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Budapest, 18 November 2024

Highway to Wellbeing: Improving Mental Health and Physical Activity of Youth through Human Rights

Report of the study session held by **ENGSO Youth** and **International Youth Health Organization (YHO)** in cooperation with the European Youth Centre of the Council of Europe

European Youth Centre Budapest
8 September - 13 September 2024



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.

1. Executive summary

The present report from ENGSO Youth and YHO joint study session "Highway to Wellbeing: Improving Mental Health and Physical Activity of Youth through Human Rights", held in cooperation with the Council of Europe Youth Department, provides an in-depth look into an initiative aimed at enhancing young people's mental health by integrating sport, physical activity, and human rights education. The study session brought together 20 young participants from the health and sport sectors from 14 European countries to discuss the intersections between mental health and physical activity and how they correlate with Human Rights whilst promoting youth well-being.

The study session focused on understanding the importance of health through a human rights lens, promoting cross-sector collaboration, and empowering youth advocacy for mental health and well-being whilst using sport and physical activity as a crucial vehicle.

The programme provided a mix of knowledge-sharing sessions and practical workshops, from which some of the main highlights include:

- Educational Sessions: Covered essential concepts such as Human Rights, mental health, physical activity, and their interdependencies.
- Workshops on challenges and barriers to mental health: Participants engaged in simulations to understand the socioeconomic barriers faced in accessing health services, especially by marginalized communities.
- Development of Well-being Challenges: The attendees designed wellbeing challenges intended for broader social media dissemination to promote mental health awareness and physical activity leading up to European Week of Sport 2024.

The key takeaways discussed by the participants included:

- Enhanced Access to Mental Health Resources: Participants recommended that both free and accessible health care services be expanded, especially mental health support.
- Likewise, healthcare, mental health and physical activity should be seen as complementary to each other and more cooperation in this area should be developed between different key stakeholders in an integrated approach.
- Increased Representation in Sports Governance: Diversity in sports leadership is necessary to make the sector more inclusive, combating discrimination and promoting safe environments for all, therefore encouraging more people to practice sport and be active.

In summary, the study session underscored the critical need for integrated youth programmes that bridge health and sport sectors together within a human rights framework, fostering cooperation, resilience, inclusivity, and healthier lifestyles across countries.

2. Introduction

The present report highlights the main conclusions, discussions, learning outcomes, and recommendations from the study session "Highway to Wellbeing: Improving Mental Health and Physical Activity of Youth through Human Rights", delivered by the Youth Committee of the European Non-Governmental Sports Organisation Youth (ENGSO Youth) and International Youth Health Organization (YHO), in cooperation with the Youth Department of the Council of Europe and the European Youth Centre. The purpose of this report is to collect and explain all information about the study session, including its background, aim and objectives, the implemented programme and respective outcomes.

The background to the session

Teaching young people about mental health, physical activity, and human rights is a complex enterprise with significant effects on both personal development and societal advancement. In a world where the frequency of anxiety, sadness, and stress is on the rise mental health education for young people is essential. Giving young people a basic grasp of mental health empowers them to spot the symptoms of emotional distress, encouraging early assistance and intervention. This information

eliminates the stigma that frequently surrounds mental health issues, promoting open discussions and lowering the resistance to asking for treatment. As a result, it fosters emotionally resilient and mentally healthier individuals who are better equipped to navigate life challenges.

Similarly, it is crucial to emphasise the value of sport and physical activity for young people. Physical and mental health are closely linked since regular exercise not only promotes physical fitness but also reduces stress, anxiety, and depressive symptoms. Instilling a lifetime commitment to health through education on the advantages of an active lifestyle in young people lowers their chance of developing chronic diseases including obesity and cardiovascular issues, as well as mental disorders. By promoting physical activity, we are raising young people to be better equipped to handle the demands of modern life by fostering not only healthier bodies but also more balanced minds.

Adding to this, human rights education establishes itself as an essential pillar of a well-rounded curriculum. Understanding human rights principles fosters empathy and an appreciation for diversity, cultivating a more inclusive society. In a world grappling with issues like discrimination and inequality, youth educated in human rights become advocates for marginalised communities, promoting social justice, equity and solidarity. In this sense, it is equally important for youth to understand and internalise their right to health, from which mental well-being and physical activity constitute a big part.

Lastly, while intrinsically interconnected, health and sport sectors usually lack the necessary cross-sector cooperation that could help capacitate young people on the importance and impact of sport and physical activity in our health, in order to foster healthier lifestyles and communities whilst reducing the burden on our healthcare systems. To this endeavour, both ENGSO Youth and YHO joined forces to try bridging this cooperation gap and bringing both sectors together for the well-being of our societies.

