



# EFPSA Magazine

April 2021 | Issue 4

Feuilleton:

## Take your Time

The Mandate in...

## Individuals



A Look into the Future

Your Place in EFPSA



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# Dear EFPSAnauts and EFPSA friends!

Another cycle is closing, as our mandate is coming to an end. Another revolution of the wheel of time is nearing completion, *seasons have come and gone again*, the harvest has been gathered and stored, and the seeds for next year are being prepared. As an ending approaches, it is transformed into a new beginning, and we arrive again, where we have been before. From the frequencies of the smallest spinning particles to the centrifugal dance of the planets in our solar system, everything in the cosmos follows this enchanting rhythm of nature, the heartbeat of reality. This is how it always has been and how it will continue for all time, recursing *cycles within cycles*, endlessly repeating, phasing back and forth from interfering chaos to aligning harmony. Until the last temporal cycle closes, when all the drama will be exposed as firework, burning only for the sake of itself and its colours, with no goal or meaning in sight.

But that is not how humans experience the passing of time. We have broken free from the spell of nature. We firmly believe there is a direction in which things move, hidden behind the endlessly spinning cosmic carousel of life and death. A striving that manages to break free from the gravity of decay and lift off into higher spheres. *We share the knowledge we gain in our life* with others, so that they may carry it forth. We aim to build something that outlasts us so that it can serve as a foundation from which future endeavours can be launched. Like this, something from each cycle is preserved. Something is added with every revolution, and *we slowly spiral upwards*. That is what we call progress, and we see it not only in human affairs. Nature itself seems to us to be participating in this journey, with its evolution that birthed our species. We are merely the first ones to wonder where it may lead, and it has effectively made us the captains of this ship called earth.





But as captains we can be overly ambitious. Some of us exclusively see the human time. We envision progress as a straight line and lose sight of nature's dialectic. We do not tolerate any deviation from our desired outcomes, any imperfection in our plans is prosecuted in our tyrannical cry for control. Our anxiety has now brought us to the brink of a mutiny. The oppressed rest of the crew will erupt, if we do not learn to **sail the waves virtuously**, the high points and the low. We need to accept death as a part of nature and nature as a part of us. With that in mind, let us take hold of the wheel responsibly and direct it in its turnings through the oceans of time.

The Board and Working Community of EFPSA have set a great example of how to do that. In this final Magazine issue of the mandate 2020/2021, we will explore the themes of time, cycles, and progress, by looking back at their journey of the past year: the storms they faced, the decisions they made, the things they learned and the memories they earned. And by asking the question: What lies ahead? Equipped with the lessons of the past, we can look to the future. **A new mandate is about to begin**, and a new crew needs to be recruited. To find the right people for the job, seasoned EFPSA veterans share their experiences of the sea. For anyone who is still unsure about their potential place on deck, we have created a little quiz to help you make up your mind. May the coming winds favour us all! It was a pleasure sailing with you.

Leon Schuck  
Clinging to the lookout, scanning the horizons for land



# The Extraordinary

# An Unlikely Encounter

It was a wish deeply held by many in the Working Community. To meet up in person at least once, to share hugs and revel in the famous EFPSA spirit. Since both the Congress and the Joint EB&MR meeting had to go virtual due to the pandemic, we were about to go down in history as the first Working Community who never got a chance to meet each other in the whole mandate. So, the Board decided to move heaven and earth to make the impossible possible. **The Extraordinary Org Com** was formed for one specific purpose: Organising an entirely new EFPSA event that has never happened before and will hopefully never have to happen again: **The Extraordinary Working Community Meet-Up** was born.

As you can imagine, the odds to make the idea reality were stacked against the Org Com. But they prevailed. They scoured the political landscape of EFPSA's member countries for the possibility of hosting a physical event until they saw a chance in Turkey. They put into place every safety measure imaginable: booking a whole venue for ourselves, so that we will be alone, forbidding any participant to leave the venue grounds during the entirety of the 4-day event, requiring every participant to present **two negative COVID-tests**, a PCR-test upon starting their journey, and a rapid antigen test upon arrival at the venue.



Before they could grasp it, those who had the finances and time, and those who were daring enough to risk this precarious journey, found themselves in a surreal situation. Together with friends and friendly strangers, working without a screen separating us, sharing laughter and food. Existence without masks. For a few days, life actually felt almost normal again. **The days were filled with working sessions** about *Good & Bad Practices*, the upcoming *Strategic Plan 2023-2027*, writing *Knowledge Transfers*, how EFPSA can improve its financial situation through *Fundraising*, and much more. Those who could not attend were not left out, they were given the chance to express their ideas and contribute to these important topics online - as we all have gotten used to during the mandate. Once the tight but engaging and rewarding daily schedule was behind us, **the evenings were free for rest and social engagement**. It was a total success, and a marvelous achievement for EFPSA. Utmost gratitude goes out to the Board, who created this opportunity, and the Extraordinary Org Com, who made it happen. Thanks to their efforts, we were able to feel connected in our EFPSA journey, remind ourselves of what we have achieved, form deep bonds of friendship and work on EFPSA's future together.

This is not a matter of course. **It cannot be appreciated enough**. We are sad that not everyone could make it, despite the Org Coms best efforts. But for those who had to stay home, we bear good news: Although it might not feel like it right now, the gloom of isolation can be washed away quicker than one thinks. One heartfelt hug and an unburdened conversation, and the world is transformed. There is light on the horizon, and I am sure we all will feel it very soon.





# The Third Board Meeting

Our captains in the Board came together to discuss the future of EFPSA. Read here a brief overview of the resulting ideas and decisions.



# Outcomes of Board Meeting III

## EB&MR Feedback analysis

The Board reviewed the analysis of the EB&MR evaluations, with the aim of creating guidelines for future virtual events. The feedback received from participants was very valuable and the Board came up with the following suggestions to improve upcoming events, especially the virtual Congress: ensuring a better overview of mandatory sessions, holding the mandatory sessions in the afternoon when more people will have time to attend (due to University or job), including energisers during sessions to raise the mood, and stretching out the schedule over more days so that the schedule is not too intense.

## A platform for future Working Community

In the next mandate, we will change our platform from Facebook to discord, which we hope will be an easier and more user-friendly platform.

## Executive Board Application procedure

This year, we decided to have an application procedure over google forms, and not sending the applications over mail. We also decided to make two different calls – one for Coordinators (for which the deadline is on 21st April, at 23:59 CET), and one for Responsibles and Team Members (which closes on 22nd April, at 23:59 CET). If you are interested in applying, check out the call [here](#) and apply!



## Requirements for certificates of Working Community

Based on the answers from google form, the Board decided to include more requirements for getting a certificate. Up until now, the only requirement was writing a knowledge transfer. The new requirements include written and verbal Knowledge Transfer to their successor, a certain percentage of attendance at the team meetings, attendance at General Assemblies, and a mandatory report with Human Resources Responsible twice per year (written and verbal).

## Finance Office Restructuring

Up until now, the Finance Office was constructed of two teams – the Grants team and the Partnership team. We decided to make the teams their own offices (Grants Office, Partnership Office) and expanding the Finance Office. In the Finance Office, we implemented a position of Fundraising Responsible, whose work will be focused on researching and establishing traditional fundraising opportunities for EFPSA; and the second member of Finance Office will be Accounting & Budgeting Responsible, who will be responsible for the managerial accounting as well as supporting the Finance Officer with the Budgeting of EFPSA. All three offices will be overseen by the Finance Officer.

