



Dreams & Fears

What do today's young people think, fear, and hope for when it comes to the future?



YouthLens
Predicting the future



THE SURVEY

The aim of this research is to gain a deeper understanding of young people's feelings about their future and to highlight their concerns, fears, and dreams for tomorrow.

YouthLens conducted the research in February 2025 via social media, specifically on Instagram and TikTok.

N = 215

Age:

57% Gen Z - 40% Gen Y (Millennials) - 3% Gen X+

Gender:

51% Woman - 42% Man - 4% Non-binary -
2% Transgender - 1% I would rather not say

Today's youth face their future with uncertainty, with only a minority feeling optimistic

When asked whether they feel optimistic or pessimistic about their future, on a scale from 1 (not at all optimistic) to 10 (extremely optimistic)...

27% said that they **feel pessimistic** about their future (1-4 on the scale)

52% said that they are **uncertain** about how they should feel about their future (5-7 on the scale)

21% said that they **feel optimistic** about their future (8-10 on the scale)



Given the current circumstances, many are unsure whether they will be able to live a dignified life in the future

#1

concern or fear about their future is the **high cost of living** and the possibility of not being able to live with dignity

“

[I am] almost not at all optimistic about the future—especially when it comes to my country—seeing corruption everywhere, a terrible economic situation, and politicians who don't care about making Greece a livable place for its citizens.

- Woman, 18-24

Their greatest fear is failing to find happiness and to fulfill their dreams

WHAT WORRIES OR SCARES YOU THE MOST ABOUT THE FUTURE?

Having a job that doesn't make me happy

61%

Not reaching my goals and potential

55%

61% Women
60% Gen Z

Not growing or progressing in my life

54%

They want to fight for a better future without compromises

“

I hope that [in 10-15 years] I'll be at peace with myself and engaged in things that truly fulfill me.

- Man, 25-34

49%

say that their greatest worry or fear about the future is that **their generation won't fight for change** as they hope.

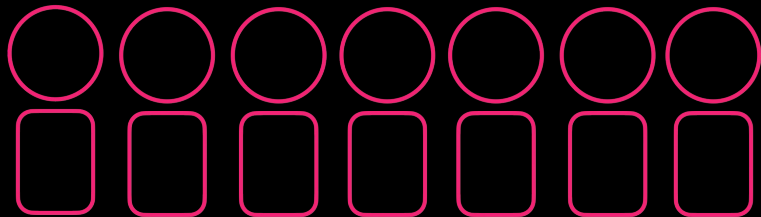
53% Women

53% Gen Z

64%

say that their dream and hope for the future is to **never stop fighting for their dreams**

They hope for a comfortable life so they can make their dreams come true



7 in 10 say that their their dream or hope for the future is to **have enough money to live comfortably**

WHAT ARE YOUR DREAMS OR HOPES FOR THE FUTURE?

Having a job that fulfills me and that I do with passion

74%

Achieving my goals and make the most of my potential

66%

What seems to disappoint them the most is the future of their country

74%

feel pessimistic about the future of their country

(Options 1-4 on a scale from 1 to 10)

5%

feel optimistic about the future of their country

(Options 8-10 on a scale from 1 to 10)

“

I consider the future of the country to be bleak because of the people living in it who have brought it to this state through their political choices. My own future, however, I see as perhaps a bit brighter [...] because, to some extent, it is in my hands to shape it as I wish.

- Woman, 25-34

Their biggest fears for the future of their country are corruption and the lack of justice

7/10

say that their greatest worry or fear about the future is the **corrupt political system in their country**

#1 Fear/Worry for Gen Z

6/10

Say that their greatest worry or fear about the future is the **lack of justice in their country**

“

Greece leaves no room for me or my opinions. I personally believe that the country is devouring its own children [...] A country where young people distance themselves from the political scene, leaving the burden to the elderly, who consistently re-elect what is familiar to them. The result of this is the well-known, multiple injustices.

- Man, 18-24

A black and white photograph of a woman with dark, curly hair, crying. She has her hand pressed against her face, covering her eyes. The background is blurred.

“

I truly think about so many things. The most important is that **I can't forget what happened in Tempi**. I didn't have a loved one on that train, nor did I know anyone personally, but **I honestly can't get over it**. For the past two years, I've been crying constantly [...] for those souls... I truly hope they find justice and rest in peace.

- Woman, 18-24

They dream of becoming the driving force of change

49%

Say that their dream or hope for the future is that their generation will **fight for meaningful change**

59% Women

54% Gen Z

“

I want to believe that the situation won't be the same [in 10–15 years] and that either we'll be out on the streets demanding justice, or we'll have already managed to change things and [...] be living in harmony, happiness, and peace.

- Woman, 25-34

A woman is shown from the chest up, looking upwards with a hopeful expression. A vibrant rainbow beam of light shines down onto her head, creating a sense of aspiration and hope. The background is a deep blue gradient.

“

In the coming years, I would like to see many things change in my country and not only there. I'd like to see an improved standard of living, real democracy and justice for all, and people who are more educated and thoughtful, because the circumstances will allow them to do so. I don't want people to live like slaves and work just to survive. I want to live in a better world!

- Woman, 18-24

They dream of living in a society where justice and moral values truly prevail

57%

Say that their dream or hope for the future is for **true justice to exist in their country**

53%

say that their dream or hope for the future is for the **political system in their country to improve**



Thank you!

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