

# Erasmus+ Youth Participation Activities

Learning Material for your Erasmus+ KA154 application

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Welcome to the *participatory garden* of  
Erasmus+ Youth Participation Activities —  
a place to learn and grow your participation ideas.

This Erasmus+ opportunity supports **activities outside formal education and training** that encourage, foster and facilitate **young people's participation in democratic life** at local, regional, national and European level.

Thank you for taking the time to think about this and for implementing your idea! Throughout the material you are invited to **reflect, discuss with others, colour, write** and otherwise **engage** with the material.

We hope this helps your project *bloom* in future!

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As the projects, contexts, and readers are very different, some parts of the material might not work for you or might need to be adjusted for your context — feel free to adapt it!



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# Technical aspects

## Objectives of the action

- To create opportunities for young people to **engage and learn to participate in civic society** (having their opinion and needs heard and considered);
- To develop participatory **structures, mechanisms and approaches**, providing space, support and means for young people to **contribute to and influence decisions that affect them**.

## Duration

3 → 24  
3-24 months

## Target group

- Young people between **13-30 years**
- Decision-makers

## Who can apply?

- Informal group of young people  
A group of young people with **4+ people** between **13-30 years** living in the **same country** (one person has to be at least **18+ years**)
- Non-profit organisations
- Public bodies  
..and others

The *garden of participation* needs some basics to be able to grow. Collect these throughout the page.

## Place

- Local:**  
participate and co-create on the spot
- International:**  
You can have an international project either when you have an international partner or when visiting EU institutions

## Forms of activities

### Event without Mobility

Physical local event with a wider audience of young people and/or decision-makers, standing out from other project activities in size / content / participants

**€ budget** – event support per participant per event

### Mobility

Requiring young people to travel to a specific place, either national or to a country of a partner organisation or to an EU institution

**€ budget** – mobilities

### Events with Mobilities

Physical event requiring people to travel and targeting a wider audience

**€ budget** – combined funding of events & mobilities

### Other Activities

Physical or digital, targeting only the core group or a wider audience

**€ budget** – project management

## Budget



Maximum funding amount **€60.000**

### Project management

**500€ per month**

e.g. project meetings, activities, public relations, evaluation

### Coaching costs

**74€ / 137€ / 241€ per day\***

- € To support young people where needed
- € One or more coaches

\*depending on country

### Inclusion Support

**For participants with fewer opportunities and their accompanying person** **100%**

**€** Based on the real costs

### For organisations

**125€ per person**

**€** Only for mobilities and based on the number of participants with fewer opportunities

### Mobilities

**Travel days** – depending on distance

**Individual support** – depending on country

**Exceptional costs** – 80-100%  
e.g. visa, vaccinations etc.

### Event support

**100€ per person per event**

**Physical event** with people who are **not a part** of the project team  
e.g. conferences, discussions, dialogue events



## Priorities & Goals

Colour the **water drops** you would like to prioritize!

### Erasmus+

#### Programme priorities:

Think about how the Erasmus+ programme priorities could connect with each other and be implemented in your project - either as a **topic** of the project and / or a **process** (done in a participatory, green, inclusive, digital way).

#### How could that look like in your project?

- Participation in democratic life, common values and civic engagement
- Inclusion and diversity
- Environment and fight against climate change
- Digital transformation



#### EU Youth Goals:

- Connecting EU with Youth
- Equality of All Genders
- Inclusive Societies
- Information & Constructive Dialogue
- Mental Health & Wellbeing
- Moving Rural Youth Forward
- Quality Employment for All
- Quality Learning
- Space and Participation for All
- Sustainable Green Europe
- Youth Organisations & European programmes

#### What would you like to achieve with your project?



# Examples of potential activities

## Inclusive democracy

Example No1

Young people with and without learning disabilities come together for a project focused on **democracy**.

Participants learn different ways to engage in decision-making processes, learn about the discriminatory barriers that exist and discover inclusive tools for digital participation.

They are involved in **decision-making** throughout the project (e.g. about topics, logistics & communication). Afterwards, they have an **event** with local and national **decision-makers** to **advocate** for more inclusive and accessible systems in areas such as participatory budgeting, voting and public policy discussions.

## Awareness of peaceful activism

Example No3

In this **transnational** Youth Participation project, two organisations from different countries had identified young people's need to make use of their right to democratic participation through **protest**.

There are two **mobilities**, each going to one of the partner countries. In the mobility there are **workshops** e.g. on peaceful activism and why protests are important for democratic participation. Additionally, there are study visits to activist groups in the area to understand the national realities. They also learn how **protests affect decision-making**.

Throughout the project the students have the possibility to discuss the topics they want to raise awareness for. The final **events** of the project are **peaceful protests** organised in each of the two countries.

## Decision-makers involving young people

Example No2

Politicians in a **local municipality** receive ideas from the young people in their area about what to improve in the town. They decide to organise a project where different departments and specialists search for ways to **implement these ideas in their practice**, having young people as their mentors.

