

# The European Federation of Psychology Students' Associations

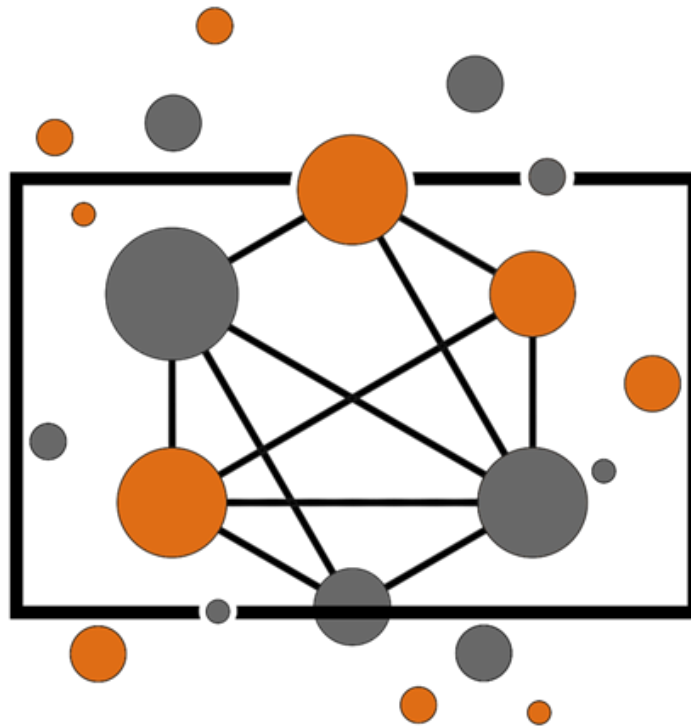
Website: <http://www.efpsa.org>

# 13<sup>th</sup> EFPSA European Summer School

Communication & Learning in the Digital Age

Lithotopos, Greece

8-15 July 2019



### A Message from the Organising Committee

You're invited to spend a week of summer with us in the Greek countryside, where you'll get the chance to work on some of the, hands-down, most interesting research projects you've ever read, have some relaxing moments by the nature, and create some nostalgic memories during the afternoons and nights of our social programme. The intention is to make you have one of the best weeks you've ever had in your entire life, so sit back, relax and enjoy the show. -Okay but don't you forget you also have to work.

-The ESS Organising committee

*"Once again...welcome to my house. Come freely. Go safely; and leave something of the happiness you bring."* — Bram Stoker, Dracula

## Introducing EFPSA

The European Federation of Psychology Students' Associations (EFPSA) is a non-profit organization run by psychology students, for psychology students. As a federation, we represent the national student psychology associations of over thirty European nations. At the forefront of the organization's goals is to represent the needs and interests of the European psychology students through providing access to a range of annual events and several services. As an academic organization, our priority is to promote scientific corporation and development of the psychology students in Europe.

At the same time, we recognize the unique diversity of the organization not only as a core value of EFPSA, but as something to be actively promoted and built upon. After all, the vast majority of our activities are managed through virtual teams made up of a multitude of nationalities, backgrounds and cultural heritages.

Representatives from just eight European countries founded EFPSA during the first international congress for psychology students in Lisbon University, Portugal, 1987. Since this time, EFPSA's history has been marked with successes and development. Importantly this includes developing its status and recognition on a European level: EFPSA was registered as a international association by Belgian law in January of 1989, and in 2001 EFPSA was integrated as a student division of our parent professional organization, the European Federation of Psychologists' Associations (EFPA). To the present day and EFPSA now includes 33 student organizations across Europe.

The organization of EFPSA is maintained through the work of the three divisions of the organisation: the Executive Board, the Member Representatives, and a seven-person Board of Management. Altogether there are more than one hundred individuals who take up positions within EFPSA to serve mandates, which last one year. We specifically represent the EFPSA foundation in the Netherlands and are allied to the Student section of the Dutch Institute of Psychologis. SPS NIP hopes that this document provides you all the information you need and delivers you an insight on a truly unique organisation, rich with opportunities and resources for students of European psychology

### *Our Mission*

Our mission is to bring psychology students together on a European level to enrich their concept and application of psychology and encourage skill development in order to contribute to the improvement of the field; have a positive impact on society and its perception of psychology; support scientific and social interaction and cultural exchange between psychology students, academics and professionals.

How do we implement this?

By consistently developing our services, events and the quality of interaction between European psychology students and their national, regional and local associations, we create an encouraging environment for psychology as a professional and scientific field in Europe.

### *EFPSA's Vision*

To have a psychologically aware society where the misconceptions that surround it are diminished in order to enhance general well-being; to provide services and events that accommodate the vast expanse of needs of psychology students to develop themselves professionally and reach interconnectedness across all of Europe.

