



## Behind the Scenes

A quick insight into EFPSA teams' and offices' recent activities

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## Events

See what happened at TtT and ESS, read about events which EFPSA attended and discover upcoming ones!

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## Question time!

We asked our Working Community 3 quick questions. See what they answered!

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**1** To serve  
psychology  
students

**2** To  
contribute to  
society

**3** To  
improve  
psychology

**4** To link professionals,  
academics  
and students

## Introduction

Dear reader,

You may ask yourself, what's the EFPSA Magazine? It's the first ever EFPSA Magazine, by combining the External Newsletters and the Board of Management Postcards! All interesting information about the biggest Federation for Psychology Students is now in one place! But still... what is it? Of course you will read about

EFPSA (the Board of Management, Working Community members and our Services and Offices), but there's more! You can also read about EFPSA Alumni,

our Member Organisations (this time the Greek, Croatian, Slovenian and Turkish MOs!) and EFPA! Besides that, you can read about the past events that took place during the summer: the 13th edition of the European Summer School and the 10th edition of Train the Trainers! And about our future events: the 3rd EFPSA Conference and the Joint Executive Board & Member Representatives Meeting!

Enjoy the read!

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# Board of Management

The Board of Management has just returned from the beautiful island of Korcula, Croatia. On the island, the Board of Management has worked hard on the sustainable development of EFPSA. Various topics have been discussed, like the EFPSA Website, the restructuring of the Junior Researcher Programme, evaluating EFPSA Exchanges and so on. Besides working every day, the meeting has provided the Board of Management a great place to connect with each other, to get to know each other better and to actually enjoy our time together.

During the summer and before the meeting, we have visited EFPSA Events, the European Congress of Psychology and the Informal Forum for International Student Organisations. You can read more about this down below!





# EFPSA Office

The EFPSA Office is responsible for administrative practices, archiving of documentation and supporting internal and external communication. The Web Support Coordinator has migrated the email addresses of the EFPSA Working Community to a new service provider. The Administrative Support Responsible is currently working on the internal and external newsletters while he Administrative Support Responsible is

working on the internal and external newsletters while our Content Review packs, acceptance emails visa invitation letters as well as exciting policy documents! More specifically, they have completed reviews for Social Impact Initiative, Journal of European Psychology Students, Junior Researcher Program, Presidential documents and the Study & Travel Abroad team. In the meantime, our Human Resources Responsible held

video report meetings with all teams in the working community, 12 meetings with Executive Board teams and 5 meetings with Member Representatives. After all that, she and the Board of Management discussed the results of the reports for a better functioning EFPSA while assessing any further training needs of teams to maintain motivation and well-being of the whole working community.





# Marketing Office

The Marketing office is currently focusing on many various tasks to contribute to the better international recognition of EFPSA. Within the summer Marketing have produced more than 70 Instagram stories mostly sharing experiences from EFPSA Events and promotion. Our designers, boosted with creativity, prepared catchy promotion visuals, a new logo and merchandise for the Mind the Mind Campaign as well as progressing with a new podcast project. Our designers, boosted with creativity, prepared catchy promotion visuals, a new logo and merch-

andise for the Mind the Mind Campaign as well as progressing with a new podcast project. While EFPSA's corporate visual identity is being updated in a guidebook, it should bring ease and a refreshing look to the whole organisation. Upcoming projects include EFPSA Day and look forward to recharging our motivation batteries at the Joint Executive Board and Member Representatives meeting in Slovenia.





# Finance Office

## Grants

Grants have worked to ensure financial stability for the organisation and as a result, we have financially supported this year's "Train the Trainers" event which aimed to inspire confidence and prosperity in trainers take their first steps into non-formal education. We were so happy on the success of our event. We did not stop there. We were happy to grow our collaboration with the Social Impact Initiative providing funding that the upcoming "Mind the Mind" campaign has never seen before. Thus, expanding the awareness of mental health stigma in as many countries across Europe as possible. This summer we had a European Youth Foundation (EYF) representative visiting "Train the Trainers" event held in Cyprus. Thanks to our respected guest, we were happy to have received valuable feedback on how future psychology professionals within the federation can expand

their learning opportunities even more.

