

# EM EFPSA Magazine

January 2020

## Behind the Scenes

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

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## Events

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## Question time!

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

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*European Federation of  
Psychology Students' Associations*



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**3** To improve  
psychology

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



## Introduction

Our dear reader,

We are excited to present the second issue of the EFPSA Magazine! Would you like to read what the Working Community and other enthusiastic psychology students have been busy with? Most importantly, are you free during April and want to attend the Congress for some self growth? Then, you are looking at the right thing. Now, keep calm and keep reading.

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### Behind the Scenes

Updates from teams  
and services



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### Updates

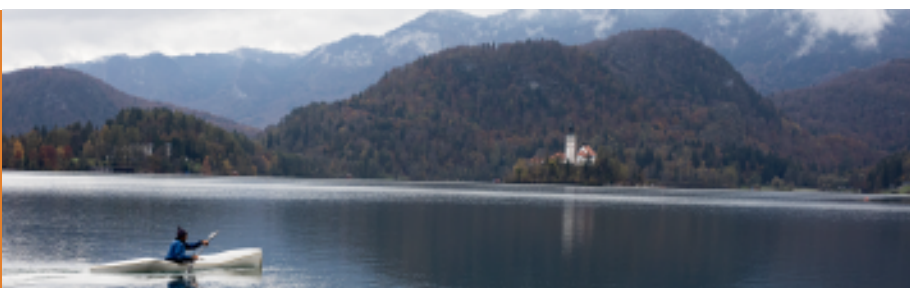
from MO's and Alumni



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### Events

Past, upcoming, and visited  
by EFPSA



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### Question time!

Working Community  
answers 3 questions





# Board of Management

Let's start from the Working Community's progress since the last EFPSA Magazine. In this section you will be able to get an inside view of 6 offices, 5 services and the Board of Management of EFPSA.

Board of Management has been busy during the past months with preparations to Joint Executive Board and Member Representatives Meeting and currently is working on preparations for the Second Board of Management Meeting.

The event will take place from the 29th of January to 5th of February 2020 in Prague, Czech. During the event Board of Management will discuss all the new possibilities of improving EFPSA which

were proposed during the Joint Executive Board and Member Representatives Meeting.

Apart from that, the Secretary General with the help of the Member Representatives Officer have prepared the e-voting in the end of November, where Member Representatives have voted upon the applicants proposed by Board of Management for the positions of the EFPSA Representatives in EFPA 2019-2021.

14 members have been chosen for the different Boards, Standing Committees and Project team of EFPA. We are congratulating them with the new positions.





# EFPSA Office

Human Resource Responsible of the Office has been focusing on teams' motivation and increasing performance within the working community, as well as implementing more activity on our LinkedIn network by establishing a plan for the working community. She is also preparing the second team reports for the Working Community in order to get feedback from them and improve the well-being, communication, and ultimately functioning of the EFPSA community. I am the Admin Support Responsible. Currently I'm still getting comfortable in my new role, getting to know the processes and structures of EFPSA being in the Working Community

and in EFPSA for the first year Admin Support Responsible has been focusing on the preparation of the newsletters, supporting the translation process of the EFPSA-Wikipedia-Page and not skipping the birthdays of the Working Community by sending birthday cards. And yes, I am writing this part of the newsletter. Let's move on to the other members of the EFPSA Office. Currently the Data Management Responsible is corresponding with the policy responsible to get all GDPR and data aspects right for the policy. Otherwise he is working on a filing system to get an overview over the data he has access to and provide a place to store

future data so that the upcoming DMRs won't be overwhelmed and confused. Position of the Web Support Coordinator is taken care of by Secretary General. Mainly on the website, we have made small adaptations to the 34th Congress team, if you want to check that out follow the link. The Content Review Responsibilities in the EFPSA Office have been editing all documents in EFPSA for multiple EFPSA teams as well as for events. The last big event was the conference in Czech Republic. They are also working on an instructive document about the content review process and writing in (British) English



