

# Success stories

# AllinErasmus



## ALLinErasmus

Promoting participation in Erasmus for  
students at risk of social exclusion



ALLinErasmus Project  
2022-2-ES01-KA210-VET-000093670



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# Introduction: AllinErasmus

## Project presentation

ALLinErasmus is a project funded by the **Erasmus+ program** of the European Union, which aims to increase the participation of VET students at risk of social exclusion in Erasmus+ mobilities, by providing training content and tools to the VET professionals managing Erasmus+ mobilities.

The project targets VET educators in charge of managing Erasmus+ mobilities, helping them learn how to reach and integrate students at risk of social exclusion in the different stages of Erasmus+ mobilities.

ALLinErasmus has, therefore, the following **objectives**:

1. Providing VET professionals with training on “social exclusion”
2. Increasing the interest in Erasmus+ mobilities of students at risk of social exclusion
3. Facilitating the access to mobility opportunities among students at risk of social exclusion
4. Increasing participation of students at risk of social exclusion in Erasmus+ mobilities
5. Assisting VET professionals in charge of managing Erasmus+ mobilities in their centres

## The AllinErasmus Consortium



Mediterraneo Erasmus International Center, from Spain.



KULDIGAS TEHNOLOGIJU UN TURISMA TEHNIKUMS, from Latvia.



AKMI ANONIMI EKPAIDEFTIKI ETAIRIA, from Greece.

# Introduction: AllinErasmus

## The AllinErasmus Toolkit

The ALLinErasmus Toolkit is a product created by the ALLinErasmus consortium, providing the necessary knowledge for VET educators to work in the integration of students at risk of social exclusion in Erasmus+ mobilities. The Toolkit has three parts:

- **Part 1** covers the theoretical content regarding the meaning of social exclusion, giving VET educators background and a base.
- **Part 2** encloses a series of practical tools and tricks to reach students at risk of social exclusion and trigger their interest in Erasmus+ mobilities.
- **Part 3** covers real-life Success Stories and Best Practices from all over Europe, either showing the experience of VET students at risk of social exclusion participating in Erasmus+, or the experience of VET educators involving students at risk of social exclusion in mobilities.

**Part 1:  
Theory**

**Part 2:  
Practical  
tools**

**Part 3:  
Success  
Stories**

# PART 3

## Success Stories





Hi! my name is...

# *Esther Illueca Gimenez*



## **Age**

**25 years**

## **Country of birth**

**Spain**

## **Country of residence**

**Spain**

### ***Type of Erasmus+ mobility:***

Long-term mobility

### ***Why are you at risk of social exclusion?***

I consider myself a person at risk of social exclusion because I live in a rural area at risk of depopulation, where there are not many opportunities for training, learning languages or finding a job.

### ***How was your Erasmus+ experience?***

I went on Erasmus in Paris. I trained by attending classes and advanced in my studies. But I also met a lot of people and learned things such as teamwork, social skills, multicultural communication... In order to afford an Erasmus I had to work while I was there and I had the help of a scholarship and financial support from my parents.

### ***Why would you recommend Erasmus+ mobilities to other students?***

I would recommend going on Erasmus+ because for me it was a very enriching experience where I learned a lot of things. I think that going on Erasmus+ brings a lot of good things in many different aspects.



Hi! my name is...

# **Francisco Illueca Martínez**



**Age**

**24 years**

**Country of birth**

**Spain**

**Country of  
residence**

**Spain**

## ***Type of Erasmus+ mobility:***

Long-term mobility

## ***Why are you at risk of social exclusion?***

Because I live in a village of 1000 inhabitants, where there is very little help for young and qualified people.

## ***How was your Erasmus+ experience?***

Overall it was pretty good even though I was not in the best of moods.

I got to see amazing places and made friends that will last forever, as well as helping me to get out of my comfort zone.

## ***Why would you recommend Erasmus+ mobilities to other students?***

Above all because it helps you to see life from a different perspective, to get to know other ways of living and relating to others.



Hi! my name is...

