

GUIDELINES FOR ABSTRACT SUBMISSIONS

FOR (FORMER) YOUNG CARERS OR YOUNG ADULT CARERS
@ INTERNATIONAL YOUNG CARERS CONFERENCE (IYCC) 2026 – BERLIN

These guidelines are for **young carers and young adult carers**, including:

- people who currently care for someone in their family,
- people who cared in the past and want to share their experience.

You do **not** need academic knowledge, professional training, or presentation experience to submit an abstract. Your lived experience matters.

WHY YOUR CONTRIBUTION MATTERS

The IYCC 2026 is a space where **young carers' voices are central**. By sharing your experience, you help others better understand:

- what it means to be a young carer,
- what helps and what makes things harder,
- what needs to change in support, services or awareness.

Your contribution can raise awareness, inspire others, and influence how young carers are supported in the future.

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 the abstract according to the bullet points below. Send your abstract to salzmann@freiberger-stiftung.de.

Young (adult) carers can also send us a short video instead of submitting a written abstract. Videos should be uploaded to a file hosting service like wetransfer.com or youtube (private mode) and a link shall be send to us. The video should follow the same structure as the abstracts (see no. 2 below). Please also introduce yourself and make sure to send us your contact details, like an Email address. The video shall not exceed 3 minutes. Please make sure you carefully reflect on any privacy and data issues with the provider that hosts your video and you are ok with your video being stored there. Small videos with max. of 6 MB can also be send via Email to the address above.

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. CONNECTION TO THE CONFERENCE

Your abstract should show:

- that your contribution is about (your experiences of) being a young carer or young adult carer, and
- how it connects to the conference theme “From Recognition to Action: Supporting Young Carers in a Changing World”.

In the submission form, you will be asked to choose a **conference sub-theme**. Please choose the one that feels closest to your experience:

- **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, lived experience by young carer, 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 download a document with more information on the sub-themes and some examples [here](#).

2. HOW TO STRUCTURE YOUR ABSTRACT

The abstract is a summary of the presentation you want to give at the conference. It allows the program committee to understand what you want to present and to review it. Submit your abstract as **one text** in the online form or as a short video.

You do **not** need to use headings, but it helps if your text includes some of the points below, in your own words:

- **Your experience:** What part of your story do you want to share?
- **Challenges:** What was difficult or stressful for you as a young carer?
- **Support:** What helped you? What was missing?
- **What others should understand** about young carers’ lives
- **Your message:** What would you like professionals, researchers or decision-makers to know or do differently?

You decide how personal you want to be. Please follow the **word or character limit** shown in the submission form.

3. HOW PRESENTATIONS WORK AT THE CONFERENCE

If your abstract is accepted, your contribution will become part of the conference program. The organizing team will decide **together with you** which format fits best. If you already know how you want to present your story, you can choose on of the following formats in the online form:

- **Short talk (oral presentation)**
You share your experience or message as a short talk within a session with other speakers. You will have about **10–15 minutes**, followed by time for questions and discussion. A chairperson will support and guide the session.

- **Interactive session or workshop**
This format allows more time for exchange. You might invite people to discuss, reflect or work together on a topic that is important to you. These sessions usually last around **1 hour**.
- **Panel or shared session**
Sometimes several contributions are brought together around one topic. You may be part of a panel or shared session, where different perspectives are presented and discussed together.
- **Poster contribution**
You can present your topic as a **poster in** a dedicated poster area at the conference. During the poster session, you may be invited to briefly explain your poster and talk to interested participants.

IMPORTANT TO KNOW

- You will **not be left alone**: the organizing team and session chairs will support you.
- There will always be time for **questions and conversation**.

If you feel unsure about presenting or about any of the formats, please let us know. We will find a solution that feels safe and comfortable for you.

4. TAKING CARE OF YOURSELF

Sharing personal experiences can be emotional. Please:

- only share what feels safe for you,
- use language that feels respectful to yourself and others.

You can always choose to speak more generally rather than sharing details.

5. GUIDING PRINCIPLE OF REVIEW

The review process follows the principle of “enable rather than exclude.”

Different backgrounds, countries and experiences are welcome. If you are unsure whether your contribution fits, we strongly encourage you to submit an abstract.

Abstracts by young carers are reviewed in a supportive and respectful way. Reviewers are not looking for “perfect” texts, but for:

- honesty and clarity
- relevance for other young carers or professionals
- a clear message or experience you want to share
- respectful and sensitive language
- willingness to exchange with others

There is no right or wrong story. Your voice matters at this conference.