



DDP-YP/ETD (2024) 26

29 January 2024, Strasbourg

Study session

“Protecting Health as a Human Right in the Modern World”

Study session organised within the [Youth for Democracy programme](#)
in cooperation with the [International Youth Health Organization](#)

European Youth Centre Strasbourg, room 0.1
16-20 February 2024

Draft Programme

Thursday, 15 February 2024

Arrival of participants

16:45 Getting-to-know-each-other and ice-breakers

19:00 *Dinner*

21:00 Welcome Evening

Friday, 16 February 2024

09:30 Opening and Welcome, with Marie FARIGOULES, Executive Director of the European Youth Centre Strasbourg
Aims and objectives of the study session
Presentation of the programme
Housekeeping and participants' expectations

11:00 *Break*

11:30 Team Building Activities

13:00 *Lunch*

- 14:30 Health and Human Rights – Introduction (UDHR and ECHR)
- 16:00 *Break*
- 16:30 Health and Human Rights – Interlinkages (influences, causes and consequences)
- 18:00 Daily Evaluation and Reflection Groups
- 19:00 *Dinner*
- 21:00 Intercultural Night and Organisational Fair

Saturday, 17 February 2024

- 09:30 Health and Human Rights in Depth – Council of Europe’ work and access to social rights (Enter! Recommendation)
- 11:00 *Break*
- 11:30 Human Rights Challenges in Europe and European Democracy
- 13:00 *Lunch*
- 14:30 Communication and Intercultural Understanding
- 16:00 *Break*
- 16:30 Power of Language, Norms and Discrimination
- 18:00 Daily Evaluation and Reflection Groups
- 19:00 *Dinner*
- 21:00 Movie Night

Sunday, 18 February 2024

- 09:30 Role play/Simulation activity
Debrief on Intersectionality and Vulnerability
- 11:00 *Break*
- 11:30 Populations on the Move: Migration and Right to Health(care)
Health and Human Rights - Climate Crisis perspective
- 13:00 *Lunch*
- 14:30 *Free time / Dinner out*

Monday, 19 February 2024

- 09:30 Peace, Conflict and Health
- 11:00 *Break*
- 11:30 Impact of Gender Equality on Health and Human Rights
- 13:00 *Lunch*
- 14:30 Safeguard Your Rights
- 15:30 Advocacy for Health and Human Rights
- 16:00 *Break*
- 16:30 Human Rights and Impact on Mental Health
- 18:00 Daily Evaluation and Reflection Groups

19:00 *Dinner*

Tuesday, 20 February 2024

09:30 Meaningful Youth Engagement and Democracy
11:00 *Break*
11:30 Youth as Health Advocates and Human Rights Protectors
13:00 *Lunch*
14:30 Conceptualizing Solutions
16:00 *Break*
16:30 Closing Session and Final Reflections
19:00 *Dinner*
21:00 Pub Quiz / Farewell Hangout

Wednesday, 21 February 2024

Departure of participants

Aim and objectives of the study session

The study session aims to empower youth participants to actively engage in the field of health and human rights. With the practical outcomes, they will be able to disseminate gained knowledge in their organisations.

Objectives:

1. To explore the concept of health as a human right and raise awareness amongst young people on how to utilise the human rights-based approach in their work, initiatives and advocacy efforts.
2. To learn about the Council of Europe's work on mental health and mental wellbeing of young people and its relation to access to rights, taking into account the Enter! Recommendation CM/Rec(2015)3 on Access to Social Rights.
3. To build the capacity of young people to become leaders and advocates in health and human rights so their needs do not get overlooked when it comes to health and wellbeing.
4. To increase understanding of and foster peer-to-peer collaboration in engaging in and creating opportunities for health and human rights.
5. To provide a space where they can develop their own ideas for how to serve as multipliers in their own local realities, including but not limited to inclusive and democratic policy-drafting and campaign-creating.