

European Solidarity Corps



**at the European Network on
Independent Living (ENIL)**

**Long-term volunteering
6 months
Brussels, Belgium**

Acknowledgments

This guide was written by ENIL 2026 ESC volunteer Anna Decandia.

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Plain Language Summary

This guide is designed to support both potential and selected young disabled people who want to join the European Network on Independent Living (ENIL) as European Solidarity Corps (ESC) volunteers. Here is what you will find:

- **Volunteer Qualities:** Explains the characteristics ENIL looks for in potential volunteers.
- **Selection Process:** Details the two-step application process and what to do once you are selected.
- **Your Role & Daily Work:** Outlines your potential daily tasks, working hours, holidays, staff and external support, and your personal project.
- **Documents & Training:** Explains the paperwork and training you will receive before, during, and after your project.
- **Finances & Funding:** Covers what the program pays for, including housing, travel to and from Brussels, local transport, food, pocket money, personal assistance and accessibility costs.
- **Personal Assistants (PAs):** Explains your options for managing PAs and helps you calculate how many hours of weekly support you might need.

Plain Language Summary

- **ENIL & Membership:** Introduces the work of ENIL and ENIL Youth, and explains how to become a member.
- **Life in Brussels:** Offers general information about the city and practical advice for meeting new people.
- **Accessible Transport:** Guides you through getting around Brussels using metro, tram, bus, train, and taxi services.
- **Travel Tips & Apps:** Recommends cities in Belgium to visit and useful websites and apps to download.
- **Personal Story:** Shares Anna's perspective as a 2026 ESC volunteer, highlighting her journey to ENIL and her experience with personal assistance and accessible co-living in Brussels.



Participants' Profile

- You have to be older than 18 and younger than 31 on the first day of your placement.
- You cannot be in paid employment or have other work or study commitments during your volunteering period to be accepted in the ESC program.
- As this program is aimed at young people with fewer opportunities, you must identify as a disabled person in order to apply.
- As the working language at ENIL is English, a good knowledge of the English language is essential.
- We expect you to have a positive can-do attitude and basic computer skills.
- This is a mobility program, so you must be willing to move to Brussels, Belgium. Online volunteering is not possible.



Participants' Profile



- You must be a European Union citizen. Due to Belgium's strict immigration policy and the fact that ENIL has not been able to secure working permits for ESC volunteers from outside the EU in 2025, we have been forced to restrict volunteering to those who do not need a working permit for Belgium.
- You must be committed to the mission and principles of the European Network on Independent Living (see: <https://enil.eu/about-enil/>) and the European Solidarity Corps (see: https://europa.eu/youth/solidarity/mission_en)



Before Arriving

Selection Process - check ENIL's website regularly

ENIL opens the call - from the end of 2026 to the beginning of 2027.

First phase: sending a motivation letter and the CV by email + applying through the European Youth Portal

If shortlisted → **Second phase:** online interview.

ENIL will share with you a list of questions to help you prepare for it.

2 volunteers are selected. Each volunteer will work at ENIL for six months, not necessarily at the same time.

For instance:

- 1st volunteer: 01/04/2027 - 30/09/2027
- 2nd volunteer: 01/06/2027 - 30/11/2027

The exact period can be discussed.

After Selection

- Finding a supporting organization in your home country: it is MANDATORY and it is up to you.
- Checking logistics: accommodation and access and support needs (e.g. personal assistance) - during online meetings;
- Signing the "Volunteering Agreement" and "ESC Partnership and Activity Agreement;"
- Planning the trip to Brussels and settling in.

Day-to-day tasks



Within the first 2 weeks of the ESC programme, ENIL will give you the chance to learn more about all aspects of its work, including through individual meetings with all staff members.

After this introductory period, together with you, the staff will identify how you can best contribute to ENIL's work, based on your interests and preferences.

You will always be working together with a responsible member of the ENIL staff and will not have sole responsibility for your work. You will have a **supervisor** for your work, a **person who will assist you on the ESC logistics**, as well as a **mentor** (you might be asked to write a letter to them beforehand in order to see if you are a match!). The mentor will be a person known and selected by ENIL, but that does not work in the organization.

