The European Federation of Psychology Students' Associations

Annual Report

2013/2014
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Introduction to EFPSA

The European Federation of Psychology Students’ Associations (EFPSA) is a non-profit organisation run on a voluntary basis by psychology students of Europe. Established in 1987, EFPSA has grown into an exciting and diverse student organisation providing a number of annual academic events and hosting several online services for European psychology students. As of April 2013, EFPSA represents thirty-two European psychology student associations – each formally acknowledged as Member Organisations within the federation.

As a platform for academic, professional and personal growth by way of a broad selection of unique opportunities on offer, together with a dynamic ethos promoting development and creative initiatives, EFPSA continues to attract more and more students each year to take part in EFPSA activities as participants, benefit from our online services or contribute to the organisation’s future by fulfilling positions within its Executive Board and Member Representatives working community.

Mission

Our mission is to represent the needs and interests of the psychology students of Europe, improve psychology, develop ways and habits to contribute to society, and support scientific, social and cultural cooperation between students, academics and professionals.

Vision

We work toward developing our services and events to provide students with possibilities to grow both as professionals and as individuals by learning from one another and cooperating with academics and professionals in a multicultural environment. We endeavour to raise awareness of psychology, lessen misconceptions of it, and integrate psychological concepts into society.

Values

European Integration

As an organisation of European psychology students, we try to enhance the integration between European countries, regions and cities. By organising events, offering services and focusing on communication, we want to enhance the scientific and cultural exchange among members of the European community.

Organisational Proficiency

As an organisation that is always developing and welcoming in new generations of volunteers, we value creative and innovative improvement, and strive for efficient management, transparent structures and long-term sustainability.

Diversity

We are aware of our differences; we respect, celebrate and welcome them as a valuable asset. We cherish cross-cultural learning, actively promote inter-cultural experiences, and encourage exchange on scientific, cultural and personal levels.

Integrity

We are committed to principles of trust, responsibility, co-operation, and professionalism between those individuals who work for the organisations. In all our work we aim to be flexible in our ability to consider new ideas and perspectives, as well as creative in our development of a sustainable organisation.

EFPSA Spirit

We believe in open communication, exchange of ideas, freedom of expression and friendship. We respect initiative and proactive thinking and above all believe that with commitment, positive thinking and integrity we can achieve our mission whilst maintaining our values.
Executive Summary

Dear Reader,

As participants, speakers, guests, Executive Board members or Member Representatives we all take different experiences from our time in EFPSA. But though matter our level of involvement, perhaps one thing that is immediately recognisable in EFPSA is that this is an organisation built around people – meeting new people, friendship and the sharing of knowledge and experiences. For those who work within EFPSA, bettering the organisation and providing evermore valuable experiences whom we seek to offer opportunities for personal and academic development is a goal which we can take pride in having shared with a thirty-year old community of like-minded individuals.

It is in the collaborative aspect where we find individuals committing their time and energy, skills and passion to EFPSA’s cause. Collectively, the work of the Executive Board of around sixty individuals and a group of thirty-two Member Representatives supports the maintenance and development of EFPSA. The experiences and skills gained by working within EFPSA are perhaps understated in comparison to the opportunities the organisation offers to participants of events and users of online services; but they reflect the unspoken consequences of time, creativity and dedication put into the organisation by its volunteers.

The EFPSA Annual Report is prepared to account for the accomplishments of each mandate. This 2013/2014 edition has been written with the hard work of those volunteers very much in mind – to attest for their dedication, and to convey the very significant and meaningful outcomes of their work. At the same time, we would be remiss not to acknowledge efforts of mandates past, whose work lay the foundations from which we worked and for which we remain grateful.

It is a credit to the character of individuals who work within EFPSA that we can publish a report such as this; detailing so many accomplishments, creative developments, and successful events. Across all teams, the common goals of improving EFPSA, welcoming more people into our community, and providing something uniquely personal, and academically orientated to compliment studying psychology, translated endlessly into ambitious projects and successes that led to improvement of our activities and working practices.

We feel confident in labelling the mandate as successful one for the simple reason that progression was achieved on so many levels. A record number of nine planned events took place during the mandate; while services were maintained and considerably advanced through the introduction of new features and promotional strategies. Our marketing practices also developed significantly and in point of fact we achieved a record numbers of applications for events. New legislative protocols were introduced to improve our General Assemblies and voting procedures. And seeking to expand EFPSA’s external affiliations, we secured two new partnerships which each carry some very exciting and long term prospects.

Working within this atmosphere for the twelve months of the mandate was an immense privilege. I believe I can speak on behalf of the Board of Management when I say that the experiences of the mandate will remain with us for years to come. Throughout the mandate we were continually impressed with the talents and commitment of those around us. I would close simply by noting my deepest personal respect and gratitude to all those who were a part of the mandate and contributed so much to the organisation.

Sincerely,
William Steel (President 2013/2014)
Intentions for the Mandate

Responsibility, Integration & Outreach

Our mandate began in April 2013 at the annual Congress, hosted in Izmir, Turkey. We have come a long way since then, but we certainly didn’t forget several of the important commitments we made back in those early days. Principally, we opened the mandate in pursuit of assuring EFPSA activities, and our own work, incorporated three central values: responsibility, integration and outreach…

We envisioned taking responsibility for ensuring steady growth of EFPSA in line with its mission and strategic plan; maintaining a responsibility to psychology students and their needs; and acting in a professional manner.

We set out to integrate work between working components of EFPSA, thereby making the work of teams more efficient and coordinated in pursuit of shared and individual team-based objectives.

We sought to extend EFPSA opportunities to more students than ever before; heighten awareness of EFPSA within the regions currently covered by the EFPSA federation; and push the boundaries of EFPSA’s reach via new initiatives and novel activities.

Strategic Planning 2013-2018

“moving from strategic planning to strategic implementation”

The strategic plan took the four core goals of EFPSA and used them as contexts within which to formulate objectives that were set against a timeline of five years. Ultimately the goal was to secure some consistency between year-long mandate and ensure steady development of the organisation. The first mandate to run in accordance with the aims of the plan was that of 2013/2014.

Presenting a few brief thoughts about the EFPSA strategic plan is especially useful to open this mandate report with, since it frames the activities and outcomes of the mandate and at the same time reflects the work-ethic adopted by the EFPSA community, the Executive Board (EB) and Member Representatives (MRs), and in particular the Board of Management (BM), during the mandate.

