
SET competition



Are you considering participating in an **Erasmus+** exchange program? Would you also like to travel in an environmentally friendly way and open yourself up to new and unexpected experiences? Then it's definitely worth considering low-emission forms of transport. You might be wondering how to go about it. No worries, we've teamed up with sustainability experts through the international project **The Sustainable Erasmus+ Travel (SET)** to prepare clear information and data to help you make decisions, and even a **contest with a prize of up to 625 € (approx. 15,000 CZK)**.

Who are these experts? They are representatives of the **European University Foundation (EUF)**, **Erasmus Student Network (ESN)**, **University of Zurich (UZH)**, **University of Porto (U.Porto)**, and of course **Charles University (CU)**. The project is also supported by the associations **Erasmus by Train** and **Generation Climate Europe (GCE)**.

According to data from the **Sustainable Erasmus+ Travel** project, a flight from Paris to Rome can produce up to 0.25 tons of CO₂ per person. That's one-sixth of a person's annual emissions allowance under the Paris Climate Agreement. In contrast, **rail travel can generate up to 42 times fewer emissions**. The full report in English is available [HERE](#). We recommend choosing destinations that are accessible by train or bus, combining different transport modes, or offsetting flight emissions. Think of your journey not just as a necessity, but as part of a rich and meaningful study experience abroad.



Embark on Erasmus+ Differently – Sustainably and Inspiringly!

The good news is that Charles University students are increasingly choosing more environmentally friendly ways of traveling for their Erasmus+ exchange programs. Among the most popular destinations in 2021–2023 were Barcelona, Lisbon, Paris, Rome, and Vienna. Cities that can be comfortably reached by train or bus. This form of transport not only protects the environment but also offers a more enriching travel experience.

While train or bus travel may take longer than flying, it comes with many benefits: the chance to see landscapes and cultures along the way, use the time to relax, read, or work, and significantly reduce your carbon footprint.

Don't forget, the more stops, the more memories!

SET the journey!

We Have a CONTEST for You

Don't worry, we won't send you off empty-handed!

We've prepared a contest where you can win financial compensation for your European adventure up to 625 € (approx. 15,000 CZK).

The main idea is to travel to your Erasmus+ destination using a low-emission method and document the journey on social media sites... in other words, become an ambassador for sustainable travel.

DEADLINE: 30.11.2025

Who Can Enter the Contest?

Students who meet the following criteria:

- You have been accepted for an Erasmus+ program (study or internship) starting in the summer semester 2025/2026.
- You are enrolled at a university participating in the Erasmus+ (**Warning! Short mobilities of 5-30 days are not applicable!**).
- You plan to travel sustainably to your mobility destination, e.g., by train, bus, bicycle, carpooling, or a combination of these modes of transport.
- Special attention will be paid to students with specific needs, given the additional barriers they may face when participating in mobility.
- All communication must be in English

What to prepare?

- Motivation letter (max. 500 words)
- Personal story (max. 300 words)
- Travel plan
- Estimated environmental impact

- **Proof of enrolment at the mobility institution**
- **Proof of the allocated travel grant for sustainable travel** (part of the Erasmus+ Participation Agreement)

Contest Timeline

- The second round opens 10th of November 2025.
- Applications will be reviewed during December 2025. Selected applicants will be notified at the end of December or early January.
- The grant will only be paid after students submit their content and complete the required tasks. The grant will not be paid in advance or before the trip begins.

What happens if you are selected?

Winter 2026: You will participate in a preparatory webinar before the start of the mobility, fill out a short evaluation form for the competition

Spring 2026: you will provide references to the erasmusgeneration.org portal and social media posts, a blog article, etc.

Prize

Winners will be selected from a shortlist of applicants by an internal evaluation committee. A total of **10 students** starting their Erasmus+ mobility in winter semester 2025/2026 will receive financial compensation of up to **625 €** for sharing stories and creating content about their sustainable travel experience.

Do not miss the opportunity to get inspired by the first six Green Storytellers in the upcoming webinar on November 24 at 13:00-14:30 CET. Registration is free and available [HERE](#).

To learn more about the contest, visit: erasmusgeneration.org/set-journey-contest-rules

Or contact Mrs. [Petra Šmídová](mailto:petra.smidova@ruk.cuni.cz) (petra.smidova@ruk.cuni.cz), our Erasmus+ student mobility administration coordinator.

Cheers to sustainable travel, and cheers especially to Charles University students!



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