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? **What do YOUTH think?**
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EYOUman future Rights
Training for youth, youth for solution

Spectrum of Values

Fundamentally, the European Union primary values are respect for human dignity and human rights, freedom, democracy, equality and the rule of law. These are the main values that hold this free-trade union unite and fully-functional. The above mentioned values are the mechanism in order to have a true 'demo kratia'(rule of the people), enhancing on the values' actions. These actions are the true participation, responsibility and acts of criticism and information, enhancing on the active citizenship.



These values are considered to be one of the main goals of the European Union together with promoting peace and the wellbeing of the citizens. In addition, the European Parliament seeks to ensure that these values are realised in the EU legislation.

All these fundamental values are defined in the 'Treaty of Lisbon Lissabonin sopimuksessa' (2009). During this Treaty, the universal citizens' rights were confirmed together with political, economic and social rights.

So as one can deduce, it is essential for a union to incorporate the same fundamental values as to succeed in agreements. As a classical example, one can mention the current political issue between Turkey and the EU. It is argued that Turkey should not join the EU due to certain different values that are not in line with the EU standards. Those who are against Turkey joining the EU say that Turkey's historic and cultural roots lay in Central Asia and the Middle East. It missed the shared experiences that bind Europeans together, from the cultural legacy of Renaissance and Enlightenment, to the horrors of the Second World War II which galvanized the drive for united Europe. As an overwhelmingly Muslim nation, Turkey's cultural traditions are fundamentally different from that of Christian Europe. Turkey's historical interaction with Europe has always been as an outside invader. Cyprus is an insurmountable obstacle. Amongst other arguments, there are also several pros arguments in favour of Turkey's unification with the EU. Some of these are that action of reaching out to this prosperous Muslim democracy would send a clear signal that Europe is open to the Islamic world. EU membership would be symbolic of Turkey's success as a secular Islamic nation and a model for others from Morocco to Indonesia. Turkey has been fully entwined in Europe's history since the Ottomans crossed the Bosphorus in the 14th Century. The country's westward outlook has accentuated under the republic since 1922. Turkey's rich cultural heritage is unique, but it is also undeniably European. EU membership would be a catalyst for resolving the Kurdish issue as well as relations with Cyprus and Armenia.



In conclusion, other partner countries do not fully join the EU due to the fact that they do not agree on certain primary issues and values that the EU holds. These partner countries like Switzerland and Norway still join most of the EU values and eventually it would be beneficial for both parties to enter into some sort of partnership.

Fresh start

Moving to another country is an exciting thing. It can be an adventure and an opportunity to start fresh. It can also be a bit scary and challenging. You get a lot of mixed feelings: you feel happy, you feel scared, you feel sad and sometimes you get frustrated. We usually don't accept the fact that we can have different feelings about the same thing, but truth is we can: starting over can make you happy, missing your family makes you sad and having difficulties adapting makes you feel frustration. SO...

How do we cope with all the feelings we get by moving to another country?



Here are **8 tips and tricks** for living in a foreign country to make your transition easier:

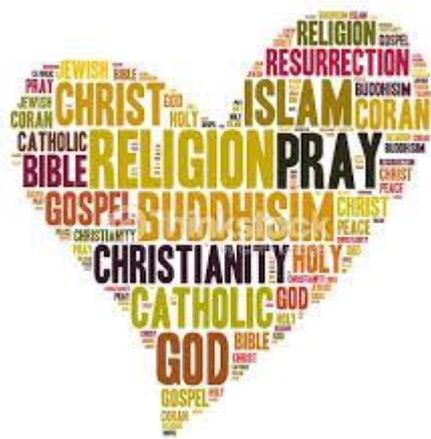
1. **Do your research** – ask people who know the country well about habits, communication, getting around etc. Gather the necessary information before moving to a new country, in order to be prepared for what is awaiting. Download the apps you need to get around, check the salaries and prices to make sure that the living standard suits your needs and wishes. Learn about the cultures, religions, norms and rules they follow in the country you want to live in.
2. **Set realistic goals** – we sometimes get in our own way because we expect too much too soon. Whether is a question of finding a job, schools, adapting to new environment, be patient with yourself because these things take time. Be aware that living in a foreign country is challenging and it is OK to struggle a bit. It will take time to adjust to the new pace.
3. **Keep an open mind** – you will find yourself in a new different scenario, which means you will meet a lot of new people, people who might be different from what you've known before. Try to avoid labeling and give them and yourself a chance to know them to receive what they've got to offer.

