

# EFPSA

European Federation  
of Psychology Students'  
Associations



What is now  
proved  
was once only  
imagined

William Blake

Annual Report  
2005 / 2006



## Editorial

In 1987 a handful of students from different countries imagined how great it would be to have a Europe-wide network of psychology students. They met in Portugal, had a first small congress and decided to found a federation. EFPSA was born! The European Federation of Psychology Students' Associations has its 20th congress in a few days, it is unbelievable what can grow out of a simple idea!

For a long time EFPSA has been very loosely organised, yet once the federation reached a critical size some years ago, the necessity of becoming better organised was obvious in terms of further growth. At the beginning of this mandate, as vast structural changes had just been implemented and the organisation was still in the middle of the change process, it was decided to "slow down" the advancement of some project and focus on others.

It might have not felt as a very glorious aim to "reduce" the pace of an organisation – but this mandate has functioned as a very important phase, which in a few moments will become EFPSA history. The goal and achievement of this developmental stage has been to ensure continuity and fortify the fundamentals of EFPSA – those that are the prerequisites of stable advancement and growth for the future. Of course, there is no way to escape unpredictable surprises on our path, something we might interpret as obstacles, but as E. Joseph Cossman has wittily put it once: "Obstacles are things a person sees when he takes his eyes off the goal."

Many challenges crossed our path this year. Still we continued towards the objectives we set out to meet, showed flexibility as well as doggedness and kept the most important EFPSA spirit! Now we can proudly present the achievements of the mandate 2005/2006

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## Imprint

### EFPSA

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Cultural Evening at the 19th EFPSA Congress in Spain, Spring 2005

## Achievement of Objectives

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### • Fundraising

**Main Goal:** To generate a sustainable financial base for EFPSA

a. To set up a realistic budget that follows our priorities and needs

**Report:** This goal was attained, unfortunately too late to enfold its effects.

The process of setting up the budget took longer than expected. Since we almost had to start from scratch and some important information from the previous mandate were lost, there were many things to be elaborated. Due to these difficulties it was approved very late in the mandate and therefore lost its value as a planning instrument. Nonetheless the budget as an outcome was very satisfying. Especially because it will serve as a good basis for the forthcoming years and the efforts we had to contribute will pay off in the future!



b. To raise enough money to cover at least the organisation's needs 2005/2006

**Report:** This goal was attained, but only because EFPSA re-assessed some planned investments.

Even though we had a very promising fundraising team in this year's Executive Board, they didn't manage to raise any money. Different reasons led to this result.

As the application for funds was depending on our legal registration, it was not possible to get money from any grants. After a promising start with gathering a lot of knowledge about grants, the grants team unfortunately failed to accomplish further steps. The sponsoring team on the other hand did some necessary conceptual work. EFPSA developed first ideas of a sponsoring strategy as well as found a lot of ideas about who to ask money from. Despite these efforts, only a few actions were taken to contact sponsors – without success. More steps towards approaching possible sponsors are clearly needed and will be the task for the next mandate's sponsoring team.



c. To find money sources which generate a continuous income

**Report:** EFPSA failed to attain this goal but some promising steps towards it were done.

Three potential sources in addition to the membership fee and the support from EFPA have been found for continuous income: Google AdSense, Hogrefe & Huber Publishers and a yet to be conceptualised donation system at EFPA congresses. However, none of these sources have provided us an income yet.

Google AdSense ran for about three months on our website. After Google stopped the service, EFPSA decided not to reinstall it due to some previous complications it caused. In addition to a few other companies, EFPSA approached Hogrefe & Huber Publishers for a sponsoring deal. Negotiations are still ongoing and therefore it's too early to present a result in this report. A very promising idea was developed at the Granada congress and during the months after the congress. The EFPA congress that takes place every two years is a great opportunity to find individual contributors from the field of psychology. Negotiations are going on with EFPA congress organisers 2007, Prague, regarding the implementation possibilities of such a system.





## Achievement of Objectives

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### • Legal Registration

**Main Goal:** To be legally registered in Belgium until December 31<sup>st</sup> 2005

**Report:** This goal wasn't attained until the end of the year.

A small group of people has worked very hard on achieving the goal to have EFPSA legal status renewed. It turned out to be quite a bureaucratic challenge and a longer and rougher journey than hoped. But EFPSA legal status will be renewed by the beginning of the mandate 2006/07.