Day-to-day tasks

Depending on your skills and interests, your **day-to-day tasks** may include:

- Contributing to ENIL's advocacy work (by helping to set up meetings with policy makers, for example);
- Planning and taking part in the Freedom Drive (every two years - next edition will be in 2028);
- Planning and organising events, such as online meetings, webinars and trainings;
- Attending and reporting on external meetings/events;
- Desk based research and drafting of texts to contribute to written materials, such as position papers, submissions to the UN treaty bodies, fact sheets, toolkits, manuals;
- Contributing to the work of the ENIL Youth Network;
- Writing articles for the monthly newsletter and ENIL's website;
- Posting on the ENIL social media accounts, such as Instagram, Facebook or LinkedIn.



Day-to-day tasks

Working hours

As an ESC volunteer, you will be expected to work 35 hours a week, from Monday to Friday from 9am to 5pm. These hours are flexible and can be adjusted depending on your access needs. During your six-month traineeship, you can take up to ten days off, in addition to national holidays. Keep in mind that you can only be in the office when at least one staff member is present.

Personal Project

As part of your ESC, you are expected to carry out a personal project. You will be given time during working hours (typically one day per week) to work on it. Your project should connect ENIL's work with something you are passionate about. Examples include researching a topic, conducting interviews, writing an article, or hosting a webinar.

National holidays in 2027

Friday 01/01 - New Year's Day

Sunday/Monday 29-30/03 - Easter

Saturday 01/05 - Labour Day

Thursday 06/05 - Ascension Day

Monday 17/05 - Whit Monday

Wednesday 21/07 - Belgian National Day

Sunday 15/08 - Assumption Day

Monday 01/11 - All Saints' Day

Thursday 11/11 - Armistice Day

Saturday 25/12 - Christmas Day

Outcomes

What do you get from this experience?

Development of learning and skills:

- a) Communication in foreign languages;
- b) Learning how the European Union works and accessing EU institutions;
- c) Digital competence;
- d) Networking skills and working in a multicultural team;
- e) Social skills;
- f) Learning about human rights;
- g) Cultural sensitivity and creativity.

What else?

- 1) Unforgettable moments;
- 2) A bag full of new experiences;
- 3) Youthpass;
- 4) New CV full of competences;
- 5) Travel experience;
- 6) Living independently.



Program Conditions

BEFORE ARRIVING

Insurance:

European Health Insurance Card (don't forget to take it with you, together with your ID/Passport!) + An insurance provided by **Henner**.

Agreements with participants:

Before leaving to start your activity, one or two participant agreements must be signed by you and your supporting and hosting organizations. These determine the following aspects:

- rights and responsibilities with regards to insurance and financial contribution from the ESC;
- tasks to be carried out during the activity;
- intended learning outcomes.

DURING YOUR ESC Training

- Online linguistic support (OLS) to help participants improve their knowledge of the language they'll be working in
- Pre-departure training (only cross-border activities) (OPTIONAL)
- On-arrival training (MANDATORY)
- Mid-term evaluation (only activities of 6 months and over - NOT mandatory)

!!! The on-arrival and mid-term sessions are organized by JINT, the Flemish National Agency for European youth programs like the ESC. They will likely take place outside Brussels and span several days. If you require personal assistance, please keep these in mind when planning it.

Program Conditions



AFTER LEAVING

Youthpass

Open to all ESC participants, the Youthpass is a tool that helps you identify and document the learning outcomes you developed during the project. It allows you to describe what you've done and show what you've learnt – including skills that are informal or non-formal.

Certificate of participation

The certificate of participation confirms that you have taken part in ESC activities.

At the end of your time with the ESC, your certificate of participation will be issued by one of the organisations involved in the activity. All you have to do is first fill in a survey to share how your experience went.

Practicalities

Accommodation: Once you are selected, accommodation logistics will be discussed with you to ensure all your accessibility requirements are met. Volunteers typically stay in single rooms within shared apartments or, if required, in wheelchair-accessible studios or shared flats.

Travel to/from Belgium: maximum reimbursement established according to the distance. This means that your plane/train tickets to come to and go back from Brussels will be covered. If needed, you can also travel with your PA.

Local transportation: monthly pass for Brussels public transportation system (bus/tram/metro) is reimbursed + orientation training by a local NGO for blind and visually impaired volunteers.

Food allowance: 6,50€/DAY (as of 2026) (coffee, tea and filtered tap water are provided during working hours).

Pocket Money: 6,00€/DAY (as of 2026) (pre-defined grant).

Personal Assistant's cost, as well as reasonable accommodation for the living space and the workspace, are covered.