They bring young people from the area together to organise a **simulation event** of the regional parliament. Beforehand, they offer different **workshops** such as **debate training** for young people. On the simulation day, they receive ideas and their possible implementation is discussed.

After the simulation day, the decision-makers **give feedback how and which ideas were implemented in the town**. There is a **follow-up** on this activity happening at least once a year.

## Connection through art

Example No4

An **art school** wants to bring decision-makers and young people closer together. Young people decide to invite parliament members to the art studio, where they draw portraits of each other.

While drawing, they **discuss arts and politics**. Later, an **exhibition event** is organised in the parliament building to present all the portraits.

The exhibition is followed by a **panel discussion** about the challenges faced by art students. Parliamentarians listen to the challenges, **give feedback** and follow up on the challenges and how they might be solved.

..and a lot of other possible activities.

As your participation project is *growing* - let's look around a little bit and find some inspiration in examples of potential activities. Remember: there are many more around!

## Example of a general timeline



## EVENT WITHOUT MOBILITIES

Physical activities for a **wider target group** of young people and/or decision makers. These are **short and local** events that do not demand costs related to travel or lodging.



Applicants must select the duration and scope of each activity based on the **needs of the project and the expected achievements**.



In one project, several events, mobilities or other activities **can be combined**.

## EVENT WITH MOBILITIES

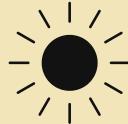
Physical activities for a **wider target group** of young people and/or decision makers. These are **longer events** that require significant costs for the **travel and lodging** of participants.



A mobility can be, for example, a **local** study visit to a national decision-making body or a **cross-border** meeting with decision makers at EU institutions.



**OTHER ACTIVITIES**  
Monthly project management support can cover online activities, campaigns, exhibitions, research, materials related to youth participation or anything else needed for implementing the project.



# Tips & Tricks

## Tips for your application

### Timeline

- It is important to **plan for all phases of the project**. Include preparation, implementation and follow-up in your timeline, as well as reflection and dissemination of results throughout.

### Coaching

- A coach is an external person who **provides guidance and support** for young people throughout the project, focusing on enhancing the learning process and supporting in identifying learning outcomes.

### Budget

- The funding options mainly support physical activities, but participation also happens in digital spaces. Investigate your options for integrating digital participation opportunities into the project.
- Plan your activities and budget based on **actual needs**, not the maximum available funds.

### Management

- Consult** with your National Agency (and attend trainings, if possible).
- Use project management tools for project writing, e.g. SMART.
- Make use of the [Youthpass](#), which is a recognition instrument for identifying and documenting learning outcomes within Erasmus+ projects.

## Tips for engaging young people

- Engage young people from the **start**.
- Plan an ideation meeting asking young people about their **needs**.
- Take into consideration that young people can **participate** in democracy in **different forms** (e.g. elections, protest, discussion with decision-makers, political social media).
- Bear in mind that young people can **express** their opinion in **very different ways** (e.g. anonymously, in writing, in debates, digitally, in interviews). Use the participatory methods that fit the needs of the young people and their realities.
- Give young people room to **ideate and share ideas** for the project.
- Include **participatory elements** when planning to visit an EU institution. **Prepare** the participants for the visit and meeting with decision-makers.

[Here you can find project examples](#)



To finalize your participation *garden*, here are some useful tips from people with experience in Youth Participation Activities – providing you the final *sunlight* for your project to *flourish*.

## Talking about making a change

- Think about how you will **share** your project with others to create maximum impact.
- Analyse** the current situation in your organisation, community or region. What **needs to be changed** or improved?
- "**Dig deeper**" to find the problem; don't make assumptions.
- When asking young people for their ideas, include proper **feedback** and **accountability** and consider how you can already **respond** to their needs.
- Remember to **adjust** and **evaluate** the project throughout.

"You should not do it alone"



## Include everyone

- Remember that the project should be **accessible** for all. Support is there if you need it.
- Request extra **funds** to include participants with fewer opportunities.
- Embrace **accessibility and inclusion**: By considering **diverse needs** (e.g., language, disability, rural access), you can ensure that all potential participants are welcome and supported, strengthening the project's overall impact and success.
- Always remember that everyone has a different reality.



## More information

Prepare your own participatory garden

Name of your project:



[www.linktr.ee/YouthParticipationActivities](http://www.linktr.ee/YouthParticipationActivities)

Here is a set of resources that can additionally support you in your project application and implementation.



1

What is the aim of your project?

2

How do you know / how will you find out what other young people need?

4

How will your project participants be involved in the decision-making of the project?



3

How might young people participate meaningfully in the organisation of the whole project?

5

Which activities will support the aims of your project and how?



6

How is your project responding to the Erasmus+ priorities and EU youth goals?



7

What will be the timeline of your project? How will you plan time for all important phases?



8

How will you regularly evaluate and update the project together with participants?