

23rd

EUROPEAN WEEK of
REGIONS and CITIES

13-15
OCT
2025



Public policies for youth: the
Portuguese approach.
Some examples and figures from the
Centro region

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CCDRC - Centro Regional Coordination
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Shaping Tomorrow, Together

14th of October 2025

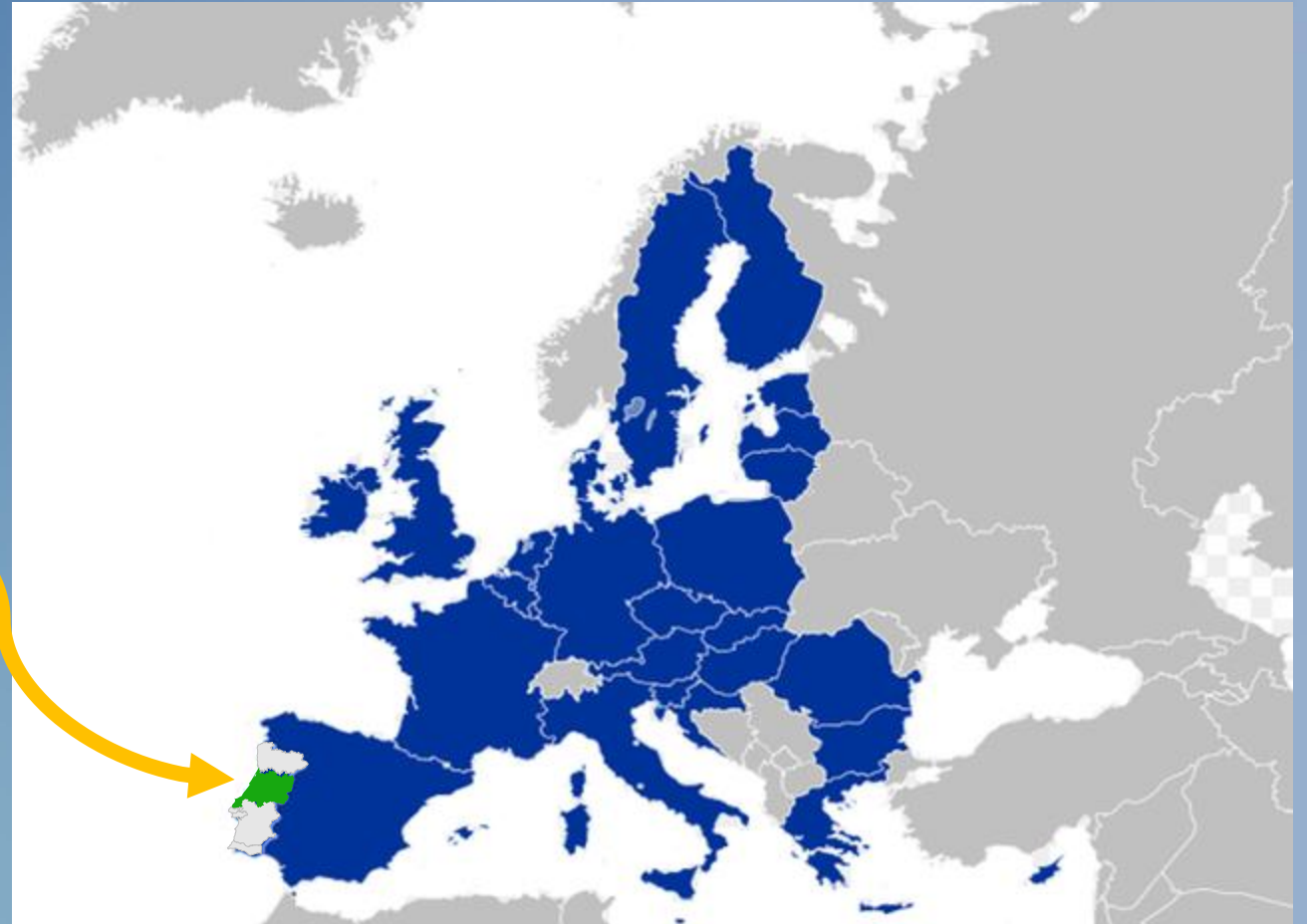
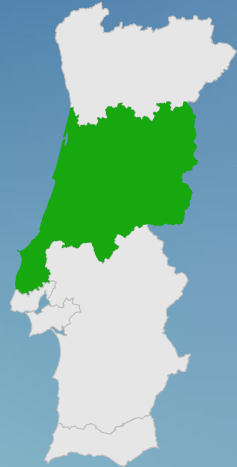
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Centro Region

The territorial context

- the regional location...