As such, the study session “Highway to Wellbeing: Improving Mental Health and Physical Activity of Youth through Human Rights” satisfies the demand for both improved cross-sector cooperation between health and sport, and youth capacity-building activities that aren't just about imparting knowledge but also about being tailored to young people in terms of relevance, approach, and content, following a Human Rights-based approach as well as non-formal education methodologies to help young people using sport and physical activity to stand up to their rights and improve their health and well-being.

In sum, teaching youth about mental health, physical activity, and human rights is a profound investment in the well-being and agency of young people. It equips them with the tools to thrive emotionally, physically, and as active and informed citizens. By cultivating these skills and values, we are building a more resilient, compassionate, and just society that can address the complex challenges of our societies and, importantly, is physically and mentally able to cope with such challenges.

Aims and objectives

The study session aimed at empowering youth participants to understand, discuss, and take action toward increasing mental health and physical activity, and how that is intrinsically linked with our rights. With the practical outcomes, participants are able to disseminate gained knowledge in their organisations and local environment and, more concretely:

1. To understand health evidence and the socio-economic implications of the need to address mental well-being and physical activity in a comprehensive manner through a human rights lens.
2. To increase understanding of the importance of organised youth in both personal and professional capacity for healthier and more resilient communities.
3. To critically analyse access to health as a human rights issue, and equally, seeing sport and leisure as not only individual self-care but as a social question concerning children and young people.
4. To acquire knowledge of the best practices and recommendations in mental health and physical activity, such as the most efficient methods for coping with challenges and collaborating with others, including the Council of Europe charters and other documents.

5. To co-design with the participants initiatives to follow up on the study session and drive future impact (e.g. creating a monthly well-being challenge in the lead-up to the European Week of Sport 2024).

The participants

Considering this study session situates itself at the intersection of two sectors (health and sport), it was important to have a diversified group of participants both in terms of geographical balance, considering the sector-specific differences across Council of Europe countries, but also in terms of balanced expertise between young people from the sport sector and young people from the health sector.

As such, from the 20 participants that took part in the study session, ten were active or had some sort of affiliation within the sport sector, whilst the other ten were coming from the health sector. This ensured a diversified discussion based on the different expertise of the participants. Likewise, it also allowed the transfer of knowledge from the participants to their respective organisations and communities, therefore permitting a multiplying effect across sectors, organisations and levels (international, national, regional, and local).

Geographically speaking, the participants came from 14 Council of Europe countries (Armenia; Croatia; Denmark; France; Georgia; Hungary; Italy; Norway; Romania; Slovenia; Spain; Switzerland; Türkiye; United Kingdom), therefore ensuring and well-balanced geographical coverage.

The co-organisers



ENGSO Youth

ENGSO Youth is the independent youth organisation of ENGSO (European Non-Governmental Sports Organisation) with more than 30 member organisations, which are all national umbrella organisations for sport from across Europe. ENGSO Youth stands at the forefront of youth sport advocacy at the European level, giving a voice to the youth sport-for-all sector and representing young leaders under the age of 35.



**Youth Health
Organization**
INTERNATIONAL

YHO

International Youth Health Organization (YHO) is one of the leading umbrella organisations that empowers young people to work on Youth Health. YHO teaches, trains, connects and financially supports youth from different backgrounds to actively participate in prevention programmes, research, policy and leadership on Youth Health.

The organising team was composed of:

- Tiago Guilherme - ENGSO Youth, Course Director.
- David Adesanya - ENGSO Youth, Team Member.
- Ines Likar - YHO, Team Member.
- Antonio Pujol de Castro - YHO, Team Member.
- Dino Žujic - YHO, Team Member.
- Sulkhan Chargeishvili - Educational Advisor, Council of Europe.

The topic and main contents/issues discussed and their link with the Council of Europe.

The study session addressed the interconnections between mental health and well-being of young people with physical activity, whilst addressing them through a human rights lens. It did so by addressing how sport and physical activity positively impact our health, both physical and mental health.

Through the study session, we also capacitated young people to advocate and exercise their rights regarding mental and physical health, especially to combat the stigma that is often associated with mental health.

This stigma and the access to healthcare and, particularly mental healthcare, are often impacted by socioeconomic, multicultural, multisectoral and cross-generational contexts and environments, which in turn can affect the accessibility of young people to their rights, particularly, their right to health.

Throughout the study session, we explored the intersectionality of these factors, and how they impact our access to human rights and ultimately our overall health and well-being.