# Suleman Sayed

## *Type of Erasmus+ mobility:*

Short-term mobility

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## *Why are you at risk of social exclusion?*

I consider myself a person at risk of social exclusion because I am a migrant, and I am not studying in my mother tongue.

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## *How was your Erasmus+ experience?*

My Erasmus experience was really nice. I liked the lifestyle of the Spanish people and the work was good too.

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## *Why would you recommend Erasmus+ mobilities to other students?*

I would recommend going on Erasmus+ because it helps you see more from the world and improve your social skills.



### Age

30 years

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### Country of birth

Syria

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### Country of residence

Germany





Hi! my name is...

## ***Paula Pliska***



### **Age**

**20 years**

### **Country of birth**

**Latvia**

### **Country of residence**

**Latvia**

### ***Type of Erasmus+ mobility:***

Short-term mobility

### ***Why are you at risk of social exclusion?***

I come from a large family with many children

### ***How was your Erasmus+ experience?***

I got a good internship experience in Austria. I got to know Austrian culture. I saw how people work and live there. I met new friends. I saw their living conditions. I eat traditional food. In my free time, I went on excursions by train, visited many natural objects.

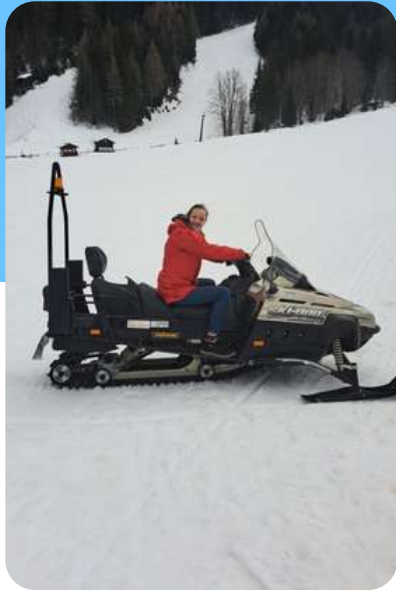
### ***Why would you recommend Erasmus+ mobilities to other students?***

I advise others to go for foreign internships, because it is cool to learn a profession in another country. You can speak English, German and Russian. There is an opportunity to work in a well-equipped kitchen, as an adult, not a student. To see such nature objects that do not exist in our country. It is a great opportunity to see the world!



Hi! my name is...

# Laurita Logina



## Age

24 years

## Country of birth

Latvia

## Country of residence

Latvia

### ***Type of Erasmus+ mobility:***

Short-term mobility

### ***Why are you at risk of social exclusion?***

I have an intellectual developmental disorder. Low cognitive abilities – reasoning, planning, problem solving, abstract thinking, teaching abilities. Abilities develop more slowly than peers.

### ***How was your Erasmus+ experience?***

During the Erasmus+ internship in Austria, I gained good experience; saw another country, got to know their culture. I saw the living conditions of people in another country. There was an opportunity to converse in a foreign language, to improve language skills. I learned work skills in the chosen profession, got to know a different work environment in the country. Went on a snowmobile, which I really wanted to do and had never done before. There was also good entertainment.

### ***Why would you recommend Erasmus+ mobilities to other students?***

I advise other young people to go abroad for an internship, because in this way there is an opportunity to see the world, an opportunity to get acquainted with the culture of another country. The opportunity to see the sights of other countries. Meeting with young people of different nationalities. Improve English speaking skills. And to work in a beautiful kitchen, in your profession.



Hi! my name is...

# ***Kaiva Strazdiņa***



## **Age**

**17 years**

## **Country of birth**

**Latvia**

## **Country of residence**

**Latvia**

### ***Type of Erasmus+ mobility:***

Short-term mobility

### ***Why are you at risk of social exclusion?***

I live in a village where there are few opportunities for young and qualified young people to get help.

### ***How was your Erasmus+ experience?***

My time spent in an Erasmus project in another country was interesting and informative. I also gained other professional skills, improved my knowledge of a foreign language, saw amazingly beautiful places and made new friends.

### ***Why would you recommend Erasmus+ mobilities to other students?***

I recommend participating in the project, because I gained new knowledge and experience. I saw other living conditions, a way of life, got to know another country, it's like a trip where you gain additional experience!



