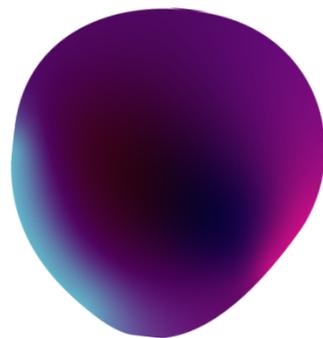




**EUROPEAN  
SOLIDARITY  
CORPS**



# European Solidarity Corps



**Erasmus+**



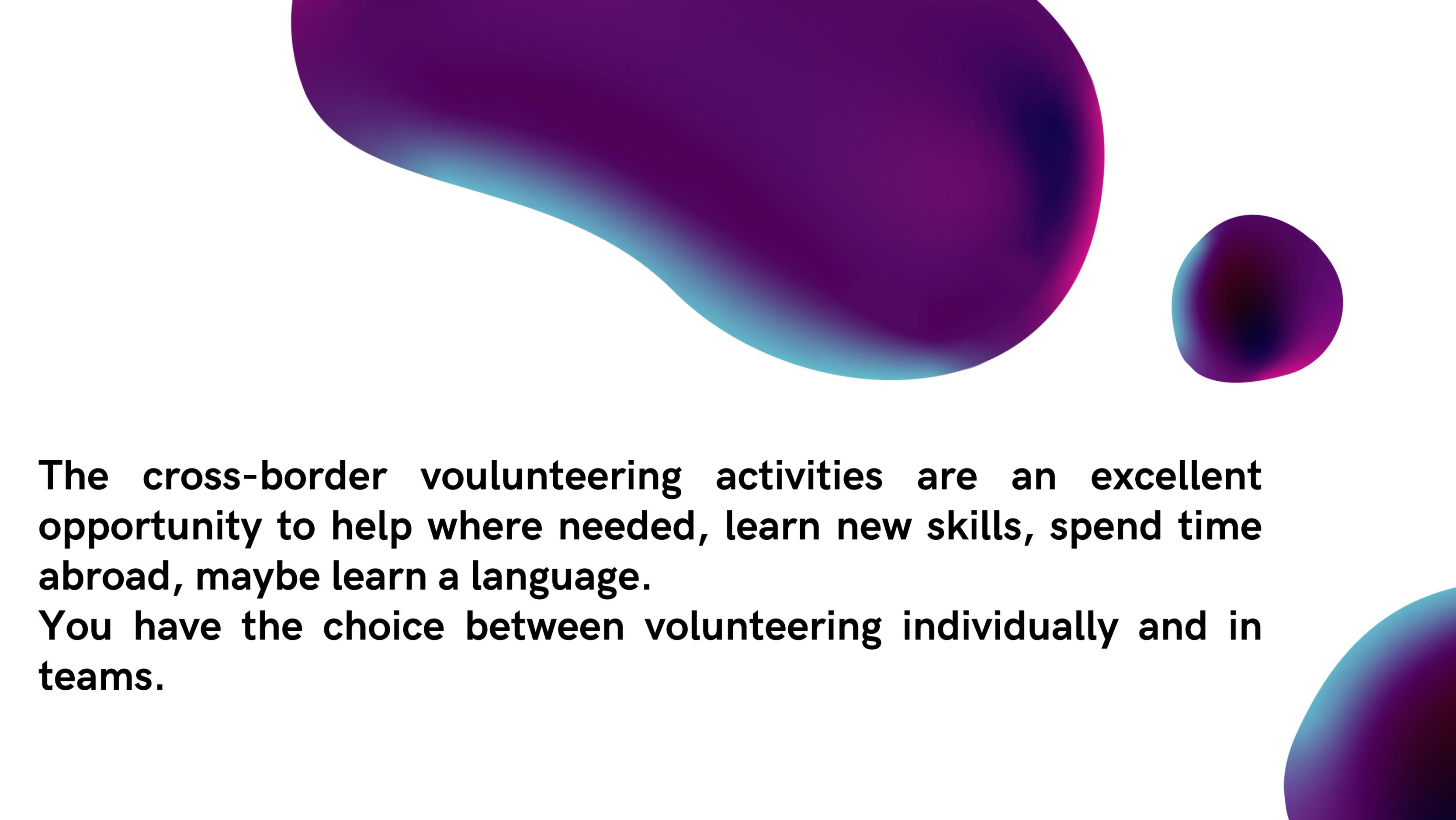
# About

If you are from 18 to 30 years old and are you looking for an opportunity to help the wider community, in Europe and beyond.

