

#HealthyLifestyle4All

Youth Ideas Labs 2022 Overview

[HealthyLifestyle4All](#) Youth Ideas Labs 2022 is an European Commission initiative to celebrate the European Year of Youth 2022 and contribute the youth voice to the HealthyLifestyle4All campaign aiming to promote healthy lifestyle for all, across generations and social groups, by linking sport and active lifestyles with health, food and other policies. The Labs brought together 30 participants over three in-person meetings in 2022 to generate ideas and solutions on how to ensure Healthy Lifestyle for everyone and present the youth voice at major EU Sport events like the EU Sport Forum in Lille in June 2022 and European Week of Sport Opening in Prague in September 2022.

The final proposal from the participants in the forms of pitches were presented at the HealthyLifestyle4All Youth Labs event in Prague on September 23, 2022.

Topics covered

- **Mental Health** - Maintaining and fostering mental health and well-being by raising awareness and promoting self-care and active lifestyle.
- **Easy to Move** - Showing how simple healthy lifestyle habits can be integrated into everyone's lifestyle.
- **Digital Health** - Enabling digital well-being through non-formal education at the European grassroots sport level.
- **Healthy Solidarity** - Promoting healthy lifestyle integration in existing EU programmes, e.g. European Solidarity Corps, Erasmus+ and Youth Dialogue.
- **TRANSform Lives Through Sport** - Promote and support youth trans inclusion in sport and physical activity at the European level.
- **Youth Ideas Lab Legacy.**

Invited organisations by the European Commission

- Council of Europe
- ENGSO Youth
- European Solidarity Network
- Erasmus Student Network (ESN)
- European University Sports Association (EUSA) / in cooperation with European Gay & Lesbian Sport Federation (EGLSF) and European Athlete as Student Network (EAS)
- Marie Curie Alumni Association
- Charles University in cooperation with the Czech Presidency of the Council of the EU and Czech National Sport Agency.

Nominated youth participants

The list contains those nominated participants who took part in at least one in-person activity in Lille (June 2022), Brussels (August 2022) and Prague (September 2022):

- Ashish Avasthi (India/Spain), Marie Curie Alumni Association
- Carolina Sousa e Sá (Portugal/Scotland), European University Sports Association (EUSA) / European Gay & Lesbian Sport Federation (EGLSF)
- Christian Hajj (Lebanon/France), ENGSO Youth
- Federico Di Bisceglie (Italy), Marie Curie Alumni Association
- Federico Palumbo (Italy), European University Sports Association (EUSA) / European Athlete as Student Network (EAS)
- Filip Filipić (Serbia / Germany), ENGSO Youth
- Filipa Godinho (Portugal), European University Sports Association (EUSA)
- Flobena Nikolli (Albania), European University Sports Association (EUSA)
- Francisco Forte (Portugal), Erasmus Student Network (ESN)
- Hugo Rafael Soares Ferreira (Portugal), European Solidarity Network
- Isabel Wallnöfer (Austria / Switzerland), European Solidarity Network
- Iva Glibo (Croatia/Germany), ENGSO Youth
- Jakub Pospíšil (Czech Republic), Charles University
- Jan Fiala (Czech Republic), Charles University
- Juliana Canedo da Rocha (Portugal/Germany), European Solidarity Network
- Kateryna Lavryk (Ukraine/France), Council of Europe
- Leonardo Mikac (Croatia), European University Sports Association (EUSA) / European Gay & Lesbian Sport Federation (EGLSF)
- Marianna Pikul (Poland), European University Sports Association (EUSA)
- Mariano Carcatella (Italy / Slovenia), European University Sports Association (EUSA)
- Nikolina Đurić (Serbia / Belgium), Erasmus Student Network (ESN)
- Pedro Valente (Portugal), Erasmus Student Network (ESN)
- Polona Fonda (Slovenia), ENGSO Youth
- Rafael Carrascosa Marzo (Spain/United Kingdom), Marie Curie Alumni Association
- Sára Gáspár (Hungary), European University Sports Association (EUSA)
- Šimon Lev (Czech Republic), Charles University
- Tabea Werner (Germany), ENGSO Youth
- Tiago Guilherme (Portugal), ENGSO Youth
- Ugnė Chmeliauskaitė (Lithuania), ENGSO Youth
- Zrinka Tabain (Croatia / Denmark), European University Sports Association (EUSA)

Facilitators

- Andrej Pisl, EUSA (Slovenia)
- Laura-Maria Tiidla (Estonia)
- Paolo Bouquet, University of Trento (Italy)

Mental Health

Idea overview: Maintaining and fostering mental health and well being by creating awareness in people and promoting self care and active lifestyle.