Practicalities



If you are selected for the program, it is important to be clear about all your access and support needs, your need for personal assistance, and any other requirements, so we can make sure that they can be covered by ENIL's European Solidarity Corps budget.

ENIL will provide support in making the practical arrangements to meet volunteers' access needs e.g. finding accessible accommodation and hiring personal assistants. **Volunteers are expected to play an active role in this process.**

Brussels is a very inaccessible city and it is difficult for some disabled people to use public transportation to get around. ENIL will do everything possible to make sure the volunteer can travel to the ENIL 's office comfortably, so when calculating how many hours of assistance you need weekly, you might also want to consider asking for PA support to travel to and from the office.

Personal Assistance

When hiring personal assistants, you have two options:

Regular contract (no flexibility!)

- Fixed amount of hours and money per week/month;
- Minimum 3 hours per shift;
- Work on Sundays is not allowed;
- At least 6 working days of notice to change the schedule;
- Public transportation monthly pass is paid;
- Considered as “official work” (pay slips, social security/pension deductions, etc.).

Helper

- Total flexibility: PA(s) can work every day of the week at any time (for the same amount);
- No notification period: both you and the PA(s) can interrupt the collaboration whenever you want;
- You can decide how much you want to pay your PA(s) (minimum €12 - maximum to be discussed with ENIL);
- Only the hours the PA(s) effectively worked are paid;
- It is possible to get help by as many people as you want (useful in case the PA gets sick).



Personal Assistance

How to calculate how many hours of support you need weekly:

1. **Start with daily activities (ADLs and IADLs)**

Divide the day into blocks:

Activities of Daily Living (ADLs): basic self-care tasks like:

- Getting up / going to bed;
- Personal hygiene (using the toilet and showering);
- Dressing;
- Eating.

Instrumental Activities of Daily Living (IADLs):

more complex activities needed for independent living, such as:

- Preparing meals;
- Cleaning;
- Grocery shopping;
- Travel / transportation;
- Document management / communications.

Personal Assistance

2. Estimate the time for each activity

For each activity, ask yourself:

- Do I need total assistance, partial assistance, or just someone within reach?
- How much time does it actually require?

Example (for illustration purposes only):

- Morning (hygiene + dressing): 1h;
- Meal preparation + eating: 1h;
- Travel / transportation: 1–2h;
- Evening (nightly routine + going to bed): 1h.

3. Add "non-visible" support

People often underestimate:

- Waiting time (e.g., an assistant present "just in case");
- Intermittent help throughout the day;
- Nighttime support (if necessary);
- Emergencies or unexpected events.

This can easily add 1–3 hours to the total.

4. Consider daily variations

Not all days are the same:

Personal Assistance

- Working days vs. weekends;
- Days with more travel;
- Periods of greater fatigue or pain;

It can be useful to calculate a weekly average instead of a daily one.

5. Do a practical test (best method)

For 3–7 days:

- Keep a diary;
- Note when you need help and for how long.

This provides a much more realistic estimate than a theoretical calculation.

6. Do not underestimate needs

Many people tend to reduce hours "to seem less dependent", but:

- The goal is to live well, not just survive;
- Also consider social life, work, and leisure time.

Simple (approximate) formula

You can think of it like this: **Total hours = (time for ADLs) + (time for IADLs) + (intermittent support) + (extras/variability)**

