



Ref number: *DDP-YD/ETCD (2026)17*

Budapest, 2 February 2026

Study session

Exploring Planetary Health: Climate, Rights and Participation

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

European Youth Centre Budapest, room A
[9 - 14 February 2026]

Draft Programme

Sunday, 8 February 2026

Arrival of participants
19:00 Dinner
21:00 Welcome evening, disco

Monday, 9 February 2026

10:00 Opening with Introduction to Study Session,
Intro of aims & objectives of the Study Session / Expectations & programme/
presentation of YHO organisation as well as the CoE / presentation of facilitators/
brief introduction what a study session is / creating agreement about rules
11:00 Break
11:30 Team Building activity – *series of interactive activities and games to get to know each other*
13:00 Lunch
14:30 Study Session Kickoff: Goals, Needs & Expectations
- *gathering participants needs, expectations and resources,*

- *building a common understanding of what is YHO; what is CoE and what is EYCB (incl. values),*
- *Building the understanding of the main concept - what 'planetary health means' (mind map)*

16:00 Break

16:30 Introduction of Planetary Health and One Health Concepts - *understanding of the relevance of concepts and the "intersection"*

17:30-18:00 Daily Evaluation & Reflection

19:00 Dinner

20:00 Game Night

Tuesday, 10 February 2026

09:30 **Climate Fresk 1/2** - *enabling participants to critically reflect on the human causes and emotional impacts of the climate crisis, as well as recognizing its role in exacerbating social inequalities*

11:00 Break

11:30 **Climate Fresk 2/2** - *enabling participants to critically reflect on the human causes and emotional impacts of the climate crisis, as well as recognizing its role in exacerbating social inequalities*

13:00 Lunch break

14:30 **Shared Earth, Shared Health**

- *empower participants to recognize the interconnected nature of the climate crisis; its unequal global impacts, its ties to social determinants of health, its reflection within nested systems, and the reciprocal relationship between healthcare and planetary health*
- *develop understanding that collective, global responsibility is essential for meaningful change*

16:00 Break

16:30 **Climate Resilience and Mental Health**

- *exploring the link between the climate crisis and mental health*
- *developing an understanding of climate resilience as both a personal coping strategy and a collective capacity for adaptation and action*

17:30-18:00 Daily Evaluation & Reflection

19:00 Dinner

21:00 **Intercultural night** - *Participants will be invited to bring something typical from their country and to showcase their culture in creative, non-material ways, to strengthen interconnectedness across diverse backgrounds.*

Wednesday, 11 February 2026

09:30 **Youth and Planetary Health: Industry, Marketing, and Commercial Determinants** - *developing the understanding of the concept of youth vulnerability on commercial determinants of health, as well as the burden of the industry of addiction on the planet and their health, and how it leads to more planetary burden through role play of being the industry, court, and human rights*

11:00 Break

11:30 **Healthy Environment as a Human Right (Democracy) and Advocacy 1.0** - *equipping participants with a critical understanding of environmental rights as part of the human rights system, enabling them to compare global frameworks, explore links to democratic values, and analyze how concepts like environmental justice, governance, and greenwashing shape the pursuit of a healthy environment*

13:00 Lunch break

14:30 Simulation I: Adoption of a Youth Document (External lecturer) - *engaging participants in a simulation to explore how activists, industry, courts, and civil society interact in shaping youth policy on climate and planetary health*
-strengthening skills in negotiation, argumentation, and consensus-building with a particular focus on use of advocacy skills

16:00 Break

16:30 Simulation Part II + Debrief (External) n/a

17:30-18:00 Daily Evaluation & Reflection

19:00 Dinner

20:00 movie night - *sharpening critical thinking to examine how industries and lobbyists use communication, PR, and media strategies to manufacture doubt around scientific evidence on issues such as global warming, tobacco, and chemical safety, in order to understand their malignant influence on public opinion and policy against scientific consensus*

Thursday, 12 February 2026

09:30 **Open Space Technology 1/2** - facilitated by the team and self-organised by participants, the aim is for them to share knowledge on advocacy, campaigning, and youth organising between each other

11:00 Break

11:30 **Open Space Technology 2/2**- self - organised by participants

13:00 Lunch
Free Afternoon

19:00 Free Evening

Friday, 13 February 2026

09:30 **Stakeholder Mapping and Strategic Planning for Planetary Health** (External lecturer) - *equipping participants with practical skills in strategic planning by guiding them through mission setting, SWOT analysis, SMART objectives, and action planning, while gaining the experience in stakeholder mapping to understand and strengthen collaborative approaches to planetary health*

11:00 Break

11:30 **Co-Design: Climate and Planetary Health Action Ideas Catalogue 1/3** - *creation of a collective catalogue of actionable, ready-to-implement climate and planetary health initiatives that empower participants to translate global challenges into local solutions, fostering community resilience, equity, and sustainable impact*

13:00 Lunch

14:30 **Co-Design: Climate and Planetary Health Action Ideas Catalogue 2/3**

16:00 Break

16:30 **Co-Design: Climate and Planetary Health Action Ideas Catalogue 3/3**

19:00 Dinner
21:00 Open Evening

Saturday 14 February 2026

09:30 **Presentations: Climate and Planetary Health Action Ideas Catalogue** - *demonstrating and presenting the participants work*

11:00 Break

11:30 **The way forward: Creating Personal Action Plans and Peer Feedback sessions on the action plans** - *mentoring participants in developing their own personal action plans through peer collaboration, constructive feedback, and accountability partnerships*

13:00 Lunch

14:30 **Closing and Evaluation** - *providing participants with a reflective and celebratory closing experience, combining embodied group harvests, peer recognition through feedback and symbolic gestures, and formal closure to honor shared learning and community building throughout the study session*

16:00 Break

16:30 **Closing and Evaluation**

18:00 Break

19:00 Dinner

21:00 Farewell Evening

Sunday 15 February 2026

Departure of participants

Aim and objectives of the study session “*Title of study session*”

Aim: To empower young people in the health field to understand the link between the environment and human health and to take action for a healthier, fairer and more sustainable future.

Objectives:

1. To develop and deepen the understanding of the intersection of the climate crisis, health and structural inequality with a focus on young people.
2. To create a space for intercultural learning and exchange among young people from diverse backgrounds.
3. To explore how planetary health connects with youth rights, and democratic participation, and identify how young people can influence such policy and decision-making.
4. To build practical skills in advocacy, including communication and collaboration, for personal and professional growth.
5. To support participants in creating and committing to practical, measurable actions that advance the just transition toward a healthier, fairer future for people and the planet.