Hi! my name is...

# Artūrs Lūsis



## Age

17 years

## Country of birth

Latvia

## Country of residence

Latvia

### *Type of Erasmus+ mobility:*

Short-term mobility

### *Why are you at risk of social exclusion?*

I consider myself a person exposed to social risk. I live in an area where there are few opportunities for training, language learning, and finding a job.

### *How was your Erasmus+ experience?*

I went to Austria. I increased my knowledge practically, learned to cook the dishes of this country. I tried to prove myself as a good intern, and I succeeded because the boss offered to stay in the internship longer. It boosted my self-confidence. I got good financial support.

### *Why would you recommend Erasmus+ mobilities to other students?*

I recommend the opportunities offered by Erasmus, because it gave me an enriching experience in various fields - both professional and domestic.



Hi! my name is...

# ***Edgars Jasukaitis***



## **Age**

**17 years**

## **Country of birth**

**Latvia**

## **Country of residence**

**Latvia**

### ***Type of Erasmus+ mobility:***

Short-term mobility

### ***Why are you at risk of social exclusion?***

I live in the city, but I consider myself a person exposed to social risk, because it is very difficult to find a well-paid job in my profession.

### ***How was your Erasmus+ experience?***

I went to Erasmus+ in Austria. The time spent there gave me confidence in my abilities, it was a great challenge. During the project, I made sure that I was able to perform well the duties assigned to me, I gained new knowledge in the professional field - as a waiter. I am improving my conversation in a foreign language. This was an opportunity to promote your country as well. My dream came true - to go to another country for practice. I gained good experience - how to solve problems if there is no Internet in a specific situation.

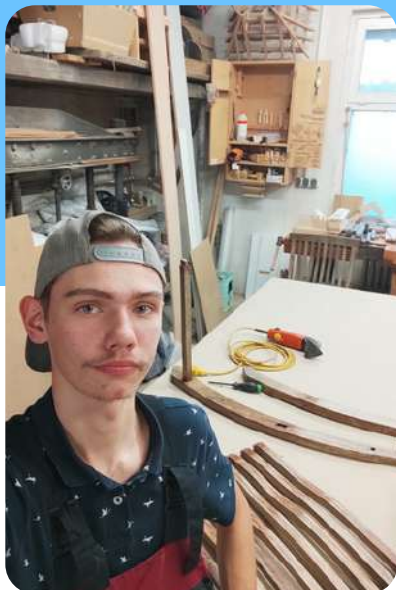
### ***Why would you recommend Erasmus+ mobilities to other students?***

I recommend using the opportunities of the project - it is a challenge, self-affirmation, getting to know the living conditions of another country, seeing beautiful places.



Hi! my name is...

# ***Raivo Šteinbergs***



## **Age**

**18 years**

## **Country of birth**

**Latvia**

## **Country of residence**

**Latvia**

### ***Type of Erasmus+ mobility:***

Short-term mobility

### ***Why are you at risk of social exclusion?***

Family comes from the countryside

### ***How was your Erasmus+ experience?***

The project was like a good adventure. The company where I was an intern surprised me with its modernism - with modern equipment and people's attitude. I liked living in dormitories, together with others, where there was a lot of freedom. I gained a lot of independence, we cooked our own food, we did what we wanted. I really liked the city, which was big and surprisingly interesting. I was able to get to know German culture and feel its values.

### ***Why would you recommend Erasmus+ mobilities to other students?***

I recommend it to others, because in the Erasmus internship you can gain knowledge that you won't get while studying at a technical school. It is possible to live in another country. Learn to be independent, take care of yourself and take responsibility - get up on your own, go to the practice place, go to bed on time. Participating in an Erasmus project is a good experience that will be remembered for a lifetime.



Hi! my name is...

## ***Kristis Retigs***



**Age**

**19 years**

**Country of birth**

**Latvia**

**Country of  
residence**

**Latvia**

### ***Type of Erasmus+ mobility:***

Short-term mobility

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### ***Why are you at risk of social exclusion?***

Learning disabilities

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### ***How was your Erasmus+ experience?***

I had the opportunity to live in another country for a month.