As such, the overall theme of the study session specifically addressed the following Human Rights:

1. Human Rights and Health - Although there is no specific right to health in the European Convention on Human Rights, a wide range of issues relating to health have been dealt with by the European Court, which requires States to safeguard people's mental and physical well-being in many different circumstances. Moreover, Article 25 of the Universal Declaration of Human Rights states that "Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control", which not only addresses the above-mentioned intersectionality but also the need to make sure that people can access the vast healthcare services they need and are entitled to.
2. Right to Life - The Right to Life and the Right to Health are intrinsically connected here, in the sense that access to healthcare services is part of our need to protect human life.
3. Right to equality and freedom from discrimination - Connected with the different access to mental health care that we witness depending on the region/country where we live and other socioeconomic background considerations which affect the accessibility young people have to proper healthcare.
4. Freedom of expression - This last one is connected to the stigma usually associated with mental health and the importance of providing young people with the necessary safe spaces to be able to openly express their feelings, emotions, and concerns.

For all the above, the study session "Highway to Wellbeing: Improving Mental Health and Physical Activity of Youth through Human Rights" contributed to two of the priorities of the Council of Europe's Youth Department, namely, priority number 1 "Revitalising pluralistic democracy", and priority number 2 "Young People's access to Rights".

3. Results and conclusions

The first discussions of the study session revolved around the concept of Human Rights. Here, the participants highlighted:

1. That Human Rights are universal and ensure "the bare minimum" for living a life with dignity. Nevertheless, whilst the universality of Human Rights means that they are applicable to everyone with no exceptions, all the participants agreed that access to Human Rights varies from country to country and according to certain socioeconomic characteristics such as nationality, gender, race, and beliefs, among others.
2. Likewise, discussions arose on the comparative importance of all Human Rights and whether we should prioritise some over others. Here some differences between countries were highlighted, namely, some countries were falling behind in certain Human Rights provisions more than others.

3. Lastly, it was also highlighted that young people in certain geographical areas, for their specificity and isolation, such as rural and remote areas and outermost regions, usually have an increased difficulty in accessing Human Rights, something that is particularly visible in Education and Health.

In order to address the challenges highlighted above, the participants underlined the importance of volunteering, specifically volunteering in local associations, the crucial need for investment in education and training (and finding a good balance between formal, non-formal and informal education), and the importance of a legal framework with efficient monitoring and evaluation mechanisms.

Furthermore, the participants also explored and discussed the concepts of health and physical activity, and how they correlate with each other.

On health, the complementarity between physical and mental health was deemed crucial for healthier and happier societies. Nevertheless, the participants recognised there's still a gap that needs to be addressed between these two components and highlighted the importance of more information and literacy-building amongst not only young people but also across the whole population.

Importantly, the gratuity of healthcare services was seen as an important aspect in terms of facilitating access to health. At the same time, the fact that not all healthcare services are provided for free by the countries generates inequalities within and between societies and countries.

Regarding sport and physical activity, these concepts were considered a fundamental aspect of the health and well-being of young people, although one very often disregarded by many, both at the individual level, but also by governments and decision-makers.

Likewise, sport and physical activity were considered to have both negative and positive effects on the health and well-being of young people and therefore, such aspects should be clearly identified, discussed and addressed to avoid perpetuating stigmas often associated with sports and mental health.

Some of the negative effects highlighted were:

1. At the governance level, sport was regarded as not sufficiently open to transition and representation, which in turn leads to failure to address specific needs and concerns of key groups such as young people, women and LGBTIQ+ community (minority groups are here regarded as not having enough representation at the governance level, since for instance, youth and women represent large segments of our society practising sport and physical activity);
2. This lack of representation has a snowball effect on lower levels of sport organisations and can lead to discrimination, bullying and harassment in sport organisations which often creates a non-welcome environment.
3. The obsession with competition results and well-sculpted bodies aligned with society's ideal standards often leads to stigma in the way one perceives its body image. This is further enhanced in digital environments which often constitute a space for online bullying and harassment.

The positive aspects underlined were:

1. Sport and physical activity develop crucial skills for young people, both social and professional skills and motor skills, crucial to the development and lifelong learning of young people;
2. Increases heart rate and mobility, helps develop stronger muscles and prevents non-communicable diseases.
3. The social environment in which sport and physical activity are practised helps improve young people's confidence, skills and mental health.
4. It can provide a safe space where people feel welcomed and therefore has the power to unite nations, communities, and people.

