

# EURO NEWS



International  
Pharmaceutical  
Students' Federation  
European Regional Office

**APRIL 2020**

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# 1. Introductory Message



My name is João Guedes and I am the Chairperson of the European Regional Office of the International Pharmaceutical Students' Federation (IPSF). IPSF is the leading organization representing the voice of approximately 500.000 pharmacy and pharmaceutical sciences students in more than 92 countries and areas worldwide.

It is really heartwarming to be writing this message to introduce our first newsletter this year.

Firstly, I hope I am coming to you at these tough times and that I find you and your family safe and well. 2020 is only in the beginning and it has been quite a challenge already. If you are working at the frontline, I wish you to stay safe and thank you for your valuable work. I used to say that tough times need tough people. So please embrace this as a challenge and an opportunity to grow. Most of you are at home in isolation and continuing your studies online. Learning how to be a pharmacist at a distance can be quite hectic. Please, remain physically active, listen to music, read a book or simply enjoy your additional time with your family. These activities will help you keep the energy and motivation to go through this period. Make sure to participate in our online webinars and competitions so you can learn about different areas of the pharmacy profession while you meet colleagues from all over the world.

Take this opportunity to get to know more about IPSF! Get to know what we do and also how can you contribute to this big Pharmily! I joined IPSF two years ago and so far it has been quite a ride!

If you want just one tip, follow the social media of all the pharmacy student organisations that are representing you at a local, national, regional and international level. You will stop missing all the opportunities that they give you. You can thank me later!

**João Guedes**  
CHAIRPERSON OF EuRO

# 2. Team Presentation

## Regional Working Group

# RWG

2019 | 2020

**João Guedes**  
CHAIRPERSON  
OF EuRO



**Joana Perez**  
REGIONAL  
RELATIONS OFFICER



**Aleksandra Klimczyk**  
REGIONAL MEDIA  
AND PUBLICATIONS  
OFFICER



**Aleksandra Ciupa**  
REGIONAL  
PROJECTS OFFICER



**Samantha Workman**  
REGIONAL  
SECRETARY



**Maria Ana Martins**  
CHAIRPERSON OF  
THE 2<sup>nd</sup> EuRS



**Katarina Bačević**  
IMMEDIATE  
PAST CHAIRPERSON



# Mr. João Guedes

## CHAIRPERSON OF EuRO

Hey dear IPSFer!

My name is João Guedes and I am serving as the Chairperson of the European Regional Office for the mandate 2019/2020. I am a 4<sup>th</sup> year student from the Faculty of Pharmacy of the University of Porto. I have always been interested in taking part in the international journey that IPSF brings. I first joined IPSF as the EuRO Regional Secretary, two years ago. Later, I was the IPSF Contact Person for AEFUP, Portugal, and a member of the Policy Committee.

I have joined IPSF out of curiosity and I can say it was the best decision I could ever make throughout my university path. I did not have much experience at the beginning, but with a hardworking and well-planned application you can show your motivation and interest in the Federation. This way, you can easily find an opportunity within the Federation.

As the Chairperson, I am responsible for everything our Regional Office entails, the work and managing the Team. To be honest, my position involves a bit of everything - leadership, team motivation and development, policy, projects, external, internal, diplomacy and negotiation or finances.

Personally, I love to travel (especially with friends), getting to know different cultures and I am a big fan of Black Mirror and Westworld. I am an enthusiast about public health, health systems strengthening and digitalization of health care.

### MORE ABOUT ME

**LOCAL ORIGIN:**

Porto, Portugal

**BEGIN OF MY JOURNEY WITH IPSF:**

2017, as EuRO Secretary

**FAVOURITE EMOJI:****COFFEE ORDER:**

Espresso

**THE LAST BOOK I READ:**

*Better Health for Europe: More Equitable and Sustainable*

**COUNTRY I WOULD LIKE TO VISIT THE MOST:**

South Korea

**THE LAST TV SHOW I BINGE WATCHED:**

*Friends*

## Ms. Joana Perez

### REGIONAL RELATIONS OFFICER

Hi everyone! My name is Joana Perez, and I'm the Regional Relations Officer (RRO) of IPSF EuRO for the 2019/2020 mandate. For the sake of introductions, I'm a fifth (and final!) year student from Lisbon, Portugal and my journey in IPSF began back in 2018, when I was the Contact Person for AEFUL, Portugal.

As the RRO, I am in charge of both Internal and External Portfolios of the European Regional Office.

On an internal level, I'm in charge of managing Member Organizations' Contact Persons (CP), contacting them on a frequent level, introducing them to the position and making sure they have the necessary information on IPSF, EuRO and their duties. This year, I have also been responsible for collecting information, and later contacting Non-Member Organizations of IPSF, promoting a potential membership, in the future. As a member of the Internal Committee, I have also had the chance of contacting with IPSF on a global level.

On an external level, I am responsible for researching for potential partners and/or sponsorships, as well as Grants for EuRO, with which will be able to expand our reach, as well as provide our Member Organizations and their students with new opportunities and initiatives.

All of this wouldn't be possible without the help of my Regional Relations Subcommittee!

This has been an amazing opportunity so far, and I couldn't appreciate more the people I have had the opportunity of working with.

### MORE ABOUT ME

**LOCAL ORIGIN:**

Lisbon, Portugal

**BEGIN OF MY JOURNEY WITH IPSF:**

2018, as Contact Person for AEFUL, Portugal

**FAVOURITE EMOJI:**



**COFFEE ORDER:**

Milk with just a little bit of coffee

**THE LAST BOOK I READ:**

A book about Pharmacotherapy

**COUNTRY I WOULD LIKE TO VISIT THE MOST:**

Tanzania

**THE LAST TV SHOW I BINGE WATCHED:**

Elite

# Ms. Aleksandra Klimczyk

## REGIONAL MEDIA AND PUBLICATIONS OFFICER

Cześć (hi) everyone! My name is Aleksandra Klimczyk, the current Regional Media and Publications Officer of IPSF EuRO, I am a 4<sup>th</sup> year student from Kraków, Poland. My journey with IPSF started in 2017 at the 63<sup>rd</sup> IPSF World Congress in Taipei, Taiwan. In the same year I joined IPSF EuRO Subcommittee as the Visual Content Coordinator and one year later I was the Contact Person of PPSA, Poland.

As the RMPO, I am responsible for developing the visual and promotional content in order to promote European Region on both external and internal levels. My duties include running the official social media accounts of EuRO on Facebook, Instagram, LinkedIn and Twitter, also being in charge of the promotion of the 2nd IPSF European Regional Symposium. I am very grateful for having such an amazing Subcommittee - without Isabela, Anaïs, Ayça, José and Bruno being the RMPO would not be possible.

For the last three years, I have been actively involved in IPSF, each year in a different way. All these experiences were unique opportunities to learn more about myself through gaining new skills, expanding my knowledge of pharmacy, travelling to wonderful far away places on Earth, and meeting many interesting people from all over the world.

