

In the 27 EU countries, in third countries participating in the programme and in neighbouring partner countries

## WHAT DO YOU DO?

Humanitarian mission: promotion of gender equality, protection of women and children, protection of refugees and internally displaced persons, protection of undocumented migrants, mitigation of the effects of climate change, improvement of food security, etc.

## HOW LONG?

Short Mission: Between 2 weeks and 2 month /  
Long mission: Between 2 and 12 months

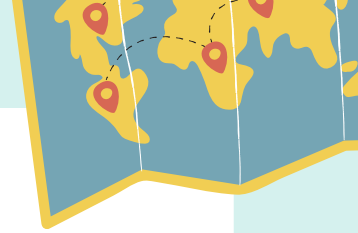
## WHAT IS INCLUDED?

Which budget? Free accommodation, reimbursement of return air tickets, CIGNA insurance, language support, pocket money and for food.

## MORE INFORMATION:

Go to the website: Click [here](#) or





# UN VOLUNTEER

## WHO?

UN Volunteers over 18 years old (specific requirements: UN Youth Volunteers 18-26 years old, UN Volunteer specialists over 27 years old and UN Expert Volunteers over 35 years old). There may also be requirements of relevant professional and academic experience, as well as language proficiency.

## WHERE?

In your own country, in Europe and around the world, but also, online!

## WHAT DO YOU DO?

Volunteering to promote peace and development

## HOW LONG?

Between 3 and 12 months, with the possibility of extending contracts up to a maximum period of four years.

## WHAT IS INCLUDED?

Volunteers receive allowances to enable them to maintain a modest and secure standard of living in the place of assignment. These allowances are not remuneration and do not a salary.

## MORE INFORMATION:

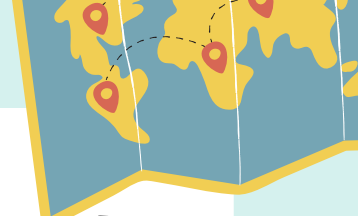
Go to the websites:

Click [Volunteer abroad \(unv.org\)](https://unv.org) or



Become a [UN Youth Volunteer | UNV](https://unv.org) or





# ERASMUS+ YOUTH EXCHANGE

## WHAT IS IT?

Youth exchanges allow groups of young people from different countries to meet, live together and work on shared projects for short periods.

## WHO?

Open to people between the ages of 13 and 30. To be a group leader in a youth exchange, you must be at least 18 years old.

## HOW LONG?

Youth exchanges last between 5 and 21 days.

## HOW TO APPLY?

You cannot apply directly for a grant as an individual. Applications must be made by an organisation or a group of young people who in turn select who will participate in the exchange.

## WHAT IS INCLUDED?

The EU grant supports travel as well as practical and activity-related costs necessary for the exchange.

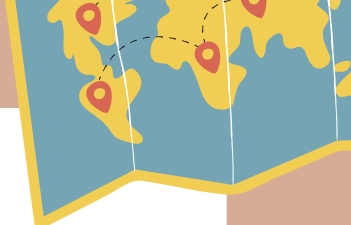
## MORE INFORMATION:

[Swedish National Agency](#) or



More information [European Youth Portal](#) or





# ERASMUS+ TO STUDY ABROAD

## WHO?

School pupils or students.

## WHAT IS IT?

It's a European program which enables young people to study abroad.

## WHERE CAN YOU TRAVEL?

In the 27 EU countries and others associated countries throughout the world. It depends on your organisation's contracts.

## HOW LONG?

The school pupils can go abroad for 1 month during the year and the students can go for one school term.

## WHAT IS INCLUDED?

School pupils: The EU grant is managed by your school and finances your travel along with subsistence costs. The Erasmus+ programme also provides support for participants with fewer opportunities.

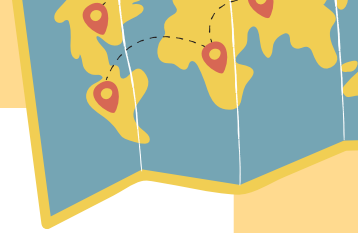
Students: You may receive an Erasmus+ grant as a contribution to your travel and subsistence costs.

## MORE INFORMATION:

Go to the website: Click [here](#) or







# EURES



## WHO?

18+ years old.

## WHAT IS IT?

An employment network, where you can find jobs, internships, advice, and information from every country in Europe.

## WHERE?

In the 27 countries of the European Union (EU), Iceland, Liechtenstein, Norway and Switzerland.

## WHEN?

Assignments can be carried out throughout the year. The duration depends on the contract.

