

DELEGATES BOOKLET

REGIONAL SESSION
CAGLIARI 2026



EUROPEAN YOUTH PARLIAMENT
ITALIA ITALY



WELCOME WORDS FROM THE HEAD ORGANISERS

Dearest Delegates,

It is with great joy that we finally welcome you to the Regional Session of EYP Italy – Cagliari 2026!!

This journey started some time ago, when we decided to take on something bigger than ourselves: bringing an EYP session to Cagliari for the very first time. At the beginning, it felt far away and almost unreal. We are very excited, and deeply grateful to be able to share this moment with you.

We know that a project like this might seem a little intimidating or overwhelming, especially to those who have never experienced EYP or approached something like this before. For this reason, we want you to know that we will do our very best to create a welcoming, safe, and supportive environment, a space where everyone can feel comfortable, grow at their own pace, and discover both themselves and others.

Inclusivity, connection, and the rediscovery of our roots are at the core of this session. We hope to create a space where everyone feels welcome and free to be themselves, where you can challenge yourselves, grow together, and build genuine connections, a space where differences are valued and where people truly meet.

Hosting this session in Cagliari means a lot to us. We hope the sun, the sea, and the city's energy will make you feel at home during the session.

May this session become a memory you will carry with you, something you will look back on with a smile, not only for the work you did, but for the people you met and the moments you shared.

We cannot wait to welcome you all to Cagliari!!!

Viola & Alessia



WELCOME WORDS FROM THE PRESIDENT

Dear delegates and teachers,

My name is Marcos Ordoñez, and it is my greatest pleasure to welcome you as President of Cagliari Regional Session 2026. This session has been living in my head and my heart for a long time, and seeing it finally become real means more to me than I can put into words.

Cagliari, for me, is about coming back to what feels genuine: people, stories, and the small moments that quietly change you. I don't want this session to be something you just attend and then forget. I want it to be the place where you realise that your background, your doubts, your accent, your roots – all of it – has a place here and all of it matters.

I hope Cagliari helps you do a few simple but important things: speak honestly, listen carefully, and let yourself be changed a little by the people around you. I want this session to leave you with a question that stays in your mind, a story you'll keep telling, or a person you didn't expect to grow close to. If, by the end, you feel even slightly more connected to yourself, to others, and to this city, then Cagliari has done what it was meant to do.

The Academic Team, the Vice Presidents, and your Chairpersons are here to walk that path with you and to ensure you grow at your own pace. We will do our best to create spaces where you can challenge yourselves, support each other, and connect what happens in the committee room with the world outside.

I genuinely cannot wait to meet you all and start this journey together in Cagliari. Thank you for choosing to be part of this session :)

With a lot of excitement,

Marcos Ordoñez

President of Cagliari RSC 2026



WELCOME WORDS FROM THE HEAD OF JURY

Ajò dearest delegates,

It is with great excitement that I welcome you to Regional Selection Conference Cagliari 2026, as the Head of Jury of this incredible Event, so special to me and my still undiscovered Sardinian roots. My name is Micaela and along with Sara and Elisabeth, we are committed to making Cagliari 2026 your opportunity to flourish and grow, complementing the fun and unforgettable time you will have!

Commonly, delegates perceive the jury role as the role of someone who “judges others”, with an unfortunately negative connotation, but I’d like you to see us as advisors rather than evaluators, people you can rely on rather than entities you should fear. Setting a healthy and honest communicative approach with you is our priority to make sure you feel comfortable around us and eventually willing to ask for feedback.

Our goal is to help you come out of Cagliari a different person than when you came in: a better team player, a better public speaker, a better academic, a better European, but always authentic to yourself, your personality and what you are comfortable with.

So, please, do not shy away when we enter the room, and do come talk to us when you have the chance, if you perhaps want some friendly feedback on your performance or also simply have a chat: above being jury members, we are people who love to chat and have fun stories to share or could help you understand a bit better the confusing world of EYP!

In conclusion, we are sincerely looking forward to seeing you all on our beautiful island, smiling, having fun, growing. We hope that, in the end, you will be happy and grateful to have taken part to this life-changing experience.

See you in the blink of an eye ;)

Lots of love,

Micaela



WELCOME WORDS FROM THE EDITOR

Dear reader,

As the Editor of Cagliari 2026, I am absolutely thrilled to be able to welcome you to the session! The Media Team cannot wait to meet all of you and shape the media image of this session. While you will be attending to your duties as officials or delegates, the Media Team is going to be hard at work capturing moments in time that you will soon cherish as memories of an amazing session. We will be behind the scenes of Cagliari to make sure you have something to look back at when you want to relive the moments passed here.

Our goal is to make this session an unforgettable experience for everyone involved, and even if you end up forgetting, you still have something amazing to look back on.

Warmest regards,

Aleksandr Avetisyan, Editor of Cagliari 2026



ABOUT THE CITY

Discovering Cagliari

Located on the southern coast of Sardinia, Cagliari is the vibrant capital of the island, a city where history, culture, and the sea come together. With layers of Phoenician, Roman, medieval, and modern influences, Cagliari offers a unique blend of heritage and everyday life. Often described as a city suspended between hills and water, it is an ideal destination for those interested in history, urban culture, and Mediterranean landscapes.

