

Intellectual Output Toolkit

Youth participation activities (KA154-YOU)



Empowering Youth Voices for European Citizenship

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☀ "From Ideas to Action: Empowering Youth to Shape Europe's Tomorrow" ☀



🌟 Origins of the Toolkit

👥 **Unity in Diversity** has always been more than a slogan for us — it's the very heart of this journey. In 2024–2025, youth voices from Germany DE, Hungary HU, Romania RO, and Turkey TR united to bring to life a dream: a Europe where young people are not only heard but shape the future with courage, creativity, and commitment.

🏠 It all started in the vibrant town of **Cluj-Napoca**, Romania RO, during the **Awareness and Participation Workshop** (8–16 December 2024), where young changemakers gathered under the sparkling lights of the Cluj Christmas Market.



From intercultural evenings to critical discussions on media literacy and active citizenship, participants lived the spirit of collaboration, weaving bonds that transcended borders.

🌟 Inspired by the energy in Cluj, the journey continued into 2025 with dynamic follow-up workshops:

- **Personal Development Workshop** in **Budapest**, Hungary HU (8–16 February 2025), blending leadership training with Hungarian cultural magic,
- **European Identity and Citizenship Workshop** in **Bacharach**, Germany DE (9–17 April 2025), set amidst medieval charm on the banks of the Rhine.



Each workshop brought together incredible young individuals aged 18–30, fueled by passion for civic engagement, democratic participation, and cultural understanding. Every moment — from lively street interviews to intense media literacy labs — was shaped by the **active role of the participants**. They were not passive listeners but co-creators of content, agents of discussion, and initiators of change. 🎤 🌍



<https://sites.google.com/green-hope.org/unityindiversity/about-the-project/awareness-and-participation-workshop/street-interviews>

✈️ Crossing cities, languages, and traditions, they tackled key challenges facing Europe today: misinformation, social exclusion, political apathy, and threats to democracy. Their collective experiences, debates, and reflections are what shaped the workshops captured in this toolkit.

🔗 Behind this empowering project stood a powerhouse consortium of passionate partners:

- **Phoenix Knowledge Wings** (Germany DE) — experts in human rights and digital inclusion,
- **Inovasyon Proje** (Turkey TR) — champions of youth leadership and creativity,
- **GreenHope** (Romania RO) — advocates for sustainability, mental health, and civic action,
- **Creative Youth Academy Hungary** (Hungary HU) — defenders of intercultural dialogue and lifelong learning.

Together, we dreamed big — and delivered.



🎯 This toolkit is the culmination of that dream: a living testament to youth power, critical thinking, resilience, and solidarity across cultures. It's filled with workshops that are practical, engaging, and driven by real experiences, not theory.

🌟 Whether you are planning your first civic project, launching a media literacy campaign, or simply seeking to amplify youth voices, this toolkit is your companion for creating change — step by step, idea by idea, action by action.

🔔 Welcome to a movement.

Welcome to a community.

Welcome to **Empowering Youth Voices for European Citizenship**. 🚀

💡 Shaping the Toolkit: A Journey of Empowerment and Discovery 💡

🌱 At the core of the *Empowering Youth Voices for European Citizenship* project is a bold belief: **learning should be alive, collaborative, and real**. Here, we don't sit back — we **build, challenge, and shape** the future together.

🤝 **Dedicated trainers, friendly discussions, interactive challenges, and laughter-filled moments** create an environment where every voice is heard and every story matters.

🌍 **Unity in diversity** is not just celebrated — it's experienced every day, through every shared idea and every small breakthrough.

🏠 **A home for ideas and action** — Our workshops, hosted in Cluj-Napoca, Budapest, and Bacharach, become spaces where creativity flourishes, resilience grows, and deep intercultural friendships are born.



☀️ Our partners bring the spirit of the project to life:

- DE **Phoenix Knowledge Wings** (Germany) sparks digital courage and champions the unheard voices of youth.
- TR **Inovasyon Proje** (Turkey) breathes innovation into leadership and ignites the fire of proactive action.
- RO **GreenHope** (Romania) nurtures a greener, kinder world, blending sustainability with civic spirit.
- HU **Creative Youth Academy Hungary** crafts spaces where ideas become movements and young energy becomes community power.

🚀 Together, they form a **dynamic constellation of expertise, heart, and vision** — each organisation adding its own vibrant colour to our shared European canvas.

📁 Shaping the Toolkit means:

- 🛠️ Designing, debating, and dreaming — not just learning about change but **becoming change**.
- 🎤 Speaking up through interviews, campaigns, and real-world advocacy.
- 🤝 Building solutions together that are bold, practical, and rooted in community spirit.

🌱 From cooking in shared kitchens 🍲 to deep discussions under winter skies ❄️, every moment strengthens the ties that connect young people to their future roles as active citizens.



Because here, **your ideas don't stay in notebooks** —
they **shape streets, conversations, communities** — and Europe itself.

✦ Post-Event Work on the Toolkit: From Ideas to Action ✦



🎯 The energy of our workshops didn't end when the final discussions wrapped up — it only grew stronger!

Our **Post-Event Work on the Toolkit** became a vibrant second chapter, fuelled by passion, collaboration, and real-world experience.

📅 Participants, trainers, and organisers joined forces to **refine, enrich, and transform** our Toolkit, making it a true reflection of what happens when young voices take the lead.

🤝 In lively online meetups and friendly brainstorming sessions, we:

- 🛠️ Added **real case studies** from Cluj-Napoca, Budapest, and Bacharach — stories of challenges faced, lessons learned, and victories achieved.



- 🗣️ Shared best practices — from **street interviews** and **media literacy campaigns** to **local advocacy initiatives**.
- 🛠️ Created new templates, tools, and action plans based on what participants **actually needed** and **asked for**.

🌐 Every contribution — a personal story, a team project, a shared idea — strengthened the Toolkit, making it **not just a document**, but a **living map for youth-driven change** across Europe.

🌱 The post-event work became a joyful, creative space where:

- Experience turned into advice 📖
- Challenges turned into guides 🧩
- Dreams turned into practical action plans 🚀

