

It was a privilege to attend a second ELSA Youth Meeting. The theme this year was: 'Human Rights Education and Intercultural Dialogue'. The human rights component of the programme was thought provoking. It made us aware of International and European Policy that relates to stammering. The workshop equipped us with the knowledge to claim our right to equal treatment and non-discrimination in society.

For me an ELSA Youth meeting is not just about lectures and workshops. When everyone stammers, the issues around stammering disappear. I liked the conversations between workshops and in the evenings just as much as the formal presentations. I enjoyed the late nights and the techno remix of Gloria Gaynor's 'I will survive'! I left the meeting feeling tired, but empowered. Communication Impairment (including stammering) has been debated in Scottish Parliament, but I will endeavour to remind our politicians of barriers particularly around the hidden aspects of stammering. A big thank you to Edwin, Anita and Richard for organising the meeting and having me back! I would highly recommend attending an ELSA Youth Meeting to anyone who gets the opportunity.

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