

# EYP METHODOLOGY

The European Youth Parliament's (EYP) methodology is all about learning through experience. Young people grow step by step, guided by peers, taking on new roles and responsibilities over time.

To show how this works in practice, we follow the journeys of three young Europeans who start out in their home countries and, several years later, meet again at an International Session. Their story brings the EYP methodology to life.

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## FLIP OVER FOR A GUIDE

Publisher:  
Schwarzkopf Foundation Young Europe in 2026  
European Youth Parliament  
c/o Schwarzkopf Foundation  
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The Schwarzkopf Foundation Young Europe is the international umbrella organisation of the European Youth Parliament.

# FOLLOW THE METHODOLOGY MAP



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### Meet Emre!

Emre is 17, from the outskirts of Ankara, **Türkiye**, loves collecting vintage posters, and enjoys discussing current events and political ideas. After joining his school's EYP club, he attends a one-day **Session**, where he experiences **Teambuilding**, **Committee Work**, and a mini-**General Assembly**.

Emre discovers the key elements of EYP: collaborative debate, critical thinking, and intercultural dialogue. These activities broaden his curiosity about European politics and youth exchange, inspiring him to get more involved in the EYP network.



Emre attends his first International **Session** as a delegate and travels to **Azerbaijan**. Here, he works closely with young people from all over Europe, learning how to share ideas, listen to different viewpoints, and find solutions together. Through **Committee Work** and the **General Assembly**, he discovers how teamwork, open discussion, and joint decision-making can turn many voices into one shared proposal. This experience helps him form his own opinions on European issues and shows him how meaningful it can be to solve problems together.



After enjoying being a delegate a few times and having tried out **Organising**, Emre joins the **Academic Team** and chairs his first committee at a Regional Session in Italy. By learning on the job, he tries out different ways of guiding discussions and supporting his group, just like past chairs once supported him.

He also gets to meet a topic expert, helping the committee understand the issue more deeply. Emre discovers what it means to lead a team and keep everyone involved, which gives him confidence for future roles in EYP.



Having volunteered at more EYP events in different **Academic Teams**, Emre travels to **Germany** for a Training for **Chairpersons**. Here, he learns new ways to guide group work, lead discussions, and support delegates.

Experienced volunteers share tips and techniques, helping him grow as a facilitator. With this peer-to-peer learning and hands-on practice, Emre becomes more confident in handling complex topics and feels ready to take on an even bigger session as a **Chairperson**.



Aino, Emre and Rui meet each other at an International **Session** in **Poland**, and their shared EYP experiences spark a lasting friendship. Their stories reflect how EYP brings together people from different backgrounds and roles, creating meaningful opportunities for growth. The three of them will continue their involvement in the EYP to develop even more friendships and skills. Before saying goodbye, they promise to see each other again somewhere around Europe!

## The EYP Essentials

The European Youth Parliament is one of Europe's largest youth platforms for civic education, intercultural encounters, and the exchange of ideas – run by young people, for young people.

Our mission is to inspire and empower a young generation of informed, open-minded, responsible, and active citizens that shape society and drive impact. Since 1987, the EYP has inspired and empowered hundreds of thousands of young people.

### Session

An EYP Session is a typical event where participants, called delegates, come together to discuss European issues. It includes three main elements: **Teambuilding**, **Committee Work**, and the **General Assembly**. During the session, delegates work, collaborate, and debate to propose solutions to real-world problems.

Personal and professional development is a crucial aspect of the EYP experience. It offers diverse opportunities for skills development as participants can take part in training events, try out various roles at Sessions, and take on a management portfolio within their National Committee.

This methodology map covers several linear examples of what learning experiences can look like in the EYP, but outside of Emre, Aino, and Rui, there are thousands of young participants, all with their own unique EYP journeys!

Sessions take place on a regional, national and international level. International Sessions, gathering up to 300 people from across the EYP network include intercultural activities such as the Eurovillage and Euroconcert, where participants share food, traditions, music, and performances from their countries.

### Teambuilding

Teambuilding helps participants get to know each other through fun activities and games. A facilitator, who was once in the participants' shoes, guides them to work together, solve problems, and build trust, preparing them for collaboration throughout the Session.

### Committee Work

In Committee Work, participants work in small groups to discuss a topic, share ideas, and come up with solutions. A facilitator, called the "chair," who was once in their position, guides the group, helps with decision-making, and supports the creation of a resolution to present at the end of the Session.

### General Assembly

The General Assembly is where all committees come together to debate and vote on the resolutions they've created. It's a chance for participants to speak publicly, defend their ideas, and practice decision-making in a parliamentary-style setting.

### Media Team

The Media Team creates content to share the Session's work with a wider audience. A Media Team Member helps produce content such as articles, videos, and social media posts. An Editorial Assistant supports the editing process and organizes content. The Editor leads the team and manages the final output of all media.

### National Committee

A National Committee (NC) is the local branch of EYP in each country, organised and led by young volunteers in their free time. The board oversees the NC, with members holding different portfolios such as President (overall leadership), Treasurer (finances), Head of Public Relations (communications), and International Coordinator (sending members to EYP events abroad).

