



FEMYSO



DDP-YP/ETD (2022) 38

15 February 2022

Study session

Mind The Gap

Study session organised within the Youth for Democracy programme, in cooperation with the Forum of European Muslim Youth and Students Organisations (FEMYSO)

European Youth Centre Budapest,
7-11 March 2022

Draft programme

Sunday, 6 March 2022

Arrival of participants
19:00 Dinner
20:00 Welcome evening

Monday, 7 March 2022

09:00 Opening by **Gordana Berjan**, Director, European Youth Centre Budapest
Aim & objectives of the study session
10:30 *Health break*
11:00 Expectations & programme of the week
Team building activity
12:30 *Prayer & Lunch*
14:00 Once upon a time – Mental health from past to present
15:30 *Health break & energizer*
16:00 Exploring taboos & misconceptions
17:30 *Health break*
17:45 Group reflections
18:30 Wind Down
18:45 *Prayer & Dinner*
20:00 Intercultural evening

Tuesday, 8 March 2022

- 09:00 Make youth participation cool again!
- 10:30 *Health break*
- 11:00 How to deal with stress?
- 12:30 *Prayer & Lunch*
- 14:00 Mental health as a social right – The connection to human rights
- 15:30 *Health break & energizer*
- 16:00 Introduction: Group project on mental health booklet
- 17:30 *Health break*
- 17:45 Group reflections
- 18:30 *Wind Down*
- 18:45 *Prayer & Dinner*
- 20:00 Movie night & discussion

Wednesday, 9 March 2022

- 09:00 Group project on mental health booklet
- 10:30 *Health break*
- 11:00 Group project on mental health booklet
- 12:30 *Prayer & Lunch*
- 14:00 External lecture: “*Islamophobia & Mental health*”
with Dr. **Tarek Younis**, Clinical Psychologist and lecturer
- 15:30 *Health break & energizer*
- 16:00 Advocacy and campaigning for breaking taboos
Presentation of Council of Europe youth campaign: Democracy here, democracy now
- 17:30 *Health break*
- 17:45 Group reflections
- 18:30 *Wind Down*
- 18:45 *Prayer & Dinner*
- 20:00 Exercise evening

Thursday, 10 March 2022

- 09:00 Addressing mental health in community work
- 10:30 Health break
- 11:00 I can't hear you! – How to communicate
- 12:30 *Prayer & Lunch*
- 14:00 External lecture: “*Decolonisation of mental health*”
with Dr. **Hooman Keshavarzi**, Psychotherapist and lecturer
- 15:30 *Health break & Energizer*
- 16:00 Group project on mental health booklet
- 17:30 *Health break*
- 17:45 Group reflections
- 18:30 *Wind Down*
- 18:45 *Prayer & Dinner*
- 20:00 Free evening

Friday, 11 March 2022

09:00 Group presentation of the mental health booklet
10:30 *Health break*
11:00 Closing & Evaluation
12:30 *Prayer & Lunch*
14:00 Free afternoon – City visit

Saturday, 12 March 2022

Departure of participants

Aim and objectives of the study session “Mind the gap”

Aim: To bring together youth from diverse minority background to engage in the recovery of their communities and find ways to tackle mental health issues and taboos surrounding them through education on human and social rights.

Objectives:

- To identify challenges, impacts, and barriers to youth participation in times of crisis: including islamophobia, COVID-19 and mental health taboos;
- Empower young activists from minority backgrounds to normalise addressing the topic of mental health within their respective communities, especially where it can be stigmatised;
- Equip participants with practical skills and knowledge on human and social rights to utilise to access their rights and ensure their active participation;
- Explore mental health through a psychological framework and support participants’ activism and participation through tools for practicing self-care and wellbeing;
- Provide participants with ideas and resources to raise awareness about mental health and youth activism (e.g., through campaigning, advocating and training) in their communities.