At the beginning of the mandate, the BM introduced the idea of moving from strategic planning to strategic implementation as an attitude we sought to maintain through the mandate: not only did we want to meet objectives set for the first year, but also nurture plans which could be developed over the second, and even third years, in order to achieve EFPSA’s longer term ambitions. With this in mind we committed ourselves to making clear and proactive steps towards ensuring the strategic plan was fulfilled.

We considered the first year of the plan to be especially important on account of it being one that should be setting foundations and an encouraging course for the coming years. In this regard we felt it our duty and privilege to safeguard the ethos and hopes of the strategic plan, whilst also working to bring about its application within EFPSA’s activities and development. In so doing we reached the end of a massively successful year, one we’re certain will contribute towards the bright future of EFPSA.

We would note also that the end of this first year of the strategic plan 2013-2018 timeframe we considered it appropriate and meaningful to account for the mandate’s accomplishments that were directly related to the objectives set forth in the strategic plan – hence, a strategic review of 2013/2014 has been compiled into a document that is available through the EFPSA website. This document (“Strategic Review: 2014”) should be considered an important addendum to this mandate report. Altogether we were immensely pleased with the mandate outcomes in respect of the strategic plan and wish to thank all members of the EFPSA community who contributed their time, energy and passion to the fulfilment of these ambitions.
Activities – Annual Events

Abstract

The hosting of annual academic events for psychology students has always been at the heart of EFPSA. In recent years we have established a portfolio of five annual events ranging in size from just twelve participants to over three hundred – each of these has been improved year on year and developed a solid reputation for providing unique academic, social and cultural experiences.

This mandate we were especially excited to have introduced a sixth and seventh event to that portfolio – the Conference and Train Advanced Trainers school.

A continued high-standard of preparation and promotion prior to events, together with great implementation of scientific and social programmes has been delivered by event organisers through the mandate to ensure that participants’ presence at an EFPSA event is as welcoming and memorable as it is academically and culturally enriching.
The seventh edition of the research-based ESS was hosted in the beautiful castle of Obsinnich, near Voeren in Belgium, for one week in July. ESS VII received over 200 applications, which was more than any other year. From these just 40 lucky participants were selected to take part.

The event delivered a outstanding line-up of lectures who spoke on the theme of ‘Psychology & Well-Being Research’: Dr. Sam Norton (King’s College London), Prof. Omar van den Bergh (University of Leuven) and Prof. Felicia Huppert (University of Cambridge). Meanwhile, much of the programme was spent on establishing foundations for the six research projects which were subsequently conducted over 13 months within the Junior Researcher Programme.

After the event, a new organising committee was formed and Austria was chosen to host ESS VIII, July 2014. This team was also part of the mandate and made excellent progress in their planning of an event which was sure to continue the trend of building on previous year’s experiences to deliver even greater experiences.

The second edition of the JRP Conference & Internships was hosted at the University of Cambridge, England, in August 2013. Over 70 persons registered to attend the JRP Conference. Meanwhile a smaller group of students from the 2012-2013 JRP research cohort also took part in the Internships over the month of August, working on the Global Healthcare Access Policy project, under supervision of Dr. Kai Ruggeri (JRP Director of Research).

The Conference expanded on its first edition with a new two-day format. The first day was hosted in the Department of Psychology of the University of Cambridge and featured a panel-discussion on the role of psychology in policy-making, followed by a poster session in which both JRP research projects and personal studies were on display.

On the second day, the 2012-2013 research cohort presented outcomes of their projects to a large audience of peers, researchers and other guests – you can read more about these outcomes on page 14. Individuals from three groups of the 2011-2012 research cohort also presented updates of studies which had extended beyond the typical 13-months of the official JRP framework – a wonderful demonstration of the success of JRP projects and the ambitious character of both JRP students and the programme itself. Marking the official end to the 2012/2013 research programme, a formal dinner was held in the beautiful setting of Corpus Christi College.
**Train the Trainers summer school IV**

The fourth edition of the TtT was hosted in the beautiful surrounds of Malta, and welcomed into EFPSA a fourth generation of new and enthusiastic trainers after they completed their induction week.

In total, 12 participants and 4 trainers attended the week long event, together with a professional trainer who attended, courtesy of ThinkTalent. Several participants of the event applied to take up positions in Training Office for the 2014/2015 mandate. Others joined the ‘trainers team’ – established for the first time this mandate to deliver trainings to the new Executive Board and Member Representatives during the Congress in Romania, April 2013.

The event was superbly hosted by members of the EFPSA Member Organisation from Malta, Beta Psi – this was their first hosting of an EFPSA event and deserve a sincere congratulations and gratitude.

Shortly after the event, a team of organisers from Slovenia was selected to host the fifth TtT, which will be held 23 – 30th August 2014.

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**Conference I**

The first EFPSA Conference took place in November 2013, in Amsterdam, the Netherlands. From academic, social and organisational perspectives the event was a resounding success.

With ambitions to concentrate on providing an excellent academic programme, and taking a step away from the typical week-long, accommodation-included, model of other EFPSA events, there was a lot of expectation – but the organisers produced a wonderful event, setting an extraordinarily high standard for future editions and surpassing all our hopes.

With the theme ‘Networking: from Neuron to Society’, the Conference addressed contemporary topics in current psychology and neurosciences, as well as their implications on the socially relevant themes with an exciting, broad mix of lectures and workshops.

A ‘Networking Day’ also featured in the programme, during which 75 local students were invited to attend lectures alongside the international participants.

A highlight of Networking Day was the ‘Master Market’: several universities from around the Netherlands hosted exhibition booths and posters showcasing their psychology programmes for master level study. The day also featured stalls from JEPS and the Social Impact Initiative.

It subsequently decided that the Conference should continue in a biennial fashion (once every two years). A call for applications to host the second Conference (2015) was launched; and at Congress, April 2013, Slovakia was nominated to host Conference 2015.
Train Advanced Trainers school I

This was the first edition of the Train Advanced Trainers school – a second level education event for European trainers. In attendance were 27 participants from 12 countries and 11 organisations. A core aim of the event was to create the framework for youth trainers to share practices and extend their network at European and inter-organisational level.

The event marked a watershed moment in the development of EFPSA’s training portfolio since its being established in 2010 – bringing the experiences and passions of the Training Office to an international stage.

