

Europe is **OPEN** to **YOU**





Introduction

This booklet has been compiled by [Euroguidance Ireland](#) and [Eurodesk Ireland](#), to let you know that when it comes to European opportunities for young people, there are many options!

Whether you would like to study, work, volunteer or just explore YOUR Europe, this booklet gives you tips, useful websites and contacts so that you can find out more.

We hope it won't be long until you're dusting off your passport and packing your bags for a new adventure across Europe!

We thank all contributors to this publication for their invaluable inputs.

Should you have any queries about the information provided in this booklet please e-mail euroguidance@ncge.ie or eurodesk@leargas.ie

Inside....



Study in Europe



What's in it for you?

- Many courses are taught through English
- You can bring your [SUSI Maintenance Grant](#) with you (if you are [eligible](#))
- High quality education, aligned with Irish Qualification standards
- Flexible entry requirements
- The potential of free or lower fees.

The fees in many European countries compare favourably with fees in Ireland. Many offer a wide range of courses with free or very low tuition fees.

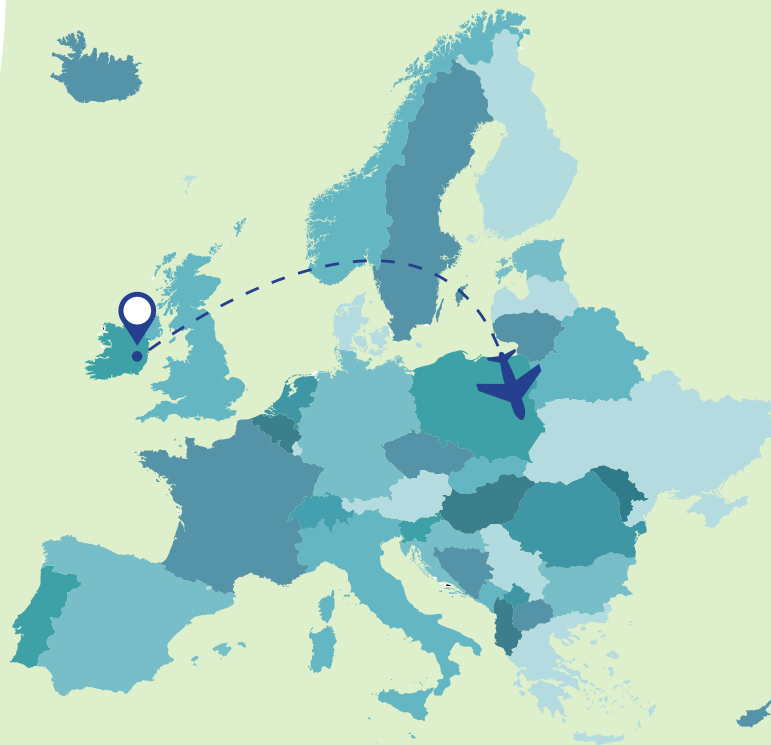
- A boost to your career when you show international experience
- Enhanced skills (language, digital, communication, skills for employment etc.)
- Greater awareness and appreciation of different cultures
- Increased curiosity about the world
- Personal development (more independence, resilience, confidence)
- Fun and adventure

Don't believe us? See the following...

- [‘Snapshot’ on Mobility](#) (video)
- The Erasmus+ Higher Education Impact Study [‘Fact Sheet’](#)
- The Léargas report [‘Tracing the Impact of European Work Placements on the Skills, Attitudes, Education and Career Paths of Vocational Learners from Ireland’](#)



Where can I study?



Anywhere in the EU

How long can I study for?

A short period...

You can choose a shorter-term option with Erasmus+.

You can study for 2-12 months or do a traineeship/work placement as part of your Higher Education degree through the Erasmus+ programme. You can also do a work placement as part of your PLC/College of Further Education through Erasmus+.

Check in with the higher education institution you hope to study at to see what Erasmus+ options they have on offer. Ask the universities and colleges themselves at open days. [This resource](#) will help.

The key priorities for the new Erasmus+ Programme (2021-2027) are Inclusion, Digitisation, Green Erasmus, and Internationalisation. [Find out more about these priorities.](#)

A longer-period...