Group participants: Ashish Avasthi, Jakub Pospíšil, Šimon Lev, Tabea Werner

Related HL4A Pledge pillar(s):

Increased awareness of a healthy lifestyle across all generations

Teaming up for a holistic approach to food, health, well-being, and sport

Summary of the idea:

Mental health is one of those intangible things which can make or break careers, not just of athletes but of every single one of us. However, in today's world there often isn't enough time to worry about it. Moreover, people don't even take it very seriously. Through this proposal, we are presenting the threat that is posed by not taking care of mental health along with some solutions that can be brought upon by sports associations and governments while using physical activity as tool.

1. What is the challenge you are addressing and why is it a challenge?

Mental health has always been part of the WHO definition of health but it surfaced up only recently when prominent names spoke out for it. There are constant stress and pressure triggers around us (e.g., workload, social media, climate crisis) and today's world leaves little room for caring about your MENTAL HEALTH. This problem has particularly burgeoned post-pandemic. Therefore, it is not surprising that recent Gallup report shows that almost half the world suffers from some sort of mental health issues which in worst cases can lead to suicide. Yet, there is little to no concrete data in the Eurobarometer survey report pertaining to this issue. So, it's definitely a challenge worth tackling.

2. Description of the idea and its activities

There are over 200,000 scientific articles linking physical activity to improved mental well being which is why we believe using sports as a tool, we can overcome this problem.

We have outlined following proposals to impact lives of people:

- a. Urging all member states including all the sports related authorities (as these are the ones most followed by the youth) to include the subject matter related to mental health in all their campaigns to increase awareness. This can also include training for coaches and other team members to notice the signs of mental health issues as early as possible.
- b. Request respective authorities to include therapy in the social security plans.
- c. Regularly organize indiscriminatory physical activities for people of all ages, gender, color, and sex.

- d. Try to gather volunteers to create a social support network where one can talk freely about their feelings.
- e. At an individual level, persuade/incentivize people to be physically active, practice simple breathing exercises, and eat healthy.

3. Expected outcome

Physical activity, interventions, conscious breathing, and meditation can support in maintaining and fostering mental well-being. Therefore, it is expected that with improved mental well-being we will be able to achieve a society that is healthy in its truest sense. Studies show that every 1€ spent on prevention and early intervention for mental health issues saves up to 10€ in the long run. Meditation and breathing exercises help in neural rejuvenation while improving mental resilience.

4. Recommendations for sports organisations to implement this idea/work for this goal

- 1.) Include the issue in PR campaigns to raise awareness
- 2.) Promote inclusion and diversity
- 3.) Take a note of the bullying culture
- 4.) Promote mental health and self care at events

Resources:

- European Alliance for Sport and Mental Health (<https://www.sport-mentalhealth.eu/>)
- Mental health Europe (<https://www.mhe-sme.org/>)
- Euro Youth Mental Health (<https://eymh.org/>)
- European alliance for mental health, employment and work (<https://eumhalliance.com/>)
- Global Alliance of Mental Illness Advocacy Networks-Europe (<https://www.gamian.eu/>)

Easy to Move

Idea overview: Showing that healthy lifestyles can be easy, accessible, affordable and fun.

Group participants: Isabel Wallnöfer, Kateryna Lavryk, Leonardo Mikac, Mariano Carcatella, Nikolina Djuric, Zrinka Tabain

Related HL4A Pledge pillar(s):

Sport and Physical Activity as Tools

Summary of the idea:

Despite sport being one of the most popular pursuits among children of all ages, there is a startling tendency for adolescents to drop out of organised physical activity due to many reasons, including the quest for academic excellence and the pressure to engage in sports more competitively. In addition, there is a social image of healthy lifestyle being expensive, time- and effort-consuming, and ultimately unattainable for the majority of population, affecting young people's willingness to adopt healthy practices. We seek to demonstrate that being active can positively influence both personal and professional development, and that being healthy is about treating one's body right by finding a balance in nutrition and exercise that works for each individual. Therefore, we call on sports associations, societies and clubs to collaborate with schools to create sports programmes with a primary focus on education and skill development through physical activity, and to promote the idea that each individual can live the version of healthy lifestyle that fits them best, in order to cultivate a positive attitude towards exercising and healthy habits.