## Academic Affairs Officer Position

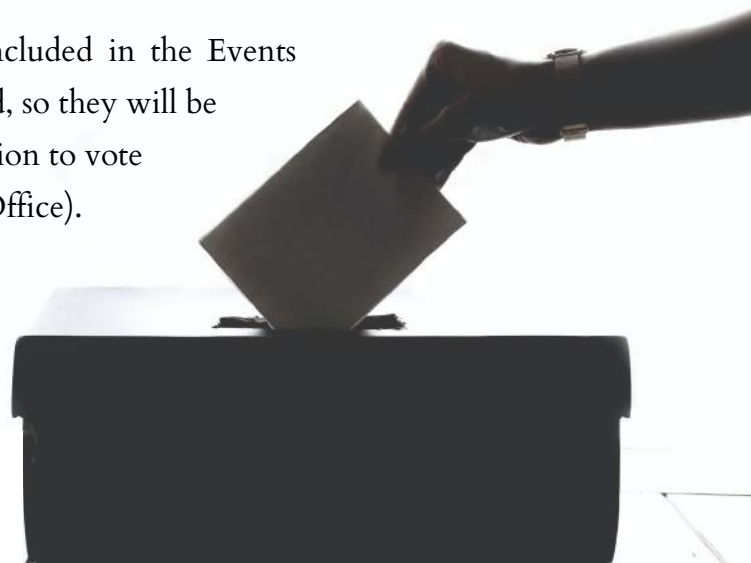
Academic Affairs Officer currently oversees two services – The Research Programme and Journal of Europeans Psychology Students. It was proposed to move the Study & Travel Abroad (STA) under the Academic Affairs Officer instead of the Vice President who is overseeing it currently. The reasons for this change are that AAO can help STA in improving the internship database as well as contacting academics, we would also increase internal collaborations and elevate the opportunities of STA to a more professional level.

## Protocols for dismissal and authority of the Board

We have noticed a need for creating a dismissal procedure so that future generations have something to fall back on when a member of their team is not working as they should be. We created two dismissal procedures - one for the Board members, and the other one for members of the Executive Board and Member Representatives. Each procedure has multiple steps before the final step of dismissal; the steps include conversations with the Human Resources Responsible, the Board, the team and the person itself. The official procedure will be uploaded in the Working Community Essentials drive and will be included in KT's of Coordinators and the Board.

## Organising Committee Coordinators voting

Coordinators of Organising Committees have been included in the Events Office. This means they are a part of the Executive Board, so they will be able to express their opinion and potentially have the option to vote at General Assemblies (as a representative of the Events Office).



## Fundraising and Media Coverage

During the mandate, we have noticed a need for a more stable income that does not include applying for grants. We decided to implement a Fundraising Responsible. The new position of the Fundraising Responsible will focus on researching and establishing traditional fundraising opportunities for EFPSA, e.g. donor management and collaborating with the External Relations office to capitalise on media coverage and other public relations.

## Scientific Programme

During this session, the Board discussed how the quality of scientific programmes at our events could be increased. Some of the improvements include: sharing the EFPSA contact database of professionals with the Organising Committee, rewarding students who present a paper with a small discount, including more academically inclined parts of the programme such as round table discussions.

## Input from the Working Community for the Board Meeting

The opinion of the Working Community is important, and we want to take into account the opinion of every member. To achieve this, we decided that a google form about important topics will have to be filled in as part of a team meeting before the Board meeting. With this, we hope to improve the number of responses.



A hand reaches up from a field of tall, golden-brown grass. The background is a soft, hazy landscape with mountains in the distance. The overall color palette is warm and monochromatic, dominated by shades of orange and brown. A thin white vertical line is visible on the left side of the page.

# The Mandate in Individuals

Meet the crew and see what they have to say about their journey through the past mandate.

# Board

**Ana Kraljević** – Academic Affairs Officer

*What have you learned, in what ways have you grown?*

I have learned so much this year! Firstly, I have learned that what we do in EFPSA is very valuable, much more than we give ourselves credit! I have learned that the people that surrounded me this year are the future of psychology and that they will rise to make changes in how psychology is perceived in the world. And most importantly, I have learned that you can make strong bonds and friendships across a screen. Nothing can stop us now!



**Vita Bogdanić** – President

*What surprised you about the past mandate?*

What surprised me the most is how easily people can adapt, and even in the worst circumstances, make the best out of the situation. I think one of the most dangerous sayings in organisations is “We have always done it this way.” and the effects of a pandemic on this mandate have just been proof that changes, new approaches and risks are more than necessary. Even in the worst moments, when everything was different from how we knew it, people were willing to stick together, and by supporting each other we were able to achieve much more than I would have ever expected.

**Deianara Couwet** – Vice President

*Looking back at the mandate, what are you most proud of?*

I am most proud of all of us. In my opinion, this mandate has been a very challenging one. EFPSA had to reinvent itself: how can we keep doing what we love while being faced with a pandemic? Around the beginning of the Summer, it was clear that the pandemic would not be over soon, and I started fearing that a huge drop of motivation would follow. However, everyone has proven me to be wrong! I am so amazed and proud of what this community has been able to accomplish this mandate. We have not only survived, but we have flourished! So many people have been putting a lot of energy into their roles and tasks and we have been able to accomplish many beautiful things. I want to say a huge thank you to each and every one of you who has been a part of EFPSA this mandate and has put so much time and energy into this Federation!

**Martina Marie Aquilina** – Member Representatives Officer

*What have you learned, in what ways have you grown?*

Personally speaking, I have grown into a more committed and mindful individual. My time management has improved like I never thought it could. I have become a lot better at being assertive and confident in my abilities, while also growing humble to feedback about the areas where I can improve.

**Bojana Vujović** – Events Officer

*What have you learned, in what ways have you grown?*

Being in the position of the Events Officer throughout this epic 2020/2021 mandate, it has been particularly challenging for me to bring international events to life in times of national lockdowns and travel restrictions. I have learned that in times when all doors (and borders) seem to be closed, the right thing to do is to bring the walls down. With this sudden switch of mindset from sorrowful to opportunistic, almost as if I have grown wings overnight, it felt freeing to be able to improvise outside of the well-known protocols and apply one's own divergent thinking and problem-solving skills to find new solutions to newly emerging problems! I have started growing incredibly fast in this position when I have realised that the old ways will not work and that the time has come to think outside the box. I have learned that the one thing you always need is motivation and motivated people to work with, while everything else you can work without, as this mandate has taught us. I am grateful for having had the best working experience in the worst event planning circumstances!

**Katja Zemljič** – Secretary General

*If your experience in EFPSA this mandate was a plant or an animal, which one would it be and why?*

A chameleon. The situation with corona was so unpredictable, so for someone like me (who likes everything planned a big-time ahead), I had to adapt and change very quickly to the circumstances that we were in – the circumstances being either us planning our board meetings in person, planning the publishing of the magazine together with Leon or simply adapting the meetings because of internet troubles. It has really been a mandate of immense growth, both personally and professionally, and I can say that I have shed my skin from who I was at the start of the mandate, to the well adaptable chameleon now.

**Tobias Laenser** – Finance Officer

*If your experience in EFPSA this mandate was a plant or an animal, which one would it be and why?*

As this mandate was spent a lot on fixing and restructuring essential aspects of the federation, I would consider the mandate to be an Axolotl, a Mexican salamander species which is able to regenerate, repair or replace its arms, legs, tail, lower jaw, and even its brain and heart!

# External Relations Office

**Luka Uršič** – External Relations Coordinator

*Looking back at the mandate, what are you most proud of?*

With this mandate, EFPSA has started to collaborate with 5 new student organisations from all over the world. We also maintained and developed the existing collaborations. Together, we have organised a lot of different events, helped each other and shared best practices. Working with externals was a pleasure for me!

