

RISE TO HAPPINESS



In the COVID-19 pandemic mental health, employment and access to education have become the number one concerns of 18-to-25-year-olds.[1] The pandemic led to higher levels of distress among young adults (aged 18 to 29) compared to other age groups[2], [3] and another 150m children are expected to enter multidimensional poverty.[4]

Despite these severe challenges young people – all over the world – responded with resilience and acted. In small and big ways young people contribute - through **Responsibility, Integrity, Service, and Empathy** - to others' and their own well-being and happiness.

On the **International Day of Happiness, March 20th, 2021 at 10:00 CET** we will assemble these incredible stories of youth and students **rising** above their circumstances through an online celebration.

#RISEtoHAPPINESS will feature contributions from all over Europe, the Middle East, and Northern Africa.

You are invited to contribute and inspire thousands of other young people with your story, project, or art.

- How can you contribute?
- Share your #RISEtoHAPPINESS story in a 60sec video.
- Contribute a #RISEtoHAPPINESS song recording or animation.
- Apply to give a #RISEtoHAPPINESS keynote address.

To deliver a keynote speech, we ask you to send us a description of your field of expertise, a short analysis/summary of young people's positive impact on society, and a note explaining your motivation to participate in the event.

Contact us at rise@yspeurope.org until **March 10th**.

[1] OECD (2020), "Youth and COVID-19: Response, recovery and resilience", <https://doi.org/10.1787/c40e61c6-en>.

[2] Etheridge B, Spanting L (2020), "The Gender Gap in Mental Well-Being During the Covid-19 Outbreak: Evidence from the UK", <https://www.iser.essex.ac.uk/research/publications/working-papers/iser/2020-08.pdf>

[3] McGinty EE et al. (2020), "Psychological Distress and Loneliness Reported by US Adults in 2018 and April 2020", <http://doi:10.1001/jama.2020.9740>

[4] UNICEF (2020), "COVID-19 and children", <https://data.unicef.org/covid-19-and-children>