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COMING OF AGE DURING WAR YOUTH WORK IN UKRAINE TODAY HOW CAN EUROPEAN YOUTH POLICY ADAPT?

A seminar for practitioners supporting the well-being of young people coming of age in times of war though human right based youth work and youth policy approaches

> 30 September - 4 October 2024 European Youth Centre in Strasbourg

REPORT



This report gives an account of various aspects of the seminar. It does not represent the official point of view of the Council of Europe.

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EXECUTIVE SUMMARY

The seminar has been a direct follow up of the <u>seminar</u> on the role of youth work in supporting mental well-being of young people affected by war, held in 2023, which proposed recommendations for different stakeholders on delivering youth work with young people affected by traumatic events due to war, military conflicts and related crimes. One of the conclusions of this activity is that psychological well-being of young people is strongly connected to the empowerment, participation, social cohesion, and the creation of a safe environment for young people in the community where they live. This is a core function of youth work in times of peace and must be ensured and improved during times of war.

The seminar took place from 30 September to 4 October 2024, at the European Youth Centre in Strasbourg. The group comprised 29 participants, which included 14 representatives from the youth sector of Ukraine and 14 – from 13 other member states (Armenia, Belgium, Croatia, Czechia, Denmark, France, Georgia, Germany, Greece, Portugal, Romania, Switzerland, United Kingdom).

The seminar's programme was based on the principles and methodologies of non-formal education, drawing upon the experiences and practices of the participants. The concept of wellbeing encompassed four key thematic areas: participation, inclusion, mental well-being, and empowerment, all framed by a cross-cutting emphasis on human rights and the core values of youth work. The programme also featured an exchange of perspectives with members of the Council of Europe Parliamentary Assembly (PACE) and other Council of Europe officials and Members of Verkhovna Rada of Ukraine, focusing on the role of youth policies and youth work in supporting young people affected by war.

By the conclusion of the seminar, participants presented their ideas and recommendations to stakeholders, addressing the well-being of young people affected by war, with a particular focus on the challenges of coming of age.

I. CURRENT CONTEXT, AIMS AND OBJECTIVES OF THE SEMINAR

The lives of too many young people are still shaped by war and its consequences. Young people coming to the age under the conditions of the Russian war of aggression against Ukraine are deprived to enable to fully benefit from one of the Council of Europe's core values of human rights on a daily basis. Studies show that the war has seriously negatively affected the well-being of the young people of Ukraine, irrespective of whether they live inside or outside the country, and of young people across Europe.

Key actors of youth work and youth policy, both professionals and volunteers, play an important role in supporting young people living in the context of war, through the promotion of a human-rights based approach to youth work, focusing on participation, inclusion and well-being. Conditions of war challenge the capacity of stakeholders to address the pressing needs and concerns of the young people of Ukraine, whether uprooted or still living in their home communities.

The seminar was designed to introduce the topic of the well-being of young people coming of age at war, and the role that youth workers play in supporting them. It brought together professional practitioners and volunteer working with young people of Ukraine to develop their understanding of a human rights-based approach to youth work in supporting the well-being of young people coming of age in war conditions.

1.1. The objectives of the seminar:

- analyse and develop participating stakeholders' understanding of the challenges and needs of young people coming of age in war conditions, notably young people of Ukraine.
- map practices of human rights-based youth work that can ensure the participation, inclusion and well-being of young people of Ukraine displaced by the war within their country or other Council of Europe member states.
- familiarise participating stakeholders with the various instruments of the Youth Department of the Council of Europe that can support them in ensuring the participation, inclusion, social cohesion, and well-being of young people living in the context of war.
- explore the role of youth policies in Europe in supporting young people experiencing war and its consequence, and in addressing their key needs and challenges, also in the context of the EU accession process of Ukraine.
- develop ideas and recommendations for sustaining and improving youth work and youth policy responses to the negative consequences of the Russian war of aggression on the well-being of young people of Ukraine and of war on young people, more broadly.

As a follow-up to the previous seminar on mental well-being, the programme offers a broader perspective on well-being, while also focusing on a specific transitional group those coming of age during wartime.

1.2. Understanding well-being within the seminar

The seminar adopts an approach to reflect on the well-being of young people through four thematic areas: participation, inclusion, mental well-being, and empowerment, while maintaining a focus on the horizontal dimension of the human rights-based approach.

Participation - taking part in the public life of a community or society. (<u>COMPASS: Manual for Human Rights Education with Young People</u>). Participation and active citizenship are about having the right, the means, the space and the opportunity and where necessary the support to participate in and influence decisions and engage in actions and activities so as to contribute to building a better society. (<u>Preamble of the Revised European Charter on the Participation of Young People in Local and Regional Life</u>)

Social inclusion - is the process of individual's self-realisation within a society, acceptance and recognition of one's potential by social institutions, integration (through study, employment, volunteer work or other forms of participation) in the web of social relations in a community. (Youth Partnership)

Mental wellbeing - a state which allows the individual to realise their potential, cope with the normal stresses of life, work and participate in their community. (*PACE Resolution 2521 (2023*).

Empowerment - increasing the spiritual, political, social, or economic strength of individuals and communities. It is used in relation to giving marginalised individuals and groups the ability to claim their rights to participate fully in society through, for instance, legislation, affirmative action and training. (COMPASS: Manual for Human Rights Education with Young People)

1.3. Relevance to the Council of Europe values and priorities

The 4th Summit of Heads of State and Government of the Council of Europe member states took place in Reykjavík on 16 and 17 May 2023. Member states adopted <u>United around our values – Reykjavík Declaration 2023</u>. Heads of State and Government of the Council of Europe member states agreed to invest in a democratic future by ensuring that everyone is able to play their role in democratic processes with a priority to support the participation of young persons in democratic life and decision-making processes, including through education about human rights and core democratic values, such as pluralism, inclusion, non-discrimination, transparency and accountability.

The Parliamentary Assembly of the Council of Europe held debates on 23 October 2023 on the mental health and well-being of children and young adults and issued Resolution 2521 "Mental health and mental well-being of children and young adults". It emphasises that member states should contribute by "fostering an environment where children and young people feel valued and understood and can effect change." As such, the Assembly recommends that "parliaments within the Council of Europe member States invite children and young people to parliamentary hearings, get to know their point of view on matters that affect them and empower them in policy-making processes." Specific recommendations cover the issue of empowerment through participation, equality of the public health system, support in mental well-being, accessibility to educational facilities, provision of educational resources and adaptation of the health system.

