



FOR YOUNG PEOPLE AND YOUTH WORKERS · YOUTH & ACTIVISM

EU opportunities for young people

Youth exchanges, volunteering abroad, a free rail pass at 18. EU programmes are for you too — even if you live in a small village and have never travelled. A quick guide for young people and for partner organisations planning mobilities with us.

For: young people aged 13–30

Cost: free or fully covered

Reading time: 8 minutes

Format: printable A4

At a glance

Programme	Age	What you get	How to get in
Erasmus+ youth exchanges	13–30	5–21 days in another country with young people from several countries; travel, accommodation and food covered.	Through a youth organisation with an approved project — including Grupul Verde.
European Solidarity Corps	18–30	Volunteering from 2 weeks to 12 months, with accommodation, food, travel, insurance and pocket money.	Create a profile on the European Youth Portal and apply to projects.
DiscoverEU	exactly 18	A travel pass, mostly by train, for up to 30 days around Europe.	Apply online during the announced rounds, usually in spring and autumn. There is a short general-knowledge quiz.
Solidarity projects	18–30	Funding for a project you and at least 4 friends design for your own community.	The group applies through its national agency, with a coach's support.

Where to find opportunities

- **youth.europa.eu** — the European Youth Portal: all programmes and the volunteering profile.
- **Your national agency** for Erasmus+ and the European Solidarity Corps (in Romania: ANPCDEFP, erasmusplus.ro).
- **Eurodesk** — opportunities explained in plain language, in every EU country (eurodesk.eu).
- **grupulverde.ro** — the Erasmus+ projects Asociația Grupul Verde is recruiting for.

Preparing your application

- 1 **Write your motivation with examples.** Not "I love nature", but "I planted 40 saplings with my class and want to learn how other countries do it".

- 2 **Make a Europass CV**, free, at europass.europa.eu. Include volunteering, online courses and competition certificates.
- 3 **Your English doesn't need to be perfect.** What counts is wanting to communicate. Exchanges include preparation sessions.
- 4 **Under 18?** You need your parents' consent. The sending organisation helps with the paperwork.

Youthpass

After an exchange or volunteering you receive a **Youthpass** certificate describing what you learned. Attach it to your CV and university applications.

For partner organisations

We work with young people from rural Vrancea, many with fewer opportunities, and a cohort target of at least 55% girls. Topics: digital skills, AI literacy, climate and biodiversity. If you are planning a youth exchange or volunteering project, write to office@grupulverde.ro.

Watch out for scams

Official programmes never charge you a fee to take part. If someone asks for a registration fee for "European volunteering", check the organisation on the official portal before paying anything.

Information checked on 12 October 2026 on youth.europa.eu, erasmusplus.ro and eurodesk.ro. The autumn 2026 DiscoverEU round closed on 15 October; watch for the next announcement.



Asociația Grupul Verde · Vrancea, Romania · office@grupulverde.ro · grupulverde.ro/en/resources

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