



Welcome Pack

**Young Leaders in Diabetes
2024-2026 cohort**



Welcome message

Dear Young Leader in Diabetes (YLD) Trainee,

The International Diabetes Federation's (IDF) Committee on Youth Activities and the IDF Advocacy team are delighted to welcome you to the YLD programme!

We are excited to have you as a Trainee of the YLD 2024-2026 cohort and the unique contributions you bring to the global diabetes community. We look forward to supporting you in your diabetes advocate journey and watching your project flourish.

To help you get started, we prepared this "Welcome Pack" that includes everything you need to know about your role and responsibilities, the benefits you will enjoy and further essential information. Please take the time to carefully review these sections.

Once again, welcome aboard! We cannot wait to embark on this journey with you.

Warm regards,

IDF Board Committee on Youth Activities & IDF Advocacy Team

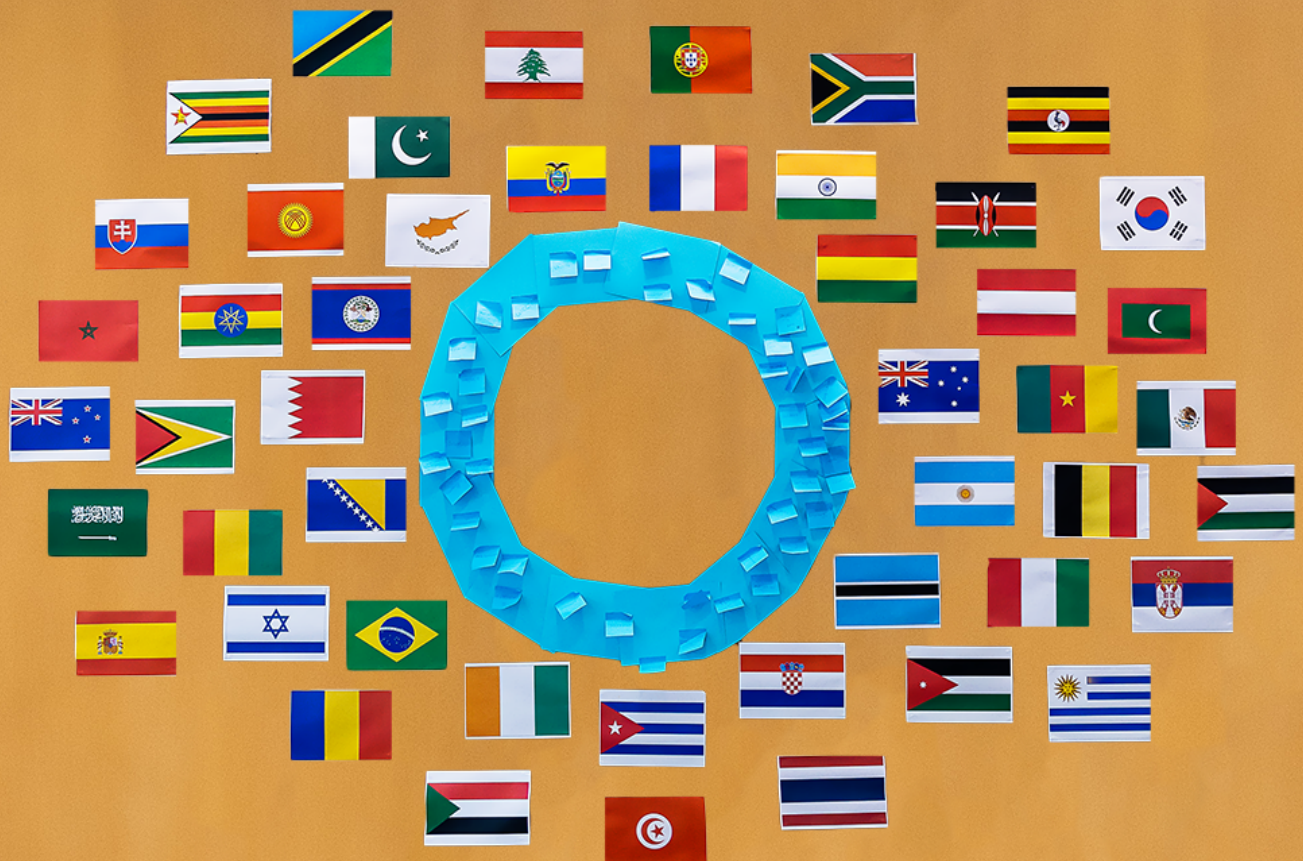


Table of contents

1.	The International Diabetes Federation (IDF)	4
1.1	About IDF	4
1.2	The IDF Advocacy Academy	4
1.3	The IDF Board Committee on Youth Activities	5
1.4	The IDF Advocacy team	5
2.	The Young Leaders in Diabetes (YLD) programme	6
2.1	About YLD	6
2.2	Your YLD status	6
2.3	Your profile for the IDF website	6
2.4	Roles and responsibilities	7
2.5	Messages from previous YLD Trainees	8
3.	Practical Information	9
3.1	Receiving information from IDF	9
3.2	Communicating via email with IDF	9
3.3	IDF and YLD social media	10
4.	YLD Leadership Training Summits	11
4.1	Overview	11
4.2	Invitations to Bangkok	12
4.3	YLD elections	12
5.	Timeline for the YLD 2024-2026 cohort	13
6.	Basic glossary	14

1. The International Diabetes Federation (IDF)

1.1 About IDF

IDF is a global non-profit organisation representing over 240 diabetes associations across 161 countries. Our mission is to improve and empower the lives of the estimated 540 million people living with diabetes and prevent the condition in those at risk.

IDF works to influence policy, raise public awareness and promote health improvement while supporting national diabetes associations across seven regions. We advocate for high standards of diabetes care, provide education and prioritise humanitarian support, particularly in low- and middle-income countries. Our efforts align with key UN Sustainable Development Goals, including health, education, and reducing inequalities.

[Learn more about IDF](#)

[Check out the IDF Diabetes Atlas](#)