### • Website

**Main Goal 1:** To finish the EFPSA website until the next EB-meeting in Romania

a. To finish the backend of the website

**Report:** EFPSA didn't attain this goal, for this goal is suspended until new projects closely related to this aim are finished.

In order to become less dependent on programming knowledge, [www.efpsa.org](http://www.efpsa.org) will be put in a content management system (CMS). Since the Executive Board meeting in Cluj-Napoca (Romania) in December 2005 we know that this has to happen hand in hand with the implementation of our new corporate design which is the first result of the newly launched corporate identity project. This is the main reason why EFPSA has decided to focus on the backend



National Representatives' meeting Maastricht, 2005

after the design is finished. Nevertheless, negotiations with possible persons who are able to make the transfer into CMS are happening as we speak.



b. To finish the rest of the frontend of the website

**Report:** This goal wasn't fully attained.

Similar postponing reasons as mentioned above apply for this goal. Compared to the previous mandate, though, EFPSA web-environment was resurrected and it has been offering a lot of up-to-date information. Still, we have to wait until the CMS is finished before we can continue to put the rest of the new content online. Lots of preparations for that have been done – every team has engineered the content of their web

subdivision and it's waiting to be implemented with the new design. The Study Abroad Service has the beta-version homepage online earlier than scheduled. The Activities Office is conducting substantial research for the content of their web-page.



## Achievement of Objectives

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### • Website

**Main Goal 2:** To guarantee the support of the website

a. To find at least two new webmasters

**Report:** This goal was attained.

Despite the fact that it is a challenge to find psychology students with web skills among EFPSA activists, two junior webmasters have been found to support the EFPSA website content-wise.



*"Remember that life is not measured in hours but in accomplishments."*

James A. Pike

b. To clear out the content management processes in the board

**Report:** EFPSA attained this goal.

In the current web environment the three-people web-team has done a wonderful job spreading the content management duties among themselves. The task of making important documents (e.g. minutes, Executive Board reports) available online could have been discussed better and clearer. It is important to note that the upcoming CMS will require a new division of tasks and responsibilities. In general more people will be able to upload content to [www.efpsa.org](http://www.efpsa.org). It has been discussed that the secretary should be in charge of monitoring the web updates.



### • Research Network

**Main Goal:** To have a full developed and well working R-Net in one year

a. To make sure that the R-Net team has all the necessary resources and support to achieve its team goals.

**Report:** EFPSA attained the sub-goal but not the main goal yet.

Research Network has a team in the Executive Board with the largest manpower, which is rather beneficial for team spirit and vigorous advancement. The team in its current form had to be rebuilt midway to the end of the mandate – and the current team with a new coordinator has done a magnificent job, has good results to show and expresses excellent team energy. The new team has managed to prioritise their goals, so former mistakes of wanting too much at one time will not be made again. The new cooperation with EJOP<sup>1</sup> that was started in December 2005 appears also to be very advantageous.



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<sup>1</sup> Europe's Journal of Psychology. Through the cooperation with EJOP, EFPSA wants to provide students a platform to gain first experience in publishing scientific papers.

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## Achievement of Objectives

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### • Miscellaneous

**Goal:** Implementation of a new communication tool

**Report:** This goal was attained.

Despite several obstacles on this long launched project, we finally made it! At the congress in Prague the new Executive Board and the National Representatives (NRs) will be introduced to our new communication tool which should dramatically improve communication, enable EFPSA to have an online archive again and give opportunities to have online votings.



Executive Board meeting Cluj-Napoca, 2005

**Goal:** Improvement of the communication between the Executive Board and the National Representatives.

**Report:** This goal was almost fully attained.

The communication between the executive body and the National Representatives became more fluent during the mandate 2005/2006, as a new feature there were two Country Coach<sup>2</sup> functions in the Executive Board with clearly defined tasks that supplemented each other. The CC-role became drastically clearer compared to the previous mandate, the information channels were well defined and the Country Coaches performed an excellent job. Still, in some occasions information exchange activities grew rarer by the progression of the mandate.

Cooperation between the two bodies was overall good. The support of the new or less active NRs was excellent. The National Representative meeting served as a pleasant opportunity to exchange information and receive proposals from the NR's towards more fluent communication within EFPSA.