You can choose to study at a university in Europe, for example.

The languages you speak will determine the options you have available to you. However, there are also options for those who wish to study entirely through English.

Explore your options [HERE](#). Be aware that fees will vary from place to place so it's important to do your research!

Application processes to universities across Europe differ significantly. See [HERE](#) for information about the application processes



Supports

Financial supports

For information regarding different financial supports see [HERE](#)

Disability supports

Financial and other relevant supports are available to ensure that all can access study abroad opportunities. Speak to your college or university about the supports that are available.

Additional financial support is available for students with additional mental, physical or health-related needs. See [HERE](#).

Who can help?

To find out what your options are...

- Ask your Guidance Counsellor
- Ask universities or colleges directly
- Ask your [Youth Information Officer](#)
- Ask your existing course provider



Understanding your qualifications...

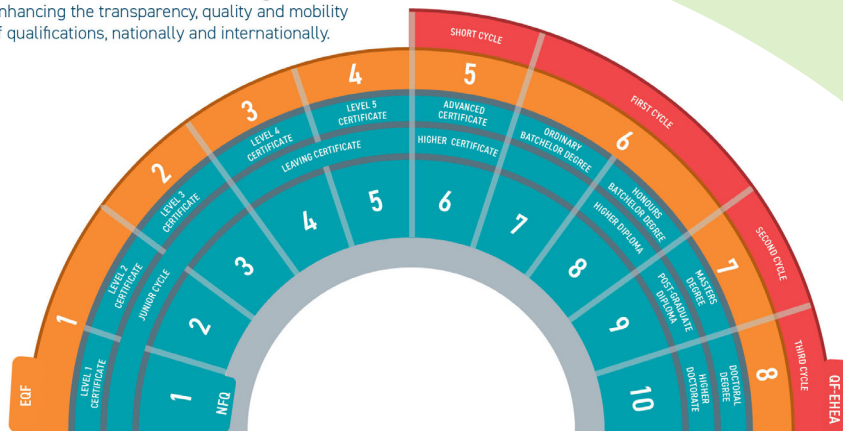
The 10-level National Framework of Qualifications (NFQ) is aligned with the European Qualification Framework (EQF) and the Qualifications Framework of the [European Higher Education Area](#) (QFEHEA). Alignment with these two frameworks makes it easier for you to compare qualifications across Europe. For more information, see the EQF diagram below and [HERE](#).



QQI
Quality and Qualifications Ireland
Dearbhú Cáilíochta agus Cáilíochtaí Éireann

Qualifications Frameworks - Going Global

Enhancing the transparency, quality and mobility of qualifications, nationally and internationally.



- **NFQ** Irish National Framework of Qualifications
- **EQF** European Qualifications Framework
- **QF-EHEA** Qualifications Framework for the European Higher Education Area

To understand a little more about this, watch the short video [HERE](#).



For further information consult: www.QQI.ie

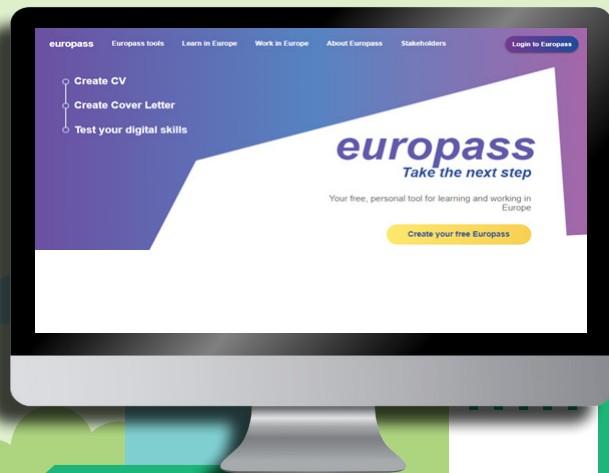
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Supported by the Erasmus+ Programme of the European Union

Europass

We encourage all learners to check out the [Europass](#) platform and create your own e-portfolio! This aims to be your one stop shop for everything you need to know about studying and working in Europe.