1.4. Co-operation between the Council of Europe and Ukraine in the field of youth

The Council of Europe and the Ministry of Youth and Sports of Ukraine signed in 2021 a five-year Framework Programme to continue the systematic co-operation which has been in place since 2012.

The Framework Programme has supported youth policy reforms in Ukraine and the implementation of relevant strategy programmes, notably the National Youth Strategy 2030, the State Target Social Programme "Youth of Ukraine" 2021-2025, and new legislation in the field of youth policy and youth work in Ukraine. The priorities and modes of intervention reflect the orientations of the Council of Europe Youth Sector Strategy 2030.

The Framework Programme foresees three main priorities of action:

- education for human rights and democratic citizenship (youth participation, democratic governance, human rights education, etc.)
- strengthening youth work policies and practices, supporting the recognition of youth worker as a profession (development of a qualification framework and a professional standard)
- improving the quality of youth work in youth centres, supporting the development of youth centres.

The Framework Programme correlates strongly with the <u>Council of Europe Action Plan for Ukraine</u> for <u>2023-2026</u>, and its project <u>Youth for Democracy in Ukraine</u> in its third phase.

The new <u>Council of Europe Action Plan for Ukraine for 2023-2026</u> was adopted by the Committee of Ministers on 14 December 2022 with the priorities of strengthening youth policy and youth participation in the war and post-war context, taking into account the specific needs of young people and youth work actors through the project <u>Youth for Democracy in Ukraine.</u>

With the beginning of the Russian Federation's aggression against Ukraine on 24 February 2022, the Council of Europe adapted and expanded its approach to address the emerging needs of young people in the war and post-war periods. Stakeholders responsible for youth policy in Ukraine highlighted widespread issues of deterioration of well-being and mental health affecting young people of Ukraine. The Youth for Democracy in Ukraine project transformed its activities to respond to the needs of youth workers, youth centres and youth organisations and to support youth policy stakeholders in wartime, resulting in an educational programme based on the <u>Guide on Trauma Informed Youth Work</u>.

II. PROGRAMME FLOW AND MAIN CONTEXT

The five-days agenda included discussions on participants' experiences, fostering a shared understanding of critical areas and terms, a better understanding of the needs and characteristics of young people, and elaborating proposals and recommendations to enhance youth work in the current situation.



2.1. Opening and introduction. Getting to know each other. Building common ground

Opening and introduction

In the opening, Rui Gomes, Head of Division of Training and Education of Council of Europe Youth Department, Clementina Barbaro, Head of the Youth Policy Division of Council of Europe, and Andriy Chesnokov, Deputy Minister of the Ministry of Youth and Sports of Ukraine, welcomed the participants.

Rui Gomes extended a warm welcome to all at the European Youth Centre, emphasising that it was built as a place where knowledge about youth is shared and young people can actively participate and contribute. He highlighted the importance of youth participation within the Council

of Europe's youth policy and stressed that input from participants is invaluable. He also pointed out that young people in Ukraine deserve special attention, as their contributions are essential to upholding the values of the Council of Europe. He also noted that it is through the actions of these young people that we see European values being lived out in our reality.

Clementina Barbaro pointed out that the Council of Europe views young people as a vital resource, with the potential to uphold, promote, and benefit from its values. She highlighted the significance of fostering youth participation in policymaking, as reflected in the co-management system, and underlined the importance of ensuring access to rights and working together across diverse groups. She also mentioned that the outcomes of the seminar would be reflected in the upcoming Committee of Ministers meeting.

Andriy Chesnokov expressed his high expectations for the seminar's contributions to future Council of Europe recommendations, emphasising the crucial role of youth work and the significance of young people defending their country, working within Ukraine, or seeking temporary protection in Member States. He reflected on the sadness of discussing youth work amidst the ongoing war.

Getting to know each other

During getting to know each other's activities, the group appears as diverse experiences in youth work. On average, participants have 4 to 6 years of experience in the field, with many also having been involved in international cooperation. A number of the participants work in youth centres, providing services and support to young people and children.

Links between the topic of the seminar and professional activities of participants at the room:

- Many of them are actively engaged in youth centers, contributing to the development of youth services and programming.
- Some participants focus on media literacy, addressing the critical need for youth to navigate and analyse information in today's digital landscape.
- Participants are mainly involved in delivering essential services to youth, ensuring access to support and resources during times of crisis.
- Mental health issues are a primary concern, with participants working to address the psychological well-being of youth in conflict-affected areas.
- Ensuring access to education for displaced or affected youth is a central focus of many participants' work.
- Some participants are specifically working with young people who come from armed conflict zones, addressing their unique needs and experiences.
- Creative approaches, such as art and sport, are being used to engage and support young people affected by conflict.

The participants expressed various expectations for the seminar. They aimed to gain a deeper understanding of the role of youth work in the context of war and how it can influence youth policy in Ukraine, with an emphasis on learning from relevant examples from other countries. A key priority was exploring ways to ensure the inclusion of children from Ukraine, as well as increasing the capacity of youth workers to better support young Ukrainians. Participants are interested in exchanging good practices, exploring relevant youth work approaches, and learning about tools to enhance their work. There is also a focus on developing programmes to help young Ukrainians outside the country maintain a connection to their homeland.

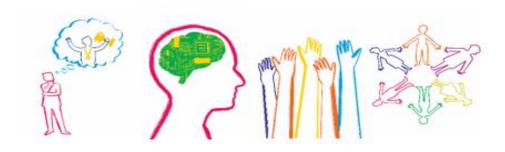
On a professional level, the group is keen on contributing to both European and Ukrainian youth policy, interacting with decision-makers, and providing recommendations for European-level

decision-making. They also aim to build links between organisations, develop meaningful relationships, and renew their curricula through peer learning. Exploring possible funding opportunities is another important goal.

Personally, participants hope to make friends, discover Strasbourg, and feel a sense of personal impact through their contributions. A strong emphasis was placed on creating a safe space for sharing experiences, understanding different contexts, and learning from each other.

