



DFD-YD/ETD (2024) 189 rev

Budapest, 27 August 2024

## Study Session

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

Study session organised within the [Youth for Democracy programme](#) in cooperation with the European Non-Governmental Sports Organisation Youth ([ENGSO Youth](#)) and International Youth Health Organization ([YHO](#))

European Youth Centre Budapest, room BC

*9-12 September 2024*

## **Draft Programme**

## **Sunday, 8 September 2024**

Arrival of participants

19:00 Dinner

21:00 Welcome evening

## **Monday, 9 September 2024**

09:30 Intro of aims & objectives of the study session / Expectations & programme / presentation of host organisations ENGSO Youth, YHO and the Council of Europe with Balint MOLNAR, executive director of the European Youth Centre Budapest

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 (+Organisational Fair) – Participants will be invited to bring something typical from their country and also to present 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 discussing 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 explore 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.

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

FREE TIME and DINNER OUTSIDE

### **Thursday, 12 September 2024**

09:30 Creating the Monthly Wellbeing Challenge (continued)

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? (continued)

16:00 Break

16:30 Closing: Evaluation, Reflection & Certification - Way Forward including the opportunities in the Council of Europe

19:00 Dinner

Free Time (Optional Social Programme)

### **Friday, 13 September 2024**

Departure of participants

### ***Aim and objectives of the study session "Highway to Wellbeing: Improving Mental Health and Physical Activity of Youth through Human Rights"***

Aim: The study session aims to empower youth participants to take action toward increasing mental health and physical activity. With the practical outcomes, they will be able to disseminate gained knowledge in their organisations and local environment.

#### **Objectives:**

1. To understand the evidence of health and socio-economic implications on the need of addressing mental wellbeing and physical activity in a comprehensive way through the lens of human rights.
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 the 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 European Week of Sports).