

Let it hAPYN



Report of the European Youth Conference on best practices in alcohol interventions in youth organisations

Deliverable 8a – WP2



Title: Report of the European Youth Conference on best practices in alcohol interventions in youth organisations

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Introduction

The Let it hAPYN Final Conference took place between May 12th and May 16th 2016 in Bled, Slovenia. At the conference there were all together 79 participants, 53 of which coming from 18 EU countries: Austria, Belgium, Bulgaria, Croatia, Czech Republic, Estonia, Finland, Germany, Hungary, Italy, Lithuania, Netherlands, Norway, Poland, Portugal, Romania, Slovenia, UK.

The numbers of participants more in detail were:

- 53 participants from 18 EU countries
- 26 Participants from 9 international (non-EU) countries

Out of that, we also had

- 6 speakers
- 14 people on the organising and training team

The reason for the extra number of participants from non-EU country was extra co-funding we received from Ministry of Foreign Affairs of Slovenia and Ministry of Health of Slovenia, which enabled the participation at the conference also to young people from the South Eastern Europe Region with some non-EU member countries.

Main aims of the conference:

1. To introduce the results of the project "Let it hAPYN!"

The Let it hAPYN! project has been stimulating young people and youth organizations to implement more effective and evidence based interventions on local level for the last three years. The project and the support of the Ministry of Health and the Ministry of Foreign Affairs of Republic of Slovenia were presented at the opening plenary session on Friday, May 13th 2016.



2. To stimulate young people and youth organizations to work on prevention and reduction of use of alcohol.

The interest for prevention and reduction of use of alcohol among the participants of the conference was stimulated by the plenary sessions, where these subjects were presented by different speakers from Slovenia (Vesna Kerstin-Petrič – Ministry of Health, Jan Peloza – APYN) and abroad (Peter Rice – SHAAP, Scotland; Mariann Skar – Eurocare; Wim van Dalen – STAP, The Netherlands; Dag Rekve – WHO; Jon Foster – Institute of Alcohol Studies, UK). The participants obtained a more detailed and profound knowledge on the subjects of prevention and reduction of alcohol related harm at various workshops, which enabled also the realisation of the goals in continuation.

3. To capacitate the participants with necessary skills and capabilities for more effective work on the field of alcohol.

The participants could take part in four different workshops: on project development and management (there were two levels of the workshop – beginner and advanced), on youth research in the field of alcohol and on alcohol policy and advocacy. The tools produced by the Let it hAPYN project were presented and disseminated through the abovementioned workshops.

4. To capacitate the participants to use various tools of advocacy for more complete alcohol policies on regional, national and international levels.

The participants of the conference obtained theoretical knowledge of alcohol related problems, of alcohol policy and advocacy and of the marketing strategies of alcohol industries. These subjects were presented at plenary sessions. The participants acquired more specialized theoretical knowledge in the following subjects:



- Prevention, raising awareness and ways of communication on alcohol related problems;
- Promotion of evidence based alcohol policies;
- Good practices in the field of alcohol;
- Successful career building in the field of prevention and preservation of motivation for work in the field of alcohol policies.

5. To ensure necessary tools in order to capacitate the participants to execute projects on prevention and reduction of alcohol related harm.

The qualifications were executed at four different parallel workshops, where the participants actively confronted a certain alcohol related problem. They worked on concrete tasks and they were able to learn about the tools for successful work on:

- the field of project development and management (there were two levels of this workshop – beginners and advanced),
- the development of alcohol policies and their advocacy,
- research in the field of alcohol in youth sector.

6. To offer the participants the opportunity to interchange good practices with their peers.

Main focus was on presenting the products of the Let it hAPYN project and discuss the possible follow-up to the project. The participants of the conference had also the opportunity to present themselves and the work of their organisation at the introduction to the conference, where various introductory activities were performed. In addition, they could present their work at the “Projects and organisations fair”, which occurred on Friday, May 13th, and also during the workshops, where the participants were solving problems and carrying out tasks based also on their previous experience, which was a great opportunity to exchange good practices.



The conference programme

The conference programme saw a mixture of plenaries, thematic sessions and workshops. Below is the final agenda of the conference.