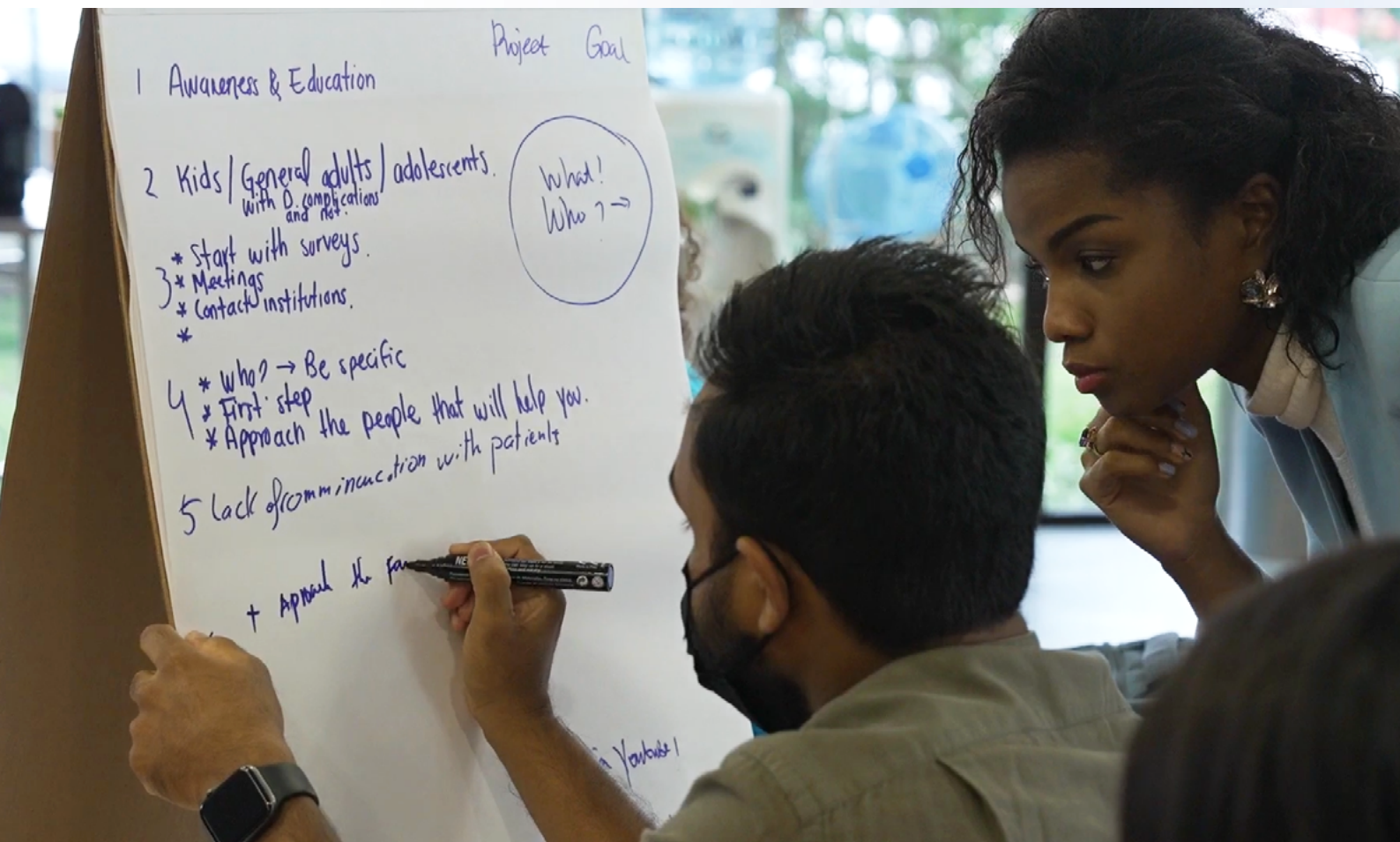
[Learn more about the IDF Regions](#)

1.2 The IDF Advocacy Academy

The IDF Advocacy Academy comprises the Young Leaders in Diabetes, the Blue Circle Voices and IDF Members. By uniting all IDF efforts, its mission is to train and empower people to become diabetes advocates and drivers of meaningful change in their communities.

[Learn more about the Blue Circle Voices](#)

[Learn more about the IDF Members](#)



1.3 The IDF Board Committee on Youth Activities

The IDF Board of Directors is IDF's elected management body. Led by the IDF President, Prof Peter Schwarz, its purpose is to ensure the proper functioning of IDF. The IDF Board has multiple Committees, including one on Youth Activities, which oversees all the YLD-related activities and is formed by:



Ana Fernanda Sánchez,
IDF Vice President
(Ecuador)



Iryna Vlasenko,
IDF Vice President
(Ukraine)



Beatriz Yáñez Jiménez,
Advocacy Manager
(Spain)



Bruno Helman,
Project Coordinator
(Brazil)



Jackie Maalouf,
IDF Vice President
(Lebanon)



Joao Nabais,
IDF Vice President
(Portugal)



Daisy Vanheusden,
Junior Professional Officer
Advocacy (Belgium)

[Meet the IDF Board of Directors](#)

[Learn more about the IDF Advocacy activities](#)

2. The YLD programme

2.1 About YLD

The YLD programme was established in 2011 to empower young people living with diabetes to advocate for themselves and others globally. Every two years, IDF Members are invited to nominate candidates to join the programme, which has four main objectives:

- Enhance the lives of young people living with diabetes.
- Raise awareness for all types of diabetes, prevention, education, access to quality care, well-being and quality of life.
- Improve well-being by fighting diabetes-related discrimination and stigma.
- Support IDF Regions and Members through youth-led projects.

