

39
2021

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Encuentros
Internacionales
de Juventud

**JÓVENES
POSPANDEMIA:
una mirada
positiva hacia un
futuro incierto**

Del 4 al 12 de Octubre

ESCUELA DE COMERCIO
C/Francisco Tomás y Valiente, 1
Gijón/Xixón

cabuenes.org



XXXIX ENCUENTROS INTERNACIONALES DE JUVENTUD DE CABUEÑES
JÓVENES POSPANDEMIA: UNA MIRADA POSITIVA HACIA UN FUTURO INCIERTO

The XXXIX Cabueñas International Youth Meetings will occur this October, from 4th to 12th, at Gijón (Asturias). This event is celebrated yearly under the sponsorship of the Spanish Youth Council, the Spanish National Institute of Youth, the Youth Council of Asturias, the Asturias Institute of Youth and the Gijón Council.

The main goal of the Meetings is the opening of a space to think, discuss and analyze about programs and youth policies, trying to facilitate the connections and the Exchange between the participants.

Due to COVID-19 restrictions, some security measures and health preventions will be taken, so some of the activities will take place online and the capacity of the presential ones will be restricted. Also, all the health recommendations from the Erasmus+ Program, the Asturias Government and the Spanish Health Ministry will be mandatory during the activity.

The 2021 topic is **“Postpandemic Youth: a positive look towards a uncertain future”**. All seminars and trainings will be focused on the ways of transformation of the young people lives during this period. This is the frame where this TCA activity will be developed.

Mental health is an invisible area within youth and on which there is practically no regulation. However, today in Europe it is estimated that between 10 to 20% of young people have mental health problems, according to the Commission's own data.

In some countries such as Spain, according to data from the National Statistics Institute, in 2017 suicide was the first external cause of death in our country, with the 15 to 39-year age gap being especially unstable.

In general, it is estimated that the main disorders among youth are anxiety and depression. This problem is aggravated by the general invisibility of this type of situation, especially among the youth group to which this type of situation is not socially attributed.

The situation experienced as a result of the COVID-19 pandemic has further aggravated this situation. According to University College London, the feeling of loneliness has increased especially among young people and there have been more self-destructive thoughts that can generate an increased tendency towards suicide.

As in the political sphere, among young-led organizations, in general terms, there is a great lack of knowledge of these situations and there are no common positions in the European framework that allow young people to transfer strong position statements on this matter to the institutions.

For this reason, we want to create a space where youth agents at the European level can inform themselves through experts in the field, in order to detect which are the main priorities in the field of youth in order to develop a common position among youth that can be presented at the European Youth Forum.

PREVIOUS ONLINE ACTIVITIES

MONDAY - OCTOBER, 4TH

19:00-20:00 H. "SALUD Y BIENESTAR JUVENIL DESDE UNA MIRADA HOLÍSTICA", A CARGO DE EULALIA ALEMANY. / "Health and youth welfare from an holistic view", by Eulalia Alemany

Online conference streamed by YouTube

Eulalia Alemany. Technical Director at FAD and the Queen Sophia Research Centre for Childhood and Youth.

TUESDAY – OCTOBER, 5TH

19:00-20:00 H. "EL RETO DE CUIDAR TU SALUD EMOCIONAL", A CARGO DE DANIEL LÓPEZ GARCÍA. / "The challenge of taking care of your emotional health", by Daniel López García.

Online conference streamed by YouTube

Daniel López García. Healt Psychologist, volunteer on the Asturias Lifeline.

MIÉRCOLES 6 DE OCTUBRE

19:00-20:00 H. PRESENTACIÓN DE RESULTADOS DEL OBSERVATORIO DE EMANCIPACIÓN Y MESA REDONDA "LA EMANCIPACIÓN JUVENIL, ¿REALIDAD O FICCIÓN?" / "Youth access to housing, myth or reality?"

Online panel streamed by YouTube

Mesa redonda con:

- *Adrià Junyent Martínez, vicepresidente y responsable del Área Socioeconómica del CJ*
- *Álvaro Granda Cañedo, presidente del CMPA*
- *Joffre López Oller, sociólogo del Observatorio de Emancipación Juvenil del CJE*
- *Plataforma por el Derecho a la Vivienda Digna.*

JUEVES 7 DE OCTUBRE

11:00-14:00 H. JORNADA SOBRE LAS VÍAS DE FINANCIACIÓN EUROPEA 2021-2027 / European Financial Support 2021-2021

Online panel streamed by YouTube

Coordinated by *INJUVE and María Noval Ramos (Euradía)*. *Euradía is a specialized conconsultancy about EU Policies, Programs and .*

19:00-20:00 H. "TRABAJANDO CON NUESTROS JÓVENES HACIA UNA GENERACIÓN DE LA RESPONSABILIDAD", A CARGO DE DOLORS REIG. / "Working with our youth to a responsible generation", by Dolores Reig

Online panel streamed by YouTube

Dolors Reig. Social Psychologist, profesor and consultant in many organisations.

ON-SITE ACTIVITIES

During the week, six different seminars and trainings will be take place at the same time in the mornings and the participants of all of them will have common spaces and activities to share in the evenings.

To complete the programa all the participants must attend to at least the common activities marked in red, but they will be welcomed to all of them.

	Friday, 8th	Saturday, 9th	Sunday, 10th	Monday, 11th	Tuesday, 12th				
10:00	Participants Arrival	<ul style="list-style-type: none"> •Participants presentation. •Generation of interests and objectives of the participants. •Seminar: Introduction to Mental Health. 	<ul style="list-style-type: none"> •Seminar: Mental Health on Youth, problems and priorities. •Analysis development among the participants about their main interests in mental health and youth. 	<ul style="list-style-type: none"> •Seminar: Institutional Strategies on Mental Health •Common position development among participants 	<ul style="list-style-type: none"> •Common strategies to influence the established positioning. 				
14:00						Lunch break			
16:30						Tour around the points of interest of Gijón	Experiences Panel	Guided visit to different intervention youth projects on the city.	Participants Departure
18:00									
18:30	XXXIX Cabueñes International Youth Meeting Opening	Staytons Concert	<i>Biting the truth</i> Theatre	Young Chorus of Gijón	Cinema				
19:00	Opening Conference "COVID-19 Generation: from the Great Recession to the Pandemic" by Pablo Simón								
19:30	Dinner Free Time	Dinner Free Time	Dinner Free time						
20:00									
20:30									

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