## MORE INFORMATION:

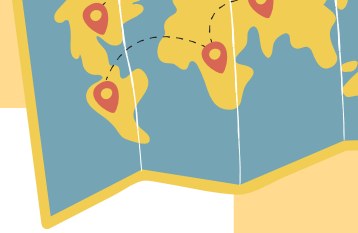
Go to the websites: Click

[Eures informations](#) or



[Eures Portal](#): or





# AU PAIR

## WHO?

Between 18-30 years old

## WHAT DO YOU DO?

Looking after children with a family abroad and taking part in the day-to-day tasks and household chores at home school, extracurricular activities, help with homework, babysitting, etc.

## WHERE?

In the world

## HOW LONG?

Between 3 month-1 year

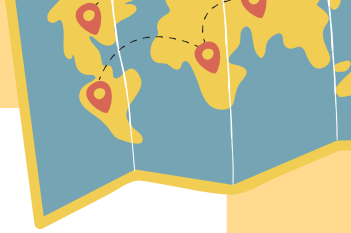
## WHAT IS INCLUDED?

The young person receives a salary based on the number of hours worked per week (on average 30 hours per week). The amounts vary from country to country. The young person is provided with free accommodation, food and laundry by the host family.

## MORE INFORMATION:

Find your agency to get more information





# **WORKING HOLIDAY VISA PROGRAMME**

## **WHO?**

18-30 years old

## **WHAT IS IT?**

Obtaining a VISA to work and travel abroad.

## **WHERE?**

Australia, Canada, Chile, New Zealand, South Korea

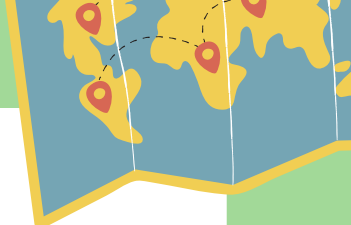
## **HOW LONG?**

Depends on the country between 6 month- 2 year

## **MORE INFORMATION:**

Go the website: Click [here](#) or





# DISCOVER EU

## WHAT IS IT?

Discover EU is a European Union initiative, part of the Erasmus+ programme which enables 18-year-olds to travel to Europe, mainly by train.

## WHO?

Young people who are 18 years old. You can apply by yourself or with friends (5 people max).

## WHERE CAN YOU TRAVEL?

27 Member States of the European Union Countries associated with Erasmus+.

## WHEN?

The application dates are indicated in the annual competition (2 sessions in autumn and spring). You can travel 30 days maximum, during the dates indicated in the competition.

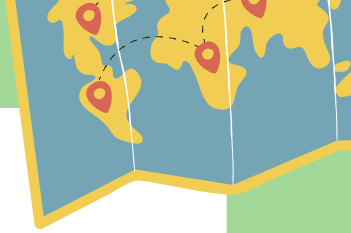
## HOW TO APPLY?

Entrants must answer a 6-question mini-quiz on European history and and culture. Successful applicants receive a one-month Interrail Pass, giving them unlimited travel within Europe and beyond.

## MORE INFORMATION:

Go to the website: Click [here](#) or





# WOOFING

## WHO?

Over 18 years old or with you parents

## WHAT DO YOU DO?

Volunteer work on farms (particularly organic farms)

## WHERE?

In your country, in Europe and in the world

## HOW LONG?

One-month assignment, but you can do as many assignments as you like

## WHAT IS INCLUDED?

Travel and insurance are the responsibility of the participant. You will also have to pay to register with the country's woofing site. The farmer hosting the volunteer must guarantee free accommodation free of charge, as well as meals

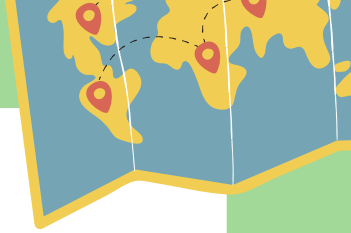
## HOW TO APPLY?

You need to register with the woofing organisation in the country to obtain a list of approved farmers. There is a registration fee.

## MORE INFORMATION:

Go to the website: Click [here](#) or





# WORKING CAMP

## WHO?

Over 15 years old

## WHAT IS IT?

A short-term volunteer project that provides concrete and practical activities to support local initiatives and communities. Different themes: environmental, manual, social, cultural, type of festival or animation with children, disabled people, etc. Working time usually varies from 4 to 8 hours a day, outside working hours and on weekends the host association will guide volunteers to discover the territory, culture and local customs through excursions, leisure activities and sports, common lunches, visits, traditional festivals and meetings with the various local associations.

## WHERE?

In your country, in Europe and in the world

## HOW LONG?

One-month assignment, but you can do as many assignments as you like

## WHAT IS INCLUDED?

Food and accommodation are provided. The rest (transport, insurance, etc.) is the responsibility of the participant.

## MORE INFORMATION:

Go to the website: Click [here](#) or





## HOW TO REACH US



**Kungsgatan 20  
662 31 Åmål**



**0532 170 20**



**europadirekt@amal.se**



**www.europadirektfyrbodal.se**



**Europa Direkt Fyrbodal**



**Europa Direkt Fyrbodal**