223 

**members currently
in the YLD programme**

52 YLD Mentors/Alumni

92 YLD Trainees from
the 2022-2024 cohort

79 YLD Trainees from
the 2024-2026 cohort

2.2 Your YLD status

Being a YLD Trainee does not mean that you represent IDF – it means that you are part of the YLD Programme. Please bear this in mind when introducing yourself as a Young Leader in Diabetes!

2.3 Your profile for the IDF website

We want to feature your profile on the IDF website, which can help promote your activities and position you as a global advocate.

Please fill your YLD profile online by clicking on the button below. We will ask you for a headshot, a 200 word description of you, and your social media profiles (optional).

[Meet the YLD members](#)

[Fill your YLD profile](#)

2.4 Roles and responsibilities

You have been accepted into the YLD programme as a YLD Trainee for the 2024-2026 cohort. Throughout this time, you will gain valuable experience and skills in diabetes advocacy, education and awareness.

You will also have the opportunity to build your network with other members of the global diabetes community.

As a YLD Trainee you will need to:

- Implement a project with your IDF Member starting in May 2025.
- Read the YLD Bi-weekly updates the IDF team sends on a Wednesday.
- Fill in the progress report the IDF Advocacy team will circulate every four months.
- Read all IDF communications carefully and respond when requested.
- Attend the Advocacy Academy sessions live or watch the recording and respond to the feedback questionnaires.
- Contact the IDF Advocacy team to clarify any YLD-related questions, doubts or concerns.

Discover the YLD Projects from past cohorts

IDF Member Associations need to:

- Support their YLD Trainees during the 2024-2026 term and involve them in relevant association activities.
- Support their YLD Trainees throughout all stages of their YLD project inception and implementation and keep track of their progress.
- Read and sign the YLD project reports the IDF Advocacy team will circulate every four months.
- Inform the IDF Advocacy if the association's contact person for the YLD programme changes.
- Clarify any YLD-related questions with the IDF Advocacy team and notify them if a problem arises with their YLD Trainee.

The IDF Advocacy team is responsible for:

- Coordinating and conducting online and face-to-face capacity-building sessions.
- and project implementation.
- Circulating the YLD Bi-weekly updates every two Wednesdays.
- Request YLD project progress reports every four months and provide feedback to the YLD Trainees if needed.
- Respond to YLD Trainees and IDF Members' questions about IDF, the YLD programme
- Mediate in any issue that could arise between YLD Trainees and IDF Members.

2.5 Messages from previous YLD Trainees

Since 2011, over 300 young people have passed through the YLD programme.

Here is what they have to say about it!



**Franco Giraud, YLD Mentor,
Trainee at 2013 cohort (Chile)**

“Being part of the YLD network was an incredibly enriching experience. Even after we graduate, we continue our advocacy work and collaboration.”



**Ashley Ng, YLD Mentor,
Trainee at 2013 cohort (Australia)**

“Through the YLD network, I gained mentors and friends from around the world in different disciplines and backgrounds.”



**Johanah Co, YLD Mentor,
Trainee at 2017 cohort (The Philippines)**

“Being young, I never thought I could make a difference, but the YLDs gave me the courage to share my voice with healthcare professionals and diabetes supporters.”



**Ricardo de Oliveira,
YLD Trainee and EUR rep-elect
at 2022-2024 cohort (Portugal)**

“Participating in the YLD programme is a unique opportunity to get to know others who understand me and to build a platform for the change I want to see in my community.”



**Sarah Biyinzika,
YLD Mentor and AFR rep-elect
at 2022-2024 cohort (Uganda)**

“The YLD programme deepened my knowledge of diabetes management and strengthened my ability to represent my community effectively.”



**Tinotenda Dzikiti,
YLD Trainee and AFR rep-elect
at 2022-2024 cohort (Zimbabwe)**

“The YLD programme is more than just a programme to me - it’s been a catalyst for change and empowerment.”