Collaboration was at the heart of the event for the Training Office who envisioned developing links with international training organisations. In total 18 trainers from external organisations attended the event; these including BEST, EESTEC, AIESEC and AEGEE. Participants of the TAT established an online platform for youth trainers, named ‘The Hive’, a network that will encourage knowledge exchange between trainers. The community has since planned three meetings for autumn 2014, in France, Poland and Netherlands.

The event was hosted by a Lithuanian team from the Association of Lithuanian Psychology Students (LiPSA) – a Member Organisation of EFPSA. Notably, this was the first EFPSA project that was funded by a European Council grant, the European Youth Foundation grant programme.

The call for the next TAT was made following the Congress in Romania, and a team of organisers from Finland were selected as the new host.

Congress XXVII

The 27th annual EFPSA Congress took place in Baile Felix, Bihor, in Romania, 27 April to 4 May 2014. The week marked a wonderful end to the mandate and featured a full and exciting schedule: an extraordinary scientific programme, exciting General Assemblies, an action-packed line-up of social activities that included a breath-taking excursion to a salt mine and national reserve, and several spirited parties.

Alongside this open-programme, the Congress saw the end to our mandate, and the opening of a new one. A great effort went into this transition – demonstrating the commitment and passion of those who held positions during the mandate.

The Congress invited 53 professionals to deliver lectures and workshops on the theme of ‘Development & Technology’; 11 of whom travelled from abroad to attend, the highest number achieved at a Congress to date. Altogether there were 24 poster presentations, 13 paper presentations, 34 workshops, 22 trainings and 15 lectures featuring in the programme.

The BM made an effort to contribute directly to the programme too and five external guest were invited to represent various partnerships developed through the mandate that EFPSA is privileged to hold. Meanwhile, the Social Impact Initiative and Open Access teams delivered workshops; and never failing to disappoint, the JRP team were also on show to present research from the 2013/2014 research cohort.

The organising committee was made up of 35 incredible volunteers, to whom we all remain deeply grateful for their hospitality and tirelessly efforts throughout the Congress.
The Joint EB & MR Meeting is the principal internal meeting of the EFPSA mandate – providing a vital platform for the Executive Board and Member Representatives to come together mid-mandate and work toward the sustainability and advancement of the organisation.

There was a productive working schedule through the week that featured: plenary sessions for all participants on major topics and new initiatives, several novel training workshops, and a General Assembly. The rest of the time was set-aside for teams to work according to their own schedules.

A delightful social programme was arranged by our hosts, keeping us all entertained while the cold and rain kept us inside. Participants were treated to traditional Irish music & dancing and story-telling on one evening, and a Halloween party on another. An excursion to the Giant’s Causeway just along the coast from our venue brought us much needed fresh air and spectacular views.

BMM I
The first BMM was a exciting time of reviewing, evaluating, and planning the work and projects that were taking place within the organisation. Completing the first of the presidential-team EB & MR reviews (conducting meetings and receiving reports from all teams) shortly before the BMM brought the board great perspective for these discussions, and the re-evaluation of plans that followed was very much solution oriented.

Clear outcomes (presented in detail elsewhere in this report) came in several forms: updates to EFPSA Corporate Visual Identity; beginnings of the Strengthening the Federation project; introduction of Podio; revision of the event Minimal Requirements document; MR project planning; and selection of external partnerships to pursue.

BMM II
Here the meeting agenda was determined proximity to the end of the mandate. There was review of the accomplishments, experiences, and challenges we’d faced through the mandate, and discussion on potential solutions we may pass onto our successors and how to go about ending the mandate smoothly.

Time was spent on revision of key documents in preparation for calls for a new Board of Management and new Executive Board for the mandate 2014/2015. We also established plans for how to account for the Strategic Planning 2013-2018’ objectives. Proceedings for the upcoming Congress, including the working schedule for the week were outlined. We also put together proposals relating to changes we felt would be beneficial for the upcoming mandate in regard to Executive Board positions and structure.
Activities – Services

Abstract

Provision of high quality online services has been a staple objective of EFPSA for several years. These services bring students together, provide resources, novel research and scientific commentary that complement their studies, and further opportunities for travel and education.

We are incredibly proud of the developments that have taken place within all services during the mandate – developments which represent both the extension and improvement of the services. In parallel with developments in nature of services and addition of new features, teams responsible for the services were highly successful in increasing awareness of opportunities presented by the services, and extending the reach of EFPSA’s web-based resources to more students and academics than ever before.

Notably, the mandate saw the launch of the ambitious Social Impact Initiative – aiming to establish a European campaign that brings psychology into the public domain for the betterment of society. The team that took up this challenge has a lot to be proud of: after just one year, the initiative has created a firm identity and vision for itself and produced significant and tangible outcomes.
Partnering with Ubiquity Press

Probably one of the most exciting outcomes of the mandate for EFPSA as a whole, and almost certainly for JEPS, was the journal’s securing of a partnership with Ubiquity Press in September 2013. The significance of this partnership shouldn’t be understated, and is already proving valuable to JEPS’ growth.

Ubiquity Press is providing JEPS with professional services and counselling to which we would otherwise not have access; this includes anti-plagiarism software, DOI numbers, professional layout editing, professional website, possibility of registering for the impact factor one day, quality control, and indexing services to mention just some.

The partnership with a professional publisher is sure to significantly increase the credibility of JEPS, and it is already improved the journal’s image and appeal.

What’s also notable is that JEPS was approached by Ubiquity Press; a nice indicator of the massive accomplishments of successive JEPS’ teams since the journal’s inception in 2009. Collectively these individuals have developed perhaps one of the Europe’s finest student led journals.

Increasing submissions

JEPS has received a record number of article submissions during the 2013-2014 mandate, 55. The number of submissions to JEPS in the previous mandate (2012-2013) was 47, and 38 in the mandate before that.

Extending the review board

JEPS has recruited over 150 new Reviewers in March and April 2014. This is an incredible accomplishment because it required for over 5000 academics to be invited. academic contacts database that the 2013-2014 JEPS team created.

JEPS has recruited five new Associate Editors in August 2013.

Adopting a new publishing model

A ‘continuous publication’ model was introduced, meaning that articles are published online as soon as they are ready, instead of being published together with other articles at a specific time of the year. This means that research is being disseminated without delay.