### MORE ABOUT ME

**LOCAL ORIGIN:**

Poland

**BEGIN OF MY JOURNEY WITH IPSF:**

2017 at the 63<sup>rd</sup> IPSF World Congress in Taiwan

**FAVOURITE EMOJI:****COFFEE ORDER:**

Cappuccino

**THE LAST BOOK I READ:**

*21 Lessons for 21<sup>st</sup> Century*

**COUNTRY I WOULD LIKE TO VISIT THE MOST:**

Iceland

**THE LAST TV SHOW I BINGE WATCHED:**

*The Crown*

# Ms. Aleksandra Ciupa

## REGIONAL PROJECTS OFFICER

My name is Aleksandra Ciupa, this mandate I am honored to hold the position of Regional Projects Officer for IPSF EuRO. I love to work and learn in the international environment and I am always looking for new challenges, which is the reason why last year I joined IPSF EuRO Subcommittees as the Professional Development Campaign Coordinator.

As IPSF EuRO RPO, I am responsible for the following IPSF Portfolios : Public Health, Professional Development and Pharmacy Education in European Region, which means I am in charge of preparing public health campaigns, webinars, regional competitions, surveys and reports on different health related topics.

Since, I am confident in running several projects from different portfolios at the same time, my current position is giving me a lot of satisfaction. I especially value the possibility to work with amazing people from Regional Working Group, European Region, as well as to communicate with the IPSF Global family and to travel – which is my great passion, to meet IPSF EuRO Associations Members.

### MORE ABOUT ME

**LOCAL ORIGIN:**

Poland

**BEGIN OF MY JOURNEY WITH IPSF:**

In 2018

**FAVOURITE EMOJI:****COFFEE ORDER:**

Espresso

**THE LAST BOOK I READ:**

*Catch 22*

**COUNTRY I WOULD LIKE TO VISIT THE MOST:**

New Zealand

**THE LAST TV SHOW I BINGE WATCHED:**

*The Crown*



# Ms. Samantha Workman

## REGIONAL SECRETARY

Hello everyone! My name is Samantha Workman, but please call me Sam, and I am the Regional Secretary. I am a third year student at Sussex University in Brighton, UK (for me, my penultimate year at uni). Although I've known of IPSF for a couple of years, through my home organisation, and have advocated for it to new students during our recruitment tours, I must confess that I did not become truly engaged until the end of November 2019 when I learned of and applied for this job.

Despite this, learning more about the Federation and our wonderful Regional Working Group (myself aside) have been incredible to work with and learn from. As Regional Secretary, I am constantly challenged in organisation and even my skills as a native English speaker are challenged by the writing and proofing required. This role has expanded my horizons more that I could have ever predicted, and given me incredible opportunities, whilst allowing me the opportunity to grow and work on myself, to the eventual goal of hopefully becoming more useful and beneficial to those around me.

Some of my favourite things to do when not working - be it for the IPSF or my uni - include reading, knitting, kickboxing, volunteering at my church, gardening, and helping to run the Polymath Society at my university, where we explore different topics each week with the goal of learning from each other things we would not have otherwise gotten from our degrees.

I look forward to getting to know more of you, and better of those I already know, in the coming months, and hope you remain in good health and happiness in the mean time.

### MORE ABOUT ME

**LOCAL ORIGIN:**

United Kingdom

**BEGIN OF MY JOURNEY WITH IPSF:**

December 2019

**FAVOURITE EMOJI:**



**COFFEE ORDER:**

English Breakfast Tea (sorry, no coffee from me)

**THE LAST BOOK I READ:**

*The Killing Joke*

**COUNTRY I WOULD LIKE TO VISIT THE MOST:**

The Netherlands

**THE LAST TV SHOW I BINGE WATCHED:**

*Pride and Prejudice*

## Ms. Maria Ana Martins

### CHAIRPERSON OF THE 2<sup>nd</sup> EuRS

My name is Maria Ana Martins, I'm currently attending my last (5<sup>th</sup>) year of Pharmaceutical Sciences in University of Porto and I hold the position of Chairperson of the 2<sup>nd</sup> European Regional Symposium!

My baby steps into IPSF recall back in 2016, when I started as a Local Exchange Officer for AEFUP, Portugal; this was my opportunity to begin to understand the international work of our Federation and to recognize its importance - and enough to become enthusiastic about IPSF! After this year, I engaged on a path within AEFUP, developing local events and improving my soft skills, but never forgetting where I started... and that led me to the opportunity of applying to host the most important event on EuRO! So, for this European Regional Working Group's mandate, my duty, alongside an incredible Reception Committee, is to organize the event whose main purpose is to gather students from all IPSF EuRO Member Organisations to debate the future of the European region while, of course, getting to know the host city!

With this being said, I just can't wait to see you all in my hometown! We are preparing everything for you to make the most out of Porto, so you "Can't Skip Porto"!

### MORE ABOUT ME

#### LOCAL ORIGIN:

Porto, Portugal

#### BEGIN OF MY JOURNEY WITH IPSF:

2016 as LEO of AEFUP, PORTUGAL

#### FAVOURITE EMOJI:



#### COFFEE ORDER:

Don't like coffee :(

#### THE LAST BOOK I READ:

*The Intelligence Gene* by Sharon Moalem

#### COUNTRY I WOULD LIKE TO VISIT THE MOST:

Indonesia

#### THE LAST TV SHOW I BINGE WATCHED:

*Fringe*

## Ms. Katarina Baćević

### IMMEDIATE PAST CHAIRPERSON

Did you think that after holding the position of Chairperson of EuRO, you retire? Do you think that you ever retire from IPSF? It is a spirit that lasts!

My adventure in IPSF began in 2016, as IPSF Contact Person for NAPSer, Serbia. After joining IPSF delegation for the 70. World Health Assembly, I decided to run for the position of Regional Relations Officer and after that Chairperson of EuRO. The international spirit, meeting new people and travelling, exchanging knowledge and experiences during congresses were things I have enjoyed very much during these years.

Currently, I am holding the position of Immediate Past Chairperson for this mandate, a position that is held by each Chairperson, after their mandate finishes. My role in the team is to follow up, observe, support, give suggestions and advice to the current team using the knowledge and perspective given in the previous years.

IPSF experience is something I would recommend to all students out there wanting to know more and learn things that you are not able to learn at the faculty. You will meet great people and have friendships from all around that will last!