1. What is the challenge you are addressing and why is it a challenge?

Although in general, as we get older, our levels of physical activity tend to decrease, according to Eurostat 2019, *senior citizens in some European countries are more active than young people in others*[1]. As reported by the US Department of Health & Human Services, more than *80% of the global population of adolescents is insufficiently physically active*[2]. Moreover, according to the Eurobarometer 2022 on sport and physical activity, Europeans who left school at age 15 or earlier (13%) are *much less likely to exercise or play sport with some regularity* than those who continued education up to the age of 20 or beyond (42%)[3]. These statistics showcase the crucial role of education in supporting young people's healthy habits.

With the stress and poor mental health on the rise, improving the population's attitude towards exercising can lead to better quality of life and overall well-being, and tackling this issue in youth, during the formative years, through better education and awareness of different kinds of physical activities that go beyond competition and grades, could be a way to lasting change.

2. Description of the idea and its activities

For children and young people dropping out of sports, schools will be encouraged to adopt the following measures:

- Adjust the PE curriculum to allow for more diverse activities by inviting local sports clubs and associations to demonstrate how physical activity can take many different forms: from more traditional team sports to yoga, pilates, dancing or even acting classes – anything that gets the students moving.
- Abolish the grading system for the PE class, or base it upon students' engagement and individual progress, prioritising active participation over performance.
- Incorporate the teaching of a variety of transferable skills into physical activities and use sport as a tool for personal development. For instance, students could learn teamwork, leadership and fair play through team sports; self-awareness and perseverance through yoga; confidence, discipline and creativity through dancing etc. Overall, physical activity can help adolescents deal with failure and manage stress, which are crucial skills and should be taught since the young age.

In addition, the aforementioned sports clubs and associations will be encouraged to make healthy lifestyle accessible to young people by:

- Opening recreational groups for those who wish to try various physical activities for the sake of enjoyment or to stay healthy, without the pressure of competition or striving for physical excellence.
- Showing diverse ways of staying healthy, first within sports associations, societies and clubs, supporting the idea that everyone can do sports at their own pace and with different goals in mind (doing it for fun, out of interest, or professionally).
- Promoting the adoption of healthy habits, particularly those related to food, and showing how they could be accessible. For instance, a balanced, delicious meal can be made in 20 minutes, out of the regular ingredients and with no advanced skills required. Exercising does not have to be painful and exhausting; there are many different activities with varying levels of difficulty that everyone can enjoy.

3. Expected outcome

We seek to raise awareness and help people develop a healthier relationship with sports and physical activity in general by starting to teach people from the younger age, and especially during the sensitive period of adolescence, that they do not have to strive for perfection and excellence in everything they do, and that there is an intrinsic value to the activities that benefit their wellbeing, with results being a secondary, if any, concern.

4. Recommendations for sport organisations to implement this idea/work for this goal

- Advocate for more accessible and diverse physical education in schools.
- Encourage sports clubs and societies to offer discounted memberships for people who wish to do sports recreationally.
- Promote the idea that integrating healthy habits in the daily lifestyle can be accessible, painless and affordable, initially within sport organisations, who should be spearheading the change.

- Use social media to showcase the diverse ways of staying healthy to the broader audience.
- Provide funding or subsidies to the existing sport infrastructure, so it remains open in the upcoming months in the current energy crisis.

Resources:

- [1] https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Statistics_on_sport_participation#Active_participation_in_sport.2C_fitness_or_recreational_leisure.29_physical_activities
- [2] <https://policyadvice.net/insurance/insights/exercise-statistics/>
- [3] <https://europa.eu/eurobarometer/surveys/detail/2668>

Digital Health

Idea overview: Enabling digital well-being through non-formal education at the European grassroots sport level.