During the month, I learned to support myself independently, to buy my own food, to take care of myself. Feel the freedom and be independent of anything. We visited many beautiful places in Germany. The best thing is that I gained new friends and good work experience.

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### ***Why would you recommend Erasmus+ mobilities to other students?***

I recommend everyone to try to participate. In Erasmus+ projects, you can gain good knowledge about the culture of other countries. You can meet and see how local residents live and work. Other work techniques can be learned.



Hi! my name is...

# Valeriya Blagushina



## Age

17 years

## Country of birth

Russia

## Country of residence

Spain

### *Type of Erasmus+ mobility:*

Long-term mobility

### *Why are you at risk of social exclusion?*

I am a migrant, and I study in a language different than my mother tongue.

### *How was your Erasmus+ experience?*

My Erasmus+ experience in Malta has been a great opportunity, both professionally and personally. I have worked hard and faced many challenges, but I have had the opportunity to get to know a wonderful island, where I have met amazing people from other cultures and countries. It has been a unique experience that I will carry with me for the rest of my life.

### *Why would you recommend Erasmus+ mobilities to other students?*

I would recommend an Erasmus+ mobility to everyone. It is a great opportunity to meet other cultures and learn how to face challenges and mature as person.





Hi! my name is...

# Oscar Ismael Escobar



**Age**

18 years

**Country of birth**

Spain

**Country of  
residence**

Spain

## ***Type of Erasmus+ mobility:***

Short-term mobility

## ***Why are you at risk of social exclusion?***

I consider myself at risk of social exclusion because of my socio-economic background.

## ***How was your Erasmus+ experience?***

The experience started with two weeks of work in May in Spain. We worked on aspects of welding and teamwork and how to present work in public. Then we worked through an online platform and ended with a two-week mobility in Munich where we went to the company SWM to carry out tasks related to welding with the same colleagues we worked with in Valencia.

## ***Why would you recommend Erasmus+ mobilities to other students?***

Because it has helped me to see how they work in other countries.  
because it has forced me to organise my housework  
Because I have improved my English  
Because I have made friends from other countries



Hi! my name is...

# Carlos Antonio Marquez



## Age

20 years

## Country of birth

Honduras

## Country of residence

Spain

### *Type of Erasmus+ mobility:*

Short-term mobility

### *Why are you at risk of social exclusion?*

I consider myself at risk of social exclusion because of my socio-economic background.

### *How was your Erasmus+ experience?*

The experience started with two weeks of work in May in Spain. We worked on aspects of welding and teamwork and how to present work in public. Then we worked through an online platform and ended with a two-week mobility in Munich where we went to the company SWM to carry out tasks related to welding with the same colleagues we worked with in Valencia.

### *Why would you recommend Erasmus+ mobilities to other students?*

- Because it has helped me to see how they work in other countries.
- Because it has forced me to organise my housework
- Because I have improved my English
- Because I have made friends from other countries



Hi! my name is...

# Giorgia Villamaina



**Age**

19 years

**Country of birth**

Italy

**Country of  
residence**

Italy

***Type of Erasmus+ mobility:***

Long-term mobility (Erasmus pro)

***Why are you at risk of social exclusion?***

I consider myself a person at risk of social exclusion because I am a woman and I come from a very small town in a rural area.

***How was your Erasmus+ experience?***

The best experience of my life, stepping out of one's comfort zone for personal growth

***Why would you recommend Erasmus+ mobilities to other students?***

Because it is a unique experience that helps you grow personally



Hi! my name is...

**Sara Moretti**



**Age**

**19 years**

**Country of birth**

**Italy**

**Country of  
residence**

**Italy**

***Type of Erasmus+ mobility:***

Long-term mobility (Erasmus pro)

***Why are you at risk of social exclusion?***

I consider myself at risk of social exclusion because I come from a rural area

***How was your Erasmus+ experience?***

Fantastic experience, I really enjoyed it, both in the house and at work

***Why would you recommend Erasmus+ mobilities to other students?***

Because it is an experience that makes you grow and gives you so much



Hi! my name is...

