

Mobility abroad

Guide to projects to live an experience abroad

- 2020 -



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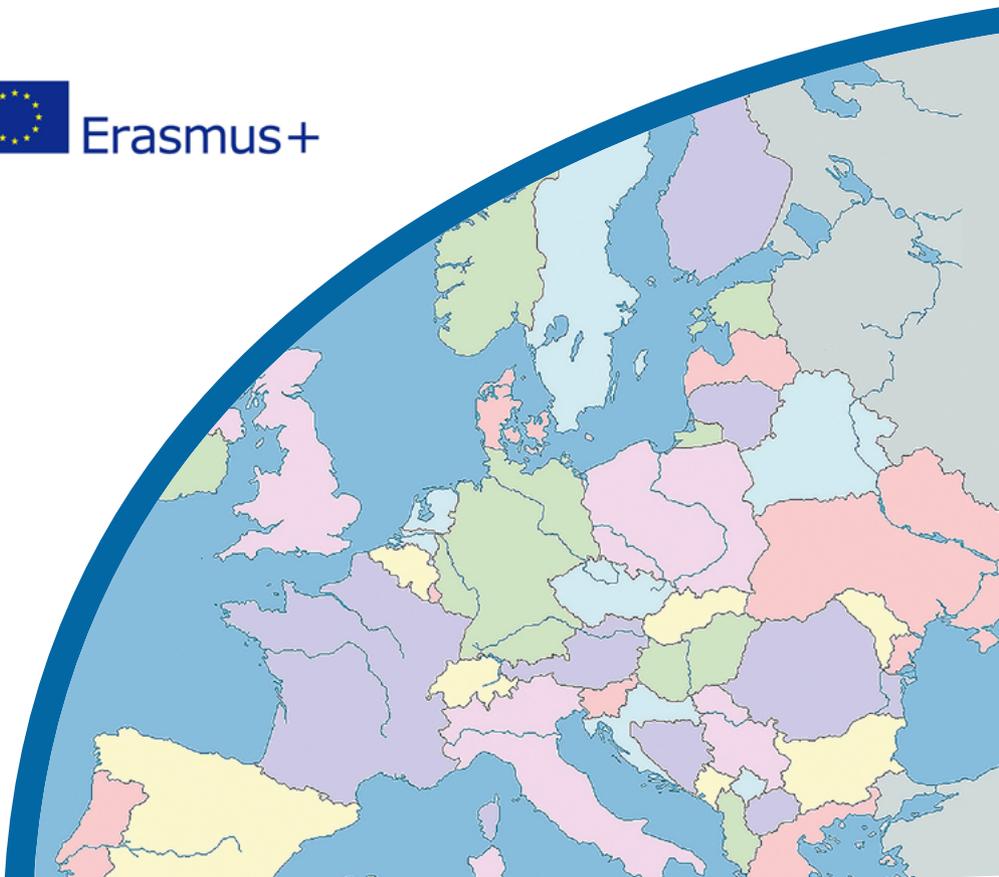
Erasmus Plus

Erasmus Plus is the 2014-2020 Programme of the European Union for education, formation, youth and sport. The Programme was born from the combination and integration of every financing form implemented by the European Union, with initiatives that include lifelong learning programmes, **youth activity** or international cooperation projects as well as transnational projects based on sport support, social integration (specially migrants and refugees) and radicalism prevention.

Erasmus Plus is basically addressed at **students and young people** (with an age included, on average, between 16 and 30 years), **trainers** (people who work in the education of adults and



Erasmus+



children), **teachers and organization** with educative and social aims (schools, universities, non profit organizations).

Compared to previous years, the new program includes, among other things:

- Additional opportunities for high school students to carry out **internships** aimed at acquiring digital skills within the Erasmus framework.
- An **ErasmusPro** initiative aimed at the promotion of abroad mobility projects for workers.
- A new format of “**exchange partnerships between schools**”, aimed at supporting cooperation projects and exchange of better practices.
- New initiative of **international volunteering**.