**James Sanderson** – Policy Team Member

*Looking back at the mandate, what are you most proud of?*

I am most proud of the way I overcame my trepidation and worries ('everyone is so much better/more European/more confident than me'), and instead threw myself into working on the Policy Teams fantastic (if I do say so myself!) volunteering policy paper. Our team has been fantastic and got a lot done in our online mandate, and I think the way we all worked together and helped each other to get things done is tremendously satisfying and definitely something to be proud of.

**Miriam Panning** – Policy Coordinator

*Looking back at the mandate, what are you most proud of?*

Changing structures that will make the team more impactful!



# EFPSA Office

**Julie van Oostveldt** – Human Resources Responsible

*What have you learned, in what ways have you grown?*

From being given the wonderful opportunity to talk to every EB member and team, I learnt that no matter how stressful and disastrous your life feels, you can always built resilience when you use the right base: a strong social safety net, in this case, my loving fellow efpsanauts!

**Mkyeku Onesmo Kisanga** – Content Review Responsible

*Looking back at the mandate, what are you most proud of?*

I am proud of the inclusion provided at the EFPSA Office and EFPSA in general. It's something I have thrived for and it almost gives me a sense of disbelief. I am also proud of the various intercultural connections I made, of the various webinars and workshops I have attended, and of me reviewing documents that made me grow. I will forever cherish every moment, I have learnt and grown immensely.

**Lara Dolenc** – Web Support Coordinator

*If your experience in EFPSA this mandate was a plant or an animal, which one would it be and why?*

My mandate was like Bamboo. Bamboo is on one hand flexible and elastic as I was very adaptable and flexible to new ideas and improvements while in my position, mainly (re)creating new web pages. On the other hand, Bamboo is also very durable, resilient and resistant to break when placed under stress. I had a lot of stressful moments in my mandate, but the same as Bamboo I did not break under pressure. My strong outer layer was support from my team and also the Secretary General was always there to jump in and help me when I needed an extra work push.



# Finance Office

**Dora Mihić** – Partnership Team Member

*Looking back at the mandate, what are you most proud of?*

Looking back, I am most proud of how close the team got. We have never met in person but regardless, we became very good friends. We use every opportunity we get to chat each other up, whether it was about work or personal life (or just sending memes :) ) Our meetings are always done in a pleasant atmosphere as we all feel comfortable with each other. This was a difficult mandate and it wasn't always easy to feel like a part of the team, especially with most of the events happening online, but I always felt welcomed and safe with my teammates. Iva and Andrew, you guys are the best!

**Tajana Hinić** – Grants Coordinator

*What did you like best about your role?*

I liked the atmosphere and the healthy working environment. We did work a lot, but it was all through the feeling of being connected and supported through each moment. Also, I am really grateful for having the opportunity to lead a team that taught me how important it is to be kind and transparent toward each other and during this year I learnt how to be a leader.

**Iva Žužić** – Partnership Coordinator

*What were the most valuable experiences?*

Definitely, the moments spent with my team are dearest to me! I am so happy and pleased that I have had a chance to work with such amazing people! Even though we have not had a chance to meet all together in person, our meetings and regular communication helped us to get to know each other better and to genuinely connect. Our meetings were always full of laughter and that is something I will definitely remember!

**Asli Bursalioğlu** – Grants Responsible

*What surprised you about the past mandate?*

Considering all of our operations were carried out online, I think we did a great job communicating, handling responsibilities, and building connections. I was very pleasantly surprised to see us turn into this wonderful virtual community.

# Marketing Office

**Ceylin Göven** – Photographer

*What have you learned, in what ways have you grown?*

The biggest thing I learned was the importance of being a team. Until I joined EFPSA, I thought it would be easier to work and produce things alone. However, during this mandate, I learned that working together and sharing tasks helps things run in a simpler way. I myself have developed and grew in taking responsibility, scheduling, being punctual and communicating easily with strangers.

**Tea Jermaniš** - Designer

*What did you like best about your role?*

The position of a Designer is great because you always have something to design, but also the freedom to start a new marketing idea/project. If you are a creative person who likes to create new promotional campaigns and designs – this position is for you!

**Maximilian Pultz** - Designer

*Looking back at the mandate, what are you most proud of?*

I am most proud of the fact, that we managed to keep up our motivation and continued to deliver good work despite of all the complications the mandate had prepared for us. I still haven't met any of my team members in person and for the last two months we didn't even had a Marketing Officer anymore but our team was able to organise itself, divide the tasks and keep up a stable workflow throughout the whole mandate.



# Members Office

**Veronika Kocmanová** – Member & Observer Coordinator

*What have you learned, in what ways have you grown?*

This mandate has definitely taught me a lot, and even more than I had expected. Flexibility, a constant open-minded mindset, and patience are the skills that I have enhanced the most. It took me some time to realise that sometimes I cannot do anything but to accept the circumstances that I cannot change at all.

Moreover, I appreciate very much that I have not only worked but also connected with people in my Office and EFPSA while working together remotely for an entire year. I have become more grateful for every little nice moment, positive feedback and inspiring message that helped me to keep my motivation up when I felt down.

In relation to my position, I have learned how to lead a huge team of many members, delegate tasks and how to work remotely in an efficient way. Definitely, I have become more self-confident in leadership and communication skills. On top of that, this mandate has brought me the opportunity to get familiar with many online tools that I appreciate very much!



# Journal of European Psychology Students

**Ece Yüksel – JEPS Editor**

*What did you like best about your role?*

I cannot believe it has been a year since I have joined the JEPS team! I loved being a part of the team as a team member and getting to know other like-minded people. Although COVID made it harder for us to connect, I made some valuable friends while being a part of EFPSA. Being an editor taught me a lot about the publication process and APA style. I love being in contact with the authors via email, guiding them through their publication journey. If you love formal communication and writing emails, this is the position for you! I love sending welcoming emails to the authors, helping them to get a better grip of our journal's formatting and making comments about their manuscript structure, comprehension, and overall writing. Being a JEPS editor teaches you a lot, helps you to get a chance to know other academic-oriented people around Europe, form sincere relationships –helping each other out in the team is another major aspect of this position–, inspires you to submit your own paper, and overall, makes you better at writing and reading papers!

**Ana Lubej – JEPS Editor & Study Abroad Responsible**

*What were the most valuable experiences, which memories are dearest to you?*

I would say my most valuable memories are the training sessions I had with my teams. I have learned to open up to people and share a piece of myself with them and they have also shared a piece of themselves with me. Additionally, one of the best memories was having dinner with the STA team as we talked about our countries and cultures.



# EFPSA Research Project 20/21

**Vladimir Maksimovikj** – RP Research Responsible

*What did you like best about your role?*

I loved being in contact with PhDs/post-docs and being able to attend two Research Summer Schools. Who should consider applying? People who want to work with an amazing team, with the goal of assisting 6 teams to achieve their research goal. People who want to develop their conflict resolution, research and recruitment skills. Last but not least people who want to contribute to society in a positive way, by assuring that 6 beneficial studies will be published within the year.

**Teodora Ghitescu** – RP Team Member

*What were the most valuable experiences, which memories are dearest to you?*

When I applied for this position, I was completely clueless about the responsibilities it implies and decided to just go with the flow and figure it out on the way. And so, I did. However, the most valuable things are not the skills and information I acquired, but the people that I now get to call my friends. The three people who I was excited to see every single week, the people whom I spent late nights and early mornings with, grading participants applications and talking about our next revolutionary move. The people that made me push my creativity and motivation towards things I didn't know I was capable of. The people that showed me that if you can think it, you can achieve it. Through our ups and downs, I never doubted the bond we have. I will forever cherish Vlado's jokes, Marija's mature advice and Ana's inspirational ideas – thank you!