### *Our Values*

*Association,*

As an organization, to be connected both internally and externally, within the EFPSA working community and with organizations who share a similar mission and values.

*Clarity,*

To have an integral, coherent and consistent approach to all aspects of our operations

*Diversity,*

To accept the differences; to respect and welcome them as valuable assets

*Fortitude,*

To have courage in adversity and unforeseen circumstances

## The European Summer School 2019

The European Summer School (ESS) is one of the events that EFPSA organises and it is hosted in different countries each year. The ESS is a unique academic and cultural event that will be held in 2019 in Greece. The event brings students and academics from across Europe together to engage with not only each other, but also with psychology, culture and research in settings far removed from typical university surroundings. This represents the national, but also the European diversity. Students will be provided from a diverse range of activities that will help them and their academic experience. They will attend different lectures and workshops from experts. Furthermore, the students will have the opportunity to join a research team, while they are being supervised by a Ph.D. researcher. The projects place an emphasis on inter-cultural investigation and carried out over the following 12 months.

### *Elements*

Although the European Summer School is being held every year, it's a very dynamic event. This means that the theme, lectures, supervisors, organizing committee, participants, and the host country or region change. Every year it's a new experience, but some elements go into every European Summer School event.

### *Research Projects*

For example, the research projects are a recurring element in the ESS. This will give the students that participate an opportunity to get involved in planning and conducting research projects under Ph.D. guidance. Students will choose from six different Research Projects and begin work on their project at the ESS. After the ESS this work will continue under the Junior Researcher Programme.

### *Academic Lectures*

Students can follow lectures and workshops at ESS. These activities are given by experienced researchers and practitioners of Psychology.

### *Contact & Supervision*

Another important element in the ESS is the contact and supervision. Each Research Project is supported by a Ph.D. candidate, who remains with the group for its duration. These experienced and published researchers provide advice and direction on a range of practical and theoretical issues which groups are likely to encounter.

### *Ph.D. Airtime*

We recognize the value of an Ph.D. Supervisor, the experience of research and the Ph.D. life they share with the students is of great value.

## The organising committee

<https://www.youtube.com/watch?v=IMalvNeJFLk>



**Ilya Tseremegkli-Iliopoulou**

*Head of Administration team*

If I were an animal, I would probably be an elephant- because I stick with my loved ones, I am very emotional, and I drink a ridiculous amount of water. P.S. I think the huge stuffed elephant that always sits on my couch would agree with that.



**Maria Kosma**

*Head of Marketing team*

If I were an animal, I would probably be a pig because I love piglets! I also love traveling just like pigs which are found and raised all over the world. Also, I look pink and shy at first glance, but I'm also a fierce spicy piece of bacon after a while overturning peoples first impressions very often. And that's what pigs do too, not all of those are so dirty after all!



**Marilena Liakopoulou**

*Head of Social Programme team*

If I had 24 hours to live probably, I would spend the most of my time with the people who are important to me and my family. We would be recalling old memories, we would laugh, we would cry. In the end I would tell each and every one of them how much I love them, and I would give one last piece of advice; to live their lives at the fullest. My last hours I would spend them at a quiet place, probably at a seashore looking at the stars and be grateful for everything I had and lived.



**Maria Ploumaki**

*Co-Head of Finance team*

If I had 24 hours to live, I would spend it this way; I would rent a car, I would invite my favorite people in this ride, I would chose my favorite indie playlist and then drive all day ,drinking beers(except me because I would be driving)and telling stories etc. In the end we will go to our favorite concert and laugh and cry about our fate.

**Antonis Salonikidis**

*Co-Head of Finance team*

If I had any superpower that would definitely be the ability to teleport anywhere I want, anytime. I am not particularly good with time and I am often late in almost any kind of appointments.

Teleportation would of course also give me the ability to travel anywhere I want for free, without having to go through the process of preparing for a trip. Which is always cool.



**Antonis Tsikelas**

*Head of Organising committee*

If I had a superpower that would absolutely be teleportation! I've always had issues with punctuality, so running through traffic lights every day and risking my life makes me think of how much easier life would be if I could just teleport to wherever I want to

go. Also, free traveling!

p.s. that was not planned





## Welcome to Greece!

Greece is a tiny country in Southern Europe, on the southernmost tip of the Balkan Peninsula, with extensive coastlines and islands in the Aegean, Ionian, and Mediterranean Seas. Its official name is “Hellenic Republic”. This name comes from the country’s historical name “Hellas” (Ελλάς) or “Ellada” (Ελλάδα), in modern Greek- which is the name Greeks use to say to this day when referring to the country. The official language is, well, Greek language, which – together with Latin language- has shaped most of the international scientific vocabulary.