## Partnerships

EFPSA's Partnership Team is happy to announce that EFPSA has new partners; Swisscare - EFPSA's insurance partner. It offers comprehensive international student and travel insurance solutions: International Student Insurance, International Travel Insurance and International Travel Schengen VISA insurance. While SLV-Global sponsored our last Congress, that was held in Denmark in April 2019. While it should be noted that EFPSA friends have also been receiving discounts for several services, such as Eurosender, and on books from Routledge, through our corporate partnerships. More information about EFPSA's partners can be found on our official website. Last, but not least, Partnership Team is working on different projects and looking forward to acquiring new partners!





# Events Office

The Events office is steadily working with the Organising Committees of all the upcoming events and will soon be starting work with new Organising Committees for EFPSA 2020 events! We are super excited to be meeting in Slovenia soon for the Joint Joint Executive Board and Member Representatives meeting where we can be able to work on some office documents in person!



# Member Representatives' Office

Members Office actively contributes to the expansion of the reach of the Federation. We are currently in contact with student organisations from four additional countries - hopefully we will see them amongst our members soon! We also have been guiding our Albanian Observer Organisation through the membership process, providing them with all the information that is needed for the second-stage membership. Meanwhile, with the help of Training Office, we are organising online trainings for the Member Representatives and Vice Member Representatives. We are also looking forward to the Joint Executive Board and Member Representatives meeting where the whole team of Representatives can work together and bring them closer to our Executive Board!



# External Relations Office

The External Relations Coordinator and few Board of Management's members got a chance to travel to Moscow, Russia and represent our organisation in XVI Euro-pean Congress of Psychology. During Congress, attendees got a chance to learn about EFPSA and how they could be involved. We are happy to share, that lots of professionals expressed their wish to be in partnership with us and we are looking forward to seeing them in our future events! We also visited a few discussions about E-health, which was very useful, as we are planning to write a position paper on E-health with our colleges from EHSAS. Also looking forward for our future collaborations and planning to visit EPSA Autumn Assembly and maintain this beneficial partnership!

The Policy team has enjoyed summer at its fullest by going on holidays but also made some time to work on the ongoing tasks. The Refugees & International Migrants and their Mental Health position paper is finished and will be voted for approval during the Joint Executive Board and Member Representatives meeting. The revision of the Open Access position paper in collaboration with JEPS is also finished and the paper will be finalized soon according the feedback from the Working Community. Now that the summer is almost over and everyone is getting back to their routine, the team will intensify its efforts and have at least two more papers finalized by the end of the year





# Study and Travel Abroad

During this mandate we from STA already had successful Turkey - Greece and Turkey - Serbia student exchanges. With the themes Trauma and Positive Psychology were not only a lot of fun but also educational and helped to connect the European students. Moreover, the internship task force was able to establish a new collaboration for a research internship with Queen's University in Belfast, UK. We are excited to publish the call for this internship and other ones soon. Next, our travel network, we are redesigning its Facebook appearance to make it even more user friendly. We also Achieved a discount for Hostel Treasure in Ljubljana for our Working Community before and after the

Joint Executive Board & Member Representatives Meeting 2019 to assist with travel costs and accommodation. Our latest ongoing projects from the study abroad team are to create a guidebook with helpful information and articles on studying, living and working abroad. In the same vein, we will soon publish experience stories on our blog about psychology student life in different countries. If you wish to share your experience, contact us via [sta@efpsa.org](mailto:sta@efpsa.org). All new updates and exciting news will be published on our social media channels together with fascinating posts related to travelling. So, make sure to stay tuned and check our blog, Instagram and Facebook!





# Training Office

The successful completion of Train the Trainers 2019 of our new Training Candidates took place in the beautiful Cyprus. Trainers' Community Responsible worked on the Mentoring System for our twelve new candidate Trainers who completed a selection process which looked for enthusiasm and passion for non-formal education. With the support of their mentors, Candidates can become EFPSA Trainers to create productive, qualitative and creative training path. They, along with full Trainers, will hold trainings at Joint Executive Board and Member Representatives meeting 2019. Meanwhile, online trainings for the Member Representatives is being

organised by the Internal Training Responsible planned and arranged for September in collusion with Human Resources Responsible and with other teams who are in need of an online training. Using social media, we have tried to improve the Training Office external image using a new well designed and structured account on Instagram and LinkedIn. . Our next event is the Train Advanced Trainers 2020 for which our Training Events Responsible is ready to start planning and supporting the Events Office in this process. Last but not least, we will have a Trainer's Blog coming soon so stay tuned!





