

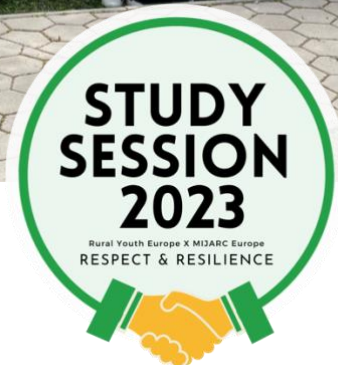


“Respect and Resilience”

Report of the Study Session
held by Rural Youth Europe and MIJARC Europe

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

European Youth Centre of Budapest
24th-28th April 2023



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.

I. Introduction

This document serves as the external report for the study session 'Respect and Resilience', co-organised by Rural Youth Europe (RYEurope) and the International Movement of Catholic Agricultural and Rural Youth (MIJARC Europe) between the 24th and 28th of April 2023 in Budapest, Hungary, hosted by the European Youth Center in Budapest. The aim of the study session was to support rural youth clubs and rural youth organisations to build sustainable and resilient youth structures, to help them improve the lives of young people, with a focus on mental health.

The study session's objectives were:

- To explore how youth participation relates to the rights and realities of rural young people.
- To understand how the wellbeing of young people can impact youth participation and how we use that understanding to improve youth work.
- To provide the tools to improve the resilience of rural youth clubs and organisations.
- To exchange experiences and collect best practices that encourages sustainable youth participation.

II. The need for this study session

The study session was essential to address the specific challenges faced by rural and young farmers organisations in the present landscape. These organisations operate in unique contexts with distinct obstacles that require tailored solutions and guidance. By providing a platform for focused discussions and interactive workshops, the study session aimed to equip participants with practical tools, strategies, and insights to overcome these challenges effectively.

It aimed at empowering participants with practical tools, promoting inclusivity, provide mental health support, fostering collaboration, and advancing collective knowledge and resources. By equipping participants with the necessary skills and insights, the study session sought to enable these organisations to thrive, to make a positive impact in their communities, and to contribute to the sustainable development of rural areas.



III. RYEurope and MIJARC Europe

Rural Youth Europe (RYEurope) is a European network that focuses on empowering and engaging young people living in rural areas. It provides a platform for youth organisations, individuals, and initiatives to connect, exchange ideas, and collaborate on various projects and activities. Through its work, Rural Youth Europe aims to address the specific challenges faced by young people in rural communities, such as limited opportunities, social isolation, and lack of resources. The organisation advocates for the rights and interests of rural youth, promotes rural development, and fosters youth leadership and active citizenship in rural areas across Europe.

MIJARC Europe stands for the "Movement of Catholic Agricultural and Rural Youth in Europe". It is a European network that brings together young people from rural areas who share a common interest in agriculture, rural development, and the promotion of rural youth empowerment. MIJARC Europe aims to create a space where young people can exchange ideas, experiences, and best practices, while also advocating for the rights and interests of rural youth at regional, national, and European levels. The organisation seeks to strengthen the participation and voice of rural youth in decision-making processes, to promote sustainable agriculture practices, and to foster the personal and professional development of young people in rural communities. MIJARC Europe also works towards building networks and partnerships with other youth organisations, institutions, and stakeholders to further its mission of empowering and representing rural youth across Europe.

IV. Preparation

Preparatory team

Our preparatory team included 2 young members from Rural Youth Europe, 2 young members from MIJARC Europe and an educational advisor of the Council of Europe to help the facilitators' team with the preparation, implementation and follow-up of the educational activity.

Preparation phase

The organising team started the preparation for the study session in March 2023, but due to one of the team members not being able to make it in real life, we moved our main preparatory meeting in a hybrid environment, with 3 members and the educational advisor participating in face-to-face, and the last one in the digital environment.

During these two days, we had the chance to:

- Share our expectations from each other, from RYEurope, MIJARC Europe & the CoE, and from our future participants;
- Set our rules and working methods as a team;
- Review the project timeline;
- Distribute the team roles;
- Finalise the details of the open call and the profile of our participants, according to the submitted application of the study session;
- Review the preparation, implementation and follow-up phases of our project;



Rural youth and young farmers have been one of the groups that have been paid less attention after the pandemic. That's really problematic and that's why this Study Session and gathering this unique group of young people is a really unique opportunity to tackle these topics.