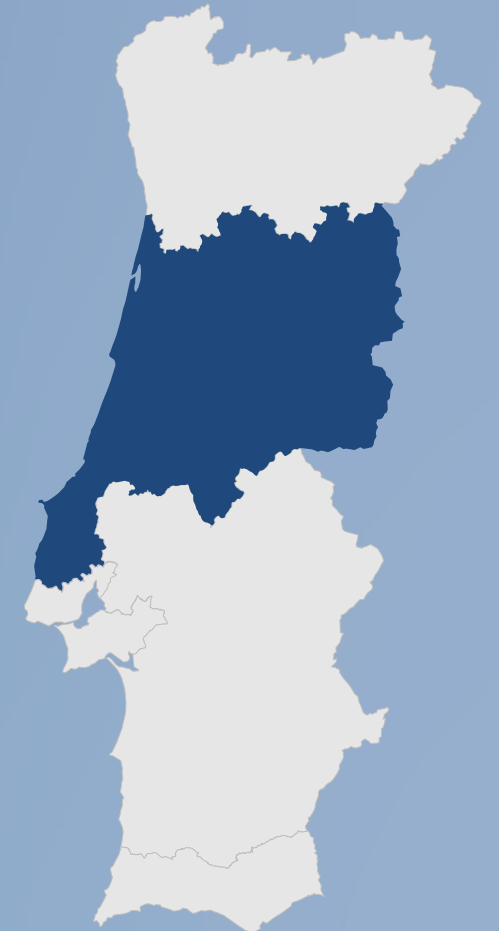


Centro Region

The territorial context

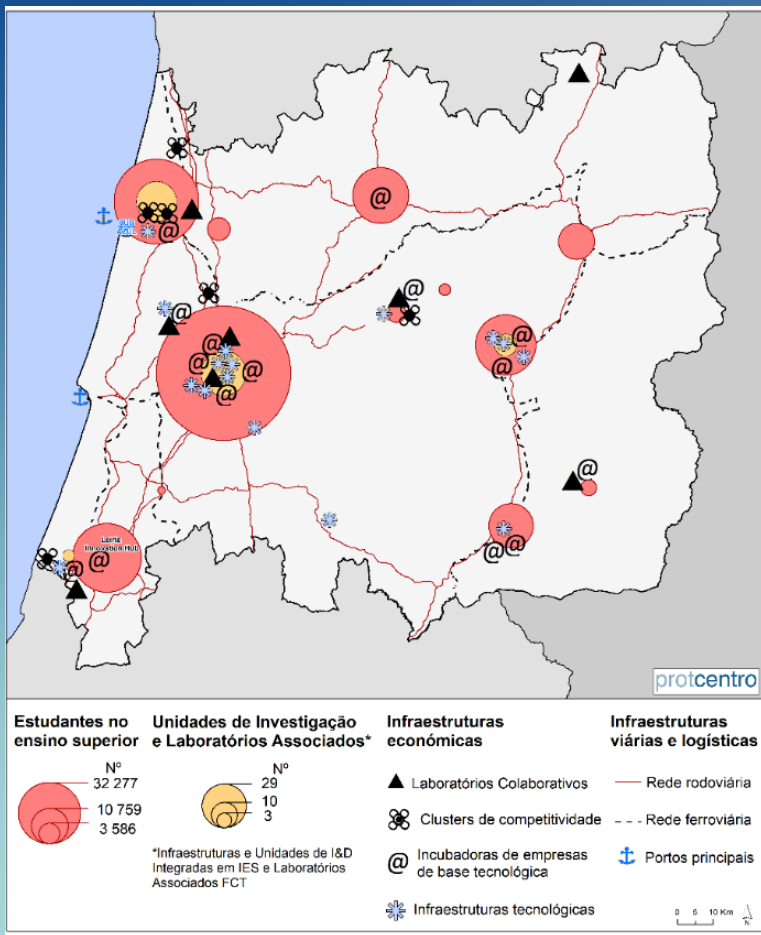
- Economy and territory

	Centro	% Portugal
Population (2022; millions of inhabitants)	2.3	21,6
Area (Km ²)	28.200	30,6
Gross Domestic Product, GDP (2022; millions of euros)	45.029	18,6
GDP per capita (2022; euros)	20.161	85,7
GDP in PPS per capita (2022) (EU27 = 100)	67,4%	PT=78,7%
Exports of goods (2022; millions of inhabitants)	15.026	19,4
Unemployment rate (20-35 years)	6,9%	PT= 8,2%