Specifically, Erasmus+ fits into a socio-economic context which perceives as fundamental objectives the development of **international cooperation** and the concept of **active European citizenship**, through the promotion of EU values and the creation of a community conscience. The Erasmus+ Programme keeps, not by chance, a special attention to the quality of education, assistance to young people with fewer opportunities, professional development and greater cooperation between the world of education and that of work at the European level.



Erasmus+ for Study

Erasmus+ for Study is one of the various lifelong learning programmes promoted by the Erasmus+ macro-Programme in the field of individual mobility.

Erasmus studio offers the possibility to students (and in general to every European student) to develop an **abroad mobility experience** (course attendance, exams support, research activities, thesis writing) with its subsequent recognition of the formative activity through an **European system of conversion of the achieved credits**.

Together with the Programme, acting as **countries adhered to the Programme**, the institutions of European Union countries and countries of the European Economic Area, with possible exception in the case of institutions from Third Countries (**Partner Countries**).

Specifically, Erasmus studio provides a stay period in one of the participant countries of the Programme, **between 3 and 12 months** (24 months in the case of single-study cycles, just as medicine). The period of abroad study must be regulated with an **interinstitutional** agreement between the sending institution and the hosting one.

The student can leave more times during the university career, but must not exceed the **12 months of total mobility** per study cycle (1st cycle, 2nd cycle and 3rd cycle).

With the advent of the Erasmus Plus program, in fact, all students who have already received an Erasmus scholarship (study and / or internship) during the **three-year** period can once again apply to leave during the **master's degree**.

Before leaving, the students must personally write a **study plan** (Learning Agreement for Studies) that establishes the programme and the course to follow when being abroad. This document must be written and approved by the student, the sending institution and the hosting one. At the end of the mobility, the student will receive a certificate certifying the duration of the mobility as well as the academic results achieved (Learning Agreement for Studies – After the Mobility).

From an economic point of view, based on the duration of the abroad stay, the Erasmus student will receive a **community funding** depending on the cost of living in the destination country and aimed at covering the higher mobility costs. The scholarship is on average set at **€ 280.00** per month for mobility to European countries with high life costs and **€ 230.00** per month for countries with lower living costs.

The first instalment is generally paid after sending the **arrival certificate** (Statement) attesting the student's arrival date at the host foreign University.

All Erasmus students are also exempt from paying **tuition** and **registration fees**, together with any costs for access to the laboratory facilities and the library of the host institution.

Erasmus Overseas - Erasmus Mundus



The Overseas Programme, previously known as **Erasmus+ International Credit Mobility**, is an Erasmus Plus Programme that offers study scholarships aimed at carrying out mobility projects for studying outside the EU. The Erasmus Overseas was born from the collaboration that the Italian Universities underwrote with Universities from extraeuropean countries such as **United States, Canada, Australia, China, Japan, India, etc.**

Depending on the agreements between the partner universities, the scholarships are aimed at students enrolled in three-year degree courses (only starting from the 2nd year), specialized / magisterial, single-cycle, as well as doctoral students and post-graduates, with a variable duration between **3 and 24 months**.

As with the Erasmus studio, from an academic point of view, the attended courses, the training activities carried out and the passing of certain exams will be recognized, once they return home, through a system of evaluation and conversion of the grades.

In order to participate in the Overseas application it is necessary to count with some requisites such as having passed a certain number of exams and / or possess some **linguistic certificates**.

For destinations that require the use of English, for example, it is essential to be already in possession of **TOEFL** or **IELTS** certificates. Furthermore, for the purposes of the application form, it is essential not to be already in possession of a scholarship for mobility abroad financed by the EU; a prerogative, this, which must be maintained throughout the duration of the program.

From an economic point of view, the Overseas guarantees the **exemption of the payment of the hosting University enrolment**

fees as well as a contribution to the costs of variable amounts depending on the length of stay in the non-European country. **Visa** and **medical insurance** costs remain the responsibility of the student.

Erasmus Mundus is a mobility and cooperation programme linked to the superior education sector and aimed at promoting an excellence learning system (through great quality **European Masters**), expanding students' career prospects and promoting intercultural understanding through cooperation with third countries.

