

the Humming Bird

11M+ STRONG
CARIBBEAN YOUTH

YOUTH OF THE CARIBBEAN
MAKE PROMISES TO THE SEA AND TO SUSTAINABLE FUTURES

NOW IT'S TIME
FOR THE DIALOGUES!



UNITED NATIONS

ECLAC

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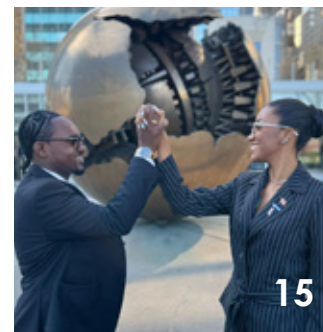
ABOUT US

Issued on a monthly basis, The Hummingbird offers insights into the latest projects, publications, technical assistance missions and research carried out by ECLAC Caribbean. In addition to these, sneak previews are provided of the most salient upcoming events, alongside enriching follow-ups to previously covered issues. With a view to featuring a variety of facets of Caribbean life and lifestyle, The Hummingbird also zooms in on cultural activities and landmark occurrences through an eye-opening regional round-up.

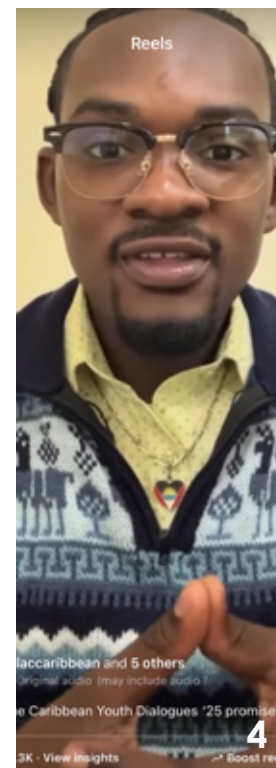
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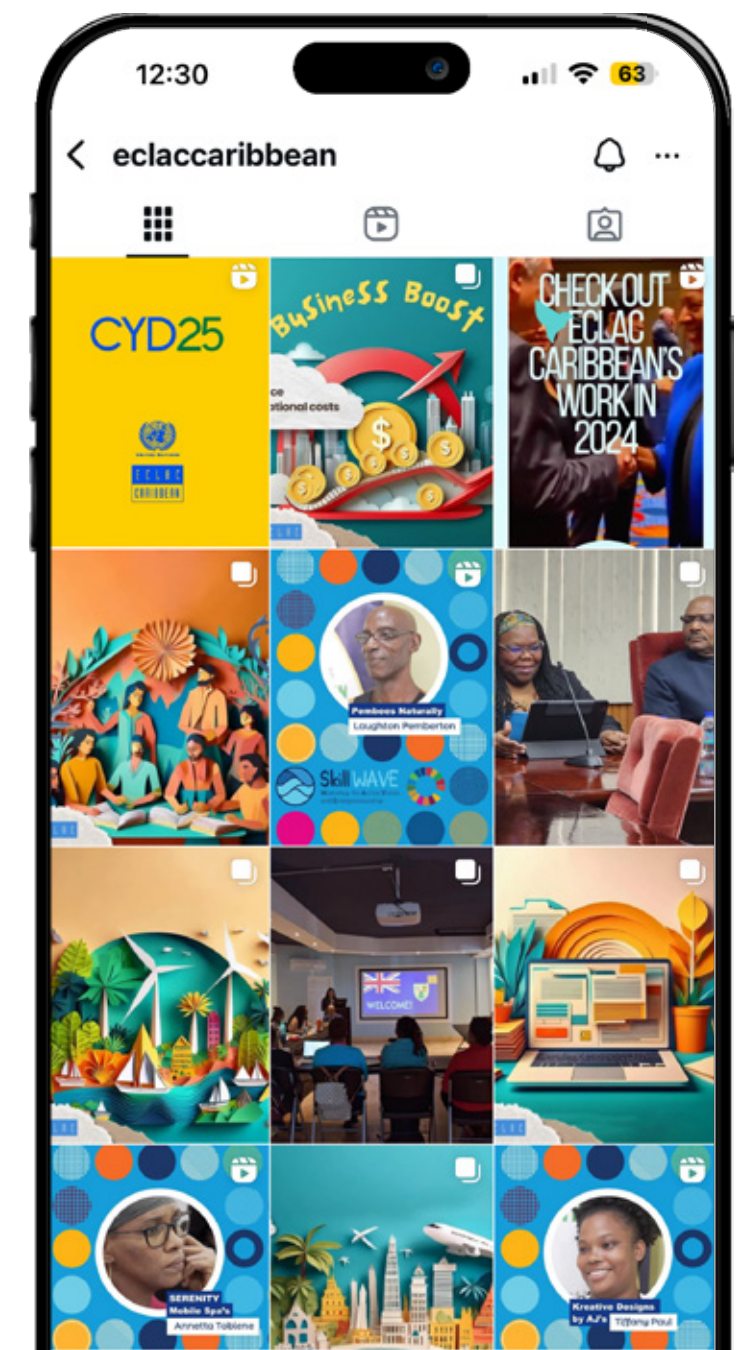
INTERNATIONAL DAYS