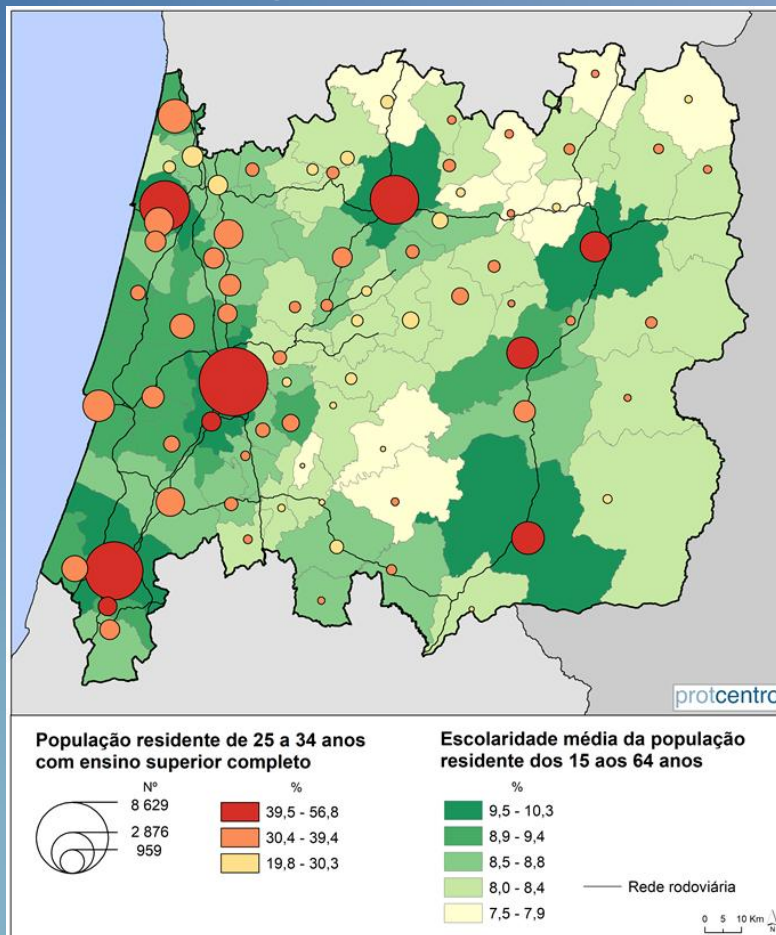
Centro Region

Students in higher education



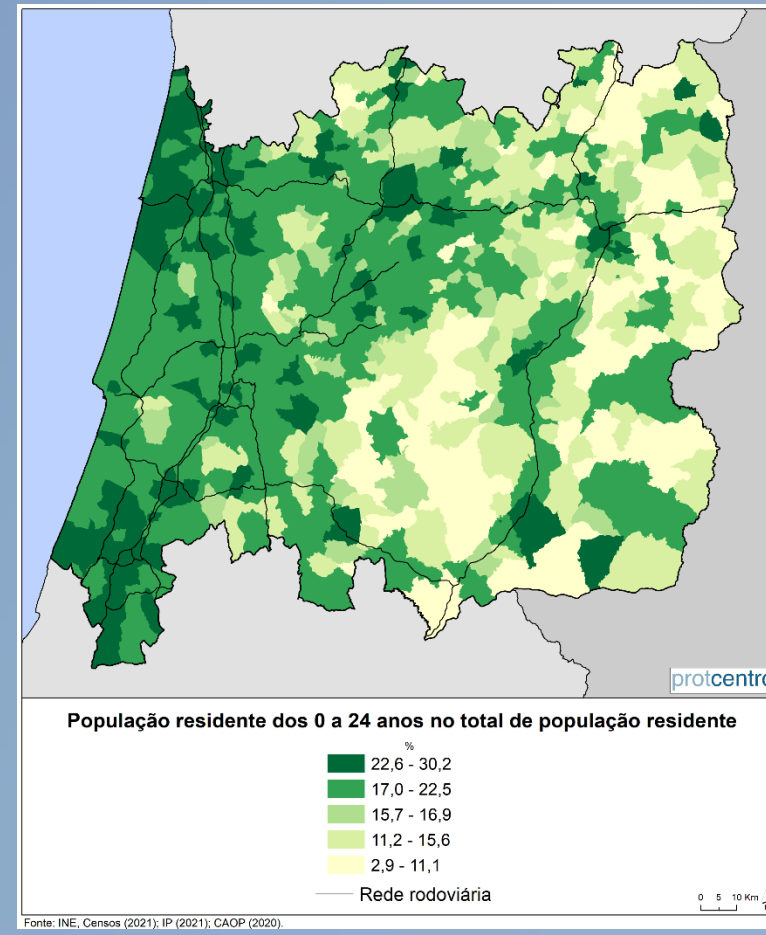
Fonte: CCOR-C (2023); ANI, FCT, DGEEC, IAPMEI (2022); IP (2021); CAOP (2020).

