



EUROPEAN CITIZENSHIP ACADEMY

INFOGRAPHICS RECOMMENDATIONS FROM
THE ECA YOUTH EXCHANGES



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Infographics

Recommendations

All of the following infographics were created based on the young people voices and opinions, collected in a form of a recommendation on a various topics related to European Citizenship areas during our project Youth Exchanges held in France, Spain, Portugal, North Macedonia, Greece, Poland, Italy and Sweden.



7 RECOMMENDATIONS FROM THE ECA YOUTH EXCHANGE IN FRANCE

ON THE TOPIC OF THE EUROPEAN UNION
AND THE ENVIRONMENT

- 1  RENEWABLE ENERGY FOR INDUSTRIES
- 2  INVEST IN EDUCATION ABOUT THE ENVIRONMENT
- 3  STRICTER TAXATION OF BIG COMPANIES
- 4  MANDATORY COMPOST IN EUROPE
- 5  ENCOURAGE PUBLIC TRANSPORTATION AND REMOTE WORK
- 6  SUPPORT SMALL BUSINESSES THAT ARE ECO-FRIENDLY
- 7  ENCOURAGING INTERNAL MARKET AND LOCAL PRODUCTS

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RECOMMENDATIONS AND COMMENTS ON GUIDED QUESTIONS FROM THE YOUTH EXCHANGE IN FRANCE:



IF I WAS A MAGICIAN, 3 THINGS I
WOULD LIKE TO MAKE FOR THE EU
TO BE MORE KNOWN BY YOUNG
PEOPLE

01

Creating engaging social
media campaigns,
organizing EU festivals or
concerts, develop an
immersive EU-themes
app/game

IF I COULD TEACH THE EU, I
WOULD FIRST SAY THAT
THE EU IS...

02

... a union of countries
committed to promoting
peace, stability, and
prosperity across Europe by
working together on
common goals

IF I WAS TALKING TO AN E.T.,
HOW WOULD I EXPLAIN WHAT IS
THE EU?

03

"Imagine different species
on your planet all working
together for common goals
- that's how the EU
functions, but with humans
and their cultures"

THE EU WOULD BE BETTER
WITH...

04

... faster decision-making:
streamlining bureaucracy to
with... make laws and
policies more efficient.

EUROPEAN CITIZENS WOULD
BE HAPPIER WITH...

05

... greater transparency:
clearer communication on
how the EU benefits their
everyday lives

YOUNG PEOPLE EXPECT
FROM THE EU TO ...

06

... tackle climate change
aggressively and promote
sustainable living practices +
create more job
opportunities & provide
better pathways for careers
across borders



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Recommendations
from France

RECOMMENDATIONS AND COMMENTS ON GUIDED QUESTIONS FROM THE YOUTH EXCHANGE IN POLAND:

These recommendations are from 6 young people who participated in our Youth Exchange event in Poland, coming from Greece, Poland, Spain, Portugal and France, attended by 25 youngsters.

If I was a magician, 3 things I would like to make for the EU to be more known by young people



Develop an engaging, multiplayer game where players solve challenges related to EU policies, travel through Europe, and learn about EU institutions while completing exciting quests; Organizing big events for youth like Polish Woodstock; Make one week during school year free, to obligatory go for the youth exchange

If I could teach the EU, I would first say that the EU is...

The EU helps its member states work together, making them stronger and more united on the global stage while respecting their individual identities.



If I was talking to an E.T., how would I explain what is the EU?

"The euro is more than a currency. It is the symbol of the unification of Europe.", but what with those ones who don't have euro?



The EU would be better with...

It would be better if young people had a greater influence on its actions.



European citizens would be happier with...

Cheaper flights.



Young people expect from the EU to

Create more job opportunities for young people and make easier and equal the whole process of applying for a job in another country.



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6 RECOMMENDATIONS FROM THE ECA YOUTH EXCHANGE IN POLAND THE EUROPEAN UNION AND OPPORTUNITIES

01 CLIMATE

EU to be more vocal about its policy in view of climate change by increasing targets and investing in green technologies. Secondly, I want the EU to support and finance such projects aimed at increasing youth participation in politics and entrepreneurship, cross-border collaboration. The same is for equal opportunities for all and minimal differences in economic development between regions.

02 ECOLOGY

More eco practices which are possible to use in a daily life

03 RAIL

The EU connected with all countries with one railway line.

