



WE ARE HER



**YOUTH
EXCHANGE**

**GENDER IMBALANCE IN
DECISION-MAKING AND
POLITICS**

Host: Youth for Exchange and Understanding International
Brussels, Belgium



**YOUTH FOR EXCHANGE
AND UNDERSTANDING**



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ABOUT THE YOUTH EXCHANGE

SHORT INTRODUCTION

From October 24 to 30, YEU hosted a Youth Exchange in Brussels as part of the We Are Her project, bringing together young ambassadors from Egypt, Lebanon, Greece, Türkiye, and Albania. Throughout the week, participants engaged in dynamic team-building activities that strengthened trust and encouraged open dialogue around gender equality and women's empowerment. They also explored themes such as the Power Walk in Politics, reflecting on how gender shapes leadership opportunities and political participation across different national contexts.

The Youth Exchange combined experiential learning and policy-focused work. Participants contributed to a policy development workshop, drafting recommendations to promote gender equality and amplify youth voices in decision-making spaces. They also visited the House of European History, connecting Europe's past with today's challenges of inclusion and representation. The week culminated in an International Conference, where participants and guest speakers presented insights, shared results, and proposed concrete actions for advancing gender equality and youth participation in politics.



HOSTING ORGANISATION



Youth for Exchange and Understanding (YEU)

Youth for Exchange and Understanding (YEU) was founded in 1986 by a group of 120 young people from 11 different countries. Today, YEU is a member of the European Youth Forum (YFJ) and Lifelong Learning Platform (LLLP) and considered by the Council of Europe and the European Union as an international non-governmental youth organisation.

YEU has young people from over 30 countries from across Europe and MENA region involved in its activities. As an international network, we are the representative body of our members in contacts with the institutions and partners in the youth field. YEU is run for, with and by young peoples and works to promote peace, understanding and co-operation between the young people of the world, in a spirit of respect for human rights.

YEU uses non-formal education methods to increase tolerance and awareness between young people from different countries, cultures and traditions.



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AIM

The primary goal of the “We Are Her” youth exchange in Brussels aimed to empower young people to understand and challenge Gender Imbalance in Decision-Making and Politics.

YOUTH EXCHANGE OBJECTIVES

01

Enhancing awareness among and educating youth in regards to the current status Gender-Imbalance in Decision-Making and Politics in their regional and local communities.

02

Provide young people with specific digital skills and tools in order to take concrete action as actors of change in their local communities.

03

Initiate the development of the participants' contribution to the WE ARE HER Social Media Campaign and utilize its outreach through brainstorming.

04

Test, put in practice and add to the youth workers' (ambassadors) educational capacities within youth work and non-formal learning initiated in the initial training under WP3.

05

Investigate the impact of the youth exchange based on questionnaires in the beginning and end of the mobility.



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DAILY AGENDA



		SAT 25	SUN 26	MON 27	TUE 28	WED 29	
9:30-11:00	ARRIVALS	HELLO AMBASSADORS! ABOUT YEU, WAH AND YE - WHO IS IN THE ROOM?	WEAREHER CATCHING UP - GROUP AGREEMENT	OFFLINE THEATRE	POLICY CONTINIETION AND SUFFRAGETTE	FINAL CHECK	DEPARTURES
11:00-11:30		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	LAST CHECKS	
11:30-13:00		MISSION (IM)POSSIBLE: GENDER EQUALITY	THE POWER WALK IN POLITICS	IF I WERE A POLICYMAKER ...	CAMPAIGN FROM DEBATE TO ACTION	INTERNATIONAL CONFERENCE	
13:00-15:00		LUNCH BREAK & FREE TIME	LUNCH BREAK & FREE TIME	LUNCH BREAK & FREE TIME	LUNCH BREAK & FREE TIME	LUNCH BREAK	
15:00-16:30		TALK & WALK: LEADING WITH LISTENING	THE POWER OF HER VOICE	MUSEUM VISIT : HOUSE OF EUROPEAN HISTORY	WE ARE HER PLATFORM & ACTION FOR CAMPAIGN	INTERNATIONAL CONFERENCE	
16:30-17:00		COFFEE BREAK	COFFEE BREAK	FREE AFTERNOON	COFFEE BREAK	NETWORKING COFFEE AND CLOSING	
17:00-18:00		ME! AS AMBASSADOR & CATCHING UP	GENDER & POLITICS BINGO	FREE AFTERNOON	CONFERENCE ROLE REHEARSAL	EVALUATION	
18:00-18:30		DAILY REFLECTION	DAILY REFLECTION	FREE AFTERNOON	TEAM MEMBERS CHECK	CLOSING CEREMONY AND GROUP PICTURE	
19:00		DINNER	DINNER AND CULTURAL EVENING	DINNER AND INTERCULTURAL EVENING	DINNER	DINNER OUTSIDE	

RESULTS



1. Awareness & Understanding of Gender Inequality

Increased awareness of gender imbalance in politics and improved understanding of power dynamics, stereotypes, and intersectionality.

2. Youth-Led Policy Recommendations

Youth-driven policy proposals developed at individual, organizational, national, and EU levels.

3. Digital Campaign & Showcase Outputs

Creation of digital content for the WE ARE HER Campaign and material for the Digital Showcase.

4. Local & National Action Planning

Development of ideas and initiatives to promote women's participation in local governance.

5. Leadership Growth & Conference Readiness

Strengthened leadership, facilitation, and teamwork skills, and strong preparation for conference roles (campaign, policy, social media, logistics).

6. Intercultural Learning & Cooperation

Enhanced collaboration, understanding, and exchange between participants from five countries.

7. Evaluation & Impact Contribution

Active contribution to evaluation and impact data through daily reflections and feedback.



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