### MORE ABOUT ME

**LOCAL ORIGIN:**

Serbia

**BEGIN OF MY JOURNEY WITH IPSF:**

2016, as IPSF Contact Person for NAPSer

**FAVOURITE EMOJI:**



**COFFEE ORDER:**

I drink tea

**THE LAST BOOK I READ:**

*Devils* by Dostoevsky

**COUNTRY I WOULD LIKE TO VISIT THE MOST:**

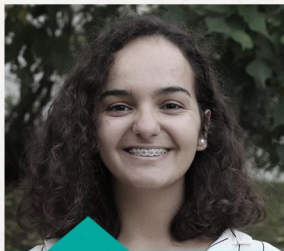
Ireland

**THE LAST TV SHOW I BINGE WATCHED:**

*Better Things*

# 3. Team Presentation

## EuRO Subcommittees



**Joana Perez**  
REGIONAL RELATIONS  
OFFICER



**Esther Rodriguez**  
INTERNAL AFFAIRS  
COORDINATOR



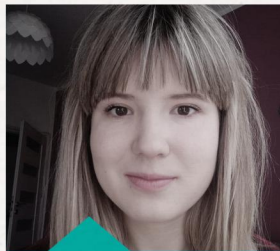
**Ethel Mba**  
INTERNAL AFFAIRS  
COORDINATOR



**Beatriz Fernandes**  
EXTERNAL AFFAIRS  
COORDINATOR



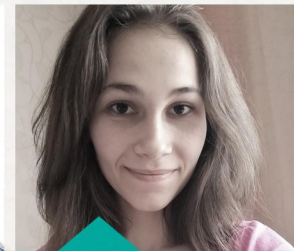
**Aleksandra Ciupa**  
REGIONAL PROJECTS  
OFFICER



**BOGUMIŁA GRZEGÓRSKA**  
PUBLIC HEALTH CAMPAIGN  
COORDINATOR



**Christina Leong**  
PROFESSIONAL DEVELOPEMENT  
CAMPAIGN COORDINATOR



**Agnieszka Tataruch**  
PROJECT  
ASSISTANT



**Aleksandra Klimczyk**  
REGIONAL MEDIA AND  
PUBLICATIONS OFFICER



**Bruno Costa**  
WEBSITE  
COORDINATOR



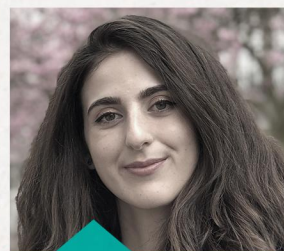
**Anaïs Ngu**  
VISUAL CONTENT  
COORDINATOR



**José Nuno Ferreira**  
VISUAL CONTENT  
COORDINATOR



**Ayça Çetinkaya**  
QUALITY CONTROL  
COORDINATOR



**Isabela Stoica**  
PUBLICATIONS  
COORDINATOR

## Ms. Esther Rodriguez

### INTERNAL AFFAIRS COORDINATOR

My name is Esther Rodríguez. I am 24 years old and I am from Spain. That's means that I belong to the Spanish Pharmacy Students Federation (FEEF). I started in January 2019 as a External Affairs Commission member. I enjoyed so much; then I decided to become in the next mandate the new general secretary ( if my colleagues vote me). Finally, I could join the Federal Executive last December till today.

On the other hand, meanwhile I was being elected in our Assembly, I decided to join IPSF too because of I met Joana Perez, my boss in the Regional Relations Subcommittee, where I hold the position of Internal Affairs Coordinator, helping the Relations Affairs Officer with the differents new association which want to participe in this project.

That is a great opportunity and, also, a chance to meet new people who studies Pharmacy although they can show you a different point of view about our work and how to deal Health issues.

#### LOCAL ORIGIN:

Spain

#### BEGIN OF MY JOURNEY WITH IPSF:

November 2019

#### FAVOURITE EMOJI:



#### COFFEE ORDER:

Cappuccino

#### THE LAST BOOK I READ:

*Harry Potter and the Deathly Halows*

#### COUNTRY I WOULD LIKE TO VISIT THE MOST:

USA

#### THE LAST TV SHOW I BINGE WATCHED:

TV News

## Ms. Ethel Mba

### INTERNAL AFFAIRS COORDINATOR

#### LOCAL ORIGIN:

Nigeria

#### BEGIN OF MY JOURNEY WITH IPSF:

2015

#### FAVOURITE EMOJI:



#### COFFEE ORDER:

Cappuccino

#### THE LAST BOOK I READ:

*Natives* by Akala

#### COUNTRY I WOULD LIKE TO VISIT THE MOST:

Greece

#### THE LAST TV SHOW I BINGE WATCHED:

*The Big Bang Theory*

I am Ethel Mba, a Nigerian by nationality. I am currently a student at the University of Hertfordshire, United Kingdom.

My IPSF journey started in 2015 when I attended my first symposium in Rwanda. Since then, my roles in IPSF have evolved intercontinentally. I was the secretary of the 7<sup>th</sup> IPSF African Pharmaceutical Symposium Reception Committee.

I am currently an internal affairs coordinator for the EuRO of IPSF. My roles fit perfectly into my strength of interactions and building and strengthening networks.

## Ms. Beatriz Fernandes

### EXTERNAL AFFAIRS COORDINATOR

My name is Beatriz Fernandes, I'm a 4<sup>th</sup>-year Pharmacy student, from Porto, Portugal. I began my journey in IPSF as Local Exchange Officer and Contact Person from AEFUP, Portugal, and, at the moment, I'm part of the Regional Relations Subcommittee, as External Affairs Coordinator.

In this Subcommittee, I'm in close contact with the Regional Relations Officer, working on gathering contacts and information about possible partners and grant opportunities for the development of the European Regional Office. Also, this position allows me to have a clearer view of the dynamic inside IPSF and the Region I belong, while it gives me the necessary time to learn more about pharmaceutical companies, student's organizations and their projects.

Being in IPSF has been a wonderful experience, since I'm able to contact with people from all over the world, travel and recognize our role as future pharmacists, always advocating for better health.

#### LOCAL ORIGIN:

Porto, Portugal

#### BEGIN OF JOURNEY WITH IPSF:

2018 as Local Exchange Officer for AEFUP, Portugal

#### FAVOURITE EMOJI:



#### COFFEE ORDER:

Espresso

#### THE LAST BOOK I READ:

*The Picture Of Dorian Gray*

#### COUNTRY I WOULD LIKE TO VISIT THE MOST:

Japan

#### LAST TV SHOW BINGE WATCHED:

*Friends*

## Ms. Bogumiła Grzegórska

### PUBLIC HEALTH CAMPAIGN COORDINATOR

#### LOCAL ORIGIN:

Poland

#### BEGIN OF MY JOURNEY WITH IPSF:

During 1<sup>st</sup> EuRS, helping a team member

#### FAVOURITE EMOJI:



#### COFFEE ORDER:

Usually cappuccino

#### THE LAST BOOK I READ:

*Shantaram* by Gregory David Roberts

#### COUNTRY I WOULD LIKE TO VISIT THE MOST:

Russia

#### THE LAST TV SHOW I BINGE WATCHED:

*Elite*

As I've noticed lately that many of the things in my life happen by accident, the plan is created on the way. My journey with IPSF started with a spontaneous decision to take up a new challenge. This choice turned out to be a great adventure, I discovered the variety of personalities, ideas and visions standing behind all these projects.

I've always been keen on travelling. I think that the best way to get to know a new place is by meeting the people who create it. Being part of EuRO is exactly this kind of a travel.

## Ms. Christina Leong

### PROFESSIONAL DEVELOPMENT CAMPAIGN COORDINATOR

Hi! I'm Christina from Macao. Currently I'm a year 2 Pharm student at UCL in the UK.

My very first connection with IPSF was the SEP programme last summer. This year I wanted to be a subcommittee in IPSF is because this federation is amazing and helpful; also I enjoy working with people and organising events.

