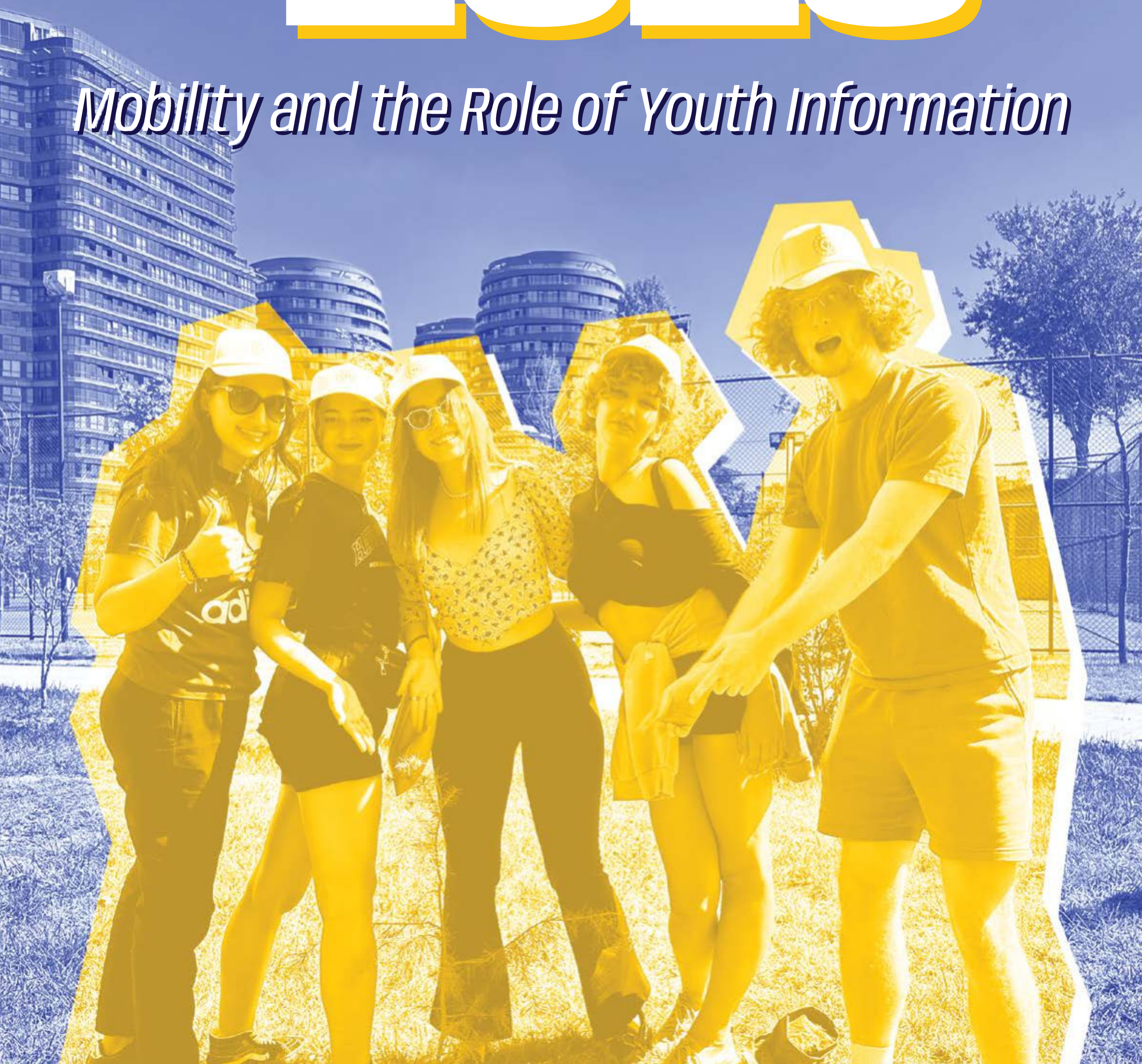
# YOUTH INFO SURVEY 2025

eurodesk

## *Mobility and the Role of Youth Information*



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**EDITOR**
Audrey FRITH, Director of Eurodesk

**AUTOR**
Ondřej BÁRTA, a freelance youth researcher and consultant specialised in the areas of youth participation, mobility, volunteering, and non-formal learning.

**DESIGN**
Johana Siendones
Sara Garcia Ruiz

**ILLUSTRATION**
Johana Siendones Gómez
Stefania Delponte

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# PREAMBLE

As we reflect on the findings of the Eurodesk Youth Information Survey 2025, it is clear that young people continue to view mobility experiences as invaluable to their personal and professional development. The survey highlights the enthusiasm with which young people embark on these opportunities, rating their experiences extremely positively. However, it also underscores the challenges faced by certain groups, notably minority and non-binary youth, who often encounter systemic barriers that limit their access to mobility opportunities.

The survey reveals that young people from minority backgrounds, non-binary youth, and those from economically less fortunate circumstances face significant obstacles. These include financial and administrative hurdles, difficulties in making new friends abroad, and a lack of language skills. Moreover, the absence of tailored information and support exacerbates these challenges, making it crucial for youth information services to adapt their strategies to serve these groups better.

The survey also highlights the importance of social media and online platforms in disseminating mobility-related information. By leveraging these platforms, youth information services can create more inclusive and accessible information strategies that cater to the needs of diverse youth groups.

As we move forward, it is essential that we address the post-mobility challenges faced by young people, including culture shock and reverse culture shock. Providing practical guidance and support during this phase can significantly enhance the overall mobility experience, especially for those from minority backgrounds who are more likely to encounter these difficulties.

This research shows the importance of youth information and support services in reaching the Europe on the Move target of 20% of learners with fewer opportunities benefiting from learning mobility abroad and the Inclusion and Diversity Strategy of Erasmus+ and the European Solidarity Corps.

In conclusion, this survey not only reaffirms the value of mobility experiences for young people but also underscores the need for tailored support and inclusive strategies. By learning from these findings, we can work towards creating a more equitable and supportive environment that allows all young people to benefit from these enriching experiences.

Audrey Frith,

Director of Eurodesk

# WHAT IS THE EURODESK YOUTH INFO SURVEY 2025?

The Eurodesk Youth Info Surveys are conducted regularly in order to provide insights into the domain of youth mobility information. The previous surveys were conducted in 2017 (Sabuni 2018), in 2019 (Sabuni 2019), and in 2022 (Bárta 2022). Each of these surveys brought forward interesting and useful findings on how young people work with information, and also provided glimpses of specific topics, such as the COVID-19 pandemic in the 2022 survey.

This publication presents the results of the Eurodesk Youth Info Survey 2025 which focused on the information needs of young people, their motivations and experiences with a mobility experience, but also on barriers and challenges. Challenges were identified both by those with no hands-on mobility experience and those with such experience in 2022 or 2023. Therefore, the survey identified worries preventing young people from undergoing a mobility experience, and also mobility challenges based on real-life experiences from various stays abroad. Specific areas probed in this survey included the influence of sustainability concerns on mobility, the use of AI, and awareness of culture shock and reverse culture shock in relation to one's mental well-being during and after mobility periods.

The Eurodesk Youth Info Survey 2025 was conducted online between October and December 2024, it was hosted by a Eurodesk website and it featured translations into 29 languages. The survey was distributed via the Eurodesk network, its members and partners across Europe and collected answers from 9903 respondents. After cleaning the dataset of responses which did not satisfy reliability criteria (e.g., answered less than 65% of all survey questions), there were **7144 respondents** from the target group of **13–35-year-olds** residing in one of the countries included in the EU mobility schemes such as Erasmus+ or the European Solidarity Corps.

## *HOW TO READ THIS REPORT?*

Findings of the Eurodesk Youth Info Survey 2025 are presented in this report. The report is designed to inspire further thinking, and therefore, it includes a large volume of information. This chapter provides hints on how to look for interesting facts among all the included information.

The Eurodesk Youth Info Survey 2025 sample of 7144 young respondents is described in Annex 1 of this report for those readers who are curious about how young people voiced their opinions. The survey sample was robust and provided solid evidence on all explored topics, including detailed analyses.

The report includes graphs which show answers of the Eurodesk Youth Info Survey 2025 respondents to all its content questions, with all shares rounded to whole numbers to enable easy reading of the graphs and texts. Acknowledging that young people are not a homogenous group, but on the contrary, include various sub-groups with unique needs and perspectives, further detailed analyses were conducted to explore differences between the following sub-groups of young people:

## Age groups

**13-15-year-olds**: Young people who are mostly still attending compulsory school and are legally considered minors, which has consequences for their mobility options *(e.g., consent of a legal guardian may be required to travel abroad, etc.)*;

**16-18-year-olds**: Young people who frequently attend higher secondary education *(high schools)* and are still legally minors, which has consequences for their mobility options;

**19-23-year-olds**: Young people either entering the labour market or attending university who are already legally recognised as adults and can travel across country borders in line with general regulations;

**24-29-year-olds**: Young people either already in the labour market or entering the labour market after graduating from university;

**30-35-year-olds:** Young people in an advanced phase of their career and private lives.

## Gender groups

**Female** **Male** **Non-binary**

## Economic situation

Young people from affluent backgrounds *(those who can cover their mobility experience financially without any problems)*

Young people from less fortunate backgrounds *(those who can only go abroad with strong support from mobility grant schemes)*

## Settlement size

**Large urban areas** *(cities and their suburbs of 100,000 inhabitants or more)*

**Mid-sized settlements** *(towns of 5,000 to 99,999 inhabitants)*

**Rural areas** *(rural settlements of less* than 5,000 inhabitants or secluded areas)

## Educational attainment

**Incomplete basic school** *(incomplete lower secondary education)*

**Completed basic school** *(completion of lower secondary education)*

**High school graduates** *(completion of higher secondary education)*

**University graduates** *(obtaining a university degree such as a BA, MA, PhD, or similar)*

## Vicinity of people with mobility experience

Young people who had **at least one person with a mobility experience** in their vicinity, either a friend or a family member.

Young people who had **no people with mobility experience** in their vicinity, neither a friend nor a family member.

## Minority and majority backgrounds

**Minority youth:** Young people who identified themselves as belonging to at least one of the following minorities: ethnic, racial, LGBTQI+, disability, language minority *(i.e., not speaking the main language of the country where the young people live)*.

**Majority youth:** Young people who identified themselves as not belonging to any of the abovementioned minority groups.

Analyses were conducted in all content questions of the Eurodesk Youth Info Survey 2025 across all of these sub-groups. Findings are listed in the text of this report following a simple rule: If there is no mention of a particular group having specific (more or less frequent, for example) experiences, it is because their experiences are not different from those of all surveyed young people.

This means that either there were no differences at all, or those differences were not statistically or meaningfully significant. At times, differences which are rather small (e.g., single percentages) are reported. This is because when, for example, only 5% of respondents have a certain opinion, and then 10% of respondents in one of the sub-groups share this opinion, it means that this particular opinion is twice as likely to be found in a certain sub-group of young people, and that makes it significant.

This still means that it is "only" 10% of young people in one particular sub-group who hold that opinion, however, and that needs to be kept in mind. It is often more valuable to look at the bigger picture: What sub-groups of young people struggle with specific mobility challenges? What sub-groups of young people use TikTok? Which of them rely more on friends, teachers, and employers when looking up mobility-related information? Answers to these questions are very valuable, as they provide the necessary context for asking about the volume of the differences.

When looking at concrete differences in various sub-groups, there are two important information points in the text. Firstly, if there is an interesting difference, sub-groups are compared to one another, for example, males to females or non-binary youth. This shows how these groups differ from one another, but this information is only provided when it is statistically and meaningfully significant. Another information is a comparison of the result of a particular sub-group to the results of all surveyed young people.

The overall results for all surveyed young people are always included in the graphs, and they provide an important point of reference: if about 70% of the 16-29-year-olds were very open to going abroad, is that a lot more than is usual in all young people? In this case, not really, it is only a bit higher than the overall result of 69%. What about the 13-15 and 30-35-year-olds who are enthusiastic about going abroad in about 60% of cases? That is a much more significant difference from the overall result of 69% and even more significant from the result of the 16-29-year-olds.

It is now evident that this report provides lots of space for further thinking and curiosity. Let's dive into the findings!


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Wir beraten zu Auslandsaufenthalten
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# WHAT DO YOUNG PEOPLE THINK ABOUT MOBILITY?

## *OPENNESS TO GO ABROAD*

The Eurodesk Youth Info Survey 2025 probed the opinions of young people on mobility in general. **98% of the respondents stated that they would be open to going abroad for a mobility experience** (see Figure 1), **with 69% being very open to that idea**.

Detailed analyses show that the most open young people were those in the age bracket 16-29 (about 70% of them were very open to going), with 13-15- and 30-35-year-olds slightly less enthusiastic about going abroad (about 60% of them were very open to going). The differences are not large, but they do reflect the differences in the life phases of these groups of young people. For 16-29-year-olds, it is realistic to go abroad for a mobility period because they are likely to be emancipated from their parents yet still possess substantial flexibility to re-arrange their lives as they are either still studying or in their early career years, as well as likely not have started their own families yet. In the case of the youngest respondents (13-15 years of age), all mobility needs to be pre-agreed and co-organised with their parents and educational institutions, placing additional hurdles in the way. In the case of the oldest respondents (30-35 years of age), they are likely to already have their careers on track, and they can be in the process of starting their own families, therefore, a mobility stay can be difficult for them to arrange. It is positive to see that despite these barriers, even in those age groups, the openness to undergoing a mobility period abroad is rather high.

In terms of gender, women and non-binary young people were more open to the idea of going abroad than males (about 70% to about 64%). It is very likely that women and non-binary youth see mobility experience as a potential advantage in the labour market, and therefore, they are more open to going. Young people from affluent backgrounds were also more likely to be very open to going abroad (73%) than their less fortunate peers (67%). Young people who had someone with a mobility experience in their vicinity, either a friend or a family member, were also more likely to be open to going abroad (70% of them were very open to going) in comparison to those who had no one with a mobility experience around them (61% of them were very open to going). Openness to go abroad was also higher among young people based in large urban areas in comparison to their peers from smaller settlements and among young people with higher educational attainment than their peers with lower educational backgrounds. These findings were to be expected. It is easier to imagine going abroad for a mobility period when one does not have to worry much about finances, when there are people around them who can tell them about their own mobility experiences, and when living in larger cities where it is more likely to find more mobility opportunities and where communities are not as tightly knit as in smaller places.

## CLIMATE CHANGE CONCERNS

The openness to going abroad was **influenced by climate change concerns only for 31% of the respondents**, with almost 70% of respondents not bothered by climate change concerns in this context (see Figure 2). Interestingly, young people from a minority background were more concerned about the environmental impacts of mobilities (about 40% of those who strongly agreed or agreed) in comparison with their peers from a majority background (about 28% of those who strongly agreed or agreed). This finding may seem surprising at first, but it was expected. It is people from poorer backgrounds for whom it is harder to adapt to climate change (European Environment Agency 2018), and therefore, it is likely that they feel more concerned about its impacts than youth from majority backgrounds. In practical terms, it is easier to bear the brunt of climate change in an air-conditioned car than in a tram with open windows, and it is easier to tackle climate-related disasters with proper insurance than without it. There are many ways to mitigate the impacts of mobilities on the environment, and young people should be informed about them as well as organisations which implement mobility programmes (see, for example, Bárta, Ples 2021 or Bárta, Ples 2023).


*Figure 1: Openness to a mobility experience.*

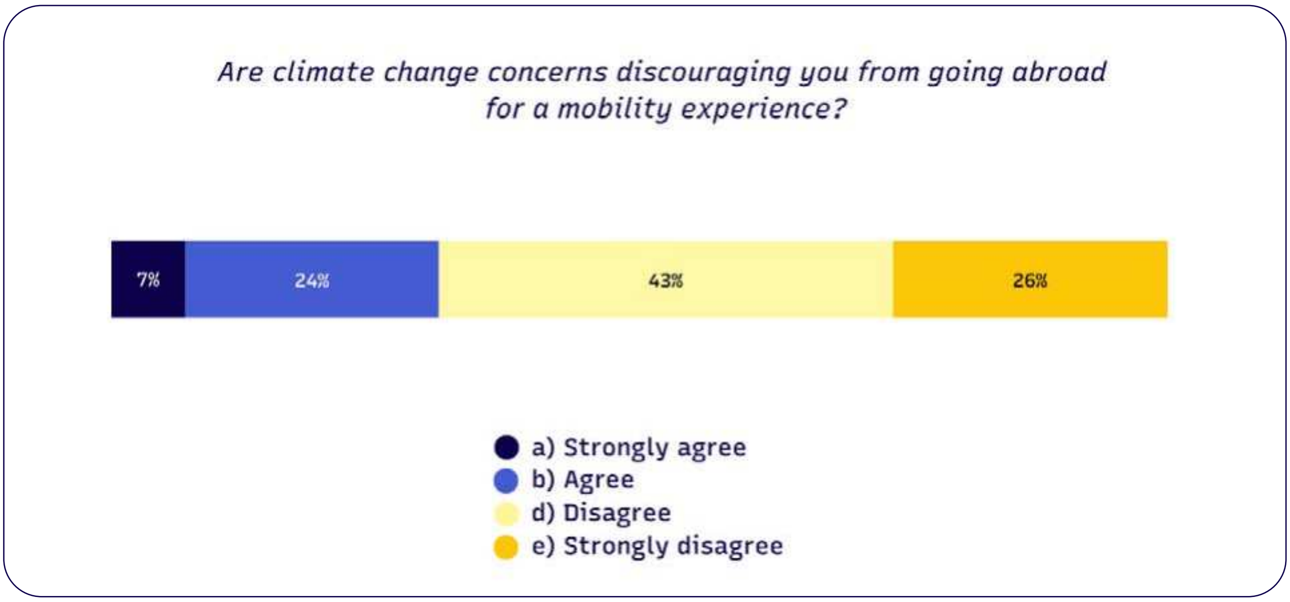



*Figure 2: Climate change concerns in the mobility context.*

# BENEFICIAL IMPACTS OF MOBILITY

**More than 95% of all surveyed young people saw mobility experience as beneficial to their education, as well as to their personal and professional lives** (see Figure 3). All three domains were seen as potentially very positively impacted by a mobility experience by about 60% of all respondents, and further, about 40% of respondents saw the influence as simply positive. While there were minor differences across the three domains, it can be concluded that young people saw a mobility experience generally as highly beneficial to their lives.

Deeper analyses showed that the older and more educated the respondents were, the more positive the views they shared in all three domains. With growing life experience, young people were possibly better able to assess and envisage concrete positive impacts a mobility experience might have, or they even already had a first-hand experience with one. Women were also more positive in how they saw the impacts of a mobility experience in all three dimensions. This confirms the suggestion made earlier in this chapter that women see mobility as an additional advantage in their lives, and therefore they are more open to going abroad than men. Young people based in large urban areas were more positive about impacts of the mobility on their personal and professional lives than their peers from smaller settlements.

This can be linked to the fact that larger cities provide more opportunities to young people, but to be able to use these opportunities, young people need to accumulate appropriate experiences, and mobility experience is likely seen as contributing to that goal. Young people who had someone with a mobility experience in their vicinity, either a friend or a family member, were also more likely to rate all three domains of mobility impacts positively in comparison to those who had no one with a mobility experience around them. Having someone around them to talk to about a mobility experience can probably be beneficial in seeing its positive impacts.

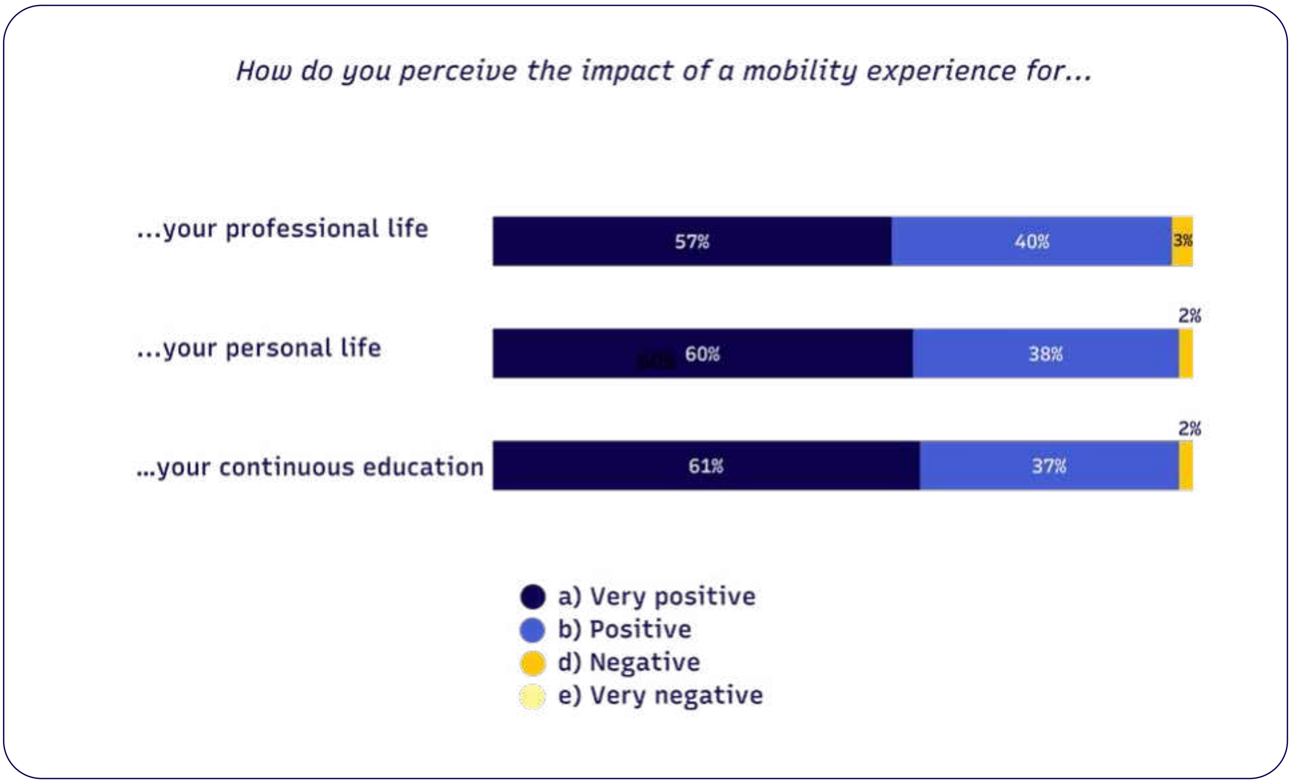



*Figure 3: Benefits of a mobility experience.*

# PREFERRED MOBILITY ACTIVITIES

When it comes to specific activities of a mobility experience, the Eurodesk Youth Info Survey 2025 **respondents clearly preferred travelling to all other mobility activities, with 86% of them very interested in this particular approach** (see Figure 4). Nevertheless, 70-80% of respondents were interested in all other activities of a mobility experience, preferring youth exchanges or summer camps, internships, and training courses or studies to working and volunteering abroad.

Deeper analyses showed **many differences in preferred mobility activities depending on the background of young people**. When it comes to different age groups, young people 16-29-year-old were those most interested in studying abroad, doing an internship, doing seasonal work, or volunteering. Working abroad and attending a training course is the most interesting for 19-35-year-olds. Summer camps and travelling are the most interesting for 13-23-year-olds. All of these findings fit the profiles of the various age groups and their immediate needs, and they provide a good basis for targeted information delivery on various mobility activities.

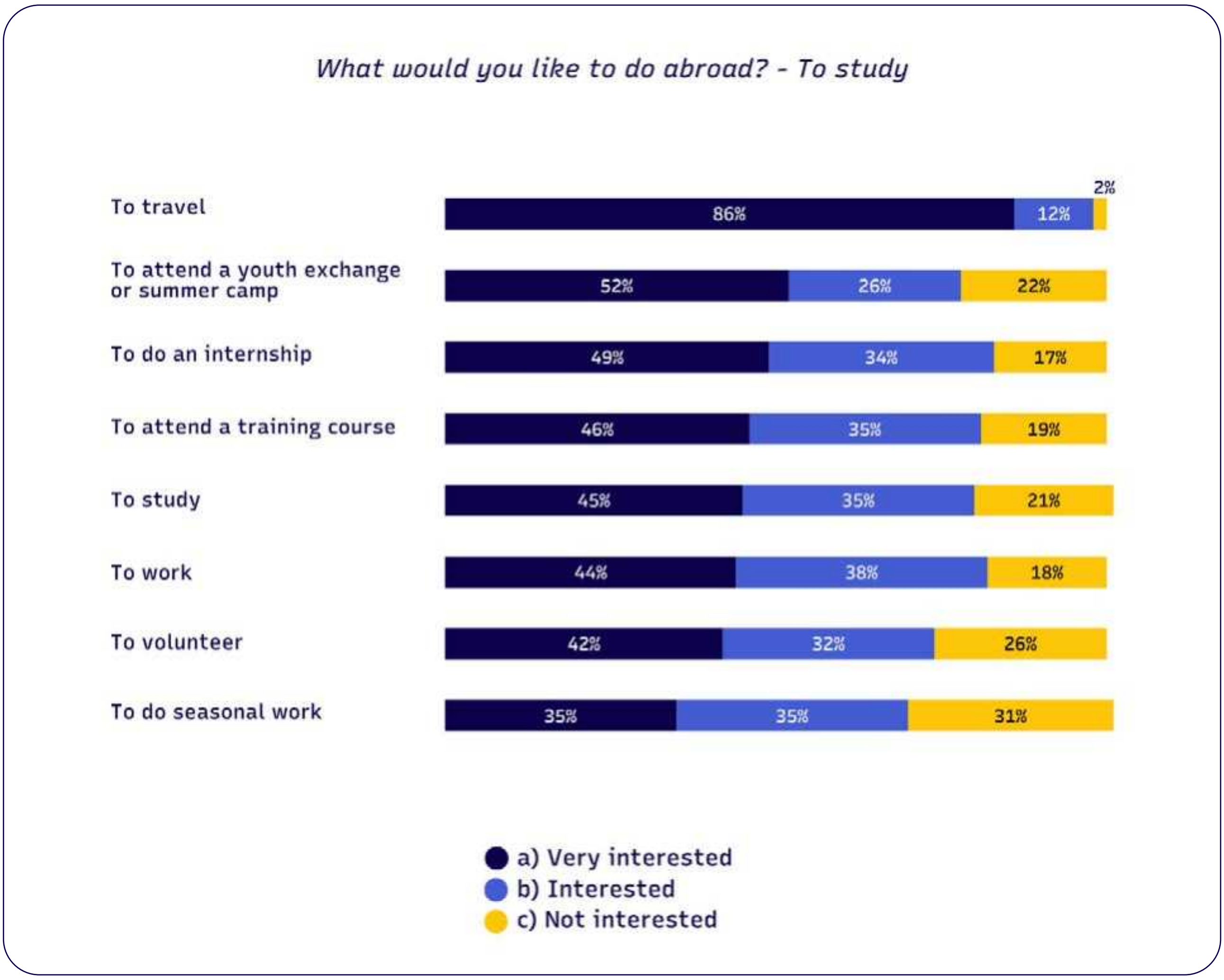



*Figure 4: Preferred activities during a mobility experience.*

Women and non-binary youth are systematically more interested in all the abovementioned mobility activities than their male counterparts, with the largest difference in the case of volunteering which was very interesting for 47% of women compared to 31% of men. This is, again, in line with the previously mentioned suggestion that women and non-binary youth see mobility in general as an advantage in various aspects of their lives, and therefore any mobility activity is attractive to them. It is also in line with the general body of research confirming that women volunteer more than men (see, for example, Borromeo 2021, Wiepking, Einolf, Yang 2022).

Young people with lower educational attainments were more interested in travelling, youth exchanges and summer camps, and seasonal work. High school graduates were more interested in studying abroad and in doing an internship. University graduates were more interested in working abroad, doing internships abroad, and attending training courses. All of these findings align with the needs of the respective educational groups, and they provide a good basis for targeted information delivery concerning specific mobility activities.

Young people from large urban areas were more likely to be interested in all mobility activities with the exception of seasonal work where there is no difference between the preferences of young people from urban and rural areas. Young people who had someone with mobility experience in their vicinity, either a friend or a family member, were also more likely to be open to studying, youth exchanges, and volunteering in comparison to those who had no one with mobility experience around them.

Young people generally preferred shorter mobility stays to longer ones (see Figure 5). The most frequently chosen mobility lengths were those up to 3 months, with the year or longer stays not interesting to almost 40% of respondents. Detailed analyses showed that shorter stays of up to 3 months were the most popular with the age group of 13-23-year-olds, while half-a-year-long stays were the most popular with young people aged 19-23 years old, and a year or longer stays were interesting for 24-35-year-olds. All of these findings align with the needs of the respective age groups, and they provide a good basis for targeted information delivery concerning specific mobility activities.

With the exception of the year or longer stays, women were systematically more interested in all lengths of mobility stays, with the largest difference in the case of half-a-year-long stays, which were very interesting for 45% of females in comparison with 37% of males. This is in line with the previously listed suggestions on gender differences in mobility openness, but it also provides further guidance on what mobility-related information might be most sought by women. The longer stays of half a year or more were more interesting for university graduates as it is likely they have clear ideas on specific benefits of long-term mobilities to their lives and careers. Young people from large urban areas more often preferred mobility stays of 3 months or longer, in comparison to their peers from smaller settlements. This may be connected to the tighter community lives in smaller settlements, which may put pressure on young people not to leave for too long.

Young people from minority backgrounds preferred longer stays of 6 months or more, while young people from majority backgrounds preferred short stays of a few days or a week. This may be due to the difference in available resources. While resources (money, time, support, etc.) may be more readily available in majority youth, they may be more open to going abroad for shorter, but possibly repeatedly. In minority youth where these resources may be scarcer, it might make sense to invest them into a longer mobility opportunity rather than split them among more of them. This outcome seems to contradict the inclusion measures of the Erasmus+ programme that offers shorter stays as an inclusion measure for young people with fewer opportunities.