# Journal of European Psychology Students

The Journal of European Students (JEPS) started out as a nearly entirely new Editorial Board in April 2019, so the first weeks were mostly picking up where the last Editors left off and introduce everyone new to the art of editing. We worked on a number of manuscripts - we received the 500th submission along the way - and published 5 articles as well as an Editorial by our Associate Editors (AE). If you have any articles you might want to publish or know anyone who does, check out [journal.efpsa.org](http://journal.efpsa.org) and submit your manuscript! The European Summer School took place during July 2019 and we, along with the

Junior Researcher Programme, are already expecting Registered Report submissions of their first stages of the team research projects where each study plan will be thoroughly reviewed by our AE and Reviewers. We are glad to be working closely together with the JRP Team to increase the quality of the Junior Researcher Programme. Lastly, our call for JEPS Ambassadors was opened, our campaign for the promotion of open science and student research across Europe and beyond!

Check out our Bulletin at [blog.efpsa.org](http://blog.efpsa.org) for blog updates.



# Junior Researcher Programme

This year's Junior Researcher Programme will support six research projects carried out by students from all over Europe who met together at the European Summer School in Greece in July 2019. The JRP will continue to support each team of six researchers lead by a supervisor for the next 12 months in writing a full research report and or article until their conclusion at the EFPSA Junior Researcher Conference 2020 where their research will be presented.



## Social Impact Initiative

Social Impact Initiative team has been working on new waves of EFPSA's biggest campaigns - Mind the Mind and Better Together. The 6th wave of the Mind the Mind campaign, with a brand new logo, has started in August. More than 70 new Local Coordinators were chosen who will try to combat the stigma of mental health. The Social Impact Initiative Team is working on selecting the Local Coordinators which will be contacted soon to start their new journey. This year, the Mind the Mind campaign is supported by the European Youth Foundation of the Council of Europe which will help to bring the biggest EFPSA's campaign to another level. As the new wave of the Mind the Mind campaign is already in progress, the 3rd wave of the Better Together campaign is just getting started. The Call for new Local Coordinators is currently opened and we are looking for students who want to help decrease discrimination and increase social inclusion. Check EFPSA's website and our Facebook for more information!



# Member organisations

Sixteen psychology students from different parts of Croatia attended the Second Summer School and the main theme was 'Psychology and the digital world'. Participants teamed up (with each other) prior to attending the Summer School for the purpose of designing a research plan on how to conduct research for a narrowed scientific theme. Participants also received help and were supervised by two PhD associates. During the Summer school, participants finished the designs for their studies. They also attended various lectures which revolved around the main themes such as how to assess someone effective system with digital technology, what kind of methodological obstacles do psychologist encounter in research conducted online and also various workshops. Sightseeing around Osijek was also organised for their participants which also included trying out local food and visiting the most popular clubbing scene in Osijek. The participants will conduct their studies in the following months and present them on the 27th Annual Croatian psychologist Conference where they will share their experiences of conducting new research projects but also the experience of meeting new people and working together as a team for the purpose of the improvement of research skills, teamwork and of course the popularization of psychology in various places in Croatia.

A highly ambitious team from GPSA (Greek Psychology Students' Association)

organised the 13th EFPSA European Summer School (ESS)! We were excited we made it and hosted 36 students with more than 15 nationalities at an idyllic setting in North Greece, Lithotopos with a gorgeous lake view! The social programme included a diverse cultural night and many others even a pool party! The participants built solid foundations for their research projects for the coming year! We all enjoyed the week, students and Organising Committee alike. Thank you!

Slovenian and Turkish psychology students this summer organised an EFPSA student exchange. More than 30 participants from both countries attended, where they gained knowledge about main topics of positive psychology and trauma, emotional agility to intercultural cooperation through lectures and improved their soft skills during different workshops.

Theme of Slovenian exchange was positive psychology and also a healthy lifestyle, so healthy breakfasts and hiking were also organised. The Turkish part of exchange Took place just after leading into August in Istanbul. While trauma was the main topic, there was an emphasis on getting to know Turkish culture and language. Slovenian students thus mastered basic of Turkish language, experienced Turkish cuisine and saw all important cultural and historic landmarks of Istanbul.

