

# IDF EUROPE YOUTH LEADERSHIP LAB 2025



## Online opening and in workshop in June

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



## Staying in touch

After attending the YLL you will be part of the YOURAH network of YLL alumni, which connects 100+ young diabetes advocates across Europe.



## On site Youth Leadership Camp in Italy

- 13th Youth Leadership Camp
- Six days
- Workshops, training social and physical activities...
- And so much more!



## YOURAH Forum

Every autumn local YOURAH members organise a get-together event, open for all Alumni. The weekend offers training sessions and networking opportunities.

Raising the voice of  
people living with  
diabetes!

ONLINE BASED  
JUNE

YOUTH LEADERSHIP CAMP  
6 TO 12 JULY 2025

YOURAH FORUM  
OCTOBER

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

The IDF Europe Youth Leadership Lab (YLL) is a key component of the IDF Europe Youth Programme. 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 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 more than 20 like-minded people from different regions in Europe;
- An experience of interactive educational sessions and social interactions
- A certification of attendance to an IDF Europe leadership development programme.

## How is the programme structured?

The programme will start in June 2025 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 the YLC in Italy. And the Camp is only the start of your journey! IDF Europe will also co-organise the YOURAH Forum in October. This will be an opportunity to use your newly acquired skills and knowledge during an event of brainstorming sessions while connecting with other Alumni.





## Online opening session and workshop in June.

### Online module as an introduction to leadership

The online introduction to the Programme will be held in June. 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 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 Italy in July

This will take place in Italy, from 6 to 12 July 2025.

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.



## YOURAH Forum

To demonstrate the power of youth in tackling key diabetes challenges and improving the lives of PwD, the YOURAH Forum is organised in October. This will be a brainstorming Get-together event combining the experience and engagement not only of this year's advocates but also of the many 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 through the Mentorship Programme;
- New friends and peers.

## How much time will you invest?

### Online sessions in June 2025

- 1-hour opening session
- 3-hours online workshop

### Youth Leadership Camp:

6 to 12 July 2025, Italy

### YOURAH Forum:

October 2025

This is your chance  
to join the  
IDF Europe  
Youth Leadership  
Lab 2025!

## 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 Italy.*

## Does this sound like you?

Please fill in the application form at  
<https://www.surveymonkey.com/r/YLL2025>  
by MARCH 16, 2025

OR

APPLY  
HERE!