# Social Impact Initiative

**Katrin Češčut** – SII Coordinator

*What did you like best about your role, who should consider applying for it?*

What I liked the most was the ability to have an overview of everything that SII was doing, I got to meet and work with many EFPSA nauts and also representatives from other organisations. So, if you want to coordinate a team that makes a difference in society, you should definitely apply!

**Fruszi Szécsényi** – Project Responsible of Better Together

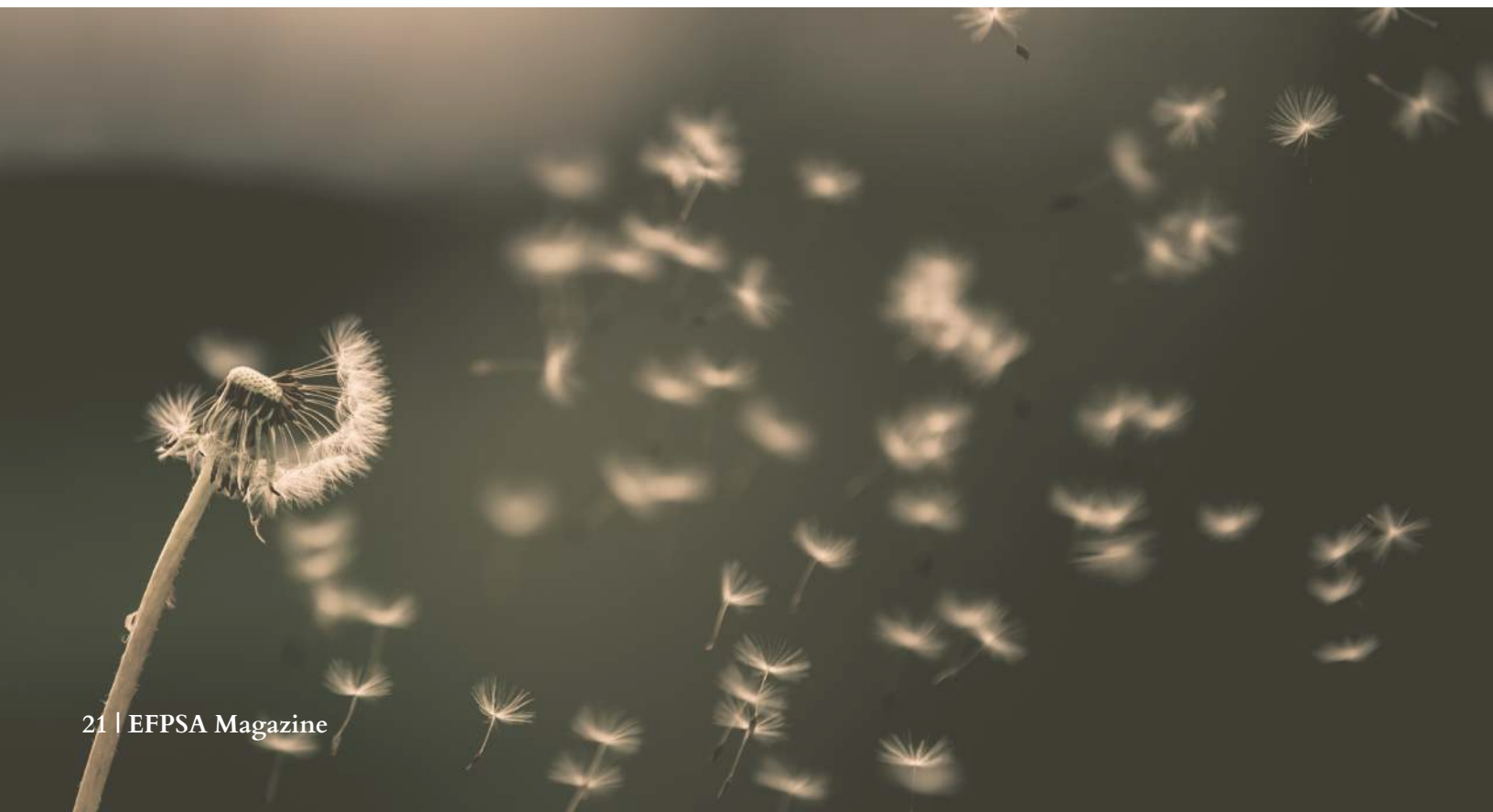
*If your experience in EFPSA this mandate was a plant or an animal, which one would it be and why?*

If my experience in EFPSA was an animal, it would be a half blind, half deaf, busy, sometimes panicking but always loving hen, trying to keep it all together and show the way to her cute little chicks. This is how I mostly felt in my position with our Better Together Local Coordinators, and this is how I see EFPSA and my lovely fellow EFPSA people who made me keep going this past year.

**Umut Doğan Bilici** – Project Responsible of Organised Acts of Kindness

*If your experience in EFPSA this mandate was a plant or an animal, which one would it be and why?*

Obviously, dandelion. In SII, we call ourselves dandelions because we spread awareness of mental health issues in society, and the impact increases as we continue to blow dandelions & allow our campaigns to reach more and more distant corners in Europe.





## Events Office

**Tessa Brlek Čufer** - Training Events Coordinator

*Looking back at the mandate, what are you most proud of?*

Since we are in the middle of the pandemic the nature of connection is much harder especially since we didn't have the normal option of connecting in person on the congress or at the EB&MR. Nonetheless we as an office found a way to connect through our work at online sessions and had a great balance of work and social flow in our meetings. It was amazing how I've come to love some people I've never met in my life and would like to keep them in my life even after our mandate ends. It was a surprising and great experience of how we're capable of growing connections no matter what circumstances hit us, like a flower can find a way through a concrete even in the hardest of times.

## Study & Travel Abroad

**Mehmet Çağlar Akyiğit** - STA Service Coordinator

*Looking back at the mandate, what are you most proud of?*

Despite all the difficulties we have experienced on an individual basis and as a team, the in-team atmosphere we have created, and the strong friendship ties we have established. We learned that we should not stress ourselves by accepting that some plans/goals may not happen in a process like Covid-19, which affects the whole world. Teamwork, patience and friendship.

# Training Office

**Eleftheria Foka** – Training Office Coordinator

*Looking back at this mandate, how do you reflect on it?*

What a mandate that was...

The fun moments, the laughs, the inside jokes, the bullshit comments, the meetings, the online and offline ones and TtT of course will always be precious and irreplaceable memories.

But I have to admit that the most valuable experiences throughout this mandate were the ones we usually want to forget. The overwhelming moments, the conflicts, the difficult decisions, all the moments we were clueless about what to do and how.

Through them we grew, we evolved, we learned. We discovered so many things about ourselves and about others. We opened up to the unknown of an exciting but still scary journey and we pulled through it.

And this is what EFPSA stands for me. It is not just the fact that it looks good on your CV or that you travel around the world or that you make friends all over Europe or that you contribute to our profession and society. It is much more than that. It is a self-exploring journey, walking on an unknown path, being open to anything that comes your way and meeting fellow travellers along the way. Travellers that inspire you, support you and walk right next to you until the time comes and you go separate ways. It is getting out of your comfort zone again and again, making mistakes and learning from them in a safe environment. It is growing so much that you don't recognise the person you were when you first joined EFPSA, cause you walked too much and discovered too many new paths and too many new companions and that changed you forever.

I will be forever grateful for all the memories, companions, insights and opportunities this mandate gave to me.

