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Report of the study session held by Rural Youth Europe and European Confederation of Youth Clubs

in co-operation with the European Youth Centre of the Council of Europe

European Youth Centre Budapest

16-23 September 2018

This report gives an account of various aspects of the study session. It has been produced by and is the responsibility of the educational team of the study session. It does not represent the official point of view of the Council of Europe.

Play Your Part!

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1. Executive summary

Play Your Part! was a joint study session organised in collaboration by Rural Youth Europe (RYEurope), the European Confederation of Youth Clubs (ECYC) and the Council of Europe. The session was carried out from 16 to 23 September 2018, including the travel days.

The aim of this study session was to empower urban and rural youth to strengthen youth participation in their communities.

The objectives were:

- To explore strengths and obstacles of youth participation in rural and urban areas, and identify the background of the differences.
- To share experiences and good practice regarding how to overcome barriers of youth participation.
- To define the preconditions for youth participation and to identify the capacities rural and urban youth have for participation.
- To explore the Revised European Charter of the Participation of Young People in Local and Regional Life and how it can be used to promote youth participation.
- To plan concrete actions for removing barriers for participation of rural and urban youth.

Both the organisations involved thought it important to introduce this topic to the less experienced members, as this is a basis for the work we do. Therefore, we emphasised in the call that participants did not need to have much experience, but rather have enthusiasm and a willingness to actively participate. Finally, we had 33 participants from both RYEurope and ECYC background.

The collaboration was built on a long-standing partnership between RYEurope and ECYC that has continued fostering mutual exchange and development for the benefit of the young members of the two organisations.

2. Introduction

Background

The topic of Youth Participation is essential for the work of both RYEurope and ECYC, and it is one of the priority areas of the Youth for Democracy Programme of the Council of Europe. Especially since that is the basis of our role in the international context. Both RYEurope and ECYC promote the rights of young people to participate actively in their own lives and in the decisions that affect their lives.

Participation is often overlooked as an obvious right among young people and therefore it is vital that young multipliers can educate their peers on the importance of not only having a right, but also acting for it.

We have the experience of study sessions in our organisations as valuable platforms where participants get to voice concerns and learn tools to address their needs and challenges. We also know that by bringing the participants from different organisations and realities together on neutral ground to discuss and learn, their concentration is the highest possible. By bringing in an experienced team of facilitators, we also ensured the quality flow which enabled the team building and creation of a safe learning space for the participants.

Rural Youth Europe

RYEurope is an activity-based and member-led organisation, uniting rural youth NGOs across Europe to promote rural development, agriculture and the environment, strengthen rural youth participation and raise awareness of human rights and intercultural diversity in rural areas. Our members are 20 rural youth, young farmers and 4H organisation (Head, Heart, Hands, and Health) in 17 European countries. The organisation is led by young people and for young people.

RYEurope has 3-4 annual activities connected by annual themes. Our own events are skills and awareness development activities, while Council of Europe study sessions are opportunities to deepen understanding of the annual theme in the European perspective.

ECYC

The European Confederation of Youth Clubs (ECYC) is a Brussels-based European NGO gathering national and regional youth work organisations from 19 different Council of Europe Member States. ECYC represents the rights and interest of volunteer and professional youth workers all over Europe, as well as those of unorganised young people in youth clubs and participating in other forms of youth work. Every year, ECYC organises an average of 7 international activities for youth workers and young people. In 2018, the main focus was on 1) the role of youth work in preventing violent radicalisation of young people, 2) youth participation and 3) educational pathways of youth workers.

In 2019, ECYC was to focus mainly on the Council of Europe Recommendation on Youth Work, Digital youth work and the European Parliament elections.

3. Results and conclusions

The study session provided a platform to discuss the different forms young people can participate in the community. We approached the different charts as tools for young people to build a stronger back bone to their actions and introduced participation as a right for the young people to make a change in the community. The study session empowered and inspired the participants to spread their learning and the benefits of participation to their peers and others in their local reality.

The Action Plan

The main outcome of the study session was an Action Plan. With the action plan we wanted to acknowledge that each participant represented a very different background and had different groups of young people around them. Furthermore, their roles varied much within the different organisations they represented. With this in mind we did not want to ask them to produce the same activity when returning home, but rather make a plan for an activity, which would best feed their needs and resources in terms of time, location and target group. Each participant was given a form, which aimed to provide a framework for, on the one hand, taking the different aspects of creating an activity, and on the other hand it also worked as a help sheet for the participants to take home and to remind them of the outlines of the activity.