**Goal:** Promotion of Travel-Network (TN) - 1000 users!

**Report:** EFPSA didn't attain this goal

Very little advancements in EFPSA happen without team spirit and support. As the TN junior coordinator met some unplanned distractions in his life path – TN promotion was not as rapid as initially planned. This, however, hasn't affected the service quality, and some progress was made nevertheless – new monkies<sup>3</sup> were recruited, and new destination countries joined. Travel Network didn't grow by member database remarkably<sup>4</sup> despite the fact that 30000 flyers were printed and distributed.



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<sup>2</sup> The Country Coach (CC) is the main communicational link between the Executive Board and the National Representative Body.

<sup>3</sup> A Travel Network Monkey is responsible to promote TN in his country.

<sup>4</sup> Mai 2005: 363 TN members from 28 countries. April 2006: 502 TN-members from 29 countries.



## Achievement of Objectives

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**Goal:** Good Cooperation with other organisations

**Report:** This goal was attained.

EFPSA has been present at several occasions where we developed contacts and exchanged knowledge with student organisations and organisations in the field of psychology. EFPSA was represented by the presidential team at the following events: EFPA congress July 2005 in Granada, IFISO meeting ([www.ifiso.org](http://www.ifiso.org)) November 2005 in Hamburg, national psychology student congress of Germany November 2005 in Münster, EFPA Presidents Council Meeting December 2005 in Brussels, General Assembly of FENEPSY ([www.fenepsy.org](http://www.fenepsy.org)) February 2006 and at the national psychology students' congress of Switzerland ([www.psyko.ch](http://www.psyko.ch)) March 2006. As a result, the fruitful cooperation with EFPSA member organisations, EFPA and members of IFISO was strengthened.



*I'm blessed to be surrounded by the most wonderful friends ever and I'm also honoured to be part of such a European community... that has been developed into a family! The rhythms of my everyday life are hectic but I guess we're the ones who chose what kind of LIFE we want to LEAD so... I don't complain! The sun came out again, isn't that wonderful? A real miracle... enjoy it!*

Niki Romanou , NR for Greece



General Assembly 2005, 19th EFPSA Congress in Spain



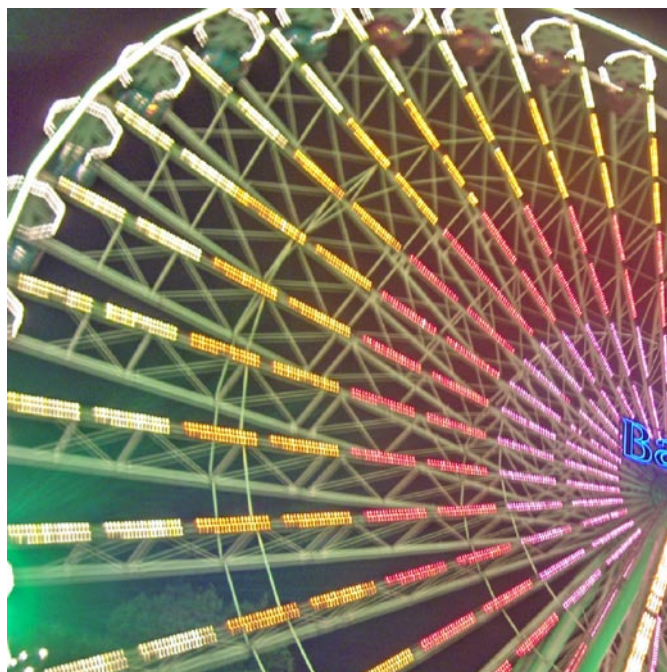
## The Extra Miles

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Besides pursuing our main priorities, other achievements were made that deserve to be mentioned.

### • The Efficient Functioning of the Organisation

After the successful execution of the two body system in the previous mandate, resulting in the complete revision of the EFPSA statutes, next steps towards becoming a more efficient organisation were taken. The lack of clear long-term orientation in the Federation had been acknowledged for some time and was therefore chosen as the next significant Change Project in EFPSA. The Corporate Identity project was co-launched at two consecutive meetings at the end of 2005: the National Representatives' meeting in the Netherlands, November; and the Executive Board meeting in Romania, December. As a result – the vision, the mission statements and the values of our organisation were phrased, creating a good basis to build the new corporate visual identity (a developmental process, which is now in its most final stages, with the help of our good partner “Velvet”, a design bureau from Estonia).



Ferris wheel in Maastricht, November 2005

Following this an analysis on the current image of EFPSA will be conducted to receive feedback from students for further strategic decisions.