Thursday, 12th of May 2016

Arrival and registration of the participants

19.00 – Dinner

Friday, 13th of May 2016

7.00 - 8.30 Breakfast

9.00 - 10.30 Introduction to the conference + get to know each other

10.30 - 11.00 Coffee break

11.00 - 12.30 Introduction to the topic

13.00 - 16.00 Lunch and free time

16.00 - 17.00 Opening plenary

- Introductory speech: Jan Peloza, Alcohol Policy Youth Network
- Youth – the main force of a successful alcohol policy: Vesna Kerstin-Petrič, Ministry of Health of the Republic of Slovenia
- The framework of alcohol policy: Peter Rice, SHAAP Scotland

17.00 Coffee Break

17.30 Opening plenary – continuation

- Moderator: Jan Peloza, APYN
- Lobbying for efficient alcohol policies on the EU level: Mariann Skar, Eurocare – European Alcohol Policy Alliance



- The role of alcohol industry in the fight against alcohol related harm: Wim van Dalen, STAP Netherlands
- Presentation of the Let it hAPYN project

After the presentations there was an open debate.

19.00 - 21.00 Dinner

21.00 - Projects and organisations fair

Saturday, 14th of May 2016

7.00 - 8.30 Breakfast

9.00 - 10.30 Parallel sessions

- *How to be well prepared, keep the motivation and feel happy in a career in alcohol prevention (Wim van Dalen, STAP)*
- *Implementing alcohol screening and brief intervention (Peter Rice, SHAAP)*
- *Raising awareness does not mean changing behaviour – tips on how to communicate alcohol (Jan Pelozo, APYN)*

10.30 - 11.00 Coffee break

11.00 - 13.00 Workshops

- *Beginners workshop on project development (led by Luka Vitez and Ines Kebler)*
- *Advanced workshop on project development (led by Marta Velgan and Maja Drobne)*
- *Youth Research in Alcohol field (led by Lukas Galkus and Daša Kokole)*
- *Intermediate workshop on advocacy (led by Sofia Ribeiro, Vaida Liutkute and Rok Primožič)*

13.00 - 15.00 Lunch



15.00 – 19.00 Workshops (break 16.30 – 17.00)

19.00 - 21.00 Dinner

21.00 Intercultural night

Sunday, 15th of May 2016

7.00 - 8.30 Breakfast

9.00 – 13.00 Workshops (break 10.30 – 11.00)

13.00 - 15.00 Lunch

15.00 - 16.30 Workshops

16.30 - 17.00 Coffee break

17.00 - 18.30 Parallel sessions

- *Using old media effectively (Peter Rice, SHAAP)*
- *Promoting evidence based alcohol policies (Jon Foster, IAS)*
- *Good practice on alcohol – Slovenia*

19.00 - 21.00 Dinner

21.00 Free evening

Monday, 16th of May 2016

6.30 - 7.30 Breakfast

7.30 - 9.00 Travel to Ljubljana

9.30 - 12.30 Closing plenary session at the Town hall of Ljubljana – Towards a Comprehensive Alcohol Policy with Youth as Main Actors

- Vesna K. Petrič, Ministry of Health of Republic of Slovenia
- Dag Rekve, World Health Organization
- Peter Rice, SHAAP Scotland

11.00 – 11.30 Coffee break



- Jan Peloza, No Excuse Slovenia
- Jon Foster, Institute for Alcohol Studies UK
- Lukas Galkus, Alcohol Policy Youth Network

13.00 - 15.00 Lunch

Departures

The assurance of permanent results of the conference

There were several plenary sessions and workshops executed at the conference, which discussed themes of research in the youth sector, of project development and management and of alcohol policies and advocacy. At plenary sessions the participants obtained theoretical knowledge about the subjects mentioned above and also about the strategies of alcohol industries, about the international networks and individual organizations, which work in the field of alcohol policies and advocacy, and also about good practices in the field of prevention and their promotion.

In the workshops the participants of the conference were acquainted with methods and procedures for successful work on the field of alcohol policy, through concrete problem solving and task performance. They had the opportunity to present alcohol related problems from their local or national environment and also the work of the organisation they are representing. Through the exchange of opinions and presentations of good or bad practices, the participants got acquainted more profoundly with the situation in Europe. During the conference some connections were formed between participating organisations, and the main connector was the Alcohol Policy Youth Network – APYN, which also invited the organisations to join their network. With associating with APYN the connections between organisations would become stronger and the continuity of their work would be easier, because APYN could offer the support for execution of activities in alcohol policies and advocacy. Several organisations already answered the



cal. The wish and intention to participate was expressed also by National Center for Public Health and Analysis from Bulgaria, which established the connection with the NGO Pulse from Pernik, which is also interested in cooperating with APYN in the future.

Evaluation

Participants have filled in the final evaluation questionnaire at the end of the conference. General satisfaction with the conference was very high (85%), as well as participants expressed greater wish to continue working on the alcohol field. More detailed results are available in the evaluation report on the conference in the Deliverable 9.