

EXPLORING EUROPE

WHEN YOU HAVE
A **DISABILITY**





[Access the text-to-speech
version of this brochure.](#)

Attributions

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**ARE YOU PLANNING
TO APPLY FOR A**

**MOBILITY
PROGRAMME**

AND HAVE A

DISABILITY



This brochure will provide you with everything you need to know, including information, tips, and resources to support you throughout your mobility journey.

Young people with disabilities are just as excited to go abroad like anyone else and that affirmation also stood out in our [Eurodesk Youth Info Survey!](#) But we know there can be a few extra things to think about along the way.

That's why this brochure is here:
to help and support you!



REMEMBER

YOU'RE NOT ALONE

1 in 10 young people has a disability, and there's extra support to make learning mobility accessible for you too.

Inclusion is a core principle of EU programmes for youth, let's discover what this means.



Going abroad to study, work, or volunteer isn't just about seeing cool new places or meeting new friends. It's also a great chance to learn more about yourself and grow as a person. It can open your mind, boost your confidence, and help you become more independent.

Of course, travelling to another country can involve some extra things to figure out, like making sure places are accessible, understanding how healthcare works, or knowing where to find help if you need it. But don't let any of this put you off!

**Being ready
and informed
makes all the
difference, and
that's what
we're here for!**



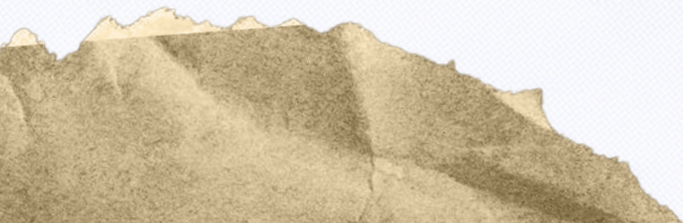


EXPLORE EU FUNDING PROGRAMMES TO FIND THE IDEAL MOBILITY

OPPORTUNITY FOR YOU

The financial aspect is especially important when going abroad with a disability. The EU is committed to breaking down barriers by offering accessible mobility programmes and extra funding for people with disabilities to study, volunteer, or work across Europe, as part of the Inclusion and Diversity Strategy.

So there are plenty of mobility programmes for you! Let's take a closer look at them so that you have all the information and support you need to start planning your stay abroad.



**Can I benefit from
this extra funding?**

The European Union says people with disabilities are those who have lasting physical, mental, intellectual, or sensory difficulties. These challenges, combined with society's attitudes or the environment, can make it harder for them to fully take part in everyday life, just like everyone else.

1/

ERASMUS+ PROGRAMME

Erasmus+ is an EU flagship programme offering opportunities to study abroad, join international youth exchanges, and participate in DiscoverEU travel experiences.

It supports both formal learning (such as exchange semesters in universities or schools) and non-formal projects (like youth exchanges and civic participation activities) for those aged 13-30.



STUDENT MOBILITY

Are you a student? Erasmus+ can enhance your academic journey by offering you the chance to study abroad, explore new cultures, and develop valuable soft skills!



There are two types of grants you can opt for:

For studies:

Immerse yourself in new cultures and languages, and experience different educational systems while earning credits towards your degree. Study periods abroad last from 2 to 12 months and are open to students currently enrolled in higher education institutions.



For traineeships:

Gain valuable professional experience abroad during your studies or within one year after graduation. Erasmus+ traineeships last from 2 to 12 months, offering you the chance to develop soft skills and open up career horizons.





How is this opportunity more accessible?

Erasmus+ ensures accessibility through flexible project durations and extra funding for accompanying persons, adaptive equipment, or special travel arrangements. When adequately justified, these “exceptional costs” are covered at 100% so you can fully enjoy your experience abroad.

Don't hesitate to contact the international department of your university or institution to find out how to access the extra support and funding. **They're your first contact point!**

YOUTH EXCHANGES

Join an [Erasmus+ Youth Exchange](#) to connect with young people from different countries, explore new cultures and debate important topics, all costs covered.

These exchanges last up to 21 days and bring together groups of young people (aged 13–30) from at least two different countries.

The goal is to help you develop valuable skills for life and work, connect with other cultures and become a more active citizen by discussing relevant societal topics.