Aesthetic upgrades

Thanks to the partnership with Ubiquity Press, JEPS has a new, more professional website. The JEPS Editorial Team improved the content of the website. Now the description of JEPS is clearer and more transparent, the submission guidelines are more specific, and the overall level of English has been greatly improved.

Promotion

Through the promotional activities, JEPS has increased the number of visitors to its website. By the end of the 2013-2014 mandate, the average number of daily visitors has doubled compared to the beginning of the mandate. Furthermore, the JEPS Facebook group has received 3200 new members during the 2013-2014 mandate, which is 3 times more than during the previous mandate (2012-2013). On average, over 50 people join the JEPS Facebook group every week.

JEPS has created a Facebook page in February in order to improve its visibility on social media, and the number of likes reached 1000 before the Congress in Romania. Successfully promoting JEPS on Twitter.

More developments

An ‘academic contacts’ database was established featuring details of over 7500 academics in psychology in European universities. The project (which took over 100 hours to complete, almost solely by the extraordinary efforts of Editor-in-Chief Ezra Bottequin) holds great utility for the JEPS team in pursuit of expanding readership and use of the journal.

New guidelines for Associate Editors, Reviewers, Copyeditors, Proof-readers have been prepared. Meanwhile a manual for JEPS Editors and another for the Editor-in-Chief are close to completion – these will serve as critical Knowledge Transfer documents.

A new tracking sheet for submissions enabling JEPS Editors to track the status of all submissions and to coordinate the reviewing process accordingly has been introduced.
Supporting the ambitions of students wishing to study psychology in a foreign European country is the Study Abroad service – an initiative that encapsulates much of the ethos of EFPSA. We’re pleased to report on several wonderful developments to Study Abroad that took place this mandate.

A new post-graduate student database

After two years of planning and development, perhaps the most significant development to the Study Abroad service in several years was unveiled at the end of the mandate: the postgraduate database.

The database holds information about psychology postgraduate (Master & PhD) programmes taught in English offered throughout Europe. Users can browse the database by country, university or field of study in such a way that makes the EFPSA postgraduate database the one-stop site for searching for programmes of further education.

Interactive Map of European Studies

This interactive country map allows users to easily browse through country profiles that provide information about all universities and departments offering psychology courses, information about studying in the country, as well as information on the pathway of becoming a clinical psychologist.

Introducing Experience Stories

Adding a personal touch to Study Abroad, the Experience Stories platform was also introduced: here, one can find and share experiences of studying and taking internships abroad. Though the stories may be few for now, this platform holds excellent promise as it fills out and offers exciting avenues for growth.

Travel Network

Aiming to encourage and facilitate student travels around Europe, the Travel Network has gone through varying phases of ideas, ambitions, and novel ventures in recent years. The online, sign-in couch-surfing page has remained active throughout this time but larger projects are now being planned…

Considering all the opportunity and promise that this service represents for an organisation that holds travel and European integration dearly, the Marketing Office (responsible for the Travel Network) took a step back this mandate to consider the future and prepare a careful course of action for the Travel Network.

Reaching the end of the mandate, we were incredibly pleased with proposals that came from this period of reflection: a refreshing and concrete plan for development for the online couch-surfing tool, together with revised ambitions for how to promote the service. These outcomes can be attributed to the work of the small Travel Network Task Force that was established in February 2014.

Altogether, great things can be expected from the Travel Network in the coming months…
Junior Researcher Programme

Without shadow of a doubt, the JRP is the foremost European provider of opportunities for psychological research found outside of a traditional university setting. That the programme is led by students and a part of EFPSA is something that we are immensely proud of.

Throughout the mandate, the JRP continued to grow and perhaps enjoyed one its most productive and significant years since its being established in 2011 – with passionate team-members, the JRP embarked on a comprehensive promotional effort, overhauled its online presence, and developed its research practices and features immensely, always with the ambition of providing evermore fulfilling learning experiences to its researchers.

Outcomes of the 2012–2013 research cohort

The 2012-2013 cohort concluded their time in the programme – a moment marked by the JRP Conference held in August 2013. All six projects were represented at the event with presentations outlining formidable, ambitious studies featuring creative designs and phenomenal sample sizes, that produced novel findings.

Conclusion of these studies is a true compliment to the commitment of the researchers, their supervisors and of course support of Kai Ruggeri (JRP Director of Research) and Luís Miguel Tojo (JRP Research Officer, 2012-2013).

Welcoming the 2013–2014 cohort

Forty new students and six research supervisors were inducted into the JRP 2013-2014 cohort upon conclusion of the seventh annual ESS. These six research groups were working hard and already producing promising outcomes last we heard from them when they presented at the Congress in April 2014.

A new website

The JRP team launched a new website towards the end of the mandate after extraordinary efforts were put into preparation of new materials and information. This site is free-standing from the main EFPSA site, affording the JRP greater flexibility on how it presents and uses its online presence.

The JRP-JEPS Partnership

An exciting development during the mandate was finalising a publication partnership between the JRP and our journal, JEPS. This was truly a shared venture with massive contributions from both sides. The JRP team formalised the contents of work-in-progress (WiP) reports that will form the bedrock to the publication partnership – these short articles focus on methodologies and research aims of the JRP studies. Meanwhile the JEPS team secured reviewers and ensured technical components of the articles met their own professional standards.

The first WiP Special Edition of JEPS was published in September 2013 – comprising of studies from the 2012-2013 research cohort. Publication involved all Editors in JEPS, Associate Editors, specially invited external Reviewers, the JRP researchers, the JRP officers, as well as Ubiquity Press. A second WiP Special Edition was released in May 2014 within the timeframe of the 2013-2014 cohort whose work was being published.

Naturally, each published issue represents a major accomplishment for all involved – the researchers themselves, the JRP team and the editorial board. Indeed, these papers characterise the uncompromising ambitions of the JRP, and JEPS, to provide legitimate, unique research experiences to junior researchers.

Promotion & Visibility

Presentations of EFPSA, the JRP and the ESS have been given by individuals from JRP on at least three continents in 10 countries during the mandate.

The JRP-JEPS partnership was noted in a publication in the Lancet Global Health. A report on the JRP Conference was published in a British journal, while an article on the ESS/JRP was published in a Swedish journal.