# Chiara Calvi



**Age**

19 years

**Country of birth**

Italy

**Country of  
residence**

Italy

***Type of Erasmus+ mobility:***

Long-term mobility (Erasmus pro)

***Why are you at risk of social exclusion?***

I consider myself at risk of social exclusion because I am a woman coming from a rural area

***How was your Erasmus+ experience?***

It was a wonderful experience, I had a great time both at work and with my family and Valencia is a fantastic city.

***Why would you recommend Erasmus+ mobilities to other students?***

This experience makes you grow a lot both on a linguistic and personal level, I come back more mature and aware of what I am worth, what I want and what I am. I highly recommend it also because you make a lot of friends and meet people from other countries.



Hi! my name is...

***Erika Tedeschi***



**Age**

**19 years**

**Country of birth**

**Italy**

**Country of  
residence**

**Italy**

***Type of Erasmus+ mobility:***

Long-term mobility (Erasmus pro)

***Why are you at risk of social exclusion?***

I consider myself at risk of social exclusion because I come from a rural area

***How was your Erasmus+ experience?***

My Erasmus experience has been unforgettable, very formative from different personal, social and work points of view. I am very happy to have made this choice and to have lived this wonderful experience to the full.

***Why would you recommend Erasmus+ mobilities to other students?***

This experience leads to great personal growth, enriching your personal store of knowledge and fully experiencing every moment



Hi! my name is...

# ***Arianna Di Pilato***



## **Age**

**19 years**

## **Country of birth**

**Italy**

## **Country of residence**

**Italy**

### ***Type of Erasmus+ mobility:***

Long-term mobility (Erasmus pro)

### ***Why are you at risk of social exclusion?***

I consider myself at risk of social exclusion because I come from a rural area

### ***How was your Erasmus+ experience?***

It is a fantastic experience that makes you grow a lot, you completely change your life in almost every respect and you face the world of work, especially the one you like

### ***Why would you recommend Erasmus+ mobilities to other students?***

I would recommend this experience because it makes you feel so many emotions you never thought you would feel, you meet so many new people and above all you learn to live your own life and be at peace with yourself since you are away from friends and family



Hi! my name is...

# Chiara Camporeale



**Age**

18 years

**Country of birth**

Italy

**Country of  
residence**

Italy

***Type of Erasmus+ mobility:***

Long-term mobility (Erasmus pro)

***Why are you at risk of social exclusion?***

I consider myself at risk of social exclusion because I come from a rural area

***How was your Erasmus+ experience?***

Fantastic in every way, although I left suddenly I would definitely make this choice again because I absolutely did not regret it, I visited the whole city and had fun with all the boys and girls I met

***Why would you recommend Erasmus+ mobilities to other students?***

because it is an experience that definitely makes you grow and changes you in a positive way, makes you become a more mature and responsible person and gives you unforgettable moments





Hi! my name is...

# ***Grazia Di Benedetto***



## **Age**

**19 years**

## **Country of birth**

**Italy**

## **Country of residence**

**Italy**

### ***Type of Erasmus+ mobility:***

Long-term mobility (Erasmus pro)

### ***Why are you at risk of social exclusion?***

I consider myself at risk of social exclusion because as a woman, I feel sometimes it is more difficult to access to the same opportunities.

### ***How was your Erasmus+ experience?***

My Erasmus+ experience was the best I could have done because it taught me that I can do everything on my own if I believe in it to the fullest, I have matured a lot, I have become more responsible for the world around me and if I hadn't done it I wouldn't have met the people I participated with

### ***Why would you recommend Erasmus+ mobilities to other students?***

I would recommend it because you become older, more responsible for yourself and much more mature about the world around you



Hi! my name is...

# Anne González



## Age

25 years

## Country of birth

Spain

## Country of residence

Spain

### *Type of Erasmus+ mobility:*

Long-term mobility (Erasmus pro)

### *Why are you at risk of social exclusion?*

The language of the destination country is completely unknown to me

### *How was your Erasmus+ experience?*

I did my internship in Athens. I worked for 6 months in a company and learned a lot of things. I saw how people live here and what their living conditions are like. I tasted the delicious traditional food and visited many temples and the amazing islands. I also made good friends and enjoyed the good vibes of Athens.