Need help creating your Europass profile? See [HERE](#)

The Europass platform is being developed as you read this! Check what learning opportunities are already displayed [HERE](#)

Good to know...

That holders of digital credentials for learning can safely receive and store digital credentials with the Europass platform.

New initiatives to know about...

What is the European Student Card?

This card will help to make mobility easier, more efficient, and greener - from the application stage to the issuing of your study credentials. It will facilitate access to student services across Europe.

More information about the European Student Card initiative is available [HERE](#).

European Universities

[The European Universities Initiative](#) will offer opportunities for students across different university campuses, for mobility and learning in new and innovative ways. Irish Higher Education Institutions will be part of this, providing students with access to mobility, courses and projects with Higher Education Institutes in other countries.

[The European Universities Factsheet](#) contains further information.

Ask your university, or those you are considering applying to, about their involvement and how you can become involved.

Work & Train in Europe

EURES

The [EURES Network](#) was established by the European Commission to help European citizens find work in another country of the European Union (EU) / European Economic Area (EEA).

[EURES Ireland](#) has a network of EURES advisers, who can give you information and advice on your job search in Europe and help you to contact European employers. They can also give you more general practical information on living and working conditions in another EU/EEA country, for example social security, information on pay levels, taxes, recruitment practices or provide pre-departure and on arrival advice.



The EURES Portal

The [EURES Portal](#) gives you access to over a million vacancies throughout the EU/EEA. You can search for job vacancies in a wide range of occupations and sectors, across all EU/EEA countries. You can get in touch directly with the employer or through the Public Employment Services Office listed in each vacancy. You can also contact one of the European EURES Advisers who will provide more detailed advice on job opportunities, searching for a job in their country or they may recommend you to potential employers.

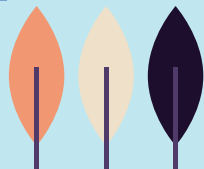
If you are looking for a job in Europe, you can use EURES Ireland and the EURES portal to:

- access a database of jobs across Europe
- find information on living and working conditions in each EU and EEA country
- include your Europass Profile/CV in a European database which can be seen by European employers
- avail of job mobility supports (such as an interview or relocation allowance) if you are moving for work to another EU or EEA country
- take part in onsite or online recruitment events across Europe (see europeanjobdays.eu for more information)

Interested?

Make an appointment with your nearest [EURES Adviser](#) or contact your nearest [Intreo Centre](#).

For more information on finding a job on the EURES Mobility Portal, please see [HERE](#).



European Targeted Mobility Scheme

The [European Targeted Mobility Scheme](#) (TMS) is a European Union job mobility scheme which offers financial assistance to EU citizens aged 18+ who are relocating for work or travelling to an interview in another EU country, Norway, or Iceland.

Supports include:

- financial allowances for travel to an interview and/or relocation to another country for work
- language training allowance (if required), family support, supplementary and recognition of qualifications allowances
- information on living and working abroad

You must apply for financial support before you leave your country and before the starting date of your new job/interview date. You cannot apply after you have moved to your new country of work.

For more information and to apply you can email: tms@welfare.ie

Europass

The Europass platform aims to be a one stop shop with information on learning and working opportunities in Europe. By selecting 'Work in Europe', you will then have access to opportunities available across Europe. Results are provided by EURES. See [HERE](#).

Need help creating your Europass profile? See [HERE](#)

Career opportunities in the EU

What do EU officials do?

Officials working in the EU's Institutions and Agencies pursue rewarding international careers in a uniquely multicultural and multilingual environment. EU officials serve 450 million EU citizens across 27 Member States and develop and implement policies that have a real impact on peoples' lives.

The work of the EU is very wide ranging and, reflecting that, the Institutions require staff with a variety of backgrounds and skill sets. Linguists and lawyers are, of course, always in demand but so are economists, ICT specialists, scientists and veterinarians, as well as administrative and support staff with more general backgrounds.



How can I apply to work with the EU?

