

A photograph of three young women sitting at a long wooden table in a meeting room. They are looking at documents and papers on the table. The woman on the left is wearing a grey blazer and glasses. The woman in the middle is wearing a blue long-sleeved shirt and glasses. The woman on the right is wearing a dark blue blazer. There are microphones, a glass of water, and a smartphone on the table. In the background, there is a camera on a tripod and another person standing.

Central European Youth Manifesto



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Introduction

We developed this manifesto as part of the My Activist Revolution project because we, as young people, want to make a change and share our ideas with others. This project has become a meeting point for young people from different countries and backgrounds, giving us the opportunity to come together, exchange perspectives, and speak about the topics that truly interest and concern us.

For many of us, being part of this project is also a meaningful personal experience. We want to learn more about the places we visit, their culture and history. We started in Austria, Italy, Poland and Slovenia where we live and then met altogether at two international conferences in Ljubljana and Cracow. We wanted to meet new people, and build connections with young people in other countries who share similar hopes for the future. These encounters help us grow, inspire us, and remind us that we are not alone in wanting a better world. Being here allows us to contribute to something bigger than ourselves and to expand our knowledge about activism, democracy, sustainability, and human rights.

We enjoy being politically active and want to start engaging early. Politics should not only belong to adults or decision makers. They affect everyone, especially the younger generation. This project gives us the chance to expand our political knowledge, learn more about different topics, and understand how European institutions and democratic processes work. Many of us share a strong interest in the European Union and feel grateful for this opportunity to take part in shaping our communities and our future.

That is why we are working on a manifesto of youth demands. We want our voices to be heard, and we want politicians, parliaments, and decision makers to understand what matters to our generation. This manifesto is more than just a document, it is a statement that young people care deeply about the world around them. We want to express our opinions, discuss important issues with others, and stand up for our generation. It is a great opportunity to reach out to many people and show that we are ready to take responsibility.

We have written this manifesto because we want to change the world around us and make it better. Whether it is the place we live in, our societies, or Europe as a whole, we know that improvements are necessary. We want to contribute to a future built on justice, sustainability, equality, and respect for human rights.

It is especially important that we tell politicians and decision makers what we want because we live in a democracy, and every voice should count. However, younger people are often underrepresented and not heard enough. We believe that this must change. The politics of today will become the reality of tomorrow, and we want to have a say in the world we will inherit. Decision makers are the ones who have the power to implement change, and they need to consider the youth perspective because we are the future of the European Union.

Our opinions matter. Protests alone are often not enough, so we must also speak up in structured and meaningful ways. As the young generation, we need to be listened to, taken seriously, and included in the decisions that shape our lives. This manifesto is our way of doing exactly that: speaking up, demanding change, and helping to create the future we want to live in.



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Youth Demands

Developed by young people from Austria, Italy, Poland, Slovenia through local workshops, national conferences, an international conference in Ljubljana and an international conference in Cracow 2025 as well as young participants from all over Europe through a collaborative e-democracy portal and hackathons.



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1. Democracy and Human Rights



Introduction

In modern societies, democracy and human rights are considered core values but both are under increasing strain. Around the world, public trust in democratic institutions is declining. Citizens, especially young people, are disillusioned with systems they see as unresponsive and corrupt. This growing mistrust threatens the foundations of democratic governance. At the same time, human rights violations are on the rise, often hidden behind legal justifications or political agendas. Marginalized groups, including ethnic, religious, and gender minorities, continue to face systemic discrimination. Young people from these communities are particularly vulnerable, as their voices are frequently ignored in public discourse. Many feel powerless to effect change, leading to frustration and disengagement. Instead of being encouraged as future leaders, they are side-lined by policies that fail to reflect their concerns. The erosion of rights and representation deepens inequality and fuels social unrest. If democracy is to remain viable, it must evolve to include and empower all citizens. Rebuilding public trust requires action, transparency, and a renewed commitment to justice. Human rights must not be optional - they must be the starting point. Only then can democracy live up to its promises for everyone.

Youth Demands

1. Introduce Political Education in schools!

- Make political education part of the national curriculum to strengthen democratic awareness from a young age.
- Encourage schools to collaborate with local NGOs, youth councils, and universities and provide public funding for that.
- Organize workshops, debates, and simulation games (like Model Parliaments or Model United Nations) to make learning interactive, fun, and practical.