## Johann Börner – Trainers' Community Responsible

### *Looking back at the mandate, what are you most proud of?*

I am most proud of the Training Office successfully organising and carrying out Train the Trainers in February in Bursa, Turkey.

After months of believing that we will experience a mandate without a new generation of Trainers, we took this opportunity, planned as carefully as possible and gave all our love and energy to this special event. It is for me still surreal that after months of setbacks this amazing event happened with great outcomes.

Now 16 new EFPSA Trainer Candidates are ready and willing to walk the Trainers' path, to deliver sessions for the EFPSA Working Community and maybe even become a part of the Training Office themselves.

The work of this office and of our Trainers cannot be pointed out enough, even in this extraordinary mandate we managed to organise several events including TtT and brought valuable sessions to this lovely working community.

I am proud to be part of this team and even more proud to witness the rise of this new generation that was born: the Bridge Generation.

### *BONUS Q: Who is the most handsome member of the EFPSA working community?*

It is hard, with all of us being such beautiful people, but I definitely believe that Leon Schuck is the most handsome person we have to offer. With his angel-like looks, he can melt the heart of every person in the room in seconds.



## Robert Meyka – Training Image Responsible

### *What surprised you about the past mandate?*

A very pleasant and warm surprise was the courage and endurance of each and everyone who took on this challenge and pursued their position over this 'apocalyptic' crisis, even though there was so much uncertainty of how things were going to look like, if the Working Community would ever be able to meet, and if our beloved events and campaigns could actually take place in person, not knowing how the pandemic would develop in Europe. I happened to observe so many people of the Working Community who dared to make this mandate a good one. Who were creative and motivated enough to make a change in EFPSA, moving things to the online world, creating opportunities to grow as a community and an organisation, and giving support and compassion for when individuals were facing difficult times. We learned a lot about change, how to accept it and how to work with it, we learned how to make virtual hugs feel real and that EFPSA vibes can be a thing even if you are not in the same physical room, and eventually, we even made it possible to make events happen offline, like the Train the Trainers Winter School and the MeetUp for the Working Community, showing once again how flexible and diligent EFPSAnauts (especially the Org Com teams!!) can be. After all, I believe this was a crazy and successful mandate, and it was only possible because of the people who had the will to move on and the empathy to do it in their own time needed. I can only have a ton of respect and gratitude for every single one I met along this way, well knowing that at many times it was not easy to proceed.

I believe that a lot of beautiful things can happen when you are passionate and willing to make a change and leave a positive impact on the world. Even though there will be hindrances that seem impossible to overcome. Even though there will be flaws, mistakes, and conflicts throughout the process. There will still be a pleasant outcome possible with lots of insights, learnings, and friends that you can count on.

This past mandate was proof enough for me that this is possible.



# Member Representatives

**Heidi Iik** – MR of Finland

*If your experience in EFPSA this mandate was a plant or an animal, which one would it be and why?*

My experience would probably be dandelion because they manage to flourish almost everywhere. I was new to EFPSA and the conditions to start the mandate were not the best. Despite all that, I managed to find my place, grow, and learn.

**Armand Abela** – MR of Malta

*What have you learned, in what ways have you grown?*

Communication is key.

Never assume that someone knows what you are discussing.

**Žan Luka Lavriha** – MR Slovenia

*What surprised you about the past mandate?*

The lack of activity which was seen from a lot of the MR's, because that sort of gave me the impression that it is ok to not do something or to not be as committed to the role of an MR as I thought one should be before the beginning of the mandate. I still tried and also succeeded in doing most if not all of my tasks, but I found it harder to motivate myself since there was always this thought at the back of my head: "70 % of MR's will not do this or that, so it isn't a big deal if you do not do it either."

**Alexander Spriet** – Observer MR

*If your experience in EFPSA this mandate was a plant or an animal, which one would it be and why?*

Mole. Lockdown.



**Daniel Martin Montealegre – MR of Spain**

*Looking back at the mandate, what are you most proud of?*

To be able to keep the EFPSA active within my MO and to make good publicity of the events. I managed all the tasks and was able to bring ideas from the EFPSA to my MO, as well as share my MO's views to the EFPSA.



**Konstantinos Vlachantonis – MR of Greece**

*If your experience in EFPSA this mandate was a plant or an animal, which one would it be and why?*

The buffalo seems appropriate. It is sometimes described as a symbol of endurance, the ability to overcome difficulties and great emotional courage.

**Róisín Cormack – Vice MR of Ireland**

*Looking back at the mandate, what are you most proud of?*

I am most proud that I pushed myself outside of my comfort zone getting involved with EFPSA. At first, I was not really sure what it was all about but I was excited to learn and I always came at everything with interest and energy. I have learnt and developed so much the past year including being part of the first wave of Mind the Mind Ireland, it is an incredible initiative to be a part of, one that I am passionate about being in Ireland for the first time. Raising awareness about EFPSA, doing an Instagram takeover day to spread the word to as many Irish Psychology students that I could was also a proud moment for me, it was intimidating putting myself out there online like that and speaking publicly but it received a great response, I am glad I did it. I have come to love EFPSA so much, the community and the opportunities that I now look forward to continuing to be involved with EFPSA as the MR of Ireland for the upcoming mandate.

$$-\frac{\hbar}{i} \frac{\partial}{\partial t} = \frac{p^2}{2m} - \frac{Ze^2}{r}$$

$$\alpha = \frac{\hbar^2}{ec}$$



# Feuilleton

This is the section where Leon subjectively muses about topics dear to him, in the hopes that somebody will care or enjoy it.

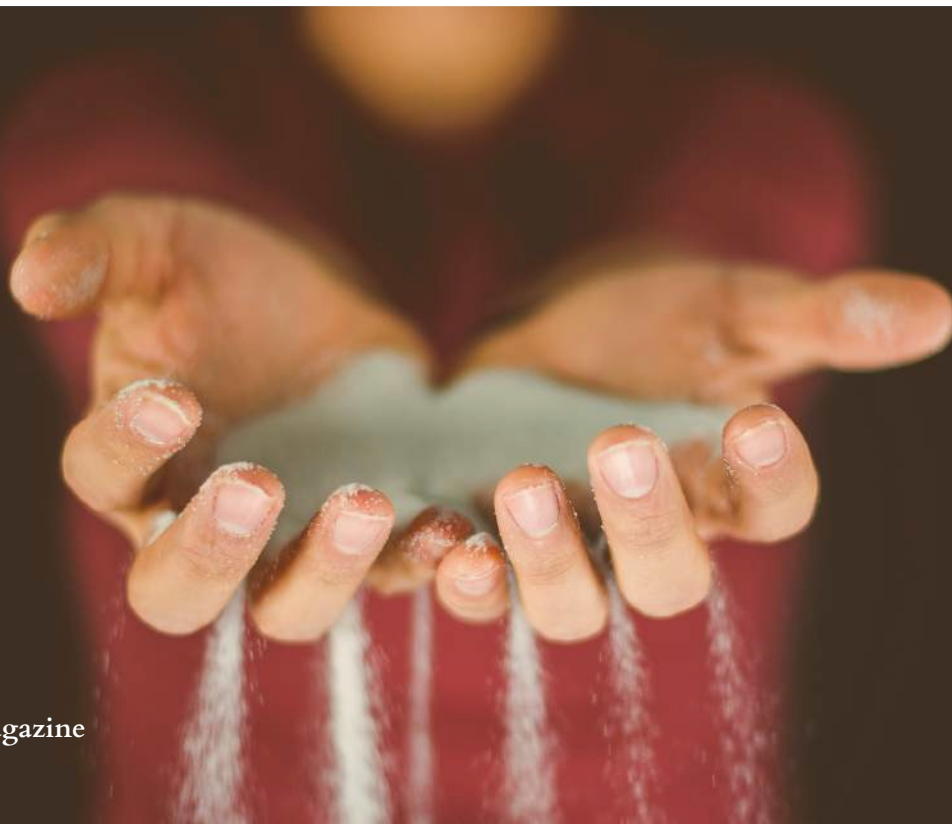
# Take your Time

## What is time?

When a cycle comes to an end, and a new one begins, time can become more salient to us. We feel ourselves immersed in it, its stream forming ripples around us. I want to make use of this occasion and write a bit about the nature of time and our experience/relationship to it. It is the most valuable currency we have, everything we want to achieve, experience, or obtain has a price that needs to be paid with time.