Three JRP projects were accepted to the 7th European Conference on Positive Psychology in Amsterdam, July 2014; while another JRP project was accepted to the 17th European Conference on Personality, July 2014. All six projects of the 2013-2014 cohort presented at the annual JRP presentation at the EFPSA Congress, April 2014.

Extending the team

We were pleased to introduce a position into the JRP team – the Programme Coordinator. The position serves to manage administration, marketing, and promotion of the JRP and is much needed with the successful growth of the programme over the last two mandates.
Social Impact Initiative

The beginning of the mandate was the perfect time to launch into a new venture – the Social Impact Initiative. One of the first formal decisions of the mandate was to establish a task force for this ambitious project. The six-person team that was then formed went on to embark on a successful year of planning, researching, publishing, networking and ultimately defining the character of the initiative.

Steadily and piece by piece the team were laying the foundations for what we’re certain will grow into a highly successful social campaign working under the social impact mission statement coined by the Social Impact Task Force at Congress, in April 2013:

Facilitating the implementation of psychological knowledge into society by linking students, academics, professionals and the public

Moving towards a campaign

SII envisions a pan-European, volunteer based campaign aiming to increase social awareness and understanding in pursuit of reducing stigmatising attitudes towards mental illness. Of course this couldn’t have been accomplished over the course of one mandate – nevertheless, important steps have been taken and a great deal of planning is underway.

As a initial feature to the campaign, the team began working on theme-based workshop for high school students. The workshop includes a presentation about stigma and mental illness, with an emphasis on the prevalence of mental illness and the stigma attached to it, as well as explanations for development of stigma. The workshop also allows participants an opportunity to reflect through role-playing exercises and moderated discussions.

It is imagined that in time SII will support use of such a workshop throughout Europe: psychology students, assisted by SII, will deliver the workshops at high-schools and universities.

Visibility & Online Presence

Aiming to begin building an audience, promote the intentions of SII and ultimately recruit volunteers, the task force held several presentations and workshops about SII and its theme ‘combatting the stigma of mental illness’ at various European events. These included: the EFPSA Conference in Amsterdam, the European Congress of Psychology in Stockholm, as well as events in Lithuania and Switzerland. SII news and developments were also spread within the EFPSA community.

In pursuit of providing an elegant source of information on its theme, the SITF worked toward a new, more professional website with a broad range of features and functions suited to its needs – this website will soon replace the current webpages which were established during the mandate to fulfil more immediate purposes.

Additionally a Facebook page is set for opening soon: a channel for monthly blogging on articles and interest-pieces from the landscape of mental illness and stigma.

A Position Paper

The task force published a position paper in January 2014 entitled ‘Combatting the Stigma of Mental Illness’. The paper provides a broad, accessible overview of stigma of mental illness and its the consequences for affected individuals, highlighting the need for action as well as outlining the task force’s vision of a meaningful campaign. It’s also the first position paper from EFPSA!

Supporting Open Access

EFPSA’s commitment to the Open Access movement was pursued in a variety of ways through the mandate motivated on the basis of our belief in increasing student awareness of the issues and problems related to limited access to research as students and as professionals.

Work here included raising awareness of the Open Access movement within the EFPSA community, and further afield: individuals held presentations at internal and external events across Europe, and represented EFPSA at the Right to Research Coalition (R2RC) General Assembly.

Outlined in further detail on page 21, we also developed relations with the R2RC and promoted membership to the coalition within Member Organisations.

The SII team also took a lead role in Open Access advocacy in EFPSA by developing new content, webpages, and education materials designed to raise awareness.

Providing a framework for future Open Access work, and at the same time adding substance to the SII mission, the decision was taken that all forthcoming Open Access work in EFPSA would be formalised as a function of SII.
Training Office

The mandate brought about some excellent developments within the Training Office that seem to hint that after its first three years, the training component of the organisation is really coming into its own: capable of providing meaningful trainings internally, preparing successful training programmes for the EFPSA training events, and running a follow-through mentoring scheme for graduates of its summer school. Beyond this, the Training Office is also eagerly launching itself into a pan-European arena with encouraging results already on display.

Needs Analysis

The Training Office (TO) completed a successful formalisation of the way in which it supports the EB and MR working communities at key events through the mandate. Specifically, they constructed and demonstrated a sound working practice for preparing trainings in response to the needs of their EFPSA colleagues.

The TO conducted a thorough needs analysis to evaluate the training needs and preferences of the EB and MRs prior to preparing trainings accordingly for the Joint EB & MR Meeting (October 2013). The process of needs analysis and preparation was repeated for the Congress (April, 2014).

Supporting the TtT

The TO prepare and administer the programme during the Train the Trainers (TtT) summer school. Very much in line with our ambitions for working on long-term stability of the organisation, it was great to see the TO conclude work on a number of documents that support the TtT’s preparation. Three critical documents include:

1) A Survival Kit for TtT graduates: This document was the first of its kind and completed to outline the steps graduates can take after the TtT as they enter the Trainer’s Pool and mentoring system.

2) The TtT Event Summary: A manual for event organisers outlining the nature, intentions of the TtT as well as proving tips and notes of how to go about preparing and running the event.

3) The TtT Handbook (revised for 2014): This document was revised into a second edition and features a collection of hand-outs of trainings (including a summary of theory and references) held at the TtT, that is given to TtT graduates.

Trainers Mentoring System

The TtT summer school has always been positioned as a spring-board into the field of training. It’s therefore brilliant to be able to report that the TO worked hard to deliver a mentoring framework for TtT graduates that supports and nurtures their development in the time subsequent to the event. By the end of the mandate, 9 out of 12 graduates of the 2013 TtT had Mentors. This marks a significant accomplishment, adding structure to the existing Trainers Pool to which graduates enter. We’re sure that the mentoring system will continue to grow in the coming mandate and wish the new TO the best of luck in this endeavour.

Contributing to EFPSA Day

The TO worked together with the Marketing Office in coordinating eight trainers who delivered various workshops and presentations at EFPSA Day events around Europe in December – this was the first time trainers have done so and added great character to the project.