Group participants: Federico Palumbo, Filip Filipić, Francisco Forte, Pedro Afonso Valente, Sára Gáspár, Ugnė Chmeliauskaitė

Related HL4A Pledge pillar(s):

Increased awareness of a healthy lifestyle across all generations

Easier access to sport

Summary of the idea:

Nowadays, it is obvious that the digital world is a reality that must be considered. It can be used as a tool for informing, communicating, and connecting, or, as we know, as an addiction for digital users. All the generations use it day by day and it is expected that this trend will only increase for future generations. These platforms are developed to promote engagement that may lead to addiction, which can be translated into a variety of undesired mental or even physical conditions. This project aims to develop a concrete communication strategy that can be used and implemented on every local event, to raise awareness and alert the general community about this urgent topic.

1. What is the challenge you are addressing and why is it a challenge?

The trend of an accelerated adoption of digital technologies is already a reality or is emerging in a number of countries across the world. Our decisions, lifestyle and behaviour are often shaped by our exposure to digital realms. Considering that a number of online platforms are built to boost engagement, we are often unaware of the disrupting influence their excessive use has on our digital well-being. The younger population, as early adopters of these services, is most susceptible to this impact, which may lead to a variety of problematic mental or even physical conditions amongst them¹.

2. Description of the idea and its activities

Recognizing the urgent need to address these concerns, we want to rely on evidence-based digital health interventions to raise awareness of the importance of a healthier lifestyle.

The literature shows that young individuals with a background of mental health problems have benefited from treatments on digital health education². Thus, this project aims to enable youth to embrace digital well-being through non-formal education by relying on the following:

¹ Mclaughlin, M., Delaney, T., Hall, A., Byaruhanga, J., Mackie, P., Grady, A., Reilly, K., Campbell, E., Sutherland, R., Wiggers, J., & Wolfenden, L. (2021). Associations Between Digital Health Intervention Engagement, Physical Activity, and Sedentary Behaviour: Systematic Review and Meta-analysis. *Journal of medical Internet research*, 23(2), e23180. <https://doi.org/10.2196/23180>;

² Liverpool, S., Mota, C. P., Sales, C., Čuš, A., Carletto, S., Hancheva, C., Sousa, S., Cerón, S. C., Moreno-Peral, P., Pietrabissa, G., Moltrecht, B., Ulberg, R., Ferreira, N., & Edbrooke-Childs, J. (2020). Engaging Children and Young People in Digital Mental Health Interventions: Systematic Review of Modes of Delivery, Facilitators, and Barriers. *Journal of medical Internet research*, 22(6), e16317. <https://doi.org/10.2196/16317>;

1. Creation of a practical toolkit encompassing evidence-based digital health interventions, reliable digital well-being apps developed in compliance with the European data regulations and health standards, and concrete communication campaigns to target highlighted mental and physical issues caused by disbalanced use of modern technologies;
2. Organisation of training workshops based on the developed toolkit for coaches and practitioners;
3. Application of recommendations and communication campaigns from the toolkit at local events at the European grassroots sport level;
4. Multiplication of effects via ambassadors, who would act as role models for healthy digital behavioural patterns;

Expected outcomes:

General outcomes, such as:

- Raised awareness about the importance of digital health in the European community;
- Induced small behavioural changes in the daily life by applying good practices highlighted in the toolkit;

More specific outcomes, such as:

- On-site digital health check-ups (events like: the Olympic and Paralympic Games; the European Games; EUSA Games; International Erasmus Games, etc.);
- Train and certificate local and national ambassadors;

Recommendations for sports organisations to implement this idea/work for this goal:

1. Collaborate with a network of organisations that specialise in championing digital well-being;
2. Apply recommendations from the toolkit on digital health in organisation's action plans;
3. Implement measurement systems for valorising digital health within local initiatives based on the toolkit;
4. Create space to provide feedback and incorporate it into the initiative.

Suggested partnering organisations:

- [Digital Health Society](#);
- [Digital Health Observatory](#);
- [Global Health Connector Partnership](#).

Suggested organisations from the sports sector:

- European University Sports Association (EUSA);
- ENGSO & ENGSO Youth;
- International and European Olympic and Paralympic Committees; ● International Sport and Culture Association (ISCA).

Healthy Solidarity

Idea overview: Promoting healthy lifestyle integration in existing EU programs European Solidarity Corps, Erasmus+ and Youth Dialogue.