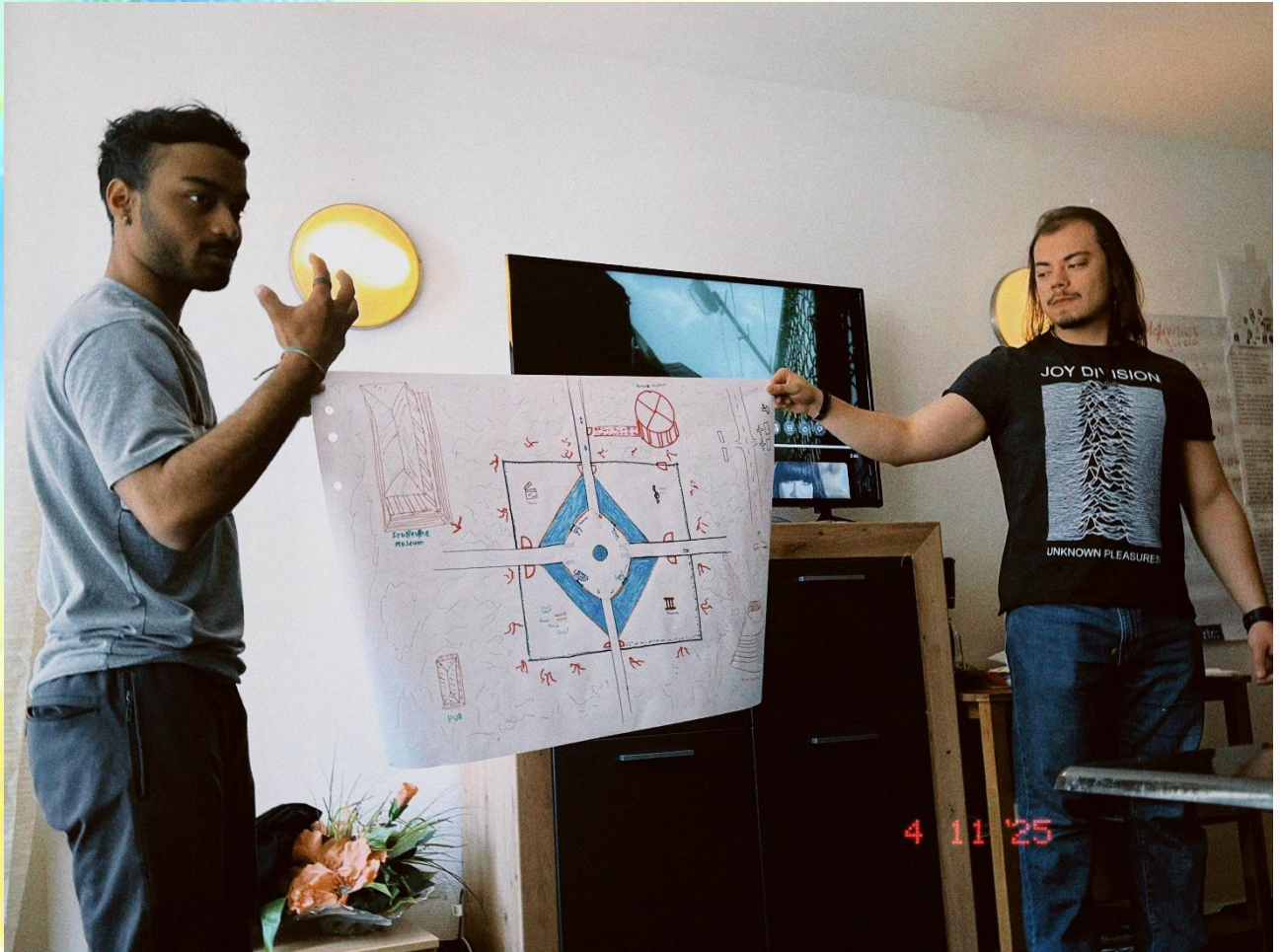
💬 We didn't just talk **about** youth empowerment — we **practised it, wrote it, shaped it**, and **made it ready for the next wave of changemakers**.

🌍 This Toolkit is a celebration of what happens when young people collaborate across borders, **turning knowledge into movement** and **solidarity into impact**.

💡 How the 12 Workshop Topics Were Selected: A Collective Journey 💡

🔧 The creation of our 12 Workshop Topics was not a random choice — it was a **carefully structured, dynamic process**, reflecting the voices, ideas, and visions of everyone involved. Here's how we shaped them step by step:

🧩 Step 1: Identifying Needs and Challenges



At the earliest planning meetings, partners from Germany DE, Hungary HU, Romania RO, and Turkey TR came together to share their experiences with youth work.

We asked:

- What skills do young people need most today?
- What issues ignite their passion?
- Where are the biggest gaps in participation and inclusion?

Through **brainstorming sessions**, we collected a wide array of themes — from digital citizenship and democracy to mental health and sustainability.

Step 2: Discussing and Refining Ideas

During several **online workshops** and **partner exchanges**, we discussed each potential topic:

- Is it **relevant** to today's youth challenges?
- Does it support **critical thinking**, **active citizenship**, and **European values**?
- Can it be delivered in an **interactive**, **hands-on** way, not just through theory?



We refined, reworded, and polished each idea, ensuring it stayed **practical, inspiring, and accessible** for young people with diverse backgrounds.

Step 3: Democratic Voting

Once a longlist of 18 preliminary topics was ready, we opened a **democratic voting process** involving:

- Partner organisations
- Trainers
- Selected youth representatives from each country

Each voter ranked their top priorities based on **impact potential, urgency, and inclusiveness**.

Votes were collected anonymously to ensure fairness and transparency.

The 12 highest-ranked topics became our final selection — balancing digital literacy, civic participation, environmental awareness, intercultural dialogue, human rights, and resilience.





☀️ Step 4: Matching Topics to Real Events and Contexts

After voting, we carefully matched the topics to the realities of the workshops in Cluj-Napoca, Budapest, and Bacharach, considering:

- The specific local needs of young people
- Timing (e.g., 2024 European elections, climate actions, migration debates)
- Opportunities for hands-on activities, community engagement, and personal storytelling

Each topic was shaped to fit not just the global trends, but also the **local heartbeat** of each city where the workshops would unfold.

🎯 The Final 12 Topics:

1. **Walk in Their Shoes** – Migration and human rights
2. **Climate Moot Court** – Environmental justice and youth action
3. **Youth Vote Lab** – Democratic participation and voting
4. **Digital Democracy Watchdogs** – Media literacy and online advocacy
5. **Voices Across Borders** – Intercultural dialogue and European identity
6. **Fake News Fighters** – Combatting disinformation
7. **Building Bridges, Not Walls** – Inclusion and human rights education
8. **Resilient Minds** – Youth mental health and resilience
9. **Digital Solidarity** – Online campaigns for social change
10. **Youth Advocates for Inclusion and Equality** – Empowering rights-based activism
11. **Green Deal for Youth** – Sustainability and future building
12. **Defenders of Democracy** – Youth action against authoritarianism



Each topic represents not only a **priority issue** for today's Europe, but also a **chapter of our shared dream** — a Europe where youth are not just participants, but **leaders, creators, and guardians** of democracy, diversity, and dignity. Together, through collective creativity and true democratic spirit, we built a curriculum that **belongs to young people — and is powered by them.** 🚀



💡 Workshop Lab: Shaping Ideas into Impactful Action 💡

🔧 After the workshops, we didn't just stop — we **rolled up our sleeves and dived back in!** Our journey continued with **rigorous testing, refinement**, and a whole lot of **team energy** to bring this Toolkit to life.

🧠 Every workshop became a **living lab** — a space where ideas met real-world challenges, where feedback from participants sparked adjustments, and where our dedication turned visions into practical tools for civic engagement.

🚀 Innovating, Experimenting, Transforming

Through hands-on trials, we tested each approach — whether it was **media literacy battles, critical thinking missions, or simulation journeys** into migration and identity.

Every activity faced tough questions:

- Is it truly engaging?
- Does it inspire action, not just reflection?
- Can it be adapted for different realities?

🗣️ In workshops like **“Voices Across Borders”**, we quickly saw that classic discussions weren't enough — so we flipped the script!

We introduced **role-plays, creative expression, and dynamic storytelling**, letting participants experience real dilemmas, conflicts, and breakthroughs themselves.