Contributing to Congress 2014

This was also the first Congress to formally make use of trainers from the EFPSA Training Pool to support the programme of the event. Altogether 18 EFPSA trainers and trainer candidates provided the trainings during the Congress to the new EB and MRs.
Member Organisations & Representatives

As of Congress 2014, the federation consists of 32 Member Organisations. Spring 2013 brought about communication with the students’ psychology association of Albania in regard to their application as an Observer Organisation. The Maltese organisation ‘Beta-Psi’ remains the most recent addition to the federation having gained full membership status at Congress 2013. During the mandate Beta-Psi demonstrated itself to be a very committed and capable member, already hosting its first EFPSA event, a Train the Trainers summer school, in August 2013. This being the case, while the federation didn’t grow in size, the mandate produced several positive outcomes in regard to developing the federation in other ways.

Strengthening the Federation

The mandate saw the introduction of the Strengthening the Federation initiative – a multi-layered approach that envisions building a stronger network of psychology associations across Europe with clear and meaningful opportunities for membership together with more effective working practices between EFPSA and its Member Organisations (MOs).

Three pillars of the initiative include:

1) Building better lines of communication with MOs – in order to facilitate EFPSA reaching as many psychology students as possible

2) Enhancing the sense of community within the federation – such that MOs benefit from a positive and meaningful platform for European discussions and activities

3) Increasing MO involvement in EFPSA activities – to ensure that EFPSA fulfils its aim of representing needs and interests of psychology students

When the initiative was introduced at the Joint EB & MR Meeting (October 2013) a number of proposals were also presented. Prominent amongst these was the notion to host a meeting that would bring together presidents of MOs alongside the BM sometime in the near future. We imagine there to be many very promising outcomes from such a meeting, not least furthering the aims of the Strengthening the Federation initiative.

Congress Selection Criteria

The MR team continued the work of previous MR mandates and finalised the Congress Selection Criteria project – the aim of which was to establish a uniform procedure for processing and selecting participants for the largest and most popular event of the EFPSA year.

The first step involved performing a revision of the Congress application form. Additionally an evaluation system was also formulated to make participant selection as straightforward, objective and transparent as possible. The outcomes of applications can now be broken down and considered over different categories.

Selection of several hundred participants on a European-wide basis is no easy task, but with completion of this project, it’s sure to be a little easier in the coming years – especially important since getting passionate, open-minded and creative individuals to Congress is a major stepping stone to welcoming them into EFPSA’s working community also.

Survey of the Federation

This project aimed to produce a complete picture of the structure, communication and activities of each Member Organisation in EFPSA – in many ways it also provides foundation information for the Strengthening the Federation initiative.

Thirty MRs took part in the survey. The raw data was then analysed by the Member & Observer Coordinator team and compiled into a 30-page report. That file was then sent back to the Member Organisations to provide insight on the working practices and the functioning of the psychology student NGOs all over Europe, while the outcomes are also informing directions for future MR community projects.

Spreading the word

The MRs are very much the voice of EFPSA. We were tremendously proud of all promotional efforts that we witnessed right the way across Europe during the mandate; but a special mention goes to the MRs for ensuring awareness of EFPSA continued to grow steadily through the year.
Marketing, Communication & Visibility

Corporate Visual Identity

Interesting discussions, some exciting debates and voting took place at various times through the mandate in connection with the topic of updating elements of the much-loved EFPSA Corporate Visual Identity (CVI) – a collective term for our graphical designs and branding tools.

Our trade-mark orange has never been alone in the CVI book, but among several updates during the mandate was the introduction of the ‘umbrella colour scheme’ which aims to make it easier and clearer for Executive Board teams to make use of other colours assigned to their respective events, services and projects. This was put to excellent effect in the publication of the Winter 2013 and Spring 2014 External Newsletters. We also introduced a fresh set of CVI logos for all events and services to bring CVI up to speed with recent years’ developments in EFPSA.

CVI workshops and training materials were also prepared by the Marketing Office (and delivered at the Joint EB & MR Meeting with the help of the trainers) with the aim of making production of CVI-friendly materials easier for all involved, and in turn strengthen EFPSA’s visual identity.

Online developments

Determined efforts were made to deliver more detailed and more user-friendly information about EFPSA activities and opportunities over our online mediums – this lead to several great outcomes.

New webpages added to the official EFPSA website include: a Members section; an External News section; a Google map depicting the history and geography of past events around Europe and Member Organisations’ locations & details; webpages detailing the functions of Board of Management, Member Representatives & Executive Board; and several pages for the Social Impact Initiative.

The EFPSA front page was also redesigned to improve navigation of the website and provide more information at a glance.

Towards the closing months of the mandate, new sections were added to reflect the EFPSA-IEMSA partnership and the EFPSA-ECP 2015 partnership.

Social Media

Facebook
In total around 80 posts were made during the mandate over the EFPSA official website, all of which were mirrored over the Official EFPSA Facebook page. Facebook page Likes: 12,894 likes on 8 March 2013, reached 16,000 likes on April 22 2014.

Linked In
The official EFPSA page on Linked In was massively improved to reflect all services, events and activities of EFPSA and to take advantage of the platform offered by Linked In to demonstrate professional skills and responsibilities of EB members and MRs.

Wikipedia
Although a structural template for the EFPSA Wikipedia page was prepared, the drafting of content was not completed before Congress 2014. This being the case, drafting of contents should be a relatively straightforward endeavour with exciting outcomes to look forward to.
Marketing, Communication & Visibility

Publications

The Official EFPSA Newsletter
Winter 2013/2014 & Spring 2014 editions of the official external EFPSA newsletter were published, and made permanently available online using a new interactive format. These two editions featured new contents and editorial practices that produced publications of a very high standard. Success was evident after developing improved protocols for distribution practices of the newsletter – helping to ensure that these publications are used to maximum effect in conveying stories, news and testimonials from the corners of the EFPSA community to our friends, partners and psychology students.

Internal Newsletters
June 2013, October 2013, & April 2014 editions distributed within the EFPSA working community. Once again great care was taken to provide newsletters with pleasant designs and engaging reading material for those who work to keep EFPSA running.

News from the Board of Management
Monthly postcards were published throughout the mandate to keep everyone up to date of the work of the working community and BM in particular. Open letters were published on two occasions as expressions of gratitude to the organisers of Congress 2013 and hosts of the BM meeting, Serbia 2014.

ESS & JRP Newsletters
Known for going beyond expectation at any given moment of opportunity, the related ESS & JRP teams continued a trend of producing their own newsletters – publishing Winter 2013/2014 and Spring 2014 editions detailing outcomes of ESS and JRP events in 2013, as well as providing glimpses into the preparation of ESS 2014 and the on-going research of the JRP cohorts.