Group participants: Christian Saleh Hajj, Flobena Nikolli, Hugo Ferreira, Jan Fiala, Marianna Pikul, Rafael Carrascosa Marzo

Related HL4A Pledge pillar(s):

Increased awareness of a healthy lifestyle across all generations

Easier access to sport

Summary of the idea:

The problem with new initiatives is the lack of money and resources (e.g., personnel and outreach capacity), many times even overlapping with pre-existing ones' needs or range of action. Our proposal is to include the HealthyLifestyle4All (HL4A) in existing European programs and actions with relatable goals and education for the participants. As a case study we will use the European Solidarity Corps (ESC) where the healthy lifestyle priority could be included in the program training carried out to the volunteers, allowing participants to not only embrace healthy lifestyle in their ESC experience country, but also in their home country when they return. Sport organisations are encouraged to take advantage of the ESC opportunities to host volunteers in their organisations and focus on the HL4A topic throughout the ESC programme.

1. What is the challenge you are addressing and why is it a challenge?

The challenge we are addressing is the lack of funds, logistics, personal and outreach capacity many new initiatives face. It is a challenge because these types of initiatives usually overlap with other initiatives which are often managed and sustained by the same small number of people.

2. Description of the idea and its activities

The European Solidarity Corps is a European Union programme that creates opportunities for young people to volunteer, help others in need or run their own solidarity projects that benefit communities around Europe. This programme also gives youth organisations the opportunity to work on or participate in solidarity projects.

The aim of the European Solidarity Corps is to offer young people the opportunity to help those in need, to take part in solving societal problems and to work for a more inclusive society. At the same time, it offers the opportunity to gain new skills and work experience, which will improve their position in the labour market.

Participants:

In the arrival training of the European Solidarity Corps, participants would be introduced to the HealthyLifestyle4All (HL4A) and receive tips on how they could have a healthier lifestyle in the hosting country. In the mid-term training they could explore how they could do a small action

in their organisation/local community – their own pledge. When their project is finished and they return to their country, they could also share their HL4A pledge in their local community of their home country.

Organisations:

Submit European Solidarity Corps projects where the volunteers will be helped with the implementation of their HL4A pledge.

3. Expected outcome

EU programmes such as the European Solidarity Corps would implement this initiative in its early and midterm stages. Other European projects are inspired to find their own way of implementing said activities/pledge frameworks. Sports organisations would create Solidarity projects focused on the HL4A.

4. Recommendations for sport organisations to implement this idea/work for this goal

- Get familiar with European projects/opportunities like the European Solidarity Corps volunteering projects and create their own, focused on the HealthyLifestyle4All (HL4A).
- Contact their national Erasmus+ agencies, or specialised organisations for help and support.
- Connect volunteering youth and the local population through sport and healthy lifestyle activities.
- Provide good conditions for the participants taking the challenge!

References:

- European Solidarity Corps (ESC):
https://europa.eu/youth/solidarity/young-people/volunteering_en

TRANSform Lives Through Sport

Idea overview: Promote and support youth trans inclusion in sport and physical activity at the European level.

Group participants: Carolina Sousa e Sa, Federico Di Bisceglie, Filipa Godinho, Juliana Rocha, Polona Fonda

Related HL4A Pledge pillar(s):

Easier access to sport

Summary of the idea:

Young trans people in general are disproportionately affected by poor mental health in comparison to their cisgender counterparts, mainly as a result of how society views and treats trans people by openly debating their existence and legitimacy for living as their true selves. We know that sport and physical activity has a positive effect on mental health and wellbeing, so why does the world of sport continue to make young trans people feel they don't have the same right as everyone else to experience these benefits? As demonstrated by a majority of raised hands at the European Sport Forum, everyone believes in access to Sport For All, however, it is entirely hypocritical to use these words if we're not breaking down the existing barriers for ALL groups of people to feel welcome and included in sport. Competition and participation are two completely different matters, and the European Commission has the responsibility to be creating more opportunities for trans young people to take part in sport and physical activity in a safe space.

1. What is the challenge you are addressing and why is it a challenge?

The challenge is the reduced access and existing barriers to participation in sport and physical activity to trans young people across the European Union. It's a challenge for several reasons; one being that most people don't have the knowledge and understanding about trans issues, the existing barriers, inclusive language and practice etc. and for this reason people are too fearful to even bring up this topic. Secondly, people will be aware that this is a topical subject these days in elite/competitive sport as some governing bodies around the world have introduced a complete ban on trans women competing in women's sport, as well as further restrictions or complete neglect of trans men and non-binary people when reviewing policies. This is a challenge because it has the effect of further alienating young trans people from sport and physical activity, as they will take that as a message that they're unwelcome. It is likely to also increase discrimination, bullying and harassment towards trans people, particularly in a sports context. Another reason is that the more trans people are being told they are not welcome in sport, the more averse to it they will be, and the less people will think that trans inclusion should be made a priority. There are other reasons why it is a challenge, but the ones described are the main reasons.