2. Take action against companies breaking human rights!

- Create independent monitoring bodies to regularly look at companies' labour practices, environmental standards, and supply chains.
- Offer tax benefits or certifications to companies that uphold strong human rights standards as positive reinforcement.

3. Raise punishments for crimes related to human rights!

- Update or create new laws to ensure stricter penalties for crimes like discrimination, exploitation, and hate speech.
- Put into place specific human rights prosecutor offices or judicial units to handle such cases efficiently and consistently.
- Combine stricter punishments with preventive education and community programs that promote empathy, inclusion, and equality.

4. Enable abortion by law and include it in the public healthcare system!

- Implement legislative reform guaranteeing medical confidentiality and affordability.



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- Protect abortion as a human right.
- Encourage NGOs and youth organizations to normalize and foster open dialogue about reproductive health.

5. Fight against the current rise of fascism in the West

- Promote liberal, non-biased and inclusive education that teaches critical thinking, respect for diversity, and moral empathy.
- Encourage open debates based on democratic values, human rights, and equality.
- Organize intercultural projects, exhibitions, and media campaigns to raise awareness against extremism.

6. Fight against the corruptive elections through:

- Introduce politically diverse election supervision committees.
- Mandate the publication of campaign finances to promote accountability.
- Enforce strict penalties for electoral fraud.
- Organize public debates and media monitoring initiatives to build trust in fair democratic practices.

2. War and Conflict



Introduction

Today's world is marked by conflicts, events that are profoundly shaping the future we, as young Europeans, will inherit. These global challenges have a direct impact on our security, our societies, and the opportunities that lie ahead, demonstrating why our active engagement is not only important but essential. We call on Europe to address the urgent and critical need to protect vulnerable civilians caught up in the turmoil of war, as well as our own citizens whose social and economic standards have been affected by ongoing conflicts. Europe has been strategically dependent on the United States for its security, and this needs to be reconsidered in the interests of our greater independence. Another challenge is how to forge a robust unity of the European Union amid a spectrum of diverse foreign policy opinions and varying military potentials among member states. We should also critically reassess the extent of Europe's responsibility for, and direct military involvement in, global conflicts and reassess our posture and capabilities. We also highlight the problem of insufficient public awareness of appropriate responses to crises.



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Youth Demands

1. Act as a Mediator and Humanitarian Force in World Conflicts! Don't Just Witness Conflict.

- Provide humanitarian aid and help rebuild war torn countries
- Use diplomacy for conflict resolution - not weapons!

2. Expand the Role of Emergency Services in Civic Defence

- Expand safety zones, humanitarian corridors, etc.
- Implement Advanced Emergency Notification Systems before It's Too Late!

3. Break Free! Demand True Strategic Independence from the US!

- Enhance economic sovereignty inside the EU. Strengthen the economic, defence and geopolitical ties between EU countries.
- European countries should cooperate to adopt common strategies when international powers undermine or threaten the fundamental principles on which the European Union is based.

4. Boycott countries that are involved in genocides, war crimes and that are engaged in acts of aggression

- Boycott Israel and break economic ties
- Provide young people with opportunity to engage in political discussions - make sure they are heard

3. Environmental Protection and Animal Rights

Introduction

Our planet is in danger. Single-use products contribute 9 to 14 million metric tons of plastic entering the oceans every year. Overconsumption and the support of fast fashion brands play a major role in this problem. Large buildings and roads cover much of the land, leaving less green space in our cities. Climate change is causing extreme weather events, such as floods and heatwaves. Temperatures continue to rise, and short-haul flights are making the situation worse. The use of fossil fuels damages both our atmosphere and soil. As a result, many people are forced to migrate because their living conditions are no longer safe. The weather is becoming increasingly unpredictable. Another serious issue is the lack of animal rights. Animals are often not treated equally or with respect, which goes against our moral values. Many live in cages, frightened for their lives. Animal testing and factory farming raise major ethical concerns and cannot be justified morally.



Youth Demands

1. Animal testing must be completely forbidden

- for cosmetic products.