Spyros Papadatos

V. Programme of the study session

Sunday, 23 April 2023

Arrival of participants

19:00 Dinner

20:00 Welcome evening

Monday, 24 April 2023

- 09:15 Opening and welcoming to the Study Session
- 09:30 Getting to know each other and ice-breakers

- 11:00 Break
- 11:30 Team Building activity
- 13:00 Lunch
- 14:30 Intro of aims & objectives of the Study Session / Expectations & programme
- Defining
- 16:00 Break
- 16:30 What motivates you?
Who is who - Presentation of the partners
- 17:30 Reflection groups
- 19:00 Dinner
- 20:30 International evening



Tuesday, 25 April 2023

- 09:15 Intro to the day
Youth participation intro
- 11:00 Break
- 11:30 Challenges and barriers for (rural) youth participation
- 13:00 Lunch
- 14:30 Youth participation in practice - Part 1
- 16:00 Break
- 16:30 Youth participation in practice - Part 2
- 17:30 Reflection groups
- 19:00 Dinner
- 20:00 Free evening

Wednesday, 26 April 2023

- 09:15 Intro to the day
What makes a resilient and sustainable rural youth club/organisation?
- 11:00 Break
- 11:30 Well-being and resilience (with dr. Mette Ranta, youth researcher)
- 13:00 Lunch
- 14:30 Discussing solutions around well-being and resilience - Part 1
- 16:00 Break
- 16:30 Discussing solutions around well-being and resilience - Part 2
- 17:30 Reflection groups
- 19:00 Dinner
- 20:00 Free evening



Thursday, 27 April 2023

- 09:15 Intro to the day
The Council of Europe's upcoming Recommendation on rural youth (with Lukas Stede, member of the Advisory Council on Youth of the Council of Europe)

11:00 Break
11:30 What do we need from the guidebook?
13:00 Lunch
14:30 Producing the guidebook - Part 1
16:00 Break
16:30 Producing the guidebook - Part 2
17:30 Reflection groups
19:00 Dinner
20:00 Free evening

Friday, 28 April 2023

09:15 Intro to the day
Open Space
11:00 Break
11:30 Evaluation and closing of the Study Session
13:00 Lunch
14:30 Free time in Budapest
19:00 Dinner out in Budapest

Saturday 29 April 2023

Departure of participants



VI. Participants and results of the study session

Throughout the study session focused on the theme of "Respect and Resilience", and our 36 participants actively engaged in a variety of activities and discussions. The activity aimed to explore the interconnectedness between resilience, sustainability, youth participation, mental health and well-being, with a particular emphasis on the impact of respectful communication.

During the study session, participants delved into the dimensions of resilience, exploring how it relates to personal well-being and sustainable development. They discussed the importance of cultivating resilience in the face of challenges, such as climate change, social inequalities, and mental health issues. Through sharing their perspectives, experiences, and insights, participants gained a deeper understanding of the critical role resilience plays in promoting sustainability and well-being.

The study session yielded significant outcomes, empowering participants with practical tools and strategies to enhance their resilience and promote well-being in their everyday lives. They explored approaches to maintaining mental health, managing stress, and fostering a sense of balance and self-care. Participants also examined the importance of supportive communication and respectful relationships in building resilience and creating sustainable communities.

Furthermore, the study session resulted in the development of a comprehensive resource, the "Respect and Resilience Guidebook," which served as a valuable tool for participants and their respective organisations. This guidebook provided practical guidelines, best practices, and recommendations for fostering resilience, promoting mental health, and nurturing well-being.

By collaboratively creating the guidebook, participants ensured that it captured diverse perspectives and reflected their shared ownership over the outcomes of the study session.

In summary, the study session on "Respect and Resilience" brought together motivated participants who actively engaged in discussions and activities related to fostering sustainability, mental health, and well-being. Through their involvement, participants deepened their understanding of resilience and its connection to personal well-being and sustainable development. The session's outcomes included the development of a comprehensive guidebook and the dissemination of practical tools and strategies. Equipped with knowledge and resources, participants are now empowered to promote resilience, mental health, and well-being within their organisations and communities, contributing to a more sustainable and supportive future.



VII. The Guidebook

The creation of the Guidebook during the study session on "Respect and Resilience" followed a collaborative methodology that empowered participants to contribute their ideas and expertise. After three days of in-depth discussions on the seminar topics, participants engaged in a brainstorming session to identify key content areas for the Guidebook. Subsequently, they formed teams dedicated to creating the guidebook's different sections, including the Introduction, Sustainability & Resilience, Mental Health and Resilience, Activities, Sharing Best Practices, and Personal Space.

