



Kanton Zürich

Youth Regional Network (YRN) Capacity-Building Weekend

Zürich, Canton of Zürich, Switzerland

31st October - 3rd November 2024

Thursday 31st October

Arrival of the participants
Check-in at the ho(s)tels during the day

14:00 - 18:00

Coordination meeting and visit of the venue
For Canton of Zürich, YRN Presidium and AER Secretariat only

Venue: Kaspar-Escher-Haus

Address: Neumühlequai 10, 8001 Zürich, room KEH-453

20:00

Dinner and social evening

Restaurant: Tibetasia

Address: Quellenstrasse 6, 8005 Zürich

Welcome words by:

- **Dr. Kathrin Arioli**, Chancellor, Canton of Zürich
- **Norbert Nagy**, YRN President

Friday 1st November

Venue: Rathaus

Address: Limmatquai 55, 8001 Zürich

08:45 - 09:00

Arrival of the participants - Be on time!

Venue: Rathaus

Address: Limmatquai 55, 8001 Zürich

09:00 - 09:30

Welcome addresses by:

- **Mario Fehr**, Government Councillor, Canton of Zürich
- **Norbert Nagy**, YRN President
- **Mirjam de Jong**, Project Communications Manager, AER

09:30 - 11:00

Panel discussion: Enhancing youth participation in democratic life: sharing best practices and challenges from Zürich and the Youth Regional Network

	<p><u>With:</u></p> <ul style="list-style-type: none"> ● Dr. Céline Colombo, Head of the Koordinationsstelle Teilhabe, Canton of Zürich ● Gianluca Coccitti, Zürich Youth Parliament ● Darleen Pfister, Dachverband Schweizer Jugendparlamente ● Tarik Deljković, Youth Delegate for Denmark at the Congress of Local and Regional Authorities of the Council of Europe ● Sigrun Myrvang, YRN Vice-President <p><u>Moderated by:</u> Elona Matoshi, YRN Chair for Gender Equality & Women’s Empowerment</p> <p>The speakers will share best practices examples of youth participation and inclusion from their respective structures and regions. The Koordinationsstelle Teilhabe is specifically in charge to foster participation in political and civil life in the canton, with the aim to include as many groups as possible in active citizenship. The Zürich Youth Parliament ensures active youth participation in politics in the canton. They focus on debates, political education, youth advocacy and capacity-building. The Dachverband Schweizer Jugendparlamente is the umbrella organisation of all youth parliaments in Switzerland. They focus on education to foster active citizenship and political participation among young people. The Youth Regional Network, being an inter-regional network across Europe and the “youth branch” of the AER, connects young people and youth councils, to foster peer-learning and exchanges, and to put forward youth participation and recommendations in local, regional and European politics.</p> <p>The panel discussion will be followed by an open Q&A with the audience, to hear from the (young) participants’ experience and models, and to get inspiration from what is done (or could be done) in other regions and countries across Europe.</p>
<p>11:00 - 11:20</p>	<p>Coffee break</p>
<p>11:20 - 12:50</p>	<p>Parallel workshops:</p> <p># Workshop 1 - “Gender Assumptions”</p> <ul style="list-style-type: none"> ● <i>Facilitated by: Elona Matoshi, YRN Committee Chair for Gender Equality and Women’s Empowerment</i> <p>1. Introduction and Icebreaker Objective: Introduce gender assumptions, workshop goals.</p> <p>2. Gender Assumptions Bingo Activity Reflection: Share insights on the most common assumptions and their impact.</p> <p>3. Group Discussion and Reflection</p>

