



Your Guide on

HOW TO
VOLUNTEER
WITH

**THE EUROPEAN
SOLIDARITY CORPS!**

**YOUR
ACTIONS
SPEAK**



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

Attributions

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Eurodesk aims to create bridges in Europe and open up international opportunities to all young people, regardless of background or situation in life – from a paid internship abroad to taking part in volunteering projects, all costs covered.

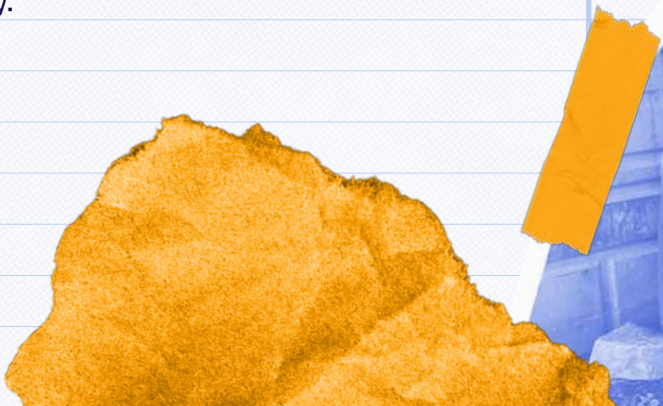
We operate with a network of youth workers all over Europe to reach out and provide you with neutral, free of charge, and verified information on all financial support programmes for going abroad and having a voice in Europe.



DID YOU SAY VOLUNTEERING?

Are you passionate about helping others? Do you want to make a difference while developing valuable skills, gaining experience, and making new friends? **Consider becoming a volunteer!**

Volunteering involves offering your time and efforts for free to support a cause you care about. Each year, thousands of young people volunteer for a cause that resonates with them. Areas such as environment, social justice, gender equality, or animal welfare are just a few examples where you can make a positive impact on society.



Can anyone become a volunteer?

There are many ways to volunteer: in your local community, online, or abroad. Different opportunities may have specific conditions (for example, age limits, time commitment or language skills), but there is no “perfect profile” for a volunteer. Organisations need many different people, experiences and abilities.

At the European level, volunteering is a key priority of the EU Youth Strategy. The European Solidarity Corps, the EU programme that supports volunteering and solidarity projects, is open to diverse young people and provides additional financial support to encourage the participation of young people with fewer opportunities.



WHAT ARE THE **BENEFITS** OF VOLUNTEERING?

Volunteering gives you a sense of purpose and well-being by contributing to something bigger than yourself.

As a volunteer, you:

- **Make a real difference** on issues you care about and help improve your community.
- Meet new people and **discover different perspectives**, sometimes from all around the world.
- Gain valuable experience and **develop skills** useful for your studies, work, and everyday life.
- Grow personally, **build confidence** and shape your own path for the future.

5 December,
International
Volunteer Day

A day when volunteers are honoured, and the spirit of volunteering is promoted at local, national, and international levels.



LOOKING FOR INSPIRATION?

Discover other people's experiences to better understand what volunteering is like and what you are looking for. If you already know someone who has volunteered, don't be shy, ask them about their journey, challenges and highlights.

Their stories can help you picture yourself in a similar role. They may also share practical tips that make your first steps easier.

You can also:

1

Explore stories
from young people
on the [European
Youth Portal!](#)



2

Get in touch with EuroPeers,
the network of young people
who took part in the European
Solidarity Corps and share
their experiences with other
young people, just like you.





3

Look for local volunteering centres and ask if you can meet with volunteers active in your area.

4

Browse your usual social media channels using key hashtags such as #volunteer, #volunteering #EuropeanSolidarityCorps.



VOLUNTEER WITH THE EUROPEAN SOLIDARITY CORPS

To participate, you need to be between 18 and 30 years of age (35 for humanitarian aid) and legally reside in an EU Member State or in one of the partner countries. ¹

¹ Partner Countries: Albania, Algeria, Armenia, Azerbaijan, Belarus, Bosnia and Herzegovina, Egypt, Georgia, Iceland, Israel, Jordan, Kosovo, Lebanon, Liechtenstein, Libya, Moldova, Montenegro, Morocco, North Macedonia, Norway, Palestine, Russian Federation, Serbia, Syria, Tunisia, Türkiye and Ukraine



Volunteering Activities Abroad

Join the European Solidarity Corps and take part in a volunteering placement abroad! You can either go on your own (2 weeks to 12 months) or as part of a group of at least 5 volunteers from at least 2 different countries (2 weeks to 2 months).

You will receive financial support for travel costs, pocket money, insurance, and support services, including language support and training, and for special needs.