3. Practical Information

3.1 Receiving information from IDF

- **IDF Advocacy email:** All YLD communications will be delivered from advocacy@idf.org. If you have any questions, please contact us at this address.
- **Bi-weekly updates:** Bi-weekly newsletters are sent by the IDF Advocacy team every other Wednesday, with relevant information about IDF, YLD, and related opportunities. Please be sure always to read these newsletters to know about upcoming events, tasks and deadlines.
- **IDF alerts:** These are information campaigns about specific IDF activities and a monthly newsletter. You are not required to read these alerts, but we encourage you to do so to stay informed.



Please do not unsubscribe from any IDF newsletters you receive!

We use the MailChimp platform to send them, and if you unsubscribe from one, you will be unsubscribed from all – including the YLD Bi-weekly updates that all YLD Trainees must read.

If you are not interested in the other IDF newsletters, just ignore or delete them – but don't unsubscribe! If you unsubscribe by accident, please contact the IDF Advocacy team.

3.2 Communicating via email with IDF

- We recommend you use an email address that reflects your real name, and avoid email addresses with informal expressions (think of anne.smith@email.com, instead of imsupercool@email.com). If the email address you shared with IDF is the informal type, we encourage you to create a new email account using free providers such as [Outlook.com](https://www.outlook.com) or [Gmail.com](https://www.gmail.com). You can find a Gmail tutorial [here](#).
- You **must** use your real name and family name for your email settings so that we know who you are when we receive an email you send.



Please, share your new email address with the IDF Advocacy team if you change it!

- When emailing the IDF Advocacy team, please remember to always include a subject line indicating your query. Also, remember to be clear about your request!
- Remember that you can always copy (in the cc field) your IDF Member in your communications with us if needed.
- We have created a YLD email signature for those of you who want to use it — it is not compulsory.



Member
Young Leaders in Diabetes Programme
International Diabetes Federation

Download the YLD email signature

Video on how to write more effective emails

3.3 IDF and YLD social media

Social media offers powerful opportunities to create your profile as a diabetes advocate, build your network and increase audience reach for your YLD project and other activities:

- Use LinkedIn to build your professional brand and network with advocates and policymakers.
- Use Instagram for a more personal approach through storytelling, live streaming and collaborations.
- Use X to follow trending conversations and reach out to policymakers.
- Use TikTok to share your story, build your brand, live stream and connect with other advocates. Together, you can even launch a diabetes challenge or trend!

As a YLD Trainee, over the next two years, you will receive extensive training on leveraging social media for diabetes advocacy. In the meantime, we invite you to follow the IDF social media channels:

International Diabetes Federation

-  [@intdiabetesfed](#)
-  [@IntDiabetesFed](#)
-  [@intdiabetesfed](#)
-  [@intdiabetesfed](#)
-  [International Diabetes Federation](#)
-  [International Diabetes Federation](#)
-  [国际糖尿病联盟 \(WeChat\)](#)

Young Leaders in Diabetes

-  [@youngleadersindiabetes](#)
-  [@youngleadersindiabetes](#)



The IDF LinkedIn group for advocates

We encourage you to join this group, which is reserved for all YLD and BCV advocates, to share diabetes experiences, updates, and ideas as a YLD Trainee.

- Learn how to create a LinkedIn account [here](#), and how to set up your LinkedIn profile [here](#).
- If you want to include your YLD experience in your LinkedIn profile, we ask you to mention it in the "Volunteering" section. Find a step-by-step guide on how to add a volunteer experience to your LinkedIn profile [here](#).

Join our LinkedIn group for YLD and BCV advocates

4. YLD Leadership Training Summits

4.1 Overview

The YLD Leadership Training Summits are face-to-face trainings held in parallel to the IDF Congress. So far, six face-to-face training leadership summits have been organised. The next face-to-face training will take place during the [IDF Congress in Bangkok](#) (Thailand) in April 2025.

