



European Youth Capital 2026 application from Tromsø municipality.

The Norwegian Children and Youth Council (LNU) is an umbrella organisation for 102 Norwegian children and youth organisations, with 450 000 members. Our member organisations are democratic and voluntary, and they represent a vast diversity of activities and interests.

We support the ambitions of Tromsø to increase youth participation and inclusion in the municipality. Being a European Youth Capital should be used to further develop real and meaningful representation of youth in political processes and society.

LNUs principles on real and meaningful participation

Youth participation is critical to secure inclusive political processes. LNU has five key principles processes need to follow to secure that the participation is real and meaningful:

- 1. Independence.** Youth must be able to choose what they want to engage in. They have the right to be heard in all decision-making processes that they are concerned with, and in all processes that they themselves deem they have a stake in. If youth are interested, they should be heard.
- 2. Representation.** Youth must choose their own representatives. These representatives are responsible to the youth they represent, as in the democratic child- and youth organisations. Political processes can't cherry-pick a youth «alibi» or someone the adults believe represent youth. This is not democratically founded.
- 3. Unique competences.** Youth needs to be recognized as a professional resource with the necessary expertise that is unique to them and that others cannot replace. They are the only ones who can represent themselves and their views, adults cannot.
- 4. Access to information.** All institutions and processes where youth participate, these youth need access to all relevant information so that they can be prepared for the issues that involves them. They need the same level of access to information as the other stakeholders and participants in the decision-making processes.
- 5. Continuity in processes.** Youth needs to be able to participate in all chains in the political processes. Single events and processes that are not democratically founded does not facilitate full participation. That means that youth cannot be invited to give some initial input before the actual process starts and not be there for the actual political work and debates, or only be involved when the process is finished to put a stamp of approval on it or final remarks.

On behalf of LNU,

A handwritten signature in black ink that reads "Martine Tønnessen".

Martine Tønnessen
Secretary General

A handwritten signature in black ink that reads "Margrete B. Katanasho".

Margrete Bjørge Katanasho
President