

Your Guide on



GOING ABROAD

WHEN
YOU'RE
UNDER

18





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

Attributions

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**ARE YOU
UNDER 18**

**AND DREAMING OF
GOING ABROAD?**

**KEEP
READING!**

**LET YOUR
JOURNEY
BEGIN!**



READY TO GO?

Going abroad is a chance to explore new horizons, discover new cultures and meet new people. It's also about stepping out of your comfort zone: leaving your family, friends, and city behind for a while to experience life beyond your everyday world.

But most importantly, it's a chance to learn more about yourself!

Quick self-test:

- I'm curious and open to differences
- I can spend a few weeks away from my family and friends
- I adapt easily to new situations
- I ask for help when I need it

If you checked most of the boxes, you're ready to go!

But if you don't feel ready yet, that's okay too. You can start by having an international experience in your own country by volunteering at local centres or by mentoring international students at your school.

Get in contact with volunteering centres and schools in your area to find out more about these options.

Don't hesitate to browse through the **Eurodesk Opportunity Finder** to find even more opportunities both at a national and international level.



LEARNING ABROAD

ERASMUS+ YOUTH EXCHANGES

Erasmus+ Youth Exchanges are your chance to travel, make international friends, discover new cultures, and dive into topics you care about!

They bring young people aged 13-30 from at least two countries together for up to 21 days to exchange ideas and learn through fun activities.

It's all about empowering you as an active citizen, linking you to Europe, and building key skills for your future.



Destination: EU Member States + Partner Countries



Funding: Travel and all activity-related costs are covered.

How to get started:

To participate in a youth exchange, you need to apply through an organisation or as a group of young people. If you need help in finding a suitable organisation or other questions, contact your National Agency or Eurodesk in your country.



ERASMUS+ SCHOOL MOBILITY FOR PUPILS

What about studying abroad with your schoolmates?

Erasmus+ offers group trips with your class (2-30 days) or individual stays (up to a year) at partner schools in Europe.

It's a popular way to dive into new cultures. Just ask those who've been, they broadened their horizons and can't wait to discover more!



Destination: EU Member States and Iceland, Liechtenstein, North Macedonia, Norway, Serbia and Türkiye



Funding: Travel, accommodation, food, and activity costs are covered.

How to get started:

Get in touch with your school to get more information and if they haven't joined yet, invite them to read 'Erasmus+, what's in it for me?', or contact your National Agency or Eurodesk in your country.





HIGH SCHOOL EXCHANGE YEAR

Ready for a full year abroad? Join a school exchange programme through a specialised non-profit organisation.

During the exchange, you will live with a host family and attend a local high school as a cultural exchange student!

You'll pick up the language fast, gain confidence, and soon call it a second home.



Destination: Worldwide



Funding: Participation fees vary by organisation, programme and destination country.

How to get started: Check opportunities and conditions from well-established non-profit organisations, such as:

- Youth for Exchange and Understanding (YFU)
- Intercultural Programmes (AFS)



VOLUNTEERING ABROAD

INTERNATIONAL WORKCAMPS

Do you care about the environment or social justice? Join volunteers from around the world on community projects to help a local community for 2 to 8 weeks of social impact and new friendships!



Destination: Worldwide



Funding: Varies by project; food and accommodation are often covered, but you will have to pay a fee (50-350€ or more) and cover your own travel and insurance.

How to get started: International workcamps are open to those **14 years old** or older (parental consent is required for minors). Check the **Eurodesk Opportunity Finder**.



EUROPEAN SOLIDARITY CORPS: VOLUNTEERING PROJECTS

Passionate about making a difference? The European Solidarity Corps is an EU programme which supports international volunteering projects in a broad range of fields.

You can either go solo (individual volunteering) or team up with at least 5 volunteers from at least 2 countries (team volunteering).



Destination: EU Member States + Partner Countries



Funding: Travel, food, pocket money, insurance, linguistic support and training, and special needs costs are covered.

How to get started:

Register on the European Youth Portal from age 17, apply for projects and start volunteering **as soon as you turn 18**. Check the [Eurodesk Opportunity Finder](#) and contact the [National Agency](#) or [Eurodesk](#) in your country.



