

This report comprises most of the ideas shared and analysed during the stay. The main ideas, conclusions and highlighted challenges linked to the topic WHY GOING ABROAD, as well as the findings have been included to help other students get an overview of the chances offered to young people enjoying the European citizenship.

Why going abroad

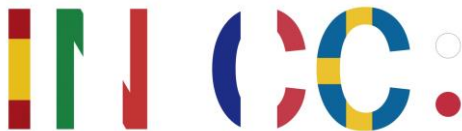
Workshop report

Why going abroad

Erasmus Project- In contact, in culture

REPORT N.2-WHY GOING ABROAD

SPANISH MOBILITY- WORKSHOP ABOUT MOBILITY IN EUROPE



IN CONTACT, IN CULTURE

The Actions supported by the Erasmus+ programme are expected to bring positive and long-lasting effects on the participants and participating organisations involved.

As regards pupils, students, trainees and young people, the mobility activities are meant to improve learning performance, increase sense of initiative and entrepreneurship, self-empowerment and self-esteem. It is also expected to develop foreign language and digital competences, increase intercultural awareness, enhance positive interactions with people from different backgrounds and raise awareness of the European project and the EU values.

The conference held among the activities and workshops planned during the Spanish mobility in January 2022 in collaboration with Europe Direct (Cantabrian government) about mobility has probably opened the students' eyes to many of the possibilities offered by the EU institutions and programmes (Erasmus+ programme is undoubtedly the flagship of them all).



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Most of the students commented that it is worth travelling because they can meet new people and broaden their horizons, get to know new cultures, explore the world and most importantly it is an essential experience that they would never forget.

It seems clear that going abroad is a great idea, not only for work, but also to improve the language skills, get to know the culture and get some money. What is more, this way youngsters might have an opportunity to meet wonderful people and explore the world.

Most of the ideas addressed the fact that travelling gives young people plenty of possibilities and, thanks to that, they can get important experiences and memories. Some of them mentioned that they can also visit breathtaking landscapes and ancient monuments. Many participants pointed out that going abroad facilitates visiting a lot of interesting places with an amazing history, such as old buildings with surprising architecture.

Another recurring point has to do with meeting new people, cultures, and traditions of the visited places. Thanks to travelling, most of the students claim to learn how to be more outgoing and tolerant for new people.

Students' analysis and ideas about Why going abroad and mobility in Europe

"This experience has been beyond fun for me, these past days I've learnt so many things, I've seen how people of other countries interact with each other, and thus giving me a new point of view on how life could be different. Eu Erasmus is a great opportunity for students of various ages to experiences a week (or maybe even more) in another country where culture, language and the way of socialising is different. I feel like this could be an eye-opening experience for all kids of my age, it helps with my confidence and much more."



Definitely, it is a way to meet a lot of people who can show the best things in other countries. Travelling provides a lot of possibilities as students can get to know different customs, habits, and cultures. Because of travelling, most of young people admit becoming more sociable and talkable.

Many of the options are linked to the will of participating and getting specific training if they still do not know what to do in the future. Searching for voluntary programs may allow young people to continue doing something (for themselves and for the community).

Just quoting some of the ideas, we can draw the conclusion that mobilities around Europe with an Erasmus project turns out a great asset for the students' lives. Most of the ideas insist on the benefits offered with students' exchanges.

Regarding the programmes presented, the Europe Direct Unit and Mobility Cantabria's mission is bringing citizens closer to the opportunities. Indeed, there are many programs in order to keep many people in contact. Some of them are the European Youth Portal, in which you can find some information and news about activities; but also, **EURES**, which offers the possibility to find a job in summer. There is also a platform called "**SALTO**" on the internet, in which you can learn about topics such as art, mental health and many other topics to get specific information as it is a training platform. The "**DISCOVER**" project for example allows you to travel in train to different destinations from one to thirty days. There are a lot of programs funded by the EU, and we can be found in the Erasmus Youth Portal website.

Young Europeans have a lot of options to visit and study in different countries in Europe. In EU you get the opportunity to travel for free and develop as a human. Some of the websites help them get into the job market with tools that helps you with CV and motivation letters. Thus, anyone can get a brand-new CV in the website **Europass**.

Students' analysis and ideas about Why going abroad and mobility in Europe:

“There are a lot of different opportunities for the youth in EU. To find these opportunities you can go online to the youth portal where you can find all the different activities like studying, volunteering, or working abroad. Most importantly it is a centre of information where the youth of EU can turn with their questions about these things. Some examples of the things you could do through the youth portal are the Erasmus project which we are doing or different traineeships for example one at the European parliament. All expenses covered which means it gives everybody no matter background the opportunity to explore the world and broaden their horizons. Projects like these are great for a gap year, they provide a lot of experience and knowledge so that you will be ready to take the next step in life”.

With **European Solidarity Corps**, young people can apply for different types of jobs all over Europe, and have all expenses covered. Accommodation, travel fees and even some pocket money. There are many different projects in which it is possible to get to live with a local family in a different country. This way, they become familiar with the culture way faster than by living at a hotel or by yourself. The website **European Youth Portal** contains further information about projects and opportunities. It is a great possibility for those who aren't sure of what to do when they graduate, or those who want to get away from home for a while, to see something new.

Since university is one of the most important steps in our lives, mobility projects will help students build many fundamental types of learning, competences and memories that will be kept as a personal investment. These options, like Salto, often encourage students to take gap years and think about their future before making any big decision.

Therefore, socialising, language skills and confidence are the most widely recognised aspects to be worked with students 'exchanges, marking on many occasions, the path to follow, "opening minds" and sharing knowledge which will empower youngsters in their future choices.

To sum up, most of the conclusions stress the fact that many organisations facilitate the European mobility for young people. It may, not only be beneficial as going abroad, but also a great occasion to improve the language skills, personal knowledge, and self-empowerment.

Volunteering
There are many ways to volunteer at European and international level. Read about the possibilities offered to you.
[Read more](#)

Traineeships
Discover attractive traineeships programmes at the EU institutions and at international organisations.
[Read more](#)

Working
Fancy finding a job abroad? All you need to know to make it happen is collected here.
[Read more](#)

Studying
Discover various opportunities to study abroad with Erasmus+ and other EU programmes.
[Read more](#)

Learn about European Union initiatives for youth [All EU initiatives](#)

EUROPEAN SOLIDARITY CORPS
European Solidarity Corps
The European Solidarity Corps programme creates opportunities for young people to engage in solidarity activities abroad or in their country in projects that benefit communities.

EUROPEAN YOUTH WEEK
European Youth Week
European Youth Week allows to discuss relevant topics for young people, showcase EU youth opportunities and celebrate success stories. In 2021 tune in from 24 to 30 May!

#EUYouth Dialogue
EU Youth Dialogue
EU Youth Dialogue is a dialogue mechanism between young people and decision makers taking place in the framework of the EU Youth Strategy.

#DiscoverEU
DiscoverEU
DiscoverEU is an initiative offering 18 years olds the chance to travel around and discover Europe. Each year the European Union awards selected young people with a travel pass.



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