### Academic Team

At an EYP Session, the Academic Team provides guidance and support to delegates, helping with research and ensuring smooth discussions. The Chairperson facilitates Committee Work, guiding delegates through discussions and helping create resolutions. The Vice-President and President train the chairs, support them with topic overviews, and also moderate the General Assembly, ensuring the Session runs smoothly.

### Organising Team

The Organising Team is responsible for the logistics, fundraising, and overall coordination of the session. The Head-Organiser leads the team, overseeing all aspects of planning and execution. Organisers handle specific tasks like venue management and sponsor relations, while Core-Organisers support key functions to ensure everything goes to plan during the event.

### Event Safe Person

At an EYP Session, the Event Safe Person is someone participants can talk to if they feel uncomfortable, overwhelmed, or unsafe. They listen in confidence, offer support, and help make sure everyone feels respected and safe during the event. When needed, they work with the other volunteers of the session to help solve problems and support participants' wellbeing.



### Meet Aino!

Aino is 16, from Tampere, **Finland**, loves cake and swimming. She's an avid podcast listener and amateur videographer, curious and tech-savvy. Aino's English teacher encourages her to join her first EYP **Session**.

As a more introverted person, Aino finds that expressing ideas through media allows her to connect with others in a different way. This moment sparks her interest in EYP **Media Teams** – the group that captures and shares the session's key moments, from articles, pictures, and videos to podcasts and social media posts.



Aino attends the EYP network-wide Media Academy, a training event hosted in **Norway**, as a trainee and discovers her passion for media and storytelling. Excited by the new role but also feeling slightly overwhelmed by the intensity of the programme, she reaches out to the **Event Safe Person**. The conversation reassures her and helps Aino feel supported. Through peer-to-peer education and mentorship from trainers, Aino understands how media can shape narratives and engage audiences in European youth debates. She feels ready to take part as a **Media Team Member**.



Aino joins the **Media Team** at a National **Session** in the **United Kingdom**, producing content about session debates. Outside of documenting the event through pictures and videos, she creates podcasts and interactive posts to bring EYP discussions to a wider audience.

Next to travelling to a foreign country and making new friends, this experience strengthens Aino's skills in strategy, communications, and collaboration within a multicultural team.



When Aino is 19, she decides to study in **Latvia**. While studying, she joins the board of the **National Committee**, EYP Latvia, as a PR member.

Aino manages social media accounts, oversees the work of EYP **Media Teams**, and helps shape the National Committee's external communications practices. This role develops her leadership, strategy, and team coordination skills even further.

Emre is a **Chairperson** at the **Session**, leading discussions on humanitarian assistance.

He also moderates a panel with policymakers, helping bring young people's ideas into real conversations about the issue. This experience strengthens everything he has learned in EYP: From facilitation and teamwork to intercultural understanding and confident public speaking.

Aino serves as an **Editorial Assistant** on the **Media Team** of the same International **Session**. She leads a media project on European integration, edits content from her colleagues, and guides junior members of the team.

She builds strong skills in storytelling, teamwork, and leadership. When a video that she worked on is shown at the end of the session, the room erupts in cheers, and Aino realises how powerful creative communication can be.

Rui takes on the role of a **Core-Organiser**, managing the logistics for over 200 young people across Europe at the **Session**.

From making sure that all delegates arrive safely to ensuring that there is enough food for everyone, Rui keeps things organised behind the scenes. Their hard work ensures that the **Session** is a success, and Rui takes pride in seeing the event come together, knowing they played a key part in creating a memorable experience for everyone involved.



### Meet Rui!

Rui is 16, from Porto, **Portugal**, and is a big fan of Japanese anime, enjoying creating fan art in their free time. They've always loved planning school events and making sure everything runs smoothly, whether it's a small class activity or something bigger.

When they attend their first EYP **Session** as a delegate, they're excited to be part of something bigger and meet people from different places. This experience leads to Rui's interest in the **Organising Team**, and discovering how much they enjoy contributing to a wider community.



Having participated in two **Sessions** as a delegate, Rui takes on the role of an **Organiser** at a Regional **Session** in **Spain**. From setting up rooms to managing registration and making sure everything runs smoothly, they quickly realise how much they enjoy being behind the scenes. Along the way, Rui learns to juggle different tasks, solve problems on the spot, and work closely with a team to create a positive experience for everyone involved. It's a big shift from being a delegate, but Rui finds the challenge rewarding and energising.



Feeling more confident in the **Organising Team**, Rui joins the board of their **National Committee** as Treasurer. Over the next two years, they manage finances for national **Sessions**, handling budgets and sponsorships. Rui also attends a Summer Academy in **Luxembourg**, a training event for board members from across Europe where they learn about crisis management, diversity, and other key areas for board leadership. This experience allows Rui to exchange ideas with peers, improve their skills, and strengthen their ability to manage their **National Committee**.



After several years in the network, Rui joins the **Organising Team** for an International Forum in Romania, taking on a bigger role. They help coordinate logistics, work with an international team, and ensure everything runs seamlessly for the participants. Rui learns how to communicate effectively with people from different cultures and backgrounds. By the end, Rui feels a deep sense of pride in how their hard work contributed to making the event a success, and they realise how much they've grown as both a leader and a problem-solver.



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