But it is not like other currencies: We don't need to work for it. It is given to each of us equally. There is no time-poverty, and no temporal-one-percenters. It comes with life itself and no one can take it away from us. All we have to do is spend it, and how we do shapes and determines our life. Each moment is a choice between an infinite amount of beauty and potential.

Or so we are told in every self-help book and calendar of inspirational quotes. But is it actually true? It certainly does not always feel this rosy. Countless things seem to be stealing our time. The clock seems to always be ticking, calling, even threatening us. If not with the impending doom of our finite mortal existence, then threatening us with the next deadline, the current crisis we have to shovel ourselves out of, or just the plain-old existential need to earn money – the other universal currency that shapes and determines our lives. More than the other way around, time seems to be in firm control of us. And others are in control of our time – our education, our job, our family, our house, our body, our society – we feel obligated to trade away most of our time, just to maintain the necessary building blocks of what we think makes a well-lived life. It is a luxury to have any free time left – time that is truly our own.



Do you realise what is happening? We talk about owning time, the luxury of having time, and about what we buy with our time. We have become firm believers of the dogma of our age, that time is money. Time has become commodified and objectified. But we do not have to go along with it. Even if we cannot change the circumstances of our economic and cultural context, we can change how we experience time. We can do so, because there is another difference between time and other currencies, that we have not mentioned yet:

### Time is subjective.

It just so happens that we lose track of that fact, because time subjectively feels like it's objective – in our world of clocks and measurements, science, money, globalization and business. But wait a minute! – you will now object, an hour always has 60 minutes, which always have 60 seconds each, and a second

*is defined as being equal to the time duration of 9 192 631 770 periods of the radiation corresponding to the transition between the two hyperfine levels of the fundamental unperturbed ground-state of the caesium-133 atom.*  
(Wikipedia)

So, a certain amount of time always has the same length, checkmate, time is totally objective, right? Well, it depends on what you compare it with. Granted, a second always contains the same amount of fundamental, hyperfine radiation level transition periods, or whatever, but why should we care about that? Does a minute always contain the same amount of joy? Does each day have the same length in your memory? Can the events happening within an hour not be so significant that they change your life forever, while last weekend you spent eight hours binge-watching some Netflix show whose name you have already forgotten? Think of it this way:

### Time is life. (The self-help books were right after all!)

Time is life, so we need to make sure to get a good hold of it, before it slips from under our fingers and dashes away like an untamed stallion. Our lasso with which we can catch it is called attention. Once we are in control of our attention, we can control the speed with which we ride on the back of time. And where the ride takes us. Attention is the tool we have, to determine how we fill our time (our life), and it is under attack. It is under attack and we should be concerned. To explain why, I want to take you on a little tangent regarding the subjectivity of time and talk about the difference between prospective and retrospective time.

## Where is our time going?

The difference between prospective and retrospective time is basically the difference between how long some activity feels while doing it (prospective time) and how long it feels looking back at it (retrospective time). Let me illustrate the difference with an example: Monotonous workdays can endlessly drag on while you are stuck in them. Day after day you go through them, perhaps for years, it feels like you are trapped for eternity. That is your prospective feeling of time being bored. Then, at some point you look back and wonder, were have the years gone? In retrospect the time has shrunk down, you feel like it was yesterday that you were young and full of dreams and hope (sorry for this depressing example, but it sets the mood well). This kind of monotonous and meaningless work represents one of two types of activities that have traditionally existed in the life of a human.

They are **boring and empty**. Nothing new or significant happens during them. They are a drag, and they drag on in their boringness. But luckily, since they contained nothing of importance to us, we immediately forget about them and we don't have to be bored by them in our memory. They last long in the moment but vanishingly short in our memory.

The second type of activities describes those that are **exciting and vibrant**, full of wonder, novelty, surprise, or drama. We flow through them like on a roller-coaster or lose ourselves in them like in a dream. Before we know it, hours, days or even weeks have passed. But our mind holds on to them, we forever remember what they meant to us, and they remain a part of us and our lives. Short in the moment but lasting in our memory.



In the end it all results in a beautiful, time-preserving kind of balance. There is a good chance that you cannot easily slot most of your life into these two types of activities. This is because this homeostatic harmony has been disrupted by the emergence of a third kind of activity. A sinister, parasitic way of spending time, no, of getting time sucked out of you, that found its first significant manifestation when the TV was invented and delivered into every home: the **empty entertainment**. This activity combines the engaging flow of the second type of activity with the empty meaninglessness of the first. The consequence is a loss of time on both fronts: prospectively you lose hours to the activity, immersed in the meaningful patterns that dance through your mind, but retrospectively you fail to retain any of it, because the meaning it portrayed to you was not yours, not born from resonance with your own life, but just a story. You are left wondering what the hell you have been doing, or worse, what the hell you are doing with your life! Of course, we have immersed ourselves in stories since the dawn of humankind. But their magic always lay in how they mirrored our lives, they taught us how to perceive meaning in our own stories. Now, the meaning in stories is increasingly becoming a substitute for meaning in our own lives. Whereas before, stories helped facilitate the activities that make us bear the suffering and make life worth living, now they prevent them. For since its emergence in the form of TV, this type of activity has been evolving into more powerful and dangerous variations. With technologies like the internet and smartphones, and with services like Netflix and social media sites, they have become more accessible, more individualised, and more interwoven into our culture and society. Their beckoning call is getting harder and harder to resist, their meaningful illusions more and more tempting to escape into, especially if meaning in our actual lives is not readily available.

### Time is Money is Life

So, you might ask, how did we let it come to this? Why do we invest so much of our ingenuity and effort into perfecting these machineries of time theft, if they just leave us feeling empty? What makes us willingly engage in activities that rob us of our time, and with that, of our life? That is exactly the right question, and I know of two answers. With the first answer we finally come back to my previous claim that our attention is under attack. It is the realisation that our time is not actually lost, but stolen. Stolen, in one of those brilliant heists that trick the victim to willingly give the thieves what they are after. Time is money, remember? Literally, in this case, as your time turns into their money after being filtered through the advertising machinery. This means that it is no longer only your life that depends on your attention. There are new players in the game and they are equipped with all the tricks, all the tech, all the money, and some of the smartest people humanity has to offer, all of which they are using to get as much of your attention as they can. So, this explains why these time-consuming complexes exist and how they have grown so powerful.