The EU institutions do not usually recruit to fill individual posts. Instead, they hold competitions (called 'concours') to identify panels of qualified candidates, who can then be recruited by the institutions as the need arises. The [European Personnel Selection Office](#) (EPSO) is the recruitment service of the EU Institutions and manages this process. To apply for a position within the EU, you must be a citizen of an EU country and fulfil the language requirements of the post. Most positions need a thorough knowledge (C1) of one official EU language and satisfactory knowledge (B2) of a second official language. For instance, if English is your mother tongue and you speak a good level of Irish, French, etc. this would satisfy the language requirement in most cases. Similarly, if you were a native speaker of Polish with a good level of fluency in English, this would also satisfy the language requirement.

Educational requirements vary according to the position but positions are available for both graduates and non-graduates.



Are traineeships available?

Most EU Institutions offer paid traineeships (known as "stages") between 3-5 months for university graduates. Undertaking a stage can be an excellent way to gain experience of working life in Brussels and for many, it can act as the launch pad to an EU career. Even if you're not sure if an EU career is for you, a stage can develop your professional and personal skills, as well as giving you the opportunity to live and work in a vibrant European city.

Trainees, or stagiaires, work in a wide range of fields, with opportunities in law, finance, human resources, environmental policy, communications and many more. The work of a stagiaire can include everything from preparing policy and position papers to coordinating visits.

More information about the stages can be found on the [DFA Website](#) and on the websites of the institutions. There are also internships available specifically for Irish speakers interested in working as a linguist in the EU. Organised annually by the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, these internships give 10 graduates the opportunity to work on translation and proofreading in Irish. Further details of this scheme, known as Scéim Intéirneachta in Institiúidí an Aontais Eorpaigh, can be found via the [Department's Website](#).

'A Career for EU'

'A Career for EU' is a strategy launched by the Irish Government in May 2021 that aims to promote career opportunities in the European Union to Irish graduates. The strategy also contains several practical supports to assist candidates as they navigate the application process. It aims to increase the level of Irish representation in the EU's Institutions and contains several structured measures to aid Irish applicants to improve their chances of securing a position within the EU.

These measures include:

- Information sessions with EPSO staff about competitions as they open
- Practice material (available in 24 languages) for preliminary stages of competitions
- Training webinars on later stages of competitions
- Interview coaching, including in an applicant's second language (where possible)
- Making preparatory resources available as Gaeilge
- Full scholarships to undertake Masters programmes at the College of Europe in Bruges, Belgium or Natolin, Poland.

Where can I get more information about opportunities in the EU?

The Department of Foreign Affairs has a website dedicated to [Job Opportunities in the EU](#). You can subscribe to their mailing list via the website to receive event invitations directly to your inbox. They also post regularly to their social media (@EUJobsIreland) with details of upcoming competitions, traineeships and information sessions.

Other useful resources include European Movement Ireland's (EMI) jobs list and the European Personnel Selection Office's (EPSO) website. EMI's jobs list is updated weekly on their website and via their mailing list [HERE](#). EPSO's website [HERE](#) provides details of current jobs opportunities and career profiles in the EU so you can understand what role would fit your skills best.

Finally, feel free to send any questions you have to eujobs@dfa.ie



Volunteer in Europe

Have you ever thought about volunteering and exploring Europe?

There are programmes which provide you with structured opportunities to volunteer within a wide variety of organisations across Europe with lots of supports available to help you get there!

Take the chance to visit another European country, make new friends and have exciting experiences.

Benefits of volunteering

Through volunteering young people contribute to strengthening communities while gaining experience, skills and competences for their own personal, educational, social, civic, and professional development.

Volunteering will help to:

- Open opportunities to gain new experiences and develop new skills
- Increase your employability by showing future employers that you are adaptable, brave and have life experience
- Introduce you to new friends from different countries
- Take you out of your comfort zone
- Help you give something back
- Find a sense of direction (for further study or a career)
- Become more independent
- Appreciate and have a better understanding of other cultures

What opportunities are there?



European Solidarity Corps

The [European Solidarity Corps](#) is an EU funded programme that provides support and funding for young people to spend some time doing voluntary work in their own country or abroad in projects that benefit communities and people.

