Youth Foresight Workshops

Workshop in Cyprus

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Project Title: For Youth Information (FYI)

Project Number: 2024-1-SI02-KA220-YOU-000251355

Report Title/Title of a local workshop: FYI Workshop for Young People in Cyprus

Date of Implementation: 3 of April 2026

Duration: ≈6 hours

Location: BK Plus Europe Offices, Nicosia, Cyprus

Number of Participants: 20 Young People

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1. Executive Summary

The BK Plus Workshop for Young People was organised on 3 April 2026 in Nicosia, Cyprus, in the framework of the Erasmus+ project *For Youth Information (FYI)*. Initially planned for implementation during February 2026, the workshop was slightly postponed in order to ensure the necessary level of participation and engagement of young people, allowing the activity to be implemented under more favourable conditions and with stronger outreach. The workshop ultimately brought together 20 young participants in an interactive and participatory learning experience focused on strengthening foresight capacities, future-oriented thinking, and youth engagement with emerging societal challenges.

Implemented using non-formal education and foresight methodologies, the workshop guided participants through the full FYI foresight pathway of Exploration –> Imagination –> Action. Through activities such as horizon scanning, trend exploration, scenario building, the 2x2 Matrix, and Backcasting, participants explored key drivers of change and uncertainties affecting young people and collaboratively developed future scenarios and action-oriented pathways connected to youth participation, digital transformation, inclusion, sustainability, and community resilience.

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The workshop generated multiple practical outputs, including youth-driven future scenarios, action plans, and reflections on future societal developments and policy needs. The activities also contributed significantly to the development of participants' competences in critical thinking, creativity, collaboration, communication, and strategic planning. Evaluation results demonstrated very high levels of satisfaction and engagement, alongside substantial improvements in participants' understanding of foresight concepts and future-oriented methodologies, clearly exceeding the project target of at least 20% skill improvement.

The workshop further contributed to the broader objectives of the FYI project by generating valuable youth perspectives and policy insights related to future literacy, youth participation, digital awareness, and inclusive future-oriented policymaking. Overall, the activity successfully combined practical learning, collaborative reflection, and future-thinking approaches in a highly engaging and impactful learning environment.

2. Workshop Objectives and Context

The BK Plus Workshop for Young People was organised in the framework of the Erasmus+ project *For Youth Information (FYI)* with the aim of strengthening young people's foresight capacities, future-thinking skills, and active engagement with emerging societal challenges. Implemented in Nicosia, Cyprus, the workshop contributed directly to the objectives of Work Package 3, which focuses on testing and applying the foresight methodologies and educational tools developed within the project in real youth-learning environments.

The workshop aimed to introduce participants to the concept and practical value of foresight, while enabling them to explore how future-oriented thinking can support youth participation, critical thinking, and strategic planning. Through participatory and experiential learning approaches, participants were encouraged to analyse trends and signals, imagine alternative futures, and reflect on how young people can actively shape future developments within their communities and societies. More specifically, the workshop sought to:

- Introduce participants to foresight methodologies and the broader objectives of the FYI project;
- Familiarise young people with the FYI Manual and its practical educational tools;
- Strengthen competences related to critical thinking, creativity, collaboration, and future planning;
- Support participants in identifying emerging trends, opportunities, risks, and uncertainties affecting young people;
- Encourage the development of future scenarios and action-oriented pathways through collaborative exercises;
- Promote active participation, dialogue, and peer learning in an inclusive and engaging environment;
- Encourage participants to remain connected through the FYI digital community and communication channels.

3. Workshop Description

The BK Plus Workshop for Young People was implemented as an interactive and hands-on learning activity combining foresight methodologies, non-formal education approaches, collaborative group work, and reflective discussions. The workshop followed the broader FYI foresight pathway of Exploration –> Imagination –> Action, guiding participants through a structured process of understanding trends, imagining alternative futures, and developing practical future-oriented responses.

The session began with an introduction to the FYI project, its objectives, and its main outputs, including the FYI Manual and the educational tools developed within the project. Participants were introduced to the concept of foresight and discussed the importance of future-thinking approaches in youth participation, strategic planning, and addressing emerging social and digital challenges.

Following the introductory phase, participants engaged in a series of collaborative foresight exercises designed to encourage active participation, creativity, and critical thinking. The workshop first focused on **trend exploration and horizon scanning**, where participants examined signals of change and emerging developments affecting young people and society more broadly. Through group discussions and collaborative

analysis, participants combined these signals to identify broader trends, key drivers, and major uncertainties that could influence future developments.