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- In medical research, a certain number of alternative testing methods must be used before any animal experiments are allowed.
- Researchers must ensure that the animals are not exposed to unnecessary suffering which leads to death. These measures help promote more ethical and humane scientific practices.

2. Only biodegradable packaging must be used to reduce environmental pollution.

- All kinds of supermarkets and shops must replace plastic with more sustainable materials.
- In addition, new environmentally friendly materials should be researched and developed for future use.

3. Non-animal products must become more affordable to encourage people to make sustainable choices.

- Financial support should be provided to vegan restaurants, production facilities, and shops to lower their costs.
- Schools must ensure that at least 50 percent of their cafeteria meals are vegetarian, and over time, vegan products should also be gradually introduced. These actions will make plant-based options more accessible and attractive to everyone.

4. Stricter measures for meat production must completely ban factory farming to ensure better living conditions for animals.

- Farms must be strictly controlled by authorities, and they should receive a fine for every violation. After the fifth offense, the farm must be permanently closed to prevent further abuse.
- Animals must have the right to free space, and the minimum area per animal should be doubled, which will lead to higher but fairer meat prices.
- Funding organic production must be a priority.

5. Seasonal and local food must be strongly promoted to make our food system more sustainable.

- Raise taxes by 2% on imported products inside of Europe,
- and by 5% on goods coming from outside Europe.
- Local farmers must be supported through subsidies and fair market access.
- The topic should also be included in biology lessons, and farming must become a mandatory part of the school curriculum to raise awareness among young people.

5. Higher taxes must be imposed on fast fashion shops to discourage excessive buying

- with taxes 10 percent higher than before on all fast fashion products.
- Advertising for these products must be banned, and influencers within the EU are prohibited from partnering with ultra-fast fashion brands, facing fines if they do.
- The government must provide free space for flea markets,



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- and thrift shops must receive financial support. These measures will encourage people to donate, buy second-hand, and choose more sustainable clothing options.

4. Climate and Sustainability



Introduction

Climate and sustainability are topics we discuss frequently today, yet words alone are not enough - decisive and concrete action is essential. Although many people care deeply about the environment, schools still fail to provide comprehensive education on this matter. This lack of knowledge often leads to indifference and ignorance among young people, who will eventually become the citizens and decision-makers of tomorrow. Air pollution remains a serious global concern, with aviation being one of its major contributors. Aircraft emits over 900 million tonnes of CO₂ annually, and the growing use of private jets and the expansion of low-cost flights further exacerbate the problem. Moreover, the widespread use of private cars instead of public transport adds significantly to emissions and urban smog. In many regions, public transport options are either insufficient or not easily accessible, discouraging sustainable mobility choices. Another urgent issue is the persistence of plastic pollution. Plastic bags, packaging, and single-use items still dominate most EU shops, contributing to severe land and marine pollution. As young activists, we are deeply concerned about our future and that of the generations to come. We therefore call for stronger commitments and tangible measures to address these critical environmental and climate-related challenges.

Youth Demands

1. Fund public transport to reduce usage of cars

- invest a total of 3% of the GDP in public transport

2. Set taxes in order to have less private flights producing pollution

- set a fixed tax of 50% for all private flights (international flights are not exempt)

3. Spread awareness in schools to encourage people to change

- prepare workshops by experts to raise awareness on climate and sustainability (1 per year in high school)
- EU-wide week to spread awareness on the topic

4. Create a circular economy to reduce waste

- reduce the usage of non-recyclable or non-biodegradable materials to 0% until 2035
- implement an EU-wide deposit system for single use reusable plastics and promote its use

5. Plan and renovate infrastructure with green spaces and renewable energy sources in mind

- build solar panel roofs on conventional parking spaces



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- have at least 40% of the total area of a city be “green spaces” with trees covering at least half of the total green space (e.g. by repurposing roofs, green roundabouts)

6. Invest in greener and renewable energy sources

- e.g. solar, wind, water, geothermal (where possible) and nuclear clean power
- improve on existing technologies and expand on existing power storage
- reduce the usage of fossil fuels to 0% until 2035