Through this experience, I would like to strengthen my knowledge in professional development as well as to seek new opportunities and promote these for students or pharmacists.

#### LOCAL ORIGIN:

Macao

#### BEGIN OF MY JOURNEY WITH IPSF:

2019 when I applied for SEP

#### FAVOURITE EMOJI:



#### COFFEE ORDER:

Mocha

#### THE LAST BOOK I READ:

*Everything is F\*ucked*

#### COUNTRY I WOULD LIKE TO VISIT THE MOST:

Iceland

#### THE LAST TV SHOW I BINGE WATCHED:

*Money heist*

## Ms. Agnieszka Tataruch

### PROJECT ASSISTANT

#### LOCAL ORIGIN:

Poland

#### BEGIN OF MY JOURNEY WITH IPSF:

October 2019

#### FAVOURITE EMOJI:



#### COFFEE ORDER:

Black coffee or cappuccino

#### THE LAST BOOK I READ:

*The Angel's Game* by Carlos Ruiz Zafón

#### COUNTRY I WOULD LIKE TO VISIT THE MOST:

Italy

#### THE LAST TV SHOW I BINGE WATCHED:

*Elementary*

Hi! My name is Agnieszka Tataruch and I am from Kraków, Poland. Currently, I am in my third year of studies at the Faculty of Pharmacy, Jagiellonian University Medical College.

From the first year of studying pharmacy, I am a member of the Polish Pharmaceutical Students' Association and hence I could take part in some interesting events and meet incredible people.

I joined the IPSF Euro Team as a Project Assistant because I want to continue this way of education in a broader magnitude and have an impact on the action of the team. Thank this I get to know new wonderful people and raise my skills of researching as well as preparing online projects and sharing them with others. That gives me a lot of motivation and helps me to find my way in this pharmaceutical world.

## Ms. Anaïs Ngu

### VISUAL CONTENT COORDINATOR

I'm Anaïs Ngu, a 4<sup>th</sup> year pharmacy student in Paris, France and I'm actually one of the Visual Content Coordinators of IPSF EuRO for this mandate.

I'm passionate about pharmacy, sciences, art, design, as well as international relations and that's why I applied for this position. I have the task to create graphics, materials, and visuals for our social media, I also manage the IPSF EuRO Instagram account, and I'm really involved in this responsibility.

Being a part of IPSF is an incredible experience and I'm so thankful for this opportunity.

#### LOCAL ORIGIN:

France, Paris

#### BEGIN OF MY JOURNEY WITH IPSF:

October 2019

#### FAVOURITE EMOJI:



#### COFFEE ORDER:

I don't like coffee, I drink only tea

#### THE LAST BOOK I READ:

1984 by George Orwell

#### COUNTRY I WOULD LIKE TO VISIT THE MOST:

Japan

#### THE LAST TV SHOW I BINGE WATCHED:

Mindhunter

## Mr. José Nuno Ferreira

### VISUAL CONTENT COORDINATOR

#### LOCAL ORIGIN:

Braga, Portugal

#### BEGIN OF MY JOURNEY WITH IPSF:

November 2019

#### FAVOURITE EMOJI:



#### COFFEE ORDER:

Espresso

#### THE LAST BOOK I READ:

*A Feast for Crows* by G. R. R. Martin

#### COUNTRY I WOULD LIKE TO VISIT THE MOST:

USA

#### THE LAST TV SHOW I BINGE WATCHED:

*Friends*

Hi! I'm José Nuno Ferreira and one of the Visual Contents Coordinator of IPSF EuRO. I'm from Portugal and I'm a pharmacy student at University of Porto, currently at the 5<sup>th</sup> year.

My interest for multimedia and design creation has grown since I was part of my local association's direction, AEFUP, Portugal.

Being in this subcommittee is allowing me to get out of my comfort zone and get to know another points of view. Besides that, I'm having the opportunity to develop my skills and passion for this area and learning more about international associativism.



## Ms. Ayça Çetinkaya

### QUALITY CONTROL COORDINATOR

Hello everyone! I'm Ayça Çetinkaya, a second year pharmacy student from Turkey.

I've been following IPSF ever since I started studying as a pharmacy student, but I was timid about actually getting involved since it was only my first year. I regained my confidence as time passed and I decided to apply for a position, because I wanted to meet other students around the world as well as enlarging my vision and awareness about pharmaceutical sciences.

In November of 2019, I was elected to be the Quality Control Coordinator for the EuRO team and so began my journey with IPSF. My main tasks are to double-check the written documents and also to manage the IPSF EuRO LinkedIn account.

#### LOCAL ORIGIN:

Turkey

#### BEGIN OF MY JOURNEY WITH IPSF:

November 2019

#### FAVOURITE EMOJI:



#### COFFEE ORDER:

I don't drink coffee :(

#### THE LAST BOOK I READ:

*20.000 Leagues Under The Sea*

#### COUNTRY I WOULD LIKE TO VISIT THE MOST:

USA

#### THE LAST TV SHOW I BINGE WATCHED:

*Homeland*

## Ms. Isabela Stoica

### PUBLICATIONS COORDINATOR

#### LOCAL ORIGIN:

Romania

#### BEGIN OF MY JOURNEY WITH IPSF:

November 2019

#### FAVOURITE EMOJI:



#### COFFEE ORDER:

I don't really drink coffee

#### THE LAST BOOK I READ:

*The Angel's Game* by Carlos Ruiz Zafón

#### COUNTRY I WOULD LIKE TO VISIT THE MOST:

Japan or Korea

#### THE LAST TV SHOW I BINGE WATCHED:

*Gilmore Girls*

Hello! My name is Isabela Cristiana Stoica and I am currently in my 4<sup>th</sup> year of studying Pharmacy in Bucharest, Romania.

My work here in the IPSF EuRO as a Publications Coordinator includes creating different texts, captions for IPSF EuRO's Social Media outlets as well as managing IPSF EuRO's Facebook account. I think that my passion for creative writing and staying on top of the social media game are what motivated me to choose this position for my application. Besides that, I also have a great interest in reading, cooking and foreign languages, trying my best to come to the point where subtitles would be unnecessary for my target languages!

Being a part of the IPSF has led me to meet a good number of dedicated and inspiring people which I believe is a great experience in of itself and I'm truly grateful for it.



4.

EuRS

# European Regional Symposium

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14<sup>TH</sup> - 18<sup>TH</sup> JULY 2020

Porto | PORTUGAL

This year of 2020, EuRS is going for its 2<sup>nd</sup> Edition, which will be held by a Reception Committee of AEFUP, in Porto, Portugal! The 2<sup>nd</sup> EuRS Reception Committee seeks to welcome all pharmacy and pharmaceutical science students under IPSF, to experience the most of this beautiful and welcoming country!

Alongside the discussion yield on **Regional Assembly** (RA) there will be enough time for you to enjoy Porto as local students do! From the traditional International Night and the most fancy night to a guided tour at the end, you will have the opportunity to get to know the city that gave the name to Portugal!



