

InterNational Network

Re-active Youth
for a new era
of Europe

Participation Toolkit



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1. Introduction

Youth political participation is a fundamental pillar for strengthening democracy and building inclusive and empowered societies. However, in many contexts, young people face barriers and challenges that limit their participation in political life. Recognising the importance of empowering young people as agents of change, we have developed this toolkit for youth workers and organisations who want to promote the active and meaningful political participation of young people in their communities.

This methodology has been designed with a participatory and adaptable approach to address the specificities and needs of each national or regional context. Our aim is to provide youth workers with practical tools, dynamic activities, and effective strategies to guide and motivate young people towards greater political participation.

In this introduction, we will present the basic principles that underpin our methodology, highlighting the importance of civic education, the creation of inclusive spaces for dialogue and decision-making, and the promotion of trust in political institutions. We will also address the need to identify and overcome barriers that limit young people's political participation, such as lack of representation in political institutions and social inequality.

Throughout the toolkit, you will find a variety of activities and dynamics that you can adapt and tailor to the characteristics of your specific community or audience. Our methodology aims not only to impart theoretical knowledge about politics but also to foster critical thinking, empathy, and civic engagement among young people.

We strongly believe that strengthening youth political participation is essential to building a more promising and just future for our societies. With this toolkit, we hope that youth workers will find valuable tools to empower young people and guide them towards active and engaged political participation. Together, we can build a world where young people's voices are heard, and their ability to influence change is recognised and valued.

2. Identified Needs - Executive Summary

The results of the cross-country comparative analysis underline the importance of a contextualised approach to youth political participation. Each country has its own unique characteristics and challenges that influence how young people engage in political life. It is therefore crucial to examine the specific circumstances of each country and develop strategies tailored to its particular needs and context.

To promote greater civic participation and empowerment of young people, it is essential to strengthen civic education from an early age. This includes integrating political and civic issues into school curricula to provide young people with a solid understanding of democratic processes and their rights as citizens. In addition, opportunities should be created for young people to participate in debates and discussions on relevant political issues, thus fostering critical thinking and the ability to express their opinions.

Trust in democratic institutions is a key factor in motivating young people to participate in political life. It is therefore essential to work on the transparency and accountability of institutions so that young people trust that their voices will be heard, and that their actions will have a real impact on decision-making.

It is also important to promote spaces for active participation and constructive dialogue between young people and political leaders. These spaces can include discussion forums, round tables, and volunteer programmes that allow young people to be directly involved in the formulation of policies and community projects. By giving them the opportunity to influence the development of their society, they will feel more connected and engaged in politics.

Similarly, promoting political participation online can be an effective strategy for engaging young people in political life. Social media and other digital platforms offer opportunities for young people to connect, share ideas and promote causes they care about. Creative use of technology can lead to greater participation and mobilisation around issues that matter to young people.

It is imperative to prioritise the implementation of policies and programmes that promote the active participation of young people in the political arena. To achieve this, it is necessary to address a number of key factors that influence their civic engagement. First, it is essential to work on promoting trust in political institutions. Young people need to feel that their voices are valued and that their actions have a real impact on decision-making. To achieve this, spaces for dialogue between young people and political leaders need to be promoted, as well as opportunities for young people to participate actively in the policy-making process and in community projects.

It is also essential to reduce social inequalities that may hinder young people's access to political participation. This includes addressing socioeconomic, educational and gender inequalities that may limit the participation of certain groups of young people. Inclusive policies need to be put in place to ensure that all young people have equal opportunities to exercise their voice and contribute to the development of their communities.

There is also a need to provide meaningful platforms for young people to exercise their voice and express their opinions. This can include the use of information and communication technologies to encourage online participation, as well as the creation of physical meeting spaces where young people can interact and work together on issues of common interest.

Civic education has a key role to play in this respect. It is important to strengthen civic education in schools to provide young people with a solid understanding of democratic processes and their rights as citizens. In addition, experiential learning opportunities should be provided to enable young people to practise and experience political participation in real life.

It is essential to promote a political culture that values and celebrates youth participation. This means recognising and applauding their contributions to society and highlighting the importance of their voice in policy development and decision-making. Active participation of young people in the political arena not only benefits young people themselves, but also enriches democratic debate and contributes to building more inclusive and democratic societies in general. By prioritising the implementation of policies and programmes that encourage this participation, we will ensure a more prosperous and equitable future for generations to come.

Despite efforts at EU level to promote youth civic participation, it is important to recognise that the success and effectiveness of these initiatives can vary significantly according to the specificities and national contexts of each country. There is no one-size-fits-all approach, as young people's political participation is influenced by a number of complex and variable factors. An understanding of country-specific political structures, social attitudes, and opportunities for participation is essential to achieve real and lasting impact.

Each country has its own political and cultural history, norms, and values that can influence how young people engage in politics. For example, in some countries, trust in political institutions may be high, facilitating greater youth participation, while in others, distrust may be a major obstacle. In addition, opportunities for participation can vary considerably, with some countries offering a wide range of programmes and platforms for young people to get involved, while others may lack these opportunities.

To have a greater impact on youth political participation, it is essential to adopt a tailored and flexible approach in each national context. This involves working closely with local actors, including governments, civil society organisations, and community leaders, to identify country-specific needs and opportunities. It is also crucial to involve young people directly in the design and implementation of initiatives, ensuring that their voices and perspectives are taken into account.

It is, therefore, important to consider the strategic use of information and communication technologies, such as social media and online platforms, to facilitate and amplify youth participation. These tools can be used to reach a greater number of young people, especially those who may find it difficult to participate in person.

Continuing to promote policies and programs that actively and meaningfully promote the civic participation of young people is of the utmost importance. These initiatives are crucial to strengthening the foundations of our democracy and ensuring that young people's voices and perspectives are adequately represented in political decision-making processes. Empowering young people as key actors in the political sphere lays the foundation for a more inclusive and engaged society, where a diversity of opinions and experiences contributes to the creation of more robust and equitable solutions.