The **Erasmus Mundus** Programme is addressed both at students (first cycle, second cycle, doctorate, post-doc) and at professors and researchers from University or any other superior education institution, as well as at civil workers from enterprises or different entities, public or private.

In the case of Erasmus Mundus for students (**Key Action 1 - KA1**), the following are included in the offered opportunities: **Erasmus Mundus Master Courses (EMMC)** and **Erasmus Mundus Joint Doctorates (EMJD)**, both aimed at supporting the international mobility of individuals interested in the achievement of masters and research courses abroad.

More specifically, the **Erasmus Mundus Masters Courses (EMMC)** last from one to two years (60, 90 or 120 Ects credits), are implemented by consortia of European Higher Education Institutes, with the possible participation also of institutions of partner countries, and include a period of compulsory mobility in at least 2 participating countries (up to a maximum of 3).

The **Erasmus Mundus Joint Doctorates (EMJD)**, on the other hand, are designed as **training and research programs** to be carried out in consortia of European Higher Education Institutions and Third Countries, which can also involve research institutions, centers and laboratories.

In order to be able to participate in the programme it is necessary that the university where one is registered is a **partner in the program**.

Each call for application will specify the number of scholarships available for students at each level of education and the available subject areas.

From an economic point of view, **the study scholarship covers the whole duration of the programme** with a variable monthly amount depending on the cycle of studies to which they belong.

The offer is also available for students who chose to auto finance their own abroad mobility.





Erasmus+ Traineeship

The **Erasmus+ Traineeship** is another form of mobility funded by the community Programme Erasmus Plus which allows university and doctoral students from countries belonging to the programme to develop a **formative internship** abroad for a variable duration between **2 and 12 months** (24 months for single cycle study programmes).

The **Erasmus+ Traineeship** was created with the objective of providing the youth with the possibility to acquire necessary skills to approach the working world and therefore aims at the creation of **cooperation projects for innovation and the exchange of good practices**.

Mobility for traineeship purposes is open to both undergraduate and postgraduate students enrolled in a university and to recent graduates of all degree courses. In the case of students and PhD students, it is possible to apply as early as the first year of one's career, while for graduates the application must be submitted before graduation and the internship must take place **within one year** of the latter.

In both situations, to guarantee the educational quality of the experience, mobility must be consistent with the **academic path of the student and / or recent graduate and with his / her personal aspirations**.

Regarding destinations, the internship can take place with every **enterprise / private or public institution, research centre, association or European foundation belonging to the project**, with the exception of community institutions (including the European Agency), offices and institutions that manage community programs and Italian diplomatic representations abroad (Embassies and

Consulates).

Depending on the University and the individual parts, the student or recent graduate will be able to propose his / her host company when submitting the application or to choose the institution where the internship will be developed, among the companies that have already agreed on an internship agreement with the Italian university of belonging.

At the end of the experience, the host organization will issue the student with a **Certificate** attesting to the actual duration of the exchange, together with the activities carried out and the results achieved.

From an economic point of view, the internship scholarship provides a monthly contribution of a maximum of **€ 480.00** and a minimum of **€ 430.00** depending on the country of destination and as established by the European Union, subject to possible additions by the University of reference.

Furthermore, for the two-year period 2018-2020, the European Union has launched the “Digital Opportunity Traineeships” initiative, an intervention aimed at training young students and / or recent graduates, coming from from the Higher Education sector, through experience internship in the digital field. The project is funded through the Horizon 2020 program but implemented by the Erasmus + program.

VET Learners Mobility

The **mobility project VET (Vocation Education Training) Learners** offers formative internships abroad for students from **Technical and Professional Institutes**, young apprentices, **newly graduated or newly qualified** (within one year from the acquisition of the degree) and students of **vocational training centers**.

The exchange experience consists in a period of **working formation** at an enterprise or formation Institute located in one of the **participant countries of the programme**.