This year, the productivity at both aforementioned work meetings was highly satisfying. That was mainly due to quality preparations before the meetings as well as the motivating and friendly atmosphere during them. These weeks are the main sources of enthusiasm and the special motivational spirit, which in fact is the impelling force in the Federation's progress!

It is noteworthy to mention that with the effort of the Applications Committee, EFPSA worked on more objective and transparent evaluation systems for applications regarding the support for travelling costs to meetings and congresses, as well as the support for international psychology student exchanges.

### • The External Communication

EFPSA is established on several networks, the maintenance of which is highly important and is mostly achieved by frequent communication.

Since the middle of the mandate, informative communication in the public mailing-list became regular as the related tasks were well distributed among Executive Board Members. Two students in the web team are responsible for updating news and agenda entries on the webpage, as well as announcements in the organisation's public mailing-list. The creation of a regular virtual newsletter was assigned to the secretary. The first virtual newsletter was published in the beginning of 2006 and the second is currently being prepared. Furthermore, an article about the latest Executive Board Meeting results and recent EFPSA developments was published in the IAAP-SD<sup>5</sup>

## The Extra Miles

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newsletter.

In order to support efficient info-providing, as well as promotion of EFPSA and its Europe-wide benefits for the member countries, a manual is created as we speak. The first draft already evoked positive feedback among the National Representatives.



Workshop at the EFPSA congress 2005 in Spain

a knowledge transfer document – a compilation of all the important information to be passed from one generation to another. As EFPSA has realised the relevance of a well functioning knowledge management, the effectiveness of the long term organisation management will improve drastically.

### • The Improved Knowledge Management

Several steps were taken to improve continuity through gaining and preserving information – something that is exceptionally important in a student organisation.

Regarding input, several documents were newly created, and old ones were revised to suit the current needs. A new National Representative report-template was created and implemented with success. In order to estimate how many students EFPSA can reach through its networks, a survey was conducted by the sponsorship team. This information was then used to elaborate a sponsorship strategy.

In the long term, it is even more important to systematise and archive the existing knowledge. Therefore, the issue was consciously approached and the situation improved. The secretaries incorporated a new archiving system, and the paper documents shall from now on be archived at the office of EFPA in Brussels.

Among the assembled knowledge documents the new ones are: an analysis of the survey results which concerned the professional political influence of the member organisations of EFPSA; a guidebook called “EFPSA Vocabulary”, which offers explanations to numerous abbreviations and terms, with which an EFPSA-volunteer is confronted daily. A guidance manual for organising an international student exchange was created. And the girls from Italy summarised the Bologna-process, which is relevant to us as it is reforming university education in many member countries.

In the second half of the mandate each Executive Board team had to gather their knowledge and produce

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<sup>5</sup> International Association of Applied Psychology – Student Division

## The Extra Miles

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### EFPSA growth and attractiveness

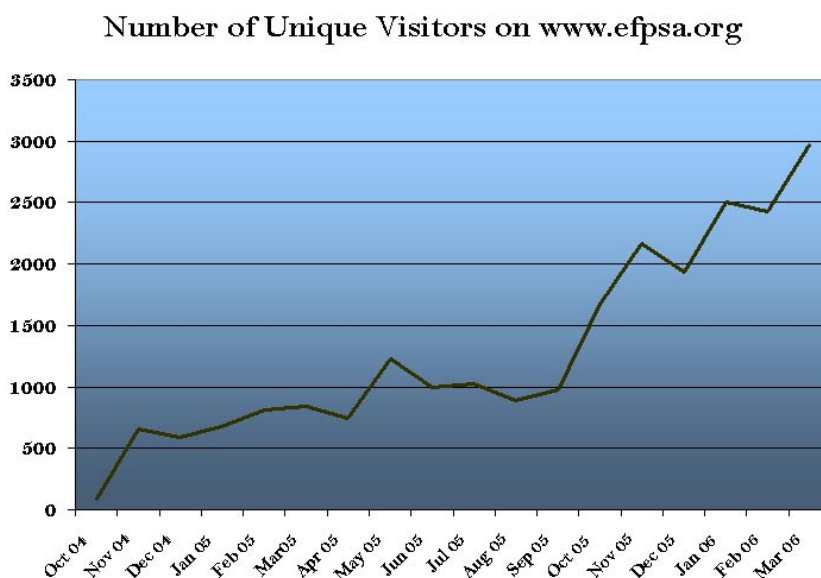
Austria will apply for membership at the 20<sup>th</sup> EFPSA Congress General Assembly in Czech Republic. Austria shall be the 23<sup>rd</sup> member of EFPSA.