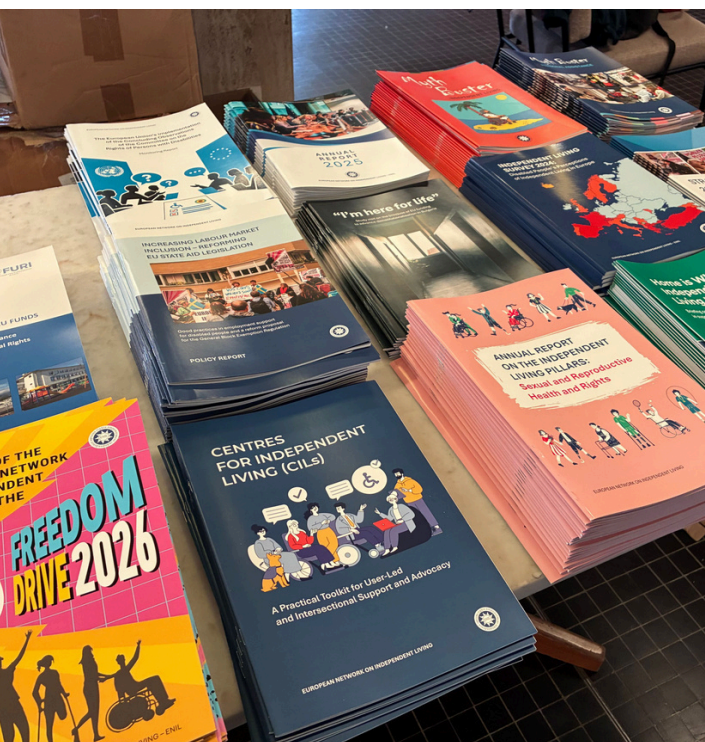
About ENIL

Our Organisation

The European Network on Independent Living (ENIL) is a user-led network of disabled people, with members throughout Europe. ENIL is a forum for all disabled people, Independent Living organizations and their non-disabled allies on the issues of Independent Living. ENIL represents the disability movement for human rights and social inclusion based on solidarity, peer support, deinstitutionalization, democracy, self-representation, cross-disability and self-determination.



About ENIL



Vision

ENIL's vision is of a Europe where all disabled people are able to exercise choice and control over their lives, on an equal level with others; where they are valued members of the community and can enjoy all of their human rights, as set out in the UN Convention on the Rights of Persons with Disabilities (CRPD).

Mission

ENIL's mission is to advocate and lobby for Independent Living values, principles and practices, namely for a barrier-free environment, the provision of personal assistance support and adequate technical aids, together making full citizenship of disabled people possible. ENIL's activities target European, national and local administrations, politicians, media, and the general society. ENIL works to strengthen the empowerment of disabled people mainly through providing resources for peer support and peer-to-peer training. ENIL enhances the European disability sector by providing an arena for the sharing of disabled people's experience of services and by providing economic, logistical and technical expertise on Independent Living.

About ENIL Youth



The ENIL Youth Network was established in 2012 by a group of young disability activists who took part in ENIL's first study session in Strasbourg. Since then, hundreds of young people have joined.

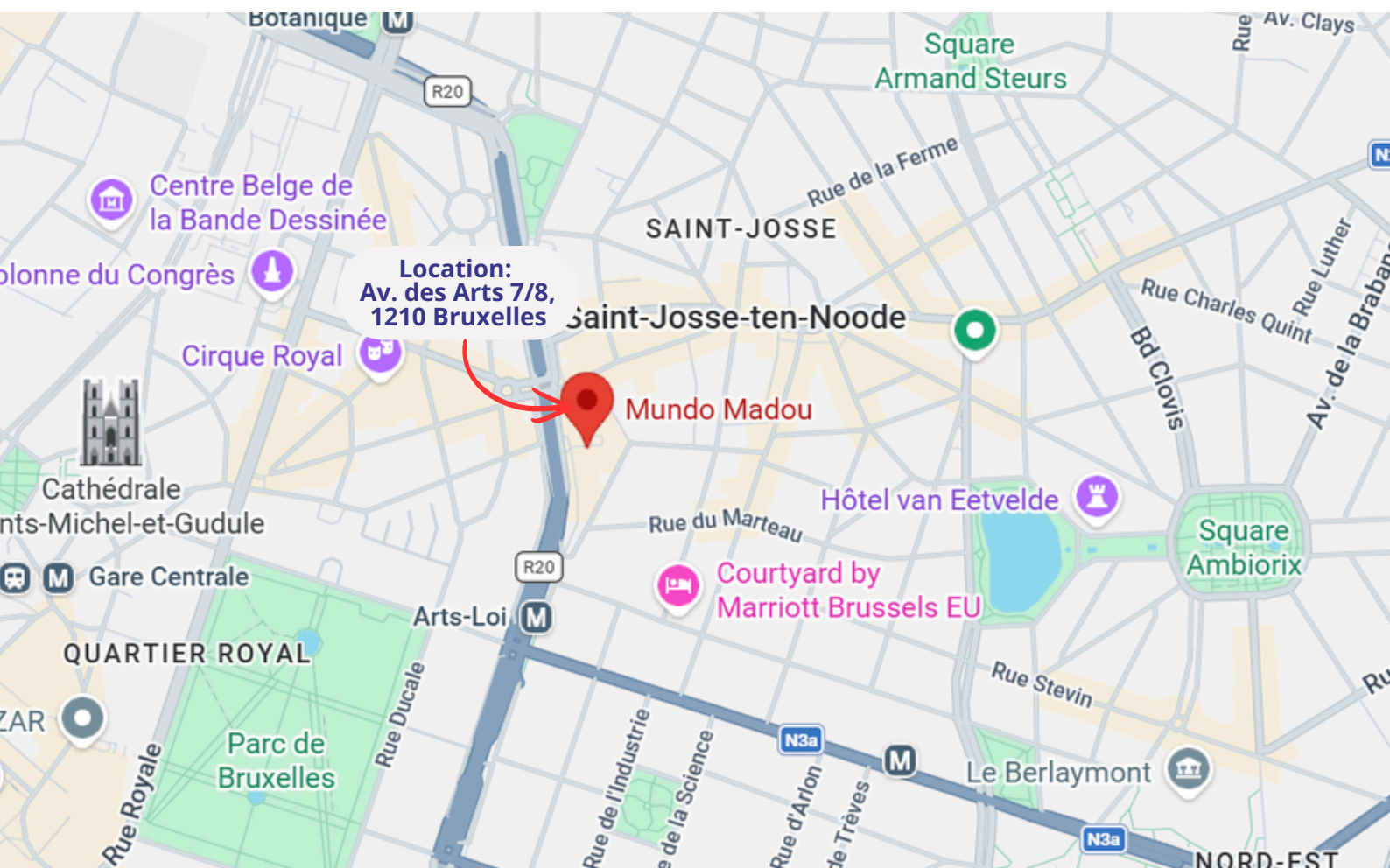
The aim of the Youth Network is to provide a platform for young disabled people to engage with youth and disability rights issues at the European level. Through the Youth Network, ENIL actively involves young people in all of its activities, provides them with an opportunity to address policy makers and to represent the organisation at important events and in various form.