This mobility was born with the aim of improving the technical, professional and behavioral skills of the young, promoting the sense of entrepreneurial initiative, supporting the improvement of linguistic competences and creating a link between school education and the **labor market**.

The duration of the vocational training course goes from **2 weeks** up to a maximum of **12 months**, depending on the type of mobility and the recipients.

From a logistical point of view, each internship provides a **Learning Agreement**, previously stipulated between the sending organization and the receiving one and aimed at ensuring a high quality experience.

Each project provides a **direct financial contribution** aimed at supporting the “mobility costs” such as **travel, insurance, accommodation, organization, tutoring** of the internship and **language course**. The amount of the mobility grant, however, is not fixed but varies from time to time in proportion to the amount of Community contribution assigned and the individual call for

mobility.

In order to support the language skills of the project participants, the European Commission has made available **online language courses** available in 6 languages (French, English, Italian, Dutch, German, Spanish).

If that training is required in a language other than the 6 already present, specific language training courses can be funded and carried out.

Finally, the **professional skills** acquired during the internship period abroad can be recognized throughout Europe through **ECVET**, the European system of professional training credits, aimed at **strengthening the curricula** of young people, so as to make them more competitive in the market of European labor.



Erasmus for Young Entrepreneurs



The **Erasmus for Young Entrepreneurs (EYE)** is a **cross-border exchange program** that offers new and / or aspiring entrepreneurs (young people determined to set up their own business or who have started a business in the last three years) the possibility to carry out a period of professionalising learning in foreign companies (“host entrepreneurs”), members of the EYE program.

The Erasmus for Young Entrepreneurs exchange program, with a duration of between **1 and 6 months**, was created with the aim of offering young people the opportunity to acquire the **secrets of the trade** and make the good practices of foreign companies already established their own.

From an economic point of view, the **Erasmus for Young Entrepreneurs** is financed by the **European Commission** and coordinated by **Eurochambres**, the European association of Chambers of Commerce and Industry, which acts as a Support Office.

The program is aimed at all EU citizens interested in any professional sector and without any age limit. However, for the purposes of the application, at least a basic knowledge of the **English language** or the one of the country in which it is intended to stay during the mobility period is required.

To participate in the EYE, as aspiring entrepreneurs, it is necessary to refer to the individual **local contact centers** (chambers of commerce, support centers for start-up companies or business incubators and so on), identified by the European Commission and aimed at supporting young people in the various phases of the program.

Once the reference center has been identified, it will be necessary to **register on the www.erasmus-entrepreneurs.eu portal**, fill in your personal profile, make arrangements with the host company and develop a business plan for obtaining funding.

From an economic point of view, in fact, the program offers **financial support to new entrepreneurs** who provide for both covering mobility expenses and staying abroad.

The amounts are pre-established and vary according to the **cost of living in the chosen country**.



Youth Exchanges – TC (Training Course)



Youth Cultural Exchanges and Training Courses are **youth mobility projects** funded by the **Erasmus Plus** Community Program and created with the aim of promoting intercultural learning, active participation and **European citizenship**.

Exchanges and Training can involve two countries (bilateral), three countries (trilateral) or more than three countries (multilateral), with a **minimum of 16 and a maximum of 60 participants** per single project.

Through these mobility projects, young people can learn the value of cultural differences, combat **negative prejudices and stereotypes**, use dialogue as a tool for comparison and growth and open debates on issues of **European relevance**.

More in detail, Cultural Exchanges (more playfully oriented) offer groups of young people from different countries and ages, in principle, **between 13 and 30 years**, the chance to live an international experience of varying duration between **5 and 21 days** (excluding travel days) and to discuss topics of common interest through **non-formal learning methods** (practical workshops, creative workshops, recreational activities, city visits and excursions).

The exchange projects normally include the participation of a **minimum of 16 up to a maximum of 60 participants** per single project, plus a group leader for each national participating group.

The Training courses represent opportunities for discussion between **youth workers**, members or collaborators of associations and young people interested in deepening specific topics through the exchange of good practices, participation in training workshops

and the use of other non learning methodologies. more professional, formal style.