5. Mental Health

Introduction

With the ever-growing population, the need for medical staff has never been greater. One major issue is the long waiting time for therapy appointments. These delays can worsen conditions and are mainly caused by a shortage of qualified professionals. The shortage is partly due to low wages and unattractive working conditions in the public sector. In many countries, medical staff is overworked and underpaid, leading to high burnout and staff shortages. Another significant problem is the lack of free and affordable therapy options. In many European countries, affordable mental health services are concentrated in urban areas, leaving rural populations with limited or no access. Some countries offer free therapy sessions, but availability is often limited. Additionally, public attitudes towards therapy remain a barrier. While awareness is improving in some countries, mental health is still considered a taboo in others. Despite these challenges, mental health is slowly becoming more normalised through education and awareness campaigns. However, without fair wages for professionals and broader access to free healthcare, progress will remain slow. Structural reforms are essential to ensure that mental health care becomes a basic right rather than a luxury.

Youth Demands

1. Make therapy more accessible

- Universities and governments should allow more students to study psychology and psychotherapy (more places in the departments).
- Provide more internships for students in both urban and rural areas to help them understand the work of psychologists and psychotherapists and get in touch with real life challenges and practical work in the field.
- Field work (special buses, teams, traveling to remote areas to offer help)

2. Reduce waiting times for appointments

- Urgency rating, make a list who is in a more crucial state (initial talk with the nurses or questionnaire).

3. Increase funding for free healthcare



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- Governments should invest or have financial support for patients to go to the private specialists, in case the waiting list is too long or that person is specialized for the specific mental health problem and there is no other suitable one in the public sector.

4. Normalize (mental) health

- Society needs to be aware that mental health issues can affect anyone at any stage of life.
- We should actively work to end the stigma surrounding mental health. Mental health care is for everyone, not only for those considered “sick.”

5. School Education

- Integration of children with mental health difficulties into mainstream classrooms, with appropriate support.
- Removing the use of terms such as “special school” or “special classroom,” which reinforce stigma and exclusion.
- Teaching children about the mental health conditions their classmates may experience, while adapting the classroom environment to diverse needs.
- Organising regular meetings with parents to involve them in and support the integration process.

6. Education and requirements for specialists

- Establishing stricter regulations defining who is qualified to provide psychological and psychotherapeutic support and counselling.
- Governments should establish a strong and transparent system to determine who is eligible to receive a professional licence.
- Individuals who wish to become psychologists or psychotherapists should undergo appropriate assessments to ensure they are capable of providing safe, responsible, and effective support to others.

6. Education



Introduction

School systems have been the same for decades and are not adapted to today's teen necessities. Students think that they have to choose their study plan too early and that they spend too many hours at school. Not all teachers are qualified for their job, especially for interacting with teens and children, they're also often too old. Teachers are also underpaid despite the importance of their role in society. Lessons are made in a frontal and not interactive way, in which students could participate more. Infrastructures and buildings for education are often in bad conditions, old and not well taken care of. In general, there's not enough funding for the education system. Schools don't provide material (like textbooks etc) and we think that it would be important, because learning should be more accessible. Classes are too big and schools are not accessible and inclusive for people with special needs, both in



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learning (dyslexia, ADHD, children who don't speak the main language) and in physical disabilities, for example someone in a wheelchair. There's no proper education on practical knowledge which is crucial for our understanding of the world. The existing courses are often not engaging.

Youth Demands

1. Increase funding for education

- Raise teachers' salaries in order to increase interest in the profession – Provide extra funding programs for teachers
- Invest into sustainable and inclusive school infrastructures
- Provide school materials (textbooks, workbooks etc.)

2. Modernise the school system

- Establish obligatory courses or classes for all teachers on modernised teaching methods and interactions with students. Participation should be obligatory regardless of the teachers' age and experience. The course should be renewed at least every two years.
- Offer more interactive lessons. Use the obligatory courses to encourage teachers to use interactive materials and methods such as group projects and collaboration with external facilities.
- Introduce subjects that will expand our practical knowledge. Political science, financial education, nutrition and health should be mandatory at schools
- Enable students to give monthly feedback on teachers' performance. Each month students should be able to answer a questionnaire that would allow teachers to receive feedback and therefore improve.
- Expand ways of testing students' knowledge by active participation in interactive lessons rather than traditional tests

Moreover, we support all other demands related to education included in the other areas, presented in this manifesto.