# Marketing Office

The Marketing team is back in action! We had a renewed drive and passion Post the Joint EB &MR Meeting 2019. Here are just a small glimpse into what our team has been up to:

We started strong with Nikola Slivková, our photographer, both creating and editing the photos taken for both The Joint EB & MR meeting 2019 and the 4th EFPSA Conference, in record time. To follow that our team has benefited from our Social Media responsible Isaac Barbara, who has been posting our lovely picture and promoting EFPSA on instagram and facebook, you may have seen his work. He was also instrumental in filming for an upcoming Congress 2020 promotional video, while also aiding in the development of the EFPSA Infopack. He even modeled in some of our amazing new merchandise. The only thing I can add is like, favorite and subscribe!

We then head over to Bogdan Radičević, who both prepared and interviewed three special guests during the Joint EB & MR and helped with the creation of the EFPSA materials and our amazing merchandise photos. He is currently editing the first edition of the EFPSA Podcast into something spectacular. When it comes to infographics, Congress promotional banners and a new initiative we are working on, I can only say that Dora Daraboš has been spectacular, we hope you really like her designs.

Our Marketing Coordinator Anton Grebáč was saddened he couldn't meet us all at the Joint EB & MR meeting, but he has been working hard behind the scenes contacting the Congress Organising Committee with a project team and also developing a mental health contact database in preparation for our new marketing campaign. With Rastislav Marjov, working on solutions on how to make marketing communication both fair and more responsive, he is looking out for our team and making sure we are all in shape for producing content for you all.

Then we finally conclude with the recently elected Marketing Officer, George Savage. He has been working hard, making sure the team is both happy and productive, which is not an easy feat. He worked on many aspects of the EFPSA Day including the video we hope you all enjoyed, as well as the three new congress promotional videos that you will get to see in the next few weeks. He has helped edit the website, Facebook promotions as well as he is swiftly replying to any requests that other teams have for the marketing team. Overall our team has been working insanely hard to make sure EFPSA is promoted and to make sure all the hard work each team does gets seen. We hope you like this new revised team!



# Finance Office

## Grants

The Grants Team has been working non-stop for the last few months to deliver the best possible grant applications for European Youth Foundation (EYF) and Erasmus+ calls. The journey for finding new opportunities for psychology students to come and experience EFPSA spirit in our events was long and tiresome, but it is not over yet. We are grateful to share that we got the EYF Structural Grant for the year 2020-2021 and we are currently waiting for the results of our other applications. While we wait, we are preparing for the final reports of the ongoing grants that help us support this years Mind the Mind Campaign & Train the Trainers event and covered our expenses for EB&MR Meeting in Slovenia and many more. To help us with the process of reporting, we, as the Project Team, are organising a get-together weekend sometime in January with members from SII and TO. We cannot wait for a productive and fun meetup together in Croatia.

One last thing, a BIG thank you for all EFPSA teams that helped us to write the applications and for the fun and intense times shared together. We did it!

## Partnerships

EFPSA Partnership team is currently working on maintaining communication with current, mutually beneficial partners, such as Routledge, Eurosender and SLV-Global.

We are also excited to establish communication with new partners within the next few weeks! Making new partnerships is important for EFPSA as they help us ensure financial stability, and provide further opportunities for collaboration and growth.

We would like to thank our partners for support and we look forward to new partnerships!



# Events Office

Since the last EFPSA Magazine, the Events Office has been busy with the Joint EB&MR meeting in Slovenia and the EFPSA Conference, which took place in Prague! The events were both amazing and the feedback received was super positive, a massive well done to both Organising Committees! Furthermore, the work for upcoming events has been swiftly moving forward. We have also been on the hunt for new Organising Committees for 2020 EFPSA events.