The action plans were elaborated in interest groups consisting of a minimum of two and a maximum of five people. Each group was encouraged to develop the plan together, but to make it fit the individual realities. This enabled the participants with similar interests to work together and hopefully also support each other after the Study Session in the realisation of the activity.

To further support the groups, we also had a session of peer mentoring, where two groups were paired up to present the whole activity to each other and ask supportive questions. Each peer group also had a facilitator in the group to ask supporting questions. As a twist, we asked the group listening to the presentation to try to only ask questions to the group presenting. This way we aimed to avoid evaluation of the activities as good or bad, and rather to provoke further development by answering questions.

The final presentation of the action plans was done in the groups, further encouraging the other members of the group as resources and support for bringing the actual activity to reality.

To continue bringing home the activities rather than just the plans, the team created three Facebook events where the participants signed up. Each event had certain tasks and there was a deadline for the delivery of these tasks.

The Facebook event tasks (Commitments):

- Tell about your action plan to 3-5 people!
- Come up with a step by step plan!
- Reconnect with your action plan group and come up with a new commitment!

The participants chose the topics on which they wanted to make the action plans. 8 groups emerged, with the following topics:

- Forum Theatre
- Youth policy
- Mental health and loneliness

- Safety and advocacy

By far the most popular topic was Forum Theatre, so much so that the group had to be split in three smaller groups. The popularity was due to the fact that the methodology had been used during Study Session in a very successful and immersive activity by Laure De Witte. Some participants chose this as a topic as they had discovered the method to be very useful and engaging, even if they did not have any theatrical background, and they wanted to share the positive feeling with their organisations when returning home.

Another example for the action plans was a safety campaign, called "Ask for Angela"¹, the idea for the women who had worked on their action plans in this topic was to spread the information about the Ask for Angela campaign to their local youth clubs, and to bring up the fight against sexual violence as a topic in their clubs to raise awareness of appropriate behaviour and to develop safety guidelines for the events.

Postcards home

At the end of the week the participants were also asked to send home a postcard. This postcard should be sent either to the person they interviewed for the Local Study Visit that each participant did as a preparation for the Study Session, or to send it to someone who would benefit from knowing the greatest learning achievements during the week.

The cards were sent after the session.

Have your say

All participants received their own copy of the "Have Your Say!" manual. While many sessions used the methods from the book, a special session on how to use the manual was also offered. The participants then had a chance to get to know the structure of the book and the contents a bit better. The aim of this was to help feed the learning of the week also into the action plans and the practical work taking place at home after the study session.

Revised European Charter of the Participation of Young People in Local and Regional Life

The charter was introduced not only as a definition on what youth participation is, but also that it works as a document that can be used to boost the validity of young people's case in local contexts. The participants learnt about the content through different discussions that opened up the definitions and the method based on methodology of the "Have Your Say" manual.

The usefulness of the document as a reference point (when presenting proposals for change in local life) was highlighted by the trainers. The participants then took their learning home through the action plans that presented concrete measures that could be used to promote and advocate for social change.

¹ https://www.bbc.com/news/uk-37855009

Conclusions

The team worked hard to create a learning atmosphere and flow which covered the topic of Youth Participation from theory and definitions to practical methodology for planned actions to take home. The participants had a versatile experience and for many it was their first experience of international youth work. As the group was so warm and welcoming, the participants also felt comfortable and confident enough to rely on their previous experience in youth participation.

The action plans worked as a great way to harness the enthusiasm of the participants and channel it into concrete actions. However, many of the outcomes are long term where the confidence and insight gained during the study session benefit the individual lives of the participants; these are next to impossible to measure in the short term. The networks and friendships between the participants are kept up by social media collaboration and future meet-ups in other contexts.

4. Programme – inputs and discussion

The programme overall built on the flow which started from defining the building blocks of participation and the barriers to participation that young people are faced with, continued through the practical tools and skills and finished in concrete actions to be taken on local level after thestudy session.

[Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1000	16/09/2018	17/09/2018	18/09/2018	19/09/2018	20/09/2018	21/09/2018	22/09/2018	23/09/2018
Chair of day		Eelin	Andrea	Katya	Aris	Laszlo	Ioana	
Theme of the day		Intro & background	Mapping participation	Overcoming barriers	Identifying capacities and tools	Putting tools and learning outcomes to use	Planning for action, evaluation	
		8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast
Session 1		9:00 Welcome space intro Andrea & Eelin	9:00 Sharing of Study visits Ioana & Eelin	9:00 Bariers of Youth participation (RMSOS) Katya & Laszlo	9:00 Forum Theatre Laura + Eelin & Ioana	9:00 Mapping resources Eelin & Laszlo	9:00 Action plan coaching Ioana & Katya Everybody	
		10.30 Break	10.30 Break	10.30 Break	10.30 Break	10.30 Break	10.30 Break	
Session 2	A-d-d	11:00 Getting to know each other loana & Katya Everyone	11:00 Definitions of Youth participation Katya & Aris	11:00 My history of Youth participation loana & Aris	11:00 Forum Theatre Laura + Eelin & Ioana	11:00 We want change! Aris & Andrea	11:00 Presenting plans and committing for action Aris & Ioana	
	Arrival	12:30 Lunch	12:30 Lunch	12:30 Lunch	12:30 Lunch	12:30 Lunch	12:30 Lunch	
Session 3	Registration and check- in	14:30 Team buildiing Aris & Ioana	14:30 Levels of Youth participation Aris & Katya	14:30 What is needed fot youthparticipation? (overcoming barriers) Andrea & loana	14:30 Forum Theatre performances Laura + Eelin & Ioana	14:30 Action plan Ioana & Katya	14:30 Presenting plans and committing for action Aris & Ioana	Departure
		16:00 Break	16:00 Break	16:00 Break	16:00 Break	16:00 Break	16:00 Break	
Session 4		16:30 Intro to the topic Katya & Laszlo	16:30 Forms of youth participation Laszlo & Andrea		9:00 Tools for strengthening youth participation YFJ - Andrea & Ioana Enter- Laszlo & Aris Have your Sayl - Katya & Eelin	14:30 Action plan Ioana & Katya	16:30 Follow up, Evaluation & Closing Eelin & Andrea	
		18:00 reflection group	18:00 reflection group		18:00 reflection group	18:00 reflection group	Team meeting	
		18:30 Team meeting	Team meeting	19:30 ? Dinner out	Team meeting	Team meeting	Dinner	
		Dinner	Dinner	1	Dinner	Dinner		
Evening programme	20:00 Getting to know everyone	20:30 International evening Andrea	20:30 Quiz night Aris (Ioana if it is Game night)	Free evening	Free evening	20:30 Movie night Katya	8:30 Farewell party Aris	

Mapping participation

This part of the programme aimed at using the participants' local realities by sharing their stories on local youth participation. Then they learnt about the definitions of youth participation and the levels of participation. Finally, the participants saw different kinds of youth participation in the session on its forms.

The sharing of personal experiences on youth participation in their local realties helped the participants find both differences and similarities in their backgrounds, as well as see the different ways young people participate in their lives, organisations and local communities.

The definitions of youth participation aimed to create a common ground on which it was easy to build the flowing program. It helped the participants understand what youth participation is in the eyes of institutions but also based on their own experience.

The levels of youth participation were based on the ladder of participation which is a model developed by *Sherry R. Arnstein* and *Roger Hart*. The session facilitators pointed out that the ladder is just one model and that it, as much as any other scientific theory, has been criticized. The discussions revealed that it is not a clear-cut model, where many types of interaction between young people and decision makers are not easily categorized in one category or another, not to mention that the hierarchy of the rungs of the ladder is not absolute. The main point was that the participants realised that participation of young people can be used in different ways and what we aim is to promote inclusive cooperation of young people and other classes of society.

The last session of the working days looked at different structures of youth participation and how young people can actively engage in society. The aim of this was to broaden the concept of youth participation and to help the participants look at youth participation as a wider phenomenon than what involves their lives. The session also gave an idea to the participants of the different ways of participation that young people in their personal contexts could engage in.

Overcoming barriers

The topic of overcoming barriers was approached by first mapping barriers according to the barriers in the Have Your Say manual (from the Revised European Charter of Youth Participation in Local and Regional Life). This was followed by the participants personally relating these barriers to their own timelines of participation and, finally, the participants discussed ways of overcoming the barriers.

All of this created the basis of the workshop on Forum Theatre, which was the starting point of the following day.

The participants found the personal timelines very interesting as they both told about the personality of the participants and the organisations they represented. The downside was that due to time restrictions we had split the group in two, which meant that not everyone could listen to each other's personal presentations. Some participants expressed their dislike about it later in the reflection groups, but the quality of the method would have suffered if the whole group had presented their stories together.

