



QUOTES FROM PARTICIPANTS

We share here some very deep and interesting reflections, proposals and considerations that the young participants have expressed during the **first Module** of the **second training session** that was held on Friday 27th of March.

Concerning their vision of **EU, in general**, they have expressed the following:

Comment by Albanian trainee

“The EU is present in Albania’s daily life in many practical ways, even though the country is not yet a member. It influences areas such as education, where students benefit from exchange programs and opportunities abroad, and infrastructure, through funding for roads, public services, and development projects. The EU also plays a role in setting standards for laws, human rights, and environmental protection, which gradually shape everyday life. In addition, it affects the economy by supporting businesses and encouraging trade. Overall, the EU is reflected in both opportunities for individuals and ongoing changes in society.”

Comments by Montenegrin trainees

“For me, the EU means cooperation, peace and opportunities. It connects countries and allows people to live, work, and travel more easily”.

“For countries like Montenegro, the rule of law is the most challenging, because it requires strong institutions and continuous reforms”

“As a Student from Montenegro I think of opportunity, development and a better future, the EU represents higher standards of education also stronger institutions, role of law and economic growth for my country. At the same time I see it as challenge because Montenegro needs to meet many requirements and reforms to become a member.”

“I support Montenegro’s path toward joining the European Union. I believe EU membership can bring stronger economic opportunities, better standards, and more stability for our country, while helping us stay connected with the rest of Europe.”

Comments by Italian trainees

“The EU is crucial in many ways in my life, in my academic and working path. Thanks to EU I had the possibility to live easily many experiences abroad and it gave me the possibility to boost my CV and gain experience from a professional and personal point of view”.



Concerning the challenges and opportunities connected with the **EU enlargement process**, trainees expressed the following thoughts:

Comments by Montenegrin trainees

“Democracy is certainly one of the negotiation tools that should be the main segment in bilateral and multilateral relations, where it is certainly a supporter of conversation”

“Our laws are aligned with EU laws, but the implementation is still challenge. As Nikolija jus said “not just to exist on paper”

“In my opinion, Montenegro’s main challenge in joining the EU is not economic development, but political reform. While the country already has a functioning economy, problems like corruption and weak rule of law slow down progress. The European Union prioritizes political criteria because without fair institutions, economic growth cannot be sustainable. Therefore, Montenegro should focus first on strengthening its legal system and governance, and economic benefits will follow.”

“Montenegro is open to other countries, and we have many foreign citizens living in our country. The EU can also help our people to work, study and live abroad.”

“I believe that all bodies cannot do without each other in the sense that if one organ weakens its function, all suffer, so the functionality of the institutions and the arrangement of the new members will be in the interest of the citizens”.

“It helps young people participate more, feel included, and have better opportunities”

Comments by Albanian trainees

“From my perspective as a student, one of the most challenging Copenhagen criteria for Albania is the rule of law. Issues like corruption, judicial independence, and consistent law enforcement make it difficult to fully meet EU standards, even though progress is being made.”

Comments by Italian trainees

“From Italy, I think that, the enlargement of the European Union will likely continue over the next decade, especially toward countries like Ukraine, but it will be slow and carefully controlled due to internal challenges. While expansion can bring benefits such as economic growth, greater stability, and stronger global influence, it also risks creating more political tensions and inefficiencies if not managed properly.”

Finally, here follow some reflections by participants on the **EU Youth Goals**:

From Montenegro





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"I think quality learning and quality employment for all are very important"

"I would single out the education process because if we have an educated workforce, then we have a bright future."

"All of them are important, but Montenegro we still see lack of quality learning and employment opportunities. Mental Health and Wellbeing comes with that."

"Space and participation for all are important because they allow everyone to express their opinions, be included in society and take part in decision-making. This strengthens a sense of belonging too."

From Italy

"In a country like Italy, one of the most relevant goals of the European Union is economic development and reducing regional inequality. The assumption is that EU funds and policies actually fix these gaps, but that's only partly true. A more critical view is that the problem isn't just lack of money, but how effectively it's used at the local level. So while EU support can improve infrastructure, jobs, and opportunities, the real impact depends on governance, efficiency, and accountability within the country itself."