# Member Representatives' Office

The previous months were really busy for Members Office and the Member Representatives! We offered our support to four organisations who are interested in joining EFPSA. We are in contact with them, organising meetings and providing them with all the information that they need in the process. During the Joint EB&MR Meeting, MRs exercised the voting rights of the Member Organisations, and they also prepared posters to present how their own student organisations work and what kind of activities they offer. Promising collaborations and useful discussions were started there and we are working on the development of some new ideas. We also had an e-voting session in November. Our Member Representatives and Vice Member Representatives, together with other local volunteers, were working hard on organising activities for EFPSA Day and shooting the EFPSA Day Video! It was a pleasure to see how motivated they were to spread the EFPSA Spirit! Currently their main focus is on the upcoming EFPSA Congress in Ireland as they are promoting the event to encourage interested students to apply.





# External Relations Office

The work of Policy Team and External Relations Coordinator has been ongoing since the last EFPSA Magazine.

Kotryna (External Relations Coordinator) held a workshop at the Joint Executive Board & Member Representatives Meeting 2019 together with EDSA and EPSA on interprofessional education. Kotryna is now talking to IFMSA, WHO, & JEE to establish a partnership or a Memorandum of Understanding. Next to that, Kotryna is planning on attending the EHSAS event planned for January together with repre-

sentatives of EMSA, EPSA and EDSA. Furthermore, EFPSA published the Press Release on AMR.

Policy Team is very satisfied that the two Policy Papers Open Access & Refugee & International Migrants and their Mental Health were approved by the Member Representatives at the Joint Executive Board & Member Representatives Meeting in Slovenia. Furthermore, Eleftheria (Policy Coordinator) is working on updating the Privacy Policy together with EFPSA Office. They had an online training in the past month.



# Study and Travel Abroad

During the past three months since the last newsletter we had another exchange between Belgium and Portugal. The very promising theme for Leuven (Belgium) in September was “Eat Sleep Party Repeat”. For the second part in Coimbra (Portugal) in November another interesting theme, “Emerging Areas in Psychology”, was chosen. We are very happy that 24 students were able to benefit from this great experience. Right now, the Malta-Romania exchange is still going on. Moreover, the call for our internship opportunity in Belfast, United Kingdom was opened. We are very excited to select the best candidate and propose it to the University’s responsible soon.

After the great success of the discount for Hostel Treasure in Ljubljana before and after the Joint Executive Board & Member Representatives Meeting 2019, we are trying right now to establish more deals in Ireland for the congress in 2020. Our Study Abroad team could publish some more blog posts such as, for example, the experience story about an internship at the Queen’s University in Belfast. Moreover, we are getting more active on social media again with great stories and pictures, so make sure to follow us (Instagram, Facebook). The whole STA team wishes you happy holidays and a great year 2020. We are excited about the new projects that lay ahead of us.





# Training Office

During the last three months, since the previous newsletter in September, we have gone through several tasks within the Training Office: We have reviewed, interviewed and accepted 6 new external trainers within the EFPSA Trainer's Pool and we are very happy about them being part of our organisation. Following this, we proceeded to revise the criteria that externals and national trainers need to fulfil in order first to apply for the Trainer's Community and then for Trainer's Pool. The document is in a review process before it is ready to be shared within and outside the federation! We also opened the call for the 1st wave to the pool for our TtT graduates, we reviewed the applications and 3

new candidates became EFPSA Trainers. In parallel, we were working on the creation of the Mind the Mind and Better Together training material and guidelines, so that the trainers for the campaigns can use a suggested outline for the content of their trainings having included the most essential topics and goals that needed to be covered. Last but not least, we selected the TAT 2020 Trainers' Team Coordinator, whose name will be announced during the selection process of the TAT Trainer's Team in the upcoming days! The Training Office wishes you the happiest holidays of your life with your loved ones. Do not forget to spread your love and kindness everywhere around you! :)



# Journal of European Psychology Students

Since the beginning of the mandate, the Journal of European Psychology Students (JEPS) has already received 27 submissions and published five articles - about weightlifters, reproducibility, non-significant findings, conjunction fallacy, and driving culture. We wish to congratulate the authors on their publications and kindly invite everyone to read their papers on our homepage [jeps.efpsa.org/articles/](https://jeps.efpsa.org/articles/). We have also been very busy with preparing blog posts on various topics - from research, reading suggestions, to PhD tips, and the new APA manual.