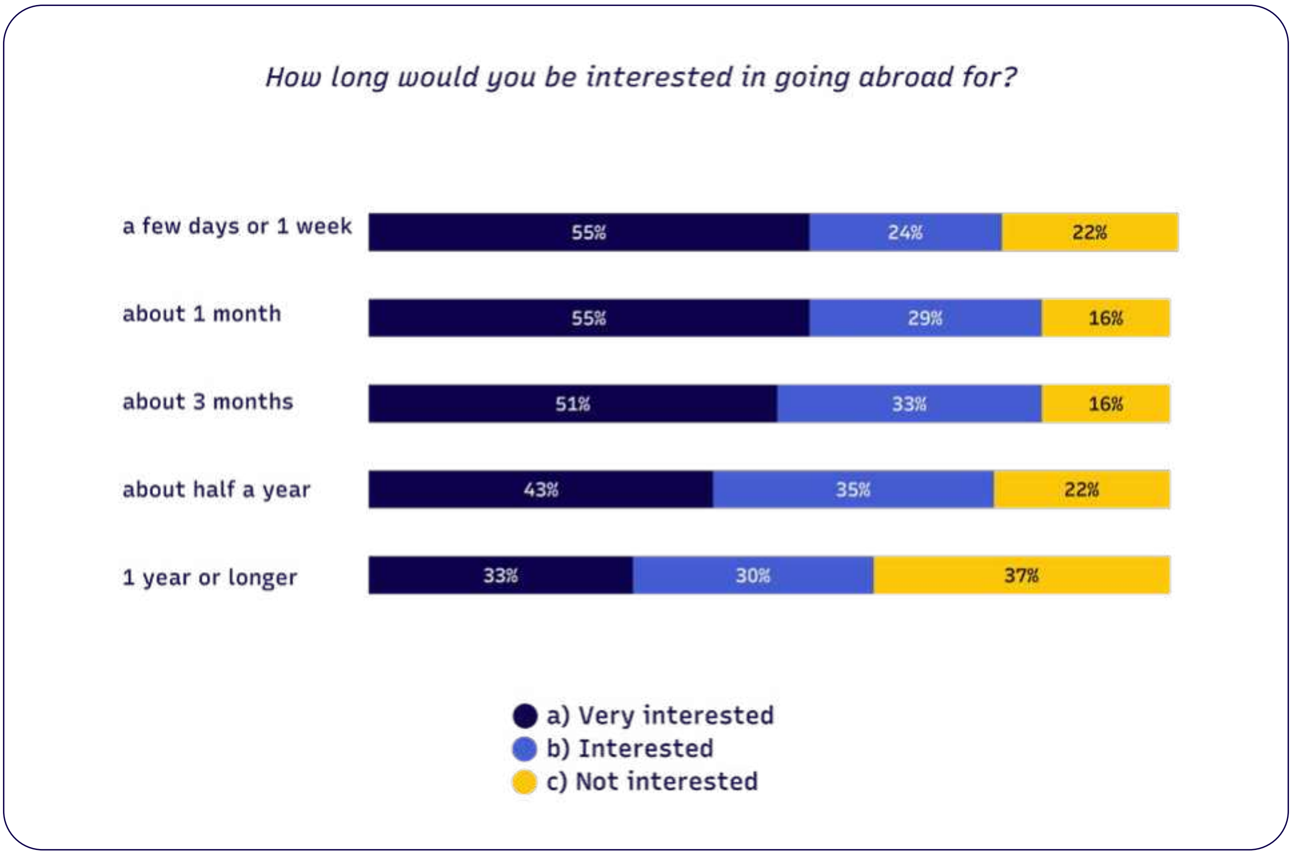



*Figure 5. Preferred length of a mobility experience.*

## PREFERRED MOBILITY FORMATS

When it comes to formats of a mobility experience (see Figure 6), the **absolute majority** of Eurodesk Youth Info Survey 2025 respondents **preferred in-person experience (97%) to hybrid ones (65%)**, with virtual formats seen as interesting only by a third of respondents. Deeper analyses showed that the in-person experience was most popular with 16-29-year-olds and young people from large urban areas, while both the hybrid and the virtual options were the most popular with 24-35-year-olds, women, university graduates, and those young people in less fortunate economic circumstances. Hybrid and virtual options seem to be appealing to those with limited resources but also to those who are used to using ICT in their professional or educational lives, and they may also welcome opportunities for women to add extra experience to their portfolio.

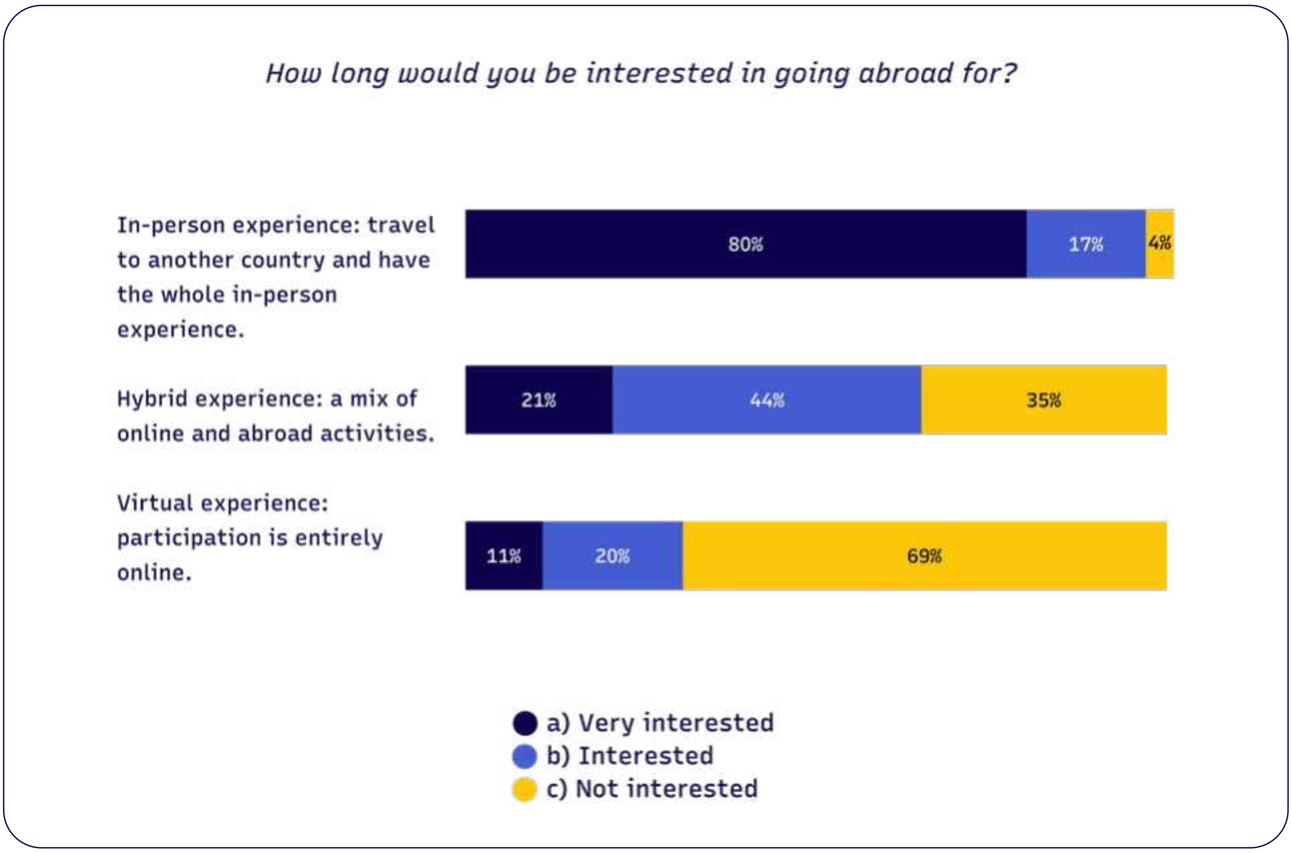



*Figure 6: Preferred mobility experience formats.*

Photography taken by Andrea Torres

KEY TAKEAWAYS!

KEY TAKEAWAYS!

KEY TAKEAWAYS!

## THE YOUNG PEOPLE PARTICIPATING IN THE EURODESK YOUTH INFO SURVEY 2025...

- ... are open to going abroad for a mobility experience. Women are especially keen to go!
- ... are not put off by climate change concerns in their pursuit of a mobility experience. Minority youth are more concerned than others!
- ... see a mobility experience as beneficial to many domains of their lives. Women see more benefits across all domains!
- ... prefer informal and non-formal mobility experiences before studying and working.
- ... prefer shorter stays, ideally under 3 months in length.
- ... prefer in-person experiences to hybrid ones, and shy away from virtual mobilities. Hybrid and virtual formats are more popular with more educated and less fortunate youth!

KEY TAKEAWAYS!

KEY TAKEAWAYS!

KEY TAKEAWAYS!

# HOW DO YOUNG PEOPLE LEARN ABOUT MOBILITY?

The Eurodesk Youth Info Survey 2025 probed the opinions of young people on The Eurodesk Youth Info Survey 2025 respondents reflected on how they searched for mobility opportunities. **More than 75% of respondents had already tried searching for mobility opportunities** (see Figure 7).

Deeper analyses showed that this share increased with age (only about half of 13-15-year-olds tried looking for such information, but almost 90% tried that among the 24-29-year-olds). More educated young people were also more likely to have already searched for mobility-related information: 88% of university graduates, 78% of high school graduates, 66% of those who finished basic school, and only 57% of those who did not complete basic education as of the time of the survey. These findings, again, fit the needs and realities of the given age and education groups. More independence with growing age, as well as more opportunities (and possibly even some pressure) present at higher levels of the educational pyramid both possibly contribute to these results.

Women and non-binary youth searched for mobility opportunities more often (about 80%) than men (about 70%), much in line with previously mentioned suggestions of mobilities being more attractive to women and non-binary youth generally. Young people from large urban areas were more likely to have experience with searching for mobility-related information(81%) in comparison with their peers from smaller settlements (77%) and rural areas (70%). Young people who had someone with a mobility experience in their vicinity, either a friend or a family member, were more likely to have searched for mobility-related information (79%) than their peers (63%). This last finding shows how much of a difference it can make to have someone sharing their own mobility experiences with young people.

## PREFERRED SOURCES OF MOBILITY-RELATED INFORMATION

Both groups of respondents were subsequently asked to share their preferred sources of mobility-related information (see Figure 8 and Figure 9).

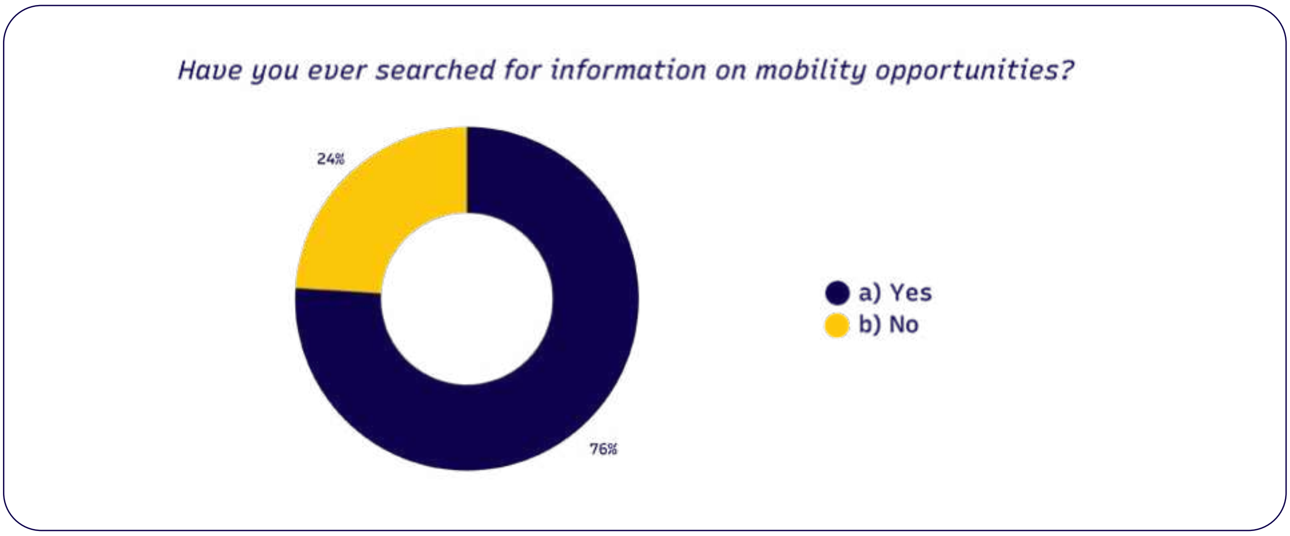



*Figure 7: Experience in searching for mobility opportunities.*

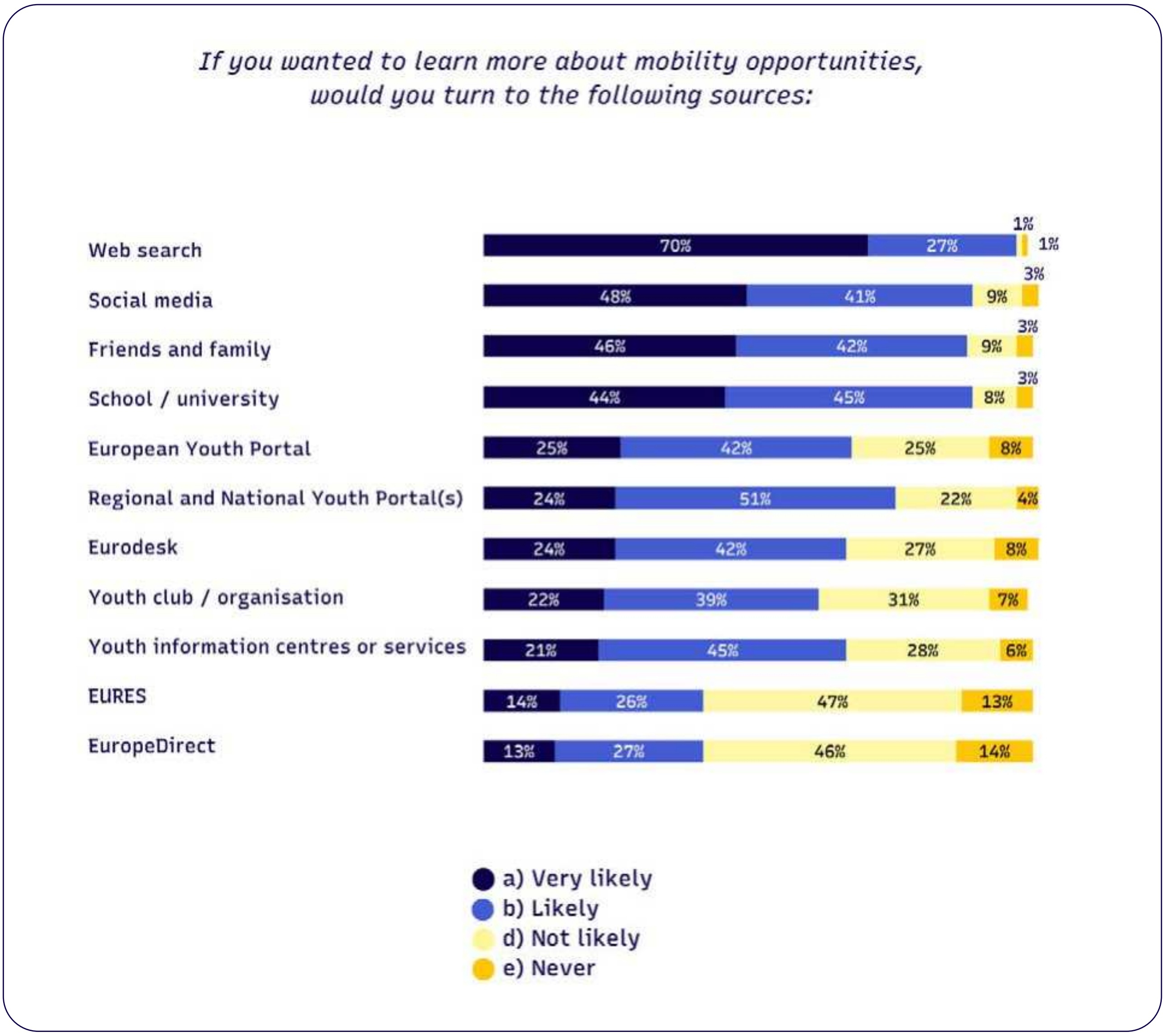



*Figure 8: Sources of mobility-related information for those who have never tried searching for mobility opportunities.*

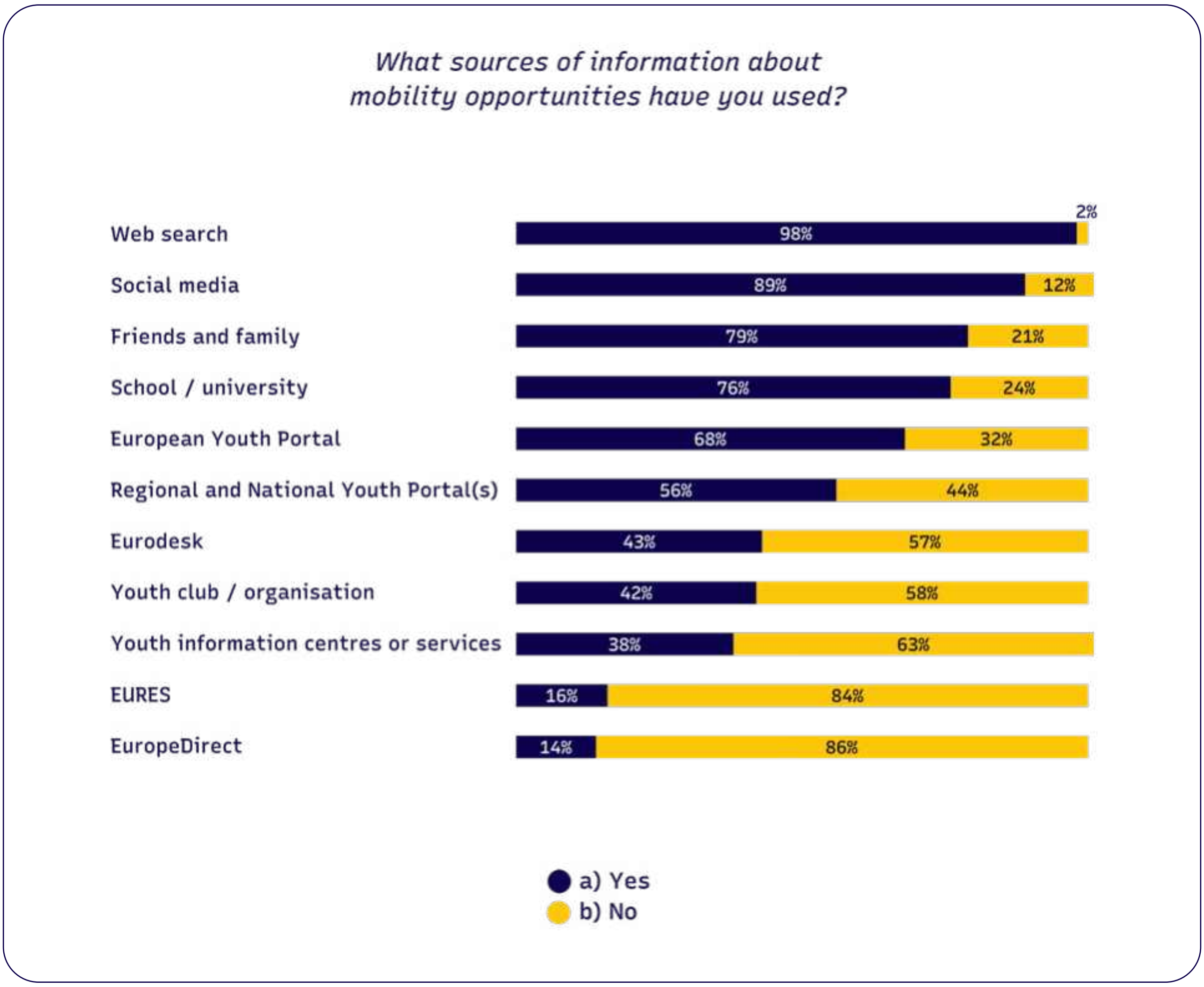



*Figure 9: Sources of mobility-related information for those who already tried searching for mobility opportunities.*

**Answers of those who already tried searching for mobility opportunities and those who, so far, did not, were strikingly similar (see Figure 8 and Figure 9). Web searches, social media, friends and family, and schools and universities were all seen as the most frequently used sources of information on mobilities.** All of these are readily available information to young people in general, and therefore it is not surprising that they use these information sources in case of mobilities as well.

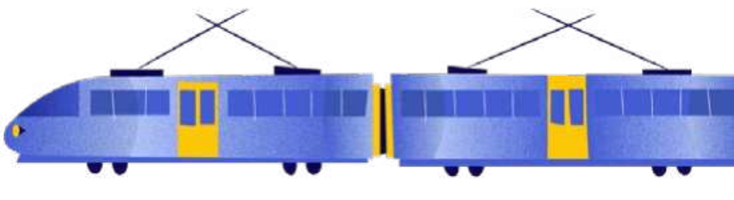
Detailed analyses showed that schools and universities were, of course, more likely to be used by young people aged 13-23 who were likely to still attend various levels of formal education. Social media were more likely to be used by women (53% of them say it is very likely) than men (37% of them say it is very likely), which is likely related to the fact that women generally use social media more than men (see below comments on Figure 14). Women are more likely to also use Eurodesk (27% of women say it is very likely in comparison with 17% of men) and to rely on friends and family for information (50% of women say it is very likely in comparison with 40% of men).

More educated young people were more likely to use web search, regional and national youth portals, and youth information services, suggesting that this group is more likely to actively search for mobility-related information beyond their usual information channels. The larger the settlement size, the more likely young people were to use web search, Eurodesk, EURES, EuropeDirect, and the European Youth Portal. Young people who had someone with a mobility experience in their vicinity, either a friend or a family member, were less likely to use the European Youth Portal (23% of them see it as very likely) in comparison with their peers (32%).

**Among those who had already tried searching for mobility opportunities, the specialised websites of the European Youth Portal and Eurodesk were also rather widely used (by almost 70% and over 50% of respondents, respectively).** This shows that these specialised websites are well-known and used by young people interested in mobilities. EURES and EuropeDirect, on the other hand, were sources rarely used by the Eurodesk Youth Info Survey 2025 respondents.

Detailed analyses showed that Eurodesk was the most widely used information source by 19-29-year-olds (about 60% of them), while EURES and EuropeDirect were most popular among the 24-35-year-olds (about 40% and 20% of them, respectively). This is likely due to the specific content of these particular mobility websites. The European Youth Portal was less popular with 13-15-year-olds (only about 47% used it), while over 66% of 16-year-olds and older had experience with it. Friends and family were information sources likely to be used by younger generations (23 years of age or under) and less likely to be used by 24-year-olds and older. This is likely related to the process of emancipation from parents. Non-binary youth were more likely to reach out to a youth club or a youth organisation (49% say it was very likely in comparison with 41% of men and 43% of women), which may have to do with the high level of inclusion usually observed by these organisations, and therefore with creating a safe environment for these young people. More educated young people were more likely to use Eurodesk, EURES, EuropeDirect, the European Youth Portal as well as regional and national youth portals, and less likely to use family and friends as information sources. This shows higher levels of outreach of these specific information sources in educated young people and also suggests that there is room for improvement in less educated ones.

Young people from affluent backgrounds were more likely to use friends and family as a source of mobility related information (82% of them), in comparison with those who face financial difficulties (70%). Young people who had someone with a mobility experience in their vicinity, either a friend or a family member, were more likely to use youth information centres or services (44% in comparison with 34%), youth clubs and organisations (44% in comparison with 30%), schools or universities (81% in comparison with 69%), and friends and family (79% in comparison with 56%). Friends or family members with mobility experiences possibly point young people in various directions when it comes to seeking more information on their own mobility options.



# THE USEFULNESS OF SOURCES OF INFORMATION

**Social media, specialised websites, school and university services, and peers were all seen as very useful sources of information on mobility opportunities by 63% of respondents** (see Figure 10). The least useful sources of information, on the other hand, were newspapers and magazines, radio and television, fliers and posters, and messaging apps.

Deeper analyses showed that online seminars and webinars were rated as very useful by almost 40% of the 24-35-year-olds, and this is a very useful finding for youth information services. Family and relatives were considered very useful sources of information on mobility opportunities mostly by younger generations (about 45% of 13-23-year-olds), compared to the older generations (about 35% of 24-35year-olds). This finding suggests that youth information services should also consider parents as a valid target group in order to get younger generations informed about mobility opportunities. Similarly, colleagues and employers were only rated as very useful information sources by 25-30% of 13-18-year-olds, in comparison to about 40% of older respondents.

**Mobility advisors were considered very useful information sources only by 30-34% of 13-23-year-olds, but they were considered very useful by 43-47% of 24-35-year-olds and by more educated young people.** This finding may be linked to the availability of mobility advisors, who may be more readily available at large higher education institutions but less likely to be found in basic school and high school contexts, and to the fact that older and more educated young people have a better overview of potential information sources, including awareness of the mobility advisors.

Deeper analyses also showed that the more educated young people were, the more useful they found email newsletters, online seminars and webinars, colleagues or employers, and mobility advisors. These findings are likely linked to the career options of these young people and to the fact that they are likely to be more used to working in the online environment than their peers.

Deeper analyses further underlined that **social media were more often rated as very useful by women (66%) than men and non-binary youth (55% in both groups)**. Women were also more often perceiving online seminars and webinars as very useful (30%) than men (23%) and non-binary youth (17%), and the same pattern could be seen in the case of information services of educational institutions (61% of women found them very useful in comparison with 52% of men, and 49% of non-binary youth).

Young people from affluent backgrounds were more likely to see friends and family as a very useful source of mobility-related information (48%) than those who face financial difficulties (38%). The larger the settlement size, the more likely young people were to see email newsletters, specialised websites, online seminars and webinars, and mobility advisors useful. Young people who had someone with a mobility experience in their vicinity, either a friend or a family member, were more likely than their peers to see the following as useful information sources: classmates (50% see them as very useful in comparison with 38%), family and relatives (44% in comparison with 35%), and colleagues and employers (39% in comparison with 31%).

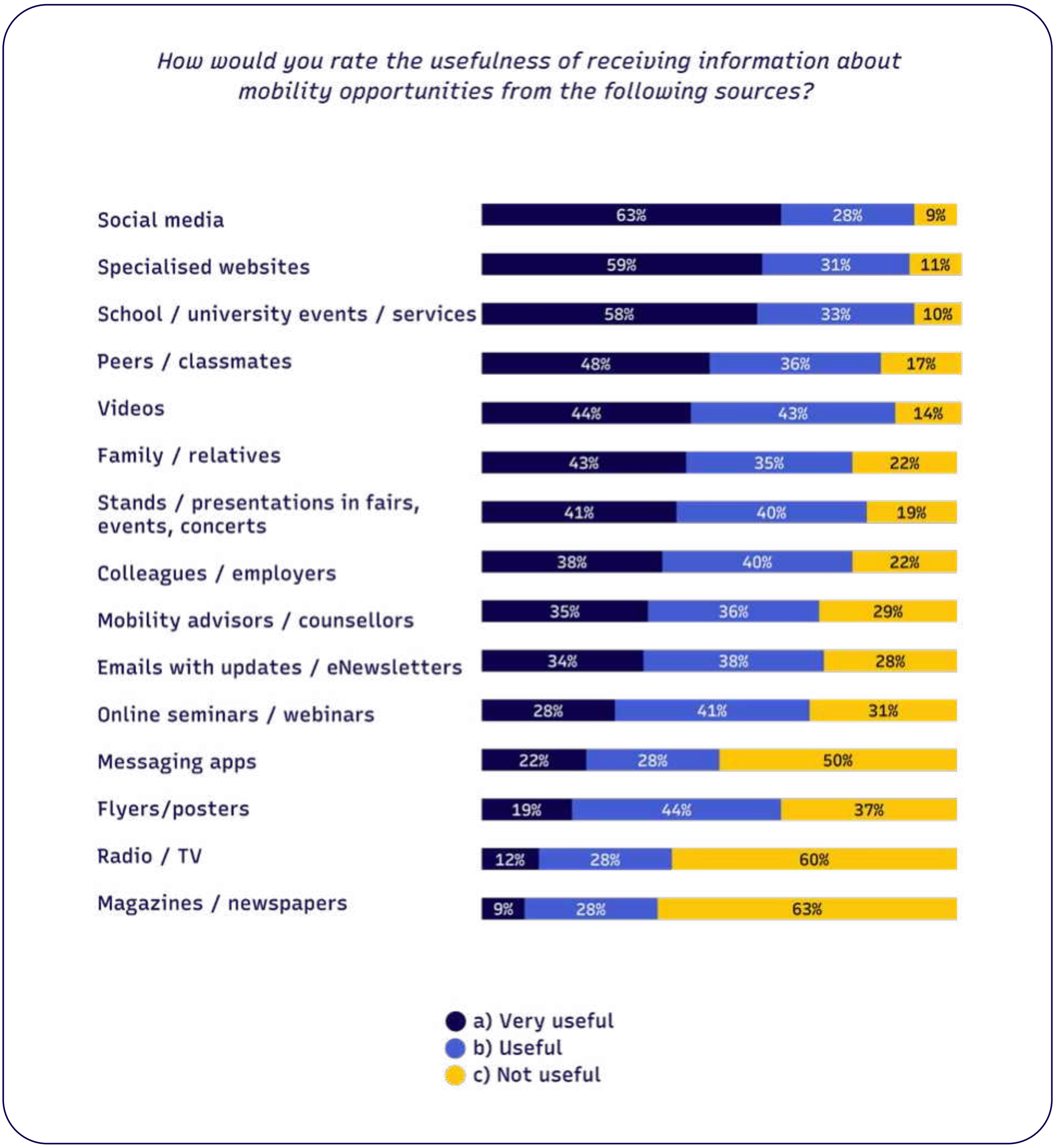



*Figure 10: Usefulness of information sources on mobility opportunities.*

The Eurodesk Youth Info Survey 2025 respondents were offered a list of types of information related to mobility opportunities and asked to rate the helpfulness of each type (see Figure 11). **While all information types were rated as useful by 87% to 96% of respondents, the two most helpful types of information to receive were those on financial aspects of mobilities and those on specific mobility opportunities available to young people.**

Detailed analyses showed that women (and in most cases also non-binary youth) are more likely to consider all of these types of information to be very useful in comparison with men. In the case of non-binary youth, there were a few information types which were less often seen as very useful by them, namely, connecting with others who go abroad, and hearing real stories of those who went abroad. This might be connected to the fact that some aspects of preparing for and organising a mobility experience are likely to be specific to the needs of non-binary people and, therefore, not comparable to the experiences of the majority youth.

Deeper analyses also showed that the less educated young people were, the more helpful they found information on travel preparations. This suggests that less educated young people possibly also travel less and therefore they feel the need to be supported in this respect. On the other hand, the more educated young people were, the more helpful they found information on specific mobility opportunities they could participate in. This suggests that more educated people are more ready to go abroad, and they wish to consider specific opportunities, not general frameworks. Young people from affluent backgrounds were less likely to need information on support upon returning to their home country (56% said this information was very useful), in comparison with those who face financial difficulties (64% said it was very useful) and the same was the case in need of personalised support (56% in comparison with 67%). This may be connected to the fact that more affluent youth generally possess more means to seek support and, therefore, do not anticipate this as a necessary aspect of their mobility stay preparations.

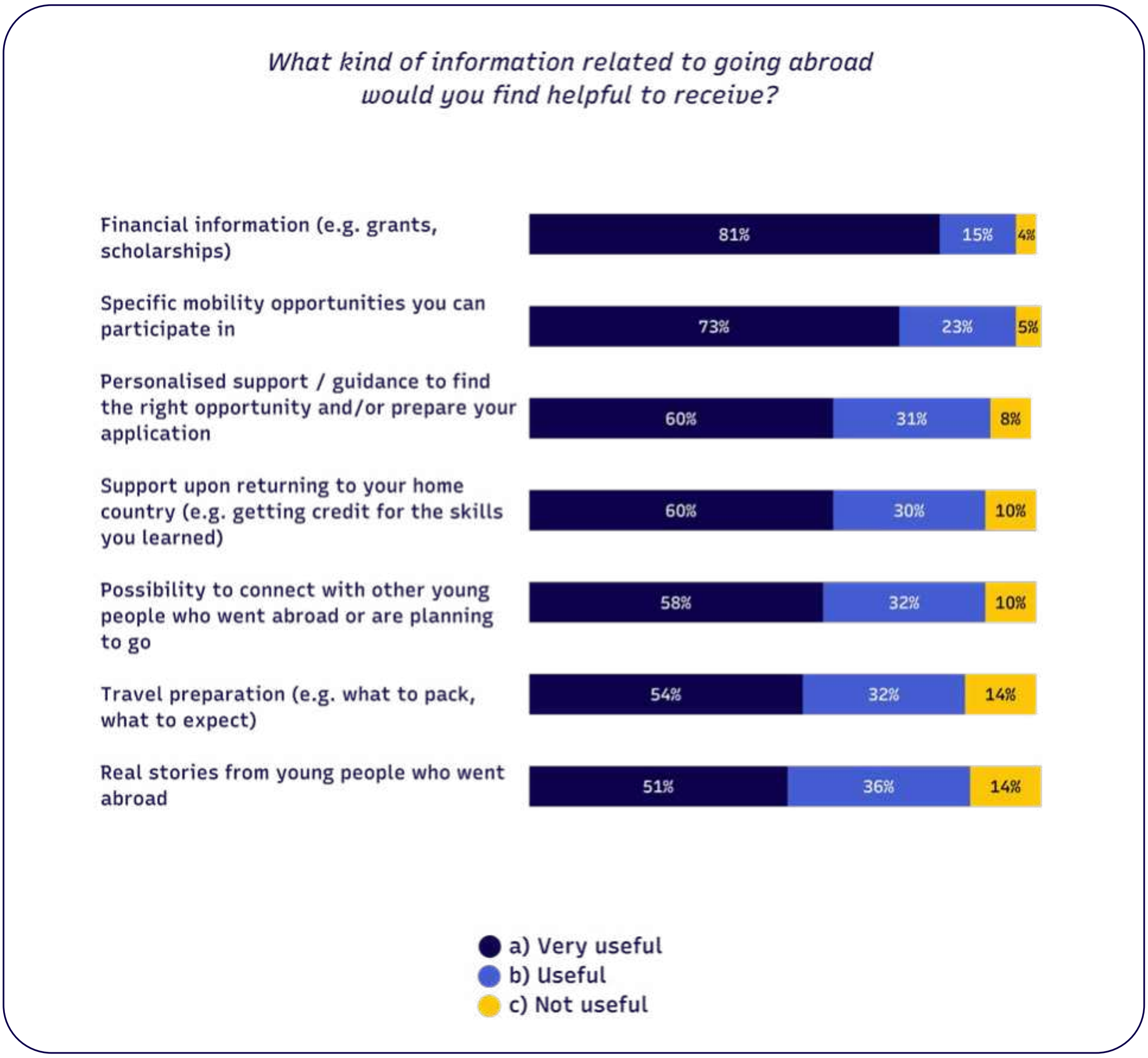



*Figure 11: Helpfulness of information types on mobility opportunities.*

## METHODS OF RECEIVING INFORMATION ON MOBILITY OPPORTUNITIES

**Online platforms were seen as the most useful method of receiving information on mobility opportunities, rated as very useful by 63% of respondents** (see Figure 12). Hearing directly from the young people who already have undergone their mobility experience and attending workshops and information sessions were both rated as very useful by about 50% of respondents, while specialised information centres were rated as very useful only by about a third of respondents. This well **showcases the need to reach out to young people in places and institutions where they spend their time** (e.g., online, in schools, etc.), instead of expecting them to come to a specialised institution searching for information.