What to See in Cagliari

The historic heart of the city is **Castello**, a hilltop district surrounded by ancient walls and narrow streets. Here you will find the **Cattedrale di Santa Maria**, a symbol of the city, and panoramic viewpoints offering breathtaking views over the **Gulf of Cagliari**. Nearby, the **Torre dell'Elefante** and **Torre di San Pancrazio** stand as reminders of the city's medieval past.

Roman heritage is visible in the **Anfiteatro Romano**, carved directly into the limestone rock and once used for public spectacles. Walking through the lower districts, such as **Stampace**, **Marina**, and **Villanova**, you can experience the more authentic and lively side of the city, filled with small squares, cafés, and local life.

A short distance from the city centre lies the **Molentargius-Saline Regional Park**, a protected wetland famous for its pink flamingos and peaceful walking paths, offering a surprising contrast between nature and urban space.

Exploring the Surrounding Area

Cagliari is also the perfect starting point for discovering southern Sardinia. Just minutes away, **Poetto Beach** stretches for several kilometres, providing a place to relax, walk, or enjoy the sea. Further along the coast, crystal-clear waters and scenic cliffs define areas such as **Calamosca** and **Capo Sant'Elia**.

Inland, small villages, archaeological sites, and Nuragic remains reflect Sardinia's ancient roots and traditions. Whether wandering through historic neighbourhoods, enjoying local cuisine, or exploring the coastline, Cagliari offers an experience where people, heritage, and landscape are deeply interconnected.

TRAVEL INFORMATION

How to reach Cagliari

By plane:

Cagliari is served by the island's main airport, **Aeroporto di Cagliari-Elmas "Mario Mameli"**, which offers numerous national and international connections. The airport is located only a few kilometers from the city. Once you land, simply follow the signs to the train station inside the airport. Trains run frequently, and **any train will take you to Cagliari city center in about 5–10 minutes**. You will arrive at Piazza Matteotti, right in the heart of the city. From there, several urban bus lines operated by CTM connect the station with all areas of Cagliari.

By ferry:

Cagliari can also be reached by sea, with ferry connections from major Italian ports such as Naples, Palermo, and Civitavecchia (routes may vary by season). Ferries arrive directly at the Port of Cagliari, which is within walking distance of the city center. From the port, you can easily reach accommodations and main areas on foot or by local buses.

By train:

If you are already in Sardinia, Cagliari is well connected to other cities by regional trains operated by Trenitalia. Direct connections are available from cities such as Oristano, Iglesias, and Sassari. The main railway station, Cagliari Piazza Matteotti, is centrally located and well served by buses and taxis.

To reach the venue where the first two days' activities will take place, the **Convitto Nazionale di Cagliari**, there are two options:

1. Take CTM bus line 1 and get off at the "Vesalio - Cittadella finanziaria" stop.
2. Take the light rail and get off at the "Vesalio" stop.

On the third day, the day of the General Assembly, we will be at "**Sa Manifattura**" in Viale Regina Margherita, where there is a CTM bus stop on line 6 right in front of the building

VENUES

Day 1 (Team Building) and day 2 (Committee Work):

Convitto Nazionale “Vittorio Emanuele” II di Cagliari

📍 Via Cesare Pintus, 09129 Cagliari (CA)

The activities of the first two days of the session will take place at the Convitto Nazionale “Vittorio Emanuele II”. The Convitto represents a place where education, culture, and community have come together for generations. Its spaces reflect the strong connection between tradition and learning, making it a particularly fitting venue for a session that places people, dialogue, and heritage at its core. It offers functional and comfortable spaces for our session, including classrooms and common areas that will host committee work, discussions, and group activities. Its calm environment makes it an ideal setting for focused work and collaboration.

Logistics & Accessibility:

The building is fully accessible and equipped to accommodate all delegates. Facilities include restrooms and common areas for breaks. The venue is easily reachable by public transportation and will be clearly signposted during the session to help you find your way.



VENUES

Day 3 - General Assembly

Sa Manifattura

📍 Viale Regina Margherita, 33, 09125 Cagliari (CA)

The General Assembly will take place at Sa Manifattura, one of Cagliari's most iconic cultural spaces, located along Viale Regina Margherita, overlooking the city and the sea. Once a historic industrial site, Sa Manifattura has been transformed into a modern cultural and innovation hub. Its spacious and well-equipped halls provide an ideal setting for the General Assembly, combining functionality with a strong connection to the city's heritage.

Logistics & Accessibility:

The venue is fully accessible and equipped with modern facilities, including restrooms and large open spaces suitable for plenary sessions. It is easily reachable on foot from the city centre and by public transportation. Clear signage and staff support will be available throughout the day to ensure a smooth experience.

This venue represents the perfect meeting point between tradition and progress, offering a meaningful setting for one of the most important moments of the session.



VENUES

Accommodation**

Hotel Residence Ulivi e Palme

📍 Via Pietro Bembo, 25, 09131 Cagliari CA, Italy

The Hotel Residence Ulivi e Palme is a 3-star accommodation located in a residential area of Cagliari, a short bus ride from the city centre.