This methodology allowed participants to actively shape the Guidebook's content based on their collective knowledge and experiences. Each team delved into their assigned section, exploring relevant concepts, strategies, and practical tools. Through research, group discussions, and collaboration, they distilled valuable insights and recommendations into their respective chapters.



The participants' engagement and ownership throughout the process were essential in ensuring that the Guidebook truly represented their shared goals and aspirations for promoting respect, resilience, and well-being. By working in teams, they tapped into their diverse perspectives and areas of expertise, enriching the guidebook with a comprehensive range of ideas and approaches.

The collaborative methodology extended beyond the creation of content. It fostered a supportive environment where participants could learn from each other, exchange best practices, and refine their ideas through constructive feedback and discussions. This collective effort not only strengthened the Guidebook's content but also nurtured a sense of community and shared responsibility among the participants.

The dissemination of the Guidebook served as a catalyst for further impact. By sharing it through various channels, such as websites, social media platforms, and relevant networks, participants aimed to reach a broader audience beyond the study session. They aspired to

inspire individuals and organisations worldwide to embrace sustainability, prioritise mental health, and foster resilience in their respective communities.

In conclusion, the methodology employed during the study session fostered active participation, collaboration, and collective decision-making. Through brainstorming sessions and team-based content creation, participants contributed their expertise and insights to shape the Guidebook. This collaborative approach not only ensured the Guidebook's relevance and practicality but also cultivated a sense of shared ownership and empowerment among the participants. The Guidebook's dissemination aimed to extend its impact, inspiring individuals and organisations at a European level to promote respect, resilience, and well-being.

VIII. Contribution of the study session to the RYEurope and MIJARC's objectives

RYEurope greatly benefited from the study session on "Respect and Resilience" The session provided RYEurope with valuable insights and knowledge regarding the challenges faced by rural youth in relation to sustainability, mental health, and well-being. The discussions and activities enabled RYEurope to gain a deeper understanding of the issues at hand and equipped the organisation with practical tools and strategies to support their members in overcoming these challenges. The development of the Guidebook during the session further enhanced RYEurope's resources, allowing them to provide comprehensive guidance and best practices to their network of rural youth organisations. Overall, the study session strengthened RYEurope's commitment to promoting resilience, inclusivity, and sustainable development among rural youth across Europe.



For MIJARC, the study session on "Respect and Resilience" was a significant opportunity to advance their objectives of empowering young people in rural areas. The session provided MIJARC with valuable insights into the specific challenges faced by young farmers and rural communities concerning sustainability, mental health, and well-being. Through the engaging discussions and activities, MIJARC gained a broader perspective on the ways in which these challenges impact rural youth and learned effective strategies to address them. The collaborative development of the Guidebook during the session allowed MIJARC to create a valuable resource that can be shared with their member organisations, enabling them to support their youth members in fostering resilience, promoting mental health, and embracing sustainable practices. The study session reinforced MIJARC's commitment to advocating for the well-being and empowerment of young people in rural areas, ensuring that their voices are heard and their needs are addressed effectively.

IX. Contribution of the study session to the CoE Youth priorities:

Overall, the study session's focus on respect, resilience, sustainability, mental health, and well-being effectively aligned with the priorities of the Council of Europe, further advancing its mission of promoting human rights, equality, and social cohesion across Europe. It contributed especially to Priorities 2 "Young people's access to rights" and 3 "Living together in inclusive and peaceful societies" of the youth sector of the Council of Europe, by addressing the impact of the COVID-19 pandemic on young people and the exercise of their social rights, including physical and mental health, and by empowering young people from rural areas and communities in support of their inclusion and participation in society across Europe.