Overcoming barriers was dealt with at the end of the day where the participants, in groups, chose a barrier and approached it by making a video of the barrier. The videos were then shared on Facebook in a closed group and in the presentation the participants were asked to present their video and comment on each other's videos and answer reflection questions in writing. The process made it possible for everyone, including those with weaker spoken English skills to participate and the method was successful and inspiring – many participants thought of bringing it home to use in their work with young people.

During the evening the participants got a few hours of free time to explore the city centre and we met up in the city for a dinner out. The break was well received after a day of tackling challenging topics.

Identifying capacities and tools

As the previous day raised awareness of the struggles and difficulties limiting youth participation, the following day was focused on finding solutions and methods with which the difficulties could be addressed and turned into strengths. The concept was built on the notion that the barriers might be local and specific to the rural and/or urban realities, but the solutions would also benefit from the special strengths related to the rural and urban setting. The method of the Forum theatre is especially valuable and effective in addressing the internal strengths of the group in tackling difficulties faced by the group. Our Forum Theatre session was led by *Laure De Witte* who we had invited as an external facilitator. She joined the group already a day earlier to get integrated in the group and the work they were doing. She also joined to give an outsider's point of view in the facilitation team.

At her initiative, we swapped around the sessions in the programme, letting the Forum Theatre sessions happen in the beginning of the day followed by a selective session where the facilitators presented different tools.

Laure approached the group using different Theatre of the Oppressed warm-up exercises, which train the groups' expression through the body and understanding of power structures. She also explained the background of the Forum Theatre and then split the group in two to choose a barrier of youth participation. The groups then prepared a short play on the barriers they had discussed earlier and at the performance the participants from the other group could suggest solutions and ways of overcoming the barrier by participating in the play and acting out the agency of one of the characters. The participants loved the method and many of them deemed it to be useful for their work at home.

For the latter part of the day the team had prepared smaller parallel sessions on the following tools:

- European Youth Forum and the youth goals
- Enter Dignityland card game
- Have your Say! manual

The first mini session showed what the EYF does and how it works, such as the voice of young people, including presenting the Youth Goals as a result of the structured dialogue. The second mini session presented the card game "Enter Dignityland". The third mini session showed how to use the "Have Your Say!" manual and sampled some methods. The group split pretty evenly and yet again the only negative feedback was the inability to participate in all three sessions

as they (for time and resource reasons) ran simultaneously. However, all the tools were made available to the whole group and everyone got a Have Your Say! manual.

Putting tools and learning outcomes to use

The fifth day started with a session on mapping resources. The resources were discussed in a brainstorming session in which the participants were asked to look at what kinds of regional, national and international institutions, networks and NGOs were at their disposal to provide financial support, advice, human resources, or other information. The participants then made their own personal maps of resources that would be relevant for them.

The second session of the day dealt with the rights-based approach, which aimed to identify needs in the societies of the participants and to shape these needs into rights and to empower young people to go beyond identifying needs and take action in demanding their rights to be met.

After the issues with youth participation had been discussed, the various methods which dealt with the topic had been presented, the resources and the needs analysis took place, it was time to develop the outcomes that the participants could bring home with them. The aim of this section was on the one hand to adjust the learning experience the participants had gained so far to their local realities and also to promote the use of the methods they found most useful for their local organisations.

We started by splitting the group according to interests, so we asked them to choose their favourite part of the programme, be it the biggest learning moment or favourite method, they would like to take home. Then they wrote it down on a post-it and the facilitators helped shape them into groups of maximum five and minimum two participants. Many participants wished to work with Forum Theatre and therefore they went into one big group of 10 people that was split into three groups according to how they wanted to work with the method.

Each individual was then given a project planning sheet, where they would take notes which would help them take home the project and carry it out in reality. The team encouraged the participants to make local action plans that would:

- 1. Fit their local reality
- 2. Address the barriers limiting youth participation that they faced in their local reality
- 3. Be on a shared topic within their group, but was first and foremost feasible when they would go home

This meant that while they presented the action plans as a group, they were still working on how to deliver it locally. The groups were then split in smaller groups to help develop the presentations. The following day each smaller group was supported by one of the facilitators who was there to ask questions to help develop the action plans.

The final presentation of the action plans was done in a way where the participants had five minutes to perform their plan together and then the other participants were given blank "cheques" where they gave their feedback and advice to the group's action plan.