Moreover, young people's active participation in politics not only benefits their generation, but also helps to shape a better future for the whole community. Involving young people

in public affairs gives them the opportunity to directly influence the policies and decisions that will shape their lives and the lives of generations to come. This not only promotes a greater sense of ownership and civic engagement but also allows important issues to be approached from a fresher and more creative perspective. By encouraging young people's civic participation, it builds a society that is more open to diversity and constructive dialogue. Representing a wide range of experiences and opinions, young people bring a wealth of ideas and innovative solutions that enrich the political process. This leads to more inclusive and representative policies that better address the needs and aspirations of the whole population.

In order to achieve these goals, it is essential to address the barriers and challenges that can hinder young people's participation. This includes removing bureaucratic obstacles and simplifying procedures so that young people can participate in a more accessible and direct way. It is also crucial to promote civic education and political awareness among young people from an early age so that they understand the importance of their voice and their ability to make a difference in society.

3. Objectives of the Toolkit

The development of a toolkit for youth workers on youth political participation implies that we define clear and achievable objectives in order to measure the success of the methodologies applied and to provide a clear and pre-established direction for the initiatives resulting from the application of the contents of this document.

The objectives would be:

- **Raise awareness:** Through the proposed activities, raise young people's awareness of the importance of political participation and its impact on decision-making and social change.
- **Empower young people:** Provide tools and resources that empower young people to actively participate in the political process and address issues that affect their lives.
- **Building civic skills:** Developing civic skills in young people, such as effective communication, critical thinking, problem-solving, and negotiation, that enable them to participate meaningfully in the political process.
- **Facilitate organising and activism:** Provide resources to help target groups organise events, campaigns, or initiatives that promote youth participation in politics.
- **Stimulating cooperation with political institutions:** Facilitate dialogue and cooperation between young people and political institutions so that their voices are heard and have a real impact on policymaking.
- **Developing leadership skills:** Encourage and support young people's leadership development so that they can take on leadership roles in their communities and in the political arena.

The proposed activities are accompanied by useful tips and an example of implementation to ensure the success of youth workers' initiatives.

4. Youth Work

The Council of Europe defines youth work as a wide range of social, cultural, educational, environmental and political activities carried out by, with and for young people, either individually or in groups. These activities are carried out by both paid youth workers and volunteers and focus on non-formal and informal learning processes, with an emphasis on voluntary participation by young people. Youth work is a valuable social practice that seeks to facilitate the active participation and inclusion of young people in their communities and in decision-making.

The main aim of youth work is to support young people's personal development, social integration and active citizenship, and to give them the opportunity to shape their own future. It encompasses a range of social, cultural, educational and political activities for, by and with young people. It is framed in the context of out-of-school education, i.e., non-formal and informal learning, with a strong educational focus and non-formal education at its core. Youth work also seeks to influence society, politics, and power relations, especially when young people are in situations of disadvantage, marginalisation, or exclusion.

Youth work placements in Europe are extremely diverse, as is the status of youth workers. They can be organised by different institutions and organisations, both individually and in teams. Each European country has its own history and tradition of youth work, ranging from long-established professional youth work to emerging new forms. In general, youth work plays an important role in promoting the development and well-being of young people and in contributing to a more inclusive and participatory society.

On the other hand, the Youth Sector Strategy 2030, adopted by the Council of Europe in 2020, is a comprehensive plan to guide youth-related policies and actions in the period 2020-2030. Its main objective is to empower young people across Europe to actively defend, promote, and benefit from the fundamental values of the Council of Europe, such as democracy, human rights, and the rule of law.

This strategy focuses on four key priorities:

- Revitalise pluralist democracy.
- Ensure young people's access to their rights.
- Promote coexistence in peaceful and inclusive societies.
- Strengthen youth work.

To achieve these objectives, the strategy relies on a number of instruments, including jointly managed statutory bodies, European Youth Centres in Strasbourg and Budapest,

the European Youth Fund, and a partnership with the European Commission in the youth field.

In addition, the strategy aims to develop the capacity of youth multipliers, such as youth leaders and youth workers. It also provides financial support for the development of youth civil society and contributes to the development of standards in the field of youth policy.

In order to facilitate access to the Strategy and spread its importance, a brochure has been produced in 36 languages, including Spanish, which presents the approach, principles, mission, priorities, and instruments of the Youth Sector Strategy 2030 in a clear and accessible way. With this comprehensive approach and the active involvement of young people, the Strategy is expected to promote greater participation, inclusion, and empowerment of young people across Europe over the next decade.

5. Inclusion in the implementation of the toolkit

It is essential that young people belonging to particularly vulnerable groups, with low economic resources, or who come from rural areas are involved in the policies of the European Union.

A large part of the European population lives in rural areas, so it is of vital importance to take them into account in the development of this project and in the elaboration of the different activities and strategies to be carried out.

Thanks to the participation of these actors in the different policies of the European Union, it is possible to identify their problems more quickly and efficiently and to propose more effective public policies that are more beneficial for all European citizens.

It is difficult for these groups to participate in this type of action, as it is more complicated to reach them and get them involved, so it is vitally important that the strategy and methodology used takes into account the specific characteristics of each group. Specifically, we must take into account the following territories and groups for the inclusion of all young people:

- **Rural areas:** These are areas with low population density in which small scattered population centers tend to predominate, with an aging population and a slight predominance of the female population.
- **Insular areas:** Island territories or islands. Due to the geographical characteristics of these territories, their youth population must also be taken into account in a special way.
- **Vulnerable groups:** Young people belonging to these groups have a series of common characteristics, such as a low level of education and low levels of economic resources. In addition, these young people do not show any interest in the different actions carried out by the European Union.

For this reason, a series of transversal measures will be proposed to be implemented in all the actions contemplated throughout the project.

Firstly, the type of message to be sent to the young people in the previous groups must be adapted to their specific situation.