These training courses have a duration of between **2 days** and **2 months** and involve the participation of a maximum of **50 participants**, all of whom must be of age.

From an economic point of view, for both types of projects, the program fully covers the costs of **food and lodging**, while the **costs of return travel** are reimbursed at the end of the project, within a variable expenditure ceiling depending on the destination and established by means of a **distance - distance calculator** created by the European Commission.

Participants can take part in Cultural Exchanges and Training Course through organizations that promote this kind of projects such as: accredited association, local authorities or informal groups of young people.

Once the mobility experience is concluded, each participant will receive a “**Youthpass**” **certificate**, aimed at **validating the non-formal and informal learning experience** of young people as well as the results acquired during the project.

European Solidarity Corps

The European Solidarity Corps (ESC) is the new EU initiative that replaces the action of European Voluntary Service (EVS) promoted by the Program Erasmus +. The ESC was created with the aim of building more inclusive societies, providing assistance to vulnerable people, actively responding to social problems and creating a community of **shared responsibilities and mutual support**.

The ESC offers young people, up to **30 years old**, the opportunity to live internship experiences, jobs, solidarity projects and voluntary activities in their country of residence or abroad, through journeys intended to help communities or people in situations of social, economic or cultural disadvantage.

In order to take part in one of the projects (work or volunteering) of the European Solidarity Corps, you must be a **citizen of one of the Member States of the European Union** or legally reside within the EU. However, young people from one of the following countries may also participate in the program: Iceland, Liechtenstein, Norway, Turkey and the Former Yugoslav Republic of Macedonia.

It is possible to join the European Solidarity Corps from the age of **17**, but it will be necessary to have reached the age of majority before actually starting the voluntary or work path. It is also mandatory to start the project for which you have been selected, before you are **31** years old (you can therefore end the project with 31 years, as long as you start activities with 30).

The **employment section**, with their respective salaries or reimbursement of expenses, offers to young people the opportunity to apply for job, traineeship or apprenticeships, in a wide range of sectors linked to different kind of solidarity activities. Traineeships

are considered a full-time working practice, renewable only once, and with a duration from **2 to 6 months**. The job opportunities are full-time, have a duration that varies from **3 to 12 months** and provide for a salary signed by a contract. For both internship and work experiences, young people receive linguistic assistance, training and online mentoring.

The **volunteering section**, on the other hand, offers young people the opportunity to carry out a full-time voluntary service, with full coverage of the costs of board, accommodation, medical insurance, together with a daily allowance, an online course in the local language and **coverage of travel expenses** within a maximum price established by the program.

ESC volunteering **projects** can be **long-term** (from **2 to 12 months**) or **short-term** (from **2 weeks to 2 months**) and can be carried out within the territory of the **European Union** and in the **Partner Countries** specified in the within the Program in areas ranging from the **prevention** of natural disasters or reconstruction following a disaster to assistance in **centers for asylum seekers**, to socially useful activities within a specific community.

Generally, ESC can only be done once in a lifetime. It is however possible to participate in a second project, if the first voluntary experience has not exceeded **59 days** of stay (short term). In addition, those who have carried out a project of the Universal Civil Service abroad can still take part in the European Solidarity Corps.

In order to participate, young people interested in ESC initiatives (internship or work) must **register on the portal** ([https://europa.eu/youth/Solidarity it](https://europa.eu/youth/Solidarity_it)), entering their personal data which will be stored in the system.

To participate in an **ESC** volunteering project, it is necessary to contact an accredited sending association (**Sending Organization**) within the country of residence.

European Solidarity Corps

However, it is possible to independently search for a project of interest by using the **ESC European Database** and by searching by destination or type of activity.

However, after being selected as volunteers by the foreign association (**Hosting Organization**), it will be necessary to refer to a sending association.



Au Pair

With the French expression **Au Pair** we define the stay of a girl or a boy in a **host family**, residing in another European or non-European country.