Based on the points highlighted above, some of the conclusions were drawn by the participants, namely:

1. The lack of financing in sports leads to a shortage of sport infrastructures and human resources which in turn directly impacts the accessibility of sport and physical activity and ultimately the

health and well-being of young people and the general population. This lack of financing also holds true for the health sector, where the incapacity to provide free healthcare services (especially mental health services) highly impacts the accessibility of healthcare and therefore the access to basic Human Rights such as good health and well-being.

2. Likewise, whilst free healthcare services can have a significant impact on the finances of a country, such impact can be significantly reduced with an active and healthy population, therefore drastically reducing the burden on healthcare services and infrastructures.
3. As such, there's also the need to further promote cross-sector cooperation between health and sport sectors, as they are complementary to each other, working together to achieve healthier and happier societies.
4. The differences in treatment within both sectors according to socioeconomic background underline the intersectionality present within this topic and how it perpetuates inequalities within our societies with an increased impact across minority and disadvantaged groups.

Based on the discussions and learnings acquired, the participants created a total of four well-being challenges that were shared within ENGSO Youth and YHO communication channels during the European Week of Sport, with the intention to fight the stigma often associated with mental health and promote the need to address mental health in an inclusive, active and supportive manner whilst raising awareness to the importance of sport and physical activity to maintain and healthy and happy life, both physically and mentally.

4. Programme – inputs and discussions

The overall programme of the study session was built and divided into three main blocks according to the content of each session that composed such blocks.

As such, in the programme attached to the present report, the reader can see three main blocks, namely:

1. The blocs destined for introductions, teambuilding activities and closing – First two blocks of the programme, plus the last session of the programme.
2. The blocs destined to develop participant's knowledge about key concepts such as human rights, health, mental health, sport, physical activity and how they intersect – Afternoon of September 9th, full day on September 10th, and morning of September 11th.
3. The blocs destined to group work on devising the outcomes of the study session (monthly wellbeing challenges) and networking.

The first two sessions were dedicated to setting the scene/context and purpose for the whole study session. They included teambuilding activities, presentations about the two organisers (ENGSO Youth and YHO) and about the Council of Europe and its action and activities in terms of youth policy, where we were joined by the director of the European Youth Centre of Budapest, Mr. Bálint Molnár; and the closing and evaluation session, where we counted with a presentation about the opportunities available for young people at the Council of Europe, delivered by our educational advisor, Mr. Sulkhan Chargeishvili.

The content-related sessions were designed to give the participants information and knowledge about the topics of the study session, namely: Human Rights, Health and Mental Health, Sport and Physical Activity. As such, whilst the first day concluded with introductions to the concepts of Human Rights, Mental Health and Physical Activity, the second day was initiated with ENGSO Youth's activity on [Human Rights Education through Sport](#). This activity was designed by ENGSO Youth through an work plan supported by the Council of Europe via European Youth Foundation. The session itself intended to bring together the concepts underlining the study session (Human Rights, Sport and Physical Activity; Health and Mental Health) so the participants can understand how to implement Human Rights Education through Sport in a fun, engaging and educational manner, whilst understanding its impact on their mental health.

The other sessions were destined to deepen the knowledge of the participants about the different mental health dimensions of well-being and the different factors and externalities that might come into play when we talk about mental health, such as socioeconomic background, country, nationality, work-life balance, age, race, culture, among others. With the intersectionality in access to mental health care and

physical activity in mind, the team of trainers also thought it would be important to address preventive measures and interventions when it comes to mental health, including best practices and the role of sport and physical activity as a protective factor. These aspects can be seen in the sessions:

- Exploring the mental health dimensions of wellbeing;
- Physical activity as a protective factor;
- Intersectionality: communities and groups at risk;
- Safeguarding Youth Health and Best Practices.

Lastly, content-wise, the team of trainers deemed important to have a session dedicated to a simulation on the “barriers to healthy and resilient communities”. The simulation intended to showcase the different barriers different young people face every day in their access to health and mental health care services and thus demonstrate how accessing their rights can be an intersectional exercise depending on a variety of socioeconomic factors, such as language, nationality, age, among others. It is important to note that we were warned by our educational advisor to reconsider this session, since, due to its nature (to showcase inequalities in accessing health) it could be a difficult burden to more sensitive participants. However, the team decided to proceed as planned. As foreseen by our educational advisor, the daily evaluation showed that some participants didn't particularly enjoy the simulation. Nevertheless, the team of trainers discussed the situation and with the crucial help from our educational advisor were able to address the concerns of the participants accordingly. By the end of the study session, the participants recognised the importance of the simulation in showcasing the inequalities present in our societies and how they intersect and affect our right to health. We believe this situation only highlights the importance and role of the educational advisor and how the team of trainers and the educational advisor can work together to overcome any challenges or difficulties that might arise.

