

GUIDELINES FOR SUBMITTING ABSTRACTS TO THE IYCC 2026

FROM RECOGNITION TO ACTION: SUPPORTING YOUNG CARERS IN A CHANGING WORLD

These guidelines are intended for:

- researchers
- Professionals and practitioners working with or for young carers (e.g. social work, education, health, youth services, NGOs, municipalities),
- Advocacy groups, self-help initiatives and projects.

You do not need academic experience or scientific language to submit an abstract.

The International Young Carers Conference (IYCC) 2026 aims to strengthen dialogue between research, practice, lived experience, policy, and civil society. We invite researchers from all disciplines, professionals, and practitioners to submit abstracts that contribute to advancing knowledge and understanding of young carers and young adult carers in a changing social, political, and care landscape.

Research submissions may present completed, ongoing or exploratory research, including empirical, theoretical, conceptual or review-based work. However, we do not accept study protocols.

HOW TO SUBMIT THE ABSTRACT

You may use [our online form](#) to submit your abstract. Should you have any difficulties or if you don't want to use the form you can send us your abstract via Email. Please make sure to structure it according to the bullet points in the form above. Send your abstract to salzmann@freiberger-stiftung.de.

However, we prefer submissions via the online form. We are happily available for any questions regarding the submission form or the abstract submission in general. You may use the Email address above for your questions as well.

We created the following guidelines for you to structure your abstract optimally.

1. RELEVANCE TO THE CONFERENCE

Your abstract should clearly demonstrate:

- how your research relates to young carers / young adult carers, and
- how it contributes to the conference theme "From Recognition to Action: Supporting Young Carers in a Changing World".

Please select the most appropriate conference sub-theme in the submission form:

- **Recognition**
 - Making young carers visible through research, data and identification strategies
- **Action**

- From evidence to impact: support, practice and policy
- **Young Carers in a Changing World**
 - Voices, participation, and societal transformation
- **Cross-cutting and Emerging Topics**
 - This category can include all other topics that can't be allocated to the sub themes above.

You can find more information on the sub themes and some examples in our [document here](#).

2. STRUCTURE OF THE ABSTRACT

The abstract is submitted as one continuous text in the online form (no headings required). For research-based contributions, the following structure is recommended as guidance:

- Background / context
- Aim or research question
- Methodology / approach
- Key findings or expected insights
- Relevance and implications

For practice-based contributions (projects, services, initiatives):

- Context: What is the setting, project or service?
- Target group: Who is it for?
- What you do: What approach, support or activity do you want to present?
- Experiences and learnings: What has worked well? What has been challenging?
- Why it matters: What could others take away from your experience?

Please observe the **word or character limit** indicated in the submission form and focus on the most relevant aspects of your work.

3. REFLEXIVITY AND ETHICAL SENSITIVITY

Research contributions should demonstrate a reflective and respectful approach to the lived realities of young carers. Appropriate language, ethical awareness and, where relevant, reflection on the researcher's positionality are expected.

4. WHAT REVIEWERS WILL LOOK FOR IN RESEARCH ABSTRACTS

All abstracts are reviewed according to the guiding principle **“enable rather than exclude.”** Contributions from different backgrounds, countries and contexts are valued equally, though not assessed in the same way.

Across all types of contributions, reviewers look for:

- a clear connection to young carers or young adult carers,
- a recognisable focus and purpose,
- clarity and coherence of the abstract,
- relevance and added value for conference participants,
- respectful and sensitive language.

In addition, reviewers consider different aspects depending on the type of contribution.

1 Research-based contributions

For research papers and scientific contributions, reviewers pay particular attention to:

- a clear research question or aim,
- transparent and appropriate methodology and data basis,
- clarity of analysis or argumentation,
- positioning of the work within existing research or debates,
- the contribution's relevance beyond academia (e.g. implications for practice, policy or further research).

Ongoing, exploratory or qualitative studies are explicitly welcome.

2 Practice- and project-based contributions

For practice, service or project presentations, reviewers focus on:

- a clear description of the project, approach or initiative,
- the target group and practical context,
- reflections on experiences, challenges and learnings,
- what others can learn from this contribution or transfer to their own context.

3 Policy, transfer and strategy-oriented contributions

For policy papers, strategic contributions and transfer-oriented formats, reviewers pay particular attention to:

- a clearly defined problem, challenge or field of action related to young carers,
- the policy, legal or institutional context in which the contribution is situated (e.g. local, regional, national or international level),
- how the contribution connects evidence, practice or lived experience with policy or decision-making processes,
- concrete impulses for discussion, further development, cooperation or change,
- relevance for policymakers, practitioners, advocates and other stakeholders.

Policy contributions do not need to present completed policy solutions. Proposals that stimulate reflection, learning, exchange or next steps are equally welcome.

5. PRESENTATION FORMATS

Accepted research abstracts may be assigned to different formats (e.g. oral presentation, symposium, panel contribution), depending on the overall program design. All presenters are expected to attend the conference in person.

- Single **oral presentations** (part of a broader session). The paper will be grouped with other papers by topic, and moderated by a chairperson,
 - Time allocated for each presentation: 10-15 minutes maximum, followed by questions and discussion with the audience.
- Single **workshop** consisting of an interactive meeting or educational session with interested conference delegates on a specific topic relevant to one or more of the conference themes. 1 hour 15 minutes approximately in duration.

- **Symposium** consisting of 3-6 linked short paper presentations, submitted by the symposium coordinator who provides an overall abstract of the symposium session that includes an overview of the whole session together with an outline of each short paper, the order they will be presented and by whom.
 - A separate abstract that gives more details of each specific paper presentation is also required, making clear to add details of the presenter(s) and the symposium title to which the specific paper is linked.
 - The symposium session will be 1 hour 15 minutes maximum in duration, including time for questions and discussion with the audience.
- **Poster presentation:** present your topic as a printed poster in the dedicated poster forum of the IYCC. You may be asked to present your poster briefly during the 'poster session'.