Building common ground

In the afternoon's sessions of the first day of the seminars, participants explored the concept of young people's well-being, aiming to establish a shared understanding of key terms. For this activity, cards from the visual tool "Stars. Stars. Les Étoiles.", representing concepts such as "participation," "inclusion," "mental well-being," and "empowerment," were used to form small groups. Each group was tasked with examining the provided definitions. In the next stage, new groups were formed using the "jigsaw" method, allowing participants to discuss and reflect on the full range of concepts related to the well-being of young people.



Small group discussions on pictures symbolising different dimensions of well-being:

- **Empowerment**. The group discussed empowerment in terms of the expectations we have of ourselves and others. They stressed the importance of setting and achieving goals step by step. The conversation also touched on the role of sports in promoting well-being, both physically and mentally.
- Mental well-being. This group noted the significance of self-care and the knowledge of how to achieve it. They discussed the proper functioning of the brain, the ability to dream, and the efforts required to turn those dreams into reality.
- **Participation**. The picture symbolising participation was associated with the right to express oneself, where diverse opinions are valued. When the image was turned upside down, it resembled helping hands, symbolising solidarity and mutual support.
- Social inclusion. The picture representing social inclusion raised the issues about diversity and unity as sources of strength. The group highlighted the importance of working together as partners to achieve common goals, emphasising cohesion and equal opportunities. The concept was closely tied to the participants' personal values and the approaches they apply in their professional work.

Discussions in new four groups - formulating a definition of wellbeing.

<u>Group 1</u> did not finalise a single definition but suggested viewing well-being from two perspectives: internal and external. Internal well-being involves personal mentoring, psychological and emotional support, physical health, and the ability to positively utilise one's experiences. External well-being, according to the group, encompasses social, spiritual, economic, and political dimensions. They also emphasised that well-being is still highly personalised.

<u>Group 2</u> proposed the following definition: "the coverage of all basic needs in a safe environment, supported by an accepting community that encourages the expression of individuality, which leads to active participation."

<u>Group 3</u> defined well-being as "a state of safety that we achieve through meeting basic needs first."

<u>Group 4</u> described well-being as "a holistic state of personal thriving, characterised by gratitude and feelings of agency, self-awareness, and self-fulfilment, all of which depend on strong and rewarding community connections."

The last session of the first day was dedicated to the human rights approach in the context of well-being of young people. This was explored through the "Rights Bingo", which included questions reflected below.

	RIGHTS' BINGO QUESTION	INPUTS DISCUSSED
1.	A challenge young people face related to well-being in your community.	 Stereotypes about young people living in rural area. Stereotypes based on gender.
2.	An example of a right denied to young Ukrainians that impacts their ability to transition smoothly into adulthood.	 IDPs not welcomed in the new communities. Young people coming from East not welcomed in West. Denial of right to speak mother tongue. Denial to have cultural identity. Right to information. Limited access to information if the language is not spoken. Lack of language courses provided for the migrant community.
3.	A human right related to mental health that is often overlooked in your country or community.	 Lack of access to education impacting mental health. Health insurance covering mental health support but there is a lack of information about it.
4.	An example of how violation of human rights can affect the wellbeing of a young person.	 Ukrainian kids bullying each other, and the teachers are not capable to step in. The right to personal integrity due to war.

5.	A challenge young Ukrainians face during times of war.	 Lacking role models. Fathers being at the army. Lack of support in transition to adulthood. Lack of access to education. How to continue the education for young people coming from deportation, spending 2 years in Russia.
6.	A challenge young Ukrainians face as they transition into adulthood during times of war.	Lack of family support.Cut of social connections.
7.	An example of how youth work can uphold the right to mental health and wellbeing for young people in your community or country.	 Creating safe space for young people which is empowering. Feeling the impact of their work as a volunteer. Supporting young people to take action. Providing support groups. Art as a tool to develop like skills.
8.	An example of how youth work can contribute to the wellbeing of young people.	 Youth organisations providing trainings to improve employability.
9.	A song, film, or book that contributes to the wellbeing of young people.	 Don't worry be happy Jerry Heil: Song about people returning from imprisonment in Russia. Princess and Dragon - Ryû to sobakasu no hime Spirited Away Pay It Forward Klara and the Sun - Kazuo Ishiguro Yes to Life: In Spite of Everything - Viktor E. Frankl Ikigai: The Japanese Secret to a Long and Happy Life - Héctor García Sex Education - Netflix Series

The final discussion of the day was dedicated to the connection of human rights to well-being and resulted with the main conclusions:

- 1) Equal access to human rights plays a crucial role in promoting well-being.
- 2) Inequality has a negative impact on well-being.
- 3) The right to life is under threat in the context of war.
- 4) Having a voice and choice in one's life is essential for well-being, which is safeguarded through access to rights.
- 5) The right to housing significantly affects well-being.
- 6) Awareness of one's rights fosters resilience.
- 7) Access to information is key to understanding rights and opportunities.

- 8) It is important to be aware of international agreements, such as understanding our role in shaping the Geneva Conventions.
- 9) Preventing dehumanisation is essential.
- 10)Certain rights are restricted, including freedom of movement (due to curfews, restrictions on men travelling abroad, and limitations on civil servants), freedom of expression (with media restrictions), and the right to demonstrate (a generation of young people is being denied the experience of political participation and the right to protest), as well as rights to housing, social life, and leisure.

Thus, the first day of the seminar participants recognised the interplay between internal and external factors in shaping well-being, and the idea that achieving wellbeing is still possible even in challenging circumstances. Additionally, they acknowledged that resilience, the ability to cope and recover from difficulties, is something that can be cultivated and strengthened, even in situations of prolonged stress.

The session highlighted the multiple definitions of wellbeing and the importance of reaching a common understanding of its core elements. These aspects - social inclusion, participation, empowerment, and mental wellbeing - are foundational to youth work across Europe. There was also a broader discussion about whether youth work should focus primarily on promoting participation or also address immediate needs, such as rebuilding infrastructure and organising humanitarian aid, particularly in conflict-affected areas like Ukraine. This raised questions about how youth work can balance participation with addressing urgent humanitarian concerns.

2.2. Council of Europe standards, national youth policy, situation and realities of young people

On the second day, participants concentrated on the Council of Europe's standards, youth policies based on human rights, and the current challenges faced by young people. The group also visited the Palace of Europe, and in the afternoon by Yevhenia Kravchuk, a Member of the Verkhovna Rada of Ukraine and Chairperson of the Sub-Committee on Youth and the Society of the Future.