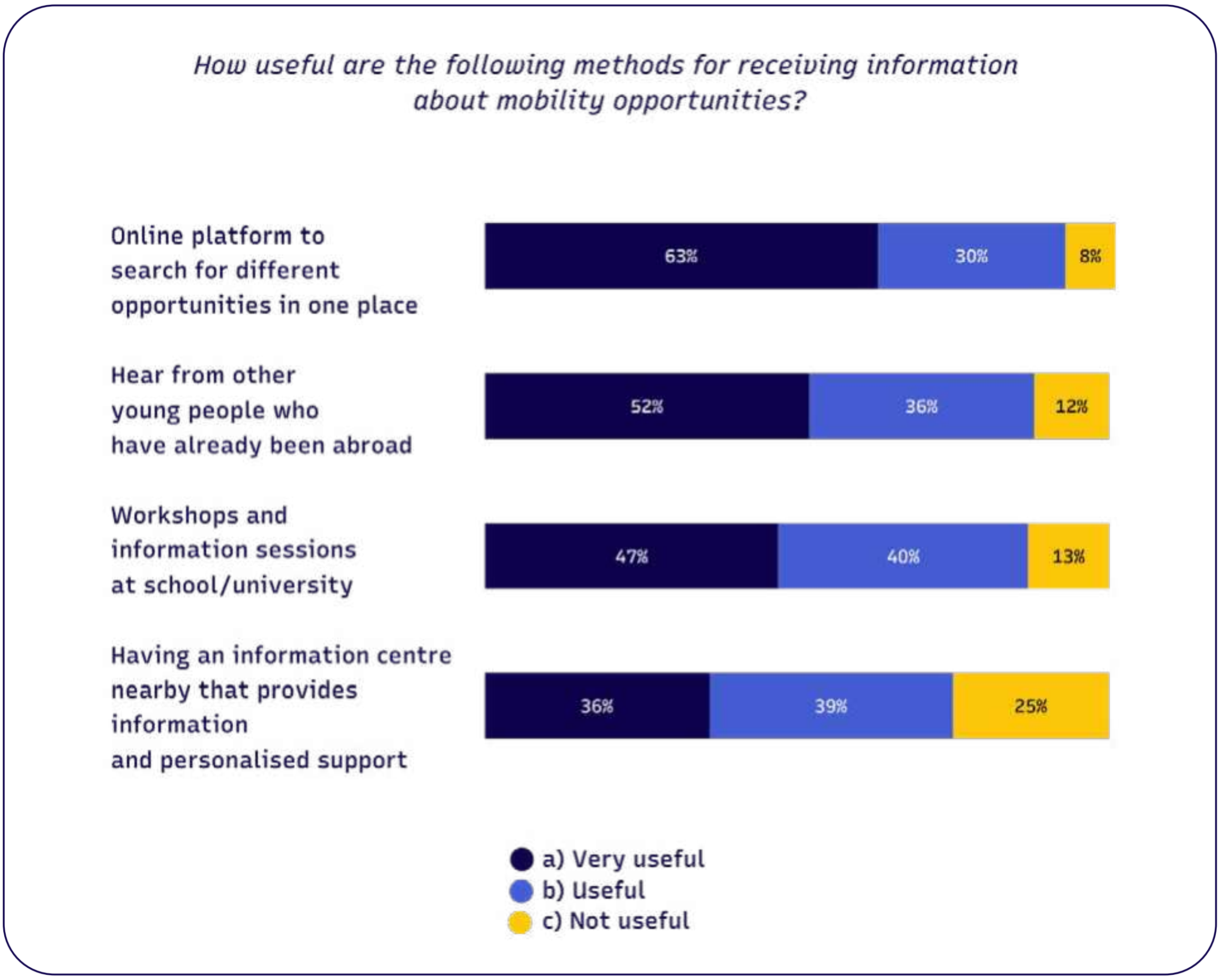



*Figure 12: Usefulness of methods of receiving information on mobility opportunities.*

Findings from the detailed analyses suggested that **having an information centre nearby was considered very useful by many 24-35-year-olds (about 45%).** All of the information methods listed in Figure 12 were systematically seen more often as very useful by women than by men. The more educated the young people were, the more useful they found having an information centre at hand, as well as having an online platform with different opportunities in one place. The larger the settlement size, the more likely young people are to see it as useful to have an information centre nearby (38% of those from large urban areas see it as very useful in comparison with 29% of those from rural areas). All of these findings confirm the results debated above.

## GENERAL ONLINE SEARCH PREFERENCES

Given that young people considered the main source of information on mobilities to be the online environment, it is key to understand how young people search for information on the internet (see Figure 13). **Most young people in the Eurodesk Youth Info Survey 2025 conducted regular web searches via general internet pages or checked social media or videos.** It was much less likely for young people to follow specific actors, join specific online communities, or listen to podcasts, and hashtags seem to be a very niche search tool for only a small minority of respondents.

In the case of online communities, 24-35-year-olds were more likely than others to join them (about 30% of them stated it was very likely). This may be influenced by the transition from education to work which is likely to happen during that age. This transition may put pressure on young people to also find connections with their colleagues and create communities of practice, for both of which the online environment is useful, making them more likely to join online communities.

Influencers, on the other hand, were more likely to be followed by the youngest generation (about 39% of 13-15-year-olds said it was very likely). This aligns with the fact that the youngest generations are currently more likely to follow influencers than others. 24-35-year-olds were less likely to watch long videos (only about 35% of them said it was very likely). Women were more likely to use the following search strategies: follow organisations or brands, follow people or influencers, use social media, and check out websites. Men were more likely to watch long videos than others (55% of them are very likely to do that in comparison with 40% of women and 44% of non-binary youth).

University graduates were twice as likely to join or create online communities than youth with other educational attainments (30% said they were very likely to do that). This is likely due to the search for communities of practice, as suggested above. The less educated the young people were, the more likely they were to follow people or influencers and to watch long videos. The larger the settlement size, the more likely young people are to join or create online communities. These detailed insights are potentially useful for youth information services in targeting specific sub-groups of young people with mobility-related information.

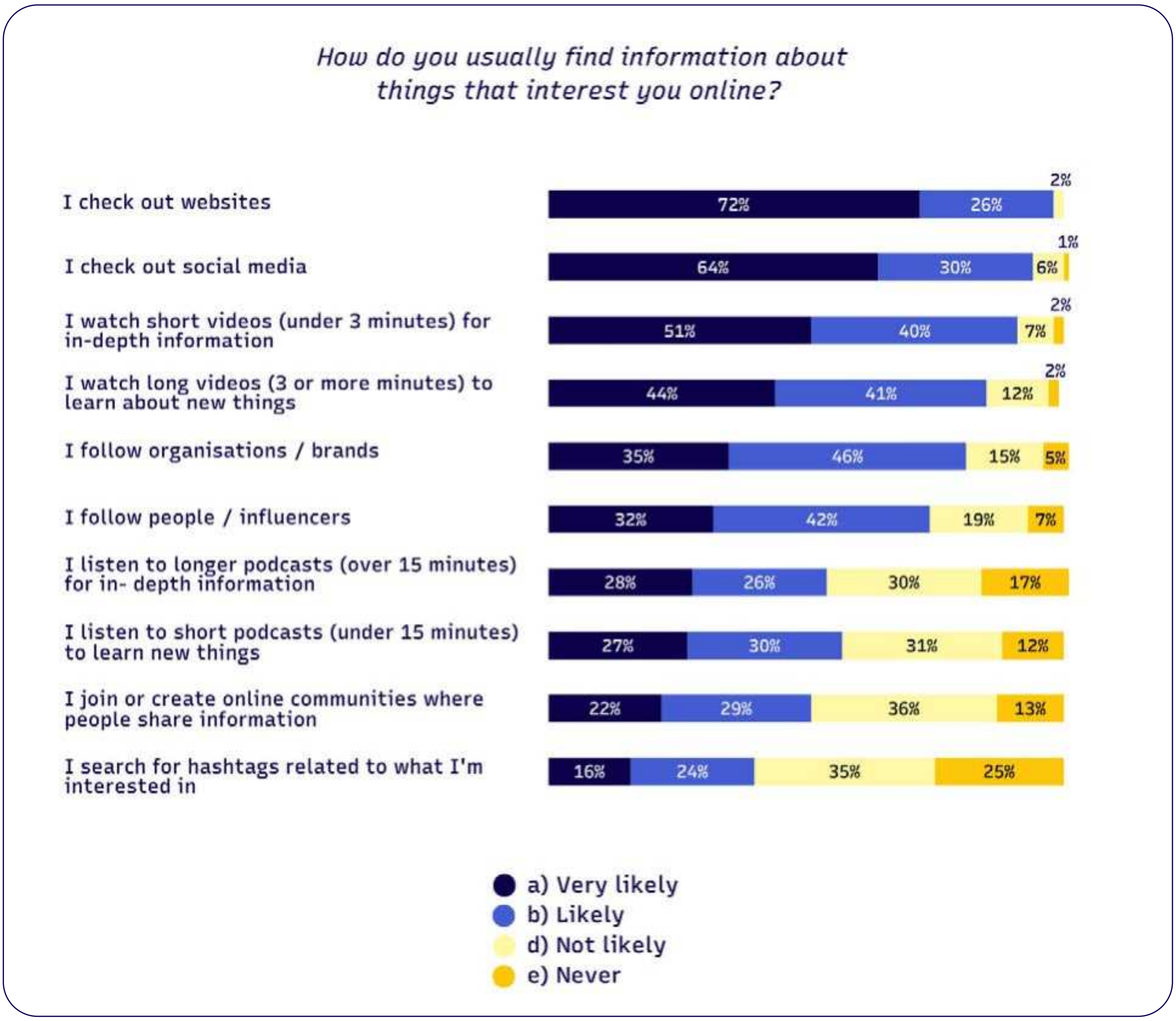



*Figure 13: General online search preferences.*

# USE OF SOCIAL MEDIA

**Almost all young people (94%) in the Eurodesk Youth Info Survey 2025 used social media** (see Figure 14). Social media were most used by women (95%), followed by men (92%) and non-binary youth (87%).

By far **the most used social media platform was Instagram, which was used multiple times a day by a staggering majority of almost 80% of the respondents.** TikTok and Facebook shared a similar ambivalence: they were used multiple times a day by many respondents (43% and 24%, respectively), but at the same time, both of these platforms were not used at all by a relatively wide share of respondents (about 40% in both cases). This suggests that those who did decide to use TikTok or Facebook seemed to be using these platforms rather frequently, but there were large shares of young people who never used either of these platforms at all.

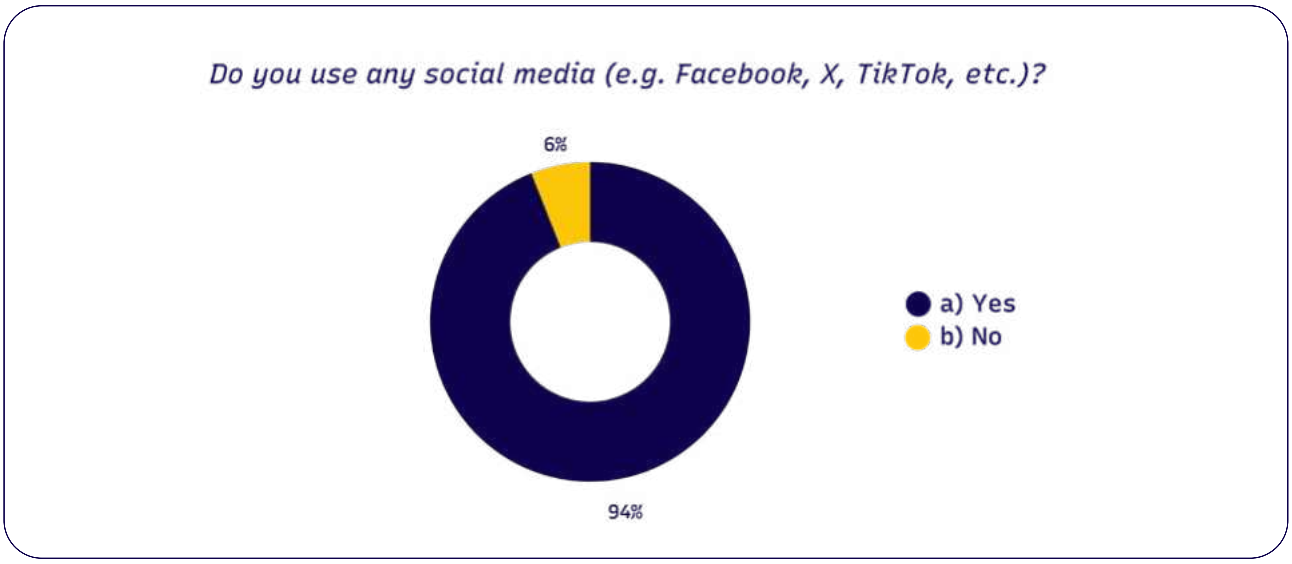



*Figure 14: Use of social media.*

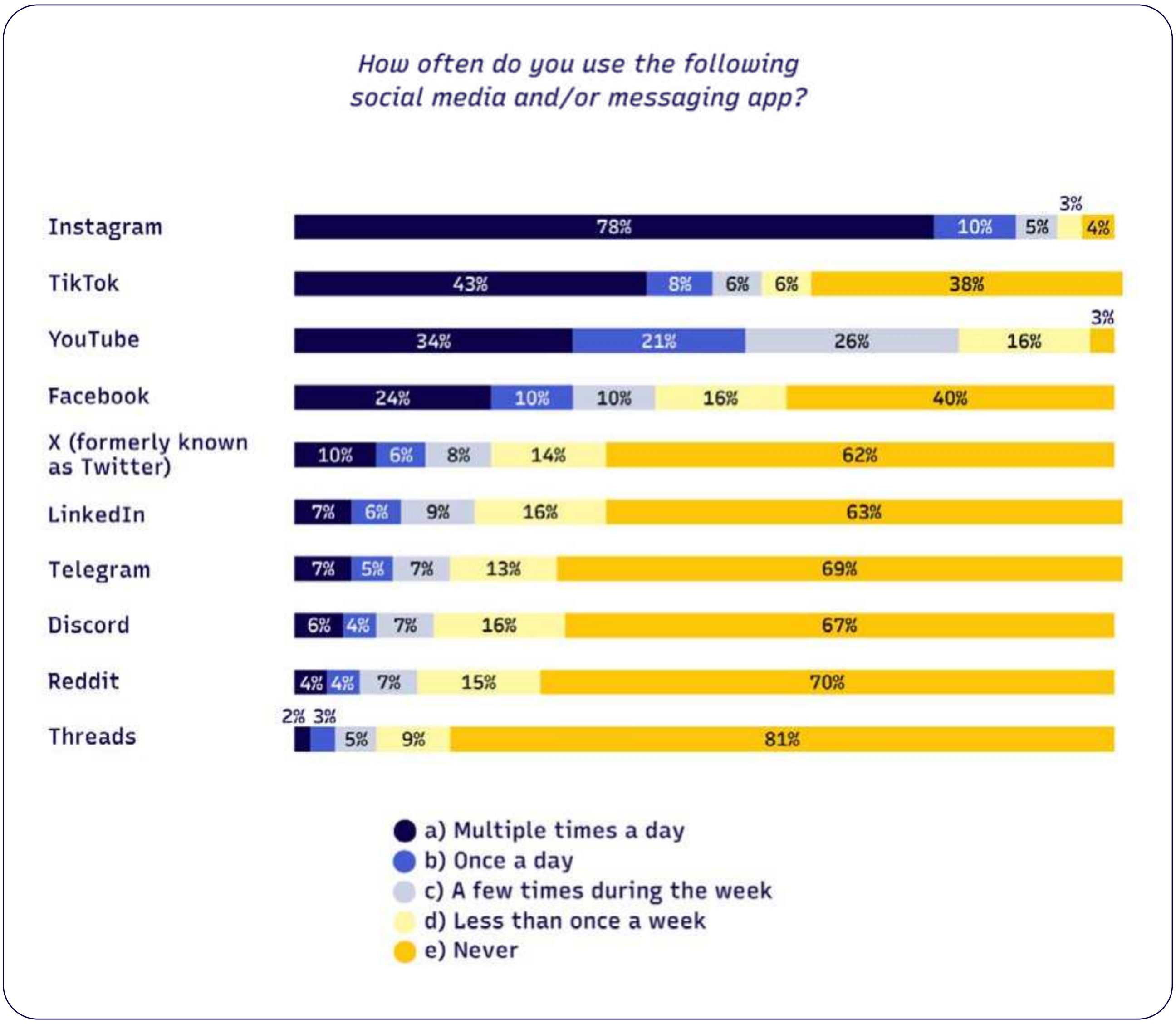



*Figure 15: Frequency of social media use.*

YouTube was another platform with quite specific characteristics. It was used by almost all respondents (97%), but while about a third of the respondents used it multiple times a day, there were many respondents who used it only occasionally. All other social media platforms listed in the questionnaire can be considered quite niche, as they were ignored by a majority of young respondents: 62% to 81% of respondents stated they never use X, LinkedIn, Telegram, Discord, Reddit, or Threads. Detailed analyses below shed some light on the users of specific social media platforms.

Facebook was used multiple times a day only by small shares of younger generations (20% or less of the 13-23-year-olds), but it was widely used multiple times a day by older generations (41% of 24-29-year-olds and 62% of 30-35-year-olds). The situation was reversed in the case of TikTok, with only 17% of 30-35-year-olds using it multiple times a day, while 64% of 13-15-year-olds used it multiple times a day, together with 56% of 16-18-year-olds, and 40% of 19-23-year-olds.

Facebook was used only scarcely by non-binary youth (8% said they used it multiple times a day, in comparison with 29% of men and 23% of women), and the same was true for Instagram (65% of them said they used it multiple times a day in comparison with 81% of women and 73% of men).

TikTok was used mainly by women (45% of them said they used it multiple times a day), followed by non-binary (41%) and least used by men (34%). YouTube was used mainly by men (55% of them said they used it multiple times a day) and non-binary youth (37%), with women much less interested (27%).

Facebook was also more likely to be used by university graduates (40% of them used it multiple times a day, in comparison with about 20% in other educational categories). TikTok, on the other hand, was much less used by university graduates (about 24% of them using it multiple times a day) than high school graduates (about 43%) and those who only completed basic school (about 60%). LinkedIn was much more likely to be used by university graduates (18% of them using it multiple times a day) than all others (only single percentages used it multiple times a day).

TikTok was much more used in rural areas (51% of respondents used it multiple times a day) than in small towns (45%) and large urban areas (37%). All of these detailed findings help understand the usage of social media in contemporary youth. While Facebook is used more by young people 24 and older, it is seldom used by younger ones.TikTok is the social network used by the youngest and mostly ignored by the older generations. These results are potentially useful for youth information services.

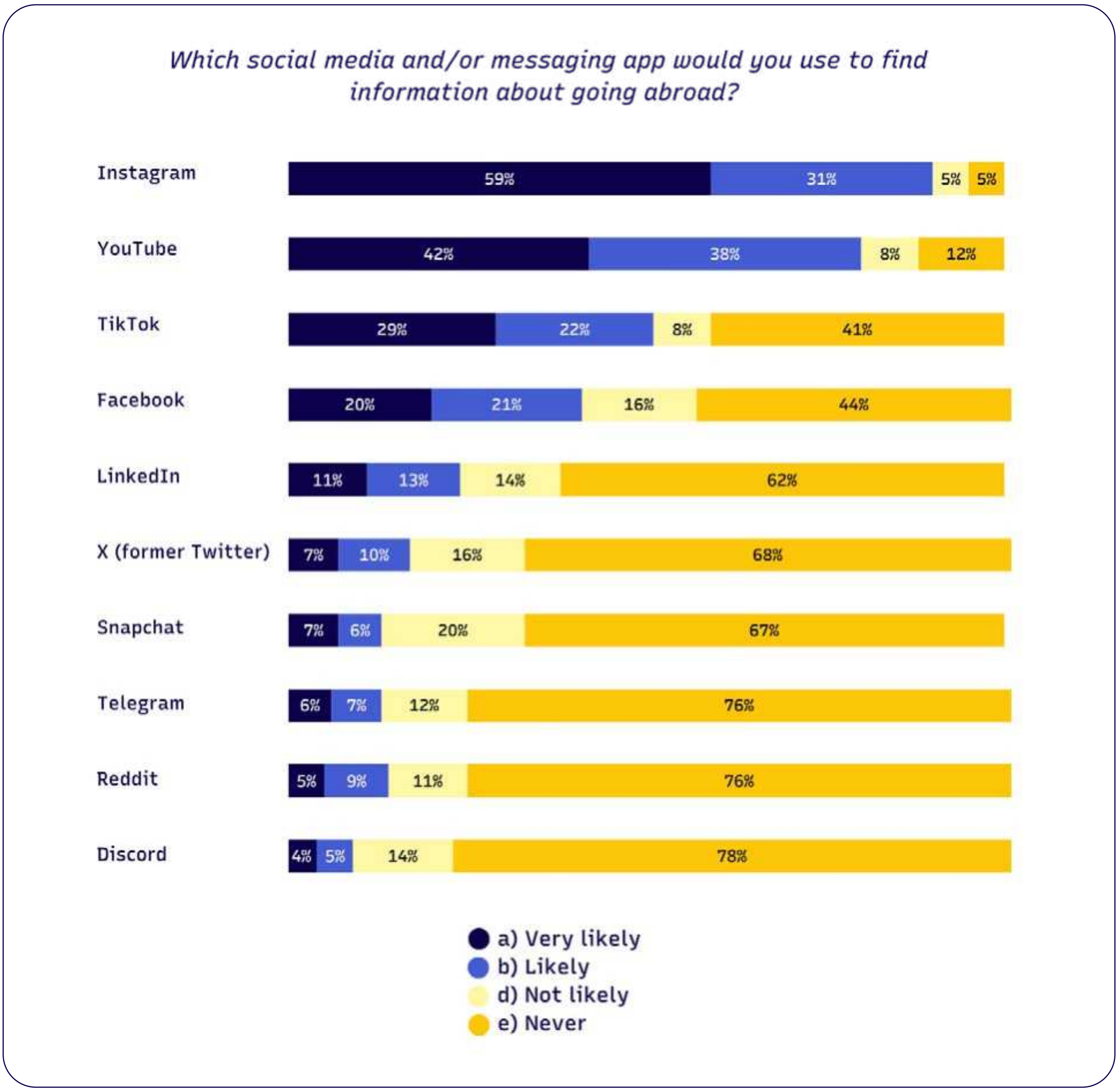



*Figure 16: Use of social media to search for mobility-related information.*

## USE OF SOCIAL MEDIA FOR MOBILITY-RELATED INFORMATION

The respondents were also asked to share what social media platforms they would use specifically to search for information on mobility opportunities (see Figure 16). While the general order of preference of the social media platforms was consistent with the previous figure and mirrors those platforms that were mostly used by young people, it is obvious that **in the mobility context, young people only saw as useful two social media platforms: Instagram and YouTube. 90% of young people stated that it was likely for them to use Instagram, and 80% to use YouTube in their search for mobility-related information. TikTok would only be used by about 50% of young people and Facebook only by 40% of them.** None of the other social media platforms (i.e., LinkedIn, X, Snapchat, Telegram, Reddit, or Discord) were likely to be used by young people in search of mobility-related information.

Similarly to the previous results, Facebook was likely to be used as a source of mobility-related information mostly by older users, specifically by 63% of 24-29-year-olds and 80% of 30-35-year-olds. LinkedIn is also a social media platform which was likely to be used by older generations for searching for mobility-related information, and it was especially likely for 24-29-year-olds (53%) and 30-35-year-olds (49%). TikTok, on the other hand, was much more likely to be used by younger generations; it was preferred by 70% of 13-15-year-olds and by 67% of 16-18-year-olds. Facebook was a very likely source of mobility-related information only for 8% of non-binary youth, but it was very likely to be used by 20% of women and 22% of men. YouTube was a very likely source of mobility-related information for only 39% of women, but it was very likely to be used by 49% of non-binary youth and 50% of men. TikTok was a very likely source of mobility-related information for only 20% of men, but it was very likely to be used by 24% of non-binary youth and 32% of women.

Facebook and LinkedIn were most likely to be used by university graduates, while YouTube and TikTok were more likely to be used by those with lower education. LinkedIn was more likely to be used by young people in large urban areas (14% say it is very likely) in comparison with their peers from smaller cities (7%) and rural areas (6%). TikTok, on the other hand, was more likely to be used in rural areas (35% of the respondents stated it as very likely) than in small cities (31%) and large urban areas (25%).

It is encouraging to see that **over 80% of young people often double-checked information they found on social media,** with only 1% of the respondents stating that they never do that (see Figure 17). While the overall trend was the same across all age groups, older generations stated more frequently that they doublechecked social media information very often, namely 40% of 24-35-year-olds, in comparison with only about 30% of younger respondents.

University graduates were more likely to double-check information they found on social media (38% of them did it very often) than their less educated peers (about 32% of them did it very often). Youth in large urban areas were more likely to double-check information they found on social media (35% of them did it very often) in comparison with those living in smaller towns (33%) and those coming from rural areas (29%).

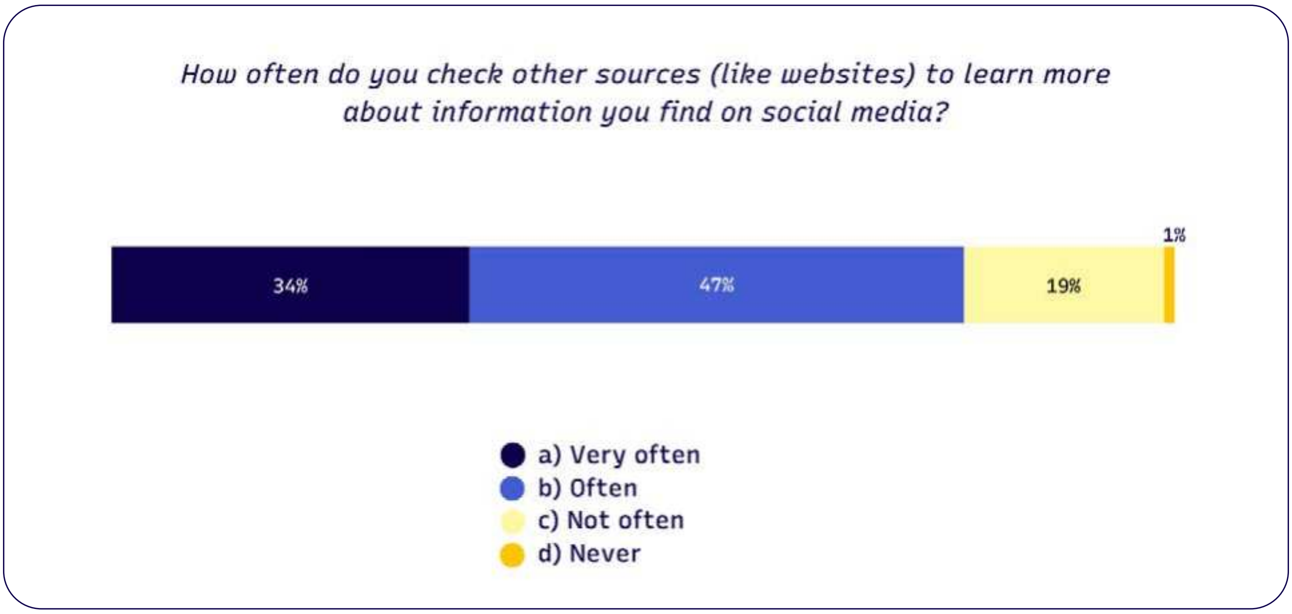



*Figure 17: Fact-checking of information found on social media.*

KEY TAKEAWAYS!

# KEY TAKEAWAYS!

KEY TAKEAWAYS!

## *THE YOUNG PEOPLE PARTICIPATING IN THE EURODESK YOUTH INFO SURVEY 2025…*

- … are experienced in searching for mobility opportunities. Especially young adults and those with higher educational attainments!
- … consider web search, social media, friends, family, and learning institutions to be the primary information sources on mobility opportunities.
- … do not use magazines, newspapers, radio, TV, flyers, posters, hashtags, podcasts, online communities, or messaging apps to search for mobility opportunities.
- … most appreciate information on specific mobility opportunities and on the financial aspects of going abroad.
- … consider the main source of information on mobilities to be the online environment.
- … are generally active social media users, especially users of Instagram and YouTube. Teenagers are much more likely to use TikTok and young adults are much more likely to use Facebook!
- … routinely double-check information found on social media.

KEY TAKEAWAYS!

KEY TAKEAWAYS!

KEY TAKEAWAYS!

# HOW DID YOUNG PEOPLE EXPERIENCE MOBILITY IN 2022 AND 2023?

The Eurodesk Youth Info Survey 2025 respondents shared that they mostly did not take part in any mobility stay in 2022 or 2023 (61%). Those who did go abroad split into 30% of the respondents spending a mobility period in Europe and additional almost 10% spending it, at least partially, beyond the European borders (see Figure 18).

Detailed analyses show that the shares of those who undertook a mobility period in 2022 or 2023 varied across age groups. While among 13-15-year-olds, only 20% of the respondents went for a mobility, it was 31% in the age group of 16-18-year-olds, 43% in the age group of 19-23-year-olds, and 52% in the age group of 24-29-year-olds. This may be connected to the growing autonomy of young people who come of age to go abroad as well as to a larger exposure to mobility opportunities through higher educational institutions and other actors focusing more on young adults than on teenagers.

Among genders, the most mobile were non-binary young people, as 43% of them went abroad, followed by women, with 40% of respondents sharing that they underwent mobility, and males representing the least mobile group, with 36% of those who went for a mobility in 2022 or 2023. This is very much in line with the overall results, such as those on openness to go abroad, which was also lower in men. The university graduates were the most mobile in 2022 or 2023 with 51% of them going abroad, compared with about 35% among their peers with lower educational attainments. University graduates are likely the most exposed group of young people when it comes to mobility opportunities, and that is probably caused by different factors, such as high engagement of higher educational institutions in mobility organisation and information, or higher usage of appropriate information tools, such as specific websites, by university graduates.