The contact with Italy was re-established. Two representatives of the Italian psychology students' organisation were present at the National Representatives' Meeting. Furthermore, representatives from Ireland and Iceland were contacted, but the approaches have unfortunately remained without a reply.

Over the EFPSA network more than half of the member associations organised bi- or trilateral student exchanges. The following exchanges took place during the mandate:

- Belgium – Hungary
- Croatia – Lithuania
- Denmark – Netherlands
- Estonia – Poland – Slovenia
- Finland – Netherlands – Slovenia
- Hungary – Lithuania
- Poland – Serbia & Montenegro
- Serbia & Montenegro – Switzerland

The number of unique visitors at EFPSA webpage grew remarkably as can be seen from the chart below. 2967 unique visitors were counted in March 2006.

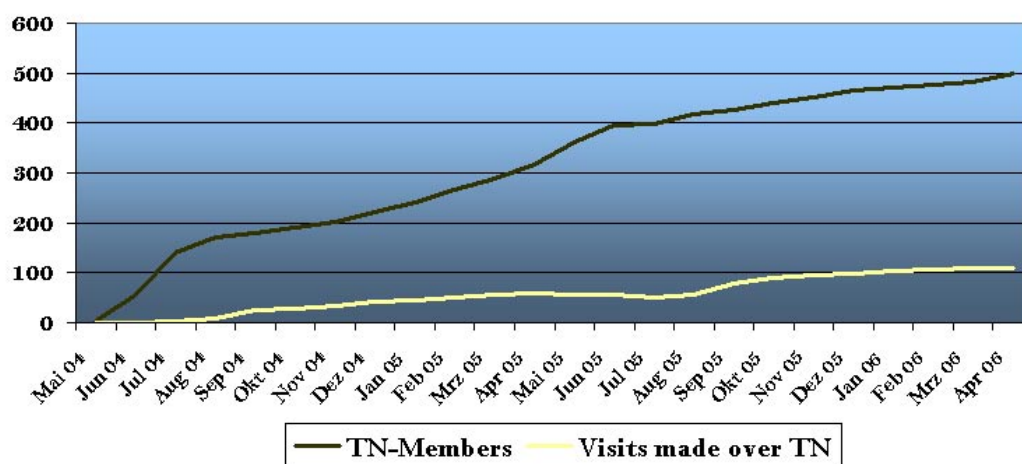


Also, the number of the public mailing list subscribers grew. In April 2005, after a clean-up in the mailing-list, there were 192 subscribers; in March 2006 the number was more than doubled – there were now 435 students subscribed. This could be explained by the focus on mailing list promotion at different student congresses during the mandate.

## The Extra Miles

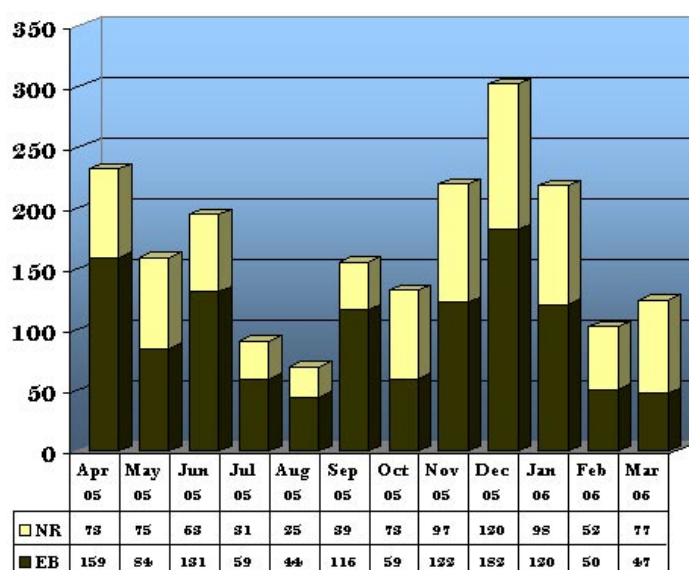
The following chart shows the development of EFPSA Travel Network service since its web-launch in May, 2004.