# 2ND IPSF EUROPEAN REGIONAL SYMPOSIUM

**Porto**  
14-18 JULY 2020



## FEES

FROM 10/02 TO 01/03

ALL INCLUDED	WITHOUT ACCOMMODATION AND TRANSPORTATION
180€	90€

FROM 02/03 TO 22/03

200€	100€
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International  
Pharmaceutical  
Students' Federation  
European Representative Office

### DID YOU KNOW...

... that the Regional Assembly is the highest decision-making body of IPSF EuRO where you will have the opportunity to transpose your opinions and ideas into official changes and documents approved by all Official Delegates of our region?

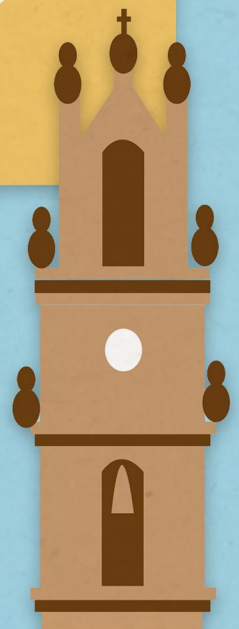
**2ND IPSF  
EUROPEAN REGIONAL  
SYMPOSIUM**

# Programme

	Tuesday 14 <sup>TH</sup> JULY	Wednesday 15 <sup>TH</sup> JULY	Thursday 16 <sup>TH</sup> JULY	Friday 17 <sup>TH</sup> JULY	Saturday 18 <sup>TH</sup> JULY
Morning	Arrivals	Regional Assembly		Policy Session	
		COFFEE BREAK			
Afternoon	CPs Meeting EuRO in your corner	Regional Assembly			Porto Guided Tour
		LUNCH			
		COFFEE BREAK			
Night	SEOs Meeting EuRO Behind the Scenes	Regional Assembly	SEP Workshop IPSF Policy Workshop	Regional Assembly	
	Opening Ceremony	Dinner	Portuguese Dinner	Gala Night	Departures
	Hangout Night	Porto Nightout	International Night		



#CANTSKIPPORTO



On the 18<sup>th</sup> and 19<sup>th</sup> of July we will have the **Post Symposium Tour** (PST) for you to get to know not only one but **TWO** other special places of Portugal – the cities of **Guimarães** and **Braga**!

## GUIMARÃES

**Guimarães** is quite rightly known as *The Cradle of Portugal* and is full of national monuments, historic buildings, gardens, and hidden places throughout the city. With this PST, you will have the opportunity to visit a charming and ancient city that makes for a fascinating day trip full of history!



## BRAGA

Moving along to **Braga**, the third largest city of Portugal, is a joy to explore and one of the major sights of this city is the Bom Jesus church and baroque staircase! From the summit of the Bom Jesus hill, there are great views over the city, and the surrounding park offers relaxed forested walks!

If you want to join us in this historical discovery, the Post Symposium Tour is what you are looking for! With this package you surely can't skip Porto, but neither these two lovely cities of the North of Portugal!

Lastly, our **Alumni package** gives the opportunity of **IPSF Alumni** - a past IPSF Team Member, a past IPSF Contact Person or Student Exchange Officer, or a past IPSF Event attendee - to also enjoy Porto and the north of Portugal! If you fit in this category, don't miss the opportunity!



## Post Symposium Tour programme

	Saturday 18 <sup>TH</sup> JULY	Sunday 19 <sup>TH</sup> JULY
Morning	Porto Guided Tour	Guimarães Historic Centre
Lunch	Free Time	Picnic at City Park
Afternoon	Porto Guided Tour Travel to Guimarães	Travel to Braga Braga Historic Centre
Dinner	Dinner	Return to Porto
Night	Nightout	Departures



## Alumni Weekend programme

	Thursday 16 <sup>TH</sup> JULY	Friday 17 <sup>TH</sup> JULY	Saturday 18 <sup>TH</sup> JULY	Sunday 19 <sup>TH</sup> JULY
Morning	Arrivals	Regional Assembly	Post Symposium Tour	
		Lunch		
Afternoon	Regional Assembly/ Sunset Bar Hangout	Regional Assembly/ Snack Route		
Dinner	Portuguese Dinner	Gala Night		
Night	International Night			

# 5. EuRO Campaigns & Projects

## World Mental Health Day

On the **10<sup>th</sup> October** Mental Health challenges are in the center of the World attention. According to this years them Focus on suicide prevention, IPSF EuRO created campaign which focussed on sharing crisis lines numbers in European Countries due to suicides being the 2<sup>nd</sup> leading cause of death among teenegers and young adults. Reduction of suicide rates by 1\3 is one the UN Sustainable Development Goals 2030, to achive that number we have raise people awarness and fight the stimga of mental disorders.

## World Polio Day

On the **24<sup>th</sup> of October** Polio is in the spotlight. The 2019 Day was especially celebrated due to WHO announcement of eradicating worldwide the wild poliovirus type 3 (WPV3). IPSF EuRO Campaign focused on remaining types of polio viruses and emphasized on the importance of Polio prevention by vaccinations.

## November

**November** is a month during the year when more attencion is paid for men's health. Mustaches and watchword "Movember" remind and aware people about prostate cancer, testicular cancer and mental health aswell as suicide prevention among men. IPSF EuRO joined this initiative by sharing somesimple steps which can help to decrease the number of incidences and convince men for regular check-ups (not only in November!).

## Antibiotic Awareness Week

Antibiotic Awareness Week is a campaign that aims to raise awareness about antibiotic resistance and support better practices among communities and professionals in all healthcare fields. The 2019 campaign took place from **18 to 24 of November** and it's main theme was: The future of antibiotics depends on us all. Inspired by this idea we joined the event in order to promote actions contributing to the reduction of spreading Antimicrobial Resistance (AMR). Microbes develop the ability to defeat the drugs designed to kill them due to misuse of antibiotics, poor infection control or Inadequate sanitary conditions. IPSF EuRO took action and by sharing infographics and quizzes informed about threats caused by AMR and changes that should be introduced to put Antibiotic Awareness into practice.

## World HIV/AIDS Day

Every year on the **1<sup>st</sup> December** World HIV/AIDS takes place, aiming to encourage people to take the HIV test and support oneswho are infected. The 2019 campaign focus was on Communities making a difference. In line with the topic IPSF EuRO has joined forces with EPSA and created the 5 steps Campaign: 1- Raising Awareness, 2- Prevention, 3- Diagnosis, 4- Treatment (if needed), 5- Empowering. We have launched social media camping to reach as broad a public as possible, accompanied by live activities conducted by Member Organizations.

## Anti-counterfeit Drug Campaign

Annually IPSF EuRO joins forces to fight the occurrence of counterfeit medicines on the pharmaceutical market. Falsified medical products may contain the wrong amount of the active ingredient or a wrong active ingredient. They may also include substances that are not mentioned on a label that may be harmful to health. At the beginning of **December 2019** we led a campaign in order to inform about the scale of this problem and suggest innovative methods of fighting it. Our members could get involved not only by spreading knowledge gained from the infographics but also by taking part in our photo contest!