04 EDUCATION

a united European Union that embraces inclusivity and celebrates the diversity between people while really working for the good of all states. I just wish more encouragement was given to youth initiatives, easier access to educational opportunities, and more cultural exchanges, bringing people closer in various nations

05 SUSTAINABILITY

Sustainable development for all European countries.

06 YOUTH

Organize EU Council meetings where students take on the roles of different member state representatives, debating key issues like climate change, trade, or migration.

These recommendations are from 6 young people who participated in our Youth Exchange event in Poland, coming from Greece, Poland, Spain, Portugal and France, attended by 25 youngsters.



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Recommendations from Poland

RECOMMENDATIONS AND COMMENTS ON GUIDED QUESTIONS FROM THE YOUTH EXCHANGE IN ITALY:



THESE RECOMMENDATIONS ARE FROM 6
YOUNG PEOPLE WHO PARTICIPATED IN
OUR YOUTH EXCHANGE EVENT IN ITALY,
COMING FROM ITALY, FRANCE,
PORTUGAL, GREECE, POLAND, ATTENDED
BY 25 YOUNGSTERS.

If I could teach the EU, I would first say that the EU is....

- EU is a mix of cultures and people that are united under the same values.
- EU is a union of 27 countries that work together to help each other solve common issues.
- It is the definition of the phrase "together we are stronger".

The EU would be better if....

- There was more cooperation between countries that are members.
- It was less conditioned by countries that have a stronger economy and power.
- Citizens were more educated to respect environment.
- It was more inclusive towards different cultures and people with different backgrounds.
- There was more affordable living for youngsters.
- There were more activities oriented to involve young people in participating in the community life and connect them to the older generations.



European citizens would be happier with...

- Affordable housing and cost of life.
- Easier access to the job market.
- Equal opportunities and chances to make their voices heard.



Young people expect from the EU to ...

- Connect youth together and with other generations and decision-makers.
- Cooperate for a better future.



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20 RECOMMENDATIONS FROM THE ECA YOUTH EXCHANGE IN ITALY

ON THE TOPIC OF YOUTH PARTICIPATION AND EU OPPORTUNITIES

- 01 I want an EU with more gender equality and the free right to marriage for people of the same sex.
- 02 EU with equal salaries for men and women.
- 03 EU that is more strict and applies stronger environmental regulations on imports from other countries.



An EU that provides education and information about what is happening in the world around us. Tackling politics and wars of countries that are not only the ones geographically close to the Union.

An EU that has a better communication with its youth. To have more people that are aware of the opportunities and the available resources.

A more sustainable and green Europe.

EU appealing to young people, who is able to bring youngsters to vote.

08 EU that is able to accomplish the 11 youth goals by 2029.

09 I'd like more accessible studying opportunities to go abroad.

10 I'd like a that Europe would include all diversity and cooperate all together with no discrimination.



11 Better strategy to help and integrate refugees.

12 Better division of resources among the member states, giving more to who has less.

13 Ecology and environment should be the heart of the European decisions.

14 More social policies and measures to eliminate poverty across the EU.



15 Implementation of more sustainable fuels and environmental care.

16 Travel, studying and self-development opportunities for all, despite age or background.

17 Sharing more knowledge to its citizens about EU's goals, functions, values and opportunities.



18 Enhancing the feeling of belonging to the EU, listening more to the voices of young people.

19 I want that the voices and the needs of youth reach the decision makers. I wish for a more efficient system of communication.

20 EU that spreads peace and human rights in countries that are far from European values.



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Recommendations from Italy

RECOMMENDATIONS AND COMMENTS ON GUIDED QUESTIONS FROM THE YOUTH EXCHANGE IN PORTUGAL:



THESE RECOMMENDATIONS ARE FROM 4
YOUNG PEOPLE WHO PARTICIPATED IN
OUR YOUTH EXCHANGE EVENT IN
PORTUGAL, COMING FROM ITALY, SPAIN,
NORTH MACEDONIA, SWEDEN AND
PORTUGAL, ATTENDED BY 25
YOUNGSTERS.

If I was a magician, 3 things I would like to make for the EU to be more known by young people?

I would create partnerships with schools and universities
so young people could know more about European
Union projects and initiatives. I would also create
scholarships so they could be part of those initiatives and
finally I would also create more volunteering programs in
specific areas so they could identify with those programs
and join. for the EU to be more known by young people -
Ana, Portugal

I would do better promotion in social media about
EU, get more activities in school about the EU and
develop some activities in the underdeveloped
cities about the EU. - **Francesco, Italy**

I would implement a subject about European Union in
school, I would make more gatherings for young people
to learn about the European Union through non formal
education and I would do more free advertising, not only
on social media but also on billboards. - **Marija,
N.Macedonia**

If I was talking to an E.T., how would I explain what is the EU?