The economic situation made a substantial difference. While 47% of those young people from affluent backgrounds went abroad in 2022 or 2023, only 33% of their less fortunate peers managed to undergo their mobility period. Those in more favourable economic circumstances also more often went for a mobility period outside of Europe (8% in comparison with only 3% in the group of less fortunate youth), or to both Europe and beyond its borders (4% in comparison with 3% in the group of less fortunate youth). These results are not surprising, but they confirm the need to inform all young people, and especially those from less fortunate backgrounds, about opportunities to use mobility programmes to allow them to go abroad despite their financial situation.

In terms of settlement size, it was the young people from large urban areas who were most mobile in 2022 or 2023 (42%), followed by youth from smaller cities (37%), and rural youth being the least mobile (33%). Young people who had someone with a mobility experience in their vicinity, either a friend or a family member, were much more likely to go abroad in 2022 or 2023 (43%) in comparison with those who have no such people around them (27%). Young people from minority backgrounds managed to go abroad more than their peers from majority youth (43% and 38%, respectively), a finding that can be viewed as evidence of functioning inclusion policies within mobility programmes.

In terms of settlement size, it was the young people from large urban areas who were most mobile in 2022 or 2023 (42%), followed by youth from smaller cities (37%), and rural youth being the least mobile (33%). Young people who had someone with a mobility experience in their vicinity, either a friend or a family member, were much more likely to go abroad in 2022 or 2023 (43%) in comparison with those who have no such people around them (27%). Young people from minority backgrounds managed to go abroad more than their peers from majority youth (43% and 38%, respectively), a finding that can be viewed as evidence of functioning inclusion policies within mobility programmes.


Figure 18: Mobility participation shares in 2022 or 2023.

# USE OF DIFFERENT MOBILITY TYPES

Those young people who participated in a mobility experience in 2022 or 2023 were invited to share more details on their stays. **The most frequent mobility type was a youth exchange or a youth camp, and a school exchange (both experienced by 23% of the respondents; see Figure 20), a training, workshop, or a seminar (experienced by 20% of the respondents),** and volunteering (experienced by 19% of the respondents). The least popular types of mobility in 2022 and 2023 were au pair and work exchange programmes.

School exchanges were most popular with 13-18-year-olds, out of which 47% used this mobility type, and it was most popular in young people with completed or incomplete basic school education (48% and 42%, respectively), as well as with those from more affluent backgrounds. It was also more popular in smaller settlements, with 20% of those in large urban areas using this mobility type, 25% of those in smaller cities, and 29% of those in rural areas.

University study period abroad was popular with 19-29-year-olds and with university graduates (32% of them used this mobility type), and in youth from large urban areas (20%, in comparison with 12% in youth from smaller cities and 14% in those from rural areas). It was also popular among those young people who had someone with a mobility experience in their vicinity, either a friend or a family member (17% in comparison with 11% of their peers).

Summer schools were popular with men (8%, in comparison with 5% of women and 4% of non-binary youth), and with those in fortunate economic situations (7% in comparison with 4% in their less fortunate peers).

Workshops or seminars were much more popular with 24-29-year-olds (34%) and with 30-35-year-olds (56%) in comparison with their younger peers (less than 15% of younger respondents). This mobility type was also much more popular with university graduates (32%) than with others (about 15%), and with young people who had someone with a mobility experience in their vicinity, either a friend or a family member (20% in comparison with 11% in their peers).

DiscoverEU was much more popular in 19-23-year-olds (23% in comparison with single percentages in other age groups), and in high school graduates (22% in comparison with single percentages in other groups).

Volunteering was most popular with non-binary youth (27%), followed by females (20%) and men (15%). It was also popular with those who had no one with a mobility experience in their vicinity, neither a friend nor a family member (27% in comparison with 18% among their peers).

Work exchange programmes were more used by those who could easily afford to go abroad (6%) compared to their less fortunate peers (3%).

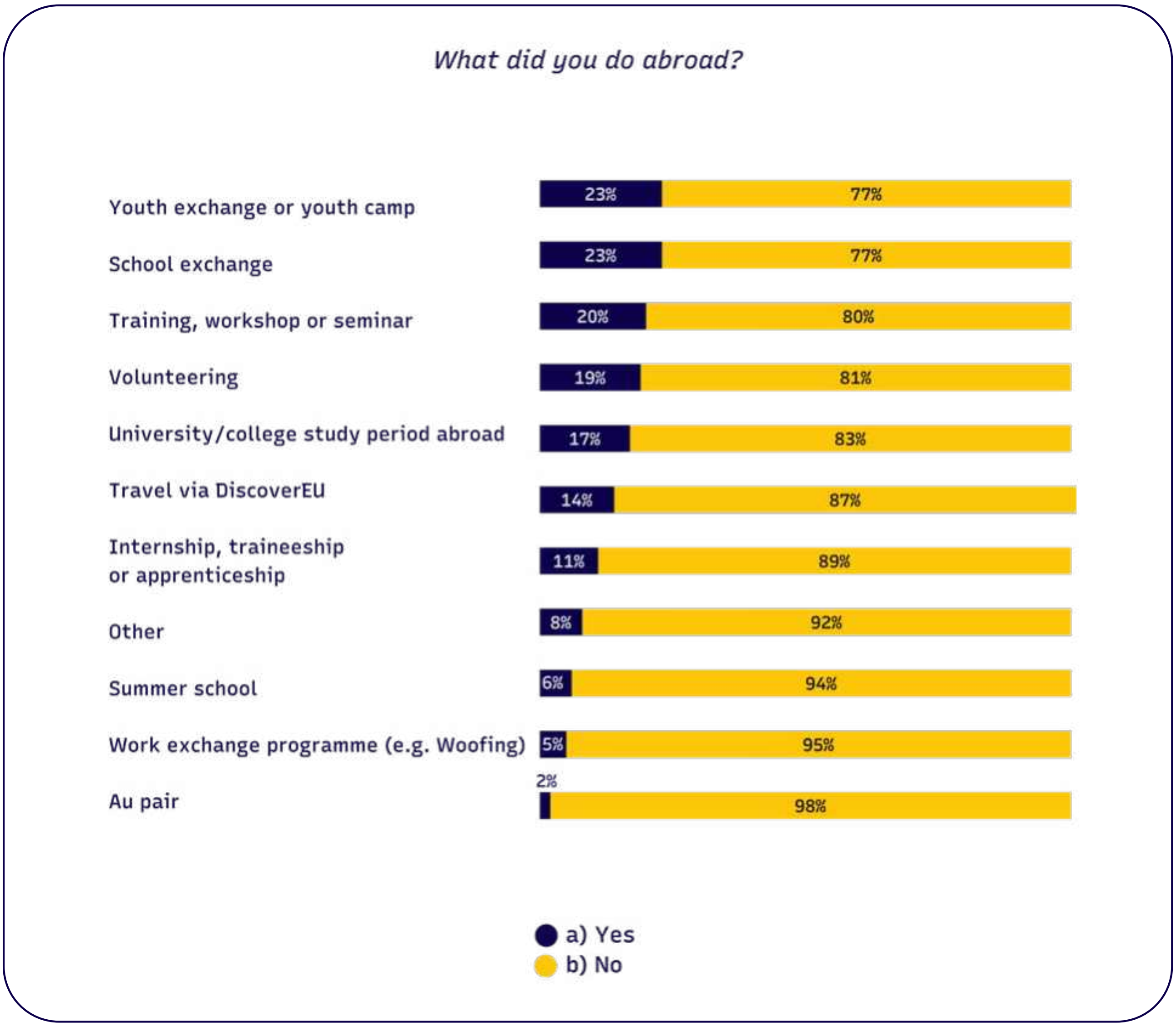



*Figure 20: Purpose of the 2022 or 2023 mobility.*

# USE OF DIFFERENT MOBILITY FORMATS

**Almost all 2022 or 2023 mobilities experienced by the Eurodesk Youth Info Survey 2025 respondents were in-person stays** (see Figure 21). Only 11% of respondents underwent hybrid mobility formats, and only 7% experienced virtual mobility. These findings very much correspond with the general preferences of young people concerning the mobility formats shown in previous chapters.

Deeper analyses showed that 13-15-year-olds and those who did not finish basic school were the most likely ones to experience virtual mobility formats (17% and 36%, respectively), as well as men and non-binary youth (both at 11% in comparison with 5% of women), and youth from minority backgrounds (10% in comparison with 6% in majority youth). The hybrid experience was also most popular among 13-15-year-olds and those who did not finish basic school (23% and 24%, respectively). In-person mobility was the most common among high school graduates and university graduates (94% and 93%, respectively).

It is likely that virtual and hybrid mobility formats were used by younger respondents to avoid limitations of in-person travel caused by the fact that many of them were under-age at the time of mobility. These forms of mobility are also potentially cheaper and therefore more readily available to young people from minority backgrounds. These are valuable findings, as virtual or hybrid mobilities in young teenagers can represent an important learning opportunity and, given the very positive rating of mobility experiences (see below), also potentially encourage young people to go abroad in person in the later stages of their lives.

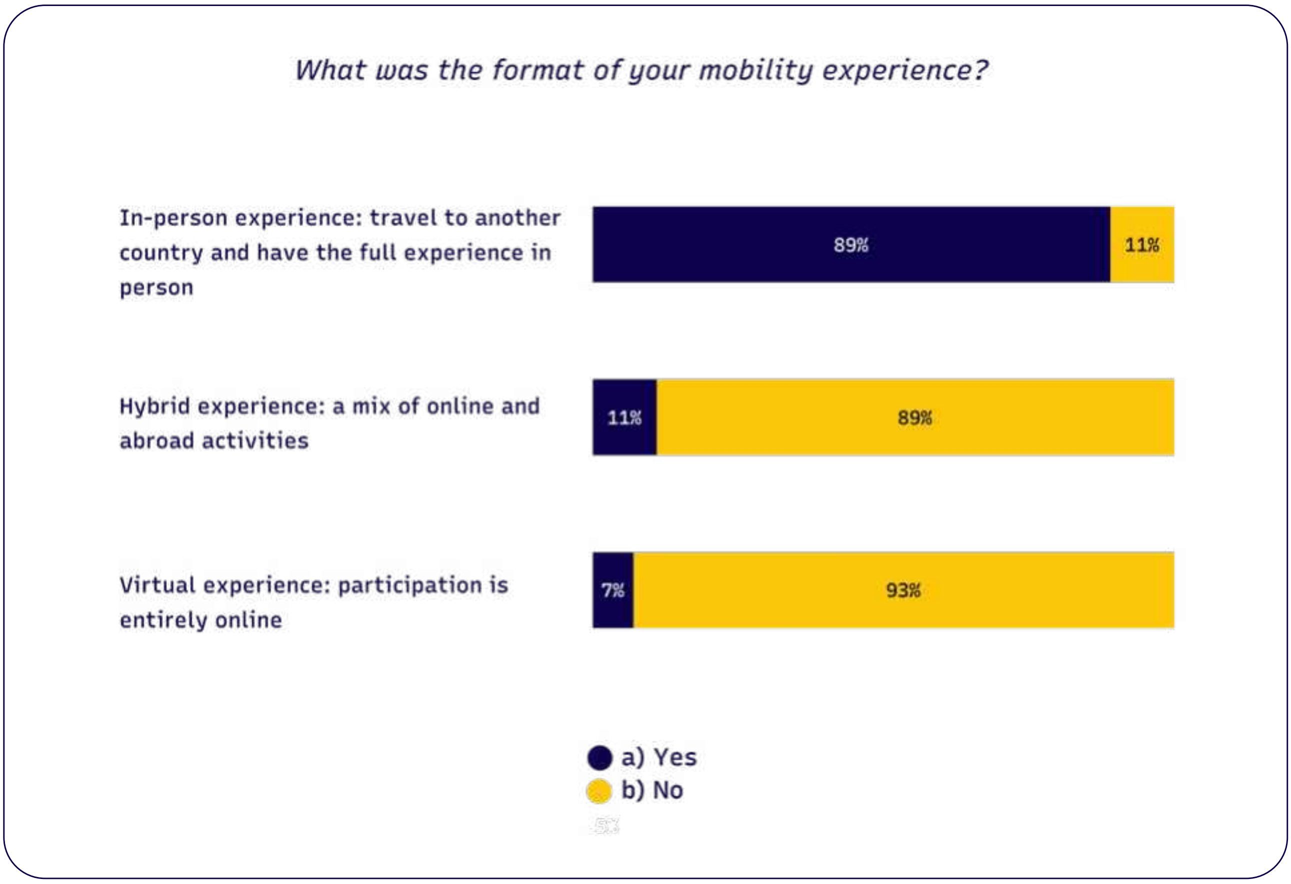



*Figure 21: Formats of the 2022 or 2023 mobility.*

## USE OF MOBILITY PROGRAMMES

The Eurodesk Youth Info Survey 2025 respondents were subsequently asked to share what programme supported their mobility abroad, if any. These findings need to be read with caution, as it needs to be noted that not all young people necessarily pay close attention to the type of programme that enables them to go abroad. Especially in cases of school or youth club organised activities, or short-term stays, it is likely that young people are not directly involved in the administration of the mobility, and, therefore, their knowledge of the funding scheme may be limited.

Almost 50% of the 2022 or 2023 mobilities experienced by the Eurodesk Youth Info Survey 2025 respondents were supported by the Erasmus+ programme (see Figure 22), and 31% were not supported by any of the listed programmes. All other programmes only supported a small minority of the 2022 or 2023 mobilities experienced by the Eurodesk Youth Info Survey 2025 respondents.

Deeper analyses showed that those who were more likely to benefit from the support of the mobility programmes were 13-15-year-olds (only 16% of them said they did not benefit from any programme support), as well as 24-29-year-olds (only 19% of them said they did not benefit from any programme support) and 30-35-year-olds (only 22% of them said they did not benefit from any programme support), but also university graduates (only 18% of them said they did not benefit from any programme support), and those who are in less favourable economic situations (only 21% of them said they did not benefit from any programme support).

Those who were less likely to benefit from the support of the mobility programmes were non-binary youth (44% of them said they received no support), high school graduates (38%), those with no one with mobility experience, such as family members or friends, in their vicinity (38%), and those from more affluent backgrounds (37%).

Erasmus+ was more often used by 13-15-year-olds (59%), 24-29-year-olds (63%), 30-35-year-olds (59%), university graduates (66%), and those in less favourable economic situations (61%). It is less often used by high school graduates (43%), non-binary youth (36%), and those with no one with mobility experience, such as family members or friends, in their vicinity (36%). Erasmus for young entrepreneurs was more often used by non-binary youth (9%), males (5%), and those with a minority background (5%).

European Solidarity Corps was much less used by younger generations (only 3-5% of 13-18-year-olds), and those with lower educational attainments (6% of those with incomplete and completed basic school). It was more used by 24-35-year-olds (18-20% of them), university graduates (19%), and those with no one with mobility experience, such as family members or friends, in their vicinity (18%). The EU Youth Dialogue was more often used by men and non-binary youth (both at 4%). It was less used by those with no one with mobility experience, such as family members or friends, in their vicinity (0%).

All of the abovementioned findings have the potential to provide valuable guidance to youth information services when targeting sub-groups of young people who were underrepresented in various youth mobility schemes in the past.

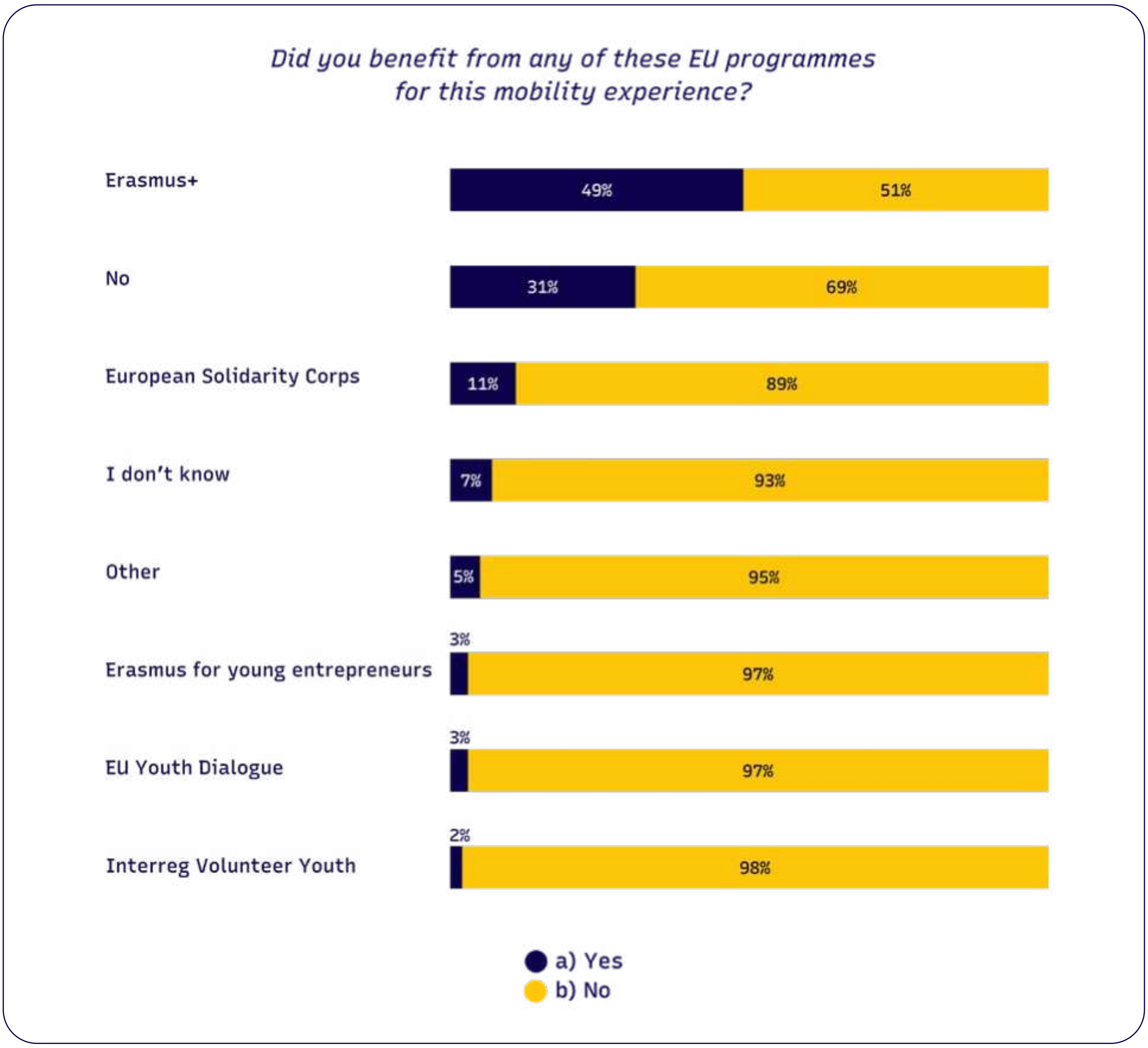



*Figure 22: Support of the 2022 or 2023 mobility.*

## USE OF ERASMUS+

Those respondents who shared that their 2022 or 2023 mobility experience was supported by the Erasmus+ programme were invited to further share what concrete support scheme was used in case of their stay abroad (see Figure 23). The majority **of the Erasmus+ supported stays were supported through the youth exchange and student mobility grants (45% and 37%, respectively).**

Detailed analyses showed that DiscoverEU was more frequently used by 19-23-year-olds (27%), while much less by 24-35-year-olds (4-5%) and by university graduates (8%). Youth Exchanges were more often used by 13-15-year-olds and those who did not finish basic school (58% and 59%, respectively), and by non-binary youth (69%).

Mobilities for students were mostly used by 19-29-year-olds (over 40%), and less often by other age groups (about 25%) and by non-binary youth (13%) as well as by those with no one with mobility experience, such as family members or friends, in their vicinity (25%). The likelihood of use of this particular mobility type is directly proportional to the education of respondents, i.e., while only 19% of those who did not complete basic school used this mobility format, it was 45% of university graduates.

Mobility for pupils and apprentices was more often used by 16-18-year-olds (19%) and by those who did not complete basic education (26%). The likelihood of use of this particular mobility type is inversely proportional to the size of settlements young people live in, i.e., while it was used by 16% in rural areas, it was used by 11% in small cities and only by 7% in large urban areas.

The usage of internship abroad is also inversely proportional to the size of settlements young people live in, i.e., while it was used by 19% in rural areas, it was used by 12% in small cities and only by 11% in large urban areas. Youth participation activities were more often used by 30-35-year-olds (23%) and less by non-binary youth (6%).

All of the abovementioned findings have the potential to provide valuable guidance to youth information services when targeting sub-groups of young people who were underrepresented in various youth mobility schemes in the past.

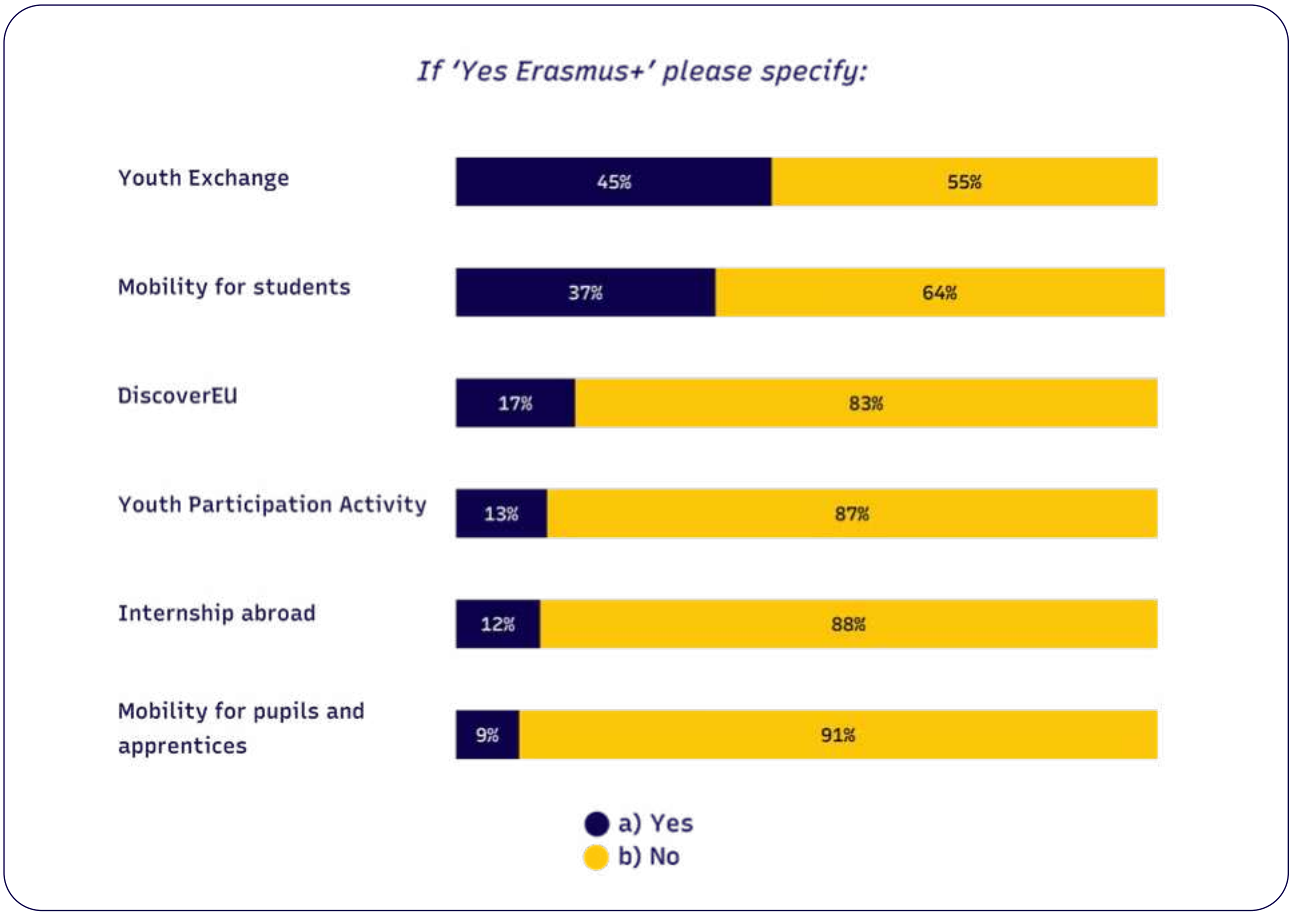



*Figure 23: Specific support of the 2022 or 2023 mobility in case of Erasmus+.*

## USE OF THE EUROPEAN SOLIDARITY CORPS

Similarly, those respondents who shared that their 2022 or 2023 mobility experience was supported by the European Solidarity Corps programme were invited to further share what specific support scheme was used in case of their stay abroad (see Figure 24). **Two-thirds of these mobilities took place under the umbrella of individual volunteering (i.e., the long-term 2-12 months volunteering projects), 40% of them were team volunteering stays (i.e., shorter volunteering stays of up to 2 months), and only a small number of stays were implemented via Humanitarian Aid Volunteering (i.e., short or long-term volunteering supporting humanitarian aid operations outside of the EU).**

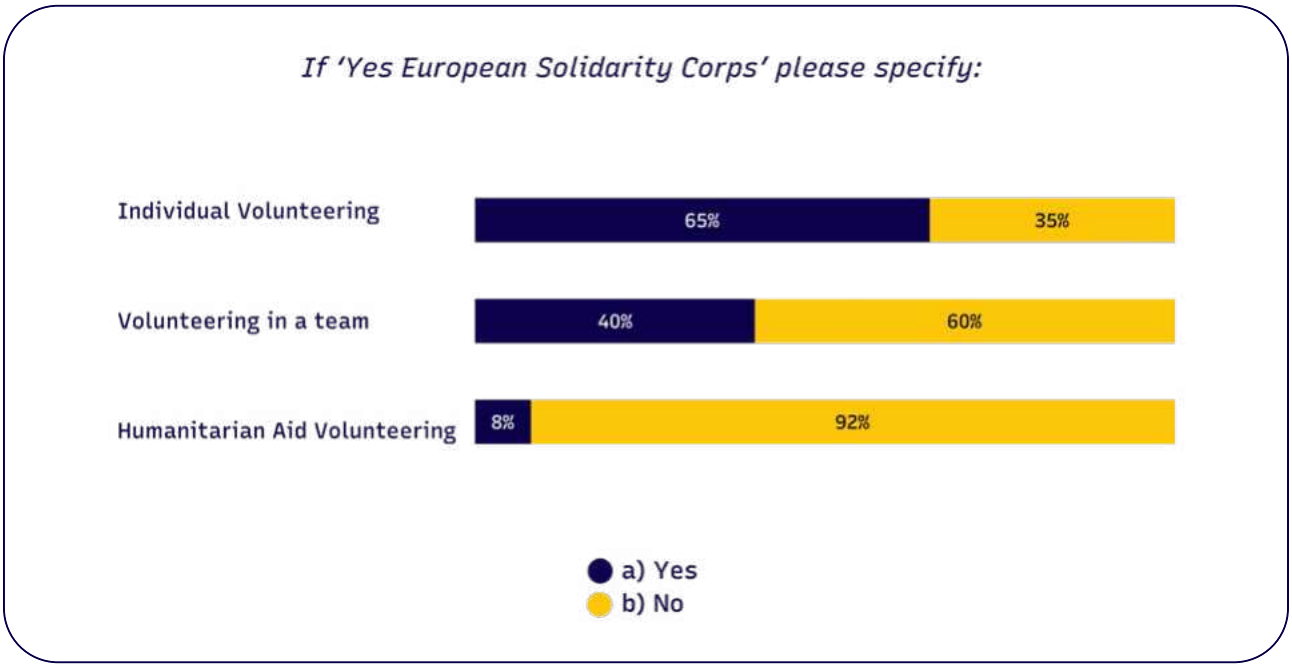



*Figure 24: Specific support of the 2022 or 2023 mobility in the case of the European Solidarity Corps.*

Individual volunteering was more likely to be used by non-binary youth (100%) and less likely to be used by those who only completed basic education (44%). Volunteering in a team was more likely to be used by those who did not complete basic school (100%). Humanitarian aid volunteering was more likely to be used by those who only completed basic school (22%).

## SOURCES OF INFORMATION SUPPORTING 2022 AND 2023 MOBILITIES

**The most frequent sources of information on the mobilities which successfully took place in 2022 or 2023 were social media and information services of educational institutions** (see Figure 25). In line with the more general findings presented in previous chapters, important information sources in case of successfully implemented mobilities were also friends and family, and specialised websites.

TV, radio, newspapers, magazines, flyers, and posters were more likely to be used by those who did not complete basic school (10-16%). Videos were less likely to be used by 24-29-year-olds (6%), 30-35-year-olds (5%), university graduates (5%), and more likely to be used by those who did not complete basic school (22%). Specialised websites were less likely to be used by 13-15-year-olds (8%) and more likely to be used by 24-29-year-olds (30%). Social media were less likely to be used by 13-15-year-olds (22%), by those with incomplete basic school (32%) and those with completed basic school (27%). Messaging apps were more likely to be used by non-binary youth (11%) and by those with incomplete basic school education (16%). Online seminars and webinars were less likely to be used by non-binary youth (2%). School or university services and events were more likely to be used by the youngest generations (48% of 13-15-year-olds and 42% of 16-18-year-olds), and less likely by the oldest surveyed generation (18% of 30-35-year-olds), non-binary youth (20%), and those with no one with mobility experience, such as family members or friends, in their vicinity (24%).

Peers and classmates were more often sources of information for 13-15-year-olds (31%), and they were less often used as information sources by 24-29-year-olds (16%) and 30-35-year-olds (12%), and by those with no one with mobility experience, such as family members or friends, in their vicinity (11%). Similarly, family and relatives were used as an information source more often by 13-15-year-olds (34%) and 16-18-year-olds (32%), as well as those who did not finish basic school (36%). Families and relatives were less likely to be an information source for 24-29-year-olds (11%) and 30-35-year-olds (12%), as well as by non-binary youth (16%), university graduates (13%), and those in more precarious economic situations (16%).

Colleagues and employers were more often sources of information for 24-29-year-olds (17%) as well as for 30-35-year-olds (33%) and much less likely for all younger respondents. Mobility advisors and counsellors were much less likely to be used by non-binary youth (2%).

All of the abovementioned findings have the potential to provide valuable guidance to youth information services when utilising specific information sources in targeting concrete sub-groups of young people.

