

BUDAPEST, HUNGARY  
**12-14 APRIL**

# STUDENT LEADERSHIP BOOTCAMP 2nd edition!

- How to **build community** as student leaders?
- How to take care of students' **well-being** and **mental health** on campus?
- How to incorporate **sustainability** and environmental matters into Collegiate life?

Join us for the second edition of the **Student Leadership Bootcamp!**  
An exchange of practices among student leaders in college boards, clubs, associations, or resident assistants!

## TOPICS & GUIDELINES FOR PROPOSALS:

### A. **Building community as students:**

Student leaders are key in developing and maintaining a positive **living and learning** environment in their colleges while providing support to help residents resolve academic, social, and personal concerns. They can also assist with the transition to university and collegiate life for younger students, provide orientation to academic services and extra-curricular activities, and offer social or cultural programming to foster a vibrant community. Additionally, student leaders are role models that serve as mentors within the hall, ensuring the safety and well-being of their peers. By promoting open communication channels and providing platforms for students to voice their opinions and concerns, they can further strengthen the college community. By actively engaging with and listening to the needs of their fellow students, student leaders can play a vital role in building **vibrant and thriving communities** within the school.

**This conference invites student leaders to share practices from their college experience that help community-building activities such as, but not limited to:**

- Examples of social or educational programming: Social events that foster a sense of community among residents; academic or cultural activities that support the academic and personal growth of residents.
- Strategies that fostered successful community-building events, enhanced the overall residential experience for students, or promoted high engagement and participation of students in the many initiatives promoted by the college.
- Examples of initiatives that promote dialogue and understanding between students or students and college staff, overcome conflict and mediate wherever necessary.
- Initiatives or strategies that promote student leaders' own well-being, helping them navigate competing priorities, whether academic, in the residence, or personal.
- Examples of initiatives to recruit new students to leadership positions to ensure the continuity of community life, promote democratic practices in colleges and active participation of the overall student body.

## **B. Fostering Volunteering and Service Learning: Colleges and Halls of Residence at the Service of Wider Communities**

In response to contemporary societal challenges, the cultivation of **social responsibility** is essential for universities, colleges, and neighboring communities. How can student leaders collaboratively shape discussions on social issues, volunteer activities, and fulfill their missions within their neighboring communities? This conference invites proposals that delve into innovative strategies for integrating social responsibility into collegiate programs and empowering student leaders to navigate and contribute meaningfully to societal challenges.

**This conference invites student leaders to share practices from their college experience that promote volunteering, like for example:**

- Strategies of implementing social responsibility initiatives in educational programs of the college to address pressing societal issues within their local community at a university and college level.
- Examples of community outreach initiatives and giving back to your neighboring communities.
- Examples of strategies to increase engagement and involvement of all college students to take part in or lead volunteering activities.
- Strategies of successful collaborative partnerships: Share tips and tricks to reach out to community actors, establishing and maintaining a working relationship to ensure relevant volunteering activities for the target community.

### **C. Mental Health & Well-being**

How can we create communities where students can flourish?

In this topic, we are looking for valuable practices to **promote well-being** and **healthy lifestyles** among residence halls that act as a prevention to many mental health issues we are witnessing.

Delving beyond the stigma, our discussions will unravel approaches and practical strategies aimed at recognizing mental health difficulties and fostering mental well-being for students across diverse backgrounds.

Furthermore, we'll explore ways to foster actions such as the development of healthy lifestyle practices, mindfulness, and other resources for creating a supportive and inclusive community environment, and for forging strong social connections.

**This conference invites student leaders to share examples from their college experience that promote well-being, for example:**

- Practices or initiatives that help increase self-esteem, self-awareness, and raise awareness of the risks of different types of addiction, the importance of asking for help in difficult situations, and mental health.
- Practices to avoid people feeling lonely in their communities or the establishment of healthy routines regarding sleeping, eating, and study that can prevent anxiety, especially during exams.
- Proposals on how we can help people establish fair and good relationships with others, such as actions to identify and prevent toxic relationships, conflict-resolution strategies or communication skills.
- Experiences or lessons learned on the presence in the university or residence hall of listening centers and counseling services.
- Initiatives that foster a culture that does not stigmatize failure but turns it into an opportunity for growth and improvement
- Initiatives that foster practical actions, initiatives and a culture of caring, places where each person feels appreciated for who s/he is and not for what is expected of him/her.
- Experiences in involving students in initiatives and roles in which they can discover and develop their talents.

## **Sustainability & Environment**

Can colleges be factors of change for climate action? Sustainability practices on campus demonstrate a college's commitment to embody sustainability values, reduce its carbon footprint, and demonstrate environmental civility and responsibility.

The Student Leadership Bootcamp is looking for good practices and pilot initiatives led by students or colleges on teaching sustainability competencies, reducing waste, conserving water, improving food practices in dining halls, creating shared spaces, and implementing local mobility today or in the near future. In this transformation process, the real players are therefore the students and student leaders who, through their actions, are educating and raising awareness in their communities about how to adopt environmentally and socially friendly practices.

**This conference invites student leaders to share practices that promote environmentally friendly practices, like for example:**

- Examples of programs or initiatives that promote sustainability competencies in the college curriculum or educational project.
- Examples of how students already adopt sustainability practices related to recycling and responsible use of resources (food, water, common spaces).
- Strategies to involve their community in the adoption of environmentally friendly practices, both as individual initiatives or as collective actions.
- Examples of initiatives that could be applied in overcoming structural problems in colleges that are limiting (architectural barriers, lack of community awareness of the issue, lack of funds etc.).