The sessions on “creating the monthly well-being challenges” and “what I'm taking home” constituted the most practical sessions of the study session in the sense they were designed and implemented to allow the participants to have the time to work on their monthly/weekly well-being challenges based on the learnings from the previous sessions. As such, the participants were divided into groups and developed the main outcome of the study visit: a set of monthly/weekly well-being challenges that were shared by both organisations during the European Week of Sport (23-30 September), destined to promote and raise awareness for the importance of mental health for active and healthy lifestyles (the outcomes are available in the annexe to this report). The last sessions of this bloc were destined for the presentation of the well-being challenges and networking, where the participants were able to discuss and ideate possible follow-up actions to the study session, which are detailed in the next section of the report (5 - Follow-up activities).

Lastly, it is also important to mention that as we like to practice what we preach, the study session programme counted with several optional activities both before and after the formal programme. These consisted essentially of well-being and social activities such as mobility routines, workouts, walks, an organisation fair, among others. Although optional, these activities were highly attended and contributed to fostering the connection and discussion between the participants.

During the study session, we encouraged interdisciplinary dialogue, bringing together participants from diverse backgrounds, including both health and sports sectors, who showed strong interest in each other's fields. This diversity enriched discussions, creating an enthusiastic, collaborative atmosphere where participants valued sharing their own perspectives and learning about others' insights on health, sports and human rights issues. Daily feedback from trainers revealed that participants consistently desired extended discussions, finding these exchanges invaluable, especially when sharing personal experiences and country-specific insights. They particularly appreciated hearing directly about challenges and best practices from peers in other countries, especially regarding mental health, where firsthand accounts helped address and destigmatize sensitive issues.

The session themes connected meaningfully with the Council of Europe's work on health equity and youth empowerment. By addressing topics like mental health and diverse health issues across countries, participants gained insight into how these themes align with European principles on human rights and youth development. This session met participants' learning needs while reinforcing the need for more cross-sector cooperation between health and sport sectors and the Council's commitment to informed, active youth engagement across different social contexts.

In conclusion, the discussions highlighted that several times, in public discourses, mental health problems are often only associated with young people, something that they do not hold as completely true as this is a problem that affects the entire population. Whilst the participants recognised youth as a segment highly impacted by mental health problems due to a variety of interconnected factors, they also highlighted that young people have been the main advocates bringing mental health higher in the political agenda and fighting the stigma often associated with it, therefore bringing change into the mental health landscape and making it more open, inclusive and supportive.

5. Follow-up activities

Based on the discussions and learnings acquired, the participants created a total of four well-being challenges that were shared within ENGSO Youth and YHO communication channels during the European Week of Sport, with the intention to fight the stigma often associated with mental health and promote the need to address mental health in an inclusive, active and supportive manner whilst raising awareness to the importance of sport and physical activity to maintain a healthy and happy life, both physically and mentally.

Furthermore, within the networking session, the participants shared possible ideas to continue working on the topic, from which the following ideas are being discussed between the participants and the organisers of the study session at the moment this report was being produced, namely:

1. Developing a project on the inclusion of queer youth in sports activities, by creating safe spaces for queer youth as well as raising awareness among non-queer people (Countries: Denmark, Spain and Belgium);
2. Creation of Instagram posts with APE inFo, Eurocare Italia and DŠPV about mental health + Implementation of the weekly well-being challenge (in English, Italian and Slovenian).

Appendices

1. Final Programme, as executed

Sunday, 8 September 2024

Arrival of participants

19:00 Dinner

21:00 Welcome evening

Monday, 9 September 2024

09:30 Introduction: aim, objectives, expectations, CoE, ENGSO Youth, YHO, tool building - Intro of aims & objectives of the Study Session / Expectations & programme / presentation of both organisations ENGSO Youth and YHO as well as the CoE.

11:00 Break.

11:30 Team Building – *series of activities to get to know each other.*

13:00 Lunch.

14:30 Introduction to Mental Health and Physical Activity – *to build a common understanding of the main concepts of the study session, namely mental health and physical activity.*

16:00 Break.

16:30 Introduction to Human Rights – to build a common understanding of the concept of Human Rights.

18:00 Daily Evaluation & Reflection.

19:00 Dinner.

21:00 Intercultural Night (+Organizational Fair) – Participants were invited to bring something typical from their country and showcase their respective organisations.