About ENIL Youth

Any individual who is between 18 and 35 years of age and who comes from one of the member countries of the Council of Europe can become a member of the ENIL Youth Network, as an individual member or an associated individual member. The form to join the ENIL Youth Network is the same as the ENIL membership form. You simply need to be within the age range and answer 'Yes' to the dedicated question. Once an individual turns 36, they are no longer a member of the ENIL Youth Network, but continue their membership of ENIL.

All membership applications are first considered by the Membership Committee (consisting of three members of the Board) and then approved by the entire Board. Matters relating to membership of ENIL are dealt with by the ENIL Board, while matters relating to the membership of the Youth Network are dealt with by the Board of ENIL Youth. The evaluation of an application might take up to three months, as the Board meets four times per year. Membership in ENIL is free.

ENIL's Secretariat





About the city: Brussels, Belgium

Brussels is the capital of Belgium and the European Union.



It is rich in history, architecture, gastronomy, culture and so much more! Warm, welcoming and quirky, Brussels is a bustling city where there's always something going on, despite having an area of 162.42 km² and a population of 1,249,597.

Moreover, it has 19 municipalities and its own governance, This operates within Belgium's federal constitutional monarchy, in which the king is the head of state and the prime minister is the head of government in a multi-party system.

Brussels is the de facto capital of the European Union, as it hosts a number of principal EU institutions. Because of this, its name is sometimes used metonymically to describe the EU and its institutions. The headquarters of NATO are also located in Brussels.

Unfortunately, Brussels is not very accessible. However, the ENIL team will assist you to find the way and grow to love Brussels.

About the city: Brussels

In Belgium, there are **3 languages** by constitution: French, Dutch and German. In Brussels people speak French and Dutch. However, Brussels is a home for people from 176 nationalities, which makes this city the second most multicultural city in the world! You are likely to meet people who speak more than 3 languages everywhere.

Climate

This city experiences all four seasons and rain is a possibility year-round. Sometimes it is possible to experience all seasons in one day ;)

Afterwork activities

In Brussels you may always find what to do, from strolling around the parks to going to theatres, cinemas, cafés and restaurants.

- Museums with free entrance on the first Wednesdays or Sundays of the month and big discounts for people under 26.
- Easy to travel within Belgium and the neighboring countries!



About the city: Brussels

Moving to a new city can feel a bit overwhelming and lonely at first, but you're not alone! Brussels is home to an amazing international community with tons of ways to meet people and make friends. Check out these websites and groups to get connected:



Meetup is a platform where you can discover a wide variety of events. You can easily filter by location and interest, but you'll need to create a free account to RSVP and join.