2. Description of the idea and its activities

The idea is to promote and support youth trans inclusion in sport and physical activity at a European level, as all people should be able to experience the benefits that sport can bring including physical and mental wellbeing. The activities could include: grassroots activities (particularly in countries where LGBTIQ+ discrimination is higher) included in EU initiatives

such as the European Solidarity Corps; more visible support from the European Commission and EU Sport including on their social media channels and on their website; solidified partnerships with national and local LGBTIQ+ organisations and charities; sitting trans people at the decision-making/policy-influencing tables so that trans voices are heard and respected; a communication campaign showcasing trans young people engaging in grassroots sport.

3. Expected outcome

- More young trans people taking part in sport and physical activity
- More coaches, fitness instructors and other sports educators who are trained and educated on trans inclusion
- More regular initiatives, annual events and funded projects to support and promote trans inclusion in sport (or general LGBTIQ+ inclusion with a specific focus on trans people) organised by the European Commission

4. Recommendations for sport organisations to implement this idea/work for this goal

- Sport organisations and the European Commission must start to work more closely with LGBTIQ+ organisations/charities such as EGLSF (European Gay & Lesbian Sport Federation), ILGA Europe and other national LGBTIQ+ organisations to develop training material and guidance
- Provide more funding and support to local grassroots sports organisations to create initiatives which promote trans inclusion in sport and physical activity within their communities
- Spotlight young trans people's voices and include them in decision-making and policy-influencing

Youth Ideas Labs Legacy

as suggested by the participants

Idea overview: Ensure the continuation (legacy) of the Youth Ideas Labs (YIL) and sustainable youth engagement in European sport sector decision-making.

Introduction: HealthyLifestyle4All Youth Ideas Labs 2022 - European Commission initiative to celebrate the European Year of Youth 2022 and contribute the youth voice to the HealthyLifestyle4All campaign aiming to promote healthy lifestyle for all, across generations and social groups, by linking sport and active lifestyles with health, food and other policies.

The participants would like to highlight the importance of the HealthyLifestyle4All Initiative and the Youth Ideas Labs, which emphasised the need to focus on mental health, easy to move (sport mobility), inclusion of transgender youth into grassroots sports, digital well-being (digital health), and Healthy Solidarity in existing EU programmes, like the European Solidarity Corps (ESC) and Erasmus+.

How do we achieve it? Through meaningful and efficient participatory mechanisms for Youth engagement within the wider sport sector, ranging from participation to policy-making.

Hence, at the strategic level YIL will be guided by the inclusion of the Youth perspective towards the efficient implementation of the Sport Policy (i.e. EU Work Plan for Sport, Council Conclusions) the EU Youth Strategy and respective European Youth Goals. Moreover, it will support the implementation of the Sustainable Development Goals (SDG's), specifically focusing on 3, 4, 5, 10 and 17.

Proposal

Year 2022 and Year 2023 – Keep the Youth Ideas Labs initiative under the HealthyLifestyle4All (2-year campaign finishing in 2023) umbrella as a transition period;

- Main focus on Healthy Lifestyle and Well-being, including the Youth perspective within the HealthyLifestyle4All Pledges, and its relation with the respective topics of the EU Work Plan for Sport, and the European Year of Skills or the Mental Health initiative referred to by Mrs von der Leyen at her State of the Union Address 2022.
- We recommend to have the same Organisational Structure and synergies with other EU Sport events
 - Opening at the EU Sport Forum
 - More young representatives within the panels (at least 1 young person per session, ensuring diversity of youth representatives as of gender, sexuality, socio-economic status, residency status in Europe and etc.)
 - Mid-term meeting in Brussels
 - Specifically to update on EU Sport and Youth Policy with the European Commission (DG EAC; EU Youth Coordinator), Council Representative, European Parliament Representative.