Tuesday, 10 September 2024

09:30 Human Rights Education through Sport - to introduce the participants to Human Rights Education through Sport or, more concretely, how they can use Sport and physical activity for Human Rights Education.

11:00 Break

11:30 Exploring the mental health dimensions of wellbeing – to explore with the participants the different mental health determinants that contribute to wellbeing.

13:00 Lunch break

14:30 Physical activity as a protective factor - To explore the benefits of physical activity.

16:00 Break

16:30 Simulation: barriers to healthy and resilient communities – Get people to experience the barriers to physical activity and mental health.

18:00 Daily Evaluation & Reflection.

19:00 Dinner

21:00 Sunset walk.

Wednesday, 11 September 2024

09:30 Intersectionality: communities and groups at risk - Get people to know that we all face challenges, but there are some traits of the individual that will socially represent a privilege/oppression that will modulate these challenges.

11:00 Break

11:30 Safeguarding Youth Health and Best Practices - Explore the manifold possibilities to create games/physical challenges easily adaptable and used by everyone. Take into consideration the different abilities of young people when designing games or practising sport and physical activity.

13:00 Lunch break

14:30 Creating the Monthly Wellbeing Challenge – participants will be divided into 4 groups of 5 to work on the monthly wellbeing challenge.

16:00 Daily Evaluation & Reflection.

16:30 FREE TIME + DINNER OUTSIDE

Thursday, 12 September 2024

09:30 Creating the Monthly Wellbeing Challenge – participants will be divided into 4 groups of 5 to work on the monthly wellbeing challenge.

11:00 Break

11:30 What I'm taking home? Project, synergies, networking – to brainstorm about possible synergies between the study session and participants work and daily life and ensure its follow-up.

13:00 Lunch

14:30 What I'm taking home? Project, synergies, networking – to brainstorm about possible synergies between the study session and participants work and daily life and ensure its follow-up.

16:00 Break

16:30 Closing: Evaluation, Reflection & Certification - Way Forward (Opportunities in CoE)

19:00 Dinner

Free Time (Optional Social Programme)

Friday, 13 September 2024

Departure of participants

2. List of participants

Armenia / Armenie

- Anna Martirosyan ([ENGSO Youth](#))

Croatia / Croatie

- Mirko Vilibic ([CroMSIC Croatia - IFMSA](#))
- Klara Miljanić ([IFMSA](#) ; [YouAct](#))

Denmark / Danemark

- Katarzyna Karwoska ([ISCA – International Sport and Culture Association](#))
- Katarzyna Kinga Kula ([ISCA – International Sport and Culture Association](#))

France / France

- Paul Bayet ([International Olympic Committee Young Leaders Programme](#))

Georgia / Georgie

- Teona Tabatadze ([International Foundation of Sport Tourism and Youth](#))

Hungary / Hongrie

- Eszter Anna Szaniszló ([ISCA – International Sport and Culture Association](#))

Italy / Italie

- Arianna Corbetta ([APE inFo - Associazione Psicologi Europei in Formazione](#))
- Flaminia Marchetti ([ISCA – International Sport and Culture Association](#))
- Diana Sofia Munoz Salas ([Eurocare Italy](#))

Norway / Norvège

- Kyra Margarete Angerer

Romania / Roumanie

- Marina Ungurenci ([FASMR Romania](#))

Slovenia / Slovenie

- Petra Ožbolt ([National Institute of Public Health](#))
- Vita Jugovar ([Društvo študentov psihologije Slovenije](#))

Spain / Espagne

- Ariadna Moya Guillen ([ENGSO Youth](#))
- Pablo Fernández (AEEE - State Association of Nursing Students; [Madrid Titanes CR](#); [ADI LGBTI+](#) - Iberian LGBTI+ Inclusive Sport Teams Association; DYD - Sports and Diversity)

Switzerland / Suisse

- Mélanie Hélène Imhof ([swiss medical students' association](#))

Türkiye/ Türkiye

- Hiba Sader

United Kingdom / Royaume-Uni

- Otto Chilton ([Youth Sport Trust](#))

Preparatory team

Tiago Guilherme
Ines Likar
Antonio Pujol de Castro
Dino Žujic
David Adesanya

Course director

Tiago Guilherme

ENGSO Youth Project and Policy Manager

Educational advisor

Sulkhan Chargeishvil

Council of Europe

Balint Molnar	Executive Director, European Youth Centre Budapest, Youth Department
Peter Zelenka	Programme Assistant, Education, Training and Cooperation Division, Youth Department
Sulkhan Chargeishvili	Educational Advisor, Education, Training and Cooperation Division, Youth Department

