# Find opportunities in Europe



# **Erasmus+ for youth**

Nowadays if you are a European citizen, your life can become easier and you will get more experiences. European union can offer you a lot of opportunities that will totally change your whole life. So ... let's start. Have you ever heard about European mobility projects? We have the answer here.

First of all, you can participate in Youth exchanges. Youth exchanges bring together groups of young people from two or more countries, providing them with an opportunity to discuss and confront various themes while learning about each others' countries and cultures; they help you learn new skills and improve your CV.



Groups of young people can organise a youth exchange with other young people from one or more EU country lasting five to 21 days. Young people from different countries meet and live together to jointly carry out a work programme designed and prepared by them before the exchange. This could be a mix of workshops, exercises, debates, role-

plays, simulations and outdoor activities. They allow young people to develop competences; discover new cultures, habits and life-styles through peerlearning; and strengthen values like solidarity, democracy and friendship.

Secondly, we have European Volunteer Service (EVS). The European Voluntary Service (EVS) helps young people travel abroad to participate in volunteering projects. As an EVS volunteer, you commit yourself to the work of an organisation abroad. Volunteering projects can involve many different kinds of activities in areas such as youth work, cultural activities, social care or environmental protection. You volunteer on an unpaid and full-time basis. Volunteering activities last a minimum of 2 weeks and a maximum of 12 months.

Last but not least, there are variety of Training Courses. Erasmus+ courses are tailored to the needs of teachers and trainers in EU. Each year a list of available training programmes is offered, with the best of European partners. They are focused on development of soft competencies like teaching creativity and entrepreneurship, communication skills, stress management, multiculturalism and conflict management. All Erasmus+ courses are highly practical, they contain many interesting exercises and strong emphasis is put on discussion. You should definitely grab these opportunities which will change your life. You will live new experiences, meet new cultures, new people!

# **Study Abroad!**

Have you ever imagined living in another country. Now you have the chance to do it! Being an European citizen gives you many opportunities but one of the best advantages is that you can study and work abroad very easily and ... cheap.



You can find a lot of universities in Europe where you can study for free or with a small fee per year. But even better you, you don't need a visa like the people from USA, just your ID card to go there for either bachelor or master.

Here is a list of some benefits to travel and study abroad:

#### See the World

The biggest reason you should consider a study abroad program is the opportunity to see the world. By studying abroad, you will experience a brand-new country with incredible new outlooks, customs and activities. The benefits of studying abroad include the opportunity to see new terrains, natural wonders, museums and landmarks of your host nation.

#### **Education**

Another reason you might consider studying abroad is for the chance to experience different styles of education. By enrolling in a study abroad program, you'll have the chance to see a side of your major that you may not have been exposed to at home.

#### Take in a New Culture

Many students who choose to study abroad are leaving their home for the first time. When they arrive in their new host country, they are fascinated by the distinct cultural perspectives. When you study abroad you will find incredible new foods, customs, traditions, and social atmospheres.

#### **Hone Your Language Skills**

Chances are if you're planning on studying abroad, one of the major draws is the opportunity to study a foreign language. Studying abroad grants you the opportunity to completely immerse yourself in a new language, and there is no better way to learn than to dive right in.

## **Career Opportunities**

When you finish your study abroad program and return home, you will return with a new perspective on culture, language skills, a great education, and a willingness to learn. Needless to say, all of these are very attractive to future employers.

# **Cuisines around Europe**

Europe is so much more than just ancient history, kings and queens, castles and churches, work and studied. Europe is also home to some of the tastiest and most interesting food in the world – but what should you eat and where? What are some examples of traditional European food? Let us show you the way...

## Palacinky in Czech Republic

The Czech Republic is probably most famous for its great variety of pilsner beers, but the country also serves up some tasty Czech foods to soak up all that alcohol. One of the must-eat dishes in Prague are palacinky pancakes. These crepelike desserts are filled with fruit jam and served rolled up.



## **Currywurst in Germany**

In Germany it's all about the wurst! There are hundreds of varieties of sausage in Germany but one of the most popular fast food versions (imbiss) is currywurst. You can get currywurst either with or without the skin of the sausage (order mit darm for with, ohne darm for without), but either way the sausage comes cut up and is served with ketchup and curry powder sprinkled on top. You can choose different levels of spice and it's best when eaten with pommes (fries) and a cola.



# **Breakfast in England**

Don't think that the Full English with eggs, ham, beans, fried tomatoes and black pudding is all that the English breakfast has to offer. Besides the good ol' fry-up, there's the greasy bacon butty sandwich.



## **Herring in Netherlands**

Continuing the list of traditional European food, in the Netherlands, it's all about the herring. As a seafaring country, fish has always been a part of the national diet. With the unique Dutch herring preservation process, the small silvery fish has become a symbol of Dutch food. It's best to eat during the first catch of the season, but almost all food markets in Amsterdam and elsewhere sell the fish as a healthy snack.



## **Goulash in Hungary**

The hearty Hungarians have been eating goulash for centuries. It's usually a thick stew (or sometimes a soup) with meat and vegetables, seasoned with paprika. It's best served in a bread bowl and with a beer.



# Štruklji in Slovenia

Slovenia might not first come to mind as a culinary destination, but the country's unique placement in central Europe means Slovenian cuisine has taken the best of its neighbouring countries' cuisines. Located between the Mediterranean, the Alps and ancient Roman sites, you'll find amazing prosciutto, fine cheeses and hearty meat dishes in Slovenia.

