CALL FOR APPLICATION!

IDF EUROPE
YOUTH
LEADERSHIP
LAB 2021

21 JUNE -
21 NOVEMBER 2021

APPLY HERE!
What are the aims of the programme?

- To offer a space for emerging diabetes leaders and advocates to network, learn from each other, exchange ideas and experiences and to create strong and lasting connections;
- To provide high-quality training that will inspire you to become leading diabetes advocates, engaging at national and European level;
- To brainstorm specific topics and to co-create projects and/or campaigns.

What will the programme offer you?

- A gateway to a network of diabetes advocates, IDF Europe and previous YLC/YLL participants across Europe
- Learning alongside like-minded people through group exercises, social learning and the experience of living with diabetes in different regions of Europe.

What will the programme be like?

- An IDF Europe-certified, online-based leadership development programme specifically designed for young people (aged 18-30) living with diabetes;
- A real-life meeting with your peers at the end of your journey, if and when the health situation allows us to come together;
- A space for co-creation and collaborative thinking around diabetes;
- An experience that alternates between interactive educational sessions and social interactions to create a community and build team spirit for increased productivity when developing your own diabetes project;
- A dialogue with experienced mentors and colleagues.

How is the programme structured?

Each month, an e-module will focus on a leadership and/or advocacy topic. The programme philosophy is the ‘learning-by-doing’ approach, complemented by the concept of ‘the flipped classroom’.

**EVERY E-MODULE CONSISTS OF:**

- **E-Learning:** At the beginning of each month, there will be one online training session, to improve your knowledge of the monthly topic. This can be given by an E-learning module, a questionnaire, scientific research, etc.

- **Webinar:** The following week, there will be a webinar where IDF Europe, experts and previous YLC/YLL participants come together to provide you with more in-depth information to increase your knowledge of the topic under review.

- **Q&A session:** Your voice and innovative ideas/ways of thinking are what we like to hear the most! The interactive Q&A session is key in the learning process. In this session, you will be placed in break-out rooms or have a larger discussion with the group to share your thoughts and brainstorm the topic with your teammates and the mentors of the programme.
ADDITIONAL TO THE E-MODULE:

- **Social sessions:**
The community is at the heart of the programme. We want to nurture the community feeling among the members. From our previous experience, this vastly improves the quality of the programme and encourage young advocates to become a part of the international diabetes community and to remain engaged. This is your chance to meet and bond with other like-minded people across Europe! Monthly, there will be a social session to meet up with your fellow diabetes advocates, watch a movie, play some online games, name it and you can create it!

PROJECT DEVELOPMENT:

One of the objectives of the LAB is for participants to use their acquired knowledge to improve the lives of people with diabetes across Europe. Project development is therefore a big part of our online programme where we expand and build on your knowledge along the way. We start of the programme with an introduction to this critical component of the training. All participants will be divided into groups and will be asked to develop a project of their choice, to be finalised and pitched to experts during a face-to-face meeting (COVID 19 permitting). As required, support and individual/group coaching will be provided by IDF Europe, the YOURAH group and external experts.

PHYSICAL MEETING:

If the health situation improves, this meeting will be organised after completion of the online programme.

Criteria for completing the online programme and be able to attend the physical meeting:

- Attending all educational online sessions;
- Interacting respectfully and actively with your peers;
- Having the motivation to learn, self-improve, collaborate and engage.

How much time will you invest?

The programme **starts on the 21st of June and will end on the 21st of November.**

The online sessions will be held on the same day of the week, in the evening at 7 pm CET (Brussels time). The time you will need to invest is spread over three different elements of the programme.

- **The E-modules** will take about 6 hours per each month.
- **Project development** will be additional time that you spend with your group.
- **A 3-day physical meeting** (if the health situation allows it)
Which topics will we touch upon during the programme?

- Project development
- Effective leadership
- Communication
- Advocacy
- Living with diabetes, mental health and stigma
- Building relationships within and across organisations

What are the things you walk away with at the end of this journey?

- Tools and frameworks to further extend your leadership skills and initiatives/projects within IDF Europe, your personal initiatives and your diabetes association;
- Information that will help you drive organisational change to shape the diabetes narrative at a local and European level;
- Access to a European (and global) network of leaders. You will be part of YOURAH. IDF Europe’s Youth Advocate Network and of IDF Europe;
- New friends and peers that you have met online and in real life;
- A certificate of completion of the leadership development programme when meeting all criteria;
- Key insights into effective leadership approaches to reach relevant stakeholders in your quest to improve the lives of people with diabetes.

Criteria to be part of the programme

Young people (18-30 years old) with all types of diabetes, recommended by their diabetes association, who live in Europe and have:

- Excellent English comprehension & speaking skills;
- A desire to engage in a virtual environment;
- An ability to attend the entire training programme;
- A passion for diabetes issues and working together with other like-minded people in their diabetes association and IDF Europe.

Does this sound like you?
Then we would love to receive your application!

Please fill in the application form at:
https://www.surveymonkey.com/r/YouthLeadershipLab2021
by the 31st of May 2021

OR

APPLY HERE!