



Network for European Citizenship and Identity ([NECI EU](#)) is a non profit organisation which aims to promote learning, education, key competences development and social inclusion for all, irrespective background. NECi EU has long experience and is active in the youth field, Erasmus plus and social welfare, locally and internationally. The following document aims provide awareness and to support anyone who is interested to get an idea and be encouraged to be involved and participate in funded Mobilities under ErasmusPlus.

[How to join and participate in an ErasmusPlus opportunity as a participant](#)

There are several funded opportunities in ErasmusPlus. These are very common:

(a) Youth Exchange and (b) Training Courses.

(a) Usually young people between 13 and 30 (depends on the project objectives and application) in a group of 4 the least with a group leader (who can be between 18 and no age limit) join these Activities (Mobility). The projects are prepared by young people but sometimes also by their organisations.

(b) If you are between 18 years old plus (no age limit) you can apply for a funded opportunity that has been announced by an organisation in your home country. This kind of activities are designed to train and help participants to develop or improve basic key competences and become more capable to respond effectively to their role as youthworkers, facilitators and trainers or experts for young people. As soon as they will return back to their home town they need to apply this learning and multiply the effect to their Organisation (colleagues, peers, youths), local community but also in national and international level too.

(a) & (b) Both Activities aim to develop and increase key competences (skills, Attitudes, knowledge), enrich experiences on new or existed topics, support intercultural and social learning but also to offer nice time and memories together to participants.



Ask from them to send you the Infopack (Informational package) which contains all necessary information:

- location,
- days of the Activity,
- topic,
- countries involved and number of participants,
- requirements prior-during-after the Activity (the mobility)
- rules of coverage of travel expenses.
- It's more important to read well and ask clarifications on the topic,
- objectives of the project and
- your role as a participant and as representative of your organisation.

Usually (not as a rule) participants who will join the Activity in accordance to their national group, their leader, their sending organisation and the hosting organisation, find and book tickets for travelling from home town to the Activity location. When the Activity is done and they manage with all of their obligations they receive the travel expenses back through their organisation.

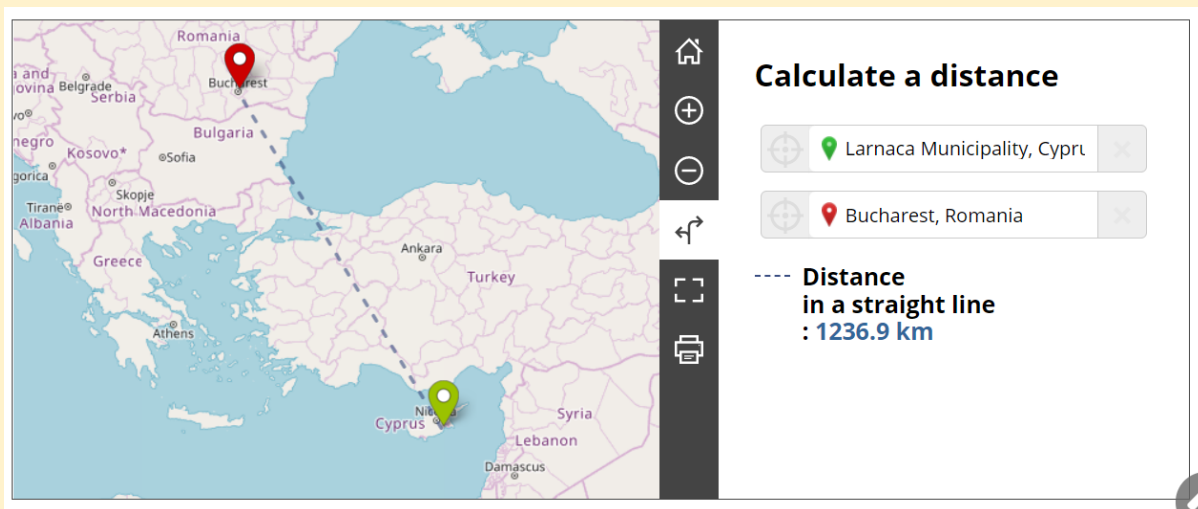
Obligations: Usually they need to promote the project in social media, to friends and colleagues back home and discuss the experience and results after the project Activity. They need to prepare a small reflection diary with their ideas and experiences and send this to their organisation and to the hosting organisation, including also photos from dissemination activities. Of course there can be more obligations, depends on the agreement they had with the hosting organisation (and usually these are written in the infopack)

Travel expenses (Reimbursement): These expenses include anything that participants payed from their home town to the location of the Activity including public transport, plane, trains, metro. In rare cases the car gasoline can be covered too (only if the hosting organisation approves it prior using it). The rule for travel expense is that there is a formula which counts the maximum allowance per person. This calculates the km in one way from home town to location of Activity and it's according [to this link](#).

Also the maximum allowance in travel expenses is mentioned in the ErasmusPlus Guide:

Travel distance	Standard travel	Green travel
0 – 99 km	23 EUR	
100 – 499 km	180 EUR	210 EUR
500 – 1999 km	275 EUR	320 EUR
2000 – 2999 km	360 EUR	410 EUR
3000 – 3999 km	530 EUR	610 EUR
4000 – 7999 km	820 EUR	
8000 km or more	1500 EUR	

Example: If someone is travelling from Larnaca to Bucharest, according to the distance calculator the distance is:



Calculate a distance

Larnaca Municipality, Cypru

Bucharest, Romania

----- **Distance in a straight line : 1236.9 km**

So the maximum allowance is 275 euros. The selection travel needs to be approved by hosting organisation before booking it by participant.



During the Activity week:

Participants take part in several activities which are based on non formal education. These include presentations that have been organised by them or others, role plays, simulations, experiential learning and learning by doing. Some examples of such activities you can find for example [here](#).

Also every while there are presented energisers, name games and teambuilding activities which aim to break the ice and help participants to cooperate more effectively. Some examples are [here](#).

Also they produce common products collaborative like videos, booklets, campaigns, toolkits, new activities etc.

You can see some examples of projects

(Youth Exchange) [here](#)

(Youth Exchange) [here](#)

(Training Course) [here](#)

(Training Course) [here](#)

Where to find such opportunities:

[SALTO training Calendar](#)

[Network for European Citizenship and Identity website](#)

[Network for European Citizenship and Identity fb page](#)

[Erasmus Plus Projects](#)

And in general social media, through Organisations active in the youthfield, more experienced friends/youths and National Agency Youth. The responsible National Agency for Cyprus for Youth projects is [NA Cyprus](#)

Good luck to your new learning path

For any questions do not hesitate to email us at neci.office@gmail.com