How is this opportunity more accessible?

This action is made so everyone can take part. Each project has a host organisation that provides a safe environment where you can learn, share, and grow together. Because you travel as a group, you experience another culture while feeling supported by others your age.

Exchanges are short, inclusive, and often include local participants, making them a great first step into international projects. All organisers commit to the Erasmus+ Inclusion and Diversity Strategy, which means your needs shall be respected.

DISCOVEREU INCLUSION ACTION

DiscoverEU is an action of the Erasmus+ Programme that gives young people aged 18 the chance to travel across Europe, mostly by train, to explore its diversity, cultural heritage, and shared values.

DiscoverEU
Inclusion Action
extends this
possibility to
young people
aged 18-21
with fewer
opportunities.



How is this opportunity more accessible?

Instead of applying individually, youth organisations or informal youth groups plan short group journeys that include support and learning activities before, during, and after. This means you can get help with preparation, guided assistance while travelling, and follow-up activities to reflect on your experience.





YOUTH PARTICIPATION ACTIVITIES

The [Erasmus+ Youth participation activities](#) are non-formal learning activities that aim to ensure young people can exercise their right to be involved in all decisions that affect them and to facilitate direct dialogue with decision-makers. It can fund activities such as workshops, debates, role-plays, simulations, awareness-raising campaigns, training, and meetings between young people and decision-makers.

You could get up to 60.000 EUR for your project! Organisations can apply but you can also do so by creating an informal group of young people.



How is this opportunity more accessible?

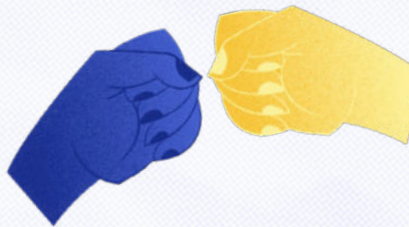
Participants with disabilities can have 100% of the additional costs directly related to their needs, their accompanying persons and facilitators in project activities and events covered. The request must be justified by the applicant and approved by the National Agency.

2/

EUROPEAN SOLIDARITY CORPS

The European Solidarity Corps (ESC) is an EU programme that empowers young people aged 18–30 to make a difference through volunteering and community projects across Europe. It's all about coming together to help others, learn new skills, and build lasting connections.





VOLUNTEERING PROJECTS

Volunteering Projects let young people aged 18-30 years old join meaningful initiatives in another country. You can volunteer individually or as part of a group for a few weeks up to one year, supporting causes like environmental protection or social justice.

Group volunteering is often a safe and supportive choice for young people who are new to international experiences or who need extra support. Being part of a group makes it easier to travel, learn, and live new experiences together while helping one another.

Projects cover travel, accommodation, insurance, and daily expenses, and provide training before and during your volunteering period. Before applying, always ask the host if they offer mentoring and accessibility support.



How is this opportunity more accessible?

The ESC ensures accessibility through extra funding for accompanying persons, adaptive equipment, or special travel arrangements. When adequately justified, these "exceptional costs" are covered at 100% so you can fully enjoy your experience abroad.



SOLIDARITY PROJECTS

With this action, you will not go abroad but you can have a community impact. With a small group of at least five participants, you can create and run a project that improves life in your community, from climate action to youth rights or inclusion.

[These projects](#) can last up to a year, and participants receive financial support to help carry out their work.

Read more [here](#).



You can learn about projects to make a change in other publications.

How to volunteer for the climate



Euro-Volunteering





Equality and inclusiveness are key European values, at the heart of Erasmus+ and the European Solidarity Corps. The **EU Inclusion and Diversity Strategy** is here to make sure everyone can take part in these programmes, especially if you face barriers because of disability, economic, cultural, or social reasons.

Check it out
to see what
it entails!



3/

INTERNSHIPS

Doing a traineeship across various EU institutions is possible for you! You can work at the [European Commission](#), [European Parliament](#), [European Council](#), [European Ombudsman](#) and many more Institutions that offer you suitable support and funding.

These internships can kick-start your international career and provide you with valuable insights on how the European Union works.

Find them all on the [Eurodesk Opportunity Finder!](#)





How is this opportunity more accessible?