### *Why would you recommend Erasmus+ mobilities to other students?*

It is the best way to grow both personally and professionally and also to learn Greek and practice English. It is an opportunity to get to know yourself, learn new things working in a company, meet people both local and from other countries and discover a new culture and places.



Hi! my name is...

# Sofia Giannari



**Age**

22 years

**Country of birth**

Greece

**Country of  
residence**

Greece

***Type of Erasmus+ mobility:***

Short-term mobility

***Why are you at risk of social exclusion?***

I have dyslexia and sometimes that leads to social exclusion.

***How was your Erasmus+ experience?***

My internship in AKMI improved my mental and working skills. Especially in the areas of project management, presentation design and research. Furthermore, the work environment is innovative, challenging, and productive. The relationships with my co-workers are based on teamwork and adaptability.

***Why would you recommend Erasmus+ mobilities to other students?***

I would recommend doing a mobility and especially in AKMI to other student because it offers many valuable opportunities. Students will start their career in an inspiring environment where guidance from co-workers is efficient and helpful. They will have the opportunity to work on many projects, gaining valuable experience and knowledge.



Hi! my name is...

## **Beñat Beristain**



### **Age**

**27 years**

### **Country of birth**

**Spain**

### **Country of residence**

**Spain**

### ***Type of Erasmus+ mobility:***

Long-term mobility

### ***Why are you at risk of social exclusion?***

I come from a rural area in the north of Spain

### ***How was your Erasmus+ experience?***

I was sent to learn about European projects related to VET, what it was a new subject for me. I could there see how the process of writing these projects was and how a company focused on this was working. I also had the opportunity to work in English which it was a challenge for me at that time.

### ***Why would you recommend Erasmus+ mobilities to other students?***

In my case in the company it went well. I adapted well to the team and I was feeling comfortable there. Apart from that, you learn other ways of working and relating.



Hi! my name is...

**Aleix**



**Age**

**18 years**

**Country of birth**

**Spain**

**Country of  
residence**

**Spain**

***Type of Erasmus+ mobility:***

Short-term mobility

***Why are you at risk of social exclusion?***

I come from a rural area with less access to different options

***How was your Erasmus+ experience?***

I had been working in AKMI from April 2024 to June 2024 and it has been an amazing experience, learning with qualified college's help and discovering new tools and working methods that will be useful for my future.

***Why would you recommend Erasmus+ mobilities to other students?***

Going in another country, with another culture, to work in a real company or school, is a life changing experience. You earn autonomy, abilities to adapt yourself in an unknown country and learn a lot about the area you work in.



Hi! my name is...

**Vera Ortiz**



**Age**

**18 years**

**Country of birth**

**Spain**

**Country of  
residence**

**Spain**

***Type of Erasmus+ mobility:***

Short-term mobility

***Why are you at risk of social exclusion?***

I come from a rural area

***How was your Erasmus+ experience?***

Overall it has been a good experience. My favorite part of it has been visiting new places, eating traditional food and learning about greek culture. I also got to see how people work here and how they interact with each other as well.

***Why would you recommend Erasmus+ mobilities to other students?***

I 100% recommend taking the leap and going on an internship abroad because you will probably only have this opportunity once in a lifetime and you will learn a lot about both the country and yourself.

# GLOSSARY

# Glossary

TERM	DEFINITION
<b>Erasmus+</b>	<b>Erasmus+</b> is the EU's programme to support education, training, youth and sport in Europe.
<b>Mobility</b>	Erasmus+ opportunity to travel to another EU destination for a period of time to participate in learning and training activities.
<b>Social exclusion</b>	Mechanisms whereby individuals and groups are excluded from taking part in social exchanges, It is felt and shown in the fields of housing, education, health, and access to services
<b>Social Inclusion</b>	Process by which efforts are made to ensure equal opportunities – that everyone, regardless of their background, can achieve their full potential in life.
<b>Success Story</b>	Example of a previous participant telling their story and providing feedback for future participants.



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