The **Erasmus Student Network (ESN)** is a non-profit organization that supports and represents international exchange students. ESC volunteers are also welcome to join their activities! Brussels has five different ESN sections, and you can browse their upcoming events on their websites or Instagram pages.



SINGA creates spaces for connections between newcomers and local people . These interactions can take the shape of group meetups, one-on-one pairings, or even hosting. You can find more information here. Note that the organizer are mainly francophones.

About the city: Brussels

Girl Gone International is a network of safe, free communities across the world for women and non binary people of all ages. There is one also in Brussels, which promote individual connections and organised events through a [Facebook group](#).



[Dear Strangers](#) is a curated social club for people looking to expand their social circle. Note that all of their events are paid events.

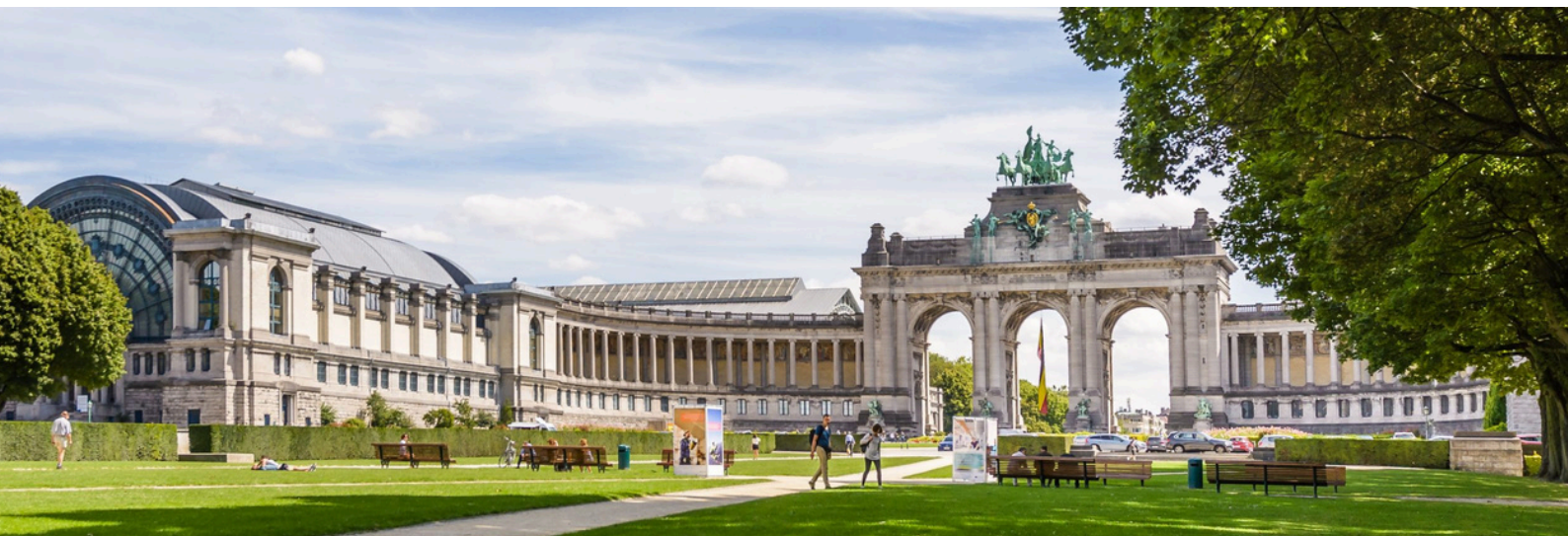
Queer and Sober is a Community for Sober and Sober Curious LGBTQIA+ People (and Allies), who are interested in an alcohol and drug-free lifestyle. You can check their activities on their [Instagram page](#).



The **Reading Corner** is a reading club that meets every Sunday morning in a cozy café. You need to send them a message on [Instagram](#) to be added to the Whatsapp group, where they announce their events.

You can also search on Facebook for groups that connect people from your home country, such as 'Italians in Brussels.' These groups are usually great places to meet people and share useful tips.