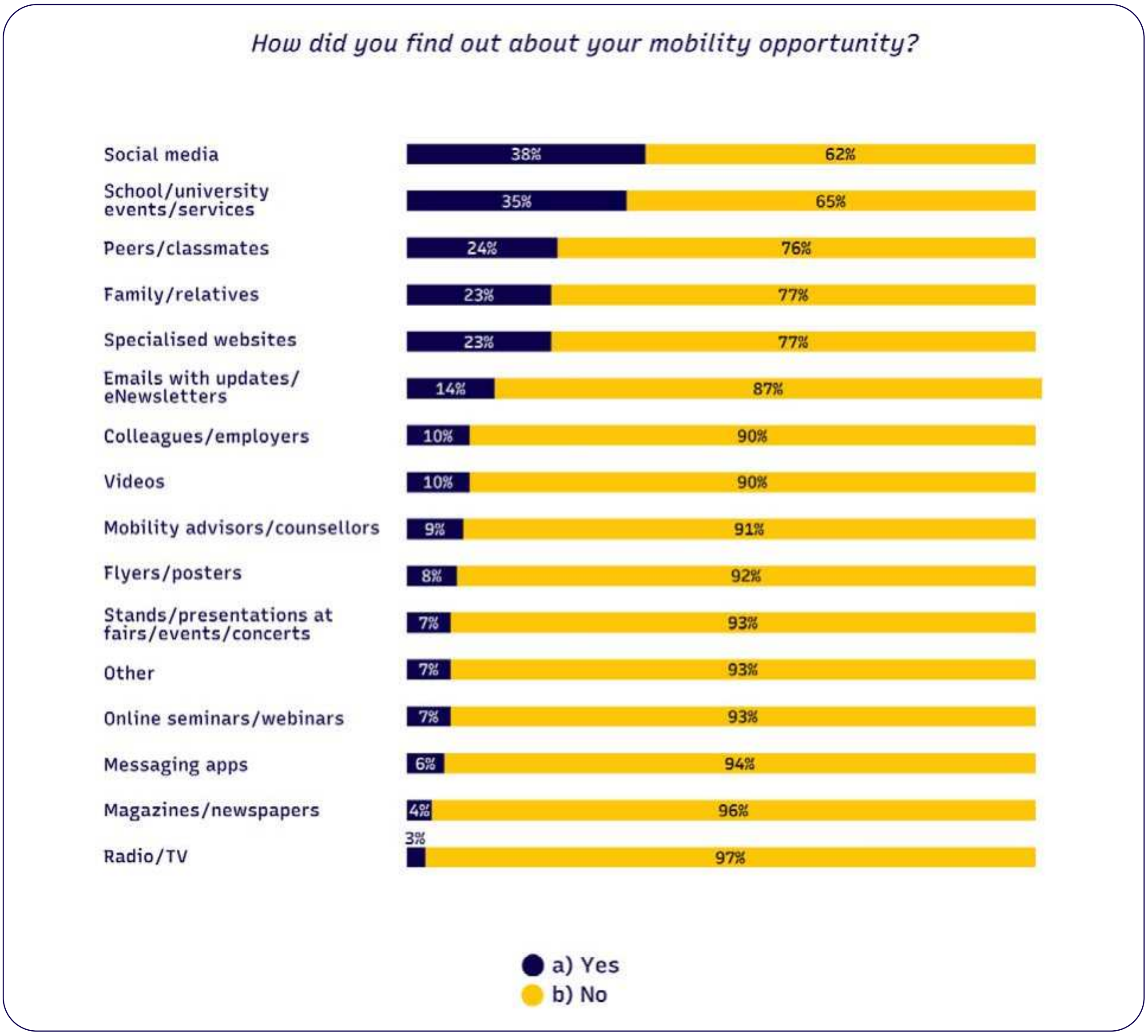



*Figure 25: Information sources of the 2022 and 2023 mobility.*

# MOTIVATION FACTORS

**The most important motivation factors behind the successfully implemented mobilities which took place in 2022 or 2023 (see Figure 26) were to have fun and gain new experiences (98% of the respondents), doing something meaningful (96% of respondents) and the desire to leave behind the daily routines (94% of respondents).** The least likely motivating factors were peer or family pressures (only agreed by 49% and 28% of respondents, respectively).

Deeper analyses showed that emphasis on employability could be most seen in 24-29-year-olds (58% strongly agree with this motivation) and 30-35-year-olds (53%), as well as in university graduates (56%).

Fun and new experiences were a much less important motivating factor for 24-29-year-olds (69% strongly agreed) and for 30-35-year-olds (59% strongly agreed) and getting away from daily routines was less important for those who did not complete basic school (50% of them strongly agreed).

Mobility as part of an educational pathway was a motivation more often present in 13-15-year-olds and those who did not complete basic school (52% and 55% strongly agreed, respectively), but much less often present in non-binary youth (20%).

Pressure from parents was more present among motivating factors in 13-15-year-olds and in those who did not finish basic school (37% and 42% strongly agreed, respectively) and in men (17% strongly agreed). This motivation was less present in those with no one with mobility experience, such as family members or friends, in their vicinity (7%), suggesting that the parental pressure is mostly present in case parents themselves have a mobility experience.

Peer pressure from friends was more often a motivating factor for 13-15-year-olds and those who did not finish basic school (46% and 60% strongly agreed, respectively). This pressure was much less felt in rural areas (only 11% strongly agreed) and in those with no one with mobility experience, such as family members or friends, in their vicinity (only 10% strongly agreed), showing similarly to the previous paragraph that it is much more likely for peers with mobility experience to support others to go abroad than those without it.

All of the abovementioned findings have the potential to provide valuable guidance to youth information services when tailoring various mobility narratives to fit the motivations of different sub-groups of young people.

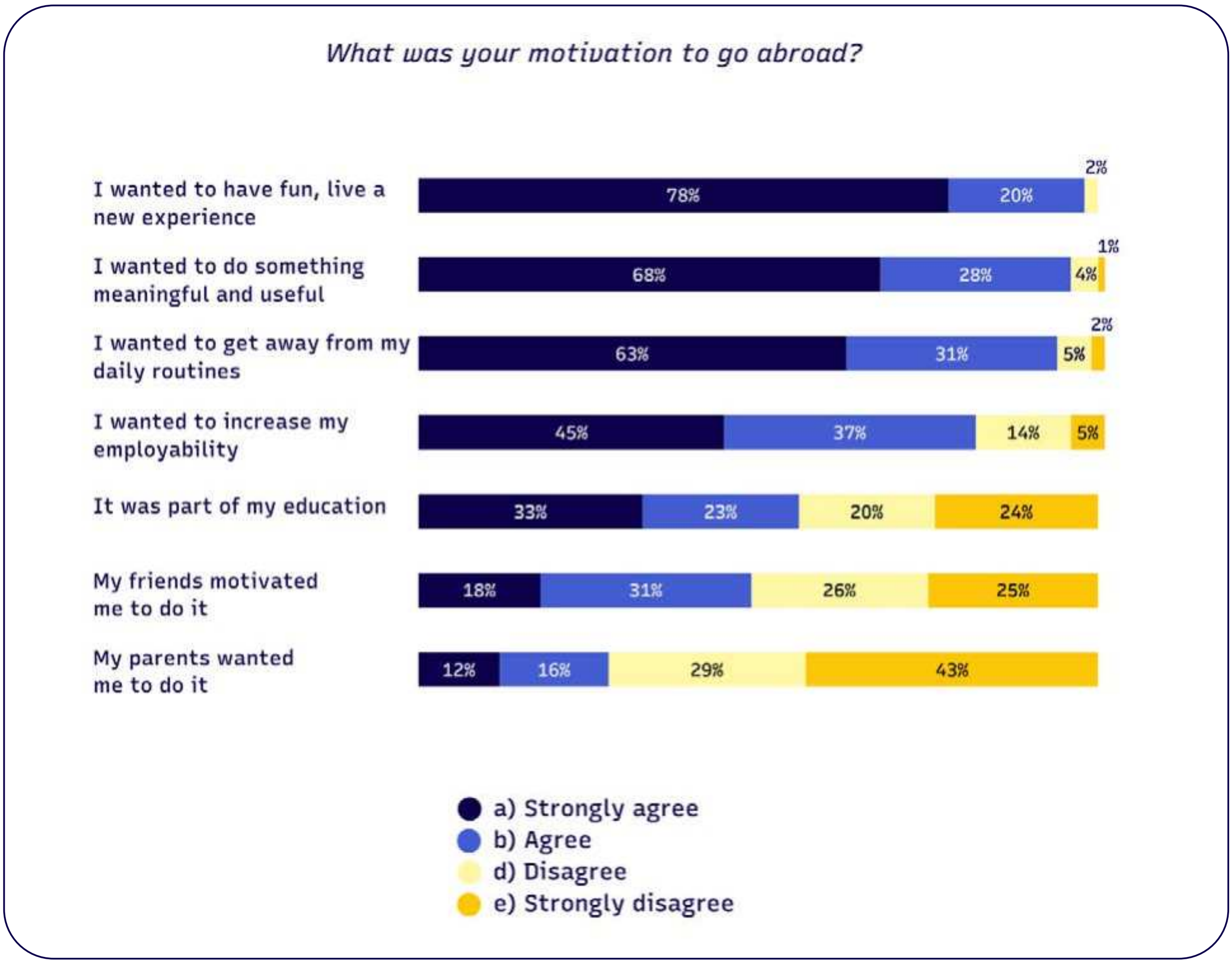



*Figure 26: Motivation for the 2022 and 2023 mobility.*

## APPLICATION PROCESS

Young people were given a chance to share their experiences with the mobility application processes. **When it comes to drafting mobility applications, almost half of those who successfully went for their mobility stay in 2022 or 2023 did not receive any help (see Figure 27).** Those who did receive support in application drafting got it most likely from their family or their teachers (about 20% of respondents in both cases).

Detailed analyses showed that getting help from a teacher or a professor was inversely proportional to the age of respondents, i.e., it was likely in 13-15-year-olds (42%) and very unlikely in 30-35-year-olds (10%). The same inversely proportional trend can be seen in relation to the highest educational attainment, i.e., it is likely that a teacher or a professor supported the application process in those who did not complete basic school (40%), but not very likely in university graduates (14%).

Getting help from a counsellor or information worker was more likely for non-binary youth (27%) and for those who did not complete basic school (28%). Families and relatives played almost no role in mobility applications of 24-29-year-olds (7%) and of 30-35-year-olds (3%), as well as in university graduates (8%), and their role was weaker in those with no one with a mobility experience, such as family members or friends, in their vicinity (14%). Friends were less supportive in non-binary youth (7%) and in those with no one with mobility experience, such as family members or friends, in their vicinity (8%).

There was a directly proportional relationship between those who did not need support and the age of the respondents, i.e., while only 23% of 13-15-year-olds did not need support, it was 57% of 30-35-year-olds. The same relationship can be seen in the case of educational attainment, i.e., while only 18% of those who did not finish basic school said they did not need help with the application, the whole 55% of university graduates needed no support in their mobility application process. These findings are in line with the increasing autonomy of young people as they get older.

## USE OF AI IN THE APPLICATION PROCESS

Interestingly, **AI was not used much in drafting mobility applications, only a low percentage of respondents chose this option (3%).** Detailed analyses show that AI was used more often by males (6%) and by those who did not complete basic school (6%), as well as by those belonging to a minority group (4%). This is in stark contrast with answers from young people who started their mobility application process but were not successful (see Figure 28), 17% of whom claim they used AI to draft at least some sections of the application.

Deeper analyses showed that the share of those who used AI when drafting an application in this group of respondents further grew to 24% in the case of university graduates. This area should still be probed in future surveys because the information provided by the respondents of the Eurodesk Youth Info Survey 2025 referred to mobility stays implemented in 2022 or 2023, and therefore they drafted their applications in 2021 or 2022, and the AI availability and presence in everyday lives changed radically since then. The findings are also somewhat contradictory, and this may be due to the discomfort of answering such questions in a questionnaire. Focus groups or interviews might be better suited to probing this particular area.

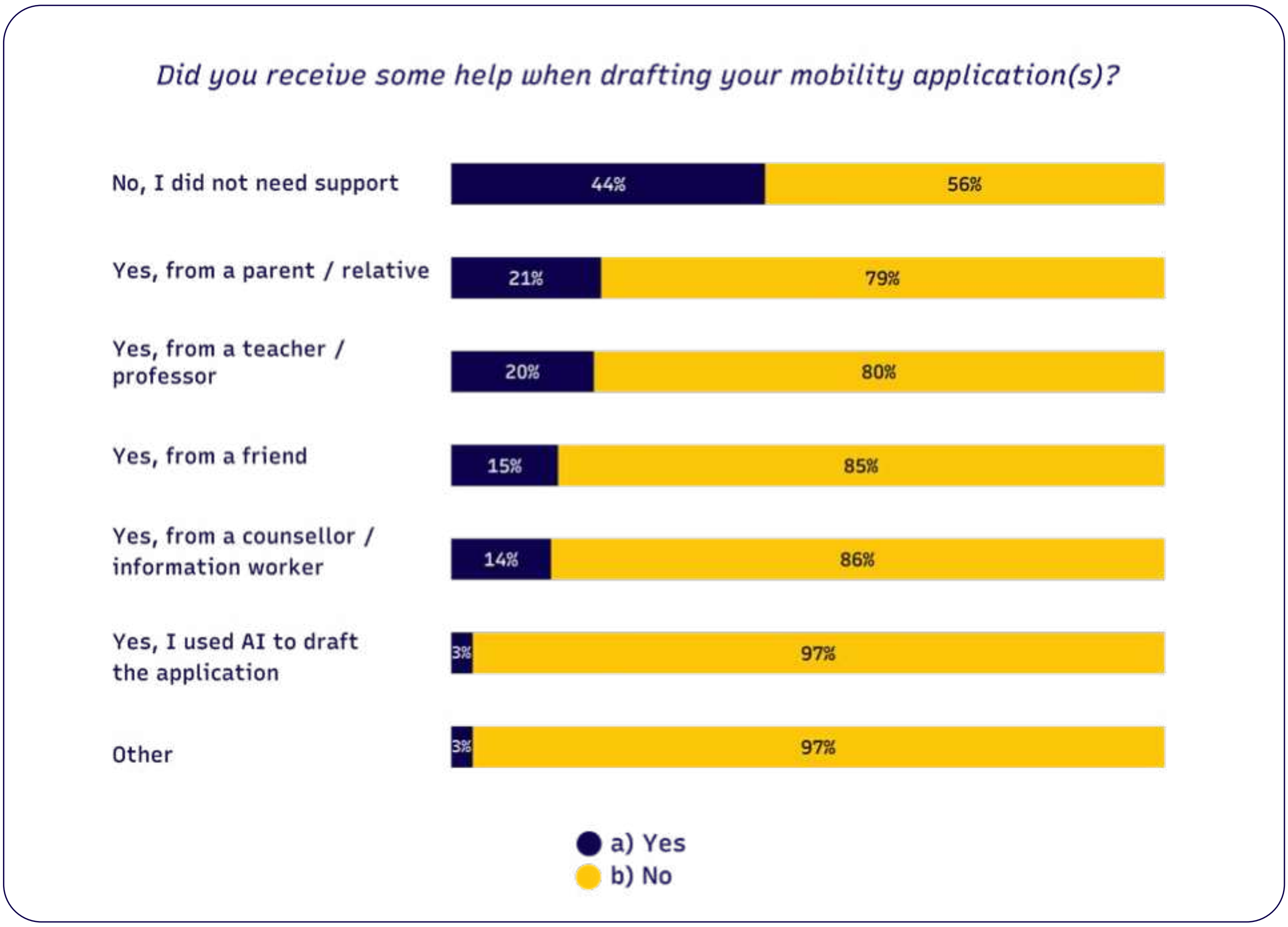



*Figure 27: Drafting applications for the 2022 and 2023 mobility.*

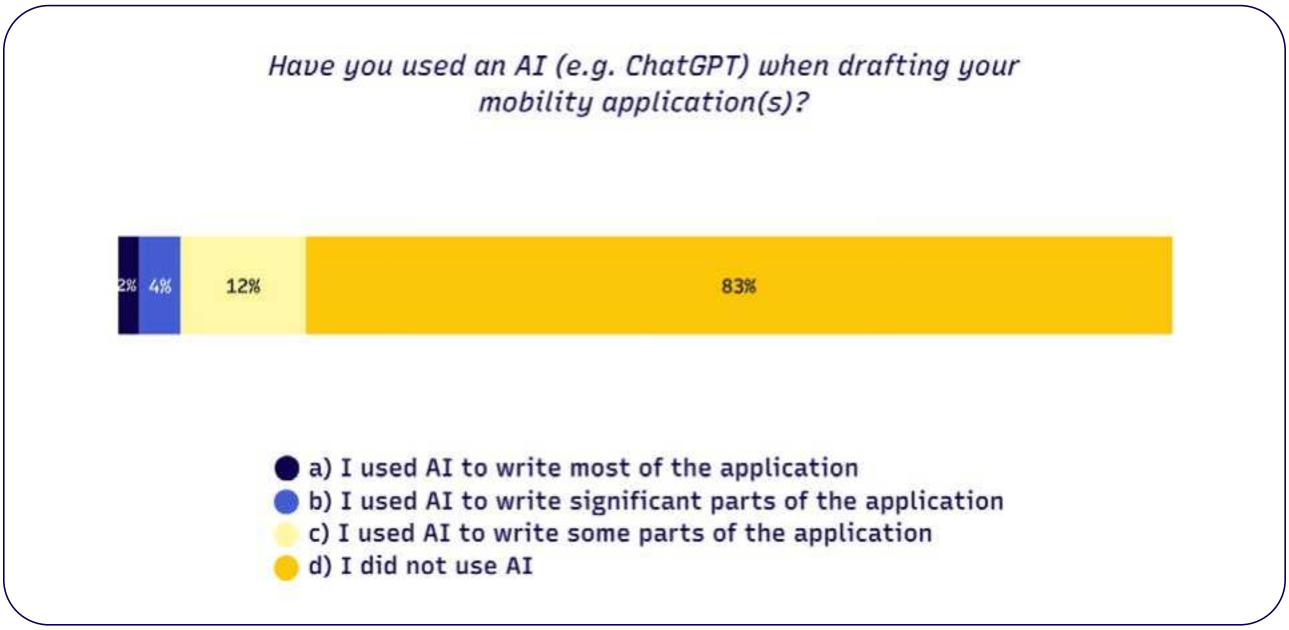



*Figure 28: Use of an AI in mobility application drafting by those who started their application process in 2021 or 2022, but were not successful.*

## MOBILITY EXPERIENCE SATISFACTION

The young people who participated in a mobility experience in 2022 or 2023 were also invited to rate their experience (**see Figure 29**). **An overwhelming majority of almost 70% of the respondents stated that their mobility was an amazing experience for them, and 26_ rated their experience as good.** Only a small percentage of young people shared that their mobility was an average or a bad experience.

**97% of young people who underwent a mobility experience in 2022 or 2023 were willing to encourage others to go abroad** (see Figure 30). Those two findings provide a rather convincing picture of mobilities being a highly positive experience for young people in 2022 and 2023.

Deeper analyses showed that the mobility experience was rated less enthusiastically by non-binary youth (only 40% stated that it was an amazing experience for them), and at the same time, fewer non-binary youth strongly agreed with encouraging others to go for a mobility experience (73%).


*Figure 29: Rating of the 2022 and 2023 mobility.*


*Figure 30: Willingness to encourage others to go on a mobility experience.*

## *POSITIVE IMPACTS OF MOBILITY*

Young people were also invited to share what positive impacts the mobility they undertook in 2022 or 2023 had on them (see Figure 31). **Young people generally agreed that there was a wide range of positive impacts on their lives due to the mobility experience, as suggested by high shares of combined answers "Strongly agree" and "Agree" which reach over 80% in most listed positive impacts (see Figure 31)**.

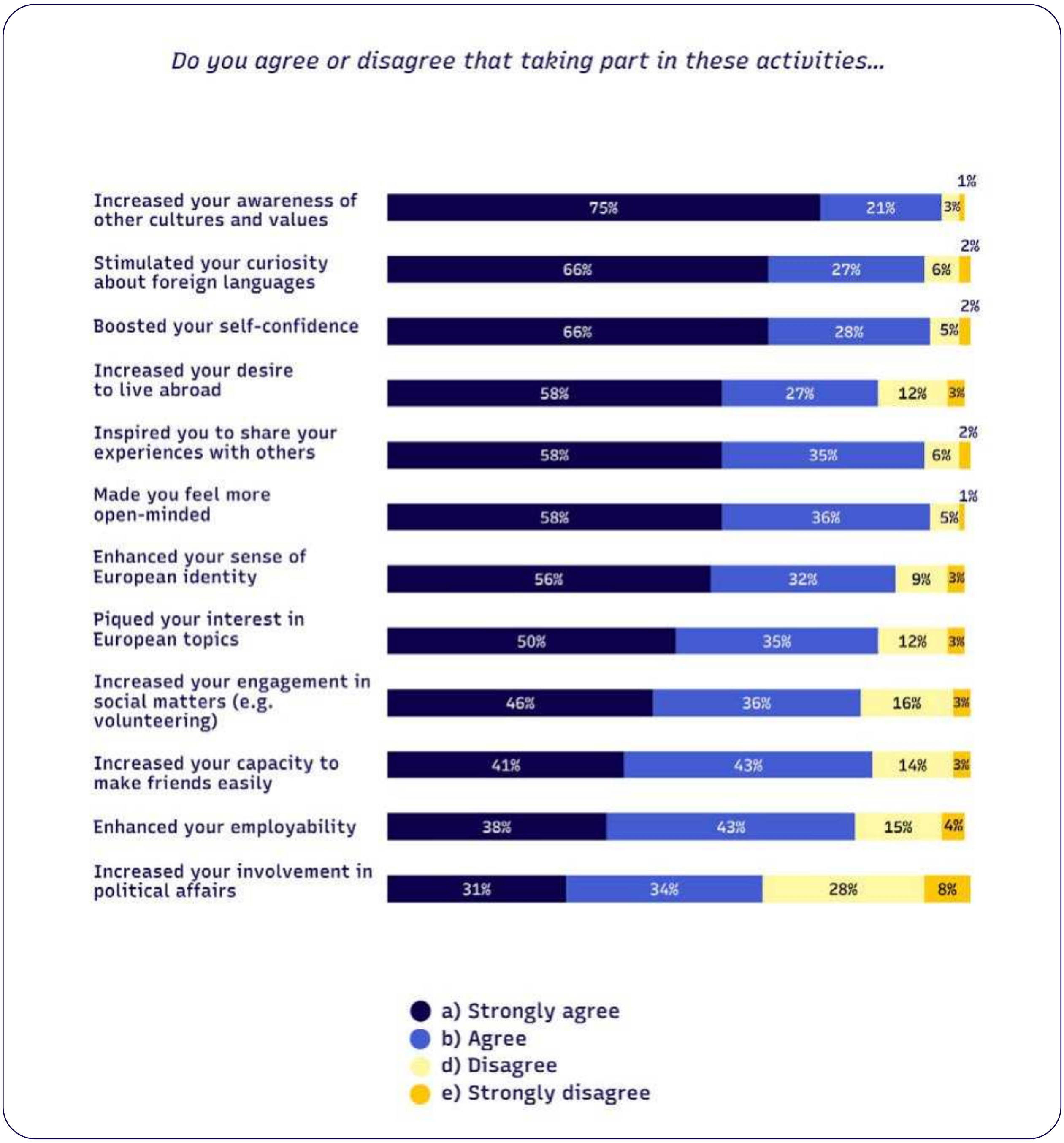



*Figure 31: Impacts of the 2022 and 2023 mobility.*

**The most highly rated positive impacts of mobility stays were cultural awareness, foreign language engagement, and self-confidence boost,** and this is completely aligned with the results of the Eurobarometer where respondents were asked about the impacts of participatory activities they attended in another country (multiple choice question), with 38% of them selecting increased cultural awareness, 35% increased interest in foreign languages, and 34% a self-confidence boost (European Union 2022).

Detailed analyses showed that awareness of other cultures and values was a less present impact for 13-15-year-olds (34% strongly agree) as well as for men (66%) and non-binary youth (65%). Enhancement of a sense of European identity was more often present in 24-29-year-olds (65% of them strongly agreed), but less frequently in 16-18-year-olds (48% of them strongly agreed) and in non-binary youth (36%). Mobility stays less often supported interest in European topics in young people from rural areas (43% of them strongly agreed).

Deeper analyses also showed that to have their confidence boosted by a mobility stay was less likely for 13-15-year-olds (54% strongly agreed), for males (59%), and for non-binary youth (48%), as well as for those who did not complete basic school (53%) and those who only completed basic school (58%).

The mobility stay increased the desire to live abroad more often in 24-29-year-olds (66% of them strongly agreed) and less often in 30-35-year-olds (49%) as well as in non-binary youth (50%) and in those living in rural areas (50%).

Enhanced employability is seen more often as an impact by 24-29-year-olds (46%), 30-35-year-olds (47%), and 13-15-year-olds and by those who did not finish basic school (50% and 64%, respectively), and less by non-binary youth (19%).

Mobility stays were less often reported to make people open-minded by non-binary youth (44%) and by those who did not complete basic school (49%), but more often by university graduates (66%). Young people who did not complete basic school reported more often that their mobility stay increased their involvement in political affairs (40% of them strongly agreed). It was less frequently reported by young people from rural areas (20%).

All of the abovementioned findings have the potential to provide valuable guidance to youth information services when creating narratives in which positive mobility impacts relevant for various sub-groups of young people are specifically used in communication with these sub-groups of youth.

KEY TAKEAWAYS!

KEY TAKEAWAYS!
KEY TAKEAWAYS!

# THE YOUNG PEOPLE PARTICIPATING IN THE EURODESK YOUTH INFO SURVEY 2025...

- ... were split between 40% of those who went abroad and 60% who did not. Young adults and university graduates went abroad more often than others!
- ... went abroad most often for non-formal learning opportunities (youth exchanges), followed by formal education stays, and volunteering.
- ... went abroad in person, with only a small minority of those who underwent hybrid or virtual mobility experiences. Nevertheless, hybrid and virtual mobilities were more common in young teenagers!
- ... were by far the most supported by the Erasmus+ programme: in almost 50% of the cases!
- ... learned about the mobility opportunities from social media, educational institutions, peers, families, or specialised websites.
- ... mostly did not need any support when preparing mobility applications.
- ... went abroad to have fun, do something useful, and get away from their daily routines. Employability boost was a more important motivation factor for young adults and educational gains were stronger motivators for teenagers!
- ... rate their mobility experiences as highly positive. Non-binary youth are the only sub-group which rates their mobility experience less positively!
- ... were willing to encourage others to go abroad.
- ... agree that the mobility experience benefited them in many ways.

KEY TAKEAWAYS!
KEY TAKEAWAYS!
KEY TAKEAWAYS!

# WHAT MOBILITY CHALLENGES DO YOUNG PEOPLE IDENTIFY?

## *REASONS FOR NOT GOING ABROAD*

The Eurodesk Youth Info Survey 2025 respondents who did not take part in any mobility stay in 2022 or 2023 (see Figure 18) were asked to elaborate on the reasons behind their decision (see Figure 32). In most cases, young people stated that they did not have time to go for a mobility stay abroad (29%). Nevertheless, young people might be interested in a mobility stay, but they need to be informed about these opportunities: 24% of the young people were not informed, 22% did not think about it, and 21% of them did not know how to set up a mobility experience.

Deeper analyses showed that it was less likely for 24-29-year-olds to be ineligible (only 5%), while 13-18-year-olds were more likely to fall into that category (about 15%) as well as non-binary youth (18%). It was much less likely for 13-15-year-olds and those who did not complete basic school not to have time for mobility, with only 14% and 15% of them choosing this option, respectively.

13-15-year-olds were more likely not to be interested in mobility opportunities (15%), and they were also more likely not to think about the mobility options at all (33%), and so were the non-binary youth (28%) and those with incomplete or completed basic education (about 30%).

13-15-year-olds and those who did not complete basic school were also more likely to admit that they did not know how to organise a mobility stay abroad (30% and 31%, respectively). Shares of those who admit that they did not know how to organise a mobility were very different in those in favourable economic circumstances (only 16%) in comparison with their peers from less fortunate economic backgrounds (24%).

Those who did not finish basic school and 13-15-year-olds were most likely to state that they have never been informed of mobility opportunities (43% and 39%, respectively), followed by non-binary youth and those who completed basic school (35% in both cases) and by 16-18-year-olds (30%). Even in this case, there is a rather striking difference between those who are in favourable economic circumstances and those who are not, where only 20% of those in comfortable economic situations state they have not been informed about mobility opportunities, but 28% of those in less fortunate situations stated so.

The likelihood of not being informed about mobility opportunities is also inversely proportional to the size of settlements young people live in, i.e., while 22% from large urban areas state they have not been informed, this share increases to 25% in mid-sized cities and further grows to 31% in rural areas. There is a striking difference between those with no one with mobility experience, such as family members or friends, in their vicinity, 33% of whom state they were not informed about mobility opportunities, in comparison to 22% of their peers.

These findings suggest that information on opportunities and practicalities connected to going abroad was missing for these sub-groups of young people, especially for the younger teenagers and those from less fortunate economic backgrounds.

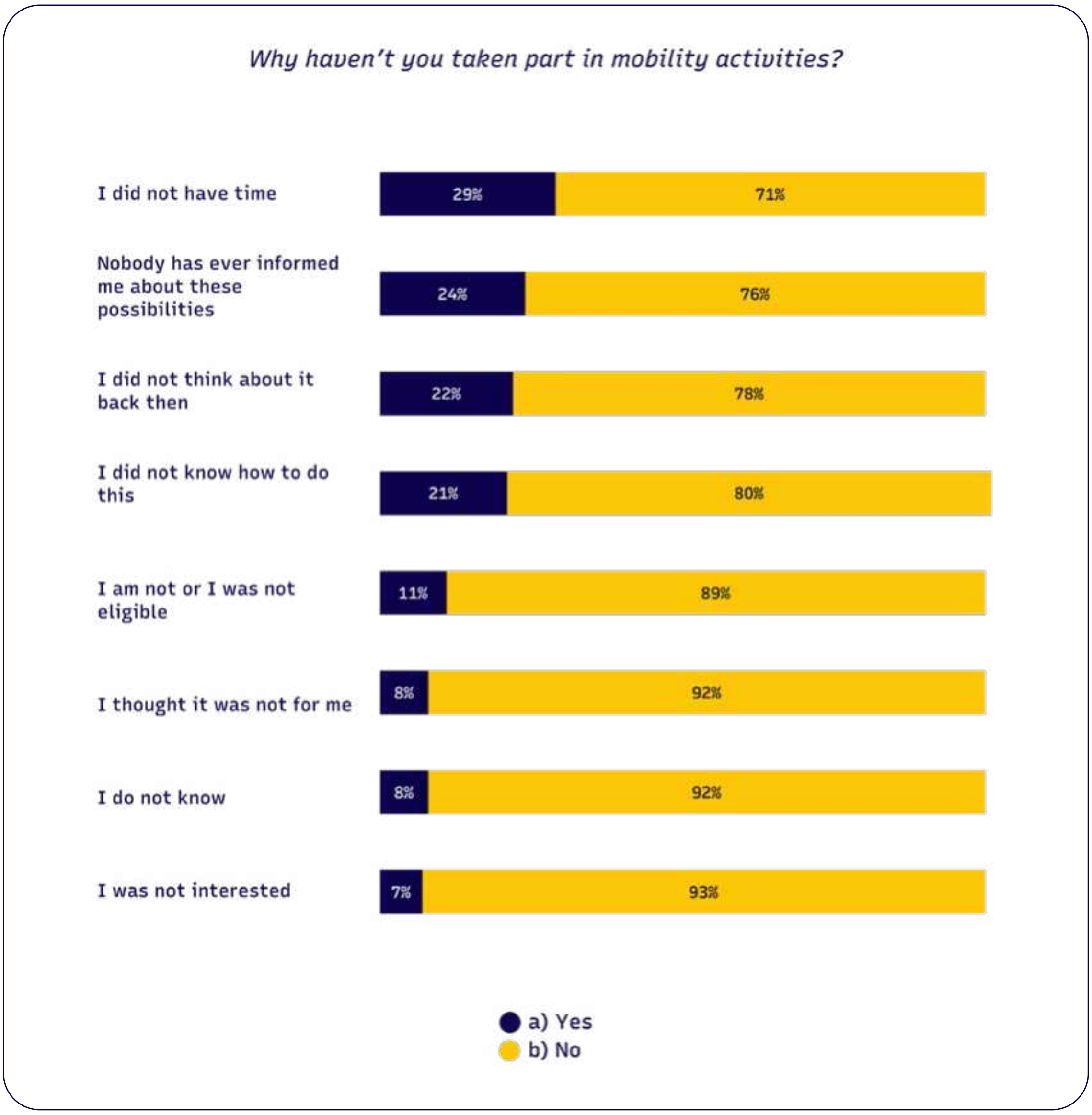



Figure 32: Reasons for not experiencing mobility.

## APPLICATION PROCESS AS A BARRIER TO MOBILITY

Those respondents who stated that they did not undergo a mobility experience in 2022 or 2023 were further asked about more details (see Figure 19). The answers showed that 76% of **the young people did not plan on going abroad in 2022 or 2023 at all, while one-quarterone quarter got into various stages of the application process.** Most significantly, 10% of the young people started the application process, but did not complete the application, and 11% applied, but were not selected.