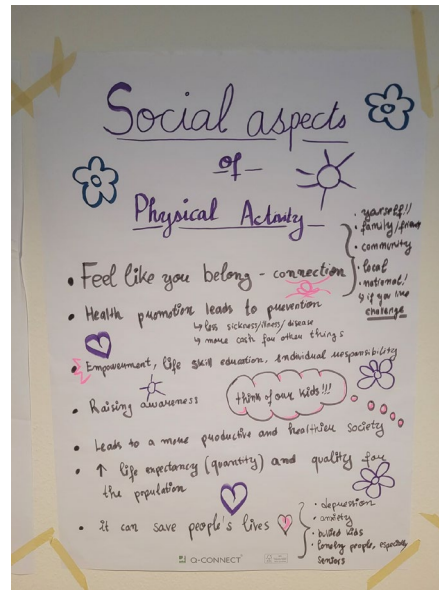
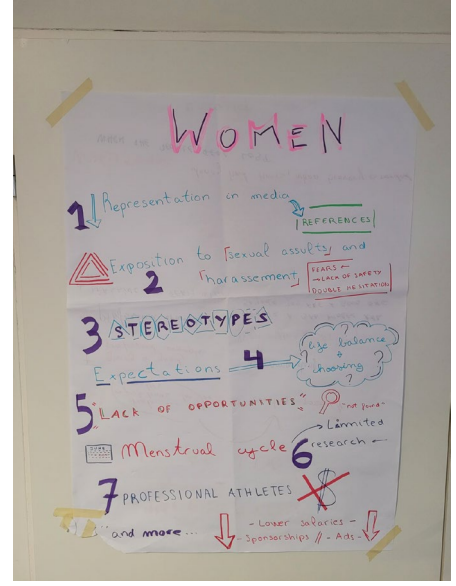
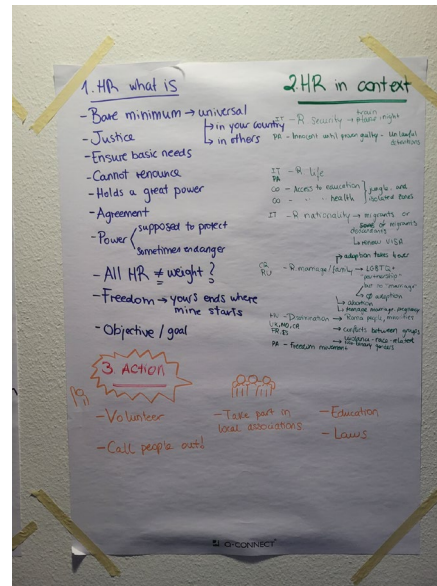
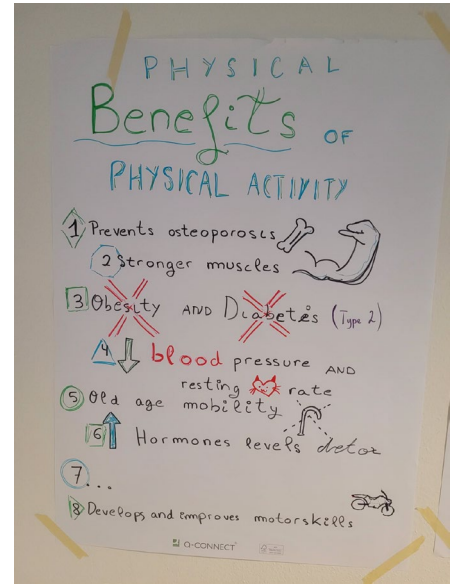
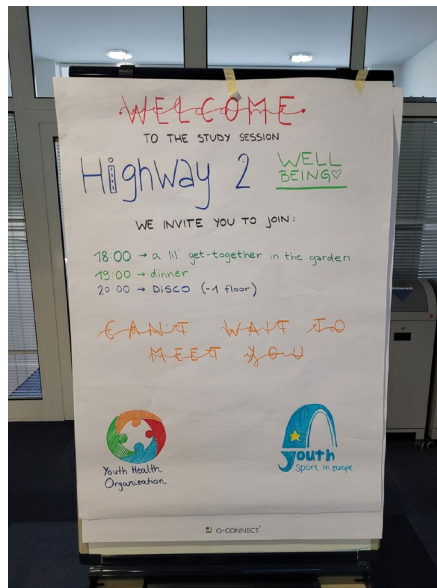
3. List of references