It should also be taken into account that they will be more involved in the issues that affect them more directly. In the case of young people from rural areas, they will be more concerned about issues such as the environment or agriculture/livestock, as these are the main economic engines of their areas, and therefore are issues of vital importance to them.

Therefore, all the activities proposed in this toolkit or methodology can be adapted to the environments in which they are developed. Each of the organisations that have these activities available will be able to frame them in their local reality, in order to get the young people in their environment involved and have a great impact on this group.

In a complementary way, users of this methodology will be able to consult the research carried out previously, where they can find references and data of great importance that could be a boost for the organisations working in the field of youth. Moreover, by using youth work as one of the tools to implement this methodology, it will be complemented with other complementary activities such as team building activities and other group dynamics.

6. Hints and Tips

In this section, we present a series of tips and suggestions for users of this methodology with the aim of increasing young people's political participation. These recommendations are intended to help youth workers, community leaders, and other actors in the youth field to promote greater civic engagement among young people and to empower them in political decision-making.

- **Promote civic education:** It is essential to provide young people with a solid grounding in the importance of political participation and democratic mechanisms. Organise workshops, lectures, and interactive activities that enable them to understand how political institutions work, how to exercise their right to vote, and how to influence the policies that affect their lives.
- **Create spaces for dialogue:** facilitate the creation of safe and open spaces where young people can express their views and concerns. Listening to their voices is essential to understanding their needs and policy aspirations, which will help to design more inclusive and effective policies.
- **Use technology and social media:** take advantage of young people's familiarity with technology and social media to encourage their political participation. Create

online platforms where they can debate, share ideas and participate in awareness-raising campaigns.

- **Promote diversity and inclusion:** ensure that young people from all backgrounds and communities have equal opportunities to participate. Diversity in political participation enriches the debate and ensures that the needs of all young people are addressed.
- **Provide leadership opportunities:** encourage young people to take leadership roles in projects and activities related to political participation. Give them the opportunity to make decisions and be agents of change in their communities.
- **Work with youth organisations:** develop partnerships with local and national youth organisations to strengthen joint work on projects and campaigns that promote political participation. Together you can reach more young people and have a greater impact.
- **Promote mentoring programmes:** establish mentoring programmes where young people with experience in political participation can guide and support other young people interested in getting involved. Mentoring can be a powerful tool for empowering young people and passing on knowledge and skills.
- **Recognise and celebrate achievements:** publicly recognise the achievements of young people who are politically active. Celebrating their successes will give them an extra incentive to stay engaged in civic participation.
- **Connect with the community:** organise activities that link political participation to issues relevant to the local community. This will help young people to see how their participation can have a direct impact on their environment.
- **Evaluate and adapt:** carry out regular evaluations of activities and programmes to measure their effectiveness and make adjustments based on the results. Learn from experience and use feedback to continuously improve political participation initiatives.

By following these tips and suggestions, you will be able to enhance young people's civic engagement and promote their active participation in the political sphere, thus contributing to building a more democratic, inclusive, and representative society for all.

7. Examples of Activities

The activities below are designed to promote active participation and empowerment in our community. We are confident that these activities will enable participants to develop new skills, build meaningful relationships, and, most importantly, feel part of a positive movement that will transform our community.

It is important to note that although some activities can be carried out independently, it is always beneficial to have the support and backing of institutions to maximise the impact and ensure the success of the projects.

Name	Participation workshop with young people in vulnerable situations.
Type of practice	Civic Education.
Objectives	One of them is to offer young people in vulnerable situations a shared accommodation resource, with training, work, and economic support, in a normalised environment, in order to facilitate their preparation for independent living through the development of individual, group, and community itineraries. Another objective is to use debate as a means of expression and to promote inclusion through mutual understanding and the presentation of results.
Target audience	Young people in vulnerable situations.
Expected results	Improved preparation for autonomous living and full inclusion in society.
Mode of implementation	Through projects that integrate individual, group, and community methodologies and incorporate a gender and intercultural perspective and a human rights-based approach to intervention.

Name	Participation workshop with young people in vulnerable situations.
Resources required	A suitable space for the workshop, a qualified professional team, a previous design of the workshop, a budget that covers the expenses resulting from the workshop, a dissemination of the workshop among the youth population in a situation of vulnerability, and coordination with other entities or institutions working with youth in a situation of vulnerability.
Time spent	The time needed to meet the objectives is usually two to three hours a week.

Name	Online Voting Counselling Programmes.
Type of practice	Orientation.
Objectives	The main objectives of online voter assistance programmes are to promote civic participation, provide accurate and up-to-date information, facilitate access to electoral information, promote transparency and confidence in the electoral process, and educate and empower voters. These programmes aim to encourage active participation by citizens, provide them with resources and information to make informed voting decisions, and contribute to the strengthening of democracy.
Target audience	All citizens.

Name	Online Voting Counselling Programmes.
Expected results	Increased voter turnout, greater awareness and understanding of the electoral process, better-informed voters, less misinformation and manipulation of elections, and greater confidence in the democratic system.
Mode of implementation	Through online platforms that provide information, interactive tools, and advice to help voters make informed choices during the electoral process.
Resources required	A software development team, web designers, servers and hosting, databases to store relevant information, informative and educational content on electoral processes, and funding to maintain and improve the platform over time.
Time spent	The initial platform may take several months to build, including planning, design, development, and testing. Once the platform is up and running, additional time is required to maintain, update, and manage the platform. This may include regularly reviewing and updating content, adding new features, and providing technical support. The time commitment may be ongoing, as online voter assistance platforms need to be available and updated throughout the year, especially during election periods.