Once you are accepted onto a European Solidarity Corps project, all your expenses (rent, food, transport, insurance, visa procedures, language classes) are covered by the project, and you even get a bit of pocket money to enjoy your experience fully! Your travel costs are also covered although there may be a minimal contribution required.

Volunteering teams are solidarity activities allowing teams of 10 to 40 European Solidarity Corps participants from at least two different countries to volunteer together for a period between two weeks and two months. Such solidarity activities could especially contribute to the inclusion of young people with fewer opportunities in the European Solidarity Corps.

To find out more information, please go to the [European Youth Portal](#).

Who can apply?

The minimum age to participate in a Solidarity project is 18. The programme is open to those between 18 and 30 years. Young people can register if they are legally resident in the EU or in Iceland, Liechtenstein, Norway, Turkey, or the Republic of North Macedonia, or if they hold the nationality of these countries.

Where can I go?

Anywhere in the EU as well as many other places in the world under the European Voluntary Humanitarian Aid Corps which however might involve a more complicated application process.

Examples of European Solidarity Corps projects

There are a wide range of activities and organisations to choose from e.g., animal rescue in Belgium, festivals in Austria, working in a Youth Centre in Slovenia and working for Human Rights in Moldova etc.



Duration of European Solidarity Corps projects

European Solidarity Corps projects can range from 2 – 12 months. However, it is also worth noting that under exceptional circumstances some projects can be completed in less than 2 months. An advanced planning preparation visit can also be arranged for the young person and a support worker. This takes place over 1 – 2 days a month beforehand.

In some cases, volunteering activities of two weeks to two months can be put in place for young people with fewer opportunities. This type of solidarity activity will give young people the chance to take part in the daily work of organisations and perform tasks that can have a real impact. Activities can take place either in a country other than the country of residence of the participant (cross-border) or in the country of residence of the participant (in-country).

How do I apply?

1. Register with the [European Solidarity Corps](#)
2. Create a profile – take some time to fill in the personal information on your profile, and attach an updated CV. Take diligent care with it to show the ‘receiving organisations’ that you are interested. Help is available to you during this process.
3. Search the [European Solidarity Corps Database](#) - all the European Solidarity Corps vacancies/opportunities are listed there.
4. Find a sending organisation here in Ireland – your [Youth Information Centre](#) can help you do this.
5. Contact the overseas organisation (they will be your host) – your sending organisation will help you with this.
6. Send your [Europass Profile](#) or CV and a motivational letter (about half a page) describing why you would like to do European Solidarity Corps with this organisation. Remember that European Solidarity Corps is not about qualifications or how much experience you have. Projects look for volunteers who are motivated, willing, and enthusiastic and who will fit in well with their organisation.
7. Plan and prepare, it can take from 2 – 6 months to apply for and go on a European Solidarity Corps project. Your sending organisation will explain everything to you and support you throughout the process. They will also carry out some ‘pre-departure’ training with you, to help you be more fully prepared. [Youth Information Services](#) can also help you during this time with different things, like budgeting, cooking a meal etc.

Tips for searching for a project

Ask your sending organisation to help you find one that might suit you.

The more flexible you are about where you want to go and what you want to do – the more easy it may be for you to find a project.

European Solidarity Corps projects fill up quickly and competition for places can be strong.

Search the [European Solidarity Corps Database of Organisations](#) on a regular basis and choose as many as possible to allow you to secure a volunteering opportunity. Think carefully about the ones you choose so they match your interests and skills.

Can I do a European Solidarity project within Ireland?

YES! You can also participate in a European Solidarity Corps project within Ireland. This could be helpful for you to build up your confidence and teamwork skills.

Young people can also carry out their own projects as volunteers in Ireland - find out more [HERE](#)

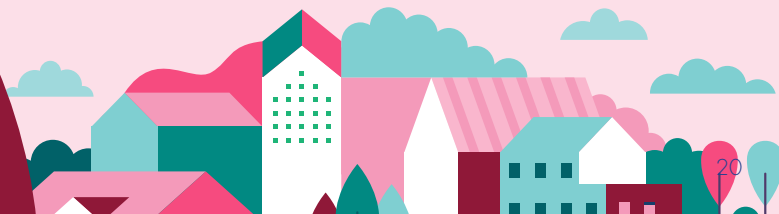
Who can help me find out more on what is available or what to do next?