🌐 During **“Fake News Fighters”**, we moved beyond theory, turning participants into **fact-checking detectives** armed with quick strategies to spot manipulation in real time.

Each change made our sessions **more vibrant, more real, and more empowering**.

🔥 Learning from the Past, Building for the Future

We didn't reinvent everything blindly —

we critically assessed former workshops, activities, and methods used in past projects. 📄

What we learned:

- Passive listening is out ❌



- Active doing is in
- Experience + Reflection = True learning!

For instance, in redesigning “**Youth Vote Lab**”, we swapped out long discussions for a **real voting simulation** —

letting participants feel the excitement and responsibility of making democratic choices under real conditions.

Bringing Real Stories Into the Room

Our team members — many with their own experiences of activism, civic engagement, or navigating migration —

didn’t just **facilitate**. They **shared, listened, and built bridges** with participants.

These personal narratives became the soul of the Toolkit — transforming activities from good exercises into powerful journeys of empathy, understanding, and resilience.

In sessions like “**Walk in Their Shoes**”, real migration journeys inspired challenges, surprises, and emotions that textbooks could never teach.

Creating a Toolkit That Breathes Life

Every adjustment, every refinement was made with a clear mission:

- Empower young people
- Foster resilience
- Promote solidarity and action

The result?

A **Toolkit built by experience, tested by reality, and designed to spark transformation** — not only during the workshops, but long after the final sessions ended.

This Toolkit is not a destination —

it’s a starting line for youth to dream louder, act bolder, and build the Europe they believe in.

Ready to Explore the Journey?



🚀 After months of collaboration, creativity, and collective decision-making, we proudly present **12 inspiring workshops** — each one designed to spark action, amplify youth voices, and build a stronger, more connected Europe.

💬 Let's dive in and start shaping the future together!

Image Disclaimer

If not stated otherwise, all images used in this Toolkit have been carefully selected to respect copyright regulations. The visual materials either originate directly from our project events and activities 📸 or are sourced from royalty-free, open-license collections that require no attribution 🌐. No copyright infringements apply. We are committed to ensuring that every visual element supports the educational mission of the *Empowering Youth Voices for European Citizenship* project in a fully legal and ethical manner. 🌍 ✨



WORKSHOPS

1.



Workshop

AI Ethics Hackathon

Title

European Union AI Act adopted (13 March 2024) — the first comprehensive AI regulation globally. It shapes how AI systems must respect human rights and fairness, directly affecting participants' future workplaces, studies, and daily lives.

Case Study

Source: [EU AI Act Summary](#)





Learning

Outcomes

Participants will acquire an understanding of ethical AI challenges, learn to critically analyse the societal impacts of new technologies, and practise proposing responsible and inclusive AI solutions. They will build confidence in discussing innovation and ethics in a European context.

Key

Competences

Digital awareness, critical thinking, teamwork, civic engagement, problem-solving.

Developed

Target Group

Young people aged 16–25; open to all fields of interest, no technical background needed. Focus on curiosity and social responsibility.

Duration

One day: 5–6 hours with two short breaks, or two sessions of 2.5–3 hours each.

Materials

Needed

Minimal: flipchart or whiteboard, basic writing materials (markers, sticky notes). Optional: printed summary of the AI Act key points. No mandatory screens or digital devices.

Room Setup

Small groups (4–6 people) seated around tables or in a circle. Space for group discussions and presentations.

Preparation

for the Trainer

Select 3–4 real AI-related ethical dilemmas (printed on paper or read aloud). Prepare guiding questions (e.g., “Who is impacted?”, “Is this fair?”, “What alternatives exist?”). Set up flipcharts for team work.

Description

1. Welcome participants and introduce the importance of ethics in digital innovation (10 min).
2. Briefly explain the AI Act and distribute 2–3 key principles (no heavy documentation) (10 min).
3. Present the real case studies verbally or via simple printed sheets (10 min).
4. Form teams; each team analyses one case: identify risks, rights affected, and propose improvements (45 min).
5. Group presentations: each team presents its findings on flipchart (5 min per group) (30 min).
6. Collective reflection: What values matter most in new technologies? (20 min).



min).

7. Close with inspiring real-world initiatives respecting ethical AI (10 min).

Handouts and Visuals

Very limited: printed guiding questions (one sheet per group if needed) or written on flipchart. AI Act key principles can be shared verbally or displayed on a flipchart.

Tips for the Trainer

Be dynamic and flexible: stimulate debates rather than deliver lectures. Use simple, real-life language to make the concepts relatable. Focus on participant creativity, not correctness. Use visual metaphors or quick sketches on flipchart if needed instead of slides. Offer small encouragements for teamwork and brave ideas.

Optional Follow-up Activities

Invite participants to create a one-page “AI Ethics Manifesto” for their community, youth group, or school. Propose a voluntary online meet-up to discuss further developments in AI and human rights.

2.



Workshop

Title

Detect & Debunk: Mastering Media Literacy



Case Study

Digital Services Act fully applied across Europe (17 February 2024) — setting new standards for transparency, content moderation, and user rights. Essential for participants to understand how online spaces are regulated and how to critically assess digital information.



Source: [European Commission: Digital Services Act](#)



Learning Outcomes

Participants will strengthen their ability to recognise misinformation, evaluate online content critically, and understand their rights and responsibilities under the Digital Services Act. They will develop tools to become informed and responsible digital citizens.



Key

Competences Developed

Media literacy, critical thinking, digital responsibility, collaboration.



Target Group

Young people aged 16–25 who are active social media users, bloggers, or content consumers. No special media background required.



Duration

One session of 3 hours or two sessions of 1.5 hours each.



Materials

Needed

Flipchart or whiteboard, markers, a small set of real or fictional online posts (printed or read aloud). No mandatory screens or devices.



Room Setup

Small groups (3–5 participants) seated at separate tables or in a semi-circle for easy discussion.



Preparation for the Trainer

Prepare 8–10 short examples of posts/articles (real or invented) with varying credibility. Create a simple checklist for evaluating sources (e.g., “Who wrote it?”, “Can it be verified?”, “Is there emotional language?”).

1. Open with a brainstorming session: “What is fake news and why does it matter?” (10 min).



Description

2. Introduce key points of the Digital Services Act regarding misinformation and user rights (10 min).

3. Divide into groups; distribute examples of online content (printed or read



aloud) (5 min).

4. Teams apply the credibility checklist to each example and decide: credible, questionable, false? (40 min).

5. Quick team presentations: 3–5 minutes per group (30 min).

6. Debrief: discuss patterns, lessons learned, emotions felt when reading misinformation (20 min).

7. Closing reflection: “What will I check differently tomorrow?” (10 min).



**Handouts
and Visuals**

Very limited: printed checklist for evaluating online information (one per group) or written on a visible board.



**Tips for the
Trainer**

Focus on practical, non-judgmental discussion: the goal is not to shame mistakes but to build critical habits. Keep the examples diverse (news, memes, videos) and relatable to participants' daily experiences. Encourage curiosity and scepticism without promoting cynicism. Highlight the empowerment angle — informed users shape a healthier digital space.



**Optional
Follow-up
Activities**

Participants can create their own mini “Misinformation Spotting Challenge” for friends or schoolmates, posting tips and verified news during an awareness week.

3.



