



**ONLINE TRAINING PROGRAMME - GROUP 2**  
**PARTICIPANTS POINTS OF VIEWS ON THE EUROPEAN YOUTH GOALS**

Here follows a report on the priorities expressed by participants referred to the European Youth Goals:

**I. Š. (Montenegro)**

**European Youth Goal: Mental health and well-being**

*Mental health is highly relevant in my community, as many young people face pressure from school, uncertainty about the future, and the influence of social media. Despite this, mental health is still often stigmatized, which prevents open discussion and discourages young people from seeking help. Access to professional support is also limited, especially for those in smaller or rural areas.*

*The main challenges in achieving this goal include a lack of mental health services, insufficient education on the topic, and strong social stigma. These barriers make it difficult for young people to recognize problems and feel safe asking for support.*

*To improve the situation, it is important to introduce mental health education schools, provide accessible and affordable counseling services, and promote awareness campaigns that reduce stigma. Creating safe spaces where young people can openly share their experiences is also essential for supporting their well-being.*

**B. K. (Montenegro)**

**European Youth Goal: Mental Health and Well-being**

*Mental health is very important for young people in Montenegro. Many young people feel stress because of school, exams, and thinking about jobs in the future. Some also feel pressure from family or society. In Montenegro, people don't always talk openly about mental health, so many young people keep their problems to themselves.*

*What challenges exist? — One big problem is stigma. Some people think mental health issues are something to hide, so young people are afraid to ask for help. Another challenge is that there are not enough psychologists or counselors, especially in smaller towns. Also, support in schools is often limited, and many young people don't know where to go for help.*

*What actions could help?*

- *Schools in Montenegro could offer more mental health support and counseling.*
- *Awareness campaigns could help people talk more openly about mental health.*
- *The government could invest more in mental health services for youth.*
- *Youth organizations could create safe spaces where young people can share their feelings.*

*Conclusion — Mental health is very important for young people in Montenegro.*

*If people talk more openly and support services improve, young people will feel safer and more supported.*

**E. C. (Montenegro)**

**European Youth Goal: Youth Organisations & European Programmes**

*This goal focuses on strengthening youth organisations and improving young people's access to European programmes. In the context of Montenegro, this goal is especially relevant because young*





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*people play a crucial role in shaping the country's future, particularly in relation to its path toward joining the European Union.*

*In my opinion, a major issue in Montenegro is that a large percentage of young people, almost 90%, do not fully understand what the European Union actually represents. Many are not aware of the benefits that EU membership can bring, such as better education opportunities, easier travel, stronger legal systems, economic growth, and access to various youth programmes like Erasmus Plus. Additionally, young people often lack knowledge about the conditions and reforms Montenegro must fulfill in order to join the EU. This lack of awareness leads to disinterest, misinformation, and missed opportunities.*

*Because of this, it is essential for Montenegro to introduce more programmes that promote understanding of the European Union among youth. Youth organisations, schools, and government institutions should work together to create educational campaigns, workshops, and public discussions that explain the importance of EU integration. These programmes should not only provide information but also actively engage young people, encouraging them to participate in decision-making processes and community initiatives.*

*However, there are several challenges in achieving this goal. One of the main challenges is the lack of funding and support for youth organisations. Many organisations do not have enough resources to reach a wide audience or to organize impactful activities. Another challenge is the general lack of motivation among young people, often caused by distrust in institutions or a feeling that their voices do not matter. In addition, information about European programmes is not always easily accessible or presented in a way that is interesting and understandable to youth.*

*To overcome these challenges, concrete actions must be taken. First, the government should invest more in youth organisations and support their projects financially and institutionally. Second, schools and universities should include more content about the European Union in their curricula. Third, media campaigns especially through social networks should be used to spread awareness in a way that is appealing to young people. Finally, creating partnerships with European institutions and encouraging participation in international programmes can give young people direct experience and a better understanding of the EU.*

*In conclusion, strengthening youth organisations and improving access to European programmes is essential for Montenegro's future. By educating and engaging young people, we can raise awareness, increase participation, and help build a generation that is informed, motivated, and ready to contribute to the country's integration into the European Union.*

## **D. V. (Montenegro)**

### **European Youth Goal: "Connecting EU with Youth"**

*The goal "Connecting EU with Youth" inspired me the most, as I believe it is of great importance for young people in Montenegro. Although Montenegro is keeping pace with the EU, I believe that there is still not enough developed awareness in our region, especially among young people. There is a lack of inclusion, participation, and the strengthening of trust and communication between young people and the European Union.*

*Given the unenviable involvement of young people in social and political processes, it would be assumed that young people do not gain trust in politics or have the feeling that they can influence and act on it. The many opportunities offered by the EU do not find their way to young people.*





*The main challenge in connecting young people with the EU is precisely the lack of dialogue, exchange of information, and interaction. Instead of being transparently accessible to everyone, the truth is that, in addition to the education system not giving enough practical attention to the topic of European integration, young people also struggle to access this information outside of school.*

*I see the solution to this problem in forms of interaction such as seminars, campaigns in schools and universities, as well as organizing workshops where young people would first understand the EU and then recognize the opportunities available to them.*