**Development of Travel Network**  
Mai 2004 - April 2006



In a Europe-wide student organisation, nothing would be possible without a huge amount of e-communication. The chart below shows the email traffic in the National Representatives' and the Executive Board mailing-lists in course of the whole mandate. In average, 166 emails were sent per month.

**EB and NR Mailing-List Activity**





## Financial Report

### Profit and Loss Account: EFPSA mandate 2005/2006 (Period: May 2005 - March 2006)

	B u d g e t 2005	A c c o u n t 2005	B u d g e t 2005	A c c o u n t 2005
Services	1'200.00	340.00		
Projects	0.00	0.00		
Contributions to meetings and con- gresses	1'075.00	2'344.06		
Application Committee - support	2'500.00	1'400.00		
P-Team travel support	790.00	1'149.32		
EFPSA general promotion	300.00	0.00		
Administrative expenses	1'040.00	406.70		
Obligations	300.00	300.00		
Other expenses	309.00	1'229.60		
<b>TOTAL EXPENSE</b>	<b>7'514.00</b>	<b>7'169.68</b>		
Membership fees 2005/06			2'130.00	2'130.00
Unpaid membership fees 2004/2005			130.00	130.00
EFPA support			2'480.00	1'699.32
Sponsors			2'600.00	903.57
Funds			0.00	0.00
Other income			0.00	2'851.60
<b>TOTAL INCOME</b>			<b>7'340.00</b>	<b>7'714.49</b>
<b>Difference</b>		<b>544.81</b>		

### Balance 23.03.2006

	A s s e t s	Liabilities
Bank	1'977.28	
Debitors	3'160.57	
<b>Total Assets</b>	<b>5'137.85</b>	
Creditors		4'418.84
Equity		719.01
<b>Total Liabilities</b>		<b>5'137.85</b>

## Acknowledgements

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A hardworking year has ended once more along the EFPSA path. As usual - a group of people have voluntarily offered their time and efforts to meet this year's goals and engender feasible development paths for the future. In the name of EFPSA we thank all the people in the Executive Board 2005/2006 who have contributed to this year's progress and advancements:

- Sven Gross - President
- Triin Ulla - Vice President
- Tiina Kalda - Treasurer
- Blanka Simsic - Secretary
- Nelle Bogaerts - Secretary/ Project Legal Registration
- Markus Hausammann - Senior Webmaster/ Project EFPSA change
- Ruta Lasauskaite - Junior Webmaster
- Samuel Garcia Tamajon - Junior Webmaster
- Ben Teeuwen - National Representatives Coordinator
- Marija Šulajkovski - Country Coach
- Mairi Hүүdma - Country Coach
- Attila Molnár - Sponsorship Fundraising Senior Coordinator
- Pınar Haksal - Sponsorship Fundraising Junior Coordinator
- Evelien Hennevelt - Grants Fundraising Senior Coordinator
- Marjeta Kosec - Grants Fundraising Junior Coordinator
- Alexa Ispas - Research Network Senior Coordinator
- Cornelia Schwarze - Research Network Junior Coordinator
- Tine Levernes - Research Network Team Member
- Erkki Heinonen - Study Abroad Coordinator
- Anja Bregar - Travel Network Senior Coordinator
- Michal Pawlowski - Travel Network Junior Coordinator
- Juanjo Alvarez Vicente - Activities Office Coordinator
- Simonas Audickas - Application Committee Senior Coordinator
- Anna Sagana - Applications Committee Junior Coordinator



Executive Board 2005/ 2006

A vast amount of gratitude is also addressed to the National Representatives from EFPSA member countries who have done an amazing job. Not only did they vote about proposals, and provide and exchange countless information, but many of them have also volunteered in preparing questionnaires, manuals and documents beneficial for EFPSA and its future activities. We would like to thank:

- András Költő - Hungary
- Andreja Demšar - Slovenia
- Boris Pilepic - Croatia
- Dalia Tuskenytė - Lithuania
- Dragan Serafimovski Dika - Romania
- Halfdan Skjerning Rasmussen - Denmark
- Joanna Boj - Poland
- Katja Vrijsen - Belgium
- Keith Chrystie - United Kingdom
- Letizia Paola Lascar - France
- Lisa Svartsjo - Finland
- Melanija Djurovic - Serbia and Montenegro
- Merle Havik - Estonia
- Niki Romanou - Greece
- Nora Lendenmann - Switzerland
- Ophelia Solti - Germany
- Paul Kieffer - Luxembourg
- Paula Duynhoven - Netherlands
- Serra Tekin - Turkey
- Sonja Roncero - Spain
- Svein Hermansen - Norway
- Vladimira Kovarova - Czech Republic