Workshop

Title

Walk in Their Shoes: Migration and Human Rights Simulation

New EU Migration and Asylum Pact approved (10 April 2024) — establishing unified rules for asylum, solidarity, and border management. Highly relevant for participants to understand human rights, solidarity, and the complexity of European migration policies.

Case Study

 Source: [European Parliament: Migration and Asylum Pact](#)



Learning

Outcomes

Participants will gain insight into the challenges faced by migrants and asylum seekers, develop empathy, understand European migration policies, and strengthen their capacity for inclusive thinking and civic engagement.



Key

Cultural awareness, empathy, active citizenship, collaboration, communication skills.

Competences

Developed



Target Group

Young people aged 16–25 interested in human rights, social issues, or European affairs. No prior policy knowledge needed.



Duration

One half-day session (approximately 3.5–4 hours).



Materials

Basic: role cards (printed or handwritten), flipchart or whiteboard, markers. No dependence on digital screens or devices.

Needed



Room Setup

Open space with areas marked for different "stations" representing stages of a migrant's journey. Chairs in clusters for reflection phases.



Preparation for the Trainer

Prepare realistic migration journey scenarios based on true stories (anonymised). Create simple role cards (migrants, border agents, NGOs, host community members). Set up stations representing checkpoints, obstacles, or opportunities.



Description

Begin with a short introduction to the Migration Pact and the concept of human rights and asylum (15 minutes). Assign roles randomly; participants "live" a simulated journey by moving through different stations, facing choices, dilemmas, and barriers (60–90 minutes). After completing the journey, participants join small group discussions to reflect: "How did you feel?", "What surprised you?", "What seemed unfair?" (30 minutes). Hold a plenary discussion linking personal experiences to European policies: "What can we advocate for?" (30 minutes). Conclude with a final reflection where each participant writes one word describing their main takeaway (5 minutes).



Handouts and Visuals

Simple role cards and journey maps (printed or handwritten). No additional handouts required. Visual cues (arrows, signs) for the journey can be created using flipchart paper.



Tips for the Trainer

Emphasise emotional safety: participants should not feel overwhelmed. Encourage sharing but respect personal boundaries. Be prepared to debrief



any intense emotional reactions and provide support if needed. Frame the activity as a learning experience, not a political debate.

 **Optional
Follow-up
Activities**

Participants can research and present on current migration issues in Europe, or initiate a community project supporting local refugees and asylum seekers.

4.



law.columbia.edu

 Workshop

Title

Climate Moot Court: Defending Our Future

In April 2024, the European Court of Human Rights ruled in the case *Verein KlimaSeniorinnen Schweiz and Others v. Switzerland* that inadequate government action on climate change violated human rights. The Court found that Switzerland failed to comply with its obligations under Article 8 (right to private and family life) and Article 6 (right to access a court) of the European Convention on Human Rights. This case marked a major breakthrough in recognising climate change as a human rights issue in Europe.

 Case Study

 Source: [Union of Swiss Senior Women for Climate Protection v. Swiss](#)



Federal Council and Others – Climate Case Chart

Learning Outcomes

Participants will develop an understanding of how climate change is linked to human rights protection. They will improve argumentation skills, learn about real-world legal actions, and feel empowered to participate in climate advocacy.

Key Competences Developed

Critical thinking, public speaking, teamwork, environmental literacy, active citizenship.

Target Group

Young people aged 16–25 passionate about climate action, law, or civic engagement. No legal background required.

Duration

One half-day session (approximately 4 hours).

Materials Needed

Flipchart or whiteboard, simple printed briefing notes for "court" teams. No mandatory digital devices.

Room Setup

Tables arranged courtroom-style: judges, claimants, defendants. Extra chairs for audience or observers.

Preparation for the Trainer

Prepare a basic fact summary of the Klimaseniorinnen case (one page), divide participants into roles: judges, climate activists (claimants), and state lawyers (defendants). Prepare clear role instructions. Set up space for mock trial.

Description

Begin with an introduction to the ECtHR and the Klimaseniorinnen case, emphasising the link between human rights and climate obligations (15 minutes). Assign participants their roles randomly or by choice (10 minutes). Give time for team preparation: claimants build arguments about how their rights are affected; defendants prepare counterarguments (45 minutes). Conduct a structured "trial" simulation where each side presents and rebuts (60 minutes). Judges deliberate briefly and issue a verdict (20 minutes). Finish with a collective debrief: "What does this case mean for young citizens?" and personal reflections on action (30 minutes).

Handouts and Visuals

Very limited: printed one-page case summary and role descriptions (optional: legal terms cheat sheet on flipchart).



 **Tips for the
Trainer**

Emphasise critical thinking, not legal perfection. Encourage respectful debate.

Remind participants to focus on facts and values, not personal emotions.

Frame the experience as a practice in civic dialogue and collective responsibility. Celebrate creative arguments and teamwork.

 **Optional
Follow-up
Activities**

Invite participants to design a mini-campaign to raise awareness of environmental rights in their schools, communities, or online platforms. Offer resources on real-life youth climate movements and how to get involved locally.

5.



YouTube.

 Workshop

Title

Youth Vote Lab: Power of Participation



European Parliament Elections 2024 (6–9 June 2024) — historic moment with youth turnout expected to be decisive in shaping the future direction of Europe. Essential for participants to understand voting rights, youth engagement, and democratic participation.



Case Study



Source: [European Parliament Elections 2024 Overview](#)



Learning

Outcomes

Participants will understand the importance of voting, learn about the European Parliament's role, and develop motivation and strategies to encourage youth participation in democratic processes. They will feel empowered to act as multipliers in their communities.



Key

Competences

Developed

Civic engagement, political literacy, public speaking, critical thinking, teamwork.



Target Group

Young people aged 16–25 eligible or soon to be eligible to vote; youth leaders; active community members.



Duration

One half-day session (approximately 4 hours).



Materials

Needed

Flipchart or whiteboard, voting ballot templates (printed or handmade), basic voting booth simulation (tables, chairs). No mandatory digital devices.



Room Setup

Group tables for discussions; one corner arranged as a mock voting booth area for simulation.



Preparation

for the Trainer

Prepare short information sheets about the European Parliament and the voting process. Create simple templates for ballot papers and candidate profiles. Set up a small private voting space to simulate real voting conditions.

Open with a brainstorming session: “What do you think your vote changes?”



Description

(15 minutes). Provide a short, engaging explanation about the European Parliament, its powers, and the 2024 election stakes (15 minutes). Organise a



simulation: participants role-play as voters and candidates (1 hour). In teams, participants create a manifesto for their "candidate", vote using ballot papers, and tally results (45 minutes). Debrief: discuss feelings, surprises, and real-life political engagement strategies (30 minutes). Finish with personal action planning: "One thing I can do to promote youth voting" (20 minutes).

 **Handouts
and Visuals**

Very limited: printed candidate role cards, ballot papers, quick reference sheets about voting rights. Flipchart for key messages.

 **Tips for the
Trainer**

Keep it dynamic and emotional — highlight the power of individual action.

Avoid deep party politics discussions: focus on the value of participation itself. Use examples of historic youth movements that changed societies through voting and activism. Foster an atmosphere of optimism and possibility.