Founded in the early **1900s** in Europe, this particular work practice offers young people interested in living an intercultural exchange experience the opportunity to learn a foreign language, learn about the culture and traditions of the host country and live in direct contact with the local community.

The Au Pair was born as a **medium-long term mobility program** (generally from 3 to 12 months and extendable up to a maximum of 24) where young unmarried and childless people have the opportunity to spend a period of time abroad, taking care of children, doing small housework and making themselves available for various activities and home aids.

Some families also ask the selected Au Pair to teach their mother tongue to children.

More in detail, the project is aimed at young people aged, on average, between **17 and 30 years** (variable depending on the state of destination), with a minimum **mastery of the reference foreign language** and any previous **experience in the field of children care**.

By contract, the Au pairs are usually entitled to 1-2 free days per week and in some cases a free weekend per month.

From an economic point of view, each Au Pair receives in exchange for their work, **food and lodging** with the host family as well as a **monthly allowance** (pocket money) for personal expenses.

The cost of the **return travel, visa and health insurance** remains at the expense of the participant, subject to any exceptions.

The Au Pair agreements are subject to government restrictions which establish, among other things, the minimum and maximum age to participate in the program, together with the amount of pocket money and the weekly number of hours of work, which varies according to the legislation of individual host countries.

There are **different types of au pair jobs** and they vary depending on the amount of working hours required by the hosting family

- **Traditional Au Pair:** provides a commitment of 5 hours of daily work plus some baby sitting evenings and one day off per week (in addition to 2-3 afternoons and 3-4 evenings of total autonomy)
- **Demi Pair:** involves a commitment to household chores for an average of 3 hours per day plus 3 or 4 evenings of baby sitting and a weekly free day
- **Au Pair-Plus or “even more”:** with 40 working hours per week plus 2-3 nights of baby sitting
- **Mother’s Help or “mother help”:** it consists of a greater commitment to housework (about 50 hours a week) plus 2-3 baby-sitting nights a week.

In order to participate in the program, you can contact a specialized offline or online agency which, in exchange for a commission, can mediate between the young Au Pair and the host family.

It is however possible to move independently using websites for au pair placement, entering your personal profile and starting the search for a family all over the world.

Working Holiday Visa

The Working Holiday Visa, better known as **WHV**, is a residence permit (**workholiday visa**) of an average duration of one year and which allows those who possess it to work and move legally in overseas countries, thanks to international agreements stipulated between European and non-European countries. In the Italian case, it is possible to apply for WHV only for countries such as **Australia, New Zealand and Canada**.

The **Australia Working Holiday Visa** (WHV - subclass 417) is a mandatory visa to stay in the country for **12 months** and is reserved for young people between **18 and 31**, (not completed at the time of visa application). This visa allows to work in any sector and with any type of contract, provided that you are not employed by the same employer for a period of more than **6 months**.

The Australian **WHV** can also be renewed for a further 12 months, but on condition that it has served in a rural area (**farm or Woofing**) for at least 88 days during the first year of visa. The same visa also offers the possibility of studying in Australia for a period not exceeding **4 months**.

The application for the Working Holiday Visa can be requested directly online on the **Australian Government** website (<https://www.australia.gov.au/>), by filling in a **special form** and a self-certification stating that you have an initial financial availability amounting to approximately 5,000 Australian dollars.

The average cost for the visa application is **\$ 440**. In the event of approval, within a few days, the applicant will receive an email containing the Visa number and the respective documentation. Once you have a visa, you have **12 months** left before actually leaving for Australia.

Working Holiday Visa

In the case of **Canada**, it is possible to request a Working Holiday Visa to stay, study and work (full time) in Canada for a period of time not exceeding **6 months** (less than 6 months in the case of study paths). Since it is not possible to renew the visa application at the end of the 6 months, to stay in Canada it will subsequently be necessary to apply for a **Tourist Visa**.

Unlike WHV Australia, which does not provide for a maximum number of visas to be issued each year, in the case of the Working holiday Visa for Canada, the Canadian government provides only **1000 visas** per year for citizens, which is why it is advisable to present the demand close to the opening of the call.

