

Raising the voice of people living with diabetes!

# IDF EUROPE YOUTH LEADERSHIP LAB 2022



## Online leadership introductory module in May & June

- 1 opening session
- 1 online learning module
- Expert speakers
- Interactive learning
- Learning by doing



## Staying in touch

A gateway to a pan-European network of YLC/YLL alumni, diabetes advocates and representatives from IDF Europe.



## On site Youth Leadership Camp in Poland (July)

- 10th Youth Leadership Camp
- 6 days
- Workshops, social activities, lectures, physical activities,...



## 1.5-day diabetes hackathon in Brussels (October)

A weekend of brainstorming sessions with the YOURAH network. Working towards improving the life of people living with diabetes.

**APPLY  
HERE!**



**ONLINE BASED  
MAY AND JUNE**

**YOUTH LEADERSHIP  
CAMP  
10 TO 16 JULY 2022**

**DIABETES HACKATHON  
15 - 16 OCTOBER**

## What is the IDF Europe's Youth Leadership Lab (YLL)?

The IDF Europe Youth Leadership Lab is a key component of the IDF Europe Youth Platform. It aims to:

- Train and empower young people living with diabetes (PwD) to engage in policy, advocacy and other activities designed to support the needs of PwD;
- Build capacity and nurture stronger connections with all stakeholders across the diabetes community.

## 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 create strong and lasting connections;
- To provide high-quality training that will inspire young leaders to become leading national and pan-European diabetes advocates;
- To co-create projects and/or campaigns.

## What will the programme offer you?

- A gateway to a network of diabetes advocates, including previous YLC/YLL participants across Europe and experienced mentors and colleagues;
- A mix of online and face-to-face experiences, including a six-day on-site Youth Leadership Camp (YLC);
- Learning alongside like-minded people from different regions in Europe;
- An experience that alternates between interactive educational sessions and social interactions online and in real-life to create a community and build team spirit;
- A certification of attendance to an IDF Europe leadership development programme.

## How is the programme structured?

The programme will start on May 31, 2022 with an online session where you will be introduced to the other participants, IDF Europe and the programme's partners.

You will then be offered an online session to allow for training and interaction prior to thesis-day YLC in Poland. And the YLC is only the start of your journey! IDF Europe will also organise its first diabetes-hackathon at the beginning of October! This will be an opportunity to use your newly acquired skills and knowledge in a 1.5-day event, together with YLC alumni.





## Online-based opening session in May, leadership introductory module in June.

### Online module as an introduction to leadership

The online introductory module will be held on Saturday morning. Experts and YLC/YLL alumni will share insights and knowledge to help you grow from an individual living with diabetes to someone actively engaged with the diabetes community at European/Global level. The session will vary from lived-experience testimonials to interactive question & answer and brainstorming with the group.

### Learning while socialising

Although we are meeting face-to-face in July, there is no reason to wait to interact. Social interaction greatly improves the quality of the programme and is key to nurturing a sense of belonging and engagement with the international diabetes community. We will conclude the module with a social activity, such as a casual chat, an online board game or even a physical activity!



## On-site Youth Leadership Camp in Poland in July

This will take place in Poland, from 10 to 16 July 2022 (situation permitting).

Several workshops, social activities and lectures will focus on topics such as "project development", "effective leadership", "living with diabetes", "how to advocate for change" and "the diabetes landscape in Europe". As physical activity is a cornerstone of diabetes management, sporting activities will also be an integral component of the programme.



## 1.5-day diabetes hackathon in October

To demonstrate the power of youth in tackling key diabetes challenges and improving the lives of PwD, a diabetes-hackathon will be held in Brussels on 15-16 October 2022. This will be a face-to-face, brainstorming #GetTogether, combining the experience and engagement not only of this year's advocates but also of the many YLC and YLL alumni, who have already made a huge difference to the diabetes community over the years.

### What will be the key take-aways and next steps?

- Tools and frameworks to further extend your leadership skills;
- In-depth knowledge as well as tips and tricks that will help you be a more effective leader and drive projects and initiatives on your own or together with your diabetes association and/or IDF Europe;
- Access to a European (and global) network of like-minded people who advocate for a better life for people living with diabetes;
- Membership of the YOURAH group, IDF Europe's Youth Advocate Network, and the possibility of long-term engagement and collaboration with IDF Europe;
- New friends and peers.

## How much time will you invest?

### Opening session and 1 online introductory module:

- **TUESDAY 31 MAY 19.00-20.00 CET**
- **SATURDAY 25 JUNE 9.00-12.00 CET**

### Youth Leadership Camp: 10 to 16 July 2022, Poland

### YOURAH #GetTogether diabetes-hackathon: 15 - 16 October 2022, Brussels

This is your chance  
to join the  
IDF Europe  
Youth Leadership  
Lab 2022!

## Eligibility 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:

- The motivation to learn, self-improve, collaborate and engage;
- Excellent English comprehension & speaking skills;
- A desire to engage in a virtual and physical environment;
- The ability to attend the entire training programme;
- A passion for diabetes issues and working together with other like-minded people in the diabetes community.

*Attending the online sessions is mandatory to be able to participate in the physical Youth Leadership Camp in Poland.*

## Does this sound like you?

Please fill in the application form at:

<https://www.surveymonkey.com/r/YouthLeadershipLab2022>

by the 30th of APRIL 2022

OR

APPLY  
HERE!

