

WORKING TITLE

Baltic Youth Preparedness Labs (BYPL)

Youth led civil security and community readiness in the Baltic Sea Region

CBSS PSF 2026 PRIORITY FIT

Primary priority: **Safe and Secure Region, Civil Security**

Cross cutting themes: inclusive youth participation, environmental and climate related disruptions, hybrid and grey zone dynamics reflected in crisis communication

ONE SENTENCE PITCH

We build a Baltic Sea Region partnership that turns youth councils and youth organisations into preparedness multipliers by running practical youth led preparedness labs using tabletop exercises and micro actions, and by co creating an open, ready to use toolkit for inclusive local crisis readiness.

WHY THIS MATTERS (PROBLEM)

Local communities face overlapping disruptions such as extreme weather and infrastructure failures, cyber and communications outages, and hybrid or grey zone incidents that amplify anxiety, rumours and polarisation. Municipalities and civil society often struggle to involve young people in preparedness in a meaningful, safe and structured way.

Youth councils and youth organisations are a ready made platform. They are present locally, trusted by peers, and able to translate preparedness into everyday habits in schools and communities.

OVERALL AIM

To strengthen societal resilience in the Baltic Sea Region by building practical, youth inclusive preparedness capacity at local level, using a whole of society approach involving municipalities, civil society, youth and practitioners.

SPECIFIC OBJECTIVES

01 Equip young leaders aged 16 to 29 with practical skills to co create and facilitate local preparedness actions, not only awareness raising

02 Improve local crisis communication and rumour management, including safe, youth friendly messaging during disruptions

03 Test and document simple, replicable preparedness micro interventions that municipalities and NGOs can reuse

04 Strengthen adult support frameworks, including mentors and municipal coordinators, to keep youth participation safe, inclusive and sustainable

05 Produce an open Baltic toolkit and build a durable exchange network among partner locations

TARGET GROUPS

Primary group: youth leaders active in youth councils, school councils and youth NGOs, ages 16 to 29

Secondary group: municipal crisis preparedness and civil protection staff, youth workers, teachers, local NGOs and volunteer groups

Inclusion focus: young people with disabilities, migrant youth, and other groups often excluded from preparedness design

CORE MODEL: LEARN, SIMULATE, ACT

A. Baltic Preparedness Academy (online or hybrid, six short modules plus assignments)

Module 1 Whole of society preparedness: local roles, continuity of vital services, volunteering pathways

Module 2 Multi hazard literacy: extreme weather, blackouts, supply disruptions, cyber and ICT failures

Module 3 Crisis communication: trusted sources, rumour control, practical guidance on what to say and what not to say

Module 4 Inclusive and trauma informed preparedness: how to communicate and design actions for vulnerable groups

Module 5 How to run tabletop exercises (TTX): facilitation, scenario design, documentation

Module 6 Wellbeing under pressure: stress, digital overload, basics of psychological first aid in peer settings

B. Local Youth Preparedness Labs (in each partner location)

Each partner delivers:

- 1 One youth led tabletop exercise (TTX) with local stakeholders, for example municipality, school, NGO and volunteers
- 2 One peer action, either a school or community workshop or a preparedness week micro campaign
- 3 One inclusion check of local crisis communication, a simple audit plus recommendations

C. Mentor and Local Authority Track

Three short webinars plus ad hoc consultations for adult supporters, covering:

- 1 safe facilitation and safeguarding
- 2 keeping youth participation meaningful during crises
- 3 cooperation rules and rapid communication protocols

D. Regional Exchange and Joint Outputs

- Partner clinics online and peer review of lab designs
- Final online showcase plus a case study collection
- Open toolkit plus a Youth Preparedness Card standard for youth councils

INNOVATION (WHAT MAKES IT DIFFERENT)

Youth led tabletop exercises as a practical method that builds skills and trust, not only lectures

A small set of micro interventions that are easy to replicate in schools, youth centres and local events

Cross Baltic transfer of Nordic practices in citizen preparedness communication, adapted to youth audiences

KEY OUTPUTS

Output 1 Baltic Youth Preparedness Toolkit, open access, including:

- three to four tabletop scenarios, for example extended blackout, ICT outage, extreme weather event, hybrid incident with a rumour spike
- facilitator guides, an inclusion checklist, crisis communication templates

Output 2 Youth Preparedness Card, a short standard for youth councils and mentors covering roles, communication rules and escalation steps

Output 3 Six to nine short case studies from partner locations showing what worked, what failed, and how to replicate

Output 4 Policy brief for municipalities: How to involve youth in local preparedness safely and effectively

PARTNERSHIP (MINIMUM THREE CBSS MEMBER STATES)

- Lead partner: FRDL, Poland, coordination, methodology, facilitation
- Co lead for content and network: Lech Wałęsa Institute, Poland, youth civic leadership expertise and outreach
- Swedish partner to be invited: municipality, youth organisation or civil society actor, hosting one local lab, contributing Swedish practices in preparedness communication, joining the mentor track and the peer review process
- Third CBSS member state partner to be confirmed, for example Finland, Latvia, Lithuania or Germany, hosting a local lab, co developing toolkit scenarios, and helping test transferability across contexts

Optional component: exchange with Ukraine to share lessons learned and involve practitioners in one online clinic

DURATION (INDICATIVE)

Twelve to eighteen months, starting in 2026, for example September or October 2026, in line with PSF rules

INDICATIVE BUDGET LOGIC (PSF FIT)

- Lean delivery with the academy mostly online and limited travel
- Small seed support for local labs, for example micro grants or reimbursed local costs
- Co funding minimum ten percent in cash and or in kind, such as partner staff time, venues, volunteer input
- Overhead within the PSF limit

ADDED VALUE FOR MACRO REGIONAL COOPERATION

The same lab method is tested in different countries and contexts, producing comparable evidence on what works and a single joint toolkit that partners can continue using after the project ends.

WHAT WE NEED FROM A SWEDISH PARTNER (SIMPLE COMMITMENT)

- One local coordinator
- A youth group or youth council to engage
- Delivery of one tabletop exercise, one peer action and one inclusion check
- Participation in the academy modules and contribution to toolkit review