Some of them are already published and as usual, you can find them at [blog.efpsa.org](https://blog.efpsa.org). Besides these two editorial tasks, the JEPS team also is delivering trainings to the up-and-coming JEPS Ambassadors. They will help us spread the word about sound science, transparent reporting, and publishing opportunities at the local level. Isn't that exciting? Stay tuned about the latter, as well as other projects, by following our social media: [facebook.com/efpsa.jeps/](https://facebook.com/efpsa.jeps/) & [twitter.com/efpsa\\_jeps](https://twitter.com/efpsa_jeps)





# Research Programme

These last couple of months have been very busy for the Research Programme team. It has been a period of changes. We restructured the programme; its' structure, role descriptions, our name (as you can already see) and along with that we are updating new documents and guidelines for a better functionality of the programme as a whole.

Apart from that, we have started to collaborate closer with JEPS, by being more involved with the process that our teams are going through. So far, the teams are actively planning their Mid-programme meeting for this winter while still going strong with their projects.

Also, the first online trainings have been delivered to our teams by the Training Office and we couldn't be happier about that!

# Social Impact Initiative

Since September, Social Impact Initiative was kept very busy with starting the new waves of our campaigns. Under our mentorship, Local Coordinators (LCs) have already gathered volunteers and organised trainings for them. The entire team also attended the Joint Executive Board and Member Representatives' Meeting, where we connected even better and discussed new ideas to further improve our Service. We have updated the workshop and training materials to make our campaigns even better. Even the first workshops have been delivered! Meanwhile, Mind the Mind got its new, cute merchandise and we are already planning to make more of it. Social Impact Initiative team now mentors 67 LCs in 26 countries for Mind the



Mind campaign and 21 LCs in 13 countries for the Better Together campaign! We are also keeping our social media presence high and have great posts planned, so keep tuned (and follow us on Facebook and Instagram in case you don't already!).

# Member Organisations

The Macedonian MO Psihesko was invited to attend the 45th Anniversary of the existence of the Institute of Psychology, which was held as a conference. For Psihesko it was a great step toward strengthening their relations with the faculty. In the middle of October, the MR of Macedonia, Viktor Jolakoski, became the president of Psihesko, and the Vice MR Daniela Nestoroska, became the head of IT, Marketing and Social Networks Office. Their previous president, Marija Taneska, is now the head of Research and Barlet Begiri is now head of Events Office.

After the EB&MR, Psihesko had an Open Day at the university, with the goal of promoting the association and gaining new members. They have also organized a team-building weekend called Motivational Weekend. It was held in a big house in a small and peaceful mountain place. There they had team-building activities in order to get to know each other better and set ground for the group dynamics for the following year. They worked on a SWOT analysis for the MO, by which they defined what the goals for this mandate should be.

Two MOs, CASP (Czech Republic) and psyCH (Switzerland), organised Trainers' Meeting TRAM together at the beginning of November. This idea was originated at TAT in March already and finally they met in the Czech Republic half a year later. CASP, psyCH and other organisations' Trainers from all over Europe joined.

The topic of the weekend was "Facilitation." The first evening was spent on get-to-know activities and training sessions preparations. There were 7 trainings during the whole Saturday divided into two parallel sessions. We ended this intense day with the presentations about different organisations' Trainers' Communities that participated in the TRAM. The best training practices, tips and tricks were shared. The day was closed by introductions of the countries at the Cultural evening.

On Sunday, they continued with the Training Station with thinking about their next steps. Some new collaborations were set up and even more amazing ideas about other events were originated. The weekend ended with a Closing Ceremony.

The Organising Committee was very grateful to notice that participants were always curious, such an open minded and for all the inspiration that we got at TRAM! The goal is to continue the collaboration between CASP and psyCH in the future even more.