Resident population aged 25 to 34 with completed higher education



Fonte: INE (2021); IP (2021); CAOP (2020).

Proportion of young people in the population



Fonte: INE, Censos (2021); IP (2021); CAOP (2020).



Youth Policies: II National Youth Plan (2022-2024)

- **Measures:** more than 400 measures with a direct and indirect impact on young people.
- **Investment:** The total amount earmarked for the measures is three billion euros over three years, using European funds.
- **Priority Areas:**
 - I - Emancipation and Autonomy
 - II - Education and Science
 - III - Citizenship and Participation
 - IV - Healthy Lifestyles
 - V - Culture and Free Creation



Others examples of youth policies in Portugal

- **Cuida-te Program (New Generation, 2024):** Focuses primarily on mental health and emotional wellbeing for young people.
- **National Youth Agenda:** A strategic initiative launched by the government to address the major challenges faced by young people, aiming to make Portugal a more youth-friendly country. Developed through youth consultation processes and participation forums focus on 10 key areas.
- Several **sectoral measures** to support young people



Youth Projects in Centro Region

CITIZENSHIP AND PARTICIPATION

- **Youth Parliament:** created in 1995, is an educational program in Portugal that allows secondary school students to simulate the work of members of parliament. Participants debate and propose solutions on topics of interest to young people and society, gaining experience in civic engagement and democratic processes.
- **EuroSchool:** an annual program created by the European Parliament (EP) in the field of citizenship. The program is aimed at secondary school students in the field of citizenship and consists of simulating the work of MEPs.

Years	Schools	Participants
2019/2020	143	362
2020/2021	0	0
2021/2022	121	389
2022/2023	149	464
2023/2024	148	477
Total	561	1692

Years	Schools	Participants
2020	27	54
2021	25	50
2022	27	54
2023	28	56
2024	28	58
Total	135	272



Youth Projects in Centro Region

CITIZENSHIP AND PARTICIPATION

- **Municipal Youth Councils:** local advisory bodies that promote youth participation in municipal decision-making. They provide young people with the opportunity to discuss, propose, and collaborate on policies and activities affecting youth in their communities (such as employment, education, culture, and health). Their goal is to create opportunities for young people to actively improve their quality of life and to engage directly with local decision-makers.
- In Centro region, 47 of the 77 municipalities (61%) have these councils in operation (52% at national level).



Youth Projects in Centro Region

VOLUNTEERING

Year	LONG - TERM ACTIONS										Total participants
	GERAÇÃO Z		Youth Volunteering for Nature and Forests		Are you browsing safely?		Playing Ethically		The rights of young people		
	Projects	Participants	Projects	Participants	Projects	Participants	Projects	Participants	Projects	Participants	
2020	53	142	90	497	7	2	5	4	3	9	654
2021	53	230	69	471	236	4	0	8	3	4	717
2022	58	386	62	568	97	2	7	24	8	33	1013
2023			86	1054	67	8	18	81			1143
2024	40	416	79	1043	31	4	49	77			1540
Total	204	1174	386	3633	438	20	79	194	14	46	5067



Youth Projects in Centro Region: others examples

- **International Work Camps:** to recognize and value different cultural identities through the development of volunteer projects in local communities. During these camps, young people have the opportunity to interact with other young people of different nationalities, while engaging in solidarity and volunteer activities.
- **Holidays in Motion:** Aim to ensure an active and healthy approach to occupying young people's free time during school breaks and vacations. This program encompasses predominantly recreational activities, along with learning opportunities through carefully planned and organized tasks.
- **Leisure Time Occupation Program:** Aim to ensure that young people spend their free time in a healthy way during school vacations.



CCDRC - Regional Competition

Business Ideas in Schools - Investing in Entrepreneurial Skills:

Since 2015 promoting, encouraging and implementing entrepreneurial culture in Centro region within the school community (students between 10-18 years old)



CENTRO CIRCULAR - Investing in knowledge about circular economy: Since 2022 with an online game to promote knowledge about the circular economy among the school community in the Centro region (students between 10-15 years old)



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CCDRC - Regional Competition

- **SUPER SCHOOL GARDEN** - Investing in knowledge about food, nature, biodiversity and climate: Value school gardens as a pedagogical tool for learning; Provide schools and students with the necessary motivation for the existence of vegetable gardens in the school environment (students between 3-10 years old)
- **AGEISM ZERO** - Promote the fight against ageism and the strengthening of a culture of respect and appreciation for people: Encourage discussion about ageism among higher education students, motivating them to reflect and propose, individually or collectively, concrete actions (students >18 years old)



Thank you!

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