4. **Respect** – respect other cultures, go and research about them, understand them and also remember to respect yourself and your own culture. You don't have to give up on your customs, you just have to be flexible. Life is not black and white, it is not all or nothing...there are so many interesting things in between.
5. **Expose yourself** – in order to understand people and cultures, you have to be in contact with them. Fear comes as a result of lack of understanding and information and the only way to understand is by trying. So get the exposure you need and open up to the new people you meet.
6. **Learn the language** – communication is the key to establishing good relationships. We are not just talking about verbal communication, but also about gestures, as an important part of culture. Observe and learn how to respond in a proper manner.
7. **Play your part** – even if living in a foreign country, you can still be an active citizen as it is your right and it will make you feel involved and more confident. This will help you adapt faster as it will also give a chance to express yourself.
8. **ENJOY THE RIDE** – do not forget to have fun along the way! You are starting a new journey so enjoy every step of the way and make the most of it.



We are actually less fragile than we think and we have the ability to adapt to anything we have the choice of choosing our own attitude in any given situation, so take a deep breath and get ready for whatever lays ahead!

Religion through time



Religion has been part of the culture of countries around the world since forever. Even if it came in the form of worshipping the sun or certain gods or just one, it had a significant influence on the development of culture in general. Spirituality is a part of being human, so it has and it will continue being a very important part of our lives, no matter how much the religious institutions change.

Religion is defined to be the basis of a cultural system, contributing to the behaviours, practices, world views, ethics and social organisation of a particular society that relates humanity to an order of existence.

The study of religion entails a wide variety of educational disciplines, moreover the theories of religion offer explanations for the origins and workings of religion.

Mainly there are 5 extensive religions around the world, gathering 84% of the world's population. These are: Christianity, Islam, Hinduism, Buddhism or folk religion. Modernisation, mainly through globalisation, the scientific and the technological revolution, has drastically increased the criticism with regards to religion.

Specifically in Europe, religion has been a major influence on today's society with respect to the art, culture, philosophy and law. There are states that have no state religion but still there is a culture of religion. A classic example of this is Romania that though it is a secular state it still holds the highest percentage in the European Union with respect to religious matters.

Nowadays, religion holds a less dominant position in the European society, especially when it comes to Christianity. This is shown in Romania where the rate of church attendance is significantly lower. According to a September–October 2007 poll, with respect to church attendance there are four categories in Romania (percentages relative to general population): 38% go to church several times a month or more (of which 7% go weekly or more often), 20% go to church on the average monthly, 33% go only one or two times a year, and 7% don't attend church. Another country that suffered a crucial decrease in religious practices is Malta (Roman Catholic). As Archbishop Charles Scicluna said to the press that the number of Maltese going to church on Sunday has gone down to about 40% of the population in 2016. A drastic drop of 10% in 10 years. Furthermore, Christianity dropped with an approximate of 20 percentage points in 10 years. On the other hand, though Turkey is a secular state, Islam is the dominant religion of Turkey with 99.8 percent of the population being registered as Muslim.



On a final note, In 2008, 19% of Romanians placed "Belief" among maximum four answers to

the question "Among the following values, which one is most important in relation to your idea of happiness?". It is the third highest number, after Cyprus (27%), and Malta (26%), at equality with Turkey (19%). The mean in "Europe 27" was 9%.

Yes, religion is starting to lose territory in quite a lot of parts of the world, but it remains a valuable element for our identity and values, as belief lays in our hearts. No matter if you do have a religious view or not, no matter what kind of religion your country follows, it is important to respect your values and the ones of others.

Roots and wings

We spend our lives trying to figure out who we are and what our purpose is. And truth be told, we never really find the answer...at least not the *complete* one. As human beings, we have a need to look for certainty, for a sense of purpose. And the beauty of it is that life is actually not certain. The things that we are not sure about, the mystery and the answers we are searching for make it all exciting. On the other hand, there are things we do know for sure: we know where we come from, what our habits, traditions and customs are.



These are the things that we tend to take for granted. We do not value them for their worth.

Today's society is getting to a point where being proud of your origin and expressing love for your country is a bad thing or maybe something offensive to others. Recent history has taught us that extreme pride can lead to serious issues, but we have to ask ourselves how much is too much. To which extent is it OK to give up our customs, our cultural habits. Of course, there are behaviours we need to change and/or improve, but aren't we on our way to losing a part of our identity?

Customs and traditions are part of our culture and, moreover, part of us as individuals. They are part of who we are, how we think and how we behave. They are what creates the diversity we long for. The authenticity and uniqueness of our dances, costumes and rituals are fascinating. Expressing and sharing them connects us, it



makes us understand each other better...it makes us understand ourselves better.

Being in a foreign country and sharing customs and traditions creates emotion. You can feel your heart beating a bit faster, you find yourself smiling with a touch of pride. You feel home. And that is beauty, that is happiness. To be able to show the creativity, colorfulness of your country gives you a feeling of freedom, a feeling of peace. You are sharing not just a dance or a gesture, you are sharing spirituality and a bit of who you are. Being in touch with your roots is like being in touch with your inner child: you know where you started, what helped you grow and this is how you evolve. It gives you the strength and resources to move forward in your journey, to keep searching for answers. Being in touch with your roots helps you spread your wings.



Embrace your culture, share it, improve it any way you can! Don't be afraid to express and represent your nationality, be a part of what makes it better!