Deeper analyses showed that out of those who did not go for a mobility stay in 2022 or 2023, young people from large urban areas were the most likely ones to have planned a mobility experience (28%), followed by those from smaller cities (23%) and from the rural areas (21%).

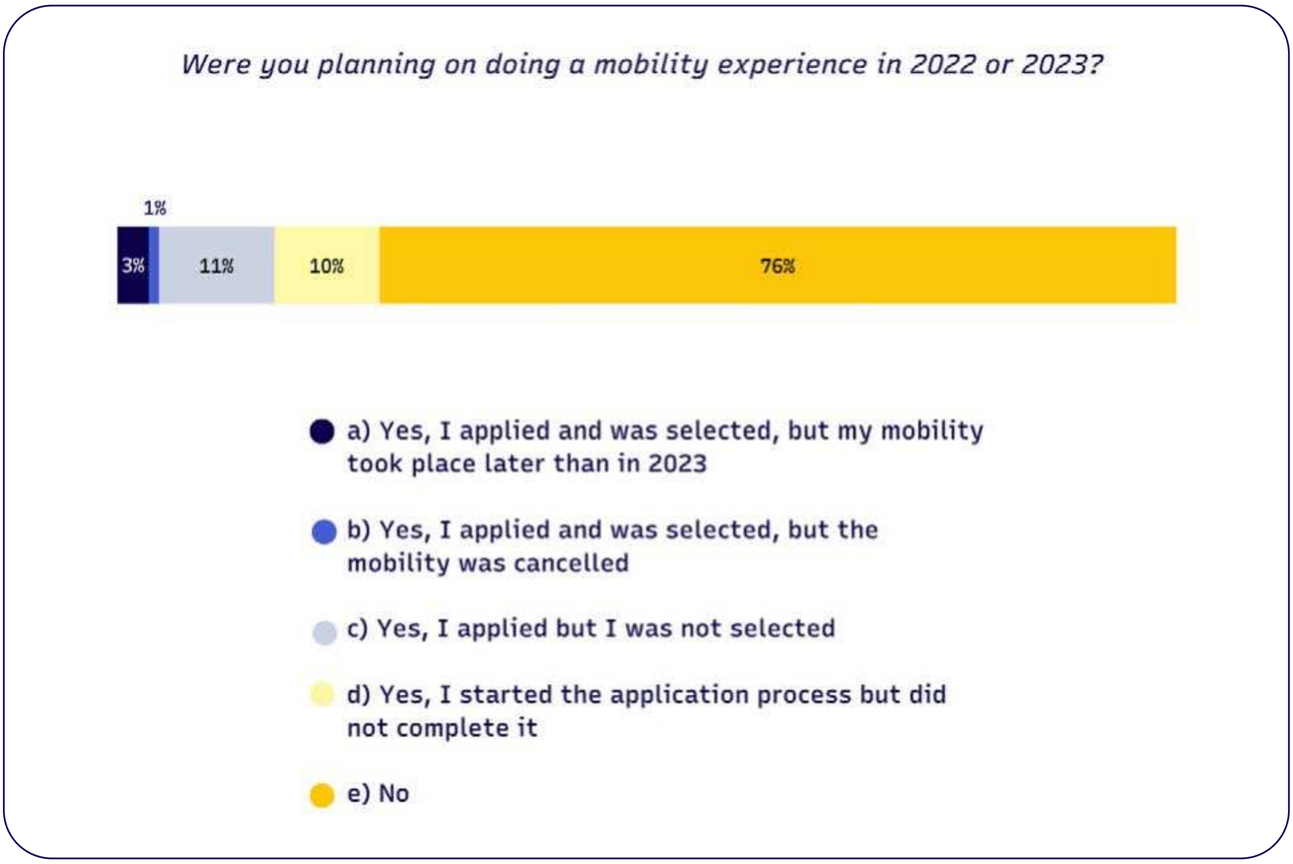



*Figure 19: Mobility experience in Eurodesk Youth Info Survey 2025 respondents who did not go abroad in 2022 or 2023.*

## BARRIERS TO ACCESSING MOBILITY

Both the young people who undertook a mobility experience in 2022 or 2023 and those who did not were asked about barriers to accessing mobility opportunities (see Figure 33 and Figure 34, respectively). **In both groups of young people, the four most prominent obstacles to accessing mobility were the same: financial challenges, administrative burdens, problems related to access to information, and challenges in finding mobility opportunities matching the profile of young people.**

As expected, those who did not go abroad perceived lack of information as a much more pressing issue than those who undertook a mobility experience. Interestingly, all of the three most prominent barriers were rated as more pressing by those with no mobility experience (about 60% or more of those respondents stated these barriers influenced them in accessing mobility programmes) in comparison with those who did implement their mobility stays (34%-48% of those respondents stated that they were influenced by the first three barriers in accessing mobility programmes).

This suggests that these barriers, although real, do not occur as often as young people worry they would. The answers to these questions also suggest that the barriers to accessing mobility programmes lie within the programmes themselves and not in the wider context of young people's lives because the outside factors, such as discrimination or discouragement by peers or family members, were rated as very low barriers.

Deeper analyses of the responses by those young people who went abroad in 2022 or 2023 showed the following. Those who did not complete basic school were more likely to state that financial problems in covering mobility costs were a challenge for them (44%). There was a very visible difference between those in favourable economic conditions, out of whom only 11% considered financial aspects of mobility to be a challenge, in comparison with their less fortunate peers, out of whom 23% considered financial aspects to be a barrier. A similar situation can be seen when comparing majority and minority youth, with 15% of majority youth seeing the financial aspect of mobility as challenging in comparison with 21% of minority youth. This suggests that mobility opportunity is indeed a financially demanding experience for young people.

Non-binary youth more often pointed out discrimination as a challenge (10%) and so did young people from minority backgrounds (7% in comparison with 3% of respondents from majority backgrounds). Administrative problems were also reported more often by minority youth (12%) in comparison with their peers from majority backgrounds (8%). Discouragement from family was more often present in non-binary youth (10% strongly agree) and in minority groups (9%).

Discouragement from friends is directly proportional to the size of settlements young people live in, i.e., while only 1% of young people from rural areas felt discouraged by friends, it was 3% of those from mid-sized cities and 5% of youth from large urban areas. Discouragement from friends is also more present in minority youth (7%) than in their peers from majority backgrounds (3%). It was more common for minority youth to find it difficult to match eligibility criteria (9%) in comparison with their peers from majority backgrounds (6%).

**Minority youth seem to be struggling more with discrimination when accessing mobility programmes, fitting eligibility criteria, administration of the mobility, as well as peer and family pressures than their peers, and this is a valuable finding which enables tailoring specific information messages to this group of young people.**

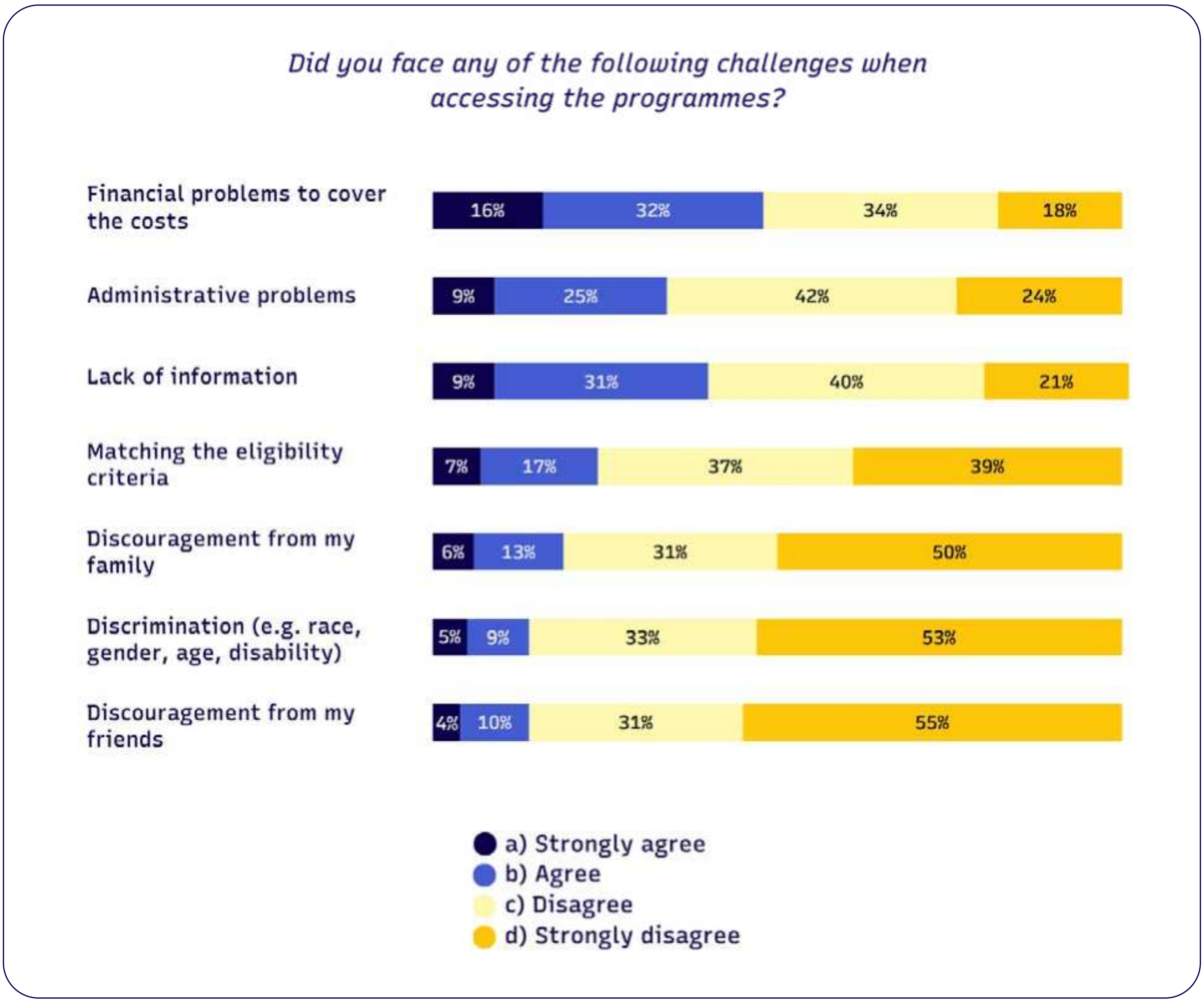



*Figure 33: Barriers to accessing mobility programmes as experienced by young people who undertook a mobility stay in 2022 or 2023.*

Deeper analyses of the barriers preventing young people from going abroad in 2022 or 2023 showed the following. Financial problems were more likely to be mentioned by non-binary youth (35% strongly agree). The most striking difference can be seen between those from comfortable economic backgrounds, out of whom only 8% saw financial problems as a barrier to their mobility, while among their less fortunate peers, 38% saw financial aspects as a barrier. Similarly, there is a visible difference between youth from majority backgrounds (22% of them strongly agree that financial aspects prevented them from going abroad) and minority youth (32% of them strongly agree). While the previously listed findings (see paragraphs above) show that finances can indeed be problematic for young people when going abroad, this indicates that for disadvantaged youth this can be a barrier truly preventing significantly more of them from going abroad than in the case of their peers from more fortunate backgrounds.

Discrimination prevented from going abroad a much higher share of non-binary youth (17%) in comparison with men (3%) and women (2%). A similar pattern can be seen in minority youth (6%) in comparison with majority ones (1%). These are worrying findings as they suggest that discriminatory practices prevent from going abroad much higher shares of young people from various minority backgrounds. Inclusive practices in the preparatory phases of mobility stays should be boosted by sharing good practices with organising institutions, and young people from minority backgrounds should be informed about options for taking action in case they indeed do face discrimination when preparing for their mobility stays.

Lack of information prevented from going abroad a larger share of non-binary youth (49%) in comparison with their peers (less than 30%).

Discouragement from family prevented many more non-binary people from going abroad (19%) in comparison with their peers (about 6%). A similar pattern can be seen in those in comfortable economic circumstances (3%) and those less fortunate (9%), as well as in majority youth (5%) and minority youth (10%). The worry that a mobility stay may not fit with one's personality prevented a larger share of non-binary youth from going abroad (14%) in comparison with their peers (about 4%).

**The findings show that various minority groups, such as non-binary youth, or youth from economically less fortunate backgrounds, and others, are often prevented from going abroad more than their peers due to various barriers in the preparation for their mobility. Those sub-groups of young people should receive appropriate information which might help them overcome these barriers and organise their mobility stays.**

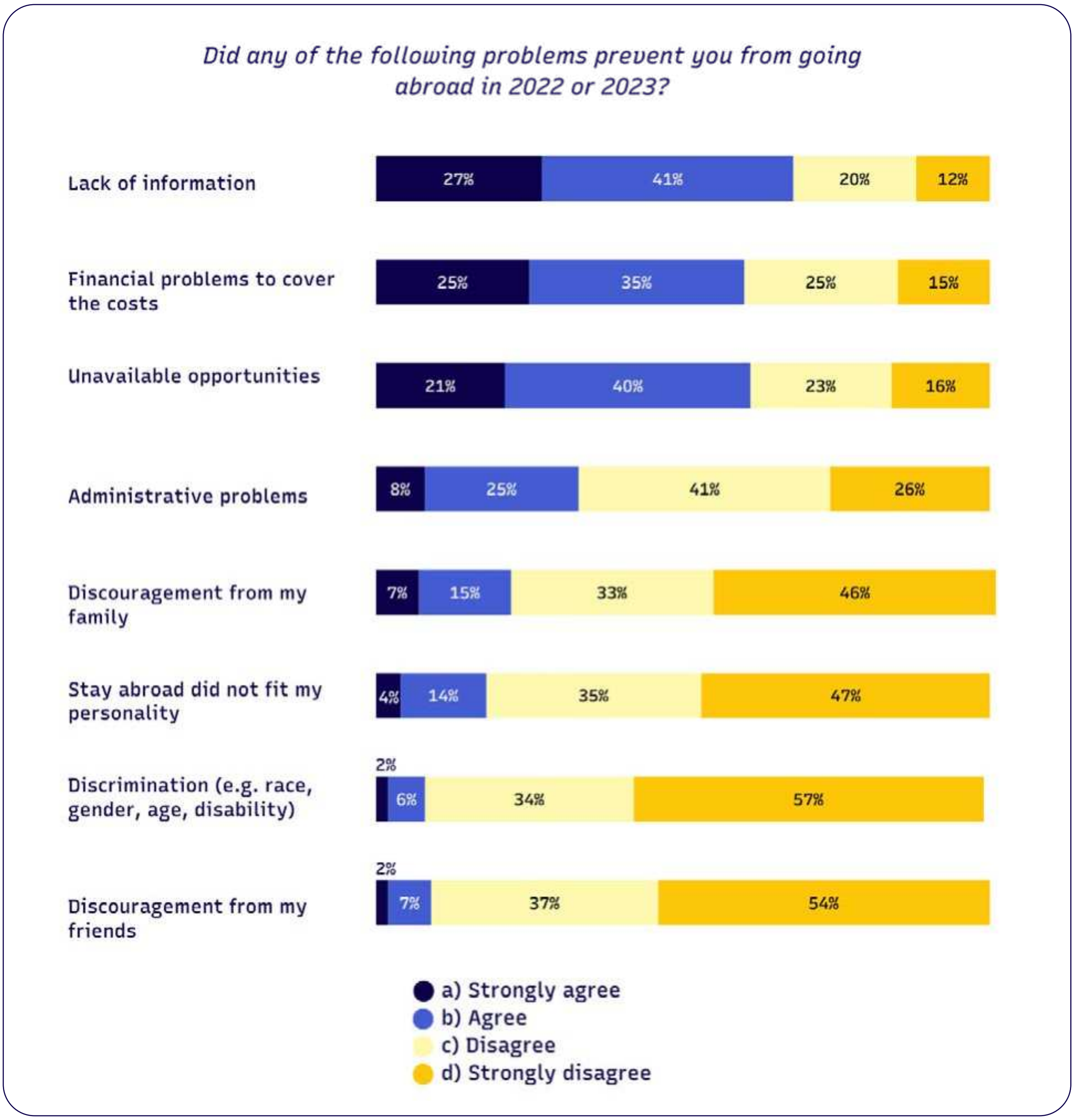



*Figure 34: Barriers in accessing mobility programmes as experienced by young people with no mobility experience in 2022 or 2023, part I.*

# BARRIERS DURING A MOBILITY EXPERIENCE

Young people were also asked about challenges and barriers they faced during their mobility stay (see Figure 35), and those with no mobility experience in 2022 or 2023 were asked about the same barriers and how these barriers prevented them from going abroad (see Figure 36). **In both cases, the barriers were perceived only by a low share of respondents, with around 30% or fewer respondents stating that they were influenced by them during their stay or that they prevented them from going abroad.** The only exception was getting out of the comfort zone, which was perceived as a challenge by about 40% of those who went abroad in 2022 or 2023.

Interestingly, **the two groups share two of the most frequently mentioned barriers: difficulties in making friends (experienced by 32% of those who went abroad and feared by 36% of those who did not experience mobility), and lack of language skills (experienced by 34% of those who went abroad and feared by 35% of those who did not experience mobility).**

Deeper analyses of the responses by those young people who went abroad in 2022 or 2023 showed the following. Non-binary youth faced more often difficulties when traveling abroad (15%). Interestingly, difficulties in traveling abroad were directly proportional to the size of settlements young people lived in, i.e., while only 3% of rural youth faced any such difficulties, it was 5% of those in mid-sized settlements and 8% in large urban areas. Physical health problems during the stay were also directly proportional to the size of the settlements young people lived in, i.e., only 2% of rural youth experienced any such problems, while 6% of youth from mid-sized cities and 7% of youth from large urban areas reported these problems. Minority youth also more often reported physical health problems during their stay (10%) in comparison with their majority peers (5%).

Mental health problems during the mobility stay were more likely to occur in the case of non-binary youth (20%) in comparison with their peers (about 6%). Occurrence of mental health problems was also directly proportional to the size of the settlements young people live in, i.e., only 3% of rural youth experienced any such problems, while 5% of youth from mid-sized cities and 7% of youth from large urban areas reported health problems. Minority youth were experiencing mental health problems during their stay more often (11%) than their peers (5%). This suggests that non-binary youth and young people from minority backgrounds would benefit from targeted information provision on prevention and tackling of mental health issues during a mobility stay.

Long-term health problems were more often reported by non-binary youth (15%) than their peers (about 3%), as well as by minority youth (6%) in comparison with their majority peers (3%). Lack of leisure time activities was more often reported by minority youth (9%) than their peers (5%). Difficulties in adapting to a different culture were more often reported by minority youth (7%) than majority ones (4%), and similarly also lack of understanding of how things work abroad (6% of minority and 3% of majority youth), making new friends abroad (11% of minority youth in comparison with 7% in peers), and lack of language skills (10% of minority youth in comparison with 6% in peers), and problems with hosting institutions (9% of minority youth in comparison with 5% in peers).

Minority youth seem to be systematically struggling more with various challenges during their mobility stays. Information provision should focus on these young people and provide them with guidance on how to tackle various challenges successfully so that their stay is a positive one.

Deeper analyses of the barriers preventing young people from going abroad in 2022 or 2023 showed the following. Travel-related problems were more pronounced in youth from less fortunate backgrounds (9%) than those from more affluent ones (4%) as well as in minorities (11%) in comparison with majority youth (5%). Mental health issues prevented many more non-binary youth from going for their mobility abroad (31%) in comparison with their peers (about 6%), as well as those from minority backgrounds (12%, in comparison with 3% of majority youth).

Physical health issues were more pronounced in minority youth (7%) than in their majority counterparts (2%), as well as problems with hosting institutions (5% in minority youth and 2% in majority youth). Losing touch with friends was a barrier more often in non-binary youth (17%) in comparison with their peers (about 7%), as well as in minorities (10% in comparison with 6% in majority youth). Fear of not adapting to the new culture occurred more often in non-binary youth (11%, in comparison with about 5% in others). Fear of not making friends was most pronounced in non-binary youth (21%) followed by women (12%) and least occurred in men (7%). Minority youth mentioned this fear more often (15%) than majority youth (10%).

Similarly to the previous challenges, even in this set of barriers, it is the minority youth, non-binary youth, and youth from economically less fortunate backgrounds that are struggling more than their peers. Information provision should focus on these young people and provide them with guidance on how to tackle various challenges successfully so that these barriers no longer prevent those young people from going abroad.

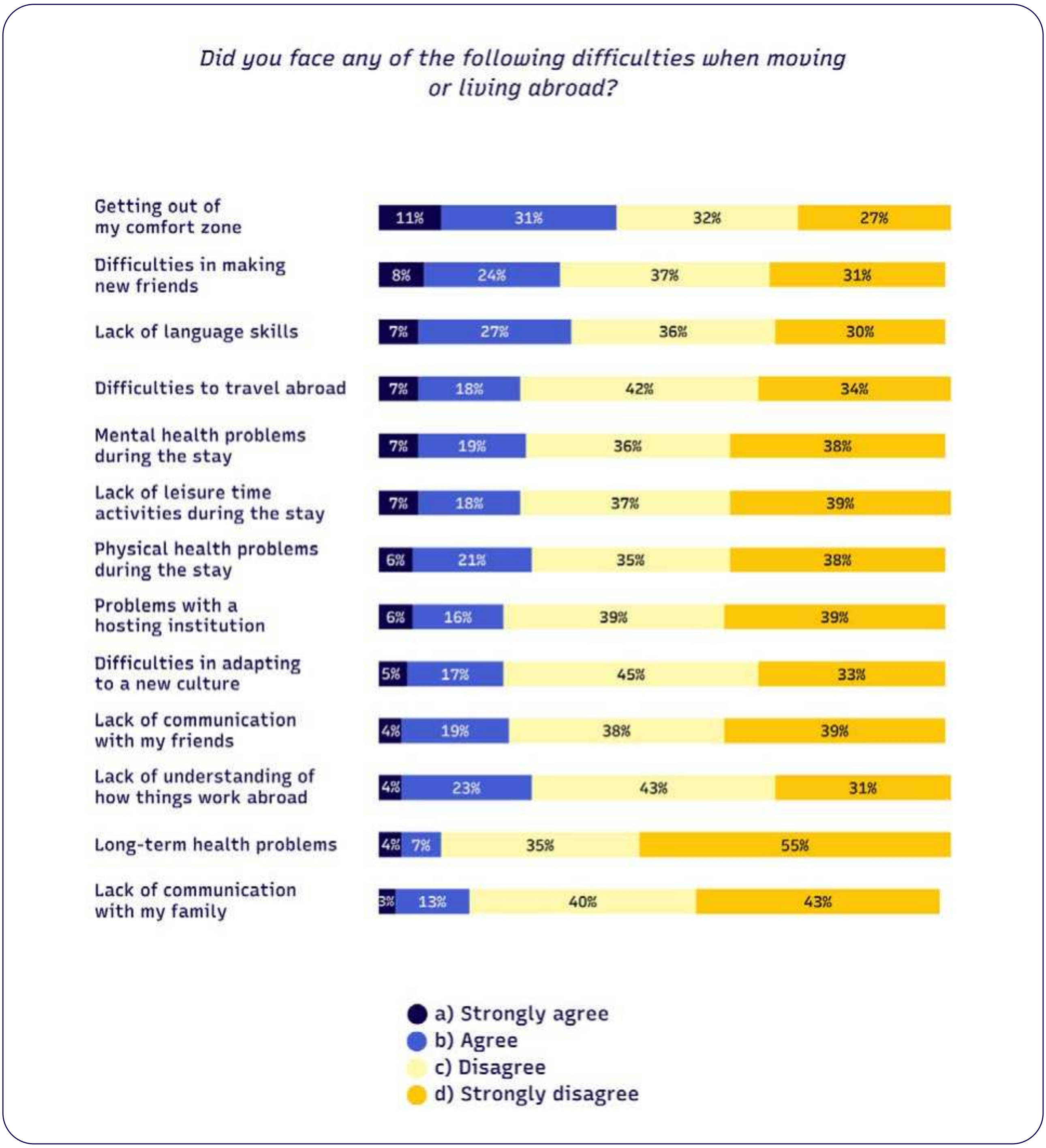



*Figure 35: Barriers in undergoing mobility programmes as experienced by young people who undertook a mobility stay in 2022 or 2023.*

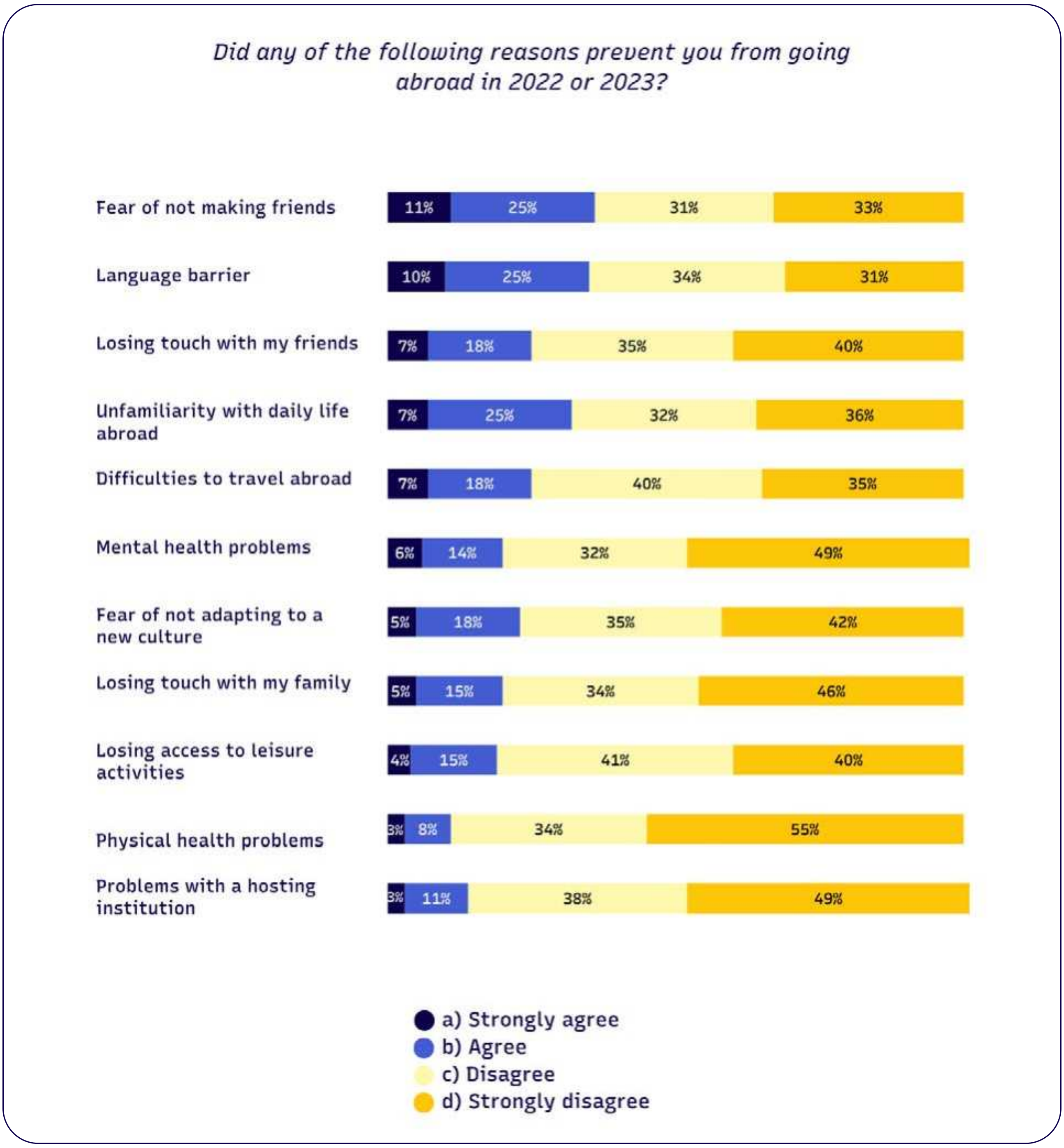



*Figure 36: Barriers in accessing mobility programmes as experienced by young people with no mobility experience in 2022 or 2023, part II.*

# CHALLENGES OF COMING BACK FROM A MOBILITY EXPERIENCE

Young people were asked to elaborate on the challenges they faced as a result of their mobility experience upon coming back home (see Figure 37), and those with no mobility experience were invited to share their fears about the impacts of mobility on their lives upon its completion (see Figure 38). The two groups differed substantially in the severity of challenges they identified upon returning home after a mobility experience: while only about 10% to 20% of those with mobility experiences saw any negative impacts, between 20% and 45% of those with no mobility experience feared negative consequences of such stays. In simple terms, young people are worried about some negative impacts, but in most cases, these impacts of mobilities do not materialise.

The most feared negative impact was the prolonging of studies (feared by 44% of those with no mobility experience), and it was also the one most likely to occur (in 21% of those with a mobility experience). The second most feared negative impact of mobility was the fear of missing out on other opportunities in life (feared by 44% of those with no mobility experience), and it was also reported by 22% of those with a mobility experience. In this case, it is however reasonable to note that no matter what choices one makes in life, it necessarily leads to missing out on other opportunities, and this is not specifically caused by the nature of a mobility stay.

Structural challenges, such as loss of housing, employment, or social security, did occur in some cases (13%-17% of those with a mobility experience), but they were feared by systematically more of those with no mobility experience (24%-28% of them).

Deeper analyses of the responses by those young people who went abroad in 2022 or 2023 showed the following. Housing difficulties were more often stated by men (8%) than women (4%). Loss of social security occurred more frequently in non-binary youth (15% in comparison with about 4% in others), as well as in minorities (7% in comparison with 3% in majority youth). Loss of employment was more often reported by non-binary youth (17% in comparison with about 4% in others), as well as in minorities (8% in comparison with 4% in majority youth). Minorities were more likely to prolong their studies due to the mobility stay (10% in comparison with 6% in majority youth). Family issues during their stay were more often reported by non-binary youth (12% in comparison with about 4% in others), as well as in minorities (7% in comparison with 3% in majority youth). Missing out on opportunities was more often reported by minority youth (7% in comparison with 3% in majority youth).

Again, various minority groups of young people seem to be suffering more from the negative effects of their mobility stays upon their return to their home country. Guidance on returning from mobilities targeted and tailored specifically to the minority youth could help them cope with these challenges better in the future.

Deeper analyses of the worries preventing young people from going abroad in 2022 or 2023 showed the following. Housing difficulties upon return to a home country were more likely to be feared by 24-29-year-olds (14%) and by 30-35-year-olds (16%), as well as by university graduates (13%), and those who are in less fortunate situations (11% in comparison with 4% in their peers from more affluent backgrounds), and by minorities (12% in comparison with 6% of majority youth). Loss of social security was more pronounced in 24-year-olds and older, with about double the share of those who strongly feared it: about 12%.

It was also more pronounced in minorities (10% in comparison with 5% in their peers). Loss of employment was feared most by 24-29year-olds and 30-35-year-olds (20% and 28%, respectively), and university graduates (22%), as well as those in precarious economic situations (13% in comparison with 5% in those who are more affluent).

Non-binary youth were more worried about prolonging studies as a result of the mobility stay (33%) than others (about 15%), as well as those from less fortunate economic backgrounds (18% in comparison with 12% in youth in more fortunate economic situations), and in minority youth (20% in comparison with 14% in majority youth). Family issues during the mobility stay and lack of family support are more often occurring in 30-35-year-olds (12% and 11%, respectively), and in minority groups (8% and 10%, respectively, in comparison with 5% in both cases in their peers). Lack of family support is, however, also feared more by those in less economically fortunate circumstances (9% in comparison to 3% in youth from more affluent backgrounds), and by those with no one with mobility experience, such as family members or friends, in their vicinity, (9% in comparison with 6% of their peers), and in minorities (10% in comparison with 5% of majority youth). Missing out on opportunities is feared more by those in less fortunate economic circumstances (14% in comparison with 9% in their peers) and in minorities (16% in comparison with 10% in majority youth).