JEPS Editorial Newsletters
Always keen to keep their Associate Editors informed and motivated, the JEPS team somehow found time alongside everything else to produce and distribute internal newsletters once every three months for their editorial volunteers.

EFPSA Day 2013
EFPSA Day 2013 took place between 2-16 December 2013 at fifty-six European universities. Seventy people applied to be Local Organisers – a record number.

The promotion of the event was supported with an extraordinary effort by the Marketing Office who prepared fresh promotional materials, presentations and guides for Local Organisers. Meanwhile the MRs did a wonderful job of promoting the event in their home countries and universities.

The Marketing Office also prepared an exciting icon for EFPSA Day: the ‘EFPSA Frisbee’ that was filmed travelling through Europe, taking with it a little representation of EFPSA knowledge and spirit. A promotional video based around the Frisbee for EFPSA Day reached more than 2,000 views in the short time around the event.
External Relations

As our own events and activities have matured and established themselves, EFPSA has demonstrated itself to be a highly credible and capable student led organisation. Consequently, we stand in an excellent position to work toward establishing meaningful external collaborations that bring about novel, inter-disciplinary opportunities for study, cultural exchange and enriching personal experiences. It was exactly this attitude which motivated our work with external relations through the year.

The mandate’s outcomes in relation to representing itself at external events, and in particular developing meaningful partnerships and communications are very encouraging, setting a tone that we imagine EFPSA continuing in the coming years.

Representation around Europe

William Steel (President) and Luís Miguel Tojo (Vice-President) represented EFPSA at several internal meetings of the European Federation of Psychologists’ Associations: the Presidents’ Council Meeting (May and November 2013) and the EFPA General Assembly (July 2013) – always a valuable learning experience and fulfilling our position as an Affiliate Member of EFPA.

Two EFPSA delegates were present for the European Congress of Psychology in Stockholm, Sweden (July 2013): William Steel and Per Krakau (External Relations Officer). Alongside hosting a roundtable discussion to explore possibilities for the Social Impact Initiative, they also held an exhibition stand for the duration of the event, coining the tagline ‘EFPSA – join the journey’. This was an excellent opportunity for promotion of EFPSA within external contexts and for networking — indeed, contact with APA (which led to their presence at Congress 2014) stemmed from introductions made that week. We also hosted a well-attended social gathering for international students to spread the message about EFPSA and its opportunities.


Anne Rom Petersen (Social Impact Task Force), Miriam Thiel (Study Abroad Coordinator), William Steel, Katalin Todor-Soó (MR) and Vanessa Feck (MR) attended the Nordic World Health Organisation Simulation (NorWHO), Copenhagen, Denmark (August 2013).

Per Krakau attended a three-day meeting of the Informal Forum of International Student Organizations (IFISO) in Lisbon, Portugal (October 2013), fulfilling EFPSA’s requirements as a member of this group. Alongside many discussions, Per contributed to IFISO’s knowledge management document (a comprehensive summary of IFISO members) and established several important contacts — including one that marked the beginnings of contact with IFMSA.

Both William and Per also participated and presented at the annual Nordic Psychology Students’ Conference, Aalborg, Denmark (October 2013), strengthening connections with the Nordic psychology organisations and students in attendance.

Affiliate Membership within EFPSA

The External Relation Office established a scheme for Affiliate Membership within EFPSA, providing a framework within which long-term external partners and collaborators may exist and be affiliated to EFPSA. The scheme aims to formalise how we may approach and work with external bodies, with the ultimate goal of widening EFPSA’s visibility and reach within external contexts to bring psychology students into contact with more a more diverse range of professional, academic and student groups.

Indexing external psychology events

We worked to provide a useful online resource that details prominent psychology congresses and meetings taking place throughout Europe that would be of interest to psychology students. With some effort to publicise and increase awareness of this resource, we can look forward to some interesting developments here in the near future.
External Relations

Partnerships

European Federation of Psychologists’ Associations (EFPA)

We’re pleased to note that connections to EFPA as an Affiliate Member developed during the mandate. EFPSA was represented at EFPA meetings on three occasions through the mandate and a new shared project was established.

The EFPA President, Prof. Dr. Robert Roe, featured as a special guest of Congress 2014. Most excitingly, on that occasion, EFPA presented us with a proposal for EFPSA to undertake a European call to recruit a student to fill a position on the editorial staff of one of EFPA’s publications. This opportunity not only reflects the good relationship between our organisations, but also represents a phenomenal opportunity for at least one student to gain a unique experience in Brussels. This project will take shape through summer 2014.

Right to Research Coalition (R2RC)

Our membership to the coalition was maintained and strengthened over the course of the mandate – building off the work of previous years.

R2RC participated at Congress 2013 too – with Nick Shockey (Director R2RC) and Nicole Allen (Director of Open Education at Scholarly Publishing and Academic Resources Coalition) delivering three sessions in total and engaging with the SII team on the future direction and contributions of EFPSA to the Open Access movement.

Perhaps reflective of these circumstances, R2RC invited EFPSA to provide a representative on the organising committee for its student satellite conference on Open Access, an event being planned for November 2014, Washington, United States.

We expect much greater active engagement in the coalition’s activities through 2014, with EFPSA having demonstrated itself as a committed and capable member.

TiGro Training Partnership

The Training Office finalised a formal agreement with the BEST training group TiGro outlining grounds for future collaboration between our two organisations. If the TAT event was anything to go by, the Trainers of EFPSA represent a truly entrepreneurial force for extending the work of EFPSA to new student groups with this agreement reflecting an exciting outcome of several years of successful collaboration between the Training Office and BEST.

American Psychological Association of Graduate Students (APAGS)

Communication with APAGS (the graduate student division of APA) has been established, ushering in early days for sharing best practices, opportunities and hopefully establishing potential collaborations across the Atlantic.

Nabil Hassan El-Ghoroury (Associate Executive Director of APAGS) was welcomed as a special guest at Congress 2014, a presence that certainly facilitated this endeavour and brought about great hope as we look toward seeing what may come from this contact.
New Partnerships

EFPSA-IFMSA Memorandum of Understanding & Partnership

Winter 2013 saw EFPSA approach the International Federation of Medical Students’ Associations (IFMSA) with a view to establishing a partnership and joint activities. With several areas of mutual interest this aim was achieved, and formally reflected in a signed Memorandum of Understanding (MoU), approved by both organisations’ legislative bodies in February 2014, and set to last from 2014 to 2017.