## Acknowledgements

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The great engine behind EFPSA is the annual congress! This year a team of enthusiastic Czech students have accepted the challenge of organising the 20<sup>th</sup> EFPSA Congress. They have done a tremendous job throughout the two years of preparation! We very much appreciate all these efforts and would like to express our gratitude towards the organising committee:

- |                      |                    |
|----------------------|--------------------|
| • Zuzana Novakova    | • Tereza Cajkova   |
| • Vladimira Kovarova | • Lucie Kozlerova  |
| • Jana Bartosova     | • Zuzana Antosova  |
| • Diana Pavliouk     | • Radka Reznickova |
| • Marek Malus        | • Ondrej Horsky    |
| • Klara Bendova      | • Martin Dolejs    |
| • Lucie Kovarova     | • Romana Pelcova   |

It is also essential for us to express appreciation towards previous EFPSA Presidents who have never lost interest or support in the advancements of EFPSA and have stood by our side during the mandate:

- Attila Andics
- Edward Van Rossen
- Pedro Neves

Among the people who do not enjoy a formal position in the official bodies of the organisation, but still have not considered it a burden to contribute to the benefit of EFPSA advancement, we would deeply like to thank:

- |                    |                            |
|--------------------|----------------------------|
| • Angel Barrasa    | • Katja Vrijzen            |
| • Beatrice Batog   | • Kristina Potocnik        |
| • Carmen Muresan   | • Leelo Jõulu              |
| • Christian Rohr   | • Linda Johnstone Sørensen |
| • David Loschelder | • Monica Ottarda           |
| • Eva Sepping      | • Nadia Bonato             |
| • Fatbardha Abazi  | • Nina Hofer               |
| • Irena Bolko      | • Peter Hardy              |
| • Iustin Marinescu | • Riin Ruut                |
| • Jakob Lorenc     |                            |

In appreciation of the fruitful collaboration we would like to emphasise the following partners of EFPSA:

- European Federation of Psychologists' Associations (EFPA)
- Velvet
- Europe's Journal of Psychology (EJOP)
- Föderation der Schweizer Psychologinnen und Psychologen (FSP)
- Informal Forum of International Student Organisations (IFISO)
- Sectie Psychologie Studenten van het Nederlands Instituut van Psychologen (SPS NIP)
- Studentischer Dachverband Psychologie Schweiz (psyCH)

All of the above-mentioned contributions summed together have led to a result we can be proud of. It's a collective effort of numerous people – those who love this organisation, whom EFPSA is thankful to and shall remember.

## A Glimpse into the Future

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*"All good work is done the way ants do things, little by little."*

Lafcadio Hearn

If we look back on what we wished to achieve and what we actually did indeed manage, we are happy to acknowledge that a large number of the mandate goals were reached. In some cases we might even feel surprised to have achieved that, if it is the numerous challenges we remember most vivid! But EFPSA can also be proud of its ability to stay flexible, react to the environment and choose the most beneficial strategies in the goal-reaching process, even if it means postponing something that was initially planned.

When we look at the future, focus on the goals planned to reach during the following mandate, we can actually be proud that the priorities remain true to processes ignited during this mandate. The implementation of the new corporate identity and design will clearly be a milestone. With the introduction of a core management, the so called Board of Management, EFPSA is trying to gain some more efficiency. Let us be curious on the impact of this next structural change. The Research Network will put up its new internet platform which will be a true service for students interested in research. Furthermore the cooperation with EJOP will be continued and if possible intensified. Last but not least, the main focus of the Research Network team will be the preparation for the first European Summer School in 2007.

The path does not make a turn, but continues forward. The wheel is no longer reinvented. It is amazing, but the first time in the organisation history we have the ensured continuity as well as concreteness in goal-setting. Our dream, as well as our concern and motivating power starting this mandate, was to focus, set priorities and develop continuity, now these are obvious idioms in our organisation language. It is a hell of an advancement.

As the presidential team, we are happy, no, exhilarated to see the future rushing off with the most dynamic, capable and motivated crew to build a brick after another on the federation's groundwork. The future is bright; let's keep up the good work!

Yours truly,



Sven Gross  
EFPSA President



Triin Ulla  
EFPSA Vice-President