Minority youth remain the most pronounced group when it comes to worrying about various negative impacts of mobility stays, but the deeper analyses showed that these worries spread beyond the minority groups as well. Guidance on returning from mobility experiences should generally be available to young people, with specific tailored support for minority groups.

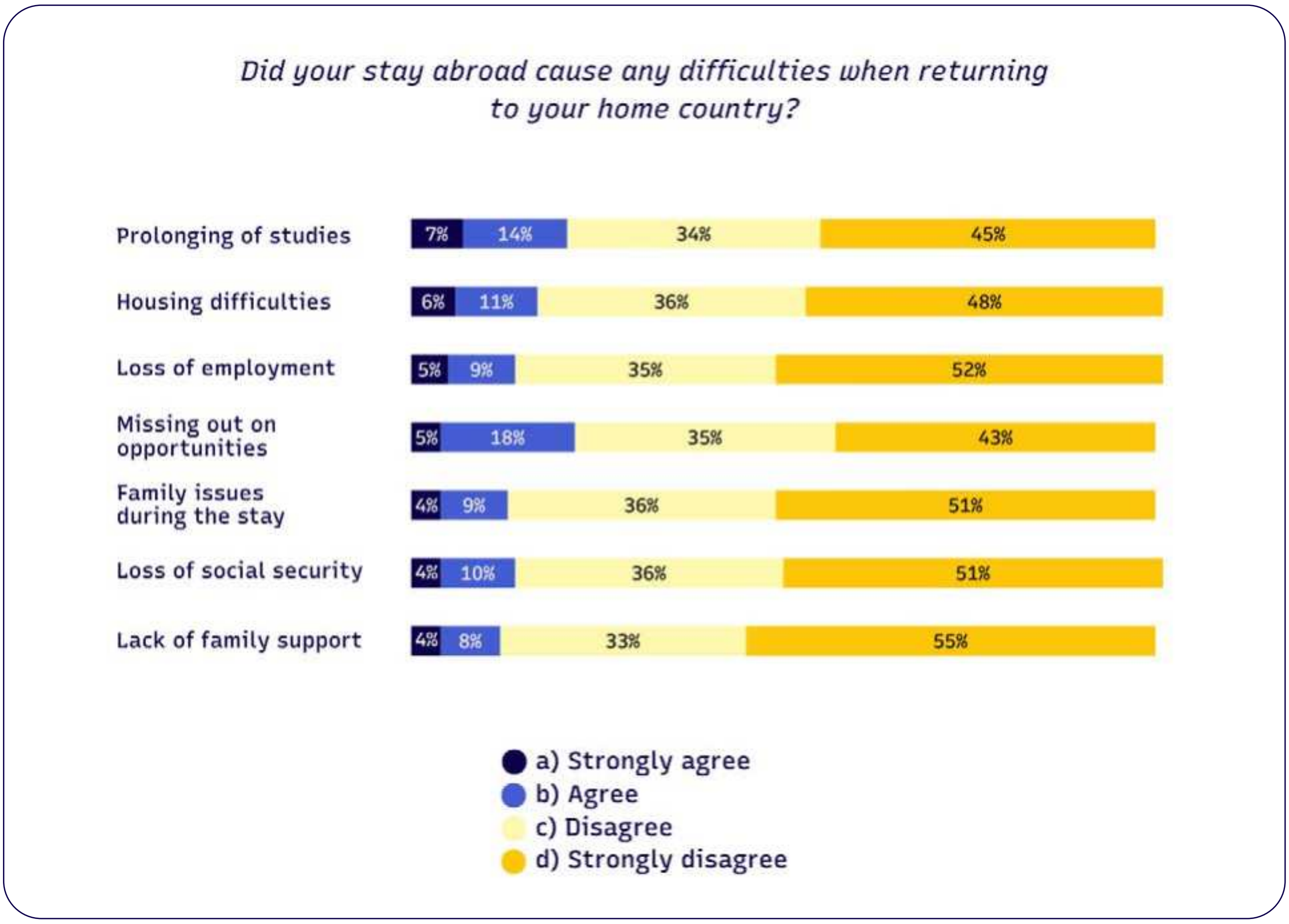



*Figure 37: Challenges in coming back from mobility programmes as experienced by young people who undertook a mobility stay in 2022 or 2023.*

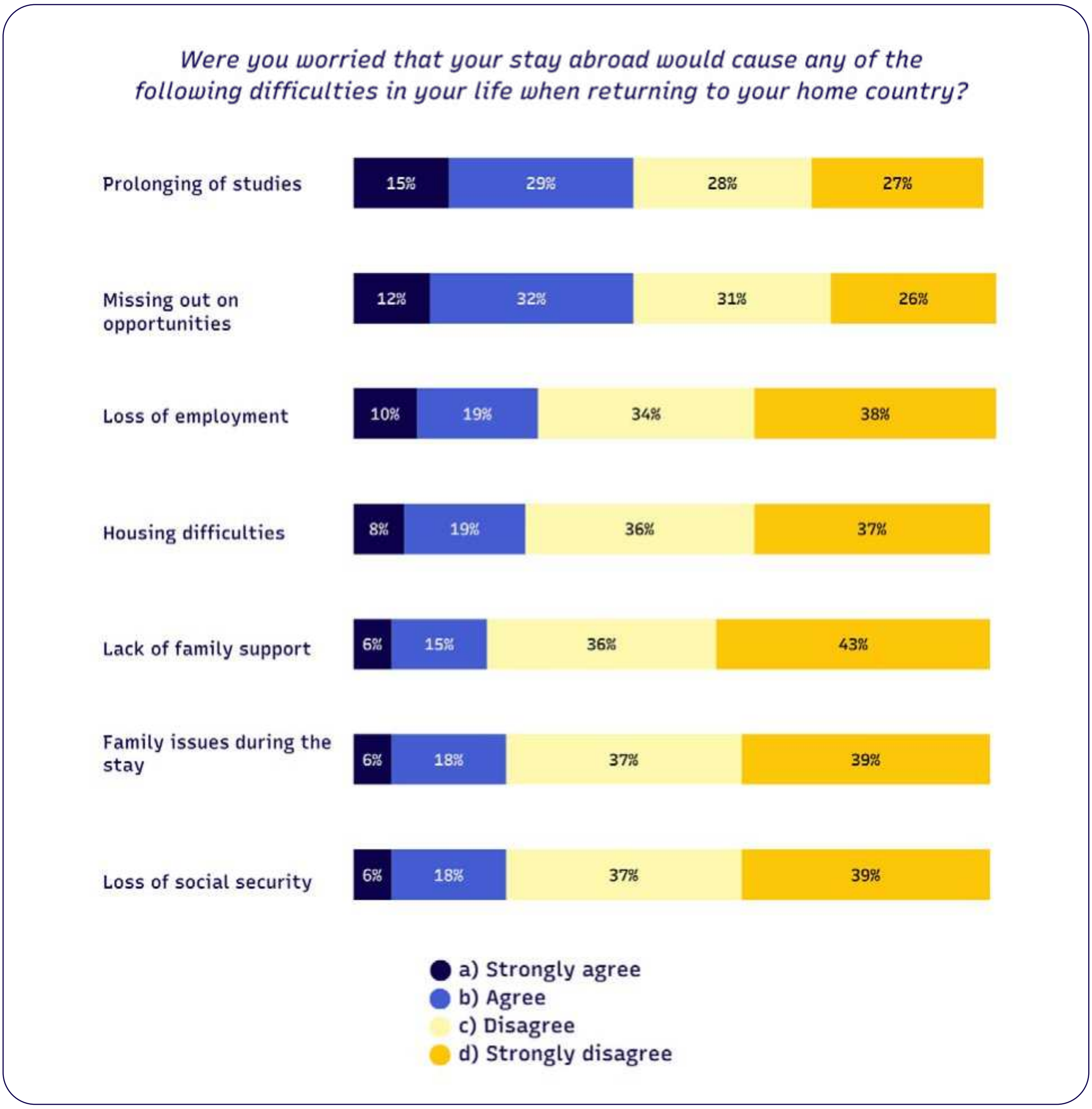



*Figure 38: Barriers in accessing mobility programmes as experienced by young people with no mobility experience in 2022 or 2023, part III.*

## CULTURE SHOCK AND REVERSE CULTURE SHOCK

Culture shock is a well-described phenomenon linked to living in a foreign country with a different culture. It is associated with feelings of disorientation and uneasiness, and it may affect the person mentally and physically. Similarly, the reverse culture shock occurs upon coming back from a long-term stay abroad and manifests itself in a range of negative feelings similar to those of the culture shock but related to readjustment to one's home country and culture.

About 45% of the Eurodesk Youth Info Survey 2025 respondents admitted to experiencing culture shock or reverse culture shock as a result of their 2022 or 2023 stay abroad (see Figure 39). In the group of young people with no mobility experience, 86% were aware of the culture shock phenomenon, while only 39% were aware of the term reverse culture shock.

Detailed analyses showed that minority youth were more prone to experiencing culture shock during their mobility stays (13% in comparison with 9% in majority youth), while those who more often fell victim to reverse culture shock were the 24-29-year-olds (21% in comparison to about 15% in their peers), as well as minorities (19% in comparison with 14% of majority youth).

When it comes to the knowledge of the terms in those who did not go abroad, 13-15-year-olds were more often unaware of the concept (18% of them did not know the term at all) as well as those who did not complete basic school and those who completed basic school (20% and 13% of them did not know the term at all, respectively). Awareness of the term was directly proportional to the size of the settlements young people lived in, i.e., while 63% of youth from large urban areas knew very well what the term meant, it was only 53% in mid-sized cities and only 50% in rural areas.

Similarly, reverse culture shock was an unknown term to 38% of 13-15-year-olds. The absence of knowledge about reverse culture shock was also directly proportional to the size of the settlements young people lived in, i.e., while 24% of youth from large urban areas knew very well what the term meant, it was only 20% in mid-sized cities, and only 13% in rural areas.

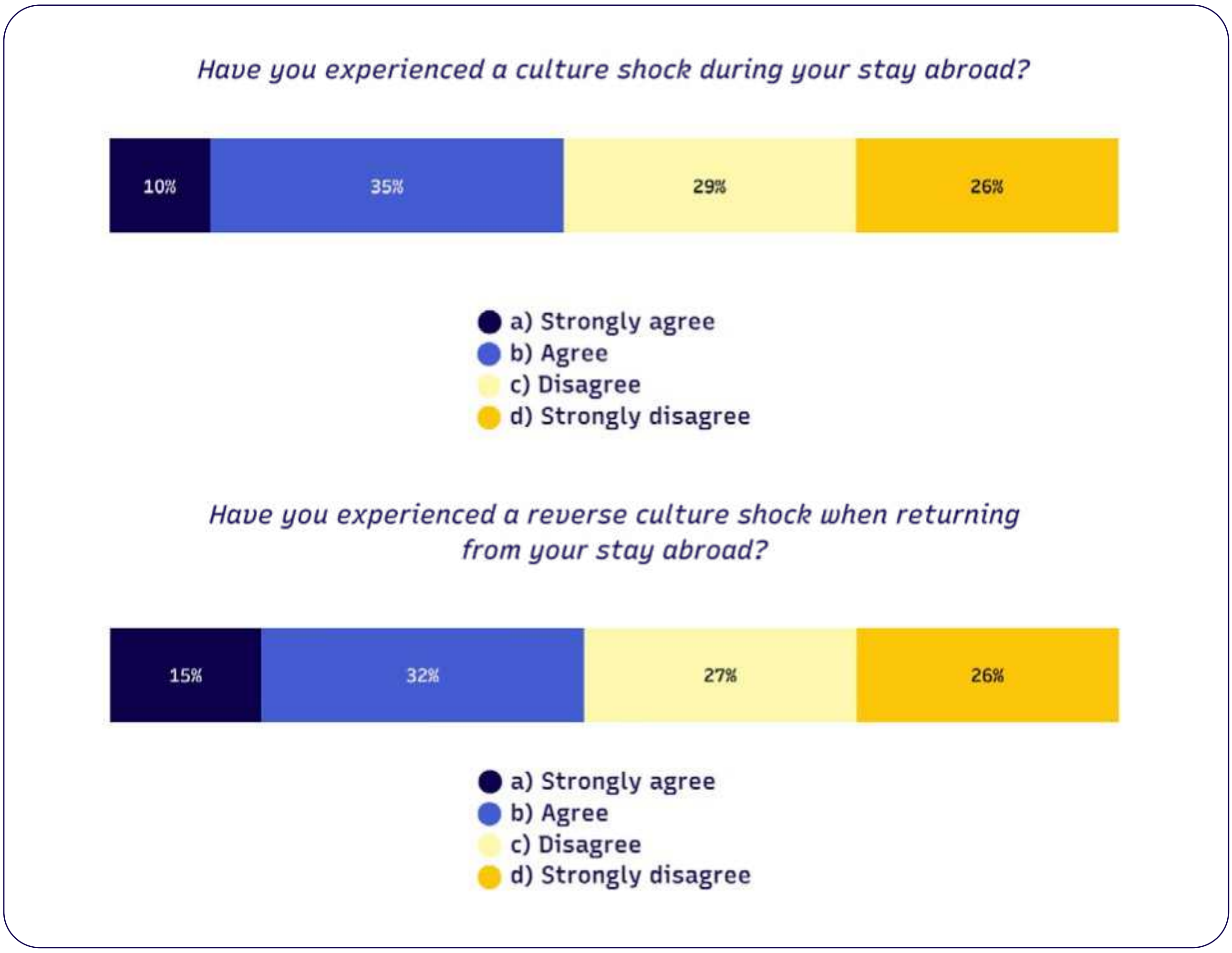



*Figure 39: Experiencing culture shock and reverse culture shock by young people who undertook a mobility stay in 2022 or 2023.*

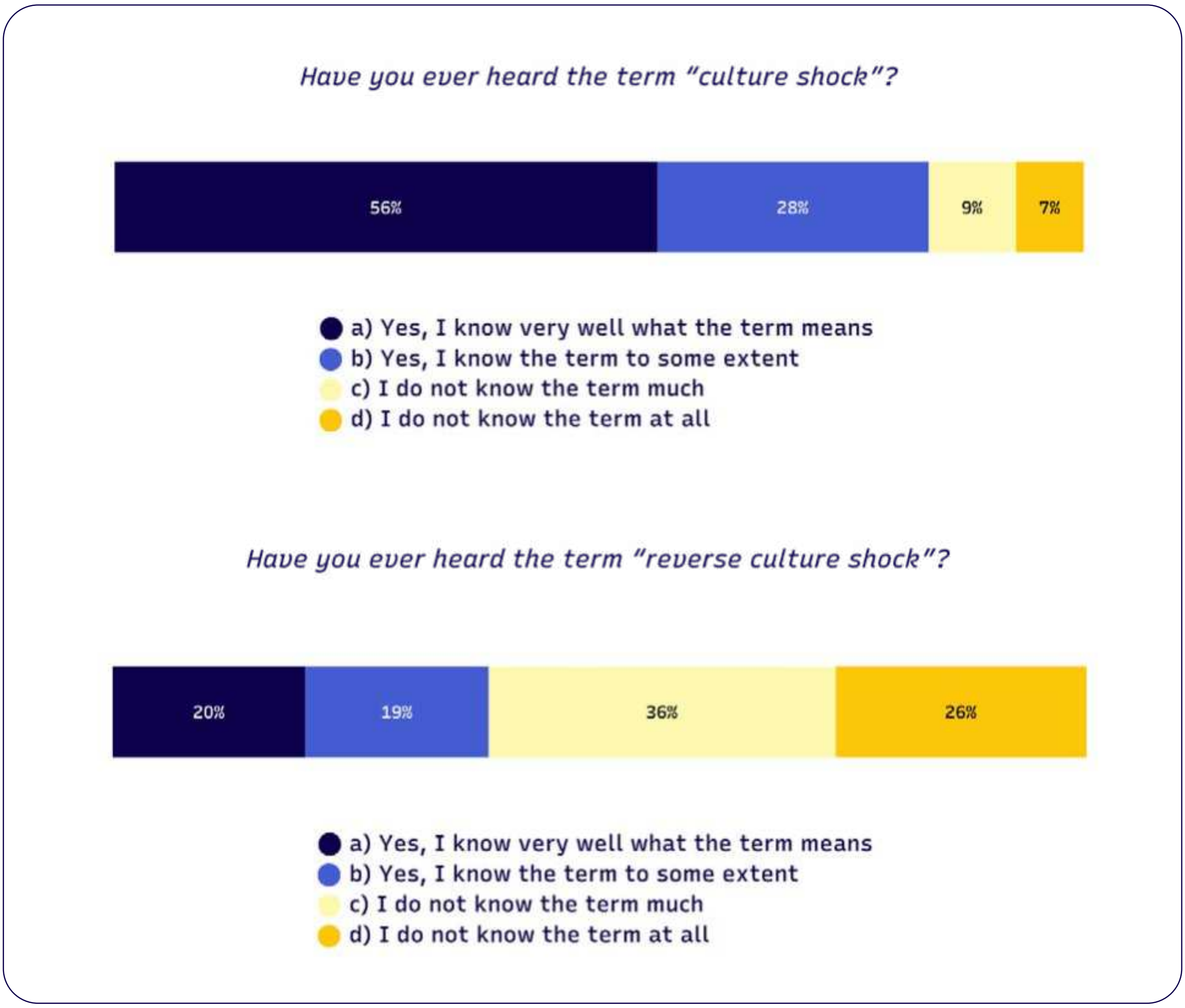



*Figure 40: Awareness of culture shock and reverse culture shock by young people with no mobility experience in 2022 or 2023.*

KEY TAKEAWAYS!

# KEY TAKEAWAYS!

KEY TAKEAWAYS!

## THE YOUNG PEOPLE PARTICIPATING IN THE EURODESK YOUTH INFO SURVEY 2025...

- ... shared that the main reason for not going abroad is not having enough time. Nevertheless, other important reasons all revolved around lack of information!
- ... identified the most prominent barriers to organising a mobility stay abroad: financial and administrative problems and lack of information.
- ... pointed out the main challenges that occur during the mobility stays: getting out of the comfort zone, making friends, and lacking language skills.
- ... underlined that the most prevalent negative impacts of mobilities upon coming back to the home country were prolonged studies, loss of employment, housing difficulties, and missed opportunities.
- ... agreed that the abovementioned barriers are relevant for those who went abroad and feared by those who did not go abroad (yet).
- ... who belonged to minority groups, non-binary youth, or economically less fortunate ones faced the abovementioned barriers more often than their peers.
- ... admitted that half of them suffered from culture shock or reverse culture shock. Minority youth were more likely to suffer from both culture shock and reverse culture shock!
- ... showed that awareness of the term culture shock is reasonably high, but young people are much less likely to know what reverse culture shock means.

KEY TAKEAWAYS!

KEY TAKEAWAYS!

KEY TAKEAWAYS!

# WHAT DID WE LEARN FROM THE EURODESK YOUTH INFO SURVEY 2025?

Most importantly, the Eurodesk Youth Info Survey 2025 brings yet another strong evidence showing that young people are very open to going abroad for their mobility stays, that they see them as valuable to all aspects of their lives, and that they rate their mobility experiences extremely positively (see previous Eurodesk survey publications for similarly positive results: Bárta 2022, Sabuni 2019 & 2018).

The Eurodesk Youth Info Survey 2025 also shows that there are groups of young people who are more likely to face various barriers when it comes to mobilities, often systematically across many various elements of organising a mobility stay. These are often young people from minority backgrounds, non-binary youth, and those economically less fortunate, but also those with lower education or those in their early teenage years. As much as this is not good news, this report also brings in findings that have the potential to help improve the chances of those young people accessing mobility opportunities. There are detailed findings on sources of information different sub-groups of young people use, what types of information they seek, and through what platforms or channels they operate and in what environments they can be found. These details should be used to create tailored information strategies for various sub-groups of young people, especially (but not limited to) those who are facing various barriers more often than others. This chapter points out some specific findings that can be linked together to support youth information efforts.

Young people mostly look for information in environments they often visit, such as online spaces and schools, and among friends and their families. As much as some young people also sometimes reach out to specialised information services, such as mobility advisors, the environments in which young people can be found most often should be primarily targeted by youth information services. This is true namely for parents of young people, especially those who do not have their own mobility experience and those whose children are in their early teenage years.

When it comes to specialised websites such as the European Youth Portal, Eurodesk, EURES, or EuropeDirect, these are used mostly by young adults. This finding provides information providers with a choice: either adapt these sources fully to this specific target group and rely on other information sources for younger age groups, which will lead to further strengthening of the information delivery to young adults through these websites, or adjust language and content in such a way that it is also accessible and welcoming to younger age groups.

There is potential in reaching specific groups of young people via specific tools, for example, findings of this survey show clearly that young adults and highly educated young people are more prone to using email newsletters or webinars, as information sources. Combined with what specific information they look for, and with specific benefits they identify upon completion of their mobility stay, this is ideal for creating efficient communication strategies for these particular groups of young people.

Social media are also widely used as information sources by young people. This study shows clearly that Instagram and YouTube are widely used by young people across all sub-groups. These have the potential to be the major information channels for mobility-related information. Facebook is a social media platform used mostly by 24-year-olds and older, and TikTok is used most frequently by those who are 23 or younger. LinkedIn is a social networking platform useful for spreading information among university graduates.

There is room for supporting young people in applying for mobility opportunities. 10% of young people abandoned their mobility applications for 2022 or 2023 stays, and a further 10% of them saw their applications rejected. Although large shares of young people said they did not need any support in drafting their applications, appropriate information on this topic, including where to find guidance and support if needed, should be available.

Different mobility types were popular with various sub-groups of young people, and these can be used as guidance to youth information services on small, targeted information sources. For example, summer schools are less frequented by young people from less fortunate economic backgrounds. This can be an inspiration for an article on how to attend summer schools in the most economical manner, where to look for financial support and similar useful tips.

While this study again confirms the importance of combining fun and meaningfully spent time when it comes to motivating young people to go abroad, the deeper analyses also show that other motivations are also important in certain sub-groups of young people: employability is important to young adults, and educational gains to teenagers, for example.

The Eurodesk Youth Info Survey 2025 brings conflicting findings in the domain of AI use. While its use in successful applications was only admitted by a very small share of respondents, the use of AI in application drafting seemed to be much more common in unsuccessful applications. This can reflect reality to some extent, as AI-drafted applications may be of inferior quality and, therefore, more likely to be rejected. This can be connected to the fact that the respondents referred to their use of AI in 2021 and 2022, and therefore the use of AIs were not as prevalent as it is today, and the AIs were less developed and provided outputs of less quality than today.

To some extent, however, the findings may be influenced by the unwillingness of the respondents to share this via a survey, and this unwillingness may be greater in successful applicants than in those who were rejected. If this area remains of interest to youth information services, it should be further explored via interviews or similar qualitative methods as these have more chance to uncover truthful information as well as shed some light on wider context and reasons for AI use in the mobility context.

Young people rate their mobility experiences highly positively, as mentioned above. There is, however, one sub-group where this enthusiasm is curbed: non-binary youth. This raises questions about the inclusion of this particular group in international mobility settings.

It also presents an area in which youth information services could support both organising (sending and hosting) institutions (e.g., in what mechanisms to put in place to ensure non-binary youth feel included), non-binary youth (e.g., in how to tackle new environments and establish comfortable communication and relationships), and young people in general (e.g., in how to fairly behave towards non-binary youth).

The Eurodesk Youth Info Survey 2025 unravelled the most common barriers that occur both during mobilities and that prevent mobilities from happening. Financial and administrative problems, difficulties making new friends abroad, lacking language skills, getting out of comfort zone, and most importantly, lacking information. All of these constitute a solid basis for the creation of specific youth information content: addressing these particular barriers may help some young people to organise their mobility stays and some others to make their stay a pleasant and successful experience. As mentioned above, various minorities are more likely to face these barriers than their peers from majority backgrounds, and therefore the youth information services should take this into account when drafting new information content.

Upon finishing the mobility, young people reported challenges they had to face most frequently: prolonging of studies, loss of employment, housing difficulties, or missed opportunities. These are all important issues that influence how positively young people perceive their mobility stays: the more they experience these difficulties, the less enthusiastic they are in their mobility rating. Youth information services should address the phase of returning from a mobility stay, bearing in mind that minority youth are again more often facing these challenges.

About half of young people who underwent mobilities in 2022 or 2023 admitted suffering from culture shock and reverse culture shock. This finding, together with the fact that mental health issues were also reported in connection with mobility stays, suggests that youth information services should tackle this domain.

While awareness of the term “culture shock” is high, the opposite is true for the term “reverse culture shock”. Moreover, a simple awareness of the phenomenon does not give young people the means to deal with these conditions. The youth information services could either create practical guidance on how to deal with (reverse) culture shock, or they could point young people to specialised services which can help them tackle these challenges.

As can be seen from this final chapter, this study brings up detailed information on how young people perceive the mobility domain, all of them relevant to and potentially very useful to youth information services.

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# ANNEXES

## EURODESK YOUTH INFO SURVEY 2025 SAMPLE

The survey totalled 9903 responses, after cleaning responses of those beyond the eligible age limits (i.e., those younger than 13 and older than 35), there were 9877 responses left. Furthermore, only those respondents who answered at least 50 out of 76 survey questions (i.e., at least 65.8%) were included in analyses in order to safeguard the reliability of the answers, bringing the number of responses to 7360. Lastly, responses which included incoherent answers (e.g., those who claimed to be 13 years old and at the same time claimed to have finished university, etc.) were also removed from the dataset, bringing the total number of respondents of the Eurodesk Youth Info Survey 2025 to 7144. All of those 7144 responses were analysed and findings from this data corpus are presented in this report.

**Most of the Eurodesk Youth Info Survey 2025 respondents were 18, 19, and 20 years old (see Figure 41), with the most represented age groups being 19-23-year-olds (44%) and 16-16-year-olds (31%).** These age groups were used to further probe differences in opinions on various topics, and in line with the previous Eurodesk Youth Info Survey (Bárta 2022: 11), they represented the following specific characteristics:

- **13-15-year-olds:** Young people who are mostly still attending compulsory school and are legally considered minors, which has consequences for their mobility options (e.g., consent of a legal guardian may be required to travel abroad, etc.);
- **16-18-year-olds:** Young people frequently attend higher secondary education (high schools), and are still legally minors, which has consequences for their mobility options;
- **19-23-year-olds:** Young people either entering the labour market or attending university who are already legally recognised as adults and can travel across country borders in line with general regulations;
- **24-29-year-olds:** Young people either already in the labour market or entering the labour market after graduating from university; and
- **30-35-year-olds:** Young people in an advanced phase of their career and private lives.

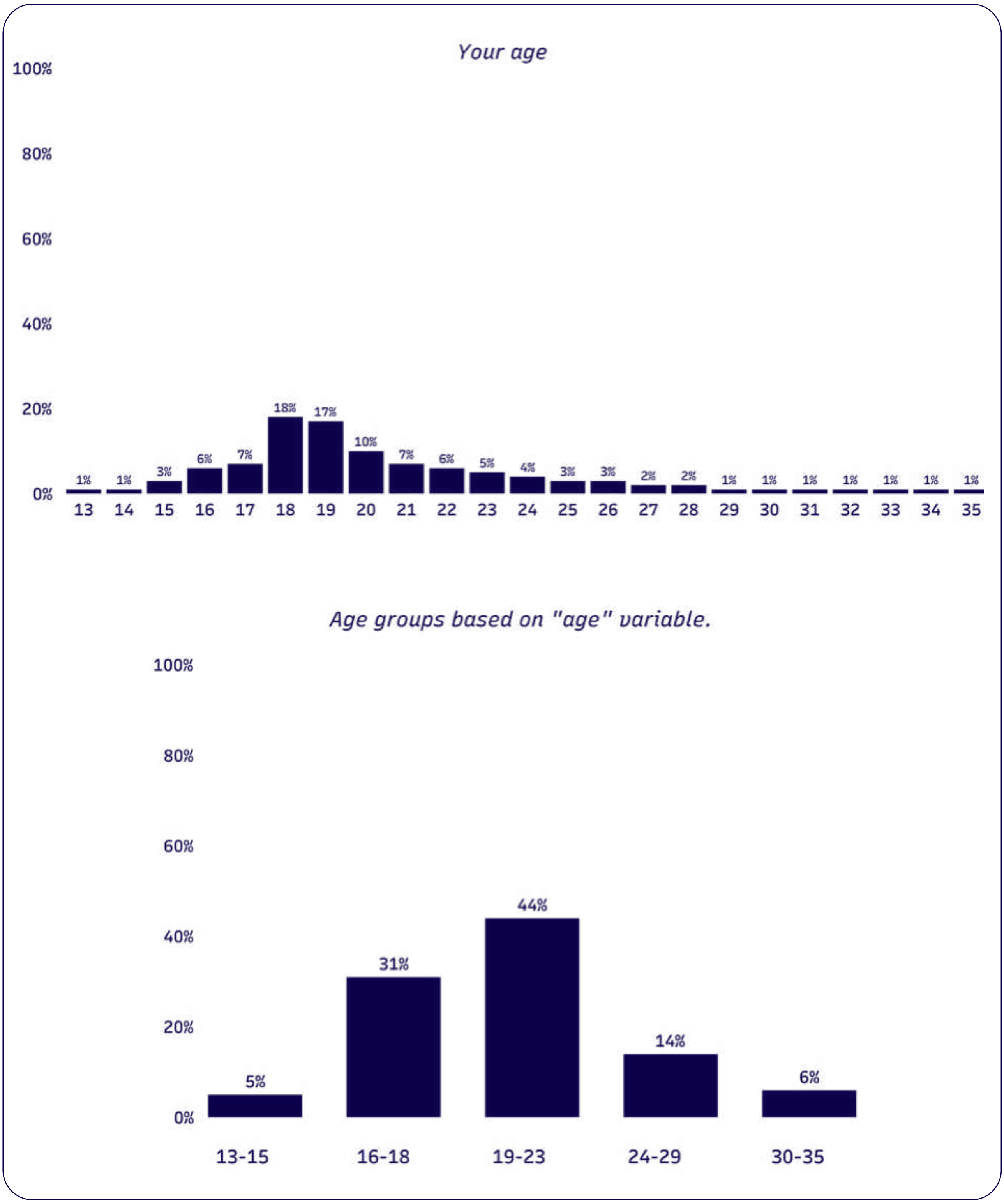


*Figure 41: Age of respondents.*

**The Eurodesk Youth Info Survey 2025 respondents resided most frequently in Germany (26%), Italy (13%), and Türkiye (9%; see Figure 42).**

**Most of the respondents were women (72%) and a small minority of respondents identified themselves as non-binary youth (2%; see Figure 43). Most of the respondents were high school graduates (52%; see Figure 44).**

**Most of the respondents were in full-time or part-time education or training (74%),** and 16% were not in education, employment, or training (NEETs; see Figure 45).

**Most of the respondents came from urban or metropolitan areas (55%), with only a minority residing in rural or remote areas (16%; see Figure 46).** Respondents coming from rural areas were more likely to only have completed basic school (31%) in comparison to those coming from large urban areas (13%). Similarly, those residing in large urban areas were more likely to hold a university degree (30%) than their counterparts from rural areas (15%).