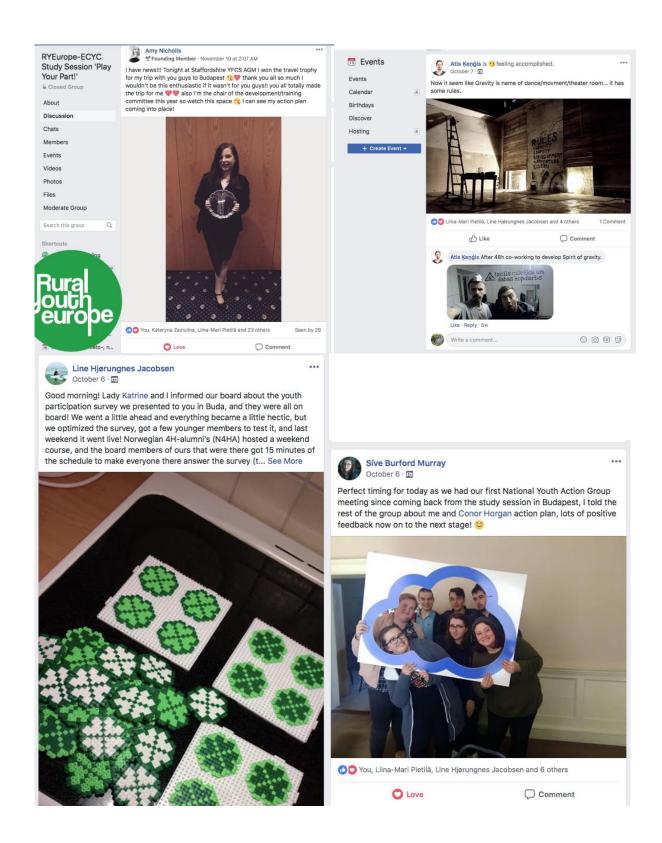
Planning for action

The final step for bringing the action plans into reality and to facilitate the work after the Study Session was made in an effort by the team to help the participants when they arrived home. The participants decided on their own individual timelines for the realisation of the action plans. Being still together, we made Facebook events with deadlines until which the different steps for the action plan should be reached. The different steps included telling five people about the action plan and making a personal timeline for turning the plans into action.

The events have been well met and the life of the Facebook group has continued with the participants sharing their outcomes and successes.

Follow-up activities

The follow up activities have been very well tied into the use of the Facebook events in carrying out the various actions the participants brought home with them. Here you can see a few pictures from the follow-up from the event:



Pictures: Follow-up actions by participants (posts from social media)

5. Final words

Study sessions are a great learning opportunity for our members. The study sessions are seen as high quality educational events in which young people develop new skills and networks that in turn help develop the quality of youth work we do in and together with our organisations. The study session also fosters our partnerships and without a great collaboration in the team and preparation of the session it would not have been as exceptional as it was. Rural Youth Europe and ECYC will continue collaborating in the future; exchanging good practices and develop the friendships that were born during the process of this study session, both among the team and the participants.

We want to thank the Council of Europe for providing us with this opportunity and for a great future collaboration.



ANNEX I Selected photos

A few select pictures from the study session by Aris Brencis.

















Play Your Part!

Organised by Rural Youth Europe & ECYC in co-operation with the European Youth Centre Budapest

Day by day programme

Sunday, 16th September 2018

Arrival	of	participant	S
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19:00 Dinner

20:00 Welcome evening

Monday, 17th September 2018

09:00	Opening with Introduction to Study Session,
	Welcome by Bálint Molnár , Deputy Executive Director at the EYCB
	Intro of aims & objectives of the Study Session / Expectations & programme

- 10:30 Break
- 11:00 Getting to know each other
- 12:30 Lunch
- 14:30 Team building
- 16:00 Break
- 16:30 Intro to the topic
- 18:00 Reflection group
- 19:00 Dinner
- 21:00 International evening

Tuesday, 18th September 2018

- 09:00 Sharing experiences about the study visits
- 10:30 Break
- 11:00 Definitions of youth participation
- 12:30 Lunch break
- 14:30 Levels of youth participation

