Going abroad with support needs:

what you need to know

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Going abroad during your studies can be exciting and valuable. You learn new things, meet new people and grow in confidence.

For students with a disability or additional support needs, it can also feel challenging. That is completely normal.

This guide helps you prepare and shows you what support is available.

Money and finances

- Erasmus+ offers a grant for travel and accommodation
- You usually only pay small personal costs (for example evenings or weekends)
- The programme is designed to be accessible for everyone.

Support and guidance

- You can receive guidance during your trip
- There is always someone you can contact for help
- The programme is designed to support a wide range of needs and disabilities.

Travel and transport

- You can get assistance at the airport or train station (for example priority or medical assistance)
- You may be picked up at your destination
- Support is available if you are unable to travel independently.

Medical support

- Medical support is available if needed
- Doctors and pharmacies are accessible
- Bring your medication with you
- Check whether you need a medical certificate.

Accommodation

- Accessible rooms are available
- You receive information about your stay in advance
- Accommodation is safe and suitable for different needs.

Emotional support

- There is always a contact person available
- You can ask for help at any time
- It is important to take breaks and take care of yourself.

It’s okay if things don’t go perfectly

- New situations can feel overwhelming
- Making mistakes is part of learning
- You can always ask for help.

Start small

- You don’t have to go abroad for a long period
- You can start with a short group mobility
- Gain confidence in a safe environment
- Many students take bigger steps after this first experience.

Want to go abroad?

- Talk to your teacher or coordinator
- Ask about Erasmus opportunities
- Take the first step, even if it's a small one.

You can do this!

It is okay to feel nervous. Many students feel the same.

Going abroad is a step and you don't have to take it alone. Support is always available.

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