## World Cancer Day

World Cancer Day is organized each year on the **4<sup>th</sup> February** to increase knowledge about cancers and fighting against them. This year's theme referred to the I Am and I Will Campaign which underlines that actions

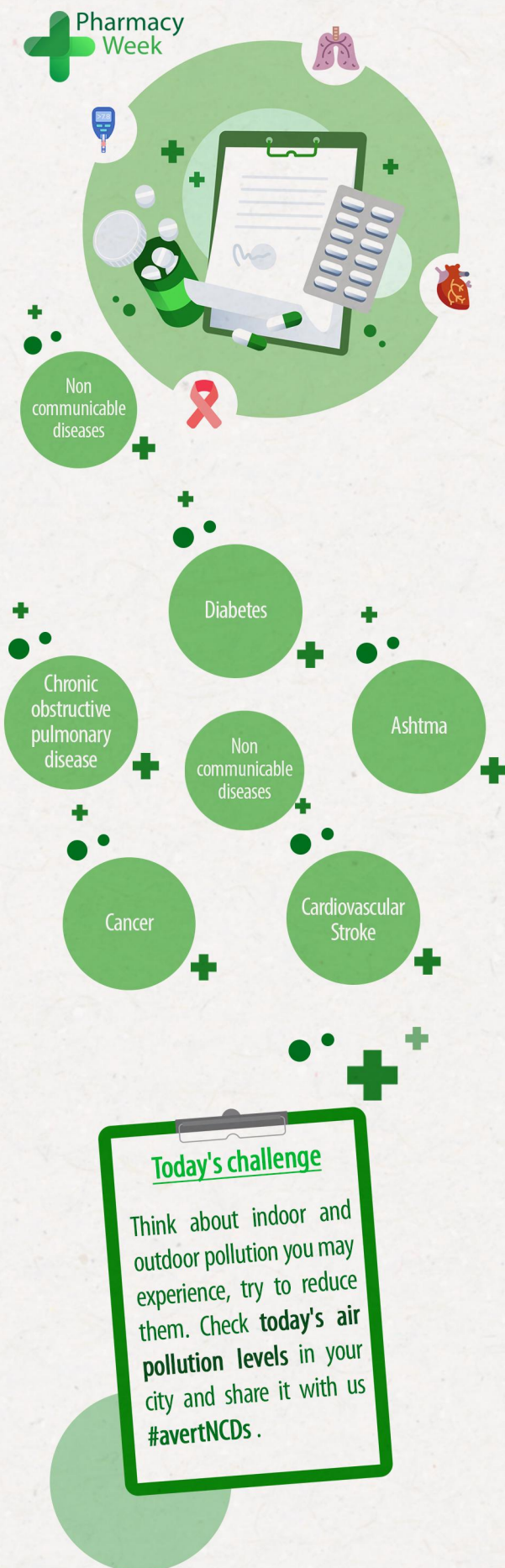
taken now impact the future. IPSF EuRO shared infographics about the most common cancers, tests for early detection and some ways of reducing risk factors so everyone could better realize that #IAmAndIWill and our current choices matter.

## Digital Health

Use of information and communication technologies (ICT) solutions are constantly and progressively entering the healthcare industry, the aim of IPSF EuRO 2020 Digital Health Campaign was to familiarize our Members with different approaches to the matter in European Countries. The survey on Digital Health was conducted and results were shared on IPSF EuRO social media. Covering in particular e-Pharmacy, students could find out where e-prescriptions can be found and in which countries pharmacists have access to the patient medication list.







From **16<sup>th</sup> to 22<sup>th</sup> of March** IPSF EuRO have run the yearly **Pharmacy Week**. This time we have focused on **Noncommunicable Diseases** (NCDs).

### What is a *Noncommunicable Disease*?

Non communicable diseases are chronic illnesses caused by genetics and external physiological, environmental and behavioural factors. They cannot be passed among people. The main types of NCDs are cardiovascular diseases, cancers, chronic respiratory diseases and diabetes. These diseases account for over 80% of all premature NCD deaths and many of them can be prevented by basic lifestyle changes, which can be initiated in the Pharmacy.

### Which is the *Pharmacist role*?

Pharmacists play an important role in the prevention and treatment of NCDs, especially with conditions such as cardiovascular diseases, chronic respiratory diseases and diabetes. By making sure that the medication suits the patients and he/she accepts the treatment and holds on to it, we are able to prevent the development of the disease and/or serious exacerbation of the disease leading to strokes, heart and asthma attacks and diabetes

To reach as many students as possible every day we have shared a **challenge** for our Members, to encourage healthy lifestyle, regular blood pressure and sugar checkups.

During Pharmacy Week we have had the pleasure to hold a **webinar** on **Pharmacist's role in beating Noncommunicable diseases** with **Mr. Gonçalo Sousa Pinto**, FIP Lead for Practice Development and Transformation as a speaker. The webinar focused on actions future pharmacists can undertake to help their patients. Moreover, since patients suffering from NCDs are in the risk group for COVID-19, how can we help them and on which aspects we should focus to try to secure their safety.



## 6. EuRO Inbox

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The perception of the pharmacy profession varies immensely around the world. The different focus and the career specializations available also vary vastly according to the national context of the profession. However, there is a vision of pharmacists common to every country: a health care professional that is the medicines expert and responsible for every step of the medicine cycle.

The pharmacist is known as an accessible professional both in cities and especially important as the main contact of the health system in rural areas. Pharmacists need to be seen by the citizens as a trustworthy and coherent professional. This can be achieved through life-course education and training and through careful use of evidence-based information whenever counseling our patients. One thing that is clear in every country and poses an interesting challenge is that our profession is extending its scope and adapting to the changing needs of the health systems.

So, how can we prepare ourselves to be driving the future of pharmacy?

First, as pharmacists, we are healthcare professionals driven by scientific evidence. This means we as pharmacy students and the future generation pharmacists have to be well equipped with sound pharmacy education.

This will prepare us for solid patient counseling and ensure patient safety. Being a good pharmacist means that we have to demand good pharmacy education to ensure we are prepared to embrace this mission!

The pharmacy profession is rapidly changing and future pharmacists will need to be ready for the technological shift the health care is facing. Pharmacists need to accept and utilize technology to improve outcomes in health. We will be needing continuous education to continue to be up-to-date to the constant pharmaceutical practices' development. We need to train ourselves to provide better and more diverse pharmaceutical services!

Additionally, technological change will require us to work in a continuously broader team. Interprofessional collaboration is and will continue to be the standard way of working. We as pharmacists will need to be increasingly eager to work with other health care professionals to ensure that patients are at the center of the health systems!

Pharmacists as the medicine expert need to push their boundaries to leave their comfort zone and take leadership positions in the health sector. We need to provide our unique input on finding solutions for current health problems and define strategies for health care in the future!

The future is demanding, but our generation is motivated to embrace the change!

Please follow IPSF and IPSF EuRO Social Media to discover all the different opportunities IPSF provides for your development as a future pharmacist!