Watch the recap from the Busan summit

Watch the recap from the Lisbon summit



Dubai 2011



Melbourne 2013



Vancouver 2015



Abu Dhabi 2017



Busan 2019



Lisbon 2022

4.2 Invitations to Bangkok

- We are in the process of finalising the budget for the YLD Leadership Training Summit in Bangkok. This means that several rounds of invitations will be sent. If you are not invited as part of the first round, do not worry – you may still be invited at a later stage.
- The IDF Advocacy team will send out the first round of invitations in early November. All YLD Trainees will receive an email informing them whether they are invited to the first round or not.
- As explained in the YLD nomination materials, IDF will cover the accommodation, meals and local transportation of YLD Trainees invited to Bangkok. However, YLD Trainees or the IDF Members must finance the travel to Bangkok.
- Some YLD Trainees from low-and lower-middle-income countries (as per the World Bank classification) will receive an IDF travel grant to cover their flights and visa fees.

4.3 YLD elections

- At past YLD Leadership Training Summits, IDF organised elections for YLD members to vote for their Regional Representatives and Representatives-elect. Whether YLDs attended the training or not, everyone had the opportunity to participate in the elections and vote.
- The role of the Regional Representatives and Representatives-elect is to maintain the cohesion of YLD groups in each region, support specific activities and advise the IDF Advocacy team when required.
- We have yet to confirm whether we will host YLD elections during the Bangkok training. The IDF Advocacy team will update you when more information is available.

[Learn more about the YLD Committee](#)



5. Timeline for the YLD 2024-2026 cohort

September 2024

New YLD Trainees accepted in the programme.

October 2024

Distribution of the YLD Welcome Pack, YLD profile form and YLD email signature. YLD Trainees added to the YLD Bi-weekly updates mailing list.

November 2024

First round of invitations to the YLD Training in Bangkok. YLD travel grant forms sent.

November 2024-March 2025

The IDF Advocacy team will coordinate the logistics of the YLD Training in Bangkok. More rounds of invitations will be sent to YLD Trainees.

January 2025

Online welcome session for new YLD Trainees and to share updates on the Bangkok training.

April 2025

YLD Leadership Training Summit in Bangkok.

May 2025

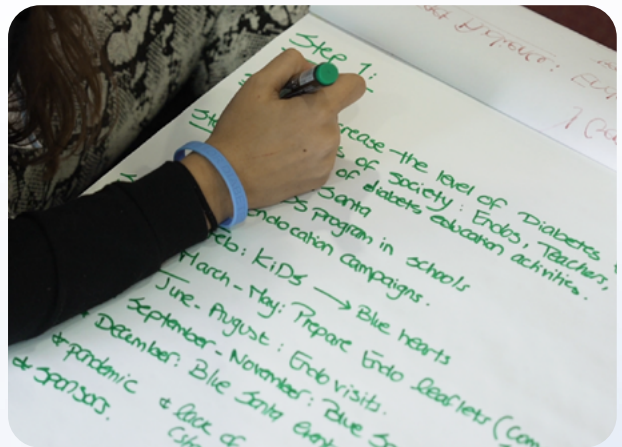
YLD Trainees start working on their YLD projects.

May 2025-December 2026

YLD Trainees work on their YLD projects and submit triannual progress reports by the deadlines IDF sets.

April 2027

Graduation of the YLD Trainees who have completed their YLD projects and submitted all progress reports. Those who want to remain connected to IDF and the YLD programme can become YLD Mentors.



6. Basic glossary

WORDS TO AVOID IF POSSIBLE	ALTERNATIVE WORDS SUGGESTED
Diabetic	Use “person living with diabetes” if referring to an individual or “people living with diabetes” if referring to more than one person. Using “diabetic” is habitual health professional language, but it can reinforce stigmatisation.
Patient	Use “person living with diabetes” unless specifically referring to a person with diabetes within a healthcare setting.
Disease	Preferably, only use “disease” when speaking about diabetes clinically. When speaking about the lived experience of people living with diabetes, use “condition” to avoid stigmatisation.
Suffer from diabetes, being a victim of diabetes	Use “living with diabetes” or “living with the condition.”