7. Social Media and AI



Introduction

Our daily reliance on AI and social media exposes critical risks, as our generation - among the first to adopt these tools, lacks preparedness for their pitfalls. Current age verification on platforms is ineffective, relying on easily bypassed pop-ups or exploitable ID checks. This grants minors access to harmful content like cyberbullying, misinformation, predators, and addictive algorithms that erode attention spans. Meanwhile, AI-generated content, despite subtle flaws, now mimics human work so closely that it threatens education, politics, and creativity. Without universal watermarking systems, misinformation can easily spread, destabilizing trust in digital content. Combined with fake news, this risks public panic and knowledge erosion. To safeguard minors and preserve content integrity, robust age verification and AI transparency measures are urgent. Only then, platforms can enforce age-appropriate safeguards and curb the manipulation cycle degrading information's value.



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Youth Demands

1. Enforce a rule to add a watermark to AI generated content

- Enforce mandatory watermarks on AI generated content.
- Require kernel-level tagging and watermarking on AI servers and machines.

2. Create successful age verification

- Britain already successfully did a nation-wide age verification system. By learning from their flaws, the EU should add EU wide web security measures of age verification by simply adding an ID verification to websites and applications

3. Educate people about the proper use of AI and Social Media

- Add additional lessons on topics related to ai and web safety lead by professionals and also integrate AI and web into the school life by offering some technology for students

4. Enforce app limits (example: Email Verification)

- Any application that accesses the web library or has any internet connections should have an email or phone number verification after a set amount of time to discourage the user from getting addicted

5. Ensure that public education facilities add one hour a week of Ai and Web safety lessons taught by a certified IT-specialist

- Exchange one hour of IT per month for lessons about correct web usage led by IT professionals

6. Make copyright laws apply to AI content

- Apply all current and future copyright laws to any content generated by any Search engine algorithm or Artificial intelligence.

8. Economics



Introduction

Economic problems are steadily increasing across the EU.

Many people receive far too little support, while prices and rents continue to soar. Especially mothers and their children, one of the pillars of society are often overlooked in the current system. Jobs are often underpaid, and inflation keeps eating away at what wages can afford. Public transport is becoming unaffordable, limiting access and freedom of movement. Meanwhile, tax burdens hit ordinary people hard, while large corporations often dodge their fair share. National debt keeps rising, yet basic needs like housing, healthcare, and food remain unmet. The EU remains overly dependent on other countries and still lacks sustainable, efficient food systems. Ticketing systems, whether for transit or events, must become more transparent, fair, and accessible. People want a system that puts their well-being over corporate profits. We need leaders who prioritize equality, dignity, and the environment. The time for real social and economic reform is now - no more waiting.



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Youth Demands

1. Implement a standardized minimum wage policy.

- Each EU member state is to be forced to implement a high minimum wage policy.

Provide free public transportation for students, supported by public transport funding.

- Create an EU wide free transportation Ticket for students.
- Increase Funding for the public transport system

Strengthen the EU's independence from both the USA and Russia.

- Reduce imports from Russia and USA, specifically Oil and Gas imports.
- Strengthen the production sector in Eu.

Prohibit privatisations of basic needs

- Outlaw privatisation of water, Energy, Healthcare, Housing, Education, public Transport and Food security.
- Promote nationalisation in these sectors.

Lower rental costs

- Introduce a rent cap
- Provide housing subsidies
- Build state owned housing
- Financially compensate women for childbirth, and when raising children
 1. Improve the maternity and paternity law by increasing the duration of compulsory leave by three months and have full payment for the whole time.
 2. Compensate women and parents who choose to stay at home to raise their children with pension benefits.
 3. Increase Child support for low-income families and cover the full medical bill of childbirth.



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9. Social Issues



Introduction

European societies are built on the principles of human dignity, equality, and fundamental rights. Yet, across the Union, many people continue to face injustice, inequality, discrimination, and social exclusion. Structural barriers still limit access to healthcare, employment, housing, education, and safety, particularly for young people and marginalized communities. Gender-based discrimination, racism, homophobia, and socio-economic inequality persist, while homelessness, precarious employment, and unequal access to reproductive healthcare reveal systemic gaps in protection and opportunity. Addictive substances such as alcohol and cigarettes remain normalized in everyday life, disproportionately affecting youth wellbeing and public health. A fair and inclusive Europe requires more than declarations of rights. It requires active commitment to social justice, equal opportunity, and the protection of every individual's dignity. Young people must be recognized not only as beneficiaries of policy, but as key actors in shaping a Union that listens, protects, and empowers.