Building on this exploration phase, participants used the identified trends, drivers, and uncertainties to imagine and construct alternative future scenarios. Working in smaller groups across multiple workshop spaces, participants applied foresight methods such as the **2x2 Matrix** and **three-scenarios** to explore different possible futures, analyse opportunities and risks, and reflect on how current developments could shape future outcomes for young people and communities.

The final phase of the workshop introduced participants to the concept of **Backcasting**. After discussing and evaluating the alternative scenarios they had developed, groups selected their preferred future scenario and worked backwards to identify the practical steps, actions, and changes needed to achieve it. Through the Backcasting exercise, participants translated future visions into concrete pathways and action-oriented ideas connected to youth engagement, social participation, and future societal developments, strengthening their understanding of how foresight can support strategic thinking, planning, and active participation. The collaborative format encouraged peer learning, dialogue, and co-creation throughout the process, while helping participants connect abstract future-thinking concepts with practical and realistic actions.

The workshop concluded with group presentations, reflections, and feedback discussions, during which participants shared their ideas, future scenarios, and key takeaways from the experience. Participants were also introduced to the FYI online community and invited to continue engaging with the project through its digital communication platforms and Discord server.

4. Participants

The Workshop involved a total of **20 young participants**, (ages 25-29), with diverse educational, social, and professional backgrounds. Participants were selected based on their interest in youth participation, foresight and social or community-related issues.

The workshop maintained a strong inclusion dimension, with **7 out of 20 participants (35%)** coming from disadvantaged or fewer-opportunity backgrounds. In addition, **8 participants (40%)** stated that are actively involved in a youth group, school initiative, or community organisation, contributing valuable experiences and perspectives connected to youth engagement and participation.

5. Main Results and Outputs

The BK Plus Workshop successfully strengthened participants' understanding of foresight methodologies and future-oriented thinking while generating collaborative outputs connected to youth engagement, digital transformation, participation, and societal development. Through interactive foresight exercises, participants explored emerging trends, key drivers of change, and major uncertainties affecting young people and wider society, using methodologies such as horizon scanning, trend exploration, the 2x2 Matrix, scenario building, and Backcasting.

One of the main outputs of the workshop was the development of multiple future-oriented scenarios reflecting participants' perspectives, concerns, and aspirations regarding issues such as artificial intelligence and digitalisation, trust in institutions, social inclusion, mental health, sustainability, economic opportunities, and community resilience. Participants also developed practical action plans through Backcasting exercises, identifying concrete strategic steps and future pathways connected to youth participation, digital literacy, inclusive communities, environmental awareness, and support mechanisms enabling young people to transform ideas into action.

Beyond the practical outputs, the workshop contributed to the development of transversal competences including critical thinking, creativity, collaboration, communication, problem-solving, and future-planning skills. The activities encouraged peer learning, dialogue, and co-creation, while several broader insights also emerged, particularly regarding the importance of future literacy, stronger youth participation mechanisms, and the need for more accessible opportunities and support structures that empower young people to actively shape future societal developments.

6. Proposed Future Development Scenarios

During the workshop, participants worked in groups to develop plausible future scenarios using foresight methodologies and particularly the **2x2 scenario-building matrix**, allowing them to explore alternative futures based on key drivers of change and critical uncertainties identified throughout the exercises. The scenarios reflected the perspectives, concerns, and aspirations of the participants themselves, ensuring that the results remained authentic, youth-driven, and closely connected to real societal challenges and expectations.

One of the central scenario exercises focused on the relationship between **state control over personal data** and **levels of trust in institutions**. By combining these two dimensions, participants explored different societal configurations and their implications for young people and democratic participation. Through this process, the scenario of an **"Open and Participatory Society"**, characterised by lower levels of intrusive control and higher levels of institutional trust, emerged as the most desirable future scenario. Participants associated this future with transparency, democratic engagement, protection of rights, social inclusion, and stronger opportunities for youth participation in decision-making processes.

Another major scenario exercise focused on the increasing role of **technology and artificial intelligence**, using axes related to the speed of technological development and levels of trust in technology. Participants discussed both the opportunities and risks connected to digitalisation and AI, including innovation, improved quality of life, automation, access to information, and educational opportunities, alongside concerns related to ethical governance, misinformation, digital dependency, and loss of privacy or human control. Within this context, participants identified the most desirable future as one where technological advancement is balanced with transparency, ethical regulation, critical digital literacy, and strong public trust, enabling young people to benefit from innovation while maintaining autonomy and informed participation.

Additional scenario explorations examined broader social and global developments. One exercise focused on the interaction between **geopolitical stability** and the **severity of climate change impacts**, encouraging participants to reflect on how environmental

pressures, international tensions, and global crises could influence future opportunities and risks for young people. Another explored the relationship between **economic opportunities for youth** and levels of **social cohesion**, leading participants to discuss futures characterised either by inclusion, solidarity, and access to opportunities, or by fragmentation, inequality, and exclusion. Across these discussions, participants consistently favoured futures centred on stability, inclusiveness, sustainability, and equal opportunities for young people.