Your local Eurodesk Multipliers are an excellent place to start - they are based in local Youth Information Services and have a specialised knowledge on volunteering opportunities in Europe available to young people. See the map of multipliers [HERE](#). You can also visit europeansolidarity.ie.

If in a school or FET setting, speak to your Guidance Counsellor who will be able to steer you in the right direction to get the information you need.

European Solidarity Corps for people with fewer opportunities or additional needs

When considering your options focus on your abilities and know what supports you require to be able to participate fully in a European Solidarity Corps project. You know your disability and abilities best – it would be useful to consider some of the supports you might need to assist you – these might include equipment, services, or strategies you use already in daily life – so you can explain these needs to any organisation that you contact.



Young people with disabilities

Young people with disabilities are encouraged to take part in European Solidarity Corps and specific supports are provided for them as part of the overall programme. Sometimes they can volunteer their time and expertise with organisations that specialise in working with or supporting other young people with disabilities. More information can be found here [EU Solidarity Corps - Inclusion Europe](#)

Young people with fewer opportunities

European Solidarity Corps provides young people with fewer opportunities and easy access options to help them participate. This includes tailor-made projects to suit their specific skills and qualities, as well as additional financial and other support as required to encourage them to take part in European Solidarity Corps. For more see [Europe for all – Integrating young people into the European Solidarity Corps.](#)

Other volunteering opportunities

Volunteer work in return for board...

There are many opportunities to volunteer in exchange for accommodation and food that allow you to explore the country in your free time.

You can do a range of tasks, such as doing up an old cottage, helping on an organic farm, au-pairing for a family, doing maintenance work on a holiday center, carrying out general duties in a hostel, helping in an orphanage, being a guide for tourists, doing photography projects and much more. Examples of sites which list these opportunities are [WorkAway](#) and [HelpX](#).

[WWOOF](#) ...ing - which stands for Worldwide Opportunities on Organic Farms - is where a volunteer works on an organic farm in exchange for accommodation and food. Many hosts only require 4-6 hours work per day for 5 days, however this differs between hosts and depends on whether accommodation and food or just accommodation are offered. The sites listed may require a small fee for viewing all details of hosts.

Other opportunities

[Voluntary Service International](#) (VSI) offers short and long-term volunteering opportunities and these are available worldwide. VSI also supports young people as a sending organisation for the European Solidarity Corps.

[Comhlámh](#) is an organisation that encourages, promotes and assists volunteering in overseas projects. It also campaigns for volunteer organisations to sign up to its [Code of Good Practice](#), ensuring the safety and welfare of its volunteers.

[United Nations Volunteers](#) (UNV) has many different areas in which you can volunteer, from emergency relief to ICT.

To get a sense of what volunteering can do for you, watch the [Eurodesk video on Volunteering](#).



Other Opportunities & Programmes

DiscoverEU

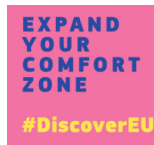
DiscoverEU is part of the Erasmus+ programme that gives the opportunity to young people aged 18 to discover Europe, its landscapes and culture, through travelling predominantly by rail (there are exceptions to allow those living on islands or in remote areas).

Young people who are 18 and are long term legal residents of an Erasmus+ programme country, can apply during the two application rounds which take place each year. Successful applicants are awarded a travel pass.

DiscoverEU offers you the opportunity to participate in a travel experience that will enable you to take advantage of the freedom of movement throughout the European Union, explore the diversity of Europe, learn about European cultural heritage and history, and connect with people from all over the continent.

Furthermore, DiscoverEU enables you, as a young person, to develop life skills of value to your future, such as independence, confidence, and openness to other cultures.

Find out more [HERE](#)



Youth Exchanges

A 'Youth Exchange' is a type of Erasmus+ Mobility project where youth organisations can send young people to another country to learn and develop their personal and professional skills.

During Youth Exchanges, groups of young people from at least two different countries gather for a brief period and take part in workshops, debates, sport, and outdoor activities.