Name	Citizen Participation Project.
Type of practice	Civic Education.
Objectives	To promote the active participation of citizens in public affairs, to strengthen social cohesion and democracy, and to develop citizens' skills and capacities.
Target audience	All citizens.
Expected results	Increased citizen participation and engagement, increased trust and cooperation, development of citizen skills and abilities, and positive community impact.
Mode of implementation	Defining project objectives and scope, identifying target groups, designing participatory methods and tools, communicating and promoting the project, facilitating the participatory process, collecting and analysing citizen input, providing feedback and communicating results, and evaluating and learning from the results.
Resources required	It is important to have an adequate budget to cover the costs associated with the project and trained and dedicated staff who coordinate and manage the project. Depending on the nature of the project, it may be necessary to secure physical space and, where appropriate, access to the digital technologies needed to carry out the project.
Time spent	The time spent on citizens' participation projects can vary considerably, depending on the specific characteristics and objectives of the project, as well as the resources available and the expected duration of the project.

Name	Democracy Camps.
Type of practice	Civic Education.
Objectives	To promote civic education, encourage civic participation, develop civic and democratic skills, foster dialogue and respect, raise awareness of political processes and stimulate civic leadership.
Target audience	Youth and Adolescents.
Expected results	To empower young people to become active, aware and engaged citizens committed to democracy and participation in their communities and society at large.
Mode of implementation	Planning and design, participant recruitment and selection, content development, camp delivery, evaluation and monitoring.
Resources required	Adequate space, trained staff, teaching materials, audio-visual resources, stationery, food and accommodation (where appropriate), transport and funding.
Time spent	These camps usually last several days or even weeks.

Name	Leadership Training, Focusing on Governance.
Type of practice	Workshop.
Objectives	To develop participants' leadership skills and competences, with a particular focus on governance.
Target audience	Young political leaders, government officials, social activists, professionals from non-governmental organisations, community leaders, and anyone interested in acquiring knowledge and skills in the field of governance.
Expected results	The project aims to empower participants to become informed, committed, and responsible leaders, capable of making a meaningful contribution to the development and improvement of governance in their communities and society at large.
Mode of implementation	The delivery mode for governance-focused leadership training involves designing a detailed programme, identifying suitable participants, selecting experienced facilitators, developing relevant content, delivering interactive and practical training sessions, evaluating the impact of the training and follow-up. This approach aims to equip participants with the necessary tools and skills to lead in governance, promote their active participation and effective contribution to decision-making processes.
Resources required	Adequate physical space, training materials, subject matter experts, logistical support, committed participants, adequate time and funding, and evaluation and monitoring mechanisms.
Time spent	The exact duration can be adapted to the needs and availability of the participants as well as the available resources.

Name	Youth Volunteer Organisation.
Type of practice	Citizen Participation.
Objectives	Encourage civic participation and social engagement of young people, promote volunteering as a service to the community, provide opportunities for personal and professional development, support vulnerable groups, raise awareness of relevant issues, create solidarity, stimulate leadership and social responsibility, and promote collaboration and networking among social actors.
Target audience	Young people of different ages who are interested in taking an active part in volunteering and community work.
Expected results	Encouraging active participation in voluntary activities, fostering personal, social, and civic development.
Mode of implementation	Identifying needs, recruiting and training young volunteers, coordinating activities, working with local organisations, and assessing impact.
Resources required	Trained staff, adequate space, materials and supplies, funding, networks and partners, technology and communications, and training and capacity building.
Time spent	The time needed to organise youth volunteers varies depending on the project or activity.

Name	Innovation Lab for Social Good.
Type of practice	Citizen participation.
Objectives	The Innovation Lab for Social Good focuses on empowering young people to turn their ideas into concrete and viable projects. Through initiatives designed specifically for and by young people, the Lab aims to provide them with the tools and support they need to turn their ideas into real projects. The aim is to encourage their active and creative participation, giving them the opportunity to develop their skills, strengthen their leadership, and make a positive impact on their environment.
Target audience	Young people.
Expected results	The development of relevant skills, the generation of concrete ideas and projects, the empowerment of young people, collaboration and networking, and a positive social impact on the community.
Mode of implementation	It is implemented by creating a collaborative space where young people can turn ideas into feasible projects. It encourages the active participation of young people, fostering creativity and collaboration. It uses agile methods and is supported by experts and mentors.
Resources required	A physical space, technological equipment, experts and mentors, financial resources, networks and partnerships, logistical support and a participating community.
Time spent	It may vary depending on the duration of each project or initiative.

Name	Youth Radio.
Type of practice	Communication and participation.
Objectives	Encouraging youth expression and participation, promoting intergenerational dialogue, developing communication and media skills, amplifying youth voices, promoting diversity and inclusion, informing and empowering youth, and promoting local culture and music.
Target audience	Young people.
Expected results	Empower young people, encourage their active participation, and provide a platform for them to express their ideas and concerns in a meaningful way.
Mode of implementation	Establishing radio infrastructure, partnering with relevant institutions and organisations, designing interesting programmes, providing training in radio production, encouraging youth participation, broadcasting through online platforms, evaluating impact and ensuring quality. There should be a youth-centred approach that encourages their active participation and gives them a voice in the production and broadcasting of radio programmes, leading to a positive impact on their personal and community development.
Resources required	Recording and transmission equipment, radio studios, trained staff, and funding to cover operating and maintenance costs.
Time spent	It can take anywhere from a few weeks to several months, depending on the size of the project and the resources available.

Name	Inter-Party Youth Forum.
Type of practice	Youth forums.
Objectives	To educate young people about politics and the political process, to promote dialogue and understanding between young people from different political parties, to involve young people in the political process and promote their participation, and to develop youth leaders who can advocate for the interests of young people.
Target audience	Young people.
Expected results	Young people can learn about politics and the political process, develop their leadership and communication skills, meet other young people from different political parties, work together to find solutions to problems facing young people, advocate for young people's interests to politicians and other leaders, and create positive change in their community and the world.
Mode of implementation	It involves selecting young participants from different political parties, organising regular meetings for the exchange of ideas and debate, facilitating safe and respectful spaces for dialogue, coordinating joint activities and events, and promoting the active participation of young people in political decision-making.
Resources required	Adequate physical space, technological resources, funding, trained staff, cooperation with political parties and youth organisations, access to relevant information and feedback mechanisms.
Time spent	It is generally recommended to establish a regular schedule of meetings, which may be monthly, quarterly, or bi-annually, and to allow adequate time for discussion, debate and related activities.