The European Union is a community that was founded
in planet earth which belongs to the milky way. This
planet is mainly composed by water and it's composed
by land and in the land we have 5 continents. One of
them is Europe and most of the tiny pieces of land, that
we call countries, that is Europe, they made a
community which is called European Union. There are
27 countries in this Union and there might be more and
we contribute a lot to the preservation of our
environment, to the safety and the creation of
infrastructures for the different countries of the
European Union. - **Gonçalo, Portugal**

21 RECOMMENDATIONS FROM THE ECA YOUTH EXCHANGE IN PORTUGAL

These recommendations are from +20 young people who
participated in our Youth Exchange event in Portugal, on the
topic of Green Deal and Well Being - coming from Italy, Spain,
North Macedonia, Sweden and Portugal, attended by 25
youngsters.

1. To give a bonus/discount to buy electric cars;
2. Free public transport tickets;
3. To use solar panels;
4. To reduce the use of plastic and also the way
that it is recycled and reused;

5. To enhance the second-hand stores;
6. Paid volunteering for young people to clean both
land and oceans, not as a salary, but to involve more
people in these kind of projects;
7. Electric transportation;

8. Cheaper transportation between border countries;
9. Lower the price of fruits/ vegetables and raise the
prices of alcohol and tobacco, to help the local
industry;
10. Promote food sovereignty;

11. Urban living: to invest in green cities for better
public transport and more green areas;
12. Cleaner air and water: by reducing the pollution;
13. Healthier food: focus on sustainable agriculture as
well as food production;

14. Opportunities: we expect more green job
opportunities, especially for young people;
15. To actually make the Green Deal happen, to make
the policies in the green deal followed, to make an
enforcement of the policies;

16. To not let people buy their way and of it no
"loopholes";
17. Free and accessible public transport;
18. Make long distance travel affordable;

19. More visibility of climate change problems in
schools and university;
20. More youth representation;
21. Make mental healthcare and wellbeing free and
accessible;

Recommendations from Portugay

RECOMMENDATIONS AND COMMENTS ON GUIDED QUESTIONS FROM THE YOUTH EXCHANGE IN N.MACEDONIA:



THESE RECOMMENDATIONS ARE FROM 4
YOUNG PEOPLE WHO PARTICIPATED IN
YOUTH EXCHANGE EVENT IN
N.MACEDONIA, COMING FROM
MACEDONIA, SWEDEN, PORTUGAL,
POLAND, AND GREECE ATTENDED BY 25
YOUNGSTERS.

If I was a magician, 3 things I would like to make for the EU to be more known by young people?

- Education that prepares us for life
- Affordable housing and fair job opportunities for the young people
- Real involvement of the youth in the decision-making processes

The EU would be better with....

Social innovation through partners from EU and non EU countries. Keep investing in young people who are the future of the world. Ensuring security both on political and cultural level



European citizens would be happier with...

All of us, coming from EU or non EU countries deserves better quality life. Together we can do everything, we just need support from you.

Young people expect from the EU to...

Educating youth on recourses, where to find them, releasing statistics on what's been done and access to that. More platforms for the youth who is interested to be able to reach out, to be involved and heard often. More scientific initiatives with collaboration with artistic and creative parts. More effort to connect with youth in order to empower them through giving them the opportunities to create actions that are implemented in near future not just policy suggestions



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20 RECOMMENDATIONS FROM THE ECA YOUTH EXCHANGE IN N.MACEDONIA



These recommendations are from young people who joined
Youth Exchange event in N. Macedonia, on the topic EU&ME:
Rethinking Europe Through Youth Power and Innovation

1. AI and technology in general are inevitable part of our lives, but we need to find ways to make it ethical.
2. Regulations of the algorithms that cause the further digital addiction.
3. More awareness raising campaigns for digital literacy.
4. The climate crisis is no longer a distant threat, it is a pressing reality.

5. Free mental health support for digital addiction.
6. We need a world where the digitalization works for us not against us.
7. Cybersecurity isn't just a tech issue, it is a matter of privacy, freedom and trust.
8. Low rent, dignified standard of living.

9. More opportunities for people with disabilities.
10. Help in fight for the discrimination against people with disabilities.
- EU must take stronger, coordinated action to manage migration in a fair and more humane way.
11. Border countries are under significant pressure and solution is urgently needed.