# EFPSA Alumni

In July of 2019, the new Alumni Board of EFPSA was elected. The board, still being a relatively new body within the organization, has the goal of establishing a network for psychologists that have once volunteered within EFPSA and want to be able to stay in contact with each other. The last alumni board has done a lot of work in contacting “dinosaur” EFPSA volunteers and gathering information about their needs and expectations regarding an alumni network. The new board consists of Monika Schwärzler , Jurjen van den Berg, and Victoria Firsching (Chair) and will serve during the mandate 2019-2021. We have already received a knowledge transfer document and will soon meet with each other and with the Presidential Office of the Board of Management of EFPSA.

Monika, Jurjen, and I have all been active in EFPSA for many years in different positions and we also know each other from different projects within and out of EFPSA. We are looking forward to helping the alumni network grow and develop-ing projects with other alumni.

My active time in EFPSA was a continuous learning experience, teaching me hands-on skills from intercultural communication to team management and strategic planning. I think I can speak for the whole Alumni Board when I say that we would love to continue supporting the

Working Com-munity with our professional experience that come with being a full-time psycholo-gist. We are excited for this mandate and you will definitely hear more from us!

Vicky, Chair of the Alumni Board  
2019-2021





## Past events

This year's Train the Trainers was held in Cyprus, and a total of 12 successful participants were chosen to become part of the EFPSA Trainer's pool! The event was a great success and everyone there enjoyed their time. Stay tuned because the call for next year's Organising Committee will be open SOON!

### TtT

The EFPSA European Summer School 2019 took place in sunny Greece, with 35 participants and 6 research supervisors attending the event. Feedback from participants noted how the event was a great way of meeting people while also in a professional research environment. All the JRP teams are now working hard on their research projects!

### ESS

## Joint EB&MR Meeting

The Joint Executive Board and Member Representative meeting will be held in Slovenia between 26th October and 2nd November 2019. This is a yearly opportunity for EFPSA's Working Community to meet in person and work on their team projects.

## EFPSA Conference

We are very excited for the upcoming EFPSA Conference which will be held in Prague between the 21st and 24th of November 2019. The theme for this year's Conference is Environmental Psychology and approximately 150 participants will be attending the scientific event! The Organising Committee is working tirelessly to ensure a great event.

## Upcoming events

# European Congress of Psychology

In the first week of July, Ying Wai Cheung (President), Tea Jermanis (Vice President), Vita Bogdanic (Academic Affairs Officer) and Kotryna Danieleviete (External Relations Coordinator) represented EFPSA in Moscow (Russia), where they participated in XVI European Congress of Psychology. It was an incredible opportunity to see lots of psychology academics and professionals coming to one place and sharing their research, knowledge, and experience. EFPSA had its own booth together with EFPA during the Congress where participants could learn about the Federation, what we do, how they can be involved and work together with students from all over Europe. Besides that, we had the chance to visit many interesting lectures, symposia and poster presentations, talk with researchers, students, award winners, representatives and presidents of various organisations. With an impressive opening ceremony, congress dinner and city tours, we tasted best of Russian culture and hospitality. After four intense and overwhelming days, EFPA also invited us to join their two-day long General Assembly. This Assembly served as a great opportunity to learn about their practices, to meet representatives of various countries and to have a first glimpse of what professionals are working on. Also, it was a big honor to get the trust of EFPA by being the voting committee and be the first ones to know the outcome of their most important decisions. Once again, we want to thank EFPA for inviting EFPSA representatives to participate in their event and to continue our collaboration.





# European Federation of Psychologists' Associations

The General Assembly of European Federation of Psychologists' Associations has voted upon many important changes within EFPA. The new Executive Council of EFPA have been chosen:

President:  
Christoph Steinebach (DE)

Secretary General:  
Ole Tunold (NOR)

Treasurer:  
Nicole Gale (UK)

EC member:  
Eleni Karayianni (CYP)

EC member:  
Anna Leybina (RUS)

EC member:  
Josip Lopizic (HRV)

EC member:  
Koen Lowet (BEL)



We would like to congratulate the newly elected Executive Council and we are looking forward to further collaborate with EFPA on many objectives. Besides the new EC, the General Assembly has also voted upon the host for the European Congress of Psychology 2023. After presentations from Belgrade (Serbia) and Brighton (United Kingdom), the bid has been won by the city on the south coast of England. EFPSA Alumni Aart Franken and Orxan Oruc also attended the General Assembly on behalf of their Member Association and we are looking forward to seeing everyone at the next meeting in Kiev, Ukraine.