 **Optional
Follow-up
Activities**

Encourage participants to launch mini "Get Out the Vote" campaigns in their schools, universities, or online. Offer resources for understanding election programmes critically and fact-checking political promises. Invite a local young politician or youth activist for a follow-up talk.

6.



LinkedIn

 **Workshop
Title**

Digital Democracy Watchdogs: Online Civic Action



European Digital Services Act (DSA) fully enforced since February 2024 — strengthening online platform transparency and users' rights. Participants must understand how digital spaces impact democracy and how to act responsibly and effectively online.

Case Study



Source: [European Commission: Digital Services Act Overview](#)



Learning Outcomes

Participants will understand the Digital Services Act, develop skills for online civic action, learn how to create fact-based petitions, and engage responsibly in digital democratic spaces.

Key Competences Developed

Digital literacy, critical thinking, active citizenship, communication skills, collaboration.

Target Group

Young people aged 16–25 who are active social media users, bloggers, or digital activists. No special technical background required.

Duration

One half-day session (approximately 4 hours).

Materials Needed

Flipchart or whiteboard, markers, printed examples of online petitions (optional). No mandatory devices, but allow smartphones if available.

Room Setup

Small working groups; optional space for presenting digital campaigns or petitions.

Preparation for the Trainer

Prepare a simple fact sheet summarising the Digital Services Act. Collect 2–3 examples of impactful online petitions or youth-led digital actions. Prepare short guidelines for responsible online advocacy.

Description

Begin with a group discussion: "What makes digital activism powerful?" (15 minutes). Present key points of the Digital Services Act and rights of users (15 minutes). In groups, participants design a concept for a responsible online petition on a topic they care about (45 minutes). Groups present their petition ideas and receive peer feedback (45 minutes). Discuss challenges and risks of



online activism, and how the DSA protects users (30 minutes). End with individual reflections: "One responsible action I will take online next month" (15 minutes).

 **Handouts
and Visuals**

Printed fact sheet about DSA principles; examples of successful petitions (optional); flipchart for campaign planning.

Emphasise positive examples of youth impact through online platforms.

 **Tips for the
Trainer**

Encourage critical thinking about information sources. Help participants balance enthusiasm with responsibility in digital spaces. Frame the session as empowerment through knowledge and creativity.

 **Optional
Follow-up
Activities**

Encourage participants to launch real petitions, advocacy blogs, or awareness campaigns on issues important to them. Offer connections to youth-led civil society organisations working in digital advocacy.

7.



visaplace.com



Workshop

Title

Voices Across Borders: Intercultural Dialogue in Europe

Erasmus+ Youth Dialogue projects continue to strengthen intercultural understanding and youth civic engagement across Europe, especially highlighted during the European Year of Youth 2022 and its lasting impact in 2024. Participants will learn how structured dialogue empowers youth to influence policymaking.

Case Study

 Source: [EU Youth Dialogue – European Youth Portal](#)



Learning

Outcomes

Participants will develop an understanding of intercultural dialogue principles, learn about EU Youth Dialogue processes, and enhance skills in constructive communication and active listening.

Key

Competences

Developed

Cultural awareness and expression, communication skills, teamwork, active citizenship, critical thinking.

Target Group

Young people aged 16–25 from diverse backgrounds, including migrants, minorities, and youth interested in European affairs.

Duration

One half-day session (approximately 4 hours).

Materials

Needed

Flipchart or whiteboard, markers, intercultural communication role-play scenarios (printed or read aloud). No mandatory digital devices.

Room Setup

Chairs in a circle for open dialogue; small group areas for role-playing activities.

Preparation

for the Trainer

Prepare simple, realistic scenarios involving intercultural misunderstandings. Provide basic background information on the EU Youth Dialogue and how youth can influence policy. Set a tone of mutual respect and inclusion.

Description

Start with an icebreaker on "Cultural Treasures" where each participant shares a cultural habit or tradition they are proud of (15 minutes). Introduce the



concept of intercultural dialogue and structured EU Youth Dialogue (15 minutes). Organise role-play scenarios where small groups act out intercultural dilemmas and try to resolve them through dialogue (1 hour). Facilitate a plenary reflection on communication strategies and lessons learned (30 minutes). Present real examples from Erasmus+ Youth Dialogue projects and how they shaped youth policy (15 minutes). End with a creative group brainstorm: "What would my ideal Europe look like?" (30 minutes).

Handouts and Visuals

Short printed guide on key principles of intercultural dialogue; role-play cards; optional map of EU Youth Goals and examples.

Emphasise active listening, empathy, and openness to new perspectives.

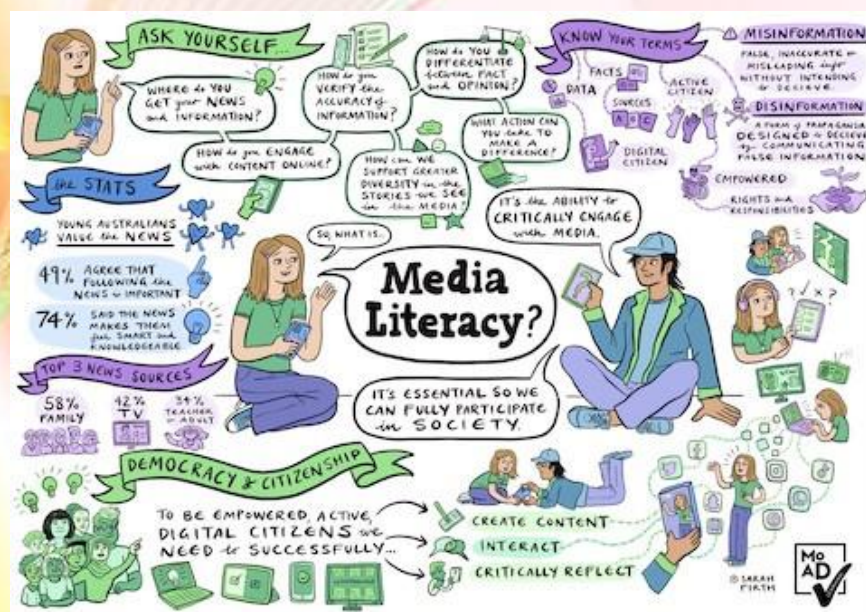
Tips for the Trainer

Create a safe environment for participants to share freely without fear of judgement. Use real examples from Erasmus+ to show the tangible impact of youth participation on European policies. Celebrate the richness of diversity.

Optional Follow-up Activities

Encourage participants to join local or international youth consultations under the EU Youth Dialogue framework. Offer opportunities to design their own intercultural dialogue projects through Erasmus+ funding programmes.

8.



Museum of Australian Democracy at Old Parliament House



Workshop

Title

Fake News Fighters: Media Literacy for Active Citizenship

The European Digital Media Observatory (EDMO) was launched by the European Commission to tackle disinformation and promote media literacy across Europe. Participants must understand how fake news spreads and how they can act as responsible, informed citizens.

Case Study

 Source: [European Digital Media Observatory \(EDMO\)](#)



Learning

Outcomes

Participants will develop skills to critically analyse information, distinguish between reliable and unreliable sources, and become active promoters of truthful communication in their communities.

Key

Competences

Developed

Critical thinking, digital literacy, media literacy, civic responsibility, communication skills.

Young people aged 16–25 who are active online users, students, bloggers, social media influencers, or simply interested in understanding media dynamics.