About the city: Brussels



Going around Brussels



PUBLIC TRANSPORTATION (BUS/TRAM/METRO):

Brussels' public transportation network is operated by STIB/MIVB. You can purchase tickets directly in the vehicle by tapping your credit card (€2.40/ride) or through the app and at ticket machines (€2.70/ride). There, you can also purchase a 10-journey pass for €18.90. You can also get a monthly pass, which costs €56/month. To get it, you will first need a personal MOBIB card, which costs €6. It can be purchased in BOOTIK shops—you can find the one closest to you here. If you don't have a Belgian ID card, you will need to bring a printed passport photo with you. ENIL will reimburse your MOBIB card and monthly passes for the duration of your ESC.

Going around Brussels

Stations and stops are categorized into three levels of accessibility: fully accessible, accessible with assistance, or non-accessible.



The blue logo represents a wheelchair and is an accessible stop. This means it offers easy access to the vehicles without needing assistance.



The orange logo represents a person pushing a wheelchair and corresponds to a practicable stop. These stops are accessible to wheelchair users with an accompanying person, since you might need assistance to access them because their platforms are lower and the slopes are steeper. In some cases, the pavement is too narrow or in poor condition, making it challenging to board the vehicle on your own.

If there is no symbol at the stop, this means the stop is not accessible or practicable (yet) for wheelchair users.

To check a specific route, visit the [STIB/MIVB website](#), navigate to *Travel > Lines*, and select your bus, tram, or metro line. From there, click “Show accessibility” to view the status of each stop.

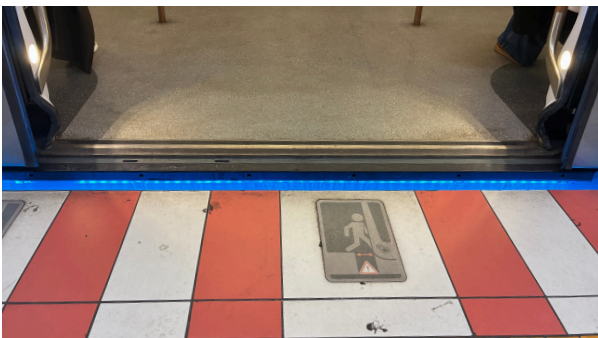
Going around Brussels

Despite these symbols, keep in mind that:

Almost all **buses** feature ramps. Even at stops marked as non-accessible, drivers are usually willing to lower the ramp for you anyway (BUT the ramp will likely be extremely steep) and to lower the vehicle.

Metro stations are either non-accessible (lacking elevators to reach or leave the platforms) or accessible with assistance. However, note that:

- **Lines 1 and 5:** Trains are level with the platform (no step), but there is a significant gap between the train and the platform edge.
- **Lines 2 and 6:** Trains are older and have a high step at the entrance.



Remember that **trams** use a 'self-service' ramp system. This means that if you are traveling with someone, they are responsible for placing the ramp. If you are traveling alone, you will need to ask other passengers for help. You can try asking the driver, but they are not required to assist and may refuse.

Going around Belgium

TAXI: Taxi Verts (for Brussels), Sympa Tax and RapidTax (for Charleroi) all offer wheelchair-accessible vehicles equipped with ramps, lifters, and secure fixings. Rides can be booked on-demand (not for RapidTax) or in advance through their website or mobile app (just for Taxi Verts). Please note that due to limited availability, pickup times may vary by up to 30 minutes.

TRAINS: The national railway company in Belgium is SNCB/NMBS. Depending on your departure and arrival stations, assistance must be booked between 3 and 24 hours in advance. On the day of travel, plan to arrive at the station 20 minutes before your scheduled departure. For connecting trains, consider at least 15 minutes between transfers. Assistance can be booked before or after having purchased the tickets online or through the SNCB-NMBS Assist app. You can read all details about it HERE.



Cities to visit in Belgium



LEUVEN
22 min by train



GHENT (Saint-Pierre)
36 min by train



ANTWERP (Central)
41 min by train



BRUGES
65 min by train



NAMUR
77 min by train



OSTEND
78 min by train

Chronicles of an ESC volunteer

Hello! My name is Anna, I'm 25 and I come from Northern Italy. From May to October 2026, I was an ESC volunteer with the ENIL's Secretariat.



The steps that brought me here:

- I have been experiencing Independent Living since 2019, when I moved into a university residence, supported by a Personal Assistant for a few hours a week.
- I participated in two Erasmus+ projects (nine months in Nantes, France, and four months in Montreal, Canada), which made me a huge fan of European exchanges and led me to discover the European Solidarity Corps.
- My academic background is actually in European and American Languages and Literatures, but I focused both my Bachelor's and Master's theses on disability studies.