12. Migration is a shared European challenge that requires solidarity, responsibility and respect towards human rights.
13. Migration should be controlled and spread between all EU countries.
14. For the immigrants life is hard as well. The cities are separated into immigrant part and non-immigrant part.

15. Be brave, stop the lies and spread the love to every human who needs.
16. I would love to see in 10 years, solidarity & unity among all EU countries.
17. Respect all the values of the EU, remember about human rights, mental health, climate change, economic problems.

18. I would like EU commission to check its economical connection and switch to ethical investment (politically and environmentally).
19. I wish the war with Ukraine to be over. I wish Ukrainian families to have a chance to go back to their homes and families.
20. Respect all the values of the EU, remember about human rights, mental health, climate change, economic problems.



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Recommendations from Macedonia

RECOMMENDATIONS AND COMMENTS ON GUIDED QUESTIONS FROM THE YOUTH EXCHANGE IN SWEDEN:



THESE RECOMMENDATIONS ARE FROM
THE PARTICIPANTS OF THE YOUTH
EXCHANGE EVENT IN SWEDEN, COMING
FROM N.MACEDONIA, ITALY, GREECE AND
SPAIN, ATTENDED BY 25 YOUNGSTERS.

If I could teach the EU, I would first say that the EU is....

- Face recognition in national borders.
- Organising an annual youth festival in different country every year by teleporting the stage, light etc.
- Every EU policy will be a TikTok video or Instagram reel, for example dragons announcing laws.

If I was talking to an E.T., how would I explain what is the EU?

- The European Union (EU) is a unique economic and political union between 27 European countries.



The EU would be better if....

- Better coordination on defense, economy, migration, foreign policy & political unity
- A big brother you lean on when needed
- Better communication on different institutions, information on how citizens can be more active and shape policies.

European citizens would be happier with...

- Economic balance between rich and poor regions
- Not depending upon other powerful countries
- Faster and clearer decision making processes that have transparency.
- More investment in innovation & sustainability.



Young people expect from the EU to ...

- Protect rights & freedoms
- Provide opportunities
- Action on climate change
- Support mobilities
- Insure people & security
- More representation of young people in parliament.

16 RECOMMENDATIONS FROM THE ECA YOUTH EXCHANGE IN SWEDEN

ON THE TOPIC OF YOUTH PARTICIPATION AND EU OPPORTUNITIES
EUROPEAN UNION AND YOUTH LEADERSHIP

- 01 Encourage the participation of young people in national parliaments, advisory groups, and policy-making organizations.
- 02 Make use of a Youth Impact Assessment tool.
- 03 Extend European Solidarity Corps and Erasmus+.



- 04 Establish mentorship programs that link young leaders with EU decision-makers.
- 05 Create mentorship programs that connect leaders with EU leaders and decision-makers.
- 06 Recognize and support youth projects, volunteer work, and youth service.
- 07 To reach young people in all spheres of life.



- 08 All sex groups should have equal opportunities.
- 09 Combating internet harassment and hate speech.
- 10 Teach young people digital literacy and critical thinking skills.



- 11 Increase EU funding for youth-led projects.
- 12 Establish low-barrier, expedited funding channels for neighborhood youth campaigns and projects.
- 13 Establish tangible locations for teamwork and leadership development.
- 14 Compile information on youth involvement in governance.



- 15 Youth programs should be evaluated based on actual results, such as policies, rather than merely participation rates.
- 16 Engage young people in evaluating and enhancing the EU programs.



Recommendations from Sweden

RECOMMENDATIONS AND COMMENTS ON GUIDED QUESTIONS FROM THE YOUTH EXCHANGE IN GREECE

These recommendations are from +20 young people who participated in our Youth Exchange event in Greece, coming from France, Spain, Greece, Sweden and Portugal, attended by 25 youngsters.

If I was a magician, 3 things I would like to make for the EU to be more known by young people

- An AR app to show how EU policies impact daily life – e.g., funding for local parks or sustainability rules on supermarket products.
- An EU Creators Grant giving micro-grants to young people on TikTok, Instagram, and YouTube to create fun, authentic content about EU policies and opportunities.
- A Euro-Hackathon series where youth teams build tech solutions for real EU challenges.

If I could teach the EU, I would first say that the EU is...

More than just a bunch of countries, the EU is a team of 27 nations working together. They're all independent, but they've agreed to a common set of rules to create a better Europe for everyone.