- 28 April**
World Day for Safety and Health at Work
- 3 May**
World Press Freedom Day
- 15 May**
International Day of Families
- 21 May**
World Day for Cultural Diversity for Dialogue and Development

UPCOMING MEETINGS

- 5 - 9 MAY 2025**
National capacity building workshops in statistical analysis - Grenada
- 12 - 14 MAY 2025**
National capacity building workshops in cost benefit analysis - Grenada
- 19 - 23 MAY 2025**
National training course in project proposal preparation and effective project implementation - St Kitts and Nevis
- 19 - 23 MAY 2025**
Skill WAVE: Workshop for Action, Vision and Entrepreneurship - Grenada

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11M+ STRONG... CARIBBEAN YOUTH!

The Caribbean is home to more than 11 million youth between the ages of 15 and 29. These young people have a central role to play in achieving sustainable development in the region. The 2030 Agenda for Sustainable Development is an opportunity to galvanize action aimed at promoting greater inclusion of youth in all spheres. This roadmap recognizes in several of its goals the centrality of the full incorporation of youth as a necessary condition to move towards more egalitarian societies on a path of sustainable development. However, youth in the subregion face many challenges that need to be addressed to facilitate environments that enable them to reach their maximum potential to contribute to the achievement of SDGs by 2030, by leaving no one behind and a legacy for future youth generations.

ABOUT CARIBBEAN YOUTH DIALOGUES

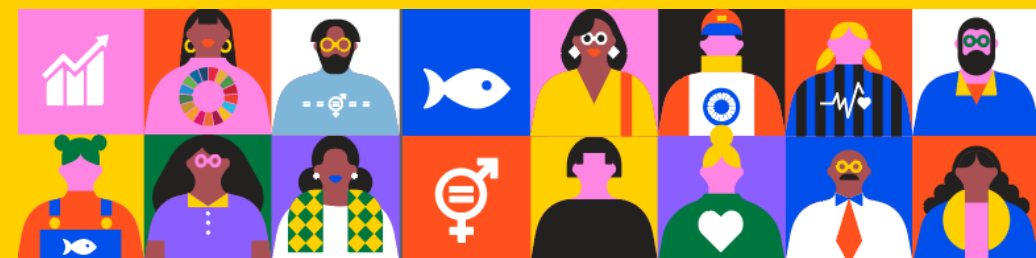
The main goal of this jointly organised series of Dialogue sessions is to collect Caribbean youth perspectives about the main discussion topics at this year's ECOSOC Youth Forum. The dialogue will take place on zoom over the course of two evenings. The programme consists of several panels, whereby various Caribbean themes are examined via discussions and presentations with youth representatives and experts.

ECOSOC YOUTH FORUM

The Economic and Social Council (ECOSOC) Youth Forum was held on 16-18 April 2024, and was guided by the theme for this year's UN High-level Political Forum (HLPF) on Sustainable Development entitled "Reinforcing the 2030 Agenda and eradicating poverty in times of multiple crises: the effective delivery of sustainable, resilient and innovative solutions". Ahead of the Summit of the Future to be held in September 2024, young people will have the opportunity to present to Member States their views, ideas, and vision. The Youth Forum will also review progress in the areas of SDG 1 (no poverty); SDG 2 (zero hunger); SDG 13 (climate action); SDG 16 (peace, justice and strong institutions) and SDG 17 (revitalise the global partnerships for sustainable development).

The Lead-up...

CYD 25





A Hummingbird
FEATURE

YOUTH OF THE CARIBBEAN MAKE PROMISES

TO THE SEA AND
TO SUSTAINABLE FUTURES
AT CARIBBEAN YOUTH
DIALOGUES '25

A cross section of the “Caribbean Twenty Percent” (youth between 15 and 29) is set to assemble virtually on 26 and 27 March and make promises to the sustainable future of their countries, region and world at the Caribbean Youth Dialogues '25.