Chronicles of an ESC volunteer

- I volunteered across various disability settings, from the Italian organization for people with Osteogenesis Imperfecta to my former university's wheelchair basketball team and the Paralympic Games in Paris and Milano-Cortina.

All this to explain why, when I saw ENIL's call for two ESC volunteers, I knew I had to apply!

My tasks at ENIL:

In my six-month traineeship, I mainly supported in the organization of the Freedom Drive. Particularly, I worked on how to manage registrations effectively and on the exhibition on Independent Living leaders. Apart from



this, I researched for and drafted the Myth Buster on Older People and Independent Living and I wrote this guide as well as the one on how to use Helpper :)

Managing Personal Assistants:

During my stay in Brussels, I had the support of PAs for a total of 24 hours a week. My PAs helped me with practical daily tasks such as cooking, grocery shopping, laundry, and cleaning. They also accompanied me to the office

Chronicles of an ESC volunteer

and back home. At first, I didn't think this would be necessary, but I definitely underestimated Brussels' inaccessibility! Initially, my two PAs were hired through a regular employment contract, but that lacked flexibility: shifts had to be at least three hours long (even when I only needed help for an hour), they were not allowed to work on Sundays (which I needed), and I had to give them six working days' notice to change the schedule. That's why I decided to switch to Helpper. This allowed me to work with as many people as I wanted, ensuring they could support me every day of the week for as long as necessary. Managing everyone wasn't always easy— especially letting them know and keeping track of who was doing what and when. Some assistants could only work for a limited time, while others served as backups (which led to me having nine different PAs in six months and earning the nickname 'PA Drama Girl' at the office!). Still, it was far less stressful than dealing with strict contract restrictions, and I'm so grateful we were able to find this solution.



Chronicles of an ESC volunteer

Co-living in Brussels:

The last aspect I'd like to share is that, during my ESC, I lived in a co-living space. I had my own accessible room with a private bathroom, while sharing the kitchen and living room with 14 housemates. It wouldn't have been my first choice, but it was basically the only option adapted to my needs that we could find. It wasn't always easy because me and the people I was living with all had different habits, but being in the city center was ideal because it's one of the most accessible areas in Brussels—with easy access to every mode of public transportation! Wherever you will end up living, my main advice is to ask for as many details in advance as possible. That way, you won't end up like me, spending ten days without a fridge or microwave because they're out of reach, and always having to wait for someone to open the main door because it's too heavy!



BUT I'll leave you with this: despite all the ups and downs, my time at ENIL and in Brussels was one of the best chapters of my life!

Useful apps to download

Transportation



STIB/MIVB
([App Store](#))
([Android](#))



SNCF/NMBS
([App Store](#))
([Android](#))



SNCF/NMBS Assist
([App Store](#))
([Android](#))



Taxi Verts
([App Store](#))
([Android](#))

ESC-related



EU Login
([App Store](#))
([Android](#))



myHenner
([App Store](#))
([Android](#))



Too Good to Go
([App Store](#))
([Android](#))



PromoPromo
([App Store](#))
([Android](#))

Groceries

Free time



Museumpas
([App Store](#))
([Android](#))



Meetup
([App Store](#))
([Android](#))

Other



doctoranytime
([App Store](#))
([Android](#))



Buienradar (weather)
([App Store](#))
([Android](#))

Useful links

- **Enil's website** - <https://enil.eu/>
- **Become a ENIL (Youth) Member** - https://docs.google.com/forms/d/e/1FAIpQLSc5mAxZGMJZbq52vO1jjl07GEqgQV0_IT7XpbaTYVB3t6CIAw/viewform
- **European Youth Portal** - https://youth.europa.eu/solidarity_en
- **Getting in contact with National Agencies** - https://youth.europa.eu/solidarity/organisations/contact-national-agencies_en
- **Finding a supporting organization** (select your home country and “supporting” for the “Role” filter) - https://youth.europa.eu/volunteering/organisations_en
- **Training and support for ESC participants** - https://youth.europa.eu/solidarity/young-people/training-support_en
- **European Solidarity Corps guide** (to check eligible countries) - https://youth.europa.eu/sites/default/files/inline-files/european_solidarity_corps_guide_2026_EN.pdf
- **Youthpass** - <https://www.youthpass.eu/en/>
- **Helpper** - <https://www.helpper.be/fr/home>

