

# Is your Erasmus+ Youth or European Solidarity Corps journey on the horizon?

## Explore your opportunities!

### ✓ What is it about?

The **European Solidarity Corps** is your chance to volunteer with, for example, an NGO in Europe and around the world. You can also run your own solidarity projects that will benefit your local community.

**Erasmus+ Youth** allows you to meet young people from different countries, live together and work on exciting projects.

### ✓ How do I apply?

**European Solidarity Corps:** register at the [European Youth Portal](#) and follow the application process (upload a cover letter, CV and short application form – depending on the type of activity).

**Erasmus+ Youth:** [explore opportunities](#) through youth organisations' websites and social media. Application processes vary.

### ✓ Is there any age limit?

**European Solidarity Corps:** you can participate if you are **18 to 30 years old**. For volunteering in support of **European Solidarity Corps' humanitarian aid projects**, the age limit is **35 years old**.

**Erasmus+ Youth:** you can apply if you are **13 to 30 years old**.

Some actions (for example, training courses or partnership-building activities) do not have an age limit.

### ✓ Where can I go?

You can find opportunities in the **EU or countries neighbouring the EU**. For humanitarian aid volunteering, opportunities are available in many other countries around the world.

### ✓ Can I participate in several activities?

**Yes**, you can take part in **many different activities** in your country and abroad: volunteering projects, youth exchanges, training courses, solidarity projects and more.

### ✓ Do I have to pay anything?

Taking part in most **European Solidarity Corps** or **Erasmus+ Youth** activities is **free of charge**, as all or almost all costs are covered. You may be asked for a **small nominal contribution**.

### ✓ What is the time commitment?

For **European Solidarity Corps**, activities can last from **2 weeks to 12 months**; most are a full-time commitment.

For **Erasmus+ Youth**, activities typically last between **1 and 2 weeks** but durations vary depending on the specific format and project.

New opportunities become available at different times of the year.

**Sign up today** and take part in the programme that best suits you!

