



ERASMUS+ YOUTH EXCHANGES

What is a Youth Exchange?

A Youth Exchange brings together young people from at least two different countries to work on a topic which is interesting or important for them for a period of 1-2 weeks.

**1-2
weeks**



The topics are usually current challenges for European society and youth, such as intercultural communication, inclusion, sport, tolerance, environmental awareness, and diversity.

On youth exchanges, you will experience non-formal education methods, such as interactive workshops, simulation games, outdoor activities, excursions and much more. In other words, you get to have fun while learning!



Youth exchanges give you a chance to exchange ideas, views and experiences with other young people from various backgrounds, thus creating a great environment for dialogue and creativity.



What else you need to know:

- ALL costs for accommodation, food and activities are covered by the Erasmus+ programme!
- Travel costs are reimbursed up to a certain amount.
- You do not need to speak perfect English in order to participate.
- Usually, you need to be between 18-30 years old and resident of a participating country of the particular project.
- Our organization hosts 10-15 Youth Exchanges on yearly basis, and we help send 40-55 of young people on projects abroad.
- If you need help in finding a suitable project or a suitable organization or have any questions, we are here for you.