



DDP-YD/ ETCD (2026)97

Strasbourg, 2 June 2026

No Signal: Isolation in You(th)

Study session organised within the Youth for Democracy
programme
in cooperation with the International Federation of Liberal
Youth (IFLRY)

15-19 June 2026

European Youth Centre
Room 0.1

Strasbourg, France

Sunday 14 June

Team Meeting
Arrival of Participants

19:00 – 20:00 Dinner
20:00 Welcome Evening Activities and Ice Breakers

Day 1 - Monday 15 June

09:30 – 9:45 Slow start
09:45 – 10:15 Opening and Introduction
 Overview of the Programme, logistical announcements
10:15 – 10:40 Mapping of Aims and Objectives - Expectations
10:40 – 11:10 Official opening with Sophie KWASNY, Head of the Education,
 Training and Cooperation Division, Youth Department, Council of Europe
 Introduction to IFLRY
11:10 – 11:40 Coffee Break
11:40 – 13:00 Team Building Activity
13:00 - 14:30 Lunch
14:30 - 16:00 Do you feel it? + What does it mean to be
 lonely?
16:00 – 16:30 Break
16:30 – 18:00 The Loneliest Generation: Understanding Youth Isolation in Democratic Societies
18:00 – 18:20 Home Group (Reflection)
19:00 – 20:00 Dinner
21:00 Free Evening

Day 2 – Tuesday 16 June

09:30 – 9:45 Slow start
09:45 – 11:00 Social Interaction & Civic Engagement + *Function in Democracies*
11:00 – 11:30 Break
11:30 – 13:00 Mapping Challenges Exercise: Barriers to Connection: Social, Political, and Economic
 Roots of Disconnection
13:00 - 14:30 Lunch
14:30 - 16:00 The Impact of Isolation on Democratic Life & Discourse
16:00 – 16:30 Break
16:30 – 18:00 Brainstorming on solutions / alternative options - preparations for skills lab
18:00 – 18:20 Home Group (Reflection)
19:00 – 20:00 Dinner
21:00 Cultural Evening

Day 3 - Wednesday 17 June

09:30 – 9:45 Morning Moment
09:30 – 12:30 Skills Lab: How to connect young people in a meaningful way
12:30 – 13:15 Lunch
13:15 – 13:45 Walk to the **Palais de l'Europe**, the Council of Europe's main building
13:45 – 14:00 Registration and entrance to the building
14:00 – 14:50 Opening event of the Hackathon: "Hack the Hate - Renew Democracy
 (Hemicycle)
15:00 – 16:30 Council of Europe's work in the field of (mental) health with

- Clothilde TALLEU, Coordinator, EU-Council of Europe Youth Partnership
- NN, Secretariat of the Steering Committee for Human Rights in the fields of Biomedicine and Health (CDBIO)
- NN, [Committee on Social Affairs, Health, and Sustainable Development](#), Secretariat of the Parliamentary Assembly

Location: Room 12/13

16:30 – 17:00 End of the visit and photos
18:00 – 19:00 Free time
19:00 – 20:00 Dinner

Day 4 – Thursday 18 June

09:30 – 11:00 Development of Personal Projects
11:00 – 11:30 Break
11:30 - 12:30 Storytime: From the Personal to the Cultural
12:30 - 13:00 Development of Action Plans: Working groups facilitated by the Team (cont.)
13:00 - 14:00 Lunch
14:00 – 18:00 Free time
19:00 Dinner (in the city)

Day 5 - Friday 19 June

09:30 – 9:45 Slow start
09:45 – 11:30 Project Time
11:00 – 11:30 Break
11:30 – 13:00 Finalising Projects + Presentation of Action Plans
13:00 – 14:00 Lunch
14:30 – 16:00 Follow up Planning
16:00 – 18:30 Study Session Evaluation Debrief and Conclusions
19:00 – 20:00 Dinner
21:00 Party

Day 6 – Saturday 20 June

Departure of Participants

Aim and objectives of the study session:

AIMS:

Youth loneliness is a growing risk to democracy, particularly in how isolation can fuel political polarisation and authoritarian narratives. The overall aim of the study session is to build participants' capacities to address the growing crisis of loneliness and isolation among youth by exploring the phenomena of loneliness from the perspective of social, political and personal impact, and equip them with the tools, knowledge and capacity to address the issue within their communities and organisations.

OBJECTIVES:

1. To identify the root causes and consequences of youth loneliness and isolation, including personal, structural, and social barriers, and to examine how these factors affect mental health and young people's participation in social, civic and political life.
2. To equip the participants with practical tools and community strategies developed during the activity to identify entry points for self-organized implementation.
3. To create space for the development of follow-up actions to be implemented by the participants after the study session in relation to the topic of the activity and as a direct response to the increasing isolation.
4. To associate key discussions of the study session and youth perspectives of participants to the process towards the New Democratic Pact for Europe and any other relevant processes within the Council of Europe and IFLRY.