Following the scenario-building process, participants applied the **Backcasting** methodology to their preferred future scenarios, identifying strategic actions and pathways necessary to move toward these desired futures. Proposed steps included improving access to quality and future-oriented education, strengthening youth participation structures, promoting digital literacy and ethical technology use, supporting mental health and wellbeing initiatives, encouraging community engagement, and creating more inclusive and future-ready youth policies and programmes.

7. Policy Implications and Recommendations

Building on the youth foresight scenarios and discussions developed during the workshop, a set of key policy areas was identified, reflecting both scenario-specific insights and broader cross-cutting needs expressed by participants throughout the activities. The analysis of the scenarios revealed that young people are navigating an increasingly complex environment shaped by technological transformation, evolving governance systems, social and economic uncertainty, and global challenges such as climate change. At the same time, participants highlighted important gaps in their ability to understand, influence, and actively respond to these developments. As a result, several interconnected policy priorities emerged, particularly related to future literacy and foresight skills, meaningful youth participation, youth innovation and experimentation, digital awareness and responsible technology use, social cohesion, sustainability, and inclusive access to opportunities. These themes reflected both the desirable futures imagined by participants, such as open, participatory, ethical, and inclusive societies, and the risks and challenges identified across the alternative scenarios explored during the workshop.

As a result, four main policy areas emerged, corresponding to the need for skills development, meaningful participation, innovation capacity, and digital awareness. These areas reflect both the desirable futures identified by participants, such as inclusive, participatory and transparent societies, and the challenges highlighted across different scenarios. In addition, themes related to geopolitical stability and climate change, as well as economic opportunities and social cohesion, further reinforced the importance of creating resilient, inclusive and future-oriented policy frameworks that support young people in uncertain and rapidly changing environments.

Policy Area	Youth Scenario	Identified Need / Challenge
Future literacy and foresight skills (education & youth work)	Cross-cutting across scenarios, including global uncertainty contexts	Limited understanding of future trends and uncertainty; need for skills to navigate complex and rapidly changing environments
Youth participation in policy development (governance)	Data control vs trust in institutions scenario	Low levels of trust in institutions may lead to disengagement; need for structured, meaningful and long-term youth participation mechanisms
Youth innovation and experimentation (entrepreneurship & civic action)	Cross-cutting across scenarios, including economic opportunities vs social cohesion	Gap between youth ideas and implementation; limited access to opportunities, resources and supportive environments for action
Digital transformation and emerging technologies (technology)	Technological advancement vs trust in technology scenario	Need for critical understanding of AI and digital systems; concerns about ethical use, control, and societal impact of technological change
Geopolitical stability and climate	Geopolitical stability vs	Need for stable, secure and environmentally sustainable

resilience (sustainability & security)	instability & climate change scenarios	conditions that support youth well-being and long-term opportunities
Economic inclusion and social cohesion (employment & society)	Economic opportunities vs social cohesion scenarios	Risk of inequality, exclusion and limited access to opportunities; need for inclusive growth, social support and equitable access to resources

The insights generated through the workshop scenarios and discussions provide a strong foundation for the development of future policy recommendations within the broader FYI project. Building on the identified policy areas, potential recommendations may focus on integrating future literacy and foresight methodologies into formal and non-formal education, strengthening structured youth participation in long-term policymaking processes, supporting youth-led innovation and experimentation initiatives, and promoting digital futures literacy among young people. Additional recommendations may also address the need for more inclusive and resilient policy frameworks that support young people in responding to technological, social, environmental, and economic transformations. These future recommendations aim to translate the youth-driven perspectives and foresight outputs generated during the workshop into practical and actionable measures supporting more future-oriented, participatory, and inclusive youth policies and practices.

8. Evaluation of the workshop

The evaluation of the BK Plus Workshop for Young People was based on post-workshop feedback questionnaires and comparative pre- and post-assessment analysis completed by participants. Overall, the workshop received very positive evaluations across all modalities, demonstrating high levels of participant satisfaction, engagement, relevance, and perceived learning impact.

Participants evaluated the workshop structure, facilitation, and overall learning experience particularly positively. The clarity of explanations and instructions received an average score of **9.25/10**, while the activities themselves were evaluated as highly engaging and enjoyable, also receiving an average score of **9.25/10**. Participants

reported feeling comfortable sharing ideas and participating in discussions, with this aspect scoring **9.13/10**, reflecting the inclusive and collaborative environment created during the workshop.

