



**ACT**

*today for a better tomorrow*

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**CONCEPT NOTE**



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It may be a cliché, but 2020 has been an unprecedented year. Over the past few months, we have faced deadly wildfires, one of history's greatest physical health threats and a growing tide of racism and discrimination. Yet despite what seems to be an innumerable amount of insurmountable challenges, young people remain steadfast in their desire to insight change. For the last 15 years, we at AYUDH, have organised annual Youth Summits, which bring together hundreds of young people for eight days of talks, workshops and other youth-led activities to tackle some of these issues. Sadly, this year, due to the on-going COVID-19 situation, we cannot organise a physical Summit, so we have elected to organise a Virtual One! The Virtual Summit titled: ACT Today For a Better Tomorrow aims to:

**Engage, Connect and Empower young people in order to create a strong community of effective leaders and change-makers.**

**'ACT Today for a Better Tomorrow'** means to us, that we go beyond desiring change, but becoming the actively empowered young people who can create it. Over the weekend of the 24th to the 26TH of July, through a series of powerful interactive talks, expert and peer-led workshops as well as a host of other inspiring activities we hope to instil our participants with the mindset, skills and authority to be able to insight the change they wish to see in the world.

Every day of the programme has a different focus, which encapsulates major issues we believe young people should begin acting on.

**Day 1:** will focus on mental well-being and isolation. Here we will discuss the importance of mental well-being in young people and what we can learn about our own mental health.

**Day 2:** on Prejudice, Bias and Tolerance will examine the growing tide of racism and discrimination as well as our own biases and how they manifest in our day-day-life.

**Day 3:** Connection and Communication as a solution will examine the importance of open dialogue and communication as well as how we can handle conflict on both the macro and micro-level. We are excited to announce more about our programme as time goes on and are cannot wait to have you onboard as it evolves.

The Summit will be followed by a **National Action Weekend** which will run from the 31st of July to the 2nd of August. Here participants will be able to physically meet and connect with other activists in their home country for a creative programme designed to get the projects they care about up and running.

The weekend will build upon the concepts discussed in the Virtual Summit and will prove that young people have what it takes to be the change we so desperately need.

At the heart of all of our projects are the teachings of Mata Amritanandamayi and her values form an essential part of the reflections at the Summit. Spiritual practices, such as yoga, meditation and mindfulness have a key role in our programme and will be present throughout both the Virtual Summit and the National Action Weekend. We hope to see you there!





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