Duration: Individuals (2 weeks to 12 months);
Groups (min 5 people) (2 weeks to 2 months)

Age: 18 to 30

Costs covered: Travel, pocket money, insurance, and support services, including language support and training, and for special needs.

Get started: Register in the European Youth Portal, check the offers, and apply!



Solidarity Projects in your local area

The European Solidarity Corps supports **Solidarity Projects** developed and implemented by young people for periods ranging from 2 to 12 months.

Solidarity Projects aim to bring positive change to the local community and are carried out by groups of at least 5 young people aged 18-30. Some activities can also tackle regional or national issues.

If your project is selected, you will receive financial support to cover the costs of managing and implementing it.





Duration: Groups (min 5 people)
(2 weeks to 2 months)

Age: 18 to 30

Eligibility: Legally reside in an EU Member State or in a neighbouring country associated with the programme

Get started: Register in the European Youth Portal, check the offers, and apply!



Humanitarian Aid Volunteering

This is the humanitarian strand of the European Solidarity Corps.

Volunteering activities take place in countries where **humanitarian aid operations are ongoing** and where there are no ongoing armed conflicts.

You can go on your own (2 to 12 months) or as part of a group of 5 to 40 volunteers (2 weeks to 2 months).

You will receive financial support for travel and accommodation costs, as well as exceptional costs such as visa and vaccination fees, insurance, and pocket money.



Duration: Individuals (2 weeks to 12 months);
Groups (5-40 people) (2 weeks to 2 months)

Age: 18 to 30

Get started:

- Register in the European Youth Portal.
- Express your interest in Humanitarian Aid Volunteering.
- Complete the self-assessment and attend online and in-person training before participating in volunteering activities.



Check the
Humanitarian
Aid Info Kit



The European Solidarity Corps offers young people with fewer opportunities easy access to participation, including additional financial support and tailor-made projects. For more, see [Europe for all – Integrating young people into the European Solidarity Corps.](#)



[Here](#) you can search for volunteering opportunities and check the list of accredited organisations.



Interreg Volunteer Youth

Gain new international experiences and have an impact through volunteering by **supporting solidarity actions between EU regions and neighbouring countries!**

To participate, you must be between 18 and 30 years old and from an EU member State or a neighbouring country. Projects support European cooperation across borders in a variety of fields: environment, education, research, health, transport, and sustainable energy. They last from 2 to 6 months.

Volunteers receive financial support to cover subsistence and accommodation expenses, as well as a contribution toward travel costs and insurance.



Duration: 2 to 6 months

Age: 18 to 30

Costs covered: Food, accommodation, travel contribution and insurance.

Eligibility: Legally reside in an EU Member State or in a neighbouring country associated with the programme

More information here!





STILL LOOKING FOR OPPORTUNITIES TO VOLUNTEER ABROAD?

There are also many international volunteering programmes you can explore, such as:

- Heritage and culture projects, like the UNESCO World Heritage Volunteers.
- Global and UN-related opportunities, like United Nations Volunteers and UN Youth Volunteers.
- Short, intensive group projects, like international work camps.

You can discover
these and many
more opportunities
on the Eurodesk
Opportunity Finder.



YOUR VOLUNTEERING TO-DO LIST

□ **Prepare your CV and cover letter**

Why not consider using Europass?
This tool simplifies the creation,
storage, and sharing of CVs and
helps develop a professional cover
letter in 31 languages!



□ **Research the host organisation**

In addition to checking their official
website, take a look at their social
channels, and don't hesitate to
reach out to their staff or former
volunteers. If selected, contact
them to get more information about
the volunteering placement.



□ **Check the volunteering agreement
carefully**

This document should provide
information on your role and tasks,
including the duration and working
hours, as well as details regarding
insurance and supervision. Check
the European Charter on the Rights
and Responsibilities of Volunteers.



□ **Get familiar with the destination country**

Check local health systems, transportation options, currency, and other relevant areas. Learn a few words of the local language. If you are staying in the EU, make sure to order your European Health Insurance Card.



□ **Do your administration**

Ensure your ID or passport remains valid throughout your volunteering. Check visa requirements, if required.

□ **Prepare yourself**

Stepping out of your comfort zone is not easy, but it will help you discover the world around you... and yourself. Being prepared will help you a lot. Before you start your next journey, have a look at Eurodesk's Time to Mind brochure.



□ **It does not need to stop when you return!**

Motivate others to volunteer!
Join the Europeers network and continue to advocate for the cause you contributed to at the local level or online.



□ **Don't forget to share your experience with us**

You can share your experience with others on the European Youth Portal or social media by tagging **@eurodesk !**





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



Co-funded by
the European Union