# How to get mobile?

stand up and reach for it.

to make. Starting a new life in foreign country sounds scary, We have all been there. It's quite a decision, not an easy one there is no reason to deny it.

made. We are here to help you take your first step. We are And yet it has turned to be the best decision we have ever here to give you all the information you need and all the motivation and support for you to start your mobile life.



## Information

opportunities may appear or disappear. We're providing you Get all the information you need about different mobility programmes. Mobility is a fast changing world. Some information may not be up-to-date, some mobility



### Motivation

living, and working abroad. Step out of your comfort zone and overcome your fears. Learn that mobility is a not a one-time Read real-life stories from people who have already taken their first step. Get to know their experience of studying, thing. Learn what it means to live the mobile lifestyle.

## Mov'in Europe

ambassadors in local, national and international activities. nobility as a lifestyle, through the engagement of

Mobility is a lifestyle. This is the message ESN has been sharing for 25 years. By making the international experience of higher education citizenship among more than 450 sections of ESN in 37 volunteers' network experiencing the active European countries. Take the first step with us!



## Mov'ın Europe



INTERNATIONAL EXCHANGE ERASMUS STUDENT NETWORK









www.movineurope.esn.org

# Start the adventure.

Live, work, and study abroad.

Become independent, explore new cultures, and make new friends all over the world. Mobility is a lifestyle.



Mov'ın Europe

### Live, work, and study abroad.

Our generation will be forever known as the Erasmus generation. We are the first generation of Europeans having opportunities to study, live, and work abroad. We can get the best of being in an international community.

Start your journey. Become mobile, explore different countries, make friends all over the world, learn about other cultures, taste amazing food, and live the times of your lives.







### MOBILITY IS A LIFESTYLE.



"All of us were there and we were all dedicating ourselves to spreading the passion we feel for the idea of living a life which has colorful pieces scattered all over the world. We knew borders were illusionary. We were all professional travelers. We owned the world and we knew it.

I learned how to recognize opportunities. I learned that my voice mattered. I got the courage to do things everyone said

### Aleksandra - Erasmus in Austria

were impossible."

"What will I miss while I'm away! And you know what? Time passed so fast that I honestly came back to almost identical situation I have left behind before practice."

### Kristina - Erasmus Internship in Croatia

"Indeed I improved many professional skills and gained a lot of new friends and useful contacts, for sure it was the biggest challenge for me after my first erasmus and now every new internship or job abroad is just a normal routine for me, I think that is the best thing that came out of this experience."

### Marko - Erasmus Internship in Croatia

"It has opened my mind and changed my view on our western world. I'm now more sensitized to issues of global inequality."

Nina - Volunteering in an International Development Organisation in India



### Studying

- Erasmus+: Studies
- Joint Master Degrees
- Campus Europae

### **Internships**

- Erasmus+: Placement
- Eurodyssée
- European Institutions Internships

### Working

- Summer Jobs
- Au Pair
- Language Teaching Assistant
- Erasmus for Young Entrepreneurs

### Volunteering

- Erasmus+: European Voluntary Service
- Erasmus+: Youth Exchanges
- EU Aid Volunteers
- Volunteering in International Youth Networks
- International Sport Events Volunteering

### Travelling

- Wwoofing
- CouchSurfing
- InterRail