Name	Mentoring programmes for young women from political parties.
Type of practice	Mentoring.
Objectives	The project aims to strengthen young women's political participation, empower them as leaders, and promote gender equality in the political arena.
Target audience	Young women in political parties and candidates in elections.
Expected results	A positive impact on the political empowerment of participants, encouraging greater participation of young women in politics, and contributing to more equitable and diverse representation in government bodies.
Mode of implementation	The programmes are implemented through the recruitment of experienced female political mentors, the selection of participants interested in politics, the matching of mentors and mentees, mentoring meetings and sessions, follow-up activities and the monitoring and evaluation of progress.
Resources required	Mentoring programmes for young women in political parties require experienced female political mentors, politically interested participants, meeting space, material resources, organisational support and evaluation, and follow-up.
Time spent	The programmes usually last from several months to a year. During this time, mentors and participants meet regularly for mentoring sessions, training, and politics-related activities.

Name	Civic Education Multimedia Campaign.
Type of practice	Civic Education.
Objectives	To promote civic knowledge, encourage civic participation, and empower citizens to exercise their rights and contribute to the development of their community and society at large.
Target audience	General citizenship.
Expected results	Increased civic awareness, increased civic participation, empowerment of citizens, behavioural change towards informed participation, increased transparency and accountability in politics, and overall improvement of democracy.
Mode of implementation	It involves the use of a variety of communication channels and tools, such as social media, websites, mobile applications, traditional media, printed materials, videos, and interactive events. Educational and awareness-raising content on civic and political issues will be produced and disseminated in a wide and accessible way to reach different audiences.
Resources required	Specialist communication and design staff, technological infrastructure such as equipment and software, a budget for promotional activities and production of materials, collaborations with organisations and strategic alliances, relevant educational content, and effective communication platforms.
Time spent	Ongoing and sustained engagement is required to ensure an effective and successful campaign.

Name	Easily Accessible Voter Education for Young People.
Type of practice	Civic Education.
Objectives	The project aims to make civic education more entertaining and relevant for young people, thus encouraging their active participation in the political and electoral system.
Target audience	Young people.
Expected results	To strengthen democratic culture among young people and promote active citizenship.
Mode of implementation	It includes the creation and dissemination of attractive and accessible content for young people. Catchy songs or rhythms will be created with informative lyrics about the electoral process, candidates and the importance of voting. Interactive games are also being developed on platforms such as Twitter, which engage young people in electoral knowledge challenges and provide relevant information in an entertaining way. These tools will be widely promoted through social media, websites, and other digital communication channels to reach young audiences and maximise the impact of civic education on their participation in elections.
Resources required	Artistic creativity, music production teams, writers and graphic designers, social media experts, access to digital platforms, promotional budget, and strategic partnerships
Time spent	This will depend on the planning, implementation and management of the project, but generally speaking a considerable period of time is needed to ensure successful implementation and effective participation of young people.

Name	Educating Young Voters with Fun Activities.
Type of practice	Civic Education.
Objectives	To empower young people as active and engaged citizens in the democratic process, using fun and engaging activities to facilitate their learning and participation.
Target audience	Young people.
Expected results	The project is expected to lead to greater participation and civic engagement among young people, thereby strengthening democracy and representativeness in the political system.
Mode of implementation	Planning and organising interactive and engaging events, working with key partners, promoting activities effectively and evaluating their impact.
Resources required	Adequate physical space, interactive educational materials, technology and audio-visual equipment, trained staff, partners, funding, promotion and dissemination, and evaluation and monitoring.
Time spent	It is important to remember that the key is to provide young people with ample time to absorb the information and actively participate in the activities, fostering effective learning and long-lasting civic engagement.

Name	Election observation projects focused on youth and/or operated by youth organisations.
Type of practice	Citizen Participation.
Objectives	Encourage young people's active participation in democracy and strengthen their ability to understand and analyse the electoral process.
Target audience	Young people.
Expected results	To increase youth awareness and participation in the electoral process, strengthen their monitoring and evaluation capacity, build confidence in the electoral system, improve youth inclusion and representation, influence electoral policies, and promote a civic and democratic culture.
Mode of implementation	This may include training youth election observers, conducting monitoring and evaluation of electoral processes, collecting and analysing data, preparing reports and recommendations, raising awareness and disseminating information about the electoral process, promoting the active participation of young people in election observation and cooperating with electoral institutions and other relevant actors.
Resources required	Funding to cover associated costs, dedicated staff and volunteers, capacity building and training, technology and equipment, communication and dissemination resources, and strategic partnerships and alliances.
Time spent	It may vary depending on the length of the elections and the size of the project.

Name	Youth-led project that opens up youth-friendly channels to scrutinise members of parliament and promote transparency.
Type of practice	Citizen Participation.
Objectives	Engaging young people in the political process and promoting transparency by giving them the opportunity to scrutinise and question MPs.
Target audience	Young people.
Expected results	It is hoped that this project will facilitate a constructive dialogue between young people and parliamentarians that can influence their decisions and actions. Ultimately, the aim is to increase young people's confidence in the political system and to achieve greater representation of their interests in decision-making processes.
Mode of implementation	Creating online platforms, such as websites or mobile apps, that allow young people to scrutinise Members of Parliament in an easy and accessible way. These platforms offer interactive tools such as polls, questionnaires or comment spaces where young people can express their views and ask their questions to parliamentarians. In addition, events or debates can be organised where young people have the opportunity to interact directly with political representatives.
Resources required	Technological resources such as servers, websites or mobile applications are needed to create the online platforms where young people can scrutinise their MPs. In addition, technical and development staff are needed to design and maintain these platforms. Financial resources are also needed to cover the costs of developing, maintaining and promoting the platforms. Trained staff are also needed to facilitate dialogue between young people and parliamentarians, whether through face-to-face events, debates or online communication channels. Finally, promotional resources, such as marketing or advertising campaigns, may be needed to raise awareness of the project and increase youth participation.
Time spent	It can continue throughout the year, as the project involves an ongoing process of participation and dialogue between young people and Members of Parliament.