Youth Demands

1. Lower taxes on contraceptives, female hygiene, baby products, and housing

- Reduce VAT and taxation on contraceptives, female hygiene products, baby products, and essential housing.
- Ensure free access to menstrual products in all government buildings and public sanitary facilities.
- Introduce price regulation mechanisms for essential hygiene and baby products to prevent exploitative pricing.
- Guarantee a minimum price reduction of at least 10% on contraceptives across Member States.
- Make changing tables mandatory in all public bathrooms, regardless of gender designation, and ensure access to essential baby care products in public institutions.

2. Legal abortion everywhere

- Guarantee safe and legal abortion access in all Member States without discrimination.
- Funding of anti-rights and anti-gender movements across Europe, amounting to €999 million between 2019 and 2023, that is why we are demanding to allocate EU funding (at least €15 million annually) for reproductive health awareness campaigns, including medically verified educational materials developed with healthcare professionals.
- Recognize abortion as a standard healthcare procedure and ensure it is treated, funded, and regulated as such within national healthcare systems.

3. Free health care and spread awareness about mental health and addiction

- Increase taxation on companies producing addictive products (alcohol, tobacco, nicotine products, and high-caffeine stimulants) by 10–50%, with revenues earmarked for public health and prevention programs.



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- Strengthen age-verification requirements for the purchase of addictive products, making valid ID presentation mandatory for all sales transactions.
- Ban public smoking in shared public spaces and establish clearly designated smoking zones to protect public health.

4. Employment opportunities for youth

- Introduce regulatory measures requiring companies to allocate at least one-third of entry-level positions to individuals under 25 with less than one year of professional experience.
- Prohibit employers from requiring more than three years of experience for entry-level positions, ensuring fair access to the labour market for recent graduates and first-time job seekers.



10. Migration

Introduction

Europe faces complex challenges related to migration and inclusion. Addressing these issues is crucial for social cohesion and human rights across the continent. The problems encompass legal processes, prevailing social attitudes, and humanitarian concerns at borders. A significant issue identified is the difficulty and excessive time taken to obtain citizenship, a process often protracted and lacking consistency. Ensuring fundamental rights, like access to healthcare for people with migration background, is highlighted as a necessary step. Support systems available to migrant populations are frequently deemed insufficient, hindering successful inclusion into societies. Widespread fear of different people fuels xenophobia, a worrying societal problem. This societal fear can unfortunately lead to the rise of hate groups. Serious humanitarian concerns exist regarding the treatment of people at European borders, detention centres, including the controversial practice of pushbacks.

Youth Demands

1. The inclusion of migrants is crucial for harmonious coexistence between migrants and citizens. Recognising the national legal system plays an important role in this.

- Better education in public schools against racism and to learn about other cultures.
- Courses on the national legal system should be provided to migrants.

2. Support for migrants is an important factor for the well-being of this group of people.

- Migrants should have access to essential resources such as food, drink and shelter and all other services to fulfil all human fundamental rights.
- Education in the local language should also be possible.

3. Laws against xenophobia should be created and properly enforced.

- European law against hate speech



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4. Learning the national language is important to facilitate inclusion. EU fundings are needed to promote language courses for migrants

- % of EU taxes should go to finance courses
- Courses should be free for everyone
- Courses should be mandatory for all ages
- They should be accessible for everyone (in terms of time and place)
- the country is responsible for the implementation of the courses

5. To ensure coexistence and inclusion, it is necessary to prevent the creation of marginalized neighbourhoods

- instead of one big building for migrants to live in, many apartments spread around the city
- events in which they can meet locals and discover the country, buddy system
- courses available for all people with a background of migration to understand how law, bureaucracy and services (ex. healthcare) work
- discounts on public transportation based on the person's income

6. All EU countries should be responsible to manage people on the move, not just the first receiving country

- fair distribution of migrants all over the EU considering:
 1. family links
 2. aspirations of migrant individuals
 3. capacity of the receiving country and its economic needs
 4. language



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