- Attention should be given to the capacity-building synergies between the focus topics by the young representatives and connection with relevant experts and decision-makers.
 - Closing at the EWoS opening
 - Presentation of main findings and suggestions (showcasing the importance of youth acting as enablers to promote innovative approaches to the HealthyLifestyle4All via intergenerational dialogue)
 - After the closing event, a separate session (also online) with relevant stakeholders' and other interested parties from all levels should be organised, to assure the space of the effective implementation of the pledges (project proposals) coming from the Youth Ideas Labs.
- To ensure diversity of perspectives and lived experiences, we recommend to balance the participants' geographical, demographic and socio-economic background and re-evaluate the participating organisations. For member state involvement and buy-in, a nomination from each could be considered.
- To assure the cross-sectoral nature of the initiative, youth sector representatives, like the EU Youth Coordinator or European Youth Forum shall be present and facilitate the process. Youth representatives bringing their perspective across sectors and their respective events and initiatives, together with the EU Youth Coordinator, shall explore synergies with the Health sector and other EC entities who have signed the HL4A.
- The suggestion to appoint "Be Active Youth Ambassador(s)" under the European Week of Sport Campaign (Member(s) of Youth Ideas Labs and other youth representatives) as multipliers shall be explored and put in practice (i.e. the EU Sport Forum, and the European Week of Sport, constitute key forums to put their work throughout the year in the spotlight). EWOS NCB-s (National Coordinating Bodies) and partner organisations could be encouraged to do the same.
- Ensure that sport and healthy lifestyle representatives are included and invited into major EU Youth events (like EYE) and European Youth Conference.
- Ideally, YIL could be integrated in the EU Youth Dialogue as an observer - 2023 marks the beginning of the 10th cycle and could serve as a good forum for YIL to continue their work within the Sport Sector.

Year 2024 – Building on the previous year contributions to the HealthyLifestyle4All, 2024 should mark the beginning of a broader dialogue between the YIL, the Sport Movement, and the Institutional Partners (COM, Council, EP), thus building and strengthening the already existing [EU structured dialogue on Sport](#) and the impact of sport policy for youth through mechanisms like the European Youth Forums EU Youth Test principle.

- Main focus on including the broad and professionalised Youth perspective in the Sport Policy (i.e. 2024 is a strategic year as it marks the ending of the current Work Plan for Sport and the preparations for the next one), strengthening and building it at national, regional and local levels.
- Youth acting as facilitator but also as mediator of this dialogue, assuring co-creation, co-management and effective youth participation in decision-making processes via a Specialised Advisory Youth Body linking Youth and Sport on the relevant European Affairs.

- The Youth Body should be composed by Young professionals and EU institutional representatives (European Commission, Council of the EU, European Parliament).
- The Youth Body should be represented at the high-level EU events and provide reports updating the institutions of the developments in its work - this will promote accountability and contribute to the growing visibility among stakeholders, who will have clearer understanding of the Youth Representatives work, why and how, and will become interested in results/further activities.
- At the operational level, the YIL participants recommend striving for the prioritisation of HealthyLifestyle4All as a horizontal priority within the Erasmus+ and European Solidarity Corps programmes (crucial programmes for the implementation of Sport and Youth policy).
- Considerations to add the Youth Idea Labs national implementation as a specifically supported category into the EWOS National Coordinating Bodies (NCB-s) financial grant (similar mechanism to ear-marked budget for #BeActive Night) to create more synergies with the member states.

2025 and beyond – The Specialised Advisory Youth Body should have the basis to operate as a fundamental entity of the EU Structured Dialogue on Sport, but also contribute to the EU Youth Dialogue in a more effective manner by bringing the sport and physical activity perspective into the process as stakeholders in the decision-making.

- In this sense, the Youth Body should have a multidisciplinary approach, not only focusing on sport and healthy lifestyle, but trying to establish links with other relevant fields - including education, culture, democratic participation etc.
- The unchanging mission of the Specialised Advisory Youth Body is to empower young people to share their ideas with relevant stakeholders and provide them with the space and tools to do it in a structured, continued and impactful manner. Young people are the force behind the movement and should always be its main beneficiaries.

The participating organisations are enthusiastic to contribute and support the further development of the initiative and the European Commission's work in youth and sport policies.

On behalf of Youth Ideas Lab Participants and supporting institutions we express our gratitude to the European Commission for the invitation to such an important initiative. We strongly encourage the further development of YIL and the necessary Call to action for further Youth engagement and participation within the Sport Sector at national level.