

Med Youth Lab'25



Union for the Mediterranean
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Guidelines for Applications



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About the UfM Med Youth Lab 2025

The UfM Med Youth Lab is a skills-building initiative organized by the Union for the Mediterranean (UfM) with the support of the **German Development Cooperation**. It is open to young people aged 18-29 from across the Euro-Mediterranean region who are passionate about creating positive change in their communities.

Following the success of its **first edition**, in 2025 UfM Med Youth Lab will focus on project development, combining online training with in-person workshops and a final pitch event in Tirana, Albania (29 Sept – 2 Oct 2025). Through expert-led sessions, teamwork, and mentorship, selected participants will turn their ideas into impactful project proposals linked to three thematic clusters:

1. Youth & Climate Adaptation
2. Youth from Education to Work
3. Youth in Peacebuilding.

During the final pitch event, participants will present their projects and receive feedback from UfM stakeholders. Up to three project teams will be invited to join a follow-up online mentorship programme led by the **Euromed Innovation Center** of the Euro-Mediterranean University of Fes, Morocco.

Please note that **participation in the UfM Med Youth Lab does not guarantee funding** for any of project proposals, even those selected for the online mentorship programme.

The programme is fully aligned with the **UfM Youth Agenda** and aims to equip ca. 60 young changemakers with tools for collaboration, leadership, and civic action.

If you are motivated, curious, and ready to work with peers from across the region to shape solutions for your community, we encourage you to apply.

Dates

- **Online training:** June to September 2025 (exact dates TBC)
- **In-person workshops and Final Pitch Event:** 29 September – 2 October 2025 (TBC), Tirana, Albania
- **Application deadline:** 08 June 2025, 23:59 CEST.

Who Is eligible to apply?

To take part in the UfM Med Youth Lab 2025, applicants must meet the following criteria:

- Be between 18 and 29 years old at the time of application
- Be both a national and resident of a UfM Member State
- Hold a valid travel document (e.g. passport)
Have at least a B2 level of English, or equivalent ability to actively engage in discussions and group work
- Not employed as a civil servant or by international/regional organisations
- Be fully available to participate in both the online training and the in-person workshops in Tirana
- Demonstrate relevant experience or strong motivation in one of the three thematic clusters.



Thematic Clusters

As part of the application, each participant selects one of the following focus areas:

- **Youth & Climate Adaptation:** The UNFCCC¹ defines climate adaptation as “adjustments in ecological, social or economic systems in response to actual or expected climatic stimuli and their effects.” The Mediterranean, as a climate change hotspot, faces urgent adaptation challenges due to extreme weather, rising sea levels, and droughts. This thematic cluster focuses on the meaningful engagement of young people in creating and carrying out solutions to address the impacts of climate change. This includes shaping innovative policies, leading community-based initiatives, promoting climate education, and developing creative responses. As one of the most affected groups, youth play a vital role in advancing sustainability through civic engagement, entrepreneurship, technology, and local action. Their participation strengthens long-term resilience by bringing fresh ideas, fostering intergenerational dialogue, and embedding climate justice into adaptation strategies.
- **Youth from Education to Work:** Youth unemployment is a pressing issue across the Mediterranean, with the MENA region facing some of the highest rates worldwide—29% of youth at Not in Education, Employment or Training (NEETs)². The focus of this thematic cluster is on the crucial period when young people move from formal schooling into the world of employment. This phase involves not only gaining academic and vocational qualifications but also building personal and professional skills needed to enter, adapt to, and grow within the workforce. Activities like internships, training programmes, and real-world work experience help bridge this gap. However, many face obstacles such as skills mismatches, long-term unemployment, and unequal access to opportunities. To ease this transition, it is vital to offer comprehensive support—including career guidance, mentorship, and accessible advice.
- **Youth in Peacebuilding:** In 2015, the UN Security Council unanimously adopted Resolution 2250³, launching the Youth, Peace, and Security Agenda and recognizing the critical role young people can play in peacebuilding when they are meaningfully engaged. This is especially true in the Mediterranean, where conflicts are increasing in both number and intensity. This thematic cluster focuses on the role of young people in creating and sustaining peace by tackling the underlying drivers of conflict. This includes promoting inclusion, equity, and social cohesion through dialogue, advocacy, education (both formal and informal), and community-based initiatives. Youth are key actors in preventing violence, healing divisions, and driving reconciliation at all levels. Their contributions—ranging from policy engagement to humanitarian action—bring fresh perspectives and practical, youth-centered solutions to peace processes.