Greece is a mountainous country, actually it is the 2nd largest mountainous country in Europe after Switzerland. However, it also has the 11th longest coastline in the world, and counts around 2000 islands (of which only 10% is inhabited). In fact, no matter where you are in Greece, you are never more than 137km away from the sea! The climate of Greece is Mediterranean- this means really hot and dry summers, and cold and wet winters-but definitely not even close to the cold winters of other European countries. Many parts of Greece experience snowfall and rain during winters and on summer temperatures often reach 40°C. The country counts a population of about 11 million, although this number has significantly increased following the migration of the last years.

Now, if you are a history nerd, Greece is the place to be. We will not tire you here with information that books and the internet may tell you better than us, but, shortly, Greek history is divided into the following periods: Neolithic Greece (7000 BC-3200/3100 BC), Helladic/ Bronze Age (3200/3100- 1600-1100 BC), Ancient Greece (1100 BC- 146 BC)- with sub-periods like Dark Ages, Archaic period, Classical period, Hellenistic period, Roman Greece (146 BC- 324 AD), Byzantine Greece (324 AD-1453 AD), Ottoman Greece (1453-1821) and, finally, Modern Greece, the period we live in now, which started with the Greek revolution at 1821, thanks to which Greece was became an autonomous country.

*So what about modern Greece? Here are 10 interesting facts that focus on the wonder and beauty of modern Greece:*

1. Greek food is world famous and delicious. Tzatziki, Feta Cheese, Olives, Moussaka, Gyros, Spanakopita, Greek Salad, Calamari, Kleftiko are just a few examples.
2. Greece is one of the sunniest countries in the world. Did you know that the whole country has more than 250 days of sun on average? Some islands even see around 300 days of sun per year!

3. Greeks are extremely expressive. We are relatively “loud” people, always ready to hug everyone and suddenly burst into traditional dances at any given place and time. Just don’t irritate us while we’re driving.
4. There are more than 4,000 traditional dances in Greece. It’s true. We really love to dance and break plates.
5. If a Greek “spits” on you is usually a good thing. It is believed (mostly by older Greeks) that spitting chases the devil and misfortune away. That is why when someone transfers bad news such as a death or an accident, the people who hear it will usually spit three times.
6. Greeks celebrate “name days” like birthdays. on a specific day every year – which is dedicated to the Saint that we got our name from- it is more than sure that all the aunties from our mom’s and dad’s home villages will call to wish us (and start asking about how university is going and when we will get married).
7. Greeks are family centered. Family plays a big role in our lives. And when we say family we do not mean only the 3-4 people you grew up with, but also the distant relatives.
8. Over 40% of the population lives in the capital Athens. Since becoming the capital of modern Greece, its population has risen from 10,000 in 1834 to almost 5 million.
9. Approximately 16.5 million tourists visit Greece each year. More than the country’s entire population.
10. Greece has the lowest suicide rate in Europe. Even though suicide rates have risen dramatically in the past five years in the country due to the economic crisis, Greece remains the country with the lowest suicide rate in the European Union and second in the Western world behind Malta.

## Blending Culture and Academia

Since the ESS invites students at Bachelor and Master level, as well as Ph.D.’s and lecturers from Europe, the Summer School is naturally remarkably diverse. This vibrant mix of people and backgrounds creates an atmosphere that remains lively and highly engaging on both an academic and social level throughout the week. Moreover, an ever-increasing amount of research highlights the importance of cultural differences in our psychological makeup. Many studies emphasize the role that such diversity can play in the development of cognition, as well as our perception of the world around us. In light of this, the ESS represents an ideal platform from which to launch into cross-cultural research. An appreciation for cultural open-mindedness is ever-present at the ESS. This is particularly true when it comes to the social programme of the week, where we do all we can to ensure participants make the most of their surroundings. A field trip is built into the ESS, where a day is taken out of the academic programme to explore the local area. City trips,

cathedrals, vineyards, and much more have previously provided exciting grounds for these excursions. Of course, while learning about the national identity of our hosts is important, we also know a break from the work is well deserved halfway through the week. Another exciting element is Cultural Night – an evening devoted to celebrating European diversity and one not to be missed, particularly for those keen to taste countless new foods from across the continent!

## Social Programme for ESS 2019

*Monday 8/7:*

Welcome to the Participants. Pub quiz during the night.

*Tuesday 9/7:*

Opening Ceremony, Team-Building & Cultural Evening.

*Wednesday 10/7:*

Pool party during the night.

*Thursday 11/7:*

Excursion day! Trip to the centre of Thessaloniki and then to the beach.

*Friday 12/7:*

Show night.

*Saturday 13/7:*

Bonfire night by the lake.

*Sunday 14/7:*

Closing Ceremony. Farewell Gala during the night with a floral themed party.

Lots of fun activities and challenges throughout the week!



*"I know I am but summer to your heart, and not the full four seasons of the year."* - Edna St. Vincent Millay