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**Foreword
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The world is changing more quickly than ever before. Increasingly polarised worldviews, a widening gap in living standards and economic opportunities, multiple challenges to liberal democracies, the acceleration of social media as a new source, the climate emergency and ongoing conflicts worldwide: these all characterise our experience of the 21st century so far. However, an additional factor has emerged in this dynamically changing landscape – and it is one that gives hope.

In fact, a global uprising of humanity has begun before our very eyes – one which proves that civil societies are becoming increasingly active. Mass protests on virtually all continents are fighting – on a daily basis – for the improvement of labour market conditions, for environmental protection, for the rights of women and minorities, and for more ethical and equitable access to the opportunities of digital. These protests point to the urgent need to create a different, better tomorrow, with us young people increasingly becoming the face of that tomorrow.

It is vital for policy makers to acknowledge and engage with these calls for change.

This generation of young change-makers is coming of age. They are able not just to diagnose the issues around them, they are also actively seeking solutions and the means to implement them. It is imperative that they are listened to.

The best possible tomorrow will not be created without dialogue and mutual respect, and that includes decision makers and wider society listening seriously to the voices of young people today. This could include public forums and consultations, and assessment of the work of formal and informal NGOs with youth networks. Above all, however, young people not only should, but must be involved in the process of creating the best possible change – after all, our future and that of the next generations is at stake.

The report in front of you is a compendium of information about the hopes and concerns of the younger generation in Poland today. It is a vital collection of data and insight, showing the lived realities of the grassroots in all their complexity. I hope that the publication will become an important roadmap in your way of thinking about the future and prove that listening to the world of today is crucial for the creation of a better tomorrow.