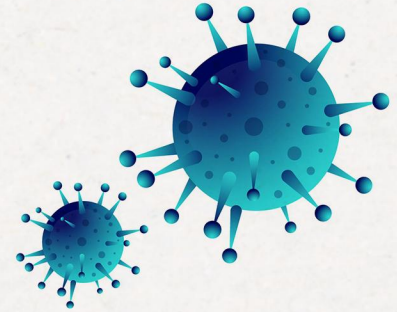
**7.** SARS-CoV-2  
**COVID-19**

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## ABOUT CORONAVIRUSES

Coronaviruses are **big, enveloped, positive-stranded RNA** viruses, with the largest genome among all RNA viruses.

They are transmitted **between animals** and **people**, science knows coronaviruses which have not yet infected humans.



## SARS COV-2



The virus originated from the city of **Wuhan**, People's Republic of China, patients started experiencing **pneumonia symptoms** from an unknown agent, which turned out to be the **SARS-Cov-2**.

The disease (named **COVID-19** by WHO) reached Europe by the end of **January 2020**, hitting especially Italy and Spain.

By the **beginning of March**, European countries started implementing **preventive measures**, beginning with establishing social distancing, cancelling mass events and switching, where possible, to home offices.

On **11 March 2020** the World Health Organization declared the outbreak as a **pandemic**.

European countries took different measures to prevent the spread of the virus, varying from severe ones like **closing the borders** to less strict ones like **social distancing** and **banning large gatherings**.



WASH YOUR HANDS



SOCIAL DISTANCING



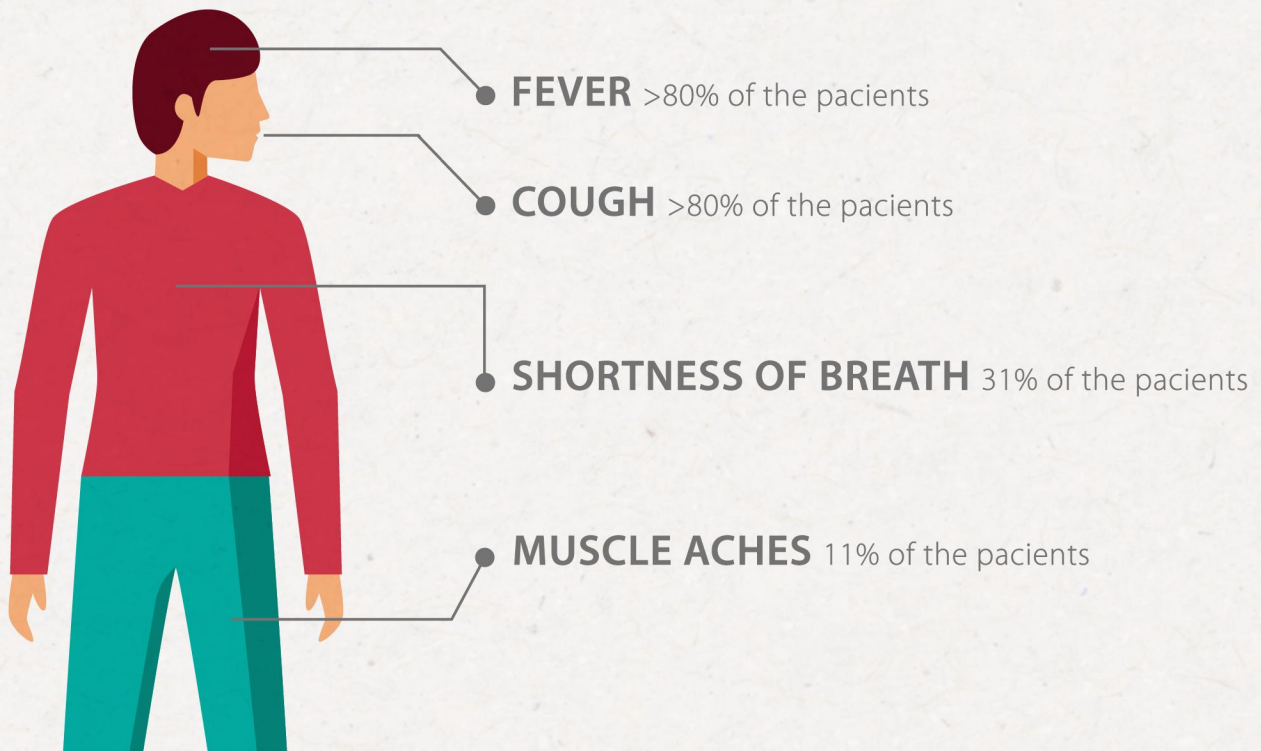
COVER COUGHS  
AND SNEEZES



STAY AT HOME

## SYMPTOMS

The disease ranges from **no symptoms**, to **mild** and **severe** resulting in hospitalisation. The most common symptoms are:



The disease may also occur with mild symptoms only, including: **low-grade fever, cough, malaise, rhinorrhoea, sore throat** without any warning signs, such as **shortness of breath** or **difficulty in breathing, increased respiratory secretions** (i.e. sputum or haemoptysis), gastrointestinal symptoms such as **nausea, vomiting**, and/or **diarrhoea** and **without changes in mental status** (i.e. confusion, lethargy).

(World Health Organization, 2020)

In several countries **pharmacy students** were asked to **help with the workload**, below you can find information how Member Organizations are contributing to the fight with COVID-19.

**ANEPF FRANCE**

ANEPF is working closely with the National Chamber of Pharmacists, a platform was developed in order to connect pharmacy students with pharmacists who need help. Most of the students are required to help in hospitals. Moreover several faculties are producing hydroalcoholic solutions for hospitals and pharmacies. ANEPF is coordinating the cooperation between the students and hospitals/pharmacies, they created a website accessible for students and pharmacists.

(18/03/2020)

**AFOP AUSTRIA**

Pharmacy Students are assisting pharmacists in community and hospital pharmacies, as well as helping the wholesalers.

(18/03/2020)

**The K.N.P.S.V. THE NETHERLANDS**

The local association in Utrecht is helping to support a drive through for testing employees, resolving the issue of lack of personnel.

The local association in Groningen together with other medical associations and the hospital launched the platform "corona volunteer" which matches students to task such as:

- supporting or replacing health care providers
- telephone support for the public
- education on COVID-19
- writing protocols and making educational COVID-19 videos.

(18/03/2020)

Together with professional pharmacy associations a job platform was introduced, with the goal to connect students with pharmacies and hospitals who need extra workload.

(21/03/2020)

## APEF PORTUGAL



APEF takes part in the Portuguese Health Student Forum. The national health system asks for help with the preparation of informational materials, which have been shared on social media. Moreover APEF has promoted webinars and other initiatives of their respected partners. The Portuguese Pharmaceutical Society has developed a volunteer platform for pharmacist and pharmacy students (4th and 5th year), with the aim to support and assist hospital pharmacies, as well as support line teams.

(23/03/2020)

## CzPSA CZECH REPUBLIC



Pharmacy students together with medical students and the Academic Senate created a form for students who are willing to help. Depending on the year of studies, they can choose the Professional option (for students in final years) or the Supportive option (activities such as help with storage and administration at the pharmacy, babysitting staff children, helping nurses, etc.). A Facebook group for students was created where they can connect with pharmacies in need of help. Usually students are able to establish a salary per hour.