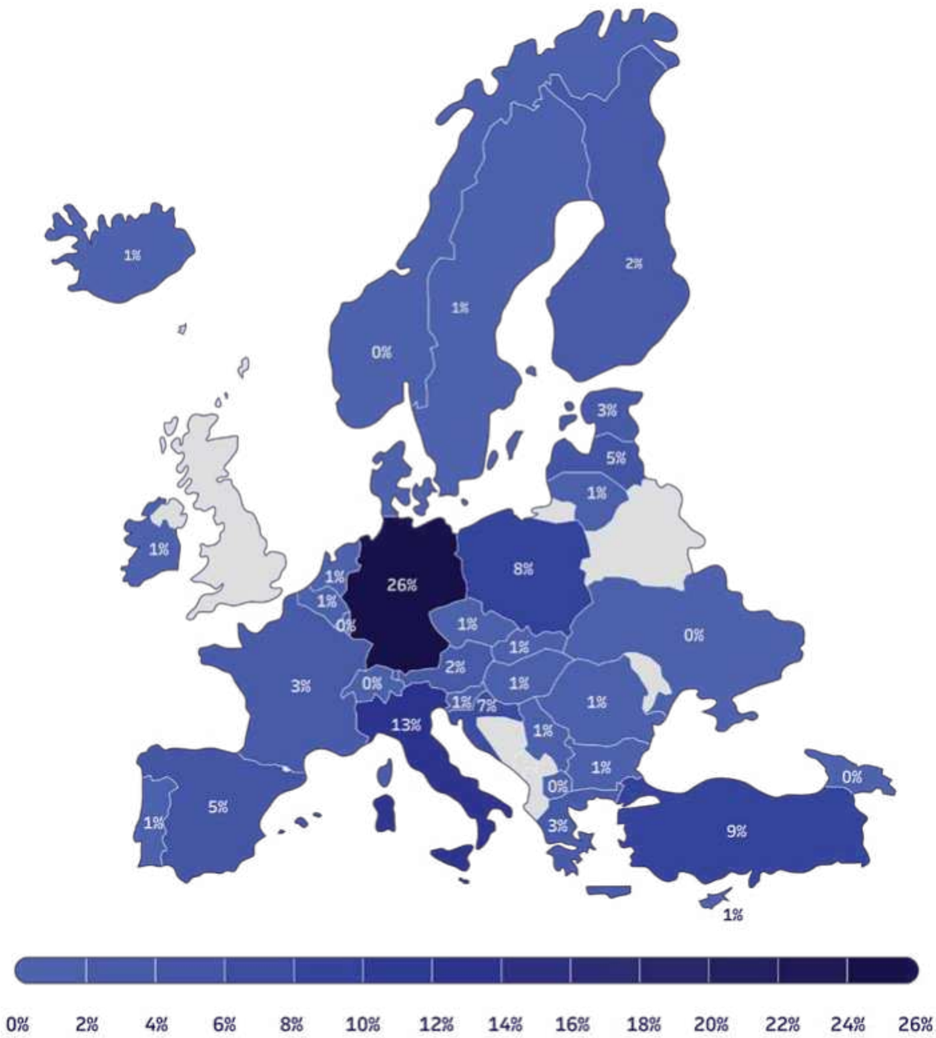


*Figure 42: Place of residence of respondents.*

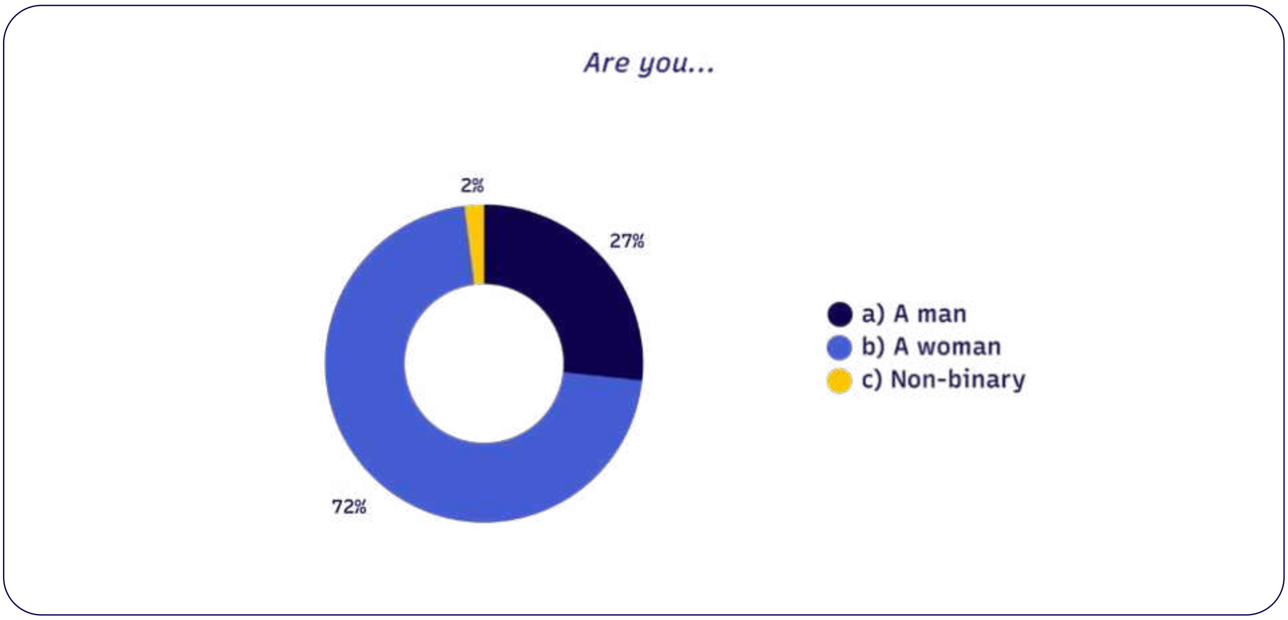


*Figure 43: Gender of respondents.*

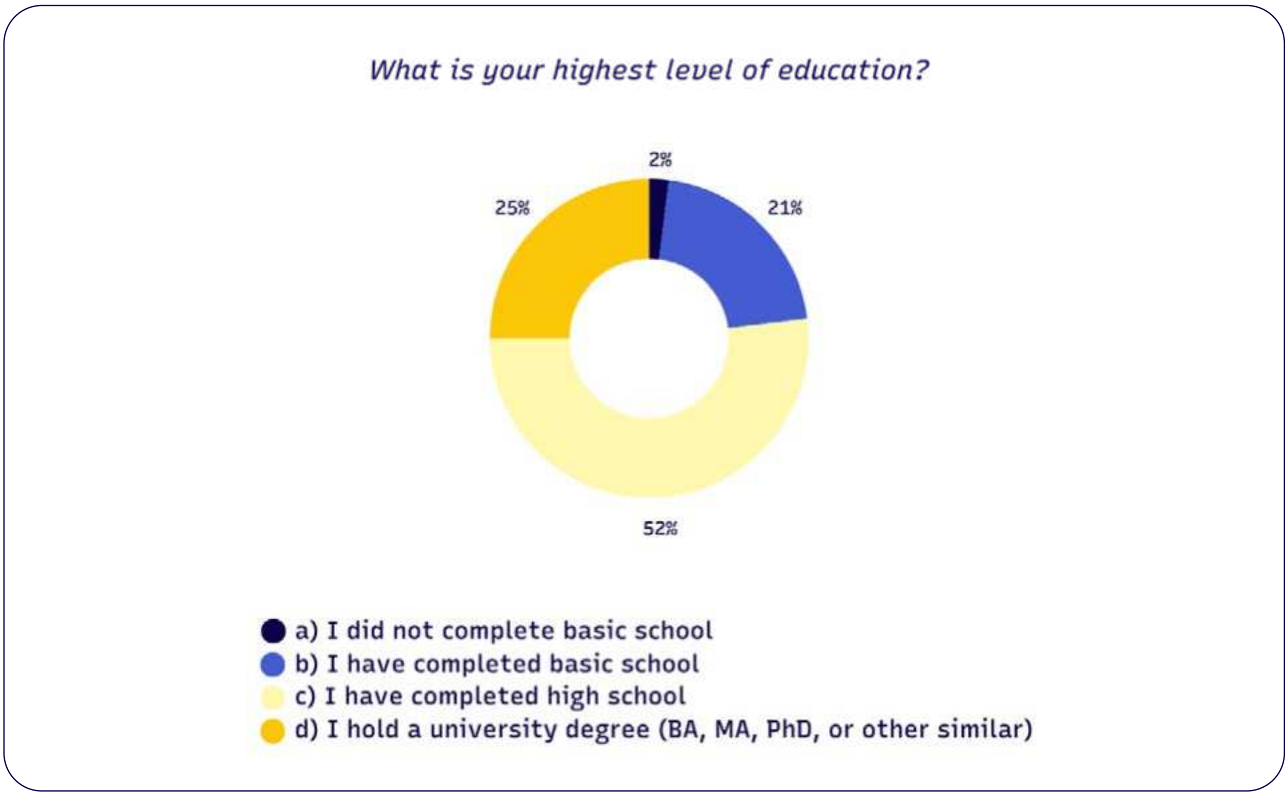


*Figure 44: Highest educational attainment of the respondents.*

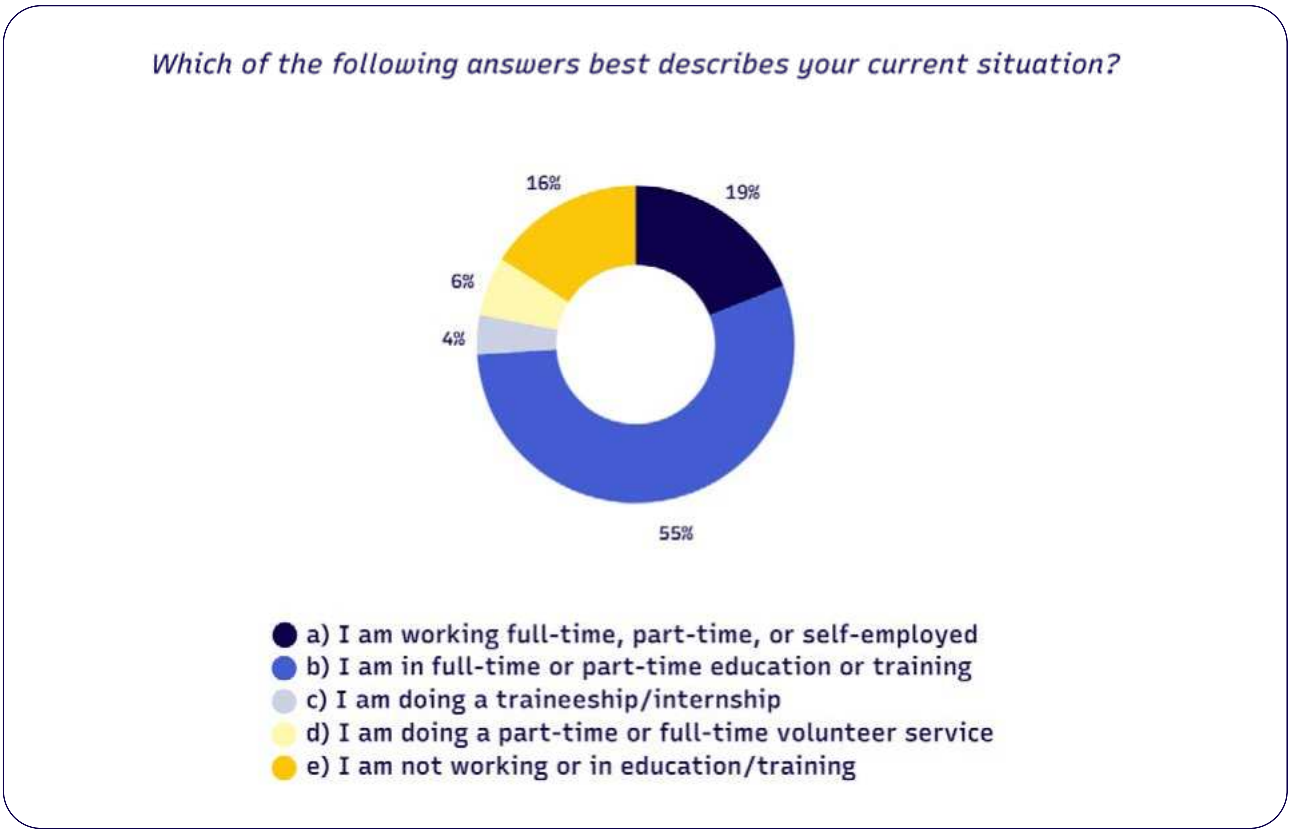


*Figure 45: Economic activity of the respondents.*

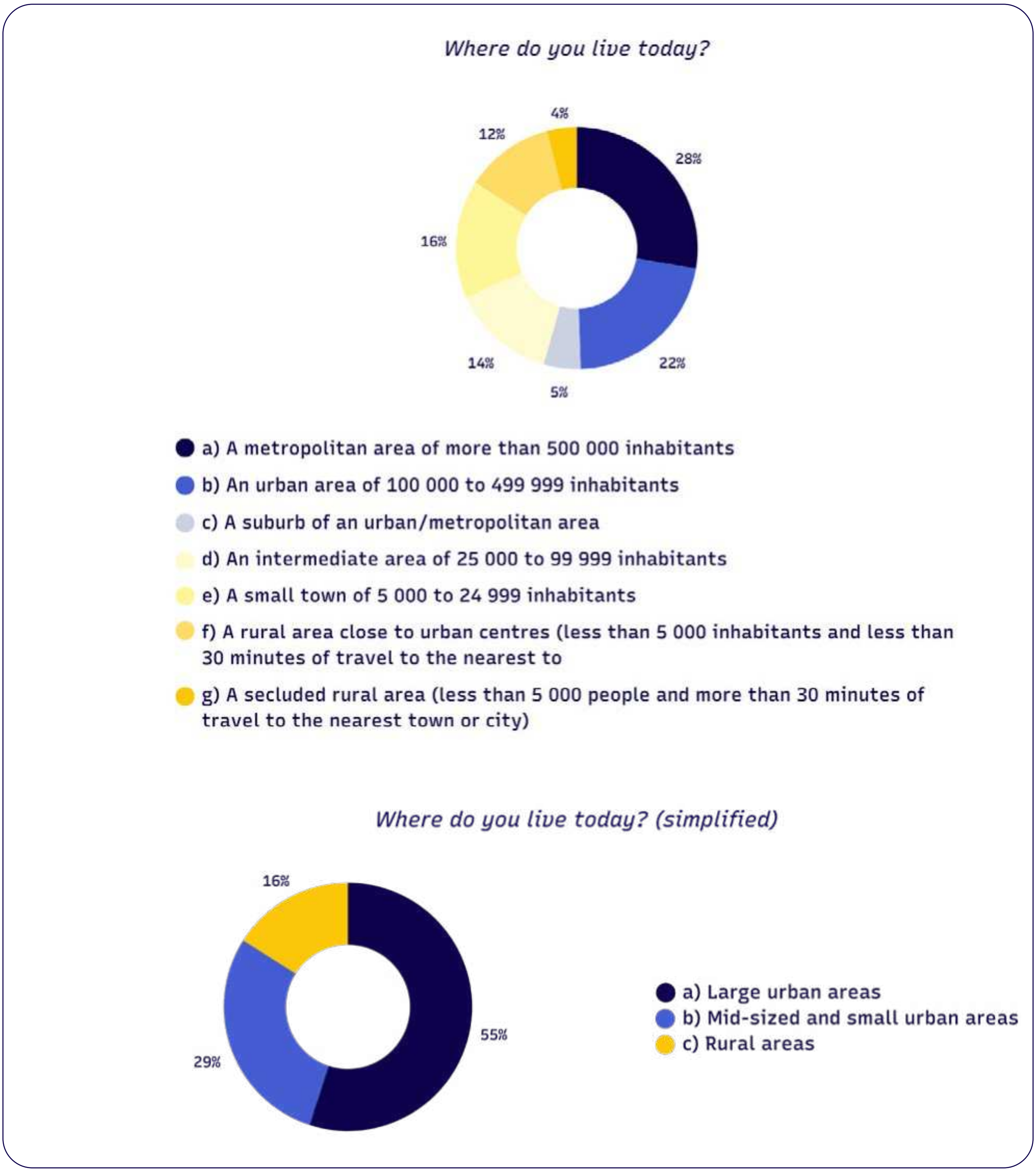


*Figure 46: Size of settlements in which respondents resided.*

The respondents were also asked to assess their economic situation in the youth mobility context (see Figure 47). For 53% of the respondents, the EU grant schemes were absolutely crucial: they could only go abroad in the case they were financially supported through these grant schemes. Another 34% of the respondents could go abroad with the EU grant support, but covering some expenses did not cause any problems for them. And only 13% of all respondents stated that they could go abroad with no financial support at all. For the purposes of deeper analyses, the two groups of young people for whom going abroad posed no or only small financial worries were collapsed into a group called “young people from affluent backgrounds”, and the two groups of young people for whom travelling abroad poses serious financial difficulties were collapsed into one group described as “young people from less fortunate financial backgrounds”.

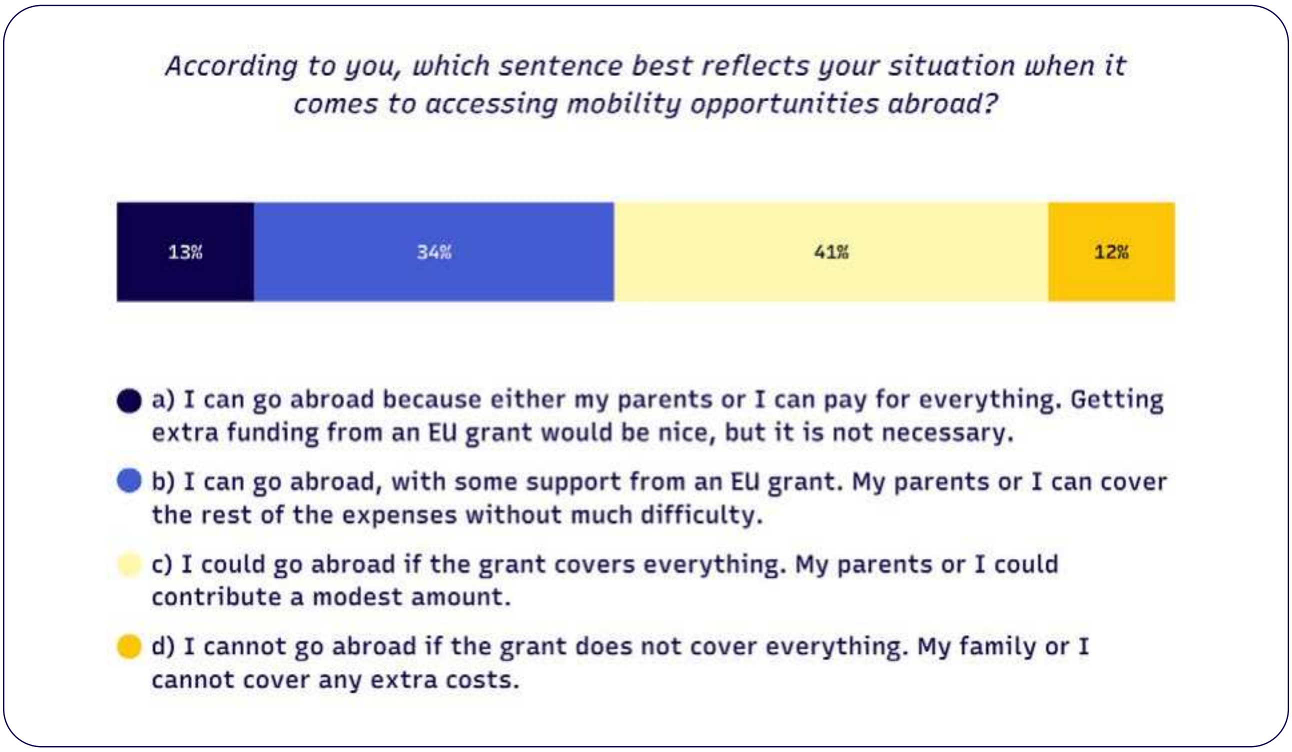


*Figure 47: Economic situation of the respondents.*

Young people were also asked about the mobility experience of their friends and family (see Figure 48). While more than half of the respondents stated that they had several friends with mobility experience, only 15% can say that about their family members. This shows a rather profound generational difference between the younger and older generations, where the mobility experience among the younger generations started to be rather common, while the same is far from true in the older generations. This was confirmed by further analyses which show that while 30-40% of 13-18-year-olds knew several friends with a mobility experience, this share climbed to 66% in the age group of 30–35-year-olds. In other words, a mobility experience is growing more and more common in today's young generations.

Coming from families with mobility experience also seemed to have a positive effect on the number of friends with mobility experience: 80% of young people coming from families with several members with mobility experience also had several friends with mobility experience, while only 43% who came from families with no mobility experience had several friends with a mobility experience. Having someone around with a mobility experience was positively linked to undergoing a mobility experience of their own: 81% of those with no friends with mobility experience did not go abroad in 2022 or 2023, while only 45% of those with several friends with mobility experience did not go abroad in the same period.

All in all, however, a staggering 86% of the respondents had at least one person around them, be it a family member or a friend, with mobility experience, and only 15% of the respondents did not know anyone with such experience. Even this combined measure was well linked to the mobility experience of the young people themselves, with 43% of those who had at least one person with mobility experience around them realising their own mobility stay in 2022 or 2023, while there were only 17% of those who went abroad in 2022 or 2023 among those with no one with a mobility experience around them.


*Figure 48: Vicinity of people with mobility experience.*

The respondents also had an opportunity to share some further information on their background (see Figure 49). **Almost 60% of the respondents confirmed that they do not come from any minority background, 14% confirmed belonging to an LGBTQIA+ community, 8% preferred not to share details of their minority background, and 6% belonged to an ethnic minority.**

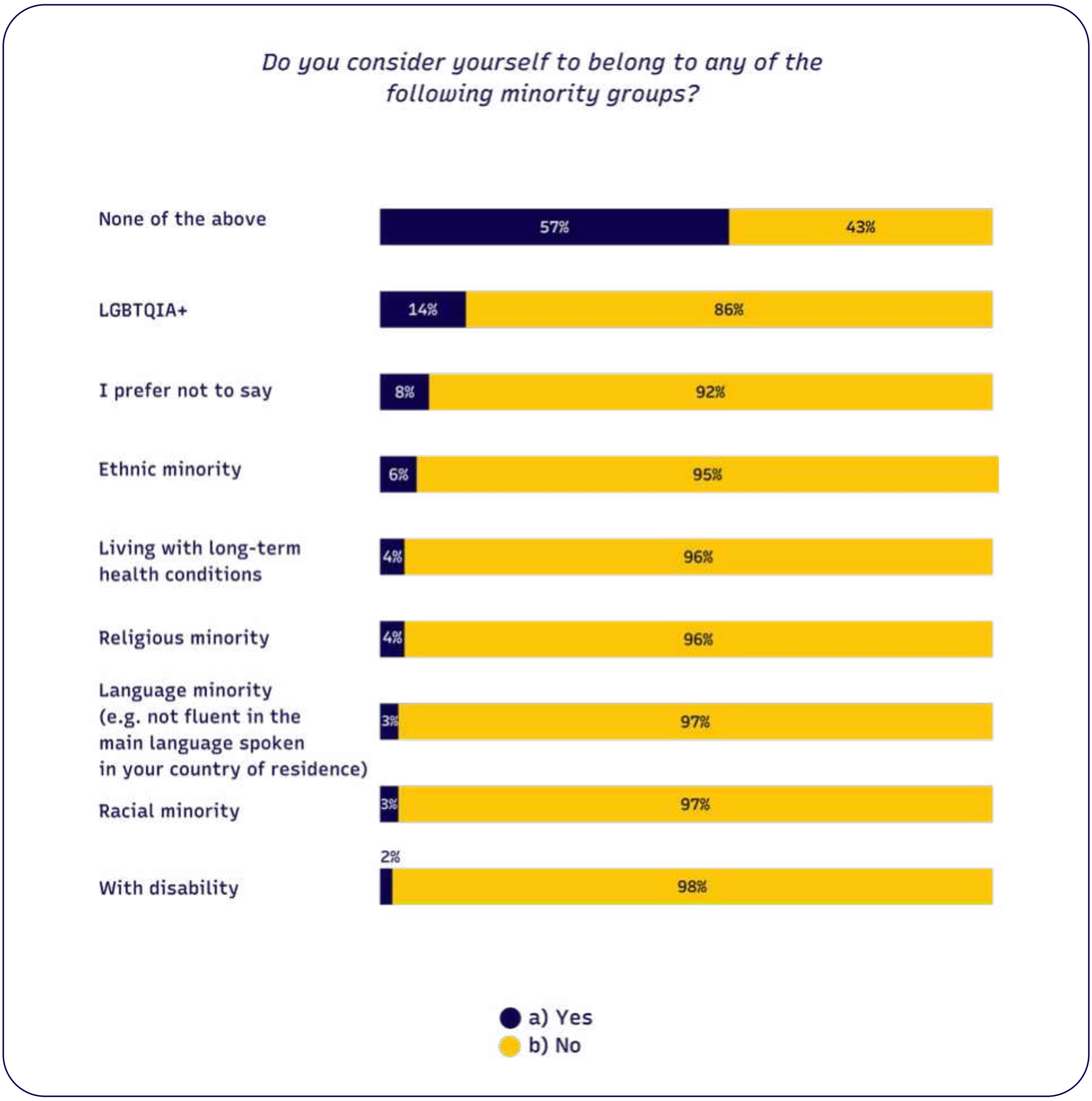


*Figure 49: Minority backgrounds in respondents.*

The Eurodesk Youth Info Survey 2025 respondents were also invited to offer their views of the EU (see Figure 50). While the views were generally positive, with 81% to 98% of respondents rating the EU positively in all offered dimensions, it was obvious that there was a gap between the EU being seen as beneficial (strongly agreed by 57% of respondents) and the EU being seen as understandable (strongly agreed by 26-30% of respondents).

19-29-year-olds were most likely to see the EU as beneficial, while males rated all statements systematically more positively than females and non-binary youth. Similarly, young people from large urban areas rated the EU in all aspects more positively in comparison with their peers from smaller settlements.

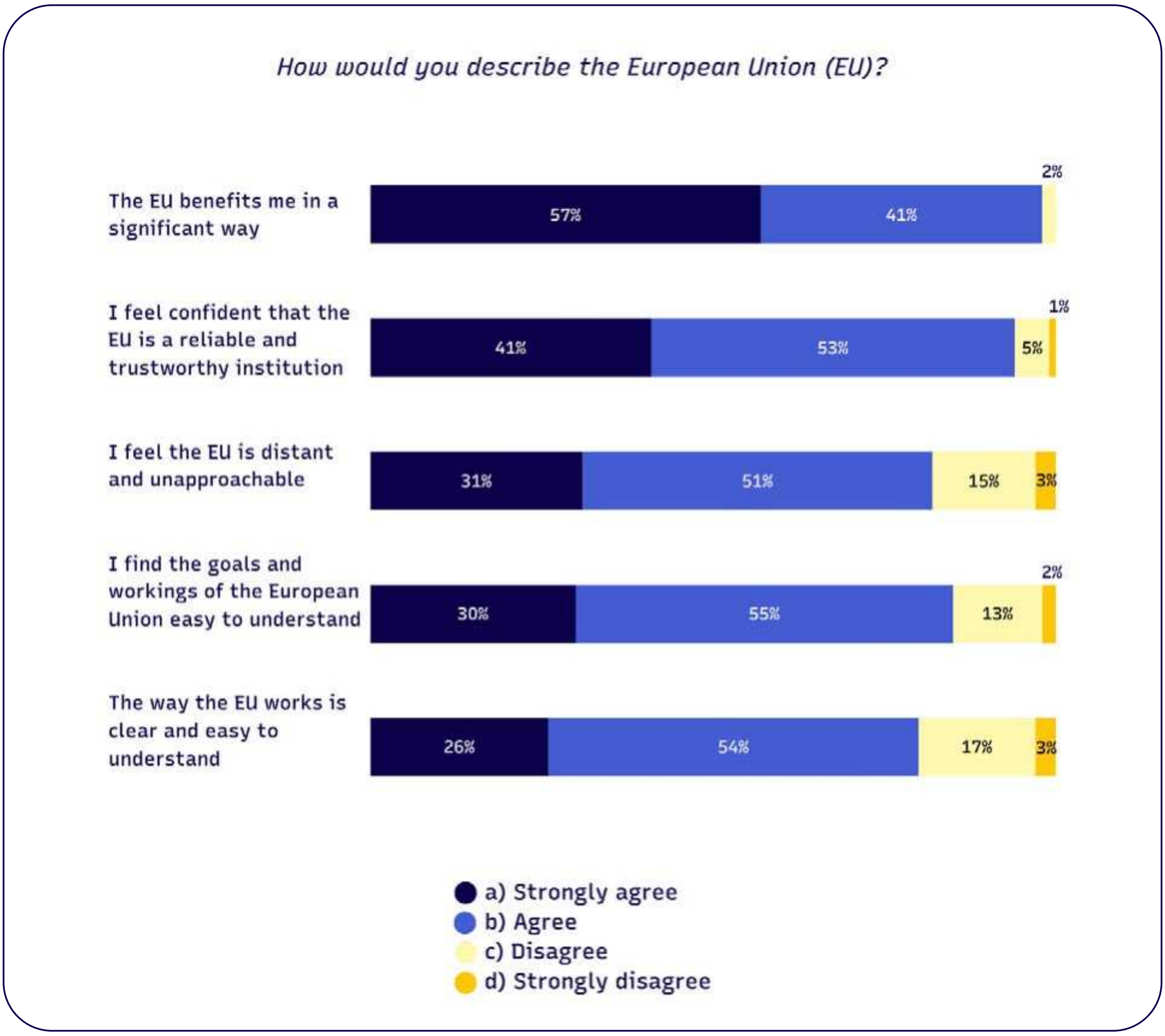


*Figure 50: Perceptions of the EU.*

Respondents were also offered a chance to receive a monthly Eurodesk YouthLetter, and almost half of all respondents subscribed to this information service via the survey (see Figure 51). This confirms young people's interest in going abroad and shows an added value of the Eurodesk Youth Info Survey 2025, with almost 5000 young people subscribing to a youth mobility information newsletter.

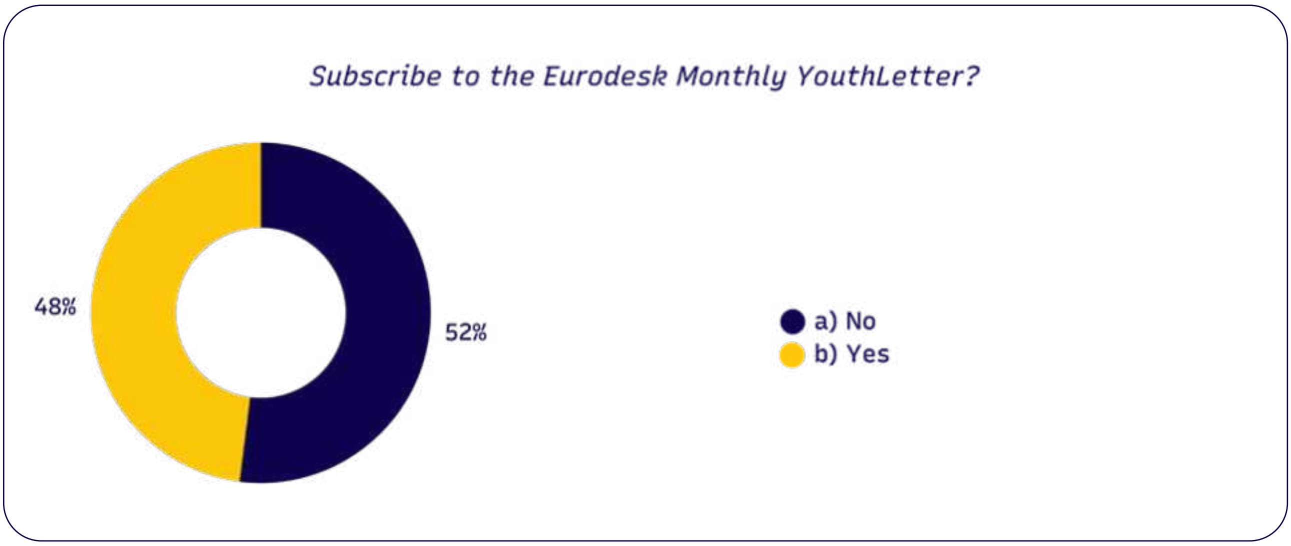


*Figure 51: Newsletter subscriptions by survey respondents.*

eurodesk