YOUTH OF THE CARIBBEAN MAKE PROMISES TO THE SEA AND TO SUSTAINABLE FUTURES AT CARIBBEAN YOUTH DIALOGUES '25

As it has for the past five years, ECLAC Caribbean's Youth Dialogues series will provide a forum for young people of the Caribbean to talk frankly about their future in a world that faces deep uncertainty and challenges to existence, peace, gender equality, climate, opportunities for fair life and work, secure food, trade and multilateralism. Caribbean countries, in particular, face serious difficulties as small island developing states, deeply affected by global social, economic and environmental conditions.

The main focus at CYD '25 is "A Promise to the Sea", during the panel discussion on Life Below Water (SDG14), participants will be encouraged to make a pledge to take concrete action to preserve Caribbean sea-life and coastal living. Some 100 young people from youth organisations, special interest groups and independent activists will gather online to focus their promises around the United Nations' Sustainable Development Goals (SDGs).

The discussions at CYD '25 will feed into the UN ECOSOC (Economic and Social Council) Youth Forum, to be held from 15-17 April in New York, USA. The ECOSOC Youth Forum is a key multi-country platform where young people can contribute to policy discussions at the UN through their collective ideas, solutions, and innovations. This year, the theme is "Advancing sustainable, inclusive, science and evidence-based solutions for the 2030 Agenda and its SDGs for leaving no one behind".



Lentz Wendy Civil from Haiti said she's anticipating interesting discussions at CYD '25. "I'm looking forward to this year's CYD because it's an opportunity to come together as a region, to put the light on the ongoing issues in the Caribbean but mainly to give the youth a place at the table, listen to their voices, and the solutions that they may have for these issues."

geographic information system specialist said, "It's a great environment for young persons to network, collaborate and share their thoughts and opinions on changes in the Caribbean in terms of climate change and climate adaptation. As someone passionate about disaster risk reduction, climate change adaptation and all of these other entities that deal with sustainability and sustainable development, I'm really excited about these discussions that we are going to be having with these like-minded individuals at CYD '25."

rich exchange. "It gives us the opportunity to hear about the incredible work that some of our young people are doing for regional development. It will also give these passionate young people the platform to offer key recommendations and solutions for further advancement of Sustainable Development Goals."

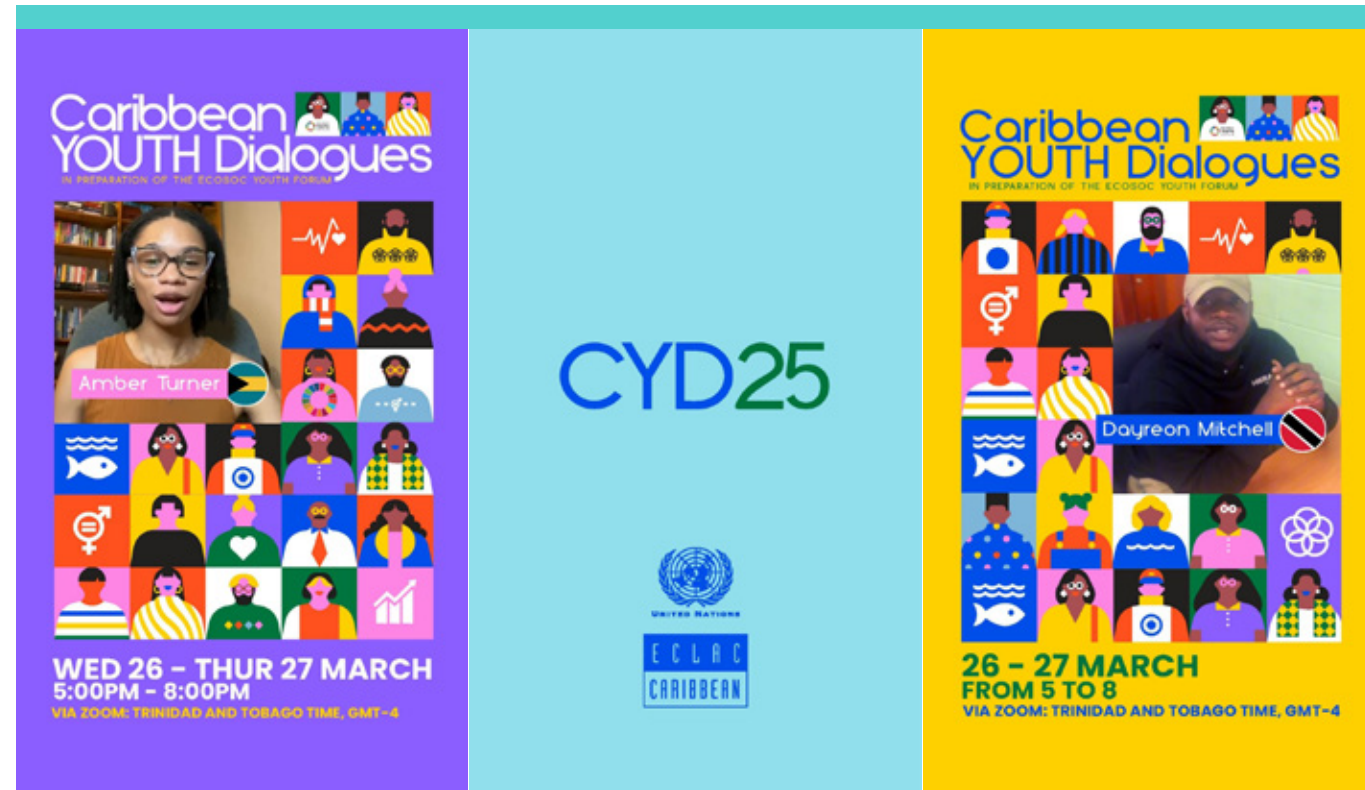
The other main themes of CYD '25 are:

- *A Promise to Live Better (Good Health and well-being)*
- *-A Promise to Her (SDG5: Gender equality)*
- *A Promise to decent work + prosperity (SDG8: Decent Work and Economic Growth)*
- *A promise to work Together (SDG17: Partnerships for the Goals)*

Dayreon Mitchell, President of the Tobago National Youth Council and a young

Amber Turner, a representative from the National Youth Ambassadors Core of Bahamas, says "I am looking forward because I believe in fostering spaces where we can have inter regional conversations to make sure youth voices are heard and represented."

Candice Gonzales, Youth Focal Point at ECLAC Caribbean says ECLAC Caribbean eagerly anticipates CYD every year, and providing the connections and space for the



NOW IT'S TIME FOR THE DIALOGUES!



Apart from solid and idea-filled discussions about sustainable development in the region, emerging from Caribbean Youth Dialogues 2025 was one common thread: youth must be included in decisions on development and the future of the region.

A PROMISE TO US... A PROMISE TO THE SEA

ECLAC's Caribbean Youth Dialogues consistently creates an inclusive space where young

people can exchange ideas with their peers from around the region... where their brain power and bright ideas are sparked, ignited and stoked across the Caribbean Sea. This year, the ECLAC organizing team and the youth leads decided to challenge their like-minded Caribbean people to make promises of tangible action for sustainable development – A Promise to US.

This year, Sustainable Development Goal 14 – Life Below Water was the highlighted SDG for CYD'25 and featured a panel entitled A Promise to the Sea... During the panel discussion, participants made their promises

to the sea – ranging from beach cleanups, coral restoration, sargassum research to taking the time to enjoy the sea responsibly. They made their promises in presentations and remarks, and in the chat, posted their respective national flags in the comments – a true Caribbean “Flag Party” – with a purpose.

CYD'25 featured panels on five Sustainable Development Goals (SDGs). Each discussion saw participants tackling the main regional challenges for youth in relation to each SDG. They then discussed their recommendations to advance and hasten the progress to achieving each goal

at the local, national and regional levels; why it is important for youth to be actively included in the acceleration of sustainable development; and what is being done in their youth circles to work towards the Sustainable Development Goals.

SDG3 – A Promise to Living Better
Ensure healthy lives and promote well-being for all at all ages

SDG5 – A Promise to Each Other
Achieve gender equality and empower all women and girls

SDG8 – A Promise to Decent Work + Prosperity
Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all

SDG14 – A Promise to the Sea
Conserve and sustainably use the oceans, seas and marine resources for sustainable development

SDG17 – A Promise to Work Together
Strengthen the means of implementation and revitalise the Global Partnership for Sustainable Development

ECOSOC

YOUTH

FORUM

The Economic and Social Council (ECOSOC) Youth Forum took place from 15 to 17 April 2025 at the United Nations Headquarters in New York.



The Forum provided a platform for young people to engage in a dialogue with Member States and other stakeholders to share their views and concerns as well as galvanize actions and recommendations to transform the world into a fairer, greener and more sustainable place led by the 2030 Agenda and the Sustainable Development Goals (SDGs).

