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**Title:** *EU and You - What do EU values mean to me as a YEA?*

The art of medicine begins and ends with the Hippocratic oath. Words so wondrous that they have ridden the tails of white coats for centuries. Passed on from the Father of Medicine himself to a curly-haired girl with Harry Potter glasses and big plans for the world, it reminds doctors that warmth, sympathy and understanding often outweigh a surgeon's knife.

Human dignity has been interwoven with our existence for aeons – fine threads of value and worth knitted into our DNA, for we are flesh and blood and no matter our deeds or misdeeds, if you strip us down to our bones – all we are left with is *dignity*. Everything starts with it – science, art, and society. As a future doctor, I look to embody this. People look up to doctors, and so we must be the epitome of humanity. We are, after all, the harbingers of both life and death. Along with being a Young European Ambassador passionate about human rights, and a young person with ambitions and ideas for tomorrow, I feel the weight of the world on me.

However, I've only got two shoulders, and I find myself calling out to those willing to listen – fellow not-yet-doctors, almost-lawyers, nearly-writers, not-quite-professors and more, to help me shape a new era, one centred around youth. I am all too happy to sound egocentric when saying that the youth of today truly are the leaders of tomorrow, and let us not forget, we are also the present. So, I point to the grown-ups, especially the EU, to make space for us – scoot over, because youth is just getting started. They are our allies, as even the most courageous of fighters need a hand. Their ears are wide open for echoes of change, so I shout **Yes! Do** create policies focused on youth, **do** build frameworks tending to our needs, and **Yes! Make us the centre of your politics!** We are the harbingers of change.

It seems they are listening; with an EU youth strategy focused on **engaging, empowering, and connecting** youth (*all the right words!*) - one focused on our mental health and wellbeing, quality learning, employment, inclusion, equality and other terms that make the world go round, they are putting us at the forefront of the battle. Chins raised high and determined eyes are what you will see when you look at us, but oh, you will **not** see the power, enthusiasm, or thirst for transformation. *You will feel it.*

At last, the world is realizing that all roads lead to youth. Now, I may not know you, but whoever you are – future Neil Armstrong, Frida Kahlo, future John Lennon or Marie Curie, I invite you. Arm yourself with youthful energy, volunteerism, bravery and most importantly, dignity. Join our army; join me and aid me in shouldering our future. Youth has found Rome a city of bricks, but by God will we leave it a city of marble.