Youth Exchanges are open to all young people with a special focus on those with fewer opportunities.

Find out more [HERE](#)

Eurodesk Opportunities Finder

In the Eurodesk Opportunity Finder you can find current EU & international opportunities & programmes for young people and adults divided into sections - [learning](#), [volunteering](#), [internships](#), [participating](#) and [grants](#)

Who can help:

Young people can get in touch with Eurodesk local information points located in [Youth Information Services](#) and [Europe Direct Centres](#) across Ireland to receive individual support and information tailored to their needs and interests.

You can also contact the Eurodesk Ireland national office by email eurodesk@leargas.ie or phone +353 1 8871210

eurodesk



Comparing Qualifications

What is a qualification?

A qualification is an official record showing that you have completed and achieved learning outcomes to given standards in an education/training course. Knowing that a qualification is a recognised qualification is essential. You can also compare qualifications between one EU country to another, making the translation of any existing qualification easier to understand and compare with another country of your choice.

Recognition of foreign qualifications

In Ireland, you can search the on-line [Foreign Qualifications Database](#) or you can contact NARIC Ireland to get advice on the recognition of foreign academic qualifications in Ireland. Details of other European information centers are available at the European Network of Information Centres-National Academic Recognition Information Centres www.enic-naric.net. Visit the NARIC website for more information [HERE](#).

Good to know...

NARIC Ireland provides a user guide in a range of European languages to assist users.



QQI

Quality and Qualifications Ireland
Dearbhú Cáilíochta agus Cáilíochtaí Éireann





QQI

Quality and Qualifications Ireland
Dearbhú Cáilíochta agus Cáilíochtaí Éireann

The Irish Register of Qualifications (IRQ)

The IRQ is the official source of information on qualifications included within the NFQ and their associated programmes and institutions. A listing on the register confirms that a qualification meets all the requirements of a qualification included within the NFQ. Qualifications on the IRQ are linked and available on the Europass platform.

Guidance professionals, funding bodies, employers, national and international learners and recognition services can use it to search, check and verify programmes and qualifications.

Further help:

[Europass](#)

[Irish Register of Qualifications](#)

[Qualifax](#)

[NARIC Ireland](#)

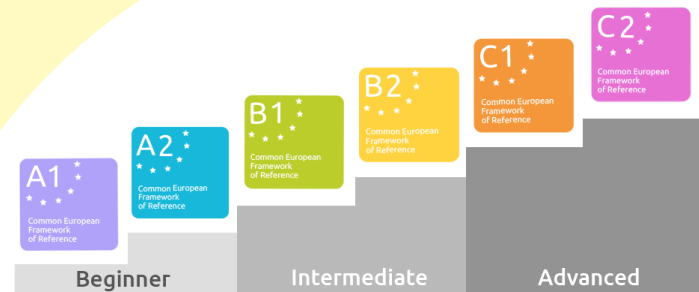
Language supports

Common European Framework of Reference for Languages (CEFR)

This framework was set up by the European Commission to indicate the level of understanding you have in language. CEFR is becoming more commonly used across Europe by students, colleges and employers and you can put it on your Europass profile if you are going to work abroad.



See how you can assess your own levels of competency in a language [HERE](#)



Online Linguistic Support

The [Online Linguistic Support](#) (OLS) tool is designed to assist Erasmus+ and European Solidarity Corps participants in improving their knowledge of the language in which they will work, study or volunteer abroad so that they can make the most out of this experience.

OLS is available in all official EU languages and can be accessed before and during the mobility project. The course gives access to Live Coaching activities, tutoring sessions, and interactive MOOCs. The participants can evaluate their language skills before and after their mobility, giving them a clear picture of the impact of their Erasmus+ mobility on their language skills.

More than 350,000 Erasmus+ participants assess their language skills with OLS every year and can improve their level with OLS language courses. On average, participants who follow courses actively improve their proficiency by at least one CEFR level (Common European Framework of Reference for Languages).