16:00	Break				
16:30	Forms of youth participation				
18:00	Reflection group				
19:00	Dinner				
21:00	Quiz night				
Wedne	esday, 18 th September 2018				
09:00	Barriers of youth participation				
10:30	Break				
11:00	My history of youth participation				
12:30	Lunch break				
14:30	What is needed for youth participation				
16:00	Break				
16:30	Free evening				
19:00 [Dinner out				
Thursd	lay, 19 th September 2018				
09:00	Tools for strengthening youth participation				
10:30	Break				
11:00	Tools for Strengthening youth participation				
12:30	Lunch				
14:30	Challenges and barriers to youth participation - Forum theatre with Laure DeWitte				
16:00	Break				
16:30	Challenges and barriers to youth participation - Forum theatre with Laure DeWitte				
	Reflection group				
	Dinner				
	Performances of Forum theatre				
Friday,	20 th September 2018				
09:00	Mapping resources				
	Presentation of the European Youth Foundation – online meeting with Natalia Militello, EYF				
10:30	Break				
11:00	We want change!				
12:30	Lunch				
14:30	Action plan				
16:00	·				
	Action plan				
	Reflection group				
	Dinner				
	U -				

Saturday 21st September 2018

- 09:00 Action plan: coaching and support offered
- 10:30 Break
- 11:00 Presenting plans and committing for action
- 12:30 Lunch
- 14:30 Presenting plans and committing for action
- 16:00 Break
- 16:30 Follow up, Evaluation & Closing up
- 19:00 Dinner
- 21:00 Farewell party

Sunday 22nd September 2018

Departure of participants

Aim and objectives of the study session "Play your part!"

Aim

The aim of this study session is to empower both urban and rural youth to strengthen youth participation in their communities.

Objectives

- To explore different forms, strengths and obstacles of youth participation in rural and urban areas, and identify the background of the differences
- To share experiences and good practice regarding how to overcome barriers of youth participation.
- To define the preconditions for youth participation and to assess the capacities rural and urban youth have for participation.
- To explore the Revised European Charter of the Participation of Young People in Local and Regional Life within the Human Rights framework defined by Council of Europe and how they can be used to promote youth participation
- To plan concrete actions for enhancing youth participation and removing barriers for participation of rural and urban youth
- To promote the importance of targeting a diversity of young people, including young people from disadvantaged backgrounds (e.g. through the Council of Europe "Enter" recommendations)

ANNEX 3 List of participants

	Surname (Family Name):	First Name:	Country of residence:		
Part	icipants				
1	Hovakimyan	Marine	Armenia		
2	Poghosyan	Hrayr	Armenia		
3	Grigoryan	Mariam	Armenia		
4	Petrosyan	Lusine	Armenia		
5	Hofbauer	Sophie	Austria		
6	Loddewykx	Glenn	Belgium		
7	Vorsselmans	Lennert	Belgium		
8	Koller	Annemari	Estonia		
9	Kinguste	Sigrid	Estonia		
10	Viinikainen	Diego Alejandro	Finland		
11	Pietila	Liina-Mari	Finland		
12	Autio	Birgitta	Finland		
13	Porarinsdottir	Porunn	Iceland		
14	Johannsdottir	Alfa Dröfn	Iceland		
15	Wallace	Sean	Ireland		
16	Dineen	Rita	Ireland		
17	Burford Murray	Sive	Ireland		
18	Horgan	Conor	Ireland		
19	Kenge	Randa	Latvia		
20	Kengis	Atis	Latvia		
21	Eimane	Sandra	Latvia		
22	Lapina	Lasma	Latvia		
23	Christiansen	Siri Aasen	Norway		
24	Hauane	Katrine	Norway		
25	Nygard	Ruth Emilie	Norway		
26	Hjorungnes Jacobsen	Line	Norway		
27	Sopa	Ana-Maria	Romania		
28	Troanca	Turdor	Romania		
29	Allen	Will	United Kingdom		
30	Graham	Hannah	United Kingdom		
31	Evans	Angela	United Kingdom		
32	Pugh-Davies	Lowri	United Kingdom		
33	Nicholls	Amy	United Kingdom		
External expert(s)					
34	De Witte	Laura	Portugal		
Team members					
35	Hoffstrom-Cagiran	Eelin	Finland		
36	Brencis	Aris	Latvia		
37	Casamenti	Andrea	Belgium		
38	Surubaru	Ioana	Romania		
50		1.2.2			

39	Zezulina	Kateryna	Ukraine			
Cour	Council of Europe					
40	Bálint Molnár	Deputy Executive Di	rector, EYCB			
41	László Milutinovits	Educational Advisor				
42	Natalia Militello	European Youth Foundation				
43	Zsuzsanna Molnár	Programme assistant				