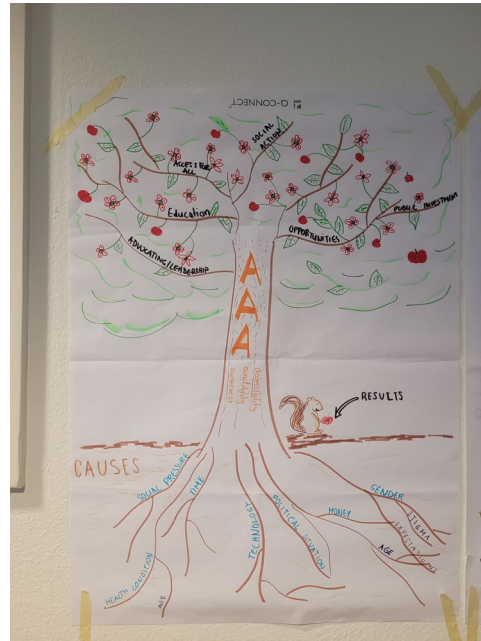
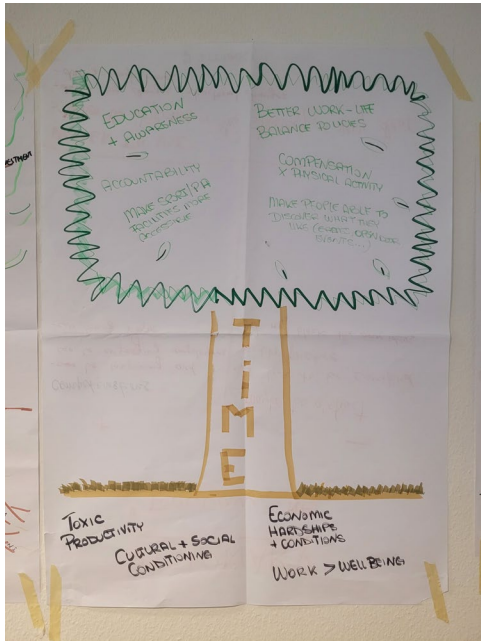
[COMPASS - Manual for human rights education with young people](#)

[Compasito](#)

[Manual on the Revised European Charter on the Participation of Young People in Local and Regional Life](#)

Pictures





4. List of links where information about the study session was posted online to ensure visibility

- ENGSO Youth: [Highway to Wellbeing: Improving Mental Health and Physical Activity of Youth through Human Rights](#)
- ENGSO Youth: [Mental Health and Physical Activity of Youth through Human Rights: well-being challenges](#)
- ENGSO Youth IG: <https://www.instagram.com/p/DAVgRVANqpT/?igsh=MWgwdXEZmoxaGxoZA==>
- ENGSO Youth IG: <https://www.instagram.com/p/DAEPsRZMxHI/?igsh=bG9mNTcyanBweiFq>
- ENGSO Youth IG: https://www.instagram.com/p/C_vinE9PLvc/?igsh=MTIzcDlycWxydnh0Yg==
- ENGSO Youth IG: <https://www.instagram.com/p/C8mlkqNt2w6/?igsh=b2pmY2NjbHJncTJt>
- ENGSO Youth Facebook: <https://www.facebook.com/share/p/H14YExziFU925qEf/>
- ENGSO Youth Facebook: <https://www.facebook.com/share/p/PktpPHC2KNCVvPbG/>
- ENGSO Youth Facebook: <https://www.facebook.com/share/p/zuqn5TaqVjpM1DfP/>
- ENGSO Youth Facebook: <https://www.facebook.com/share/p/w6EBFTm2GT9fpseu/>
- ENGSO Youth X: <https://x.com/EngsoYouth/status/1838867547258528245?t=dQdlVvOrMMZf6jMNnSOtow&s=08>
- ENGSO Youth X: <https://x.com/EngsoYouth/status/1836365993074987317?t=Yg-15mc0HKks7QqxGTUQew&s=08>
- ENGSO Youth X: https://x.com/EngsoYouth/status/1834544177125728636?t=4Nxdtoa_LSi0bjcsZEgtJQ&s=08
- ENGSO Youth X: <https://x.com/EngsoYouth/status/1833892399304822954?t=y0gg12WS4fNR2KQ8yMKw0g&s=08>
- YHO: <https://yho.network/events/highway-to-wellbeing/>
- YHO: https://www.instagram.com/p/C8t2zZ_oRdl/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
- YHO: https://www.instagram.com/p/C9CmRUgl_U/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

- YHO:

[https://www.instagram.com/p/DAGSgaJInfR/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZ
A==](https://www.instagram.com/p/DAGSgaJInfR/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==)