Rooms and apartments are equipped with a private bathroom, air conditioning, and heating. Bed linen, towels and hair dryer are provided in all accommodations, free Wi-Fi is available throughout the entire property. The hotel has a 24-hour reception service and luggage storage facilities. Parking is available on site, possibly subject to an additional fee, and accessible rooms and common areas with Wi-Fi are provided.

Breakfast is served every morning at the hotel in the form of a buffet. The hotel is well connected to the city centre by public transport, with a bus stop located within walking distance.

Check-in generally starts from 3:00 pm, while check-out is expected by 11:00 am, subject to confirmation at the time of booking.



**only for sleeping participants

TOPICS

CULT - Historical memory and democratic values

The history book on the shelf: Member States such as Italy, Spain and Germany continue to confront the legacy of their fascist past amid the re-emergence of post-fascist movements. As democratic dissatisfaction deepens across Europe, how can the EU preserve historical memory and strengthen democratic values?

EMPL - Neighbourhood, inequality and access to opportunities

Boulevard of Broken Dreams: Within the same European cities, people living in poorer neighbourhoods often have worse access to schools, jobs, healthcare, and public services than those in wealthier areas. These local inequalities limit social mobility and deepen poverty across generations. How should the EU reduce neighbourhood-based inequality and improve equal access to opportunities?

HOUS - Youth housing affordability and speculation

Our House: Across the EU, rising rents and limited housing supply are increasingly preventing young people from moving out, with one in ten already overburdened by housing costs. As access to housing is recognised as a basic human right under the European Pillar of Social Rights, how should the EU strengthen affordable youth housing and ensure equal access to decent living conditions?

ITRE I - Energy interconnectors and grid stability

No light, No light: As the share of renewable electricity increases across the EU, limited interconnections between some Member States, particularly in the Iberian Peninsula, make balancing electricity supply and real time demand more difficult. How should the EU strengthen electricity interconnectors and energy efficiency policies to ensure a stable, affordable, and greener power supply across the Union?

TOPICS

ITRE II - Artificial intelligence and democracy in Europe

Everybody Wants to Rule the World: Artificial intelligence tools are increasingly used to generate political content, spread disinformation, and influence public debate during elections and political campaigns, raising concerns about cybersecurity and democratic interference. How should the EU regulate the use of AI to protect the integrity of democratic processes while safeguarding individual freedoms?

LIBE - Press freedom and journalist safety

Stand by Me: Since October 2023, attacks, arrests, and serious threats against journalists have reached their highest reported levels in decades. At the same time, press freedom in Europe is under increasing pressure, with the unlawful use of spyware and abusive lawsuits (SLAPPs), hindering investigative work and threatening the safety of journalists. As free and independent media are essential for democratic accountability, what measures should the EU take to protect journalists and safeguard press freedom across the Union?

REGI - Decreasing regional inequalities

Another One Bites the Dust: Economic gaps between urban centres and peripheral regions continue to shape lower trust in EU institutions and higher support for Eurosceptic movements. How should the EU, through its Cohesion Policy and the European Structural and Investment Funds, reduce territorial inequalities to counter the rise of Euroscepticism across its regions?

SEDE - Mandatory military service

The Final Countdown: With Latvia re-introducing conscription in 2023, and Germany along with France debating various models of compulsory or mandatory national service, how should the European Union balance collective security needs with individual bodily autonomy while strengthening the Common Security and Defence Policy?

SCHEDULE

DAY 1 - TEAM BUILDING (07/03)

- 10:30-12:00 DELEGATES' ARRIVALS AND REGISTRATION
- 12:00-12:30 GENERAL TEAM BUILDING
- 12:30-13:30 COMMITTEE TEAM BUILDING
- 13:30-14:30 LUNCH
- 14:30-16:30 COMMITTEE TEAM BUILDING
- 16:30-17:00 COFFEE BREAK
- 17:00-19:00 COMMITTEE TEAM BUILDING

DAY 2 - COMMITTEE WORK (08/03)

- 08:00-09:00 BREAKFAST**
- 10:00-11:30 COMMITTEE WORK
- 11:30-12:00 COFFEE BREAK
- 12:00-13:30 COMMITTEE WORK
- 13:30-14:30 LUNCH
- 14:30-16:30 COMMITTEE WORK
- 16:30-17:00 COFFEE BREAK
- 17:00-19:00 COMMITTEE WORK

DAY 3 - GENERAL ASSEMBLY(09/03)

- 08:00-9:00 BREAKFAST**
- 09:30-11:30 GENERAL ASSEMBLY
- 11:30-12:00 COFFEE BREAK
- 12:00-13:30 GENERAL ASSEMBLY
- 13:30-14:30 LUNCH
- 14:30-16:30 GENERAL ASSEMBLY
- 16:30-17:00 COFFEE BREAK
- 17:00-18:00 GENERAL ASSEMBLY
- 18:00-19:30 CLOSING CEREMONY
- 19:30-... DEPARTURES

**only for sleeping participants

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REGIONE AUTONOMA DELLA SARDEGNA



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