*I believe that young people, if provided with adequate conditions, can be an important driver of positive change and can actually prove that the lack of interest in participating in social and political processes is just a prejudice. For all the reasons mentioned above, I believe that motivation is not lacking, rather, young people are very ambitious, and their initiative for change is waiting for clearer guidance in order to understand the benefits that the EU brings.*

### **A. Č. (Montenegro)**

#### **European Youth Goal: “Connecting EU with Youth”**

*The goal of strengthening trust and communication between young people and the EU is very important because :*

*-Montenegro is one of the most advanced candidates for EU membership and young people will directly experience the effects of EU integration in the field of education, jobs...*

*-Many young people in the Western Balkans feel disconnected from political processes and believe their voices are not heard.*

*-Youth see the EU as a space of opportunity and better living standards.*

*Several obstacles make it difficult to build trust and communication:*

*-Lack of opportunities-many young people are leaving our country due to limited career prospects.*

*-Low trust in politics and institutions*

*-Many young people do not fully understand EU processes, benefits or opportunities.*

*Actions that would help are:*

*-creating spaces where young people can directly talk to local authorities,workshops and EU awareness programs*

*-stronger cooperation with EU programs*

*-improving education*

### **D. G. (Montenegro)**

#### **European Youth Goal: “Mental Health and Well-being”**

*Mental health and well-being is a very is very important goal for young people today.*

*In my local community, many young people experience stress, anxiety, and pressure from school, social expectations, and future... Because of this, it's very important and relevant to focus on mental health.*

*One of the main challenges in achieving this goal is the lack of awareness and understanding about mental health. Also, access to professional support such as psychologists is sometimes limited. Another challenge is that mental health is often not discussed enough in schools or families, which makes it harder for young people to recognize when they need help.*

*To improve situation as this, several actions could be taken at the local and nation level.*





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*Schools could organise workshops and discussions about mental health to raise awareness.*

*Also, creating safe spaces where young people feel comfortable sharing their thoughts and feelings is essential. Social media campaigns and youth organisations can play a big role in this problem.*

*In conclusion, supporting mental health and well-being is crucial for building a healthier and more confident generation.*

### **N. J. (Montenegro)**

#### **European Youth Goal: “Space and Participation for All”**

*I chose the European Youth Goal “Space and Participation for All” because I think it is very important for my local community.*

*I come from the municipality of Berane, which is located in the north of Montenegro. In my opinion, young people here don’t have enough opportunities to express their ideas or to take part in decision-making. Most of the time, there is a gap between young people and the local authorities, so many good ideas never get the chance to be heard or realized. One of the main problems is that there is no organized group that truly represents young people. Also, even when young people have good ideas, they usually don’t have the financial support to turn those ideas into real projects. That’s why I think creating a Youth Forum would be a great solution. This forum would bring together high school students and give them a space to talk, share ideas, and work on projects altogether. It would also help young people develop a sense of responsibility and encourage them to become more active citizens. It would be important for the forum to have some financial support, so that young people could organize events, workshops, and other activities. At the same time, the forum could act as a bridge between young people and the municipality, where youth could suggest different initiatives and contribute to improving the community.*

*Overall, I believe that giving young people space to participate is very important. When young people are active and involved, it benefits not only them, but the whole community.*

### **M. D. (Montenegro)**

#### **European Youth Goal: “Quality Employment for All”**

*Many young people in Montenegro struggle to find stable, well-paid jobs after finishing school or university. This pushes a lot of them to leave the country for better opportunities abroad — and that brain drain is one of the biggest problems our society faces right now.*

*The education system is often disconnected from what the job market actually needs. Internships are rare, and outside the capital, job opportunities are very limited. A large part of what's available is seasonal — especially in tourism — which makes it nearly impossible for young people to plan a stable future.*

*Universities and companies need to work more closely together to make education more practical and relevant. Internships should become a standard part of every study programme, not an exception. And at the local level, there should be more support for young people who want to start their own businesses — not just in Podgorica, but across the whole country.*





**A. Đ. (Montenegro)**

**European Youth Goal: “Mental Health and Well-being”**

*Mental health is an important issue for young people in Montenegro. Many students experience pressure from school, exams, and decisions about future education or employment. In smaller communities, there is still stigma around talking about mental health, and young people may feel uncomfortable seeking professional help. Supporting mental well-being would help youth feel more confident, motivated, and included in society.*

*From my perspective, many young people do not openly talk about stress or anxiety because they are afraid of being judged. Creating a supportive environment in schools would help students feel safer and more comfortable sharing their problems.*

*Another issue is the lack of awareness about mental health and where to seek help. Some young people believe that mental health problems should be solved privately, which prevents open discussion. Social media pressure, bullying, and comparison with others can also negatively affect self-esteem. In rural areas, access to support services is even more limited.*

*For example, schools could organize “Mental Health Day” activities, invite psychologists for short talks, or create anonymous question boxes where students can ask for help. These small steps could encourage open conversations.*

*If these actions are implemented, young people would feel more supported and less isolated. This could improve motivation in school, relationships with peers, and overall well-being.*