# Informal Forum of International Student Organizations

Representatives from 9 student organisations came together in Zagreb, Croatia between the 9th and 12th of April 2019.

Students representatives with a wide variety of backgrounds, such as engineering, pharmaceutical studies, veterinary medicine, physics, psychology, geography and medicine, gathered at the Spring Meeting of the Informal Forum of International Student Organizations (IFISO). EFPSA was represented by the Board of Management Marketing Officer Robin Willems.

IFISO provides an opportunity for multiple student organizations from diverse professional fields to meet, identify common priorities, exchange expertise, build capacity, discuss partnerships, and build bridges of collaboration. Each forum is facilitated by a Management Team consisting of members from different organisations, this term being IFMSA and the Board of European Students of Technology (BEST). This meeting was an extremely important one for the future of the network because a reform was proposed, discussed and decided. Another highlight of the meeting was electing a new Management Team of IFISO.

During the event, all organisations presented themselves; their structure and priorities with a focus on finances, grants and external representation. Multiple sharing expertise sessions were organized, in topics such as marketing, internal



procedures, sustainability of events, capacity building and mobility projects.

The focus of the second day was debating the future of IFISO and the difficulties it experienced in the last few years. The conclusion was that the structure is still very relevant for student organisations worldwide and IFISO is already discussing drastic changes in internal regulations, guidelines and membership involvement.

Next, the new IFISO Management Team was elected, consisting of representatives from the European Pharmaceutical Students' Association (EPSA), International Association of Physics Students (IAPS) and European Students of Industrial Engineering and Management (ESTIEM). The next IFISO Autumn Meeting will be hosted in Brussels.



## Question time!

We asked our Working Community 3 questions:

1. What was the craziest/the most interesting moment of your summer?
2. Can you tell which book you would suggest for this month?
3. Did you have an EFPSA Reunion this summer?

Let's see what the Community's answers are!

|  |   |   |
|--|---|---|
| <b>Marija</b><br>JRP Research Responsible  | <b>Catherine</b><br>Content Review Responsible  | <b>Joonas</b><br>Content Review Responsible   |
| <p>1. The most interesting part of my summer is my job as Activity Coordinator in a Care Home for people who suffer from dementia. It is an amazing and uplifting experience for me on a professional and personal plan.</p> <p>2. Book of the month: The Daily Stoic by Ryan Holiday</p> <p>3. Unfortunately I have not had an EFPSA reunion (so far) but I can't wait to see everybody at the Joint EB&amp;MR Meeting.</p> | <p>1. Going to Greece to find out there was someone at the same event from my hometown and we had friends in common. Also, he interviewed me for his radio show months ago! Ireland makes the world a small small place...</p> <p>2. Disney Twisted Tales... For anyone who enjoys nostalgia and princesses being awesome strong women.</p> <p>3. European Summer School where my team and I napped outside... Frequently!</p>  | <p>1. The most interesting moment was perhaps playing a gig at the after party of Swamp football world championships here in Finland (yes, it is a thing :D)</p> <p>2. I have been reading Moby Dick for the whole summer but have not been able to finish it so do not know if this counts as a recommendation :))</p> <p>3. We did indeed have an EFPSA reunion here in Helsinki about three weeks ago!</p> |
| <b>Kimberly</b><br>STA Coordinator   | <b>JRP Team</b>   |   |
| <p>Since I became the STA coordinator I have learned so much about EFPSA. I am very happy to work together with such a great team and I feel like we all became friends. Therefore, I am so looking forward to an EFPSA reunion in Slovenia because I didn't have the chance for that during this summer. My craziest moment this summer was a rafting trip in Norway, so much fun!</p>                                      | <p>1. The craziest moment of the summer was the time when the JRP teams did the EFPSA dance in the middle of Thessaloniki. It was loud and fun!</p> <p>2. "Against Empathy" by Paul Bloom. I know it sounds controversial, but it gives a whole different perspective on the perception of empathy. A must read!</p> <p>3. ESS: There we got together with Vita - our Academic Affairs Officer, Patrick from JEPS, as well as Nicola - our former Vice President. It was a week filled with fun and lots of inside jokes.</p> |   |