You'll be happy to know that the EU implemented **Positive Action Programmes** for trainees with a disability, thanks to which Institutions ensure that any specific needs are fully supported from day one with special software, ergonomic equipment or other adaptations tailored to your needs.

4/

EURES JOBS

EURES is a European network that facilitates the free movement of workers by providing information on job opportunities and living and working conditions across Europe. It consists of a portal with job and CV databases and a network of over **1,000 advisers** who offer you personalised guidance and support.

Young people can receive funding via EURES, specifically through the "**Targeted Mobility Scheme**" (TMS) programme. This EU job mobility scheme helps applicants aged 18 and over legally residing in an EU country, Norway or Iceland to find jobs, apprenticeships, or traineeships in another EU Member State, Norway or Iceland.



How is this opportunity more accessible?

Under this scheme, young people facing barriers (such as disability, educational disadvantages, etc.) can receive additional assistance. This might include tailored help in finding a match, adapted relocation services, funds for disability-related needs, language courses, recognition of their qualifications, and travel and subsistence costs covered.



NEED SUPPORT?

HERE'S WHERE TO LOOK!



These organisations are meant to support you every step of the way: they give you information before you go, offer guidance for planning your trip and provide continuous support during your experience so you never feel lost.



INFORMATION PORTALS AND SUPPORT

European Youth Portal

European and country-level information and support about mobility opportunities.



Eurodesk Network

Tailored help before, during and after your mobility.



EURES mobility advisors

If you have the ambition to work abroad.



Inclusive Mobility Platform

This website aims to provide students with disabilities all the information they need to study abroad.



Your Europe

EU platform that provides information, guidance and advice to EU citizens and businesses on their rights and obligations.



European Agency for Special Needs

Country-specific data and contacts.



EuropeDirect

Help-desk of the European Union for young people and everyone who has questions about EU rules, rights and opportunities.



Equinet

European Network of Equality Bodies, a membership organisation which promotes equality in Europe by supporting and enabling the work of National Equality Bodies.



5 TIPS FOR GETTING READY TO GO

1. Prioritise accessibility arrangements

There are many agencies and organisations whose goal is to make your mobility easier and safer!

Pantou

International guide to all kinds of accessible tourism services.



Mobee Travel

Offers verified accessible accommodations, transportation and activities.



MapAbility

Gives information about accessible services, streets, sidewalks, parking and points of interest.





Access Trip

Allows people with reduced mobility to find information and share their travel experiences.



Sage Traveling

Provides customised and accessible holiday travel.





2. Prepare all your documents

Ensure that all your documents are valid. If you are travelling within the EU, a valid ID or passport is sufficient. However, if you plan to travel outside the EU, you will need a visa and/or other documentation depending on the requirements of the country you are visiting.

3. Take care of your health

If you are travelling within the EU, bring your European Health Insurance Card (EHIC), get travel health insurance if needed, and ask for information about possible medical assistance abroad. Get in touch with your family doctor to find out which medicines you can access abroad and what you should carry with you.

Ask and do not forget to bring your **European Disability Card**.

It allows you to prove your status, including the invisible ones, across the EU. It also gives you access to various advantages when using transport, attending cultural events, and visiting museums, leisure centers, sports centers, and amusement parks.



4. **Budget the necessary costs**

Read about the cost of living in the city you're moving to, so you can prepare yourself for all expenses, even the extra ones.

Check **this article** to get a first idea.



5. **Connect with peers on social media**

Join groups and communities where you can read past stories and experiences you may relate to, such as:

[Accessible Travel Club](#)



[I Wheel Travel](#)



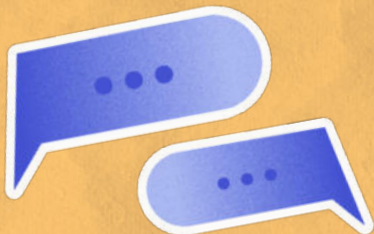
[Accessible Explorers](#)



[Tabifolk](#)



and many more.



EUROPEAN CIVIL SOCIETY ORGANISATIONS

Here is a list of organisations active at the European level and defending your rights. Their members could be good contacts for you if you need support abroad.