Target Group

Duration

One half-day session (approximately 4 hours).

Materials

Needed

Flipchart or whiteboard, printed fake news examples (or read aloud), fact-checking checklists. No mandatory use of devices, but smartphones/tablets can be allowed if available.

Room Setup

Small group tables for discussion and group work; wall space for presenting findings if possible.

Preparation

for the Trainer

Prepare 3–5 examples of fake news items (headlines or short articles). Prepare a checklist for fact-checking (source credibility, author, cross-referencing information, emotional manipulation tactics).



✿ Description

Begin with a quiz: “Is this true or fake?” using sample news headlines (15 minutes). Introduce basic concepts: fake news, disinformation, misinformation (15 minutes). In groups, participants analyse sample articles and use checklists to identify signs of misinformation (45 minutes). Each group presents one case study, explaining why it is credible or suspicious (30 minutes). Facilitate a plenary reflection on the impact of fake news on society and personal responsibility (30 minutes). End with a personal pledge: “One thing I will do to fight fake news” (15 minutes).

📄 Handouts and Visuals

Printed fact-checking checklist; printed or read-out fake news samples; optional infographics about information verification techniques.

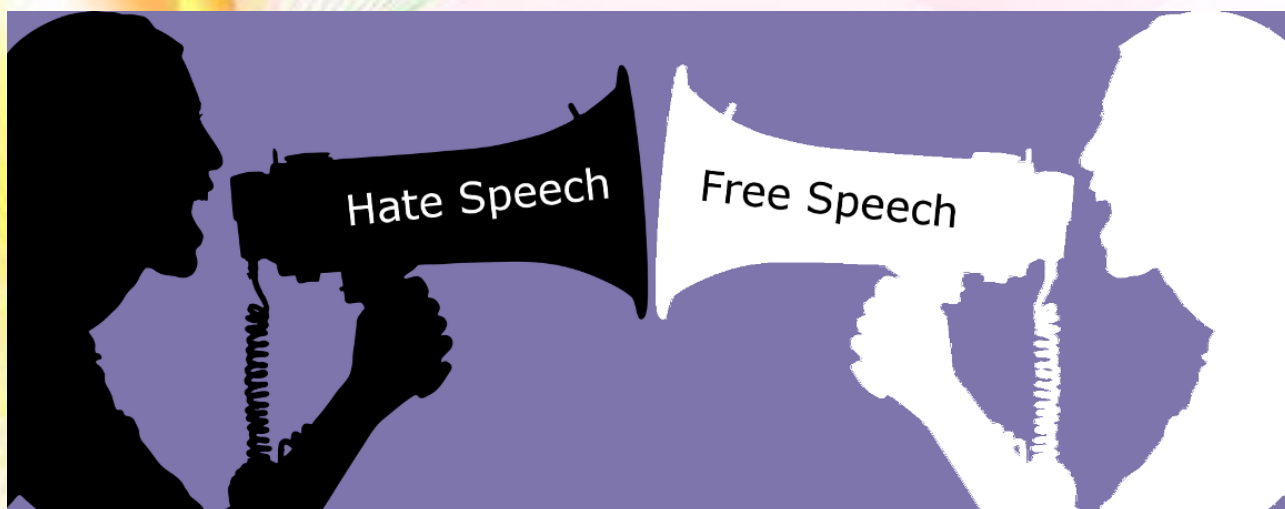
🧠 Tips for the Trainer

Create an atmosphere of curiosity and investigation, not accusation. Help participants understand the mechanisms behind disinformation without making them feel guilty for being misled. Use humour carefully to keep the topic engaging but avoid mocking real-world victims of fake news.

🚀 Optional Follow-up Activities

Encourage participants to start peer-to-peer campaigns promoting media literacy. Offer resources for following reliable fact-checking organisations. Suggest creating simple media literacy toolkits to distribute at school or online.

9.





Workshop

Title

Building Bridges, Not Walls: Combating Hate Speech

The Council of Europe's No Hate Speech Movement remains a landmark youth campaign for combatting hate speech and promoting human rights online and offline. Participants will learn to recognise hate speech, understand its impact, and develop strategies for promoting respectful dialogue.

Case Study

 [Source: Council of Europe: No Hate Speech Movement](#)



Learning

Outcomes

Participants will develop the ability to identify hate speech, understand its effects on individuals and communities, and learn methods for promoting tolerance, dialogue, and human rights.

Key

Competences

Human rights education, critical thinking, communication skills, active citizenship, empathy.

Developed

Target Group

Young people aged 16–25, youth leaders, social media users, young activists interested in human rights and equality.

Duration

One half-day session (approximately 4 hours).

Materials

Needed

Flipchart or whiteboard, printed examples of hate speech vs free speech cases, optional markers and stickers for creative poster creation.

Room Setup

Group tables for discussions; optional “Free Speech Wall” where participants write positive alternative messages.

Preparation

for the Trainer

Prepare a few real or simulated examples showing the difference between hate speech and critical opinion. Print the key principles of the Council of



🔧 Description

Europe's definition of hate speech. Emphasise creating a safe and respectful environment.

Start with a word cloud brainstorm: "What words come to mind when you hear 'hate speech'?" (10 minutes). Present basic concepts and the No Hate Speech Movement (20 minutes). In groups, participants analyse cases and decide whether they constitute hate speech or legitimate opinion (45 minutes). Each group shares their conclusions and justifies them (30 minutes). Create positive alternative messages: participants design posters or slogans countering hate speech with inclusive messages (45 minutes). End with a group reflection on responsibility, solidarity, and personal action (30 minutes).

📄 Handouts and Visuals

Printed key principles of human rights and hate speech recognition; real case examples; optional visual templates for posters.

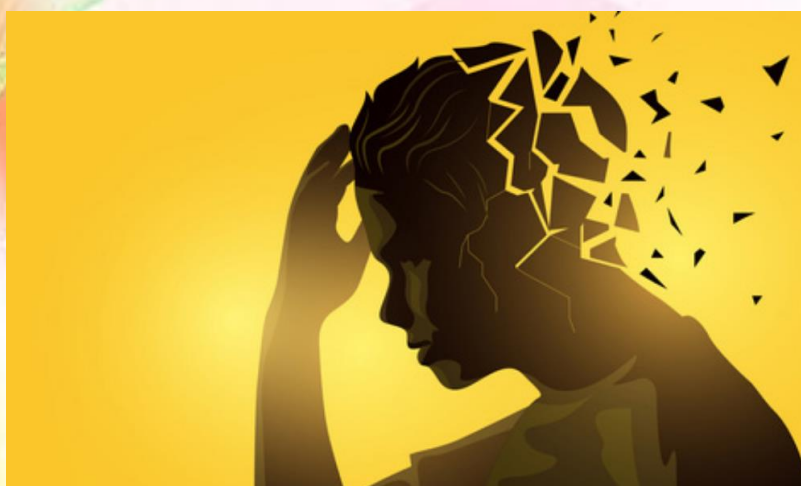
💡 Tips for the Trainer

Be clear that combating hate speech does not mean censoring critical opinions. Focus on values of dignity, inclusion, and freedom. Keep the space emotionally safe, avoid personal confrontations, and encourage participants to think about broader societal impacts.