X. Highlights:

On Wednesday 26th we welcomed Dr. Mette Ranta to our wellbeing and resilience session. Following the session, Mette said: *“The group were wonderful - they were really eager to talk and to share their views, as well as share their experiences from their everyday work within their organisations. There were lots of good examples from the participants regarding what is available for young people in terms of their mental health. These organisations resilience and need to be adaptive. Adolescence has changed their ways of being and what they require, it’s nice to hear that the participants listen to young people in their organisations to hear what they need.”*

On Thursday 27th we welcomed a member of the Advisory Council Lukas Stede to run a session regarding the Council of Europe’s upcoming Recommendation on rural youth. Following the session, Lukas said: *“Youth organisations and young people can use recommendations by referring to it if they believe the government are not implementing it - it’s a really cool advocacy tool. On the other hand, we can also set standards and share best practise and get this information into the minds of politicians. Put into practise - this can be very useful to young people. The recommendation I’m working on is focusing on young people in rural communities and the challenges they are facing.”*

XI. Participants Evaluation:

In general, the participants were appreciative of the educational methodologies and the thematics explored during the study session. They particularly praised the diversity of topics and working methods, the engagement of the organising team, the profiles of external experts invited and the links with the work of the partner organisations of the study session (the Council of Europe-RYEurope-MIJARC Europe). They expressed their will for more space for sharing their own stories and going deeper in some more "sensitive topics" connected to mental health. They also really enjoyed the activity being hosted at the European Youth Center and the "safe space" it offered for tackling such sensitive topics.

“

I’m a huge advocate for mental health, as a person who has personally struggled in the past. It’s amazing that this Study Session has given me the chance to meet different people from different countries and given me the opportunity to develop my skills as a future facilitator and activist.”

Wiktoria - Poland

“

I enjoyed putting together the guidebook. Leaders and board members of organisations should read the guidebook as it has a lot of things to strengthen the spirit of the organisation and make it more resilient.”

Mika - Finland



Appendix

I. List of participants

Armenia / Armenie

Naira Karapetyan
Karlos Margaryan

Federation of Youth Clubs of Armenia (FYCA)
Federation of Youth Clubs of Armenia (FYCA)

Austria / Autriche

Johanna Fleischhacker
Sophie Kleedorfer

Landjugend Österreich (ÖLJ)
Landjugend Österreich (ÖLJ)

Belgium / Belgique

Machteld Dhaenens

Katholieke Landelijke Jeugd

Denmark / Danemark

Roxana Daniela Petrache

MIJARC Europe

Finland / Finlande

Elina Paloviita
Oliver Karjalainen
Mika Järvelä
Maija Boren

Suomen 4H-liitto
Suomen 4H-liitto
Suomen 4H-liitto
Suomen 4H-liitto

Georgia / Georgie

Gvantsa Tvaliashvili
Elguja Tsitlidze
Nikoloz Jabakhidze
Tamar Chogovadze

Umbrella NGO
Umbrella NGO
Umbrella NGO
Umbrella NGO

Ireland / Irlande

Andrew Patrick Naughton
Joanne Helen Kiely
Aiesha Hurley

Macra na Feirme
Macra na Feirme
Macra na Feirme

Italy / Italie

Chiara Bottegal

MIJARC Europe

Latvia / Lettonie

Anete Antiņa

Latvian 4H

Norway / Norvege

Kristine Kvålsvoll

4H Norge

Poland / Pologne

Wiktoria Wilk
Kamila Kucia

MIJARC Europe
MIJARC Europe

Portugal / Portugal

André Miguel Pedro Lageiro
Rodrigo Duarte

MIJARC Europe
MIJARC Europe

Romania / Roumanie

Evelina-Mihaela Ciobotaru
Mihaela Menghereş
Paula Andreea Privighitoriţa

MIJARC Europe
MIJARC Europe
MIJARC Europe

Slovenia / Slovenie

Rene Paskolo Mlasko
Marija Maja Kresnik

Slovenian Rural Youth (ZSPM)
Slovenian Rural Youth (ZSPM)

Spain / Espagne

Matias Rubio
Manuel Pedro Becerril

United Kingdom / Royaume-Uni

Katie Acey

National Federation of Young Farmers' Clubs
(NFYFC)

Amanda Jane Watson

National Federation of Young Farmers' Clubs
(NFYFC)

Joyce Allen

Young Farmers' Clubs of Ulster (YFCU)

Lucy Price

Wales YFC / CFFI Cymru

Elin Lewis

Wales YFC / CFFI Cymru

II. Preparatory team

Spyros Papadatos
Daniel Grist
Ionuţ Dochianu
Sergio Rouco Villalta

III. Lecturers

Mette Ranta, PhD
Lukas Stede

University and youth researcher
Member of the Advisory Council on
Youth of the Council of Europe

IV. Course Director

Spyros Papadatos

V. Educational Advisor

Ida Kreutzman

VI. Council of Europe

Bálint Molnár
Irisa Veizaj