Other useful linguistic resources:

- [Lara's Language Journey Across Europe](#): book available in English, Irish and 18 other languages
- [Languages Pathways](#): contains links to other resources, catering to learners of French, German, Italian and Spanish
- [Explore Languages](#) and have [Fun with Languages](#), resources compiled by Languages Connect, contain foreign languages music playlists, vocabulary, apps recommendations and social media accounts to follow
- [ALLO at Home](#): fun language learning, language awareness and lateral thinking puzzles



Targeted Mobility Scheme (TMS) Language Allowance

If you are recruited or pre-selected for a job in another EU country, Norway, or Iceland, you may be eligible to apply for financial support if you have a need to attend a language course to facilitate the job in the new country.

Such a language course:

- may take place in your country of residence before your relocation
- may take place in your country of destination, but must start within 6 weeks of your job start/relocation
- must be short and intensive, max 8-12 weeks
- must offer good learning at reasonable cost, i.e. provide good value.

The financial support consists of reimbursement of actual declared costs up to max. EUR 2,000 per jobseeker.
For further details see [HERE](#)

Useful resources & tips



Erasmus+ App



The [Erasmus+ App](#) can simplify your Erasmus+ experience, providing easy access to information and key documentation on different opportunities offered by the Erasmus+ programme including studying abroad, youth exchanges etc. The App offers access to special deals and offers, enabling participation in events, social activities and volunteering. The Erasmus+ App 'tips competition' gives its users a chance to share tips with each other to enhance the Erasmus+ experience. The competition has a monthly prize of a €50 Amazon voucher or a bi-yearly prize of an Interrailing voucher.

European Youth Portal



Check the European Commission [European Youth Portal](#) for most recent European youth news and articles on European mobility opportunities for young people, EU youth policies and events. Here you will find information on working, travelling, studying, volunteering in many European countries, in English and other EU languages, as well as inspiring stories from young people, information on competitions and much more!

Euroguidance Ireland Resources for Guidance Counsellors to use with their students

[General Resources](#)
[‘Euro-Quest’](#)



Useful videos from QQI

[National Framework of Qualifications](#)
[Advice on Foreign Qualifications](#)



Eurodesk Ireland resources for EU opportunities

To find out practical information on working, volunteering, studying and more in Europe, check out Eurodesk Ireland Network online resources including information on who you can contact for one-to-one support:

[Working in Europe](#)
[Volunteering in Europe](#)
[Studying in Europe](#)
[Europe at your fingertips](#)
[Practical and travelling information](#)



Erasmus+ Higher Education Websites

The [Higher Education Authority](#) (HEA) is the Irish National Agency for Erasmus+ Higher Education in Ireland.



[EURIreland.ie](#) provides a wide range of information on opportunities available through Erasmus+.



The [Erasmus+ Student](#) section provides more specific details on opportunities available to Higher Education Students. If you have any further queries you can e-mail erasmus@hea.ie

Léargas' website



[Léargas](#) is the Irish National Agency for Erasmus+ Youth, Education and Training and [European Solidarity Corps](#). Their website provides details on different EU-funded opportunities available to young people.



Skills Summary Tool

[Skills Summary](#) is an easy-to-use online tool that helps you recognise and capture the life skills that you have developed through for example volunteering in Europe. It explains 12 soft skills in a simple way and gives you examples of how they're demonstrated. When you find a skill that sounds like you, you can take a short quiz that will help you understand and harness the skill and you can come up with a great example of when you used it. You can get in touch if you have any questions: skillssummary@nyci.ie

“Stories from the road”

Now that you know a little more about the opportunities available to you, it's time to hear what it's really like to study, work or volunteer abroad! Listen to the stories of young people from Ireland and beyond who took the plunge and learn about how their experiences abroad shaped them and their futures. Are you ready to follow in their footsteps?

What is it like to study abroad?

[An Irish student's Erasmus experience](#)

[TU Dublin student Kevin McGrath explores space on his Erasmus+ Traineeship.](#)

[Limerick Institute of Technology's PhD Student Aisling Burke Erasmus+ Study Visit to Rennes School of Business](#)

[DCU student Conor McKeon's Erasmus+ mobility in Barcelona](#)

[Follow two students' Erasmus journeys](#)

What is it like to volunteer abroad?

[What is like to volunteer with ESC?](#)

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