🚀 Optional Follow-up Activities

Invite participants to organise a public exhibition of their anti-hate posters. Encourage them to join or launch local campaigns promoting tolerance. Offer resources from the Council of Europe and youth-led initiatives for long-term engagement.

10.





Workshop

Title

Resilient Minds: Mental Health in a Changing World

Mental health and wellbeing have become urgent priorities for young people across Europe. The WHO Europe Youth4Health initiative highlights the need for youth-friendly mental health support, resilience building, and emotional wellbeing promotion, ensuring that young people shape health policies that affect them.

Case Study

 Source: [WHO Europe: Youth4Health Initiative](#)



Learning

Outcomes

Participants will understand key concepts of mental health, resilience, stress management, and self-care. They will learn practical strategies to protect their own wellbeing and support others.

Key

Competences Developed

Emotional intelligence, resilience, stress management, empathy, communication skills.

Target Group

Young people aged 16–25, youth workers, peer supporters, and young leaders interested in mental health promotion.

Duration

One half-day session (approximately 4 hours).

Materials

Needed

Flipchart or whiteboard, printed self-care planning templates, optional calming background music during reflection time.

Room Setup

Comfortable seating in a circle; optional "wellbeing corner" with pillows, soft lighting.

Preparation

for the Trainer

Prepare a simple stress and resilience self-assessment sheet. Prepare a list of free, youth-friendly mental health resources and hotlines. Create a supportive and non-judgemental atmosphere.

Description

Start with a group check-in: "One word describing how you feel today" (5 minutes). Introduce the topic of mental health, resilience, and myths around mental health (20 minutes). Small groups discuss common challenges and coping strategies (30 minutes). Participants complete a "Personal Resilience Map" – identifying their strengths, supports, and coping tools (45 minutes). Share optional self-care tips and collectively create a "Wellbeing Toolkit" poster (30 minutes). End with a grounding exercise (simple breathing, body scan) and personal action planning (20 minutes).

 **Handouts
and Visuals**

Printed personal resilience mapping templates; lists of mental health resources; posters with resilience tips.

Tips for the Trainer

Create a supportive, confidential atmosphere. Make it clear that it is okay not to share personal experiences if participants are uncomfortable. Encourage self-awareness without pressure. Focus on strength-building and positivity.

 **Optional
Follow-up
Activities**

Encourage participants to start peer wellbeing support groups. Offer information on Erasmus+ mental health-related training courses. Promote digital mental health campaigns or organise Mental Health Days at local youth centres.

11.



bmmagazine.co.uk



Workshop

Title

Digital Solidarity: Online Campaigns for Social Change

The #TimeToMove campaign by Eurodesk encourages young people across Europe to engage in mobility, volunteering, and social action initiatives. It shows how digital campaigns can connect, inspire, and mobilise youth for positive change. Participants will learn how to design impactful online campaigns.

Case Study

 Source: Eurodesk: Time to Move Campaign



Learning

Outcomes

Participants will learn the basics of designing digital campaigns, using online tools ethically and effectively to promote social causes, and inspiring peers to act for change.

Key

Competences

Developed

Digital creativity, communication skills, civic engagement, teamwork, project management.

Target Group

Young people aged 16–25 interested in digital communication, youth activism, and community projects.

Duration

One half-day session (approximately 4 hours).

Materials

Needed

Flipchart or whiteboard, printed campaign planning templates, optional smartphones or laptops for brainstorming. No mandatory digital access required.

Room Setup

Group tables for campaign design; optional space for presenting campaign concepts.

Preparation

for the Trainer

Prepare a simple campaign planning guide (goal setting, audience targeting, message crafting, choosing platforms). Collect examples of successful youth-led online campaigns for inspiration.



✿ Description

Open with an inspiring story of a youth-led online campaign that made an impact (10 minutes). Discuss what makes a campaign successful: clear goals, emotional connection, strong visual identity, and community involvement (20 minutes). In groups, participants design a mini-digital campaign on a social cause they care about (60 minutes). Each group presents their campaign to others (30 minutes). Reflect together on challenges and opportunities in using digital tools for activism (30 minutes). Finish with a group brainstorm: “What one cause will you speak up for this year?” (15 minutes).

📄 Handouts and Visuals

Campaign planning template; successful campaign examples printed or projected; flipchart for group ideas.

🧠 Tips for the Trainer

Encourage creative freedom but stress ethical responsibility online. Help participants think about positive messaging and inclusion. Emphasise the potential of even small online actions to create real-world impact. Highlight teamwork and community building.

🚀 Optional Follow-up Activities

Encourage participants to launch real campaigns locally or online. Offer guidance on using Erasmus+ and European Solidarity Corps for campaign funding and support. Suggest connections with local NGOs or youth councils.

12.





Workshop

Title

Defenders of Democracy: Youth Against Authoritarianism

The European Democracy Action Plan (EDAP) launched by the European Commission strengthens youth participation, protects democratic values, and counters rising threats to free societies. Young people play a critical role as active defenders of democracy across Europe and beyond.

Case Study

 Source: [European Commission: European Democracy Action Plan](#)



Learning

Outcomes

Participants will understand the key pillars of democracy, identify current threats to democratic systems, and explore how young people can defend democratic values through civic action, advocacy, and leadership.

Key

Competences

Developed

Civic engagement, critical thinking, media literacy, leadership, teamwork, advocacy.

Target Group

Young people aged 16–25 interested in politics, human rights, civic engagement, journalism, youth leadership.

Duration

One half-day session (approximately 4 hours).

Materials

Needed

Flipchart or whiteboard, markers, printed case studies of democratic movements (optional).

Room Setup

Group tables for debates and workshops; optional "Democracy Wall" for ideas and commitments.

Preparation

for the Trainer

Prepare short examples of youth-led democratic movements or initiatives (e.g., Fridays for Future, pro-democracy protests). Collect case studies showing different threats to democracy and citizen responses. Create a debate or simulation exercise around defending democratic values.



Description

Start with a brainstorm: "What does democracy mean to you?" (10 minutes). Present the European Democracy Action Plan and key challenges to democratic societies today (20 minutes). In groups, participants analyse real-life examples where democracy was under threat and young people acted (45 minutes). Organise a simulation: groups prepare rapid "defense strategies" for imaginary democratic crises (45 minutes). Reflect together: "How can we act today to strengthen democracy?" (30 minutes). End with a collective pledge on protecting democratic values (20 minutes).

Handouts and Visuals

Printed summary of the European Democracy Action Plan; case study cards; tips for civic engagement and peaceful activism.

Tips for the Trainer

Stay neutral on party politics — focus on democratic values like participation, rights, and rule of law. Encourage debate and critical thinking. Frame youth as agents of positive democratic change, not passive observers.

Optional Follow-up Activities

Support participants to join youth councils, local democracy initiatives, or international networks like Democracy International. Offer links to Erasmus+ youth participation projects and funding calls for civic action ideas.

CONCLUSION: The Transformative Power of Workshops

 The *Empowering Youth Voices for European Citizenship Toolkit* is more than just a collection of workshops — it is a living, breathing journey of learning, reflection, and action. Created through real-world testing, critical discussions, and personal storytelling, this Toolkit is designed to ignite participation, boost resilience, and connect communities across Europe.  Every method, every activity was shaped with one goal in mind: to empower young people to be confident, informed, and active citizens — ready to build a Europe that celebrates diversity, dialogue, and democracy.