The ECOSOC Youth Forum was guided by the 2025 theme of ECOSOC and the High-level Political Forum (HLPF): “Advancing sustainable, inclusive, science- and evidence-based solutions for the 2030 Agenda for Sustainable Development and its Sustainable Development Goals for leaving no one

behind”. It also provided opportunities to discuss concrete actions and commitments to realize the Sustainable Development Goals (SDGs) for in-depth review at the 2025 HLPF, namely SDG 3 (Good health and well-being), SDG 5 (Gender equality), SDG 8 (Decent work and economic growth), SDG 14 (Life below water) and SDG 17 (Partnerships for the Goals).

WHO?

The 2025 ECOSOC Youth Forum was convened by the President of ECOSOC and organized by the

Department of Economic and Social Affairs (DESA) in close collaboration with the UN Youth Office, the United Nations Inter Agency Network on Youth Development (IANYD) and co-convened by the Major Group for Children and Youth (MGCY) and the International Coordination Meeting of Youth Organizations (ICMYO), with technical input from youth organizations relevant to the theme of the forum.

Youth leaders from around the world had the opportunity to engage with government representatives, youth delegates, policymakers and other relevant stakeholders in civil society and the private sector and make their voices heard in advancing their interests and concerns.

HOW?

The three-day event featured plenary sessions as well as interactive thematic and regional breakout sessions to facilitate deeper discussions on advancing the 2030 Agenda, implementing the Pact for the Future and contributing to different

intergovernmental processes in 2025 such as the 4th International Conference on Financing for Development and the Second World Summit for Social Development - WSSD2.

Young people were also invited to share best practices, lessons learned, solutions as well as creative and innovative ideas with Member States, other youth participants and stakeholders on the implementation of the 2030 Agenda and the sustainable development goals under review at the Economic and Social Council and the High-level Political Forum in July 2025.

Side events took place virtually and in-person from 15 to 17 April 2025.

ECOSOC

YOUTH FORUM

CARIBBEAN REGIONAL
BREAKOUT SESSION

WED 16
APR 2025

11:30 -
1:00 PM
NY TIME

CONFERENCE
ROOM 6

LIVE
BROADCAST
ON UN WEB TV

SCAN FOR
MORE



ECOSOC
YOUTH FORUM



THE Hummingbird KITCHEN

GRILLED LIONFISH WITH COCONUT LIME SAUCE

A bold Caribbean dish with a purpose — protecting our reefs and celebrating sustainable seafood.

Why Lionfish?

Lionfish is an invasive species that threatens Caribbean coral reefs and native marine life. Eating lionfish is a delicious promise to the sea — it helps restore ecological balance and protect biodiversity.

What you will need:

For the Lionfish:

- 4 lionfish fillets (cleaned and deboned — available at some fish markets or sustainable seafood vendors)
- Juice of 1 lime
- 1 tsp Caribbean green seasoning or fresh thyme
- 2 garlic cloves, minced
- 1 tbsp olive oil
- Salt & black pepper to taste

For the Coconut Lime Sauce:

- 1 cup coconut milk
- 1 tbsp lime juice
- Zest of 1 lime
- 1 small Scotch bonnet pepper (whole, for flavour without heat — optional)
- 1 tbsp finely chopped chadon beni (or cilantro)
- Salt to taste

Instructions:

1. Marinate the Lionfish:

In a bowl, mix lime juice, garlic, green seasoning, olive oil, salt, and pepper. Rub onto lionfish fillets and let marinate for 15–20 minutes.

2. Make the Sauce:

In a saucepan over low heat, simmer coconut milk, lime juice, and lime zest. Add whole Scotch bonnet pepper for flavor (don't burst it!). Let it reduce slightly, then stir in chadon beni. Remove pepper and season with salt.

3. Grill the Lionfish:

Heat a grill pan or barbecue. Lightly oil the surface, then grill fillets for about 2–3 minutes per side, until the flesh is opaque and lightly charred.

4. Plate & Serve:

Drizzle with coconut lime sauce. Serve with local greens, coconut rice, or any fresh, regional produce.

To serve (optional):

- Steamed callaloo or okra
- Coconut rice or cassava wedges
- Fresh mango salsa

Notes:

By choosing to cook with lionfish, you're taking a bite out of an ecological problem and giving reefs a chance to thrive.

This dish makes a perfect #PromiseToTheSea moment — snap a pic, tag your flag, and share the story of your sustainable plate!

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