Name	National Youth Parliament.
Type of practice	Civic Education and Civic Participation.
Objectives	To give young people the opportunity to learn about the political system, to debate and propose solutions to social problems, and to express their opinions and concerns in a constructive way.
Target audience	Young people.
Expected results	It can continue throughout the year, as the project involves an ongoing process of participation and dialogue between young people and Members of Parliament.
Mode of implementation	Establishing a youth-led parliament where young people represent their peers and engage in discussions on issues relevant to their generation.
Resources required	Adequate physical space equipped with audiovisual technology for meetings and discussions. In addition, educational materials, trained staff to facilitate the activities, transport and logistical services, and funding to cover the associated costs are required.
Time spent	It is crucial to ensure that enough time is allocated for meetings, discussions, workshops, and interactive activities to allow young people to participate effectively and meaningfully in the democratic process.

Name	Groups of Young People Invited to Visit the Parliament.
Type of practice	Civic Education.
Objectives	Educate, inspire and empower young people about politics and civic participation.
Target audience	Young people.
Expected results	To increase knowledge, interest, involvement, commitment, empowerment and aspirations for political participation and civic leadership. The aim is for young people to become informed and active citizens, capable of making a positive contribution to the development of their society.
Mode of implementation	It involves careful planning and organisation, as well as effective communication of the opportunity to visit. Logistical details are coordinated and interactive activities are developed to enable young people to understand how Parliament works and to participate in meaningful experiences. After the visit, an evaluation is carried out to measure the impact and improve future visits.
Resources required	Trained and committed staff to organise and coordinate the visits, appropriate premises to receive groups and carry out interactive activities, educational and informative material on the workings of the Parliament, technical and audiovisual resources, transport and logistics for the transfer of groups, funding to cover the associated costs, cooperation and support from Members of Parliament, and evaluation and monitoring to measure the impact of the visits and make improvements for future occasions.
Time spent	It may vary depending on a number of factors, such as the length of the visit, the planning and organisation of activities, and the availability of MEPs and staff to receive groups.

Name	Participatory Budgeting.
Type of practice	Citizen Participation.
Objectives	The goal is to promote civic participation, enhance transparency and accountability, advocate for equity and social justice, strengthen trust and legitimacy, and foster civic education and empowerment.
Target audience	Young people.
Expected results	Increased citizen participation, improved quality of life, transparency and accountability, increased social cohesion and empowerment. These results contribute to the strengthening of local democracy and the sustainable development of communities.
Mode of implementation	Proposals are gathered from the community, assessed, and chosen based on predefined criteria. Subsequently, a vote is conducted to determine the priority proposals for inclusion in the final budget. These selected proposals are then put into action and closely monitored to ensure their successful implementation.
Resources required	It requires financial resources to fund the selected proposals, trained human resources to coordinate and facilitate the process, technological resources such as online platforms, communication resources to inform and promote participation, and logistical resources such as physical spaces.
Time spent	Depending on the size of the participatory budget and the number of proposals and participants involved, this can take from several months to a year.

Name	School of Citizen Participation.
Type of practice	Civic Education.
Objectives	To encourage active participation, develop participatory skills, promote dialogue and diversity, strengthen local democracy, and empower participants to become agents of change in their communities.
Target audience	Young people.
Expected results	It is expected to lead to greater civic awareness and knowledge, participatory skills, increased citizen participation, diversity in decision-making spaces, improved local policies, increased trust in democracy and the creation of networks and alliances for collective action.
Mode of implementation	It involves detailed planning, recruitment and selection of participants, development of training sessions, monitoring and follow-up, and final evaluation. It is essential to promote a participatory and collaborative learning environment, provide resources and support to participants, and ensure continuous evaluation to improve the process.
Resources required	Resources such as adequate physical space, teaching materials, staff trained in citizen participation issues, a budget to cover operating costs, and the cooperation of relevant institutions are required.
Time spent	These courses usually last from a few weeks to a few months.

Name	Congress Simulation.
Type of practice	Civic Education and Civic Participation.
Objectives	This activity brings together several sub-activities with the following objectives: • To provide knowledge on the functioning of political institutions. • To raise awareness of the systems for electing the head of government. • To bring young people into contact with political decision-makers. • To make young people aware of how they can actively participate in the political system.
Target audience	Young people.
Expected results	It is expected to create a greater awareness and knowledge of the political system of a state in all participants of the activity. It should also enable them to take on different parliamentary roles, giving them new perspectives. In addition, they will learn first-hand how decision-makers at different levels make public policy.
Mode of implementation	Over a period of several days, a political simulation is carried out, representing the parliamentary system of a state. It starts with the election of the head of government, followed by the development of legislation in working committees, and some democratic elements such as the control of the government. A chamber is also set up in which all the participants take part, each with a specific role from which they receive information to develop throughout the activity.
Resources required	It requires an infrastructure with the capacity to host an event for around 100 people, with different rooms for the different parliamentary groups, committees, press, etc.
Time spent	Planning: two months. Implementation: five days.

8. Other resources

Below are a number of 'energisers' that will be of great help in supporting the delivery of any of the presented activities that bring groups of young people together face-to-face.

Energisers refer to any activity or stimulus used to increase the energy, mood, or motivation of a group of people, especially in work settings, workshops, events, or group activities. These energisers are usually short and fun, designed to break monotony, encourage participation, and hold the attention of the people involved.

Energisers usually involve games, group dynamics, relaxation exercises, or any activity that activates participants physically or mentally. The aim is to liven up the atmosphere, improve group cohesion, and maintain a positive energy level.

Some examples are:

Up to 20

Description	A group of people is asked to count in sequence until they reach 20. However, each person must wait their turn to say the next number in random order, ensuring that they avoid speaking at the same time as another person. Only one person can say a number at a time. If, at any point, two people speak in unison, even for a moment, the group must start counting again from number 1.
Aim	To create focus, calm, and awareness in participants to achieve success.
Needs	None.

