



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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Quality Youth Participation

Welcome to our garden of growing democratic participation!
Follow the questions, collect the seeds and note down ideas for your project.



Youth Participation is about young people having the **right**, the **means**, the **space**, the **opportunity** and, where necessary, the **support** to freely **express their views, contribute to and influence societal decision making** on matters affecting them, and be active within the democratic and civic life of our communities. ([Youth Participation Strategy](#))

It is a process in which **decision-making power is shared with young people**.



Start with the **roots** of your project. Think about...

What NEEDS is your project rooted in?

What is its AIM?



Youth



What do you and young people around you want to CHANGE?

Youth Participation in your project

How might your project SUPPORT youth participation?

- Support young people in **learning the skills** needed to participate in democratic life.
- Actively involve** them in all stages of the project and the various decisions made.
- Be a space where **young people's voice and needs are heard**.
- Create space for **dialogue with decision-makers**.
- Provide **competence building for decision-makers** on how to **listen** and **implement** youth participation processes in their context.



Project



Think about these suggestions for quality participation.

How could it look like in your project?

Reflect on it and colour the **seeds** to give them space to **grow** in your project.



The **seeds** are planted. The **patch** is watered. Participation is growing - **Can you formulate the AIM of your project?**

There are many ways to gain insight into the **needs** of young people:

Ask them! And listen to their needs.

Organise a workshop to discuss ideas

Create a survey to ask about their needs and / or **use existing research**

...and a lot of other ways.

Spaces and environments are designed to encourage young people to **engage**.

Working **methods** are adapted to how different young people like to be engaged.

Young people **decide** for themselves which **issues** they see as relevant and important.

Participation is **voluntary** (people have a choice).

All young people are genuinely **welcomed** and **valued**.

Collect participatory seeds for your project

Chosen **participatory approach** matches the young people's realities.

Young people are **involved throughout the whole project**, as much as possible.

Young people have various opportunities to participate and **share** their input.



Technical aspects

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



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



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

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!



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.



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.



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.



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.



Example of a general timeline



EVENT WITHOUT MOBILITIES

Physical activities for a **wider target group** of young people and/or decision makers. These are mainly **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**.



MOBILITY

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.



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.



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

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*.

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

"Remember to have fun! It can be exciting and fun for everyone to participate."

Look around

- ☀ There is a **lot of knowledge** out there. **Work on involving other young people** and other specialists in different ways.
- ☀ Remember: Erasmus+ Youth focuses on **non-formal education**. It is important that participation is **voluntary** and outside of the regular formal education programme.
- ☀ Think about connecting to the other **Erasmus+ priorities** (Inclusion & Diversity, Sustainability and Digitalization).
- ☀ Remember that this is part of a **learning** mobility programme. Consider the personal development goals and learning of people involved.
- ☀ Learn from others and **build cooperation** with other organisations and projects

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

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?

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?

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?