The second answer concerns our vulnerability to them. After all, though they exist, we could just choose to ignore them. This answer again ties back to the nature of time that we have established. Time is money, but also, time is life. If we logically resolve these two equations, we arrive at the conclusion that either money is life, or life is money. Both propositions appear equally terrifying to me. They of course do not represent literal truth. But they symbolise the stressful times that we are living in, and that we have illustrated earlier. Life has always been a never-ending source of stress and suffering; it is why we search for meaning in the first place. Now that life is money and money is life, the stressfulness of existence is psychologically heightened, even though we successfully eliminated many physical stress-factors with the help of money. We must be aware of the **limits of money**. It has been successful as nothing that came before in improving our objective life circumstances, providing us with safety, comfort, and food. But we failed to set its boundaries and looked to it to solve all our other problems too. So, we let it reign freely in the domains of subjectivity and let it objectify our lives and our time. Whereas historically your objective circumstances were one thing, and life another, they increasingly become one and the same. The same, of course, is true for meaning. It is no longer so malleable, no longer waiting for you to bend and shape it to your liking and make it your own. A lack of meaning nowadays, poverty of the money-time-life-meaning complex, can seem impossible to escape from; most of its aspect lie largely outside of our individual control. Finally, our formula life is money, unconsciously internalised makes it seem as though there is nothing more that we can expect from life. From such a time, such a life, it is understandable to want to escape, now and then.



So, what is there for us to do? The ultimate key is **perspective**. If you can change the way you look at time, you no longer live in the same world as the one I sketched above. If my words have resonated with you, try to keep them in mind, carry them with you as long as you can, remind yourself of them as often as possible, and try to let them take effect in your life, your decisions and actions. But you still face the same external influences, and they can be hard to resist. One last thing I want to equip you with, a tool that will help you in your fight:

## Farming Time

Delay of gratification. Do not do the easy thing now, but invest some of your time to get the greater and more meaningful reward later. We have all heard this before. But if you have read this far, humour me just a bit longer and let me try to refresh its significance and paint it in new colours for you. To sacrifice the now for the later, to delay gratification and harvest the fruit only once it has matured is the core principle of all growth and all development. This ability lies at the very foundation of our civilization. The agricultural metaphor is no accident: The emergence of this idea historically coincided exactly with the emergence of literal farming. The harvesting of the fruits of the earth (agriculture) and the harvesting of the fruits of our time (culture) are twin siblings and marked the beginning of what we call progress. This fact alone is so awesome to me that it inspires passion and determination. Everything that is worthwhile and meaningful relies on this discipline. If we ignore it and give in to weakness, it is at our peril. This is where the age-old wisdom of **no pain, no gain** comes from. For millennia we have valued and practiced it, so how come we struggle so much with it now? I believe a big part of that is the modern illusion of gain without pain. Instant gratification is being offered to us at every corner. Alluring but empty “junk” in all varieties, be it food, information, sex, or drugs, is thriving due to market interests, while it actively works against collective and individual human interests. It cultivates weakness in us, instead of strength, and fosters wrong expectations about the nature of life. This also affects how we experience and contextualise the work we have to do. Now that we have a rewarding alternative, we are worse than ever at delaying gratification. It makes it harder to find meaning in the necessities of our life, and even harder to work on ourselves when we are done with them. We are psychologically less protected against stress and our mental resources are depleted faster, increasing the need to escape and unwind into lazy bliss at the end of the day. The vicious cycle has started. Every time we indulge, we further corrupt our reward circuits, making it harder to resist the next time. But every time we do resist, we slowly start healing, slowly start gaining a new perspective, slowly start becoming stronger and more fulfilled. This is the uncomfortable, but refreshingly simple truth of the matter. Delay of gratification is one of the key abilities of our time. We need to do exactly what is most difficult for us.

## Take your Time

Now I have taken quite a lot of your time to tell you that you should guard it carefully and value it highly. I apologise. But I have also given you a little training in gratification delay – I hope you found some in the end! To conclude what I was trying to express: Be mindful Time and of the time you have! It is limited, so do not let it slip away without deciding where it goes. Take your time and do not let others take it from you. Take control of it. It is yours by right, so fill it with color and meaning, fill it however you want to, do not let me tell you how to fill it. **Take your time to live your life.** Do not believe you are in some great rush to partition and sell off your time. You already have what is most important.

Take your Time.

A gravel path winds through a dense forest of evergreen trees. The path is made of light-colored gravel and is surrounded by green grass and small plants. The trees are tall and thin, with dark green needles. The sky is overcast and grey. The overall scene is a natural, outdoor setting.

# What is your Place in EFPSA

Answer the questions and follow the path  
to find out!

(Disclaimer: this quiz values fun and  
exploration over complete accuracy!)

I love guiding and motivating a team.

*Hell yeah, hums \*follow the leader, leader, leader\**

*Nah, I'm more like the fun team member or the independent boss babe.*  
- Go to page 37 -

Numbers make me...

*...interested, but only in combination with a social aspect.*

*...go into ecstasy.*  
1

The core of my work should be scientific.

*...almost uncomfortable.*

*Yes, I'm like a pig in the mud when it comes to research!*  
2

*No, I would rather work on more practical matters.*  
3

I wish I could give everyone in the world...

*...the potential to fully develop themselves.*  
4

*...enriching travel experiences.*  
5

*...the tools to sustain a healthy mind.*  
6

My friends would describe me as...

*...a social butterfly.*  
- Go to page 38 -

*...a creative mind.*

*...an efficient organiser.*

*I can create an image to represent  
you in a favorable way.*

7

*Spreadsheets!*

11

You want to organise your life  
to get a good overview. What  
format do you choose?

The world is ending and you  
meet this guy named Noah. He  
tells you that the ship can only  
take in passengers that can  
provide useful services. What do  
you say?

*Some nice  
Wordclouds.*

12

*Visual plots and tables.*

13

*I can make the registration process  
for the animals easier by creating  
a web presence for the arc.*

10

*I can capture and preserve the  
unfolding events for eternity.*

8

*I can tell stories that raise spirits  
and open up new perspectives.*

9

*...plant seeds and work with people towards personal growth*

14

*...work towards a psychologically aware society by educating the next generations*

15

You find a magic lamp and rub it. A genie pops out and offers you the job of your dreams. You answer: "I want to..."

*...the potential to fully develop themselves.*

16

*...the tools to sustain a healthy mind.*

18

*...enriching travel experiences.*

17

- 1 Grants Coordinator, Partnership Coordinator
- 2 Policy Coordinator, JEPS Editor-in-Chief, JEPS Sr Editor, RP Coordinator
- 3 Member & Observer Coordinator, Events Coordinator, Training Events Coordinator
- 4 TO Coordinator
- 5 STA Coordinator
- 6 SII Coordinator
- 7 Social Media Responsible, RP Team Member, STA Team Member, Training Image Responsible
- 8 Videographer, Photographer
- 9 Creative Writer & Editor
- 10 Web Support Coordinator, Designer
- 11 Fundraising Responsible, Accounting & Budgeting Responsible, Grants Team Member
- 12 JEPS Editor, Events Team Member, Policy Team Member, CRR
- 13 Data Analysis Responsible
- 14 Training Events Responsible, Internal Training Responsible, Trainers' Community Responsible, External Training Responsible, HRR
- 15 SII Team Member, Project Responsible (BT, MtM, OAK)
- 16 STA Team Member, Study Abroad Responsible, Travel Network Responsible, EFPSA Exchanges Responsible, Internship Responsible
- 17 RP Research Responsible, RP Team Member, JEPS Editor
- 18 External Relations Coordinator, Public Relations Coordinator, Partnership Team Member, Member Office Team Member



# A Look into the Future

Find out what distant lands are coming up on EFPSA's horizon.