Doodling together

Description	Participants sit around a table or in a circle, and each of them is given a sheet of paper, pencils, and crayons. After each of the following rounds, the paper is passed to the partner on the left to draw over the previous drawing. Rounds: - Draw a random shape. - Draw something meaningful from the previous random shape. - Add context and setting to the drawing. - Add action or drama without text. - Add text.
Aim	Encourage teamwork and creativity while creating a good, fun atmosphere.
Needs	Paper, pencils, crayons, stopwatch.

Kids and clowns

Description	Divide the room and divide the group into two parts: children and clowns. The children must not smile or laugh, while the clowns must use their creativity to make the children laugh without touching them or getting too close. When a child laughs, he/she becomes a clown. The last child remaining without laughing is the winner.
Aim	Create a good, relaxed, and fun atmosphere.
Needs	A large room.

Quotes

Description	Each participant prepares a famous quote or a quote of their own that motivates them or represents values that are important to them. At the beginning of the day, everyone shares their quote with the others and, if necessary or desired, comments on it.
Aim	Motivate and share the values or vision among the participants.
Needs	None.

Share your day

Description	Each participant presents a summary of the tasks, activities, or issues that occupy and concern them. This allows the other participants to empathise, learn about each other's concerns and needs, and offer their help if they can contribute.
Aim	Encourage empathy, learn about the activities of the whole group, and foster peer support.
Needs	None.

In the same way that we have introduced various 'energisers,' we will now introduce another resource, namely 'team building activities.' These activities are designed to strengthen relationships, improve cohesion, and foster cooperation within a team. The aim of these activities is to enhance communication, trust, teamwork, problem-solving, and other critical aspects of team performance and success.

Team building activities can range from simple games and dynamics to more complex and challenging exercises. They can be conducted in diverse settings, such as educational institutions, community groups, or training events.

The primary goal of these activities is to improve relationships among team members, allowing them to understand each other better, work together more effectively, and respect each other's strengths and weaknesses. Additionally, it helps develop greater confidence in the team as a whole. As a result, productivity, creativity, communication, and conflict resolution within the group can be positively impacted.

Here are some examples:

This or that

Description	The room is divided into two sections. Dichotomous questions (with two opposite answers) are asked. Each answer is assigned to one of the areas of the room, and to answer these questions, participants are placed in the appropriate area.
Aim	Promote self-awareness and overcome shame.
Needs	Large room.

Write around

Description	Several cards are placed around the room. Each card corresponds to a keyword, for example: team, solidarity, camaraderie, or any other word related to the activities of the organisations. In an orderly and simultaneous way, all participants write on the cards what this term means to them and what they want to contribute in relation to it. With a set time for each term, the cards are rotated until everyone has written on each one. Then read out all the information collected, draw conclusions and discuss.
Aim	Finding common ground, expressing opinions, encouraging critical thinking and, above all, getting everyone to share a common vision of what the units are doing.
Needs	Large room, poster board, markers or pens, stopwatch.

A snapshot of my life

Description	Each participant shares with everyone a picture of something related to their life (a special moment, a place they would like to travel to, their favourite possession, etc.). One by one, they share their stories while the others listen.
Aim	Create a stronger connection between participants and achieve greater understanding.
Needs	Photos of each participant.

Create a handshake

Description	Follow the steps below to complete the activity: - Find a partner. - Perform a two-step greeting (examples of steps: handshake, high-five, high-five, high-five, snap: be creative). - Practice, make sure both partners know the steps and can teach them to another person. - Find a new partner (both people). - Show each other the greetings you have learnt. - With your new partner, decide which greeting to build on. - Work together to add two new steps to the greeting you chose in step 6. - Practise the expanded greeting so that both partners know all 4 steps and can teach them to someone else. - Repeat steps 4-8 until everyone has a greeting.
Aim	Create complicity between participants.
Needs	None.

Battle of the airbands

Description	Divide the group into teams of 3-4 people and let them decide who will be the singers, guitarists, drummers, etc. Give them time to choose, rehearse, and perform a lip-synched version of the song they prefer and that is appropriate for the job. If they have a few days, teams can dress up or bring props. After the performances, the teams can vote for the winner (with the proviso that no one can vote for their own group). Alternatively, involve another department in the fun and let them choose the winner.
Aim	Improve relationships between group members, encourage collaboration, promote creativity and teamwork, and create a fun atmosphere.
Needs	Speakers and an electronic device to play music.

9. Planning example

Activity: Workshop on Civic Education and Political Participation for Young People at Risk of Social Exclusion.