### Past

The Joint Executive Board and Member Representatives Meeting 2019 was held in Zgornje Gorje, Slovenia between the 26th of October and 2nd of November. The event was attended by a total of 85 Working community members. The event was an amazing culmination of EFPSA spirit, and, even though we had some small bumps along the way, the event went very smoothly. Massive Thank You goes to the super patient Org Com who attended to everyone's needs and was always super helpful! We would also like to thank everyone who attended, for working for EFPSA and making the week one to be remembered!

#### The Joint EB & MR

The 4th EFPSA Conference was held in Prague, Czech Republic, between the 21st and 24th of November. The theme of the Conference was Environmental Psychology and speakers from all around Europe, and beyond, came to present their work! The event was attended by a total of 150 participants. It was amazing to see how environmentally friendly everything was, the Organising Committee saw to the tiniest of details! Thank you to everyone who attended and well done to the Org Com for such a well-organised event!

#### EFPSA Conference

#### EFPSA Day

EFPSA Day was spectacular, so many countries got together and shared EFPSA Spirit. We have been receiving photos from many different Local Organisers and Member Representatives, which will be shared soon. The EFPSA Giveaway will be a strong competition this year, so keep checking our social media. Followed by the EFPSA Day Bubble 2019 Video that twenty-one countries helped create. Check it out: <https://youtu.be/MQ3Fc7JH-UM>. We launched the official EFPSA Congress Ireland 2020 Website, so, you guessed it, applications are now open! Don't miss your chance for an unforgettable trip. We would also like to again thank everyone that got involved and that it really felt like it was EFPSA's birthday! The EFPSA Lottery Result will be live streamed on Facebook after the 18th of December 2019.

#### EFPA PCM

EFPSA got invited to Kyiv to attend the Presidents' Council Meeting on Friday 29th of November 2019. This meeting is attended by Presidents of Member Associations of EFPA and the EFPSA President is invited as an affiliate member. As the new Executive Council (EC) of EFPA was elected in July, the EC presented new ideas and practices for the coming years. Ying Wai Cheung (President) shared the students' perspective on the new plans and presented updates of EFPSA regarding the last couple of months. Moreover, Anna Leybina has been chosen as the liaison of EFPSA within the EFPA EC. She is eager to join the 34th EFPSA Congress in Ireland and shared that she sees a lot of potential in EFPSA.

### Upcoming

# EFPSA Congress 2020 Ireland

The overall aim of the 34th EFPSA Congress is to build strong connections on both a personal and professional level. There will be a wide range of professional keynotes, lectures, and workshops on diverse psychological topics, controversies and research. Join us between the 9th and 16th of April (2020) and Explore the Future by Looking Through the Lens of the Past! Applications are open until 12th January 2020 at 23:59 CET.



## Question time!

What is your favourite moment from the Joint EB&MR Meeting?

### Mary, MR of Ireland

My favorite moment from EB&MR would have to be rolling down the hill at 4am with the most wholesome, energetic and profound people I have ever met. It was the purest form of fun one could hope to experience!

### Nicole, EFPSA Congress 2021

I liked meeting people for the first time, who I had been working with for the past couple of months. It was lovely seeing them in person, easier to discuss things and so nice to be able to relax and have a drink with them as well. Especially the cultural evening puts a smile on my face, every time I think about it. It was awesome to see performances of typical things for a country/countries.

### Veronika, Member Representative of Czech Republic

I would say that the whole week at EB&MR belongs to my best EFPSA memories. It was an amazing time for me full of sessions and new information. But although we had a pretty busy schedule, I enjoyed every moment in Slovenia. I got to meet many friends as well as got to know new people from all over Europe. I liked the interesting discussions, sharing our experiences or just talking with students who are interested in voluntary work in the same way as I am and are passionate about EFPSA. And last but not least, the Spirit of Cultural Evening and Karaoke night became one of the most unforgettable moments of my life. Dancing an EFPSA Dance and singing Bohemian Rhapsody or African songs all together was just amazing and very powerful for me. I hope to experience this spirit in the future. Maybe at the upcoming Congress pretty soon!:)