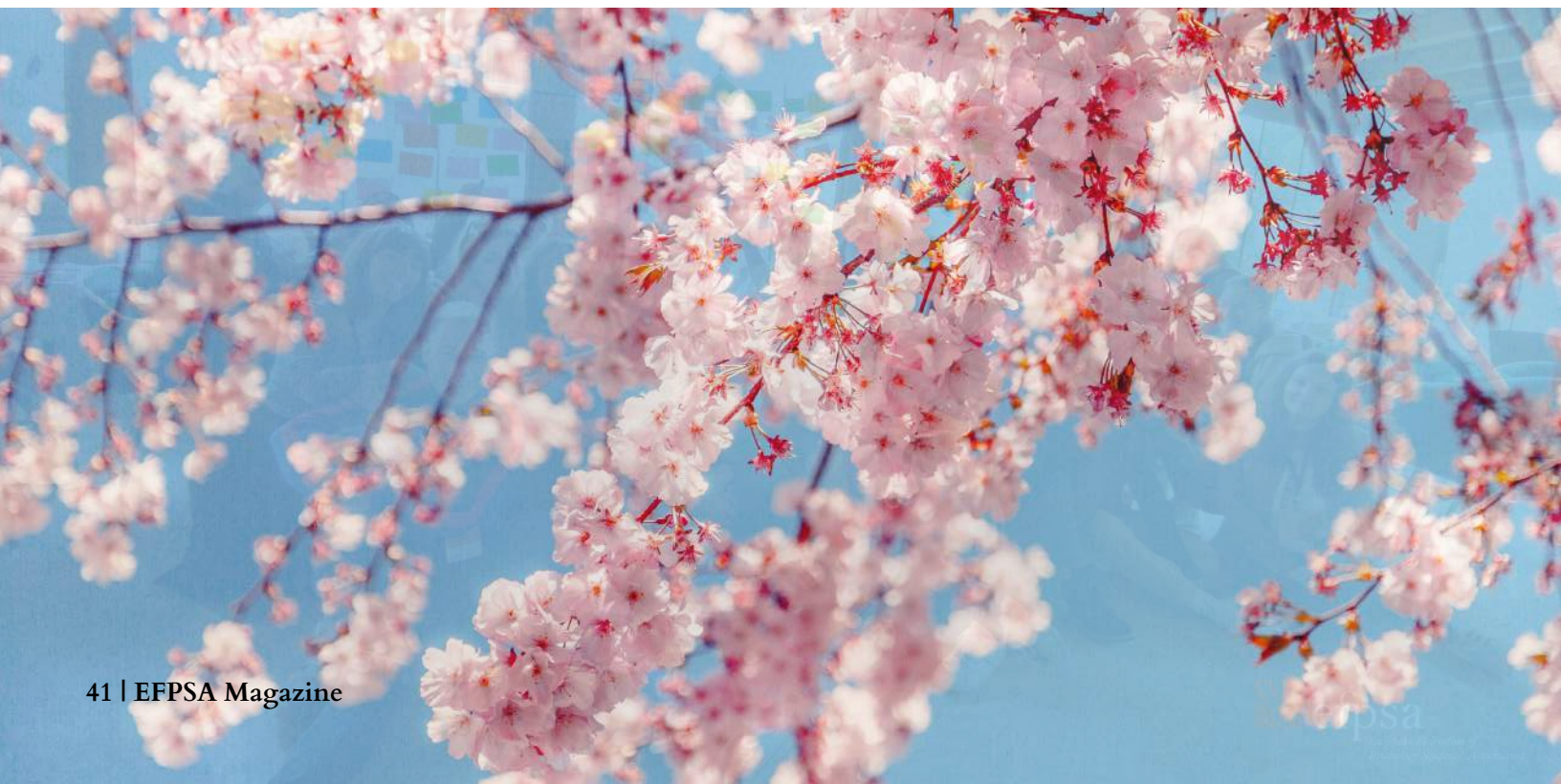
# 36th EFPSA CONGRESS

*E-HEALTH: TAKING A STEP TOWARDS THE FUTURE!*

## **Life is all about endless cycles:**

A series of changes in form that we undergo, returning to the starting state. Sakura (aka cherry blossom), the national flower of Japan, is one of the best-known representations of a time of renewal and optimism. The pops of pink mark the ending of winter and signify the beginning of spring. Due to their quick blooming season, cherry blossoms also symbolise the transience of life, a major theme in Buddhism. The story of Sakura is also a reminder that the only thing that is constant is change as Heraclitus said many moons ago.

About a year ago, the outbreak of the COVID-19 pandemic caused inevitable changes in many areas of our life worldwide including social, work, and health care worldwide. The process we have been going through resembles Kenneth Doka's model of a person who is diagnosed with a chronic disease all of a sudden. It started with the phase in which we were trying to understand what the virus is (how big is the threat) which led to efforts in containing this unknown threat personally (by wearing masks) and nationally (by implementing strict measures). We have been gradually moving to the phase in which we are accepting the threat and adapting our lives in order to live a 'normal' life as much as possible. In terms of our well-being, an important aspect of this phase is to find meaning under the current unprecedented circumstances. Although the governments have been investing in containing the spread of the virus so far, it is expected that the biggest challenge will be the provision of psychological help to those who are grieving because of their losses and suffering mental health problems as a result.



## Revolutions in our life cycles: Digitalisation and E-health

Since sudden changes have always initiated efforts to adapt and survive (aka revolution) in history, we are rapidly shifting our social, work, education, and health care from face-to-face to digital facilitation. In mental health care specifically, provision of prevention, care, and treatment of psychological services in online platforms seems promising in terms of the reach and access of these services to the masses. Despite the good news, one wonders if there any negative implications of such sudden changes in our lifestyle? Are we happy to stay in touch with our colleagues or loved ones through social media? How is the quality of our education influenced by the online platforms? Are e-health interventions effective in prevention, care, and treatment of psychological problems during and/or post COVID-19 pandemic? To find answers to these questions, the theme of the upcoming EFPSA Congress will be 'E-health: Taking a step towards the future!'. With this theme, the main objective of the congress is to contribute to the capacity building and knowledge base of future psychologists in the e-health field in general.

### Where will the next EFPSA Congress take place?

The 36th EFPSA Congress will take place in Cyprus; the 3rd largest and one of the most populous islands in the Mediterranean sea. Cyprus has been home to some of the oldest civilisations, therefore it has been a meeting place of races, tongues, and Gods. In Greek mythology, it is the birthplace of the Greek Goddess 'Aphrodite' who symbolises love, pleasure, and beauty. As a result, the island is known as 'Love Island' and rumour has it, Cyprus has been subject to many conflicts among civilisations because of the spell of Aphrodite.

As an Organising Committee of this Congress, we believe that hosting this Congress in our ancient Cyprus is immensely meaningful. We cannot wait to explore the waves of changes that have been started with the outbreak of the pandemic and the implementation of e-health interventions in different fields of psychology together with you all. Having been through social distancing and isolation over the past year, we also think that we all deserve to feel embraced by love. Therefore, Aphrodite's 'Love Island' is the place to be in 2022!

*The greatest glory in living lies not in never falling, but in rising every time we fall.*

*- Nelson Mandela*

Thank you for reading



# EFPSA Magazine

*Brought to you by:*



**Leon Schuck**  
Editor / Writer



**Maximilian Pultz**  
Layout / Design

I want to express my gratitude to everyone that is part of this lovely community. You all are the reason we can have this Magazine, not to mention all the beautiful things it tells about. Special thanks go out to the Designer Max, my General Katja, the passionate Board, the Content Review girls, and everyone else in the Working Community. Thank you for contributing to our Magazine and for making this mandate so special!

**Contact me:** If you have any feedback, thoughts or ideas! I would love to hear your opinion and work on making this Magazine even better. You can also write a letter to the editor. Be it a complaint, a question, or anything else, I will reply and, with your permission, the letters will get printed in a new section in the next Issue!

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