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We want to emphasize in our contribution that Cuban youth have important human rights guaranteed that they do not have young people from other parts of the world. She is a youth, happy, cheerful, and healthy.

In the first place, free and specialized medical care allows them to obtain a high guarantee of life for the Cuban youth, as well as a high life expectancy, comparable only with the developed countries.

In addition, education is free even for university students and does not depend on religion, money or sexual orientation. A student in Cuba can study for free a university career that would cost thousands of euros or dollars anywhere in the world.

Equally, the practice of sport in Cuba is a guarantee for young Cubans. On the other hand, in Cuba there are periodic elections in which people are very involved. In Cuba's electoral process, all citizens have equal access to the highest public positions, based on their capabilities and merits and not dependent on their economic or financial capacity.

Cuba strives to achieve the maximum enjoyment of all human rights and fundamental freedoms for all its citizens. It has improved the legal and institutional framework of the country to update its economic and social model, based on the preservation and strengthening of social justice and solidarity.

Cuba, despite being a blockaded country and subjected to severe weather problems such as severe hurricanes and droughts, leaves no one homeless because its priority is precisely the human being. It is a system where the human being is the center of everything.

We can not forget to mention the protection of children in Cuba as a right won, and the low rate of infant mortality that has the country, the lowest in Latin America and one of the lowest in the world. Children are also protected free of charge with different vaccines, against many types of diseases that many children in the world today die.

On the other hand, in Cuba nobody is discriminated neither by its color of skin, nor by its religion nor by its sexual orientation. Everyone enjoys the same rights and duties.

Nor can we forget that the inter-institutional human rights system has been strengthened in Cuba through measures to improve performance in the delivery of justice. Judicial conciliation was also improved in family processes and in labor and economic procedures.

Artur Bekmatov *chairman of LYF*