MAKING A CHANGE ABROAD

ERASMUS+: YOUTH PARTICIPATION ACTIVITIES

Got ideas to change your world? Erasmus+ funds youth-led projects, from local initiatives to international projects, to make youth voices heard in Europe.

Workshops, debates, campaigns, or meetings with decision-makers: turn your passions into real impact!



Destination: Local, national and international.



Funding: Up to 60.000€ per project.

How to get started:
Find an organisation or form a group of at least 4 young people **between 13 and 30 years old**, and apply through your **Erasmus+ National Agency**. Check the **Eurodesk Opportunity Finder** or contact **Eurodesk**.



EU YOUTH DIALOGUE

The EU Youth Dialogue connects young people with decision-makers under the EU Youth Strategy.

Take part in consultations, workshops, debates, or meetings with decision-makers to shape youth policies!

It runs in 18-month cycles of local, national, and European consultations plus EU Youth Conferences every 6 months.



Destination: Local, national and European



Funding: The maximum grant awarded per project is 60.000€.

How to get started:
From age 13, via youth organisations or your national youth council, which can be contacted [here](#).



Check the **European Youth Portal** for more information.



MUST-HAVES

BEFORE YOU GO

DOCUMENTS

Make sure you have all the necessary documentation with you, such as:

- ❑ Valid ID/Passport (keep a digital copy on your phone or email)
- ❑ European Health Insurance Card (EHIC) for EU residents/citizens (if you are not, check your health insurance coverage when travelling)
- ❑ Document signed by your parents or legal guardian(s) authorising you to travel (**check which countries require this**)
- ❑ Visas, when required (check the website of your **embassy**)



TRANSPORTATION

Try to be an eco-traveller by choosing sustainable travel options!

- ❑ Check trains, buses or carpooling options (e.g. the **Interrail Pass** for Erasmus+)
- ❑ When taking a plane, opt for direct flights and low-emissions companies
- ❑ Bring a reusable water bottle and tote bag with you



Check our **Guide on How to Become an Eco-Traveller.**



ACCOMMODATION

Accommodation is usually organised, but if you're planning your own trip, you can check:

- Hostels (e.g. [International Youth Hostel Federation](#))
- Private and shared rooms:
(e.g. www.uniplaces.com ; www.spotahome.com)



- Bring a quick-dry towel and a padlock in case you stay in hostels

BUDGET

Make sure you can use your credit card abroad and have some pocket money with you:

- Contact your bank to find out about international debit cards and compare rates with prepaid cards
- Check the minimum age [requirements](#) for using credit cards abroad
- Keep emergency cash with you (50-100€)



INTERNET/ROAMING

Stay connected without surprise bills and be prepared if you lose Internet access.

- ❑ Check your phone plan: mobile data abroad can be expensive. Ask your provider what's included and whether you need to activate roaming
- ❑ Bring a power bank and a plug adapter if needed
- ❑ Download reservation codes and offline maps of the area you will visit

SAFETY/HEALTH

Be prepared for a worry-free trip.

- ❑ Check security and health recommendations (e.g. foreign ministry website)
- ❑ Save emergency contacts (e.g. 112 EU emergency number)
- ❑ Share your itinerary with your parents/tutors
- ❑ Bring a basic medication kit (pain relievers, plasters, antiseptic, antihistamine, etc.)



WHERE TO GET MORE INFORMATION AND SUPPORT

Eurodesk is a European youth information service dedicated to informing and supporting young people in their international adventures.

Contact your closest **Eurodesk infopoint** for support before, during, and after your experience!



A new experience is always exciting, but it's also normal to feel anxious, lonely or homesick at the start. That's why being well prepared makes all the difference: it helps you adapt more easily and enjoy your adventure to the fullest!

Check out the Eurodesk guide "**Time to Mind**" for tips on preparing emotionally and mentally.



For further help and specific information about the Erasmus+ and European Solidarity programmes, don't hesitate to contact your [National Agency](#).

We're all here to help you so that you never feel lost, even when you're far away from home!



Now that you know
that you can go
abroad under 18 and
have the essential
resources to guide
you, are you finally
ready to pack
your suitcase and
explore the world?

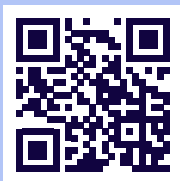




**READY,
SET...**

GO!

**REMEMBER,
WHATEVER THE QUESTION,
START WITH US!**



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