- [European Disability Forum](#): Main organisation representing over 100 million persons with disabilities in Europe.
- [EASPD](#): European Association of Service Providers for Persons with Disabilities. It represents 20,000 social and health service providers in Europe.
- [ENIL](#): A user-led network promoting Independent Living principles.
- [Autism-Europe](#): A network representing individuals with autism spectrum disorder and their families.
- [Inclusion Europe](#): European association representing people with intellectual disabilities and their families in Europe.

WHAT TO DO IN CASE OF PROBLEMS DURING YOUR STAY

IF YOU ARE EXPERIENCING

DISCRIMINATION OR
ACCESSIBILITY BARRIERS

1. Reach out to your programme contact points.

If you went abroad with support from an EU programme, the first step is to contact your programme contact point, or the sending or hosting organisation (e.g. your sending university). If the issue remains unresolved, contact the Agency responsible for the programme (e.g. National Erasmus+ Agency).

2. **Reach out to local "inclusion" associations.**

You can identify them through **EDF members** or other specialised networks.



3. **Contact the national equality body in your country of residence.**

These agencies handle discrimination complaints and provide legal assist



4. **Contact your country's embassy**

This could be relevant in complex situations involving discrimination by authorities, for example.



5. **Contact national or local authorities**

If the discrimination involves public services, transport operators, or institutions (e.g. refusal of accessibility or assistance), you can file a complaint with the relevant national enforcement body:

- **Passenger rights or transport discrimination**

The country's National Enforcement Body (NEB) for [passenger rights](#).



- **Web or digital accessibility**

The designated national monitoring body for the Web Accessibility Directive.

In cases involving safety or harassment, report directly to local police or municipal authorities.



AND IF YOU'RE STRUGGLING EMOTIONALLY?

Adapting to a new culture or environment can sometimes feel overwhelming and may affect your emotions and mental well-being. Taking care of yourself is essential, both during your stay abroad and after you return home. Don't worry, these feelings are normal. This experience is called **culture shock**, and being aware of it can help you prepare and adapt more easily.

It's all explained in our brochure **Time to Mind!**

A guide to handling your mental health when going abroad.



THERE IS LIFE AFTER GOING ABROAD!

Your adventure isn't over when you return home, it's just beginning! Now that you've experienced a new culture, explored a new city, made international friends and grown as a person, you have a unique story to tell.

You can now use your experience to shape your future and to inspire other young people to take part in international mobility.



- Prepare your return by learning about possible “reverse culture shock” (see our [Time to Mind](#) brochure!).
- Select the skills you improved abroad and put them in your CV thanks to the [Youthpass](#), a EU recognition tool for non-formal & informal learning in youth projects.
- Put your new skills on [Europass](#) CV, a free online tool that helps you show your skills, qualifications, and experiences clearly.
- Share your story and convince other young people with a disability that they also have a chance to go abroad. You can do it by sharing your story on the [European Youth Portal](#); contact your National Agency or Eurodesk to learn how!
- [Become a EuroPeer](#), where you will access a community of international young people and networking opportunities, while being a role model for others.

READY TO START?

APPLY TODAY

You now have all the information, resources and support networks to make your EU mobility journey successful. Your mobility experience is an opportunity to grow, gain independence, discover the world and enhance your capabilities.



Remember:
stepping out
of your comfort
zone is already a
big achievement!



NOW,
GO OUT THERE
AND DISCOVER
THE WORLD!



INTERNATIONAL INITIATIVES DEFENDING YOUR RIGHTS

UN Convention of the Rights of Persons with Disabilities

Protects the rights and dignity of people with disabilities, while making sure they have the same opportunities as everyone else to take part in all areas of life.

Charter of Fundamental Rights of the EU

Includes important protections for persons with disabilities.





EU Strategy for the Rights of Persons with Disabilities 2021-2030

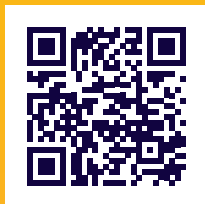
Promotes freedom of movement and participation in democratic life; introducing the European Disability Card to be recognised across Member States.

European Pillar of Social Rights

Stresses that people with disabilities have the right to income support that ensures living in dignity, services that enable them to participate in the labour market and in society, and a work environment adapted to their needs.



**CONNECT WITH EURODESK
AND DISCOVER MANY
OTHER OPPORTUNITIES!**



Co-funded by
the European Union