**M. V. (Montenegro)**

**European Youth Goal: “Mental Health and Well-being”**

*Mental health is still a topic that many people in Montenegro avoid talking about openly. For young people especially, there is a lot of pressure — from school, family expectations, and an uncertain future — but not enough places to turn to for real support. There are very few psychologists available through the public health system, and private therapy is too expensive for most young people. On top of that, mental health is still stigmatized in our society — a lot of people see asking for help as a sign of weakness, which stops many from seeking support at all. Schools and universities should have proper counselling services that students can actually access. Mental health education needs to be introduced early — young people should learn how to recognize and talk about their emotions. At the national level, there should be more investment in affordable mental health services, and public campaigns to reduce the stigma around seeking help.*

**E. M. (Montenegro)**

**European Youth Goal: “Quality Learning”**

*Quality learning is essential for the personal and professional development of young people and for the progress of society. In Montenegro, this goal is highly relevant because the education system still faces several challenges in meeting European standards.*

*One of the main issues is the outdated curriculum, which is often focused on theoretical knowledge rather than practical skills, critical thinking, and creativity. Teaching methods are still largely traditional, with limited use of interactive and student-centered approaches that are common in many European countries.*





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*Additionally, the education system does not sufficiently support students' individual interests and talents, especially in higher grades. Young people often have limited opportunities to choose subjects that align with their affinities, which can reduce motivation and hinder their career development.*

*To align with European standards, several actions are needed: modernizing curricula, introducing innovative and interactive teaching methods, strengthening career guidance, and allowing greater flexibility in subject selection. Improving digital infrastructure and enhancing cooperation between schools and the labor market would also help better prepare young people for future challenges.*

*In conclusion, improving the quality of learning is essential for empowering young people and ensuring their successful integration into society and the workforce.*

### **G. N. (Montenegro)**

#### **European Youth Goal: "Moving Rural Youth Forward"**

*The goal "Moving Rural Youth Forward" is very relevant in Montenegro, especially in smaller municipalities like Ulcinj. Many young people from Ulcinj leave their hometown to study or work in bigger cities like Podgorica or go abroad. While Ulcinj has potential, especially in tourism and agriculture, there are still limited opportunities for stable employment and professional development for young people.*

*One of the main challenges is the seasonal nature of jobs in Ulcinj, as most employment is connected to tourism and only lasts during the summer. Outside of the tourist season, there are very few opportunities, which makes it difficult for young people to build long-term careers. Another challenge is the lack of diverse educational and professional opportunities locally, which is why many students, including myself, move to Podgorica for studies. In addition, limited infrastructure and fewer youth-focused programs make rural and smaller areas less attractive for young people to stay.*

*To improve this situation, it is important to invest in year-round job opportunities in Ulcinj, not only seasonal tourism. Supporting local businesses, entrepreneurship, and agriculture could help create more stable income sources. Improving digital infrastructure would also allow young people to work remotely and stay connected. Furthermore, creating more youth programs, internships, and educational opportunities in smaller municipalities would encourage young people to return after their studies.*

*By taking these steps, Ulcinj and similar areas in Montenegro could become more attractive places for young people to live and work.*

### **A. R. (Montenegro)**

#### **European Youth Goal: "Sustainable Green Europe"**

*I think this goal is very important, especially in Montenegro, because we have beautiful nature but also problems with pollution and waste.*

*In my community, one of the main challenges is environmental pollution and lack of awareness.*

*I believe this goal can be improved by promoting recycling, organizing clean-up actions, and educating young people about protecting nature.*

*This would help keep our environment clean and protect it for future generations.*





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### S. S. (Montenegro)

#### European Youth Goal: “Mental Health and Well-being”

*In my opinion, mental health is as important as physical health and it plays a huge role in the life of each person. The reason I have chosen this one and wanted to write about it is the fact that there is a lack of awareness in our country regarding the importance of mental health. Unfortunately, it is a topic that is not discussed as much as it should be. One of the reasons why this is the case is that this topic is considered as something shameful and should not be spoken about. There is a huge stigma surrounding it, considering our society is still quite traditional in some aspects. Therefore, people tend to keep their problems to themselves and don't seek for help, simply because they don't want to get judged by their environment. These are the main challenges in achieving this goal.*

*People in general, especially young people/students deal with a lot of pressure and stress coming from school responsibilities, family expectations and expectations from society. The lack of mental health education in schools contributes to the fact that young people do not recognize their problems or know how to deal with them. To improve the mental health and well-being of young people, it is necessary to act both systematically and within the community. First of all, it is important to work on reducing this stigma through open conversations and educational programs that normalize taking care of mental health. Young people should understand that seeking help is not a sign of weakness, on contrary it is a sign of courage and self-responsibility. It is also essential to introduce proper mental health education in schools so that students can learn how to recognize stress and anxiety.*

*Also, healthcare policies need to prioritize mental health services by making them more accessible and affordable. This includes increasing funding for mental health institutions, training more professionals such as psychologists and therapists and ensuring equal access to services in both urban and rural areas.*