A fundamental economic prerequisite for applying for a visa is an initial economic availability of **CAD 2500** (Canadian dollars), as a guarantee of economic support on arrival in Canada.

The total cost of the visa is **226 CAD**, which includes the price of the WHV (126 CAD) and the Work Permit (approximately 100 CAD). It is possible to apply for the visa directly online, on the website of the **Canadian Immigration Department** (<https://www.canada.ca/en.html>), by filling in a reference questionnaire. Once the questionnaire has been sent, the applicant will receive an email with an invitation to proceed with the visa application. Once the invitation is received, you have **10 days** to accept it and **20 days** to collect and send the necessary documentation. Also on the same site it is also possible to request health insurance and obtain your own **Social Insurance Number**.

Finally, Italian citizens between the ages of 18 and 30 (and without dependent children) can apply for a Working Holiday Visa for **New Zealand**, thus obtaining a “working holiday” visa that offers possibility of staying in the country for a year.

The application to obtain the Working Holiday Visa can be made online, directly on the **New Zealand Department of Immigration**

website (<https://www.immigration.govt.nz/new-zealand-visas>). The visa has individual value and a total cost of **208 NZ \$**. A fundamental economic prerequisite for requesting it, an initial economic availability of at least **\$ 4200** and designed not to burden the New Zealand Government during the first months of stay.

Once the visa has been obtained, you can stay in the country **as a student** (by enrolling in a course of study lasting no more than 3 months) or **work occasionally** (up to 3 months with the same employer), for a total period of 12 months. From the moment of approval, one year is available to enter New Zealand and activate the visa for the next 12 months of stay.



Workaway



Workaway is a great opportunity to **travel**, get in touch with new cultures and learn new languages, at almost zero cost.

More in detail, **Workaway** is an international network that is based on **voluntary work** in exchange for food and accommodation and whose goal is to bring together people who need help in their activity, or more simply in their home life, with volunteers who intend to leave for a period of **abroad stay** (or mobility within Italy).

Workaway operates on all 5 continents through a huge database containing a list of all available work activities entered by the **hosts** and where the so-called **workawayers** can choose the offer most suited to them.

The tasks range from jobs in accommodation to services at NGOs, farms, private houses, gardening, babysitting and so on, for a daily amount of work of about **5-6 hours** and up to a maximum of **25 hours per week**.

The list of hosts on the platform is public, but to contact potential “employers” it is necessary to register (<https://www.workaway.info/>) by paying an annual registration fee of **€ 32 for a single account and € 42 for a couple account** (in the case, for example, of two friends).

In order to start with a Workaway project it is necessary to have reached the age of 18, while there are no age limits to participate.

Although the project does not have fixed rules regarding the duration of the stay, it is normally required a minimum of **2 weeks** stay at the selected facility or institution.

Ultimately, since Workaway was born as a voluntary interchange project, in the event that the Host manages a **profit-making organization**, it will be its obligation to provide remuneration that at least corresponds to the minimum wage of the host country.



WWoofing



Wwoof (World-Wide Opportunities on Organic Farms) is a worldwide movement that connects **organic farms** with volunteers interested in offering help in exchange for food and lodging. The farms vary from the large organic farm to the farm, from the family-run organic farm to the house in the countryside with an organic garden, up to real eco-villages.

Born as a way to **travel low cost**, promote **environmental sustainability** and experience in direct contact with nature, **Wwoofing** is now a service managed by the Federation of Organizations Wwoof (FoWO), a non-profit company that works as a communication superstructure and organizational for the various national groups, with the aim of creating sustainable global communities.

To live a Wwoofing experience in Italy, in addition to the age of majority, a platform registration fee (<https://www.wwoof.it/it/>) equal to **35 euros** and a duration of one year is required. To participate in projects outside the national borders, the quotas are variable based on the destinations and can be consulted within the official website (<http://wwoof.net/>).

Except for possible exceptions for foreign destinations, the Wwoofing provides for the total coverage of the costs of **food, lodging, insurance** and any transfers on site provided for by the type of work chosen.