1 UNFCCC (n.d.). *Introduction to adaptation and resilience* <https://unfccc.int/topics/adaptation-and-resilience/the-big-picture/introduction>

2 El Haddad, A. (2023). *Youthful but idle: The case of NEETs in the MENA region*. European Institute of the Mediterranean (IEMed). <https://www.iemed.org/publication/youthful-but-idle-the-case-of-neets-in-the-mena-region/>

3 UN Security Council, *Resolution 2250*

Support for participants



Fully covered - up to 45 participants

If selected as national of an eligible UfM country⁴, you will receive:

- Travel (flights, transfers, insurance)
- Accommodation
- Visa support and fees reimbursement
- Access to training materials.

Selected fully covered participants will be contacted by the UfM event agency for all the needed arrangement. Unless otherwise specified, all the costs will be directly managed by the event agency and **no reimbursement is foreseen for purchases made by participants, unless specifically authorized by UfM.**

Self-funded – up to 15 participants

Participants from other UfM Member States not included in the eligible list mentioned in the

previous paragraph will need to cover their own travel, accommodation, and visa fees. Visa support and access to training material will be still guaranteed.

The UfM and its partners are committed to making the programme inclusive and accessible to all participants. If you have any accessibility needs (e.g. related to health, mobility, communication, or learning), please indicate this in your application and the team will work with you to find appropriate solutions wherever possible.

⁴ Albania, Algeria, Bosnia and Herzegovina, Egypt, Jordan, Lebanon, Libya, Mauritania, Montenegro, Morocco, North Macedonia, Palestine, Tunisia, and Türkiye.

How to Apply

Submit by 08 June 2025 (23:59 CEST). Only the **first 300 eligible applications** will be reviewed in full. Complete the online application form in English including:

- **Video (max 3 minutes in English)** explaining your motivation and what you hope to learn
- Copy of **valid travel document**⁵.

You will be asked to select one of the three thematic clusters. About **20 participants per theme** will be selected. Switching themes later is not guaranteed.

5 Please note that travel documents will be considered valid only if they will expire after 05/04/2026. Selected participants who need to renew their documents are fully responsible for the application process and related fees.

Selection Process

Step 1: Preselection

Applications will be **automatically rejected** if:

- Incomplete or submitted late
- Not meeting eligibility criteria
- Already attended Med Youth Lab 2024 or Mediterranean Youth Academy 2023
- The content is not original (i.e., made with AI).

Step 2: Evaluation - out of 110 points

- Motivation and learning expectations - up to 62 points
- Relevant experience/interest in your chosen thematic cluster (Youth & Climate Adaptation, Youth from Education to Work, Youth in Peacebuilding) - up to 20 points
- Prior project development experience (less experience = more points) – up to 20 points
- Limited access to opportunities as highlighted in the application form – Up to 8 points.

The evaluation will be conducted by UfM staff. The evaluation grid template is included in these guidelines (ANNEX I) for clarity on the selection procedure.

Gender balance will be a transversal approach to be used in the whole evaluation process to ideally achieve at least a 50% representation of female participants in the UfM Med Youth Lab. In addition, the **geographical balance** must be guaranteed as well as a general criterion to avoid overrepresentation from a few specific countries and areas.

Results & Confirmation

- Selected participants will be notified by **30 June 2025**.
- Unsuccessful applicants will not be contacted. Due to the high volume of applications, organisers are not able to provide individual feedback on application evaluation and scoring.

All selected participants must sign a **Letter of Commitment** with the UfM, confirming their intention to actively participate in the UfM Med Youth Lab across both its online and onsite components in Tirana. While full participation is strongly encouraged to ensure a meaningful learning experience, a minimum threshold of engagement in the online sessions will be defined and communicated in advance. Participants who are unable to meet this minimum threshold or who withdraw from the programme without providing a valid and documented reason may be asked to reimburse any non-refundable costs already incurred on their behalf (e.g., flight tickets, travel insurance, accommodation).

Contacts

For any further clarifications on the application, please contact:

medyouthlab@ufmsecretariat.org

ANNEX I - Evaluation Grid Template

Criteria	Description	Points	Evaluator's Score
Motivation and Interest		62	
Description of motivation	Does the applicant have clearly described the motivation to participate in the UfM Med Youth Lab in a consistent, relevant, and organized way?	0-31	
Learning expectations	Does the applicant have ambitious, although realistic expectations which are consistent with the motivation to participate in the UfM Med Youth Lab?	0-31	
Knowledge and Experience		40	
Previous knowledge/ experience in the chosen thematic cluster	Does the applicant share relevant experiences and/ or interests in the specific thematic cluster?	0-20	
Limited previous professional experience in developing project proposals or ideas	Applicants with minimal or no prior experience in project development will be given favorable consideration	0-20	
Access to opportunities		8	
Challenges to access to opportunities	According to challenges highlighted in the application form.	0-8	
Final Score		110	

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