## PPSA POLAND



POLISH PHARMACEUTICAL  
STUDENTS' ASSOCIATION

PPSA introduced a national campaign #zostańwdomu (translation #stayhome). Members are sharing pictures via Instagram with activities they can do at home during quarantine. Branches of PPSA started online campaigns to educate society and members about basic facts on SARS-CoV-2 and ways of trying to avoid infection. Polish Universities reached out to medical faculties' students and gave them the opportunity to become volunteers to help with the workload of understaffed hospitals.



# 8. European Public Health Association

## EUPHA

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### ABOUT EUPHA

The **European Public Health Association** (EUPHA) is an organization for Public Health Associations and Institutes in Europe, based at The Netherlands Institute for Health Services Research (NIVEL), in Utrecht, The Netherlands. This Association focuses on the **improvement of Public Health throughout Europe**, on a multidisciplinary and scientific level, by enhancing the importance of the population being aware of their health and well-being, as well as by narrowing health inequalities in Europe.

The perspective that, only through collaboration, it is possible to achieve sustainable developments in Public Health and Health Services, is reflected in EUPHA's

commitment to establishing partnerships with different European and International intergovernmental and non-governmental organizations, as well as national institutes and organizations, whose main goal is to improve current and future Health in Europe.

EUPHA is dedicated to public health advocacy, with the mission of elevating the voice of many Healthcare professionals and organizations, supporting them in building a strong position regarding specific global issues. EUPHA has released several Policy Statements on topics such as Vaccination, Antimicrobial Resistance Awareness, Migrant's Health and life conditions, Mental Health, amongst many others.

## HOW CAN YOU KEEP TO DATE WITH EUPHA'S WORK AND PROJECTS?

On their **Official Newsletters**, you'll be able to find updates and important information about events where EUPHA takes part, as well as Calls for Abstracts or Papers, for Internships or even job opportunities. Readers can also be informed about a variety of upcoming conferences and courses, focused on matters such as policy, sciences, well-being and the environment. Finally, it is also a good source of scientific or human-being-related publications, giving the outside world the opportunity of learning more about relevant global updates in Healthcare.



It is also important to highlight that EUPHA has a **unique network for students and young professionals**, including early career researchers and policymakers in Public Health. **EUPHA Next Generation** (EUPHAnxt) is an initiative that aims to involve future generations in a multidisciplinary network of Public Health associations, by sharing information and creating international collaboration opportunities.





For their **Annual European Public Health (EPH) Conference**, EUPHAnxt has its own **EPH Abstract Mentoring Programme**, where students and young professionals can request for feedback from experienced individuals, on their submitted abstracts, which are later presented at the conference.


Finally, EUPHAnxt provides an **Informal Internship Programme**, where candidates can access a range of internship opportunities, a few of them reimbursed. Interested individuals have to send their Curriculum Vitae and a Motivation letter, which should include the preferred duration of the internship, their motivation for applying as well as some basic information on their background.


EUPHAnxt currently has 2500 active members, between young students and recent graduates, and **you can apply to be a part of this initiative and take advantage of all it has to offer!**


## MORE ABOUT EUPHA


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 EUPHA

 @EUPHActs

# 9. Interview

## SAFF Bosnia and Herzegovina

### Could you do a small introduction of SAFF, Bosnia and Herzegovina, the newest Member Organization in EuRO?

Founded on the 5th of November 1999, Students' Association of the Faculty of Pharmacy (SAFF) is based in Sarajevo, Bosnia and Herzegovina.

The decision to establish our association came originally from a group of students, which felt there was a need for a body who would represent students in every aspect of their work.

Today, 20 years later, our association continues to implement this idea successfully, representing all the students of the Faculty of Pharmacy of University of Sarajevo.

### What would you say are some of your Flagship Activities?

Over the years, SAFF has continuously achieved significant developments, which we

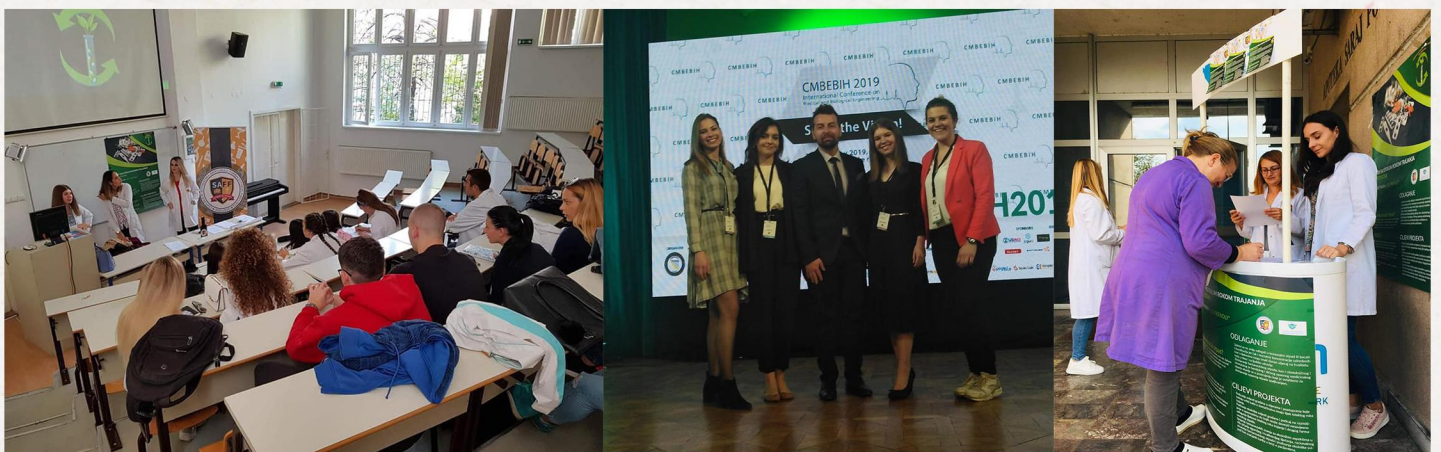
strive to maintain throughout the upcoming years.

We have done numerous projects, either at the local or international level.

One of the projects we are extremely proud of, and which we would call a success, is a congress called "Food-Nutrition-Health", which will have its fifth edition this year! Our students tend to participate in this activity in significant numbers, either by being involved in its organization or through the writing and presentation of scientific papers.

Another interesting project we are implementing this year is SAFF's "Culture Day", which consists of monthly visits to the theatre, cinema or any other cultural event. Through this project, we strive to culturally enrich our students, and encourage them to get to know each other better.

A significant project we have also implemented is called "Expired Medicines". The



aim of this initiative is to raise awareness on the measures and procedures that should be followed, when disposing of expired regulation for the disposal of such medicines. This year, SAFF will be the host of the 17<sup>th</sup> European Pharmaceutical Students' Association (EPSA) Autumn Assembly, an event which we are extremely proud to be organizing, and which will be held in in November 2020, in Sarajevo.

### What are you hoping to have gained at the end of this first year of membership in IPSF?

During the first year of SAFF's membership in IPSF, we expect to be able to get in