Where and for Whom These Workshops Are Made

The versatility of these workshops makes them valuable tools for a wide range of groups and settings:



- Young People (18–30) — Boosting civic confidence, leadership skills, and cross-cultural understanding.
- Youth Workers, Educators, and Trainers — Offering interactive, dynamic methods for engaging young audiences.
- Local NGOs, Community Leaders, and Activists — Strengthening efforts in advocacy, solidarity, and civic empowerment.
- Schools, Youth Centres, and Civic Spaces — Fostering inclusive communities where every voice counts.

Where These Workshops Can Be Implemented

These workshops are ideal for:

- Community centres — Building bridges between youth, migrants, and local communities.
- Youth exchanges and Erasmus+ projects — Creating unforgettable experiential learning journeys.
- Civic engagement initiatives — Training young leaders to influence policy and promote democratic values.
- Local and regional projects — Tackling real-world issues through creativity, teamwork, and dialogue.

Practical Use in Different Contexts

The workshops are designed to thrive in both **calm environments** and **challenging moments**, including:

- Strengthening media literacy to combat misinformation (Fake News Fighters).
- Training young citizens to engage politically and advocate for change (Youth Vote Lab).
- Promoting intercultural dialogue in diverse settings (Voices Across Borders).
- Building emotional resilience to face modern societal pressures (Resilient Minds). Each activity brings theory to life through **real cases**, **interactive exercises**, and **personal reflection**.

Adapting Workshops to Different Groups and Events

Flexibility is the heart of this Toolkit! The workshops can easily be adjusted for:

- Youth exchanges — Adding more peer-to-peer, experiential elements.



- 📅 Professional seminars — Integrating structured debates, case study analysis, and policy discussions.
- 🏠 Community workshops — Focusing on local storytelling and participatory civic actions.
- 🏢 Corporate and organisational training — Shifting focus toward intercultural communication and inclusive leadership. Different age groups? No problem!
- 🧸 For younger participants: more games, storytelling, and art activities.
- 👤 For older youth and professionals: more role-playing, simulations, and real-world project design.

🎓 Expanding Into Formal Education

Though created for non-formal settings, the potential for formal education is huge:

- 🏛 Universities and VET schools — Complementing courses on social sciences, citizenship, and European studies.
- 🏫 High schools — Promoting civic identity and critical thinking in multicultural classrooms.
- 🌐 Language and integration courses — Adding practical, participatory layers to traditional learning.
- 👩🏫 Teacher training programs — Equipping educators with innovative, non-formal techniques. ✅ These workshops bridge gaps between theory and practice, making complex issues personal, relatable, and actionable for learners of all ages.

☀️ A Toolkit for a Brighter Europe

This Toolkit is not the end — it is the beginning of many new journeys: journeys of critical thinking, journeys of active citizenship, journeys of building a Europe where every young voice matters

🎤 ✨ Together, through courage, creativity, and connection, we are shaping a future where youth are not only heard — they are leading. 🚀

🎓 The Unique Value of the Erasmus+ Programme

This Toolkit would not have come to life without the incredible support of the Erasmus+

Programme — a true engine of unity, innovation, and youth empowerment across Europe. 🌍

Through Erasmus+, participants experienced firsthand the transformative power of intercultural



collaboration, breaking stereotypes, building friendships, and co-creating real solutions for a stronger, more inclusive society. 🤝

Erasmus+ is much more than a funding opportunity. It is a launchpad for dreams 🚀, a platform for dialogue 🗣️, and a bridge for change 🌉. It gives young people the courage to step outside their comfort zones, challenge assumptions, and embrace diversity not as an obstacle, but as a vibrant source of strength. 🌈

By supporting projects like *Empowering Youth Voices for European Citizenship*, Erasmus+ fuels a future where knowledge and empathy go hand in hand, where education means both learning and connection, and where every young person feels they have the power to shape their world. 🛠️

As we complete this Toolkit, we are deeply aware of the rapidly changing global landscape — with political shifts, social uncertainties, and evolving alliances across Europe and beyond. 🌍🌱 In these challenging times, Erasmus+ shines even brighter as a beacon of solidarity, democracy, and hope. ☀️ It proves that education remains the ultimate bridge — connecting societies, nurturing innovation, and keeping alive the dream of a diverse, inclusive, and united Europe. EU

Today more than ever, Erasmus+ stands for resilience, for shared values, and for the unwavering belief that young people hold the key to building a better tomorrow. 🔑💡

☀️ Final Thoughts: A Lasting Impact

The workshops crafted in this Toolkit are much more than educational sessions—they are living bridges 🌉 between communities, catalysts for transformation 🔥, and stepping stones towards a more inclusive and resilient Europe 🌍. They offer young people from diverse backgrounds, including those facing economic, cultural, or geographic barriers, the skills, confidence, and critical awareness needed to engage, collaborate, and lead change in their societies. 🤝

Through every simulation, every dialogue, every creative exercise, participants are not just learning—they are practising the art of active citizenship, embracing diversity as strength, and building networks that reach far beyond national borders. 🏠 These workshops help young people understand that their voices matter, that their ideas can spark innovation, and that their actions today can shape a more united and democratic Europe tomorrow. 📁🌱

By continuously expanding access to these workshops and adapting them to new realities, we



ensure that no young person is left behind. 📖 Whether implemented in bustling cities, small towns, refugee centres, or online platforms, these activities have the flexibility and heart to meet participants where they are—and to lift them even higher. 🚀

Refinement is part of the journey. Every workshop invites critical reflection, encourages feedback, and welcomes innovation, ensuring that methods stay fresh, relevant, and impactful across different contexts. 🎨🔧 New ideas, challenges, and participant experiences are not disruptions—they are the very fuel that keeps this Toolkit alive and growing. ☀️

Fostering cross-sector collaboration is key. These workshops are not isolated educational tools; they are bridges that connect youth workers, NGOs, educators, policymakers, activists, and communities in a common mission. 🤝 Together, across different fields and countries, we can amplify the impact, scale up the best practices, and multiply opportunities for young people to thrive and lead. 🌟

At the heart of it all lies a shared vision: a Europe where young people from every background can participate fully, where cultural differences are celebrated, and where respect, dialogue, and solidarity are the foundation of vibrant, resilient societies. 🌍🤝

The workshops you find in this Toolkit are seeds 🌱—seeds that, when nurtured with passion, creativity, and commitment, will grow into strong trees of understanding, action, and lasting change. 🌳

This Toolkit is not a final destination. It is an invitation. An open door 🚪 to a journey where young leaders are not only equipped with knowledge but empowered with hope, courage, and a sense of belonging to something bigger than themselves. Together, through every small conversation, every shared project, and every courageous step forward, we are weaving the fabric of a Europe that listens, values, and uplifts its youth. 🌈🤝

The impact of these workshops will be measured not just in skills gained, but in friendships formed, in stereotypes broken, in local initiatives launched, and in voices that rise stronger and louder for inclusion, justice, and human dignity. 🗣️✨

In this Toolkit lies a promise: that education, dialogue, and solidarity are powerful enough to shape a better tomorrow—and that every young person has a place in building that future. 🚀🌍