You could do this with funding and support from the European Solidarity Corps, which helps young people take part in projects that benefit communities, either abroad or in their own country.

You can get involved in:

- Volunteering
- Traineeships
- Jobs
- Local Solidarity Projects

The background features several large, overlapping, semi-transparent shapes in shades of purple and blue. One large shape is at the top left, a smaller circle is to its right, and another large shape is at the bottom right corner.

**The cross-border volunteering activities are an excellent opportunity to help where needed, learn new skills, spend time abroad, maybe learn a language.**

**You have the choice between volunteering individually and in teams.**

## Individual volunteering

- can last from 2 months up to 12 months
- is full-time
- allows you to contribute to the daily work of an organisation that is actively benefiting the local community
- in some cases, you can take part for a shorter time (from 2 weeks to 2 months)

## Team volunteering

If you can't commit for a long period, but still want to help the community, then check out team volunteering, which:

- can last between 2 weeks and 2 months
- is full-time
- you volunteer with people from at least 2 different countries
- the group will be between 10 and 40 volunteers and include people with fewer opportunities
- is usually abroad, though it can be in your home country

# More about volunteering...

## *Supporting and host organisations*

If you're going abroad for individual volunteering, 2 organisations are involved:

- supporting organisation – based in your home country, will help you prepare for your experience abroad.
- host organisation – will receive and help you in your destination country.

## *Who can volunteer?*

European Solidarity Corps volunteering activities are open to 18-30 year old people who reside in programme and partner countries.

## *What is covered?*

- You are covered by a complementary insurance
- You can access a range of support services such as linguistic support and training
- Your basic costs will be covered,
- You'll also receive a small allowance for personal expenses,
- If you have specific needs, these costs may also be covered

# Traineeships & Jobs

These are opportunities for you to work or train while helping tackle social challenges and communities in need, all while developing skills and gaining work experience.

- can last from 2 to 6 months, renewable once for up to another 6 months
- full-time and paid by the organisation providing the traineeship
- can be abroad or in your home country

## What is covered?

- You are covered by a complementary insurance
- You can access a range of support services such as linguistic support and training
- Travel costs to and from the place of traineeship
- You'll receive a small allowance to help you relocate and settle in
- You'll receive a wage from the organisation providing the traineeship
- If you have specific needs (e.g. a disability), these costs may also be covered



## Jobs

- Minimum duration of 3 months
- No maximum duration – but financial support for the organisation is limited to 12 months
- Full-time and paid by the organisation employing you
- Include a learning and training component
- Based on a written employment contract which complies fully with national law
- Can be abroad or in your home country

## What is covered?

- You are covered by a complementary insurance
- You can access a range of support services such as linguistic support and training
- Travel costs to and from the place of employment
- You'll receive a small allowance to help you relocate and settle in
- You'll receive a wage from the organisation employing you
- If you have specific needs , these costs may also be covered

# Solidarity Projects

If you want to make a positive change in your local community you can join projects for examples about: inclusion, climate change, democratic engagement, citizenship or gender equality. The project can last from 2 to 12 months and will be mainly part-time.

## *Who can take part?*

To take part in a Solidarity Project, you have to live in one of the programme countries.

Your group must contain at least 5 people who are legally residing in the same country

## *What financial support do I get?*

You can expect €500 a month to cover the cost of managing and implementing the project.

## *How to apply*

You have to meet the deadlines set in the general call for project proposals and submit your project as a formal application (see Open Calls).

Your application will be then assessed by your National Agency.

The background features a dark purple gradient with several organic, glowing shapes in shades of blue and purple. A prominent, large, rounded shape is on the right side, and a smaller sphere is positioned above the main title.

# Training & support for participants

The European Solidarity Corps provides a range of support services for participants: General online training, online linguistic support, training (This is a series of training events for participants in long-term activities that give you continuous guidance and support throughout your Corps experience. It helps you to adapt to cultural and personal challenges, learn about your rights and obligations, practical matters, intercultural communication, get to know other participants, stay in touch with National Agencies, assess your experience and more.), mentoring, Youthpass, insurance, certificate of participation, agreements with participants, Visas & residence permits.

"Thank you for listening to us."

*Emilia Severa    Cristina Trentadue*