	<p>Questions: Explore personal and societal impacts of gender assumptions.</p> <p>4. Empathy Mapping Activity</p> <p>Goal: Consider gender assumptions from different perspectives.</p> <p>Activity: Groups create empathy maps for assigned characters and discuss assumptions they face.</p> <p>5. Closing and Call to Action</p> <p>Personal Commitment, Closing Message</p> <p># Workshop 2 - “Understanding emotions and the 5 ways to wellbeing”</p> <ul style="list-style-type: none"> Facilitated by Jack McLaughlin, YRN Committee Chair for Mental Health and Wellbeing <p>If you wish to get more familiar with the “Five Ways to Wellbeing” ahead of the workshop, you can visit:</p> <p>https://www.mentalhealthireland.ie/five-ways-to-wellbeing/</p>
12:50 - 13:45	Lunch break
13:45 - 14:00	<i>Walking from the Rathaus to the study visit at ETH Zürich</i>
14:00 - 16:00	<p>Parallel study visits at ETH Zürich:</p> <p># ETH Student Project House (SPH): https://sph.ethz.ch/ <i>Address: Clausiusstrasse 16, 8006 Zürich (entrance is upstairs)</i></p> <p>The SPH is a space for ETH’s students to gather, experiment, test out concepts, supercharge group projects and build tomorrow’s ideas, today.</p> <p># focusTerra: https://focusterra.ethz.ch/en/museum.html Address: Sonneggstrasse 5, 8006 Zürich</p> <p>focusTerra is the Earth & Science Discovery Center of ETH Zurich. It empowers people to understand their natural and human-made environment and inspires them to act responsibly within it.</p>
16:00 - 19:30	Break / free time
20:00	<p>Dinner and social evening</p> <p><i>Restaurant: Santa Lucia Teatro</i></p> <p><i>Address: Rämistrasse 32, 8001 Zürich</i></p>

Saturday 2nd November

Venue: Rathaus

Address: Limmatquai 55, 8001 Zürich

<p>09:00</p>	<p>Arrival of the participants <u>Venue:</u> Rathaus <u>Address:</u> Limmatquai 55, 8001 Zürich</p>
<p>09:30 - 11:00</p>	<p>Parallel workshops:</p> <p># Workshop 3 - “Equipping young people with knowledge of climate change and sustainability”</p> <ul style="list-style-type: none"> Facilitated by Marsel Haka, YRN Committee Chair for Green and Sustainable Europe <p>Objectives:</p> <ul style="list-style-type: none"> - Introducing the basic concepts of sustainability. - Cities with green job policies (best examples) - Offer tips and tricks for everyday life (e.g.cycling, eco-friendly companies, zero waste etc.) - Discussing the role of the new generation in addressing climate change and sustainability challenges. <p># Workshop 4 - “Discussing active youth participation, existing models, best practices, challenges”</p> <ul style="list-style-type: none"> Co-facilitated by Mathilde Colarte, YRN Committee Chair for Youth Participation and Governance, and Moritz Elsner and Gianluca Coccitti, Zürich Youth Parliament
<p>11:00 - 11:30</p>	<p>Coffee break</p>
<p>11:30 - 13:00</p>	<p>Communications training</p> <ul style="list-style-type: none"> Facilitated by Mirjam de Jong, Project Communications Manager, AER <p>Introduction: how do we do communication at AER? AER communication channels; What do we use (tools etc.); What is the focus; Campaigns</p> <p>Develop your AER 40-year anniversary campaign (working in small groups) In 2025, AER celebrates its 40 year anniversary! We are planning a communication campaign to celebrate, and we would love to have the YRN input! How would you plan and structure a year-long campaign? What are important elements? How would you create a monthly content planning? What content would you think of (videos, articles,</p>

	<p>events, visuals, logos...)?</p> <p>For example: you could think of highlighting some regions every month or focus on history (e.g. January: Europe/AER in 1985; February: AER in 1990; interviewing former Presidents).</p> <p>Groups presenting and wrap-up</p>
13:00 - 14:30	Lunch break
14:30 - 16:00	<p>Feedback session - Coming together</p> <ul style="list-style-type: none"> Moderated by YRN Vice-Presidents Sigrun Myvang and Kassandra Petsa - What did you learn during this event? - One thing you liked / One thing you didn't like? - What will you use back home? - What would you like to work on at the next YRN event?
16:00 - 18:30	<p>Cultural activities and free time</p> <p>The Canton of Zürich recommends the following activities (indoors and outdoors), for the participants to get the chance to discover and learn more about the city:</p> <ul style="list-style-type: none"> Zurich's museums Zürcher Museen Top 10 Places to Visit in Zurich
19:00	<p>Dinner and social evening</p> <p><u>Restaurant:</u> Restaurant Zeughauskeller <u>Address:</u> Bahnhofstrasse 28A, 8001 Zürich</p>
21:00	<p>Medieval City Tour</p> <p>Starting point: Lindenhof</p>

Sunday 3rd November

Departures throughout the day