If I was talking to an E.T., how would I explain what is the EU?

It's an experiment in turning conflict into cooperation for a better life for everyone.

The EU would be better with...

Young people in the center of decisions that shape their lives, not just concerned observers.

European citizens would be happier with...

Greater Economic Security: This includes a living wage and stable employment, allowing people to feel secure in their financial future and afford a comfortable life.

Young people expect from the EU to

Create Quality Jobs and Opportunities: Young people seek a labor market with better job security, fair wages, and fewer unpaid internships. They want the EU to invest in skills that are relevant for a changing economy.



5

RECOMMENDATIONS

FROM THE ECA YOUTH EXCHANGE IN GREECE

On the topic of European education in the field of youth and the place of Europe in the lives of young people

European Union to invest more in programs that promote dialogue, reconciliation and peace-building. Especially among future leaders, this initiative helps us build trust across cultures and prepare a united, peaceful Europe for generations to come.

The European Union should focus on people, real union between people (not just between states), and what truly matters to the people.

The main goal is to increase acknowledgement about social issues and to solve them efficiently in a way that helps people become more connected.

One of the things I want to change in the EU is racism in the labor market or justification.

More female politicians or MEPs, or a given group of people, young people, in every country.

These recommendations are from +20 young people who participated in our Youth Exchange event in Greece, coming from France, Spain, Greece, Sweden and Portugal, attended by 25 youngsters.



Recommendations from Greece

RECOMMENDATIONS AND COMMENTS ON GUIDED QUESTIONS FROM THE YOUTH EXCHANGE IN SPAIN:



THESE RECOMMENDATIONS ARE FROM 4
YOUNG PEOPLE WHO PARTICIPATED IN
YOUTH EXCHANGE EVENT IN SPAIN,
COMING FROM SPAIN, FRANCE, ITALY
POLAND AND NORTH MACEDONIA,
ATTENDED BY 25 YOUNGSTERS.

**If I was a magician, 3 things I would like to make for
the EU to be more known by young people?**

1. An official EU youth card which will be valid in all member states, giving discounts on transport, culture, events, sport activities, travels.
2. A youth-friendly Erasmus+ opportunities. Not just websites full of text, but interactive apps, videos, and mentorship programmes where young people can explore exchanges, volunteering, trainings and scholarships, and also talk to peers who already participated.
3. A European support network for wellbeing and self-development

The EU would be better if....

- With opportunities accessible for all of the people regardless the area in which their live, grades, economic status.
- Education accessible for all of the young people (without university taxes etc.)



If I could teach the EU, I would first say that the EU is....

EU is building peace and intercultural understanding. Is a place where people from different countries can meet, learn from each other and try to make the world a better place together. Thanks to projects like Erasmus+. Teaching much more than school about human rights, gender equality and how important it is to understand and respect different cultures.



**If I was talking to an E.T., how would I
explain what is the EU?**

Union Europe is a group of countries in Europe that decided to work together. They share ideas, make decisions together and try to solve problems like climate change, peace, equality or human rights. UE facilitates travel, study, work and free live in other countries. Everything is about cooperation, friendship and building a better future together.



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RECOMMENDATIONS FROM THE ECA YOUTH EXCHANGE IN SPAIN

ON THE TOPIC OF EUROPEAN EDUCATION IN THE FIELD OF YOUTH
AND THE PLACE OF EUROPE IN THE LIVES OF YOUNG PEOPLE

- 01 Europe should focus more on placar building and intercultural understanding.
- 02 Racism should be punished and educated.
- 03 More green volunteering programs.



Mentorship aside of their families and schools, and opportunities to discover themselves outside of their everyday environment.

04

To create an official EU platform for mental health with free with anonymous chats, psychological support and resources to deal with anxiety, school or stress.

05

To create more sport pavilions in small neighborhoods in order to promote healthy lifestyle.

06

07 Change the university taxes and make education more accessible to everyone.

08 Speak more about Erasmus+ projects

09 Talk more about Erasmus in schools and its opportunities.



Funds for social projects should be created by young people and it should be same funds for groups of young people who propose ideas on sustainability, inclusion, at, digital or active citizenship.

10

Possibilities to travel easier, listening to young people's voices, more chances to participate in youth projects.

11

12 European Health App Mental - an official EU platform, free with anonymous chats, psychological support and resources to deal with anxiety, school or stress.

13 Justice should be serious regardless of the seriousness. Victims should speak.



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Recommendations
from Spain

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