The partnership fulfills our two critical strategic aims: firstly, improving psychology by creating opportunities which diversify the learning and academic experiences available to psychology students and secondly establishing meaningful partnerships with fellow student organisations.

The MoU represents a platform for psychology and medical students to engage with issues in mental health of mutual interest through various endeavours. There are two main components of outlined within the MoU:

1) A commitment to hosting a unique European event – a joint psychology-medical student conference on the theme of mental health & illness to be run in parallel with a simulation of the World Health Organisation general assembly.

2) IFMSA endorsement & collaboration on the Social Impact Initiative – specifically its intentions to raise greater awareness of both stigma and mental health within society.

In light of IFMSA’s existing commitment to the field of mental health, education and advocacy in the field of mental health, it’s without doubt that the contribution of medical students to SII will provide great weight and direction to the course of its future activities. Meanwhile the shared event represents an exciting prospect, sure to bring about many opportunities and experiences for those involved.

EFPSA-ECP 2015 Partnership

Our participation at the European Congress of Psychology (ECP) 2013 demonstrated to us the massive opportunity that presence at the event holds for an organisation like EFPSA. Reflecting on this, we embarked on a project to heighten EFPSA’s affiliation with this biennial event for future years.

This project was led by the External Relations team and culminated in signing an agreement with organisers of ECP 2015 in January 2013 to the effect that EFPSA are now recognised as partners for event.

Key components outlined within this partnership include:

1) EFPSA to establish and run a volunteer group of European psychology students who will attend the event, provide logistical and practical support to organisers and participants

2) An EFPSA exhibition booth and promotional opportunities for the organisation

This partnership spells great things for EFPSA, beyond extraordinary opportunities for EFPSA to showcase itself on an international stage at one of the largest professional psychology events in Europe, we envision this sort of partnership to become typical at future ECP events. With the endorsement of EFPA for this endeavour (under whom the ECP is organised), the future of EFPSA’s relationship with ECP is very promising indeed.
Working Practices

EFPSA is able to maintain and deliver events and services to the high standard that it does, despite a yearly turnover in persons running the organisation, in part due to application of working practices that have introduced, past on and improved from one mandate to another. In the process a catalogue of working practices have been established that have proven to support effective management of EFPSA activities.

Naturally however, we cannot remain set in our ways – especially with an organisation as dynamic as EFPSA, complemented with highly creative and passionate people. Consequently, throughout the mandate we paid close attention to improving the ways in which we managed our projects, communicated between components of the organisation, set forth plans and conducted evaluations of our progress. A particular focus was also placed upon documenting and archiving activities and outcomes. Below we note a few highlights to have stemmed from these endeavours.

Planning & Evaluation

In line with the planning-to-implementation attitude we adopted toward the EFPSA strategic plan, we planned thoroughly for the mandate. From the outset there were several exciting ambitions; the majority of which we were pleased to see through to completion.

The BM worked hard to ensure that EB teams’ action plans and projects were supported at all times and formal evaluations were conducted at two points in the year, in August and February. These occasions incorporated team evaluation & feedback forms, online Skype meetings and written feedback to all teams from the presidential team.

Supporting event organising committees

Organising manuals
To utilise personal experiences and transfer knowledge through successive organising committees, we’ve prepared organising manuals specific to each event. This mandate saw the completion of new manuals for the ESS, the Conference, and the TtT, as well as revisions to all other existing event manuals. Such manuals, used together with the new 2014 edition of the Event Minimal Requirements document, ensure it’s as easy as possible for event organisers to begin working effectively, with support and guidance, and with a clear vision for their event in mind.

Support with financial management
The Activities Officer and Finance Office prepared workshops and support materials on the topic of EFPSA financial practices; providing amongst other advice, tips on budgeting and fund-raising – these were delivered at the Joint EB & MR Meeting and the Congress in 2014.

Promotion of opportunities
The mandate also saw great collaboration between the events teams and the MRs to ensure that as many psychology students as possible became aware of the opportunities on offer through EFPSA events. Improved practices in conveying information internally, combined with passion of the MRs undoubtedly had a part to play in the high numbers of applications for events we saw this mandate.

Knowledge Transfers & Role Descriptions

As is typical at the end of the mandate, we prepared fresh knowledge transfer documents for incoming EB teams: providing essential personal experiences, tips and notes about on-going projects to ensure a smooth transition from one year to the next.

We also made an extra effort to ensure all major EB positions were covered with a Role Description document outlining functions and responsibilities in a standardised format. This collection also includes a new collective BM role description – clearly outlining the duties of this group.

Documentation & Archiving

Efforts towards ensuring a standardised style and quality for working documents (both internal ones and those made available to the public and event participants) were upheld through from the previous mandate. We’re confident this endeavour works in EFPSA’s favour – demonstrating the organisation to be capable of working toward ever-more professional practices.

Important new documenting proceedings were introduced for our General Assemblies, and other MR-voting sessions. These improved the manner of preparing and presenting proposals, enhanced voting practicalities, and introduced formal archiving practices for outcomes of voting sessions. ‘Proceedings’ documents were also introduced for Board of Management and Joint EB & MR Meetings.

Podio

Podio was introduced mid-mandate to all teams as the new online platform for work. We have had excellent experiences with it so far, and it’s fair to say Podio makes working over distances more efficient, enjoyable and social, with multiple features that are well suited to EFPSA’s needs. Time will tell how well it is adopted within the EFPSA community, particular with the 2014/2015 mandate being the first to have access from the beginning of their term, but it looks promising for now.
Youth in Action Grant 4.1

Work by the Finance Office of 2012/2013 led to EFPSA being awarded a Youth in Action grant of up to €35,000 to support organisational expenses between March 2013 and March 2014. The grant was by far the largest that EFPSA has ever secured, and alongside numerous other expenses allowed us to support the travel of the Executive Board and Member Representatives, contribute greatly toward various meeting costs, and purchase significant supplies utilised through the mandate. Administration of the grant was also a valuable learning experience, and led to our review of existing and development of new financial practices within EFPSA.

Financial Report

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Difference 22044.32

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Creditors 26,363.10

Equity 3,704.54

**Total Liabilities** 30,067.64
The People behind EFPSA

The Executive Board

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