The balance between discussions, group work, and breaks was also positively assessed, reaching an average score of **9.25/10**, while the relevance of the workshop themes to participants' lives, interests, and communities scored **8.75/10**. Overall satisfaction with the workshop reached **9.38/10**, indicating very high levels of participant appreciation for both the content and methodology used throughout the session. In addition, all participants indicated that they would recommend this type of workshop to other young people, further confirming the positive reception and perceived value of the activity.

The evaluation also highlighted strong engagement with the participatory foresight methodologies used during the workshop. Participants particularly appreciated the collaborative and interactive format, the opportunity to exchange ideas with others, and the practical application of foresight tools such as horizon scanning, scenario building, the 2x2 Matrix, and Backcasting.

8.1 Learning Outcomes and Competences Developed

The comparison between the pre- and post-assessment questionnaires demonstrates substantial improvements across all key competences and learning areas, clearly exceeding the project target of at least **20% improvement** in participants' knowledge and skills.

The most significant improvement was recorded in participants' understanding of the concept of foresight and future-oriented thinking. Average self-assessment scores increased from **3.63/10 before the workshop to 9/10 after the workshop**, representing an improvement of approximately **148%**. Participants also demonstrated significantly stronger confidence in recognising signals and trends shaping the future, with scores increasing from **5.88/10 to 9/10** (**+53%**).

The workshop further strengthened participants' ability to imagine and describe alternative futures, with average scores increasing from **6/10 to 8.88/10** (**+48%**).

Similarly, participants reported improved confidence in designing actions and pathways toward desirable futures, increasing from **5.5/10 before the workshop to 9/10 after the workshop** (**+64%**). Competences related to collaboration and co-creation also improved substantially, with participants' confidence in working with others to generate future-oriented ideas increasing from **6.5/10 to 9/10** (**+38%**).

In addition, participants reported that the workshop significantly helped them better understand their own role in shaping the future of their communities, with this aspect receiving an average post-workshop score of **9.13/10**. Overall, the results demonstrate that the workshop successfully strengthened participants' foresight competences, critical thinking, creativity, collaboration skills, and future-planning capacities.

8.2 Key Insights, Lessons Learned, Youth Reflections and Testimonials

The open-ended feedback provided important insights into participants' experiences, reflections, and learning outcomes. A recurring theme across the responses was the value of practical and participatory learning approaches. Participants repeatedly highlighted the interactive nature of the workshop, collaborative discussions, and group exercises as some of the most engaging and useful aspects of the experience.

Several participants specifically identified **horizon scanning**, **scenario-building**, and **Backcasting** as the most interesting and impactful methodologies introduced during the workshop. Many participants noted that the activities helped them better understand how future developments can be analysed systematically and how strategic thinking can support more informed decision-making and planning.

Participants also reflected positively on the opportunity to exchange ideas with others and collaboratively imagine alternative futures. The workshop environment was described as open, inclusive, and encouraging, supporting active participation and peer learning. Several participants emphasized that the workshop helped them think more critically and systematically about the future, while also encouraging them to become more proactive in shaping their own personal and community futures.

The feedback additionally highlighted the importance of making foresight methodologies more accessible to young people through practical and engaging

formats. Some participants suggested including even more interactive elements, discussions, and simulation-based activities in future editions of the workshop, reflecting the strong engagement generated by the participatory methodology.

9. Conclusions and Next Steps

The BK Plus Workshop for Young People successfully achieved its objectives by introducing participants to foresight methodologies and supporting the development of future-oriented thinking, critical reflection, and active participation skills. Through a highly interactive and collaborative learning process, participants engaged with emerging societal challenges, explored alternative futures, and developed practical action pathways connected to issues affecting young people and their communities.

The workshop demonstrated the strong relevance and applicability of foresight methodologies within youth work and non-formal education settings. The high levels of participant satisfaction, engagement, and measurable learning improvement confirmed the effectiveness of the participatory and experiential approach used throughout the workshop. In particular, the combination of horizon scanning, scenario building, and Backcasting activities enabled participants to connect future-oriented thinking with realistic and actionable ideas, while encouraging creativity, collaboration, and strategic reflection.

The scenarios, discussions, and outputs developed during the workshop also generated important insights relevant for future youth policy and practice. Participants consistently highlighted the need for stronger future literacy competences, meaningful youth participation opportunities, ethical approaches to technological development, and more inclusive and resilient support systems for young people. These reflections reinforce the importance of integrating foresight approaches into youth education, participation mechanisms, and broader policy discussions.

Overall, the workshop contributed meaningfully to the objectives of the FYI project by empowering young people to reflect critically on future developments, imagine desirable futures, and actively participate in shaping more inclusive, participatory, and sustainable societies.