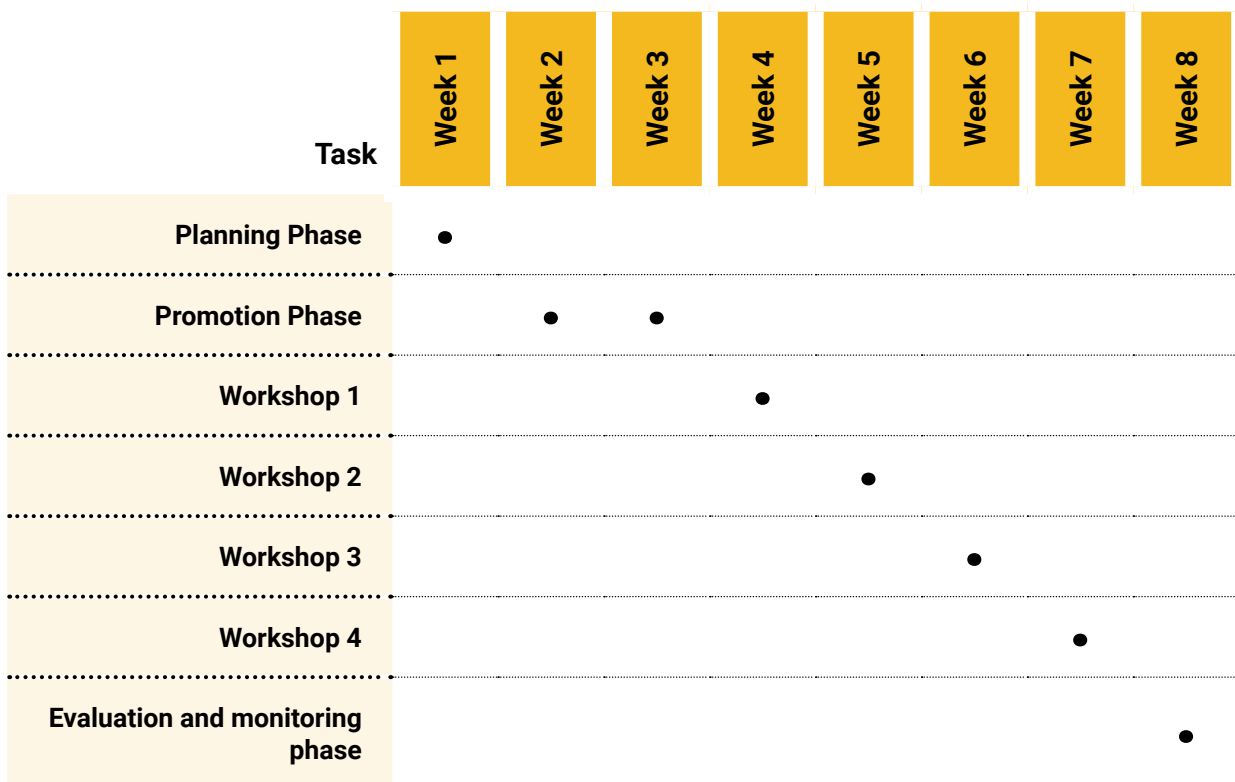
Objective: To empower young people at risk of social exclusion to actively participate in politics and decision-making in their community.

Project duration: 8 weeks

- Planning Phase (Week 1):
 1. Define the aims and objectives of the workshops.
 2. Select dates and times for the workshops.
 3. Identify and reserve a venue for the workshops.
 4. Recruit facilitators and volunteers.
- Promotion Phase (Week 2 - Week 3):
 1. Design promotional materials (flyers, posters, social media).
 2. Start promoting the workshop in schools, universities, youth networks, and local media.
 3. Run an awareness campaign on social media.
- Implementation Phase (week 4 - week 7):

1. Week 4: Workshop 1 - Introduction to politics and the democratic system.
 2. Week 5: Workshop 2 - Rights and responsibilities of citizenship.
 3. Week 6: Workshop 3 - Civic participation and tools for action.
 4. Week 7: Workshop 4 - Communicating with political leaders and youth projects.
- Evaluation and Monitoring Phase (week 8)
 1. Collect feedback on the workshops from participants.
 2. Evaluate the impact of the activity on young people's political participation.
 3. Identify lessons learned and areas for improvement for future activities.

Gantt chart:



This Gantt chart illustrates the project's planning over an 8-week period, with each X indicating the week in which each task will be executed. Please note that this is a sample schedule, and in a real project, factors such as available resources, specific dates and times, and other crucial details should be considered to ensure the success of the activity.

10. Examples of good practises

The activities below are designed to promote active participation and empowerment in our community. We are confident that these activities will enable participants to develop new skills, build meaningful relationships and, most importantly, feel part of a positive movement that will transform our community. As well as showing here the following activities in our research we have other examples of good practices that are very easily implemented by young organizations.

It is important to note that although some activities can be carried out independently, it is always beneficial to have the support and backing of institutions to maximize the impact and ensure the success of the projects.

Example 1

Name: Fuerteventura youth participation and dynamisation project.

Type of practice: Citizen participation

Objectives: The main objective is to generate groups of young people who, acting in a coordinated way, create and implement common actions or projects.

Target audience: Young people.

Expected results: There are several expected results such as the promotion of knowledge and use by young people of the island and its resources, the creation of an active group of young people who are configured as promoters of activities within the municipality and inspirers of youth participation. The aim is also to improve and encourage the personal development of the island's young people as well as their participation and joint decision-making.

Mode of implementation: The implementation of this project is based on the search for young people to lead the creation of these participatory groups, where decisions are taken jointly and using dynamic tools that facilitate this process. Therefore, it is of paramount importance to design appropriate activities for this activity in order to achieve a good participation of the island's young people.

Example 2

Name: The European Rural Youth Parliament (ERYP)

Type of practice: Youth Parliament

Objectives: It is an initiative that aims to empower, engage, and connect rural youth from different countries in Europe. The project focuses on creating opportunities for diverse economic activities, sustainable agriculture, and rural development.

Target audience: Young people from rural environments.

Expected results: To contribute to the development of rural areas in Europe.

Mode of implementation: The Rural Youth Parliament is organized as a tool for active participation and transnational cooperation among rural youth. The project also includes a methodology for organizing rural youth parliaments and a guide on best practices for transnational cooperation. The Rural Youth Parliament is part of the European Rural Parliament, which is a network of people and organizations working to strengthen rural communities in Europe. The European Rural Parliament holds events and conferences to discuss rural development issues and promote cooperation among rural communities.

Example 3

Name: Young Rural Dynamisers

Type of practice: Cooperation project.

Objectives: Has as its main objective to involve rural youth in the development of their communities and to prevent the exodus of young people to urban areas.

Target audience: Young people from rural environments.

Expected results: Expected results include an increase in the number of young people motivated to participate in their environment, the development of social skills, knowledge and tools acquired, increased participation rates of young people, improved consumer habits and attitude towards the rural environment.

Mode of implementation: It consists of actively listening to the different projects presented by young people from this rural environment in order to carry out an evaluation and select those that obtain the highest score in order to provide them with financial support so that they can be carried out.

11. References

Council of Europe (n.d.). Youth work. Retrieved from <https://www.coe.int/en/web/youth/youth-work>

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