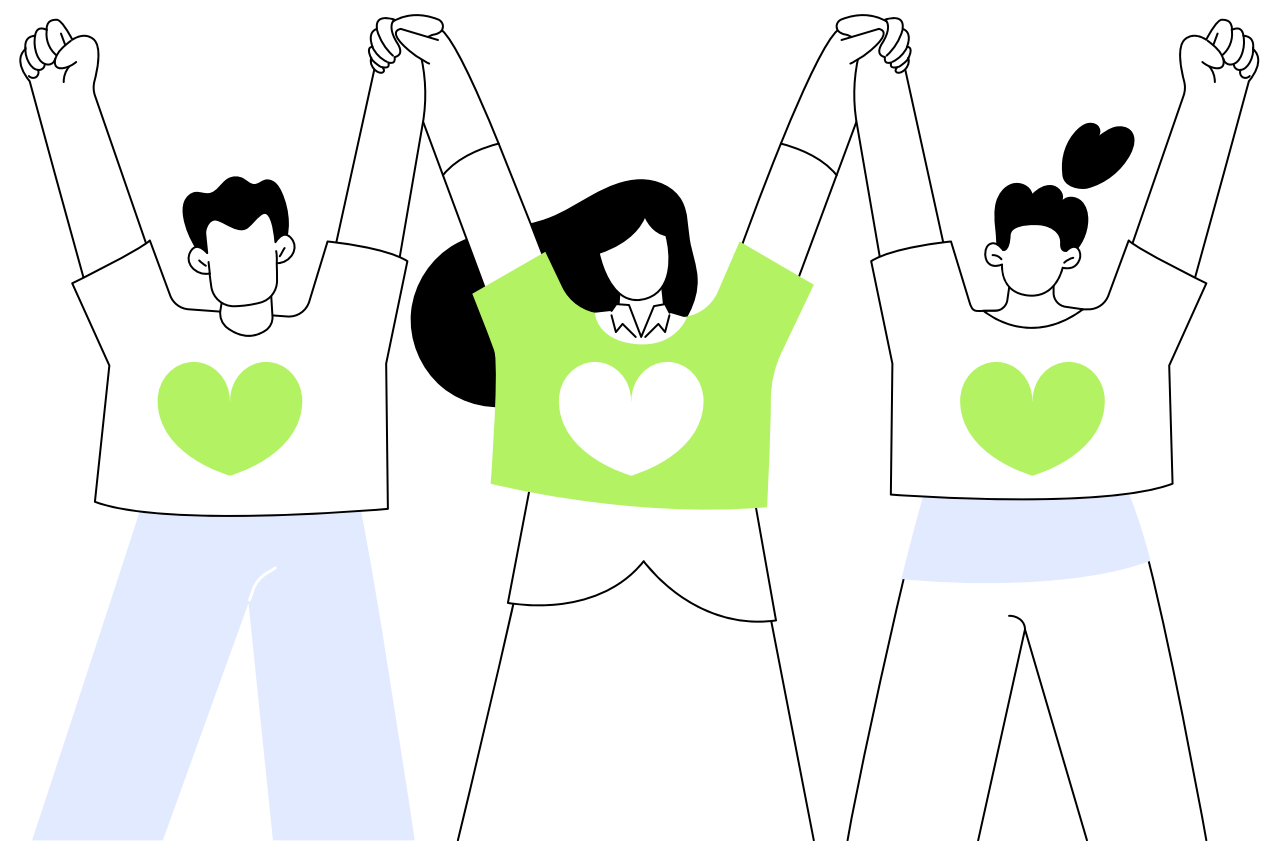


FUNDACIÓ AUTÒNOMA SOLIDÀRIA (FAS)



EUROPEAN SOLIDARITY CORPS

What is the European Solidarity Corps (ESC)?

It is an initiative of the European Union that offers young people opportunities to participate in solidarity activities that foster positive social change within and outside the Union, with a special emphasis on promoting sustainable development, social inclusion, and equal opportunities.

HOW CAN YOU PARTICIPATE?

To participate in these solidarity activities, you must be between 18 and 30 years old and a legal resident of a EU member country ([Exceptions](#)).

Solidarity projects

You can create your own project together with other young people (groups of at least 5 people). [More info](#) ✎

Volunteering projects

The ESC provides a platform for organizations to submit volunteering proposals and for young people to sign up and participate. [More info](#) ✎

Under what conditions?

Participants have their round-trip **travel expenses covered**, as well as **accommodation, meals, and insurance during the activity**. Additionally, they receive language support, training, mentoring, and a small financial allowance for personal expenses (3–6 €/day). If they have specific needs, these costs can also be covered.

WHAT STEPS DO I NEED TO FOLLOW?

STEP 1



Sign up on the [European Solidarity Corps Portal](#)

STEP 2



Apply to the projects that interest you. Organizations will have access to your profile.

STEP 3



They will contact you if they are interested in you for a project.

IN WHICH AREAS DOES IT OPERATE?

Some of the areas it works in include: creativity and culture, **education and training**, employment and entrepreneurship, **the environment and nature protection**, **health and well-being**, physical education and sports, social challenges, **work with migrants and refugees**, and disaster prevention and recovery.

HOW LONG DOES THE STAY LAST?

Volunteering programs last between **2 weeks and 1 year**, and the start date depends on when you are selected by an entity or organization.

WHERE CAN I DO THE VOLUNTEERING?

You can do it in your own country, but it is usually done in another EU member state or outside the EU. It depends on the needs of the organizations and your preferences.