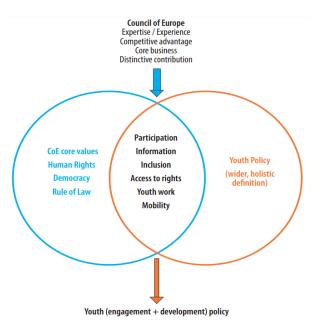
Before going to Palace of Europe, the first session of the day dedicated to Council of Europe standards. The participants were invited to share their knowledge about human rights informed policy standards. They were invited to take statements and to share their knowledge on:

- 1) I can explain what Council of Europe is.
- 2) I can explain where we are going after this session.
- 3) I can name at least one Council of Europe's institution in field of human rights and youth policy.
- 4) I can name at least one Council of Europe's document in field of human rights and youth policy.
- 5) I know, what the Council of Europe's standards in youth policy are and I can name some of them.
- 6) I know and can explain what the Council of Europe is doing for and with youth work.

In the next step they work on standards with information cards on "Human Rights", "Young people's access to rights", "The Council of Europe's core standards for youth policy", "The Council of Europe's documents, recommendations and tools" as following:

Human rights

Human rights reflect the main human needs; they set basic standards without which people cannot live decently. Human rights refer to equality, dignity, and respect for each other, freedom and justice. The examples of such rights are freedom from discrimination, the right to life, the right to personal opinion, the right to marry and have a family, as well as the right to education. Human rights are held equally by all persons, throughout the world and forever. Human rights are universal, that is, they are the same for all people in every country. Human rights are inalienable, you cannot lose them, because they are linked to the very fact of human



existence. Human rights are indivisible, interdependent and interrelated, i.e. all rights are equally important and they complement each other, for example, the right to participate in governance and free elections depends on freedom of speech. *Chapter 4 of the Compass: Manual on Human Rights Education with Young People.*

Young people's access to rights

- 1. Young people's access to rights is an essential element for building a culture of human rights, democracy, and rule of law in Europe today.
- 2. Youth organisations and youth work have a critical role to play in ensuring young people's access to rights and supporting young people to be active citizens.
- 3. Access to rights requires young people, youth organisations and youth workers to be informed and educated about the rights that young people should enjoy and what can be done if these rights are violated.
- 4. Young people's active and effective participation in the life of society and in decision making must be both protected and encouraged from an early age;
- 5. Young people should fully enjoy their rights and freedoms without discrimination on any grounds. In order to achieve this, special attention has to be paid to young people with fewer opportunities, including those who are affected by discrimination. <u>Recommendation of the Council of Europe Committee of Ministers to member states on young people's access to rights.</u>

The Council of Europe's core standards for youth policy

The scope and focus of the Council of Europe's youth policy should continue to promote the core values of the Organisation (human rights, democracy and rule of law).

The six main areas of intervention of the Council of Europe's youth policy are based on standards adopted by the Council of Europe in the youth field (mainly Committee of Ministers' recommendations).

These six areas are:

- Participation
- Information

- Inclusion
- Access to rights
- Youth work
- Mobility

They should provide the basis for any future youth policy development within the Organisation. Self-Assessment Tool for Youth Policy.

Standards of the Council of Europe: documents and recommendations

- The Revised European Charter on the Participation of Young People in Local and Regional Life.
- Recommendation of the Council of Europe Committee of Ministers to member states on the access of young people from disadvantaged neighbourhoods to social rights.
- Recommendation of the Council of Europe Committee of Ministers to member states on the access of young people to rights.
- Charter of the Council of Europe on Education for Democratic Citizenship and Human Rights Education.
- European Convention on Human Rights.
- The Council of Europe Youth Work Portfolio.
- <u>Self-assessment Tool for Youth Policy.</u>

After the discussion, participants visited the Palace of Europe and witnessed the <u>fourth part of the PACE 2024 Ordinary Session</u>, where Secretary General Alain Berset first time addressed to PACE and also PACE member from Ukraine Yevheniia Kravchuk provided input on the deportation of Ukrainian children. During the reflection round, the connection between the Council of Europe institution and the role of the youth sector was explored. A facilitator briefly summarised the importance of making the standards and approaches of the Council of Europe visible through their work, collecting opinions and recommendations.

There was a brief presentation on the Council of Europe emphasising Ukraine's status as a full member, and its structure, including the Committee of Ministers, the Parliamentary Assembly, the Congress of Local and Regional Authorities, the European Court of Human Rights, the Human Rights Commissioner, the Conference of INGOs, and the Secretary General. The presentation also covered conventions, recommendations, and programmes.

Yevheniia Kravchuk explained how a delegation to PACE is formed based on proportional representation of deputies from different political parties and described the work of parliamentarians. She shared her experience of being involved in the adoption of the 2023 Resolution on the destruction of cultural identity during war. She also stressed the need for a resolution to ensure better collaboration between PACE and young people, allowing them to voice their needs and concerns, discussed the mediation efforts of Arab countries, the role of public pressure on international institutions, and the involvement of the International Red Cross, though there are questions about their neutrality. She highlighted the importance of including this issue in the President Zelenskiy's Peace Formula.

Situations and realities of the young people that participants work with

In the last session the participants worked on challenges and opportunities of young people focused on human rights, coming of age and wellbeing. The silent discussion covered questions, were participants indicated emerging issues and suggested solutions:

1) What challenges have young Ukrainians coming of age been facing in accessing education

- in your community?
- 2) What barriers have young Ukrainians coming of age been facing in finding employment opportunities in your community?
- 3) What challenges have young Ukrainians coming of age encountering in accessing healthcare and psychological support services?
- 4) What challenges have young Ukrainians coming of age been encountering in accessing social and cultural life?
- 5) Any emerging issues that could have an impact on wellbeing of young Ukrainians coming of age?

Summary of the group work:

- In the field of **education**, participants proposed introducing mental well-being into the formal education framework, facilitating offline activities for small groups to enhance social skills, and, more generally, supporting non-formal education in psychology.
- In the field of **employment**, participants suggested empowering young people through mentorship and information campaigns, implementing a bonus system from employers, and supporting youth centres that provide workplaces. They also recommended fostering inclusion by increasing incentives for employers to hire young people for their first jobs.
- In the field of **health services**, the group proposed increasing the number of safe places to provide psychological support and healthcare, focusing on mental health, and connecting Ukrainians living abroad to online services in their native language.
- Participants highlighted challenges for inclusion in education, such as the lack of shelters accessible to everyone.
- In the field of employment, issues identified included low salaries, a lack of available jobs, and language barriers when working in international companies.
- Destroyed infrastructure was noted as a challenge for everyday activities.
- Participants mentioned several barriers to empowerment, such as unrecognised diplomas, a lack of resources, undefined quality of online education, and destroyed educational institutions.
- Mental wellbeing is affected by segregation, bullying, demotivation, and an overload of studies.

Thus, during the working day, participants explored the Council's core principles, such as human rights, youth participation, and inclusion, through interactive activities and discussions. A visit to the Palace of Europe included witnessing the Parliamentary Assembly's session. Group discussions addressed the challenges faced by young Ukrainians in accessing education, employment, healthcare, and social life, emphasising solutions like mentorship, mental health services, and enhanced inclusion efforts. The day underscored the importance of adapting youth policies to uphold rights and promote well-being.

2.3. Needs of young people and challenges for youth work

The day started with the testimonies about the situation, needs and challenges faced by young people coming of age during times of war with invited guests: Oleksandr Sanchenko, Member of the Verkhovna Rada of Ukraine and Co-chair of the Council on Youth Affairs under the President of Ukraine, and members of local youth NGO's TessLab Hakim El Hadouchi and Amirbek

Khodikhuzhaev based in Strasbourg. The next session included workshop on Conceptualising youth policy and youth work to address the key needs of young people experiencing war and its consequences with Robert Thomson. Afternoon the participants prepared an exhibition on their own practices and launched a public discussion "Youth, Ukraine, Europe: Coming of age during war. How can European youth policy adapt?".

The discussion with Oleksandr Sanchenko, a member of the Parliament of Ukraine, primarily focused on opportunities for young Ukrainians to engage in policy-making processes. He emphasised the importance of supporting representation, determining the main priorities in youth policy, and ensuring horizontal level connections. He highlighted the collaborative efforts with the Ministry of Youth and Sports to bring youth policy to the forefront across various ministries, stressing that youth policy should be cross-sectoral. In response to participants' questions, Oleksandr Sanchenko outlined three key points for engaging young people: making them believe they can effect change, creating spaces for participation, and providing initial positive experiences of participation. "In simple terms, youth policy is about creating opportunities for young people so they can envision their future and choose to stay in Ukraine".

Guest speakers from NGO TessLab Hakim El Hadouchi and Amirbek Khodikhuzhaev shared insights about their childhoods, families, studies, and motivations for their work at TessLab, an organisation focused on empowering young people from marginalised urban areas, including refugees. Hakim emphasised the importance of supporting young people, bring them confidence in their future, encouraging them to aspire for more, and achieving greater things in life. Amirbek highlighted that TessLab's activities are centred on helping young people understand their identity, strengths, and potentials, building self-confidence and resilience, developing social and communication skills, and establishing personal and professional networks. TessLab primarily engages young people by offering a range of activities and providing a supportive environment ("You should come and try – at least you will eat because we have cookies"). These activities have both short-term and long-term impacts, boosting participants' energy and self-confidence, and often leading to aspirations for personal projects better employability. To conclude the discussion, Amir and Hakim shared the core values underpinning their work: justice (Amir), and empowerment, solidarity, and innovation (Hakim).

Invited expert Robert Thomson focused in his workshop on developing youth policy to address the needs of young people affected by war, incorporating a holistic and intersectional approach to well-being. The session explored the impact of war on youth and aimed to provide guidance for creating youth policies that reflect the realities faced by young people during and after armed conflicts.



Key considerations:

- Intersectionality and well-being. The workshop emphasised the importance of integrating
 intersectionality into youth policy, considering the various sectors where different issues
 intersect, such as health and human rights. The holistic approach to well-being was
 highlighted, drawing on Maslow's hierarchy of needs, emphasising the importance of
 fulfilling basic needs before addressing higher-level aspirations and the fact, that the
 needs during war may have different priorities.
- 2. Coming of age in conflict. The discussion touched on the concept of "coming of age" in the context of war, not only regarding the transition to adulthood but also the specific challenges that arise for young people during this time. The importance of understanding the demographic approach in human rights and youth policy was discussed.
- 3. Youth involvement in armed conflict. A major focus was on the role of young people before, during, and after armed conflict. Participants explored the overrepresentation of young people in roles such as arms bearers, military medical personnel, first responders, and humanitarians. The ethical implications and long-term consequences of this involvement were debated.
- 4. *Council of Europe's approach.* The Council of Europe's approach, especially regarding Ukraine, was discussed, with a focus on building democracy through unity and institutional support. The role of previous generations in shaping policies for peace and the challenges faced by the current generation were addressed.

In the second part of the workshop Robert emphasised the need to shift the youth policy approach in conflict settings, viewing youth as an opportunity rather than a problem (like in peaceful settings). While young people are involved in operational roles during conflicts, there is a need to create spaces for their participation in policy development. It is important to gather evidence to support youth involvement at the policy level, such as in civil defence, highlighting its potential positive impact on their well-being.

The speech also highlighted the gap in understanding how to integrate youth into policy frameworks in conflict situations, suggesting the need to explore new opportunities, including civil defence and armed forces, as viable paths for young people. Robert underscored the importance of listening to the diverse voices of young people, including survivors and those affected by the absence of loved ones, to inform policy decisions.

A recommended resource for youth policy development in this context is international humanitarian law (as it is hard law) which provides a foundation for guiding policy frameworks, because it states what each actor should not do in war settings.

"It is important to engage young people and to seek feedback from young people. That's why we need to apply: techniques for connecting, implement national and local actions, apply Youth, Peace and Security principle, consider youth quotas in assemblies (over parallel youth councils), support peacebuilding with conflict transformation training and understand that future generations have rights".

In the evening, the public event with the participation of youth sector officials, governments of Member States and international experts took place. 56 people including participants of the seminar attended the public discussion.

Public discussion "Youth, Ukraine, Europe: Coming of Age during War. How can European Youth Policy adapt?

Introductory remarks were given by Matjaž Gruden, Director of the Directorate for Democracy, Council of Europe. He highlighted the challenges Ukraine and Europe are facing due to the Russian Federation war of aggression and its crucial impact on young people in Ukraine. This was followed by a speech from Andriy Chesnokov, Deputy Minister for Youth and Sports of Ukraine. He noted that despite the ongoing existential war, the absence of safe places, and the numerous challenges faced by young people, they demonstrate extreme resilience and strength. He also emphasised the war's impact on mental health, unemployment, and mobilisation, all of which affect young people and youth policy in Ukraine. He mentioned the Council of Europe's "Youth for Democracy in Ukraine" project and its support for youth work and youth workers in Ukraine, concluding with thanks for standing by Ukraine.

Yevheniia Kravchuk, Member of the Verkhovna Rada of Ukraine and Chairperson of the Sub-Committee on Youth and the Society of the Future, Parliamentary Assembly of the Council of Europe, made a brief introduction, urging partners "not to get tired of the war if we want a future for our children and young people."

Yevheniia Blazhevska and Alevios Georgalis, the participants of the seminar, provided a summary of the seminar's goals, content, and key issues discussed. In following, emphasised that young people aren't victims, they are key actors in the recovery and rebuilding of their societies. They are rebuilders who need support and a platform to voice their needs and concerns. They emphasized the participants' statements, that *policies should prioritise mental health and empower young people for participation*.

"I believe in the resilience of young people. I believe in their capacity to overcome even the darkest challenges. But I also believe that it is our collective responsibility to ensure they are not walking this path alone. By working together—youth workers, policymakers, and society at large—we can create environments where young people can grow, lead, and flourish".

Yevheniia Fedotova, Member of the <u>Advisory Council on Youth</u>, Council of Europe, and <u>IFLRY – International Federation of Liberal Youth</u>, identified areas needing more collaboration and coordination: healthcare, vaccination, mental health, integration of displaced young people, and education (specifically the interconnection between studying in host countries and local Ukrainian schools). She also stressed the importance of maintaining solidarity and not growing weary of the war.

Oleksandr Sanchenko, Member of the Verkhovna Rada of Ukraine and Co-chair of the Council on Youth Affairs under the President of Ukraine, underscored the importance of cross-sectoral policy in the youth field, stating, "what we are doing is to help various ministries fall in love with youth policy." He discussed the development of the State Social Program "Youth of Ukraine 2026 - 2030" and the prioritisation of youth initiatives in collaboration with various youth councils and civil society actors.

Nina Grmusa, Chair of the Advisory Council on Youth, Council of Europe, called for more exchanges between Ukrainian young people and civil society representatives to better understand their needs. She asserted, that "we cannot get tired of promoting a human rights approach."

Howard Williamson, Professor of European Youth Policy at the University of South Wales, highlighted the necessity of public policy to support young people in transitioning to positive new stages of their lives, especially under the challenging conditions faced by Ukrainian youth.

Concluding remarks were made by Tobias Flessenkemper, Head of the Youth Department of the Council of Europe, who urged the audience to reflect on how much we invest in peace in Europe, the resources we allocate, and whether we are doing enough. He concluded with an appeal to continue building bridges between youth, Ukraine, and Europe.

2.4. Resources and instruments of the Youth Department

On the fourth day of the seminar, participants explored the Council of Europe's tools and resources, which they can disseminate and use in their work. Tobias Flessenkemper, Head of the Youth Department, emphasised the significance of the Council of Europe's work in the field of youth and the unique role of the European Youth Centres (EYC), where young people can engage in various activities. Three members of the Joint Council on Youth (Jan Vanhee, Juozas Meldziukas, and Yevheniia Fedotova) discussed the co-management structure, the decisionmaking process based on consensus, and the recommendations and guarantees for youth voices through the Advisory Council on Youth and the European Youth Forum. Participants also received information about the European Youth Foundation from Mara Georgescu, the Programme Manager for Youth Organisations and Participation in Democratic Life, and about the "Youth for Democracy in Ukraine" project from Olena Chernykh and Maja Micic-Lazovic, the Senior Project Officers. Additionally, they learned about the Council of Europe-European Union Youth Partnership's work to promote mental well-being of young people in Europe with Lana Pasic, Youth Research and Policy Manager, and the manual for the international project "Youth Work for the Rehabilitation of Young People Affected by War" from Ilaria Zomer, Project Coordinator at Centro Studi Sereno Regis.

The participants also had a space to explore following manuals:

- Compass: Manual on Human Rights Education with Young People
- Compasito: Manual on Human Rights Education for Children
- Have your Say! Manual on the Participation of Young People in Regional and Local Life
- <u>Bookmarks. A Manual on Combating Hate Speech Online Through Human Rights</u> Education
- <u>Step-by-Step Together. Support, Tips, Examples and</u> Possibilities for youth work with young refugees
- Guide on Trauma-informed Youth Work
- TURNING 18 WITH CONFIDENCE

This day finished with gathering feedback from the seminar, when participants were asked to draw, what empowered them during the last two days.

Thus, during the working day, participants:

- Build connections with experts of the Council of Europe for further involvement in European youth work,
- Strengthened their commitment to integrating well-being and mental health into youth work and policy development by understanding wider picture of youth policy and youth work at the European continent.



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- Got knowledge of how youth voices are represented and guaranteed through structures like the Advisory Council on Youth and the European Youth Forum, ensuring recommendations are aligned with youth needs.
- Learned about the EYF's funding structure, including its annual budget of €4 million, with 10% dedicated to youth-led initiatives in Ukraine, and its role in supporting youth activities and connecting them to the institution.
- Got familiar with existing trauma-informed approaches in youth work, especially in contexts of supporting young refugees.

2.5. Strategies for improving and sustaining youth policy and youth work responding to the well-being needs of young people affected by war

On the last day, the participants summarised their seminar experiences and developed ideas for improving and sustaining youth policy and youth work to address the well-being needs of young people affected by war, with a focus on coming of age (presented in chapter III of this report). Initially, they worked on the general needs of young people, concentrating on participation, empowerment, inclusion, and mental well-being. In the subsequent round, they focused on the specifics of coming of age.



III. CONCLUSIONS AND RECOMENDATIONS

The seminar participants developed strategic ideas for enhancing and sustaining inclusive youth policy and youth work in the context of war, with a particular focus on the transition of young people into adulthood. The outcomes of this seminar will be reflected in the 4th <u>European Youth Work Convention</u> in May 2025 and the <u>Conference of Ministers</u> responsible for Youth in October 2025.

As an outcome of the seminar, the conclusions are structured into the following ten blocs:

- Youth policy framework. The youth policy framework should incorporate considerations of coming of age, necessitating further research and evidence-based practices to better identify the needs and capacities of this group, as well as the specific competencies required for youth workers.
- 2. *Intersectionality*. Youth policy in conflict settings should be intersectional, especially regarding well-being in the face of shifting priorities during war. Leveraging international humanitarian law as a foundational resource, guiding policy by defining necessary limitations in war settings can be considerate.
- 3. Mental well-being. This is crucial for youth development in the context of war. The concept should be integrated into both formal and non-formal education settings, while also providing opportunities for researchers to use emerging situations to develop innovative tools for promoting mental well-being. It is essential to ensure that specialised psychological support is accessible and available for young people transitioning into adulthood.
- 4. Meaningful participation. This is a key element that must be strongly supported in the context of war. Support for youth councils and school self-governance is essential for the youth coming of age. This may require the development of new competences for youth workers, updated curricula, and enhanced mentorship quality.
- 5. *Political education.* For young people coming of age, there should be a particular emphasis on political education, especially in preparation for elections, and on including young Ukrainians living abroad to ensure their voices are heard in their home country.
- Integration spaces. Fostering participation during wartime should consider the limitations imposed on political and social processes. Consequently, it is important to create integration spaces where younger people can gain experience from adults, facilitating early engagement in participatory activities.
- 7. Inclusion. This is a significant issue, as wartime conditions often give rise to specific inclusion groups, particularly among those who have lost social connections. This necessitates the development of targeted outreach strategies, as traditional methods may not be effective.
- 8. *Co-operation.* In the context of young people coming of age, co-operation with parents, educational institutions, and social and employment services is crucial for updating outreach strategies. Applying peer-to-peer connections and focusing volunteer activities on these issues will also be beneficial.

- 9. Capacity building. The appropriate allocation of funds is recommended to empower young people. Those transitioning to adulthood should witness an active youth policy in action, which includes them in the development of legal acts, prevents their isolation at the community level, fosters a sense of belonging, and allows them to explore their leadership skills.
- 10. Recognising new roles of young people. Issues impacting young people coming of age, particularly those living in conflict zones or those overrepresented in military structures, humanitarian roles, medical response, and security, should be addressed within the youth policy framework. This includes recognising these groups and identifying their specific needs and challenges.

In addition, with the beginning of the Russian Federation's aggression against Ukraine on 24 February 2022, the Youth for Democracy in Ukraine project developed an educational programme based on the <u>Guide on Trauma Informed Youth Work</u> that is available for youth policy and youth work stakeholders to apply in the war and post-war periods.

Appendix I. Programme

Sunday, 29 September 2024

- 09:30 Preparatory meeting (team members)
 Arrival of participants
- 19:00 Dinner
- 20:30 Welcome evening

Monday, 30 September 2024

09:00 Registration

- 09:30 Welcoming by the Council of Europe and the Ministry of Youth and Sports of Ukraine, with
- Rui GOMES, Head of Education, Training and Cooperation, Youth Department
- Clementina BARBARO, Head of Youth Policy, Youth Department
- Andriy CHESNOKOV, Deputy Minister
- Anna ARANZHII, Programme Manager, Youth Department
- 10:00 Getting to know each other. Situating participants in the theme of the seminar
- 11:00 Break
- 11:30 Setting the ground for working together. Introduction to the programme and expectations for the seminar
- 13:00 Lunch
- 14:30 Building a common understanding of basic concepts for the seminar
- 16:00 Break
- 16:30 Coming of age during war: experiences of participants from their specific contexts
- 18:00 Debriefing of the day
- 19:00 Dinner

Tuesday, 1 October 2024

- 09:30 Introduction to the standards and practices of the Council of Europe in human rights informed youth policy.
- 11:00 Walk and talk: What questions do we have about the connection between the standards of the Council of Europe and my work?
- 11:30 Arrival to the Council of Europe Palace of Europe
 Introduction to the mission of the Council of Europe

- 12:00 Attendance of the Parliamentary Assembly <u>fourth part of the 2024 Ordinary Session</u>
 Address by Alain BERSET, Secretary General of the Council of Europe
- 13:00 Departure to the European Youth Centre, Strasbourg
- 13:30 Lunch
- 14:30 Debriefing on the visit to the Palais: Council of Europe standards for multipliers working with young people coming of age during the Russian Federation's war of aggression against Ukraine
- 15:00 Exchange with Yevheniia KRAVCHUK, Chairperson of the PACE Sub-Committee on Youth and the Society of the Future and the Permanent Representation of Ukraine to the Council of Europe
- 16:00 Break
- 16:30 Situations and realities of the young people that participants work with
- 18:00 Debriefing of the day
- 19:00 Dinner

Wednesday, 2 October 2024

- 09:30 Testimonies about the situation, needs and challenges faced by young people coming of age during times of war in various contexts, with Oleksandr SANCHENKO, Member of the Verkhovna Rada of Ukraine Hakim El HADOUCHI, Co-Founder, NGO <u>TessLab</u>
- 11:00 Break
- 11:30 Practices of youth work in addressing the well-being challenges of young people coming of age during war
- 13:00 Lunch
- 14:30 Conceptualising youth policy and youth work to address the key needs of young people experiencing war and its consequences with Robert Thomson
- 16:00 Break
- 16:30 Preparation for public event
- 17:00 Public event "Coming of age during war Youth work in Ukraine today: How can European youth policy adapt?" with various stakeholders and participants of the seminar
- 19:00 Reception with participants and guests at the European Youth Centre

Thursday, 3 October 2024

09:30 Opening of the day by Tobias FLESSENKEMPER, Head of the Youth Department

Resources and instruments of the Youth Department of the Council of Europe and other to support participants in ensuring the young people participation, inclusion, social cohesion, and well-being of young people living in the context of war

- Youth policy and advocacy measures with members of Joint Council on Youth: Yevheniia FEDOTOVA, Juozas MELDZIUKAS and Jan VANHEE
- Youth Partnership's work on well-being and mental health, Lana PASIC, Youth Research and Policy Manager (online)

11:00 Break

- 11:30 Resources and instruments of the Youth Department (cont.)
 - Special call of the European Youth Foundation to support young people from Ukraine, Mara GEORGESCU, Programme Manager for Youth Organisations and Participation in Democratic Life
 - Youth for Democracy in Ukraine project, Maja MICIC-LAZOVIC and Olena CHERNYKH, Senior Project Officers
 - International project "Youth work for rehabilitation of young people affected by war" (online)

13:00 Lunch

14:00 Free afternoon for the participants of the seminar

Informal evening in the city of Strasbourg (self organised by the participants of the seminar)

Friday, 4 October 2024

09:00 Working groups

Strategies for improving and sustaining youth policy and youth work responding to the well-being needs of young people affected by war in general, and the Russian Federation's war of aggression against Ukraine

11:00 Break

11:30 Working groups (cont.), presentation and discussion

13:00 Lunch

14:30 Evaluation of the seminar

16:00 Closing of the seminar, by

- Andriy CHESNOKOV, Deputy Minister
- Yevheniia FEDOTOVA, Juozas MELDZIUKAS and Jan VANHEE, members of Joint Council on Youth

Saturday, 5 October 2024

Departure of participants

Appendix II. List of participants

PARTICIPANTS

Armenia / Arménie

Goharik GRIGORYAN KASA Swiss Humanitarian Foundation

Croatia / Croatie

Vanesa LUKAČIN n/a

Czechia / Tchéquie

Barbora ALEXANDROVA Ponton, z.s. NZDM Pixla

Tetiana SHEPTUN Česká asociace streetwork, z.s.

Denmark / Danemark

Iryna ZHARUK Ukrainian Club in Roskilde, Lviv Oblast Youth

<u>Cente</u>

Georgia / Géorgie

Nino KARANAIA <u>International Federation of Liberal Youth - IFLRY</u>

Greece / Grèce

Alexios GEORGALIS Boys on the Move

Italy / Italie

Thaddée TOULOUSE Stand with Ukraine, Repair Together, Brave to

Rebuild

Portugal

Bárbara MORAES Aventura Social - Associação

João MATELA Portuguese Sports and Youth Institute

Romania / Roumanie

Irina FIRSA <u>Fundatia Judeteana pentru Tineret Tulcea</u> /

Tulcea County Youth Foundation

Switzerland / Suisse

Wasel ELGAYAR Build UP Urban Peace

Ukraine

Alona DORONINA War Child

Arina LUPU n/a

Anna CHUMAK <u>National Youth Council of Ukraine</u>

Ievgeniia BLAZHEVSKA Department of Youth and Sports of the Chernivtsi

Regional State Administration; NGO "Association

of Youth Workers of Ukraine"

Kateryna LEBED NGO 'Youth Centre of Volyn'

Liliia STEPCHENKO NGO Ukrainian Association of Students; NGO

"Kebetas"

Mariia IEMENLIANENKO The European Environment and Health Youth

Coalition (EEHYC)

Mariia YAREMIICHUK All-Ukrainian Youth Center

Polina SAIUTINA <u>Youth Council of Voznesensk</u>

Rymma KHANATOVA "ASSOCIATION OF YOUNG IDPs"

Sabina TUPIKOVA Youth Council under the Mayor of Kharkiv

Svitlana MELNYK World Organization of the Scout Movement

Tetiana SMETANIUK Municipal institution <u>'Kamianets-Podilskyi Youth</u>

Centre'

Valerii KRAMARENKO Kyiv Youth Center

Viacheslav HOLUB Family, Youth and Sports Department of the

Chernihiv Regional State Administration

United Kingdom / Royaume Unie

Ganna ABDULAKH Ealing and Hounslow Community Voluntary

<u>Service</u>

TRAINERS TEAM

Cihan KILIC Member of the Council of Europe Youth

Department trainers pool, consultant with the "Youth for Democracy in Ukraine: phase III"

project

Diana DUBYNSKA Consultant with the" Youth for Democracy in

Ukraine: phase III" project, reporter

Yarina BORENKO Member of the Council of Europe Youth

Department trainers pool, reporter

VERKHOVNA RADA OF UKRAINE

Yevheniia KRAVCHUK Member of the Verkhovna Rada, Chairperson of

the Sub-Committee on Youth and the Society of the Future, Parliamentary Assembly of the

Council of Europe

Oleksandr SANCHENKO Member of the Verkhovna Rada, Council on Youth

Affairs of the President of Ukraine

GUESTS AND SPEAKERS

Amirbek KHODIKHUZHAEV Member of NGO TessLab (Strasbourg)

Hakim El HADOUCHI Co-Founder of NGO <u>TessLab</u> (Strasbourg)

Howard WILLIAMSON Professor of European Youth Policy, University of

South Wales

Robert THOMSON Independent Consultant on Youth Work and

Youth Policy

Ilaria ZOMER (online) Project coordinator at Centro Studi Sereno Regis

(Italy)

MINISTRY OF YOUTH AND SPORTS OF UKRAINE

Andriy CHESNOKOV Deputy Minister

Borys KOZYR Chief Specialist of the Department of Public

Relations and Mass Media

COUNCIL OF EUROPE

Joint Council on Youth (CMJ)

Jan VANHEE Member of the European Steering Committee on

Youth (CDEJ); European and International Youth Policy – EU Youth affairs attaché, Permanent representation of Belgium to the EU, General Representation of the Government of Flanders

Juozas MELDZIUKAS Member of the European Steering Committee on

Youth (CDEJ); Chief Expert, National Youth Policy Division, Agency of Youth Affairs,

Lithuania

Yevheniia FEDOTOVA Member of the Advisory Council on Youth (CCJ);

Representative of IFLRY - International

Federation of LiberaL Youth

Council of Europe office in Ukraine

Olena CHERNYKH Senior Project Officer of the "Youth for

Democracy in Ukraine: Phase III" project

DG II / Directorate for Democracy

Matjaz GRUDEN Director

Youth Department

Anna ARANZHII Programme Manager

Clementina BARBARO Head of Youth Policy

Lana PASIC (online) Youth Research and Policy Manager

Maja MICIC-LAZOVIC Senior Project Officer

Mara GEORGESCU Programme Manager for Youth Organisations and

Participation in Democratic Life

Patrick NORLAIN Programme Assistant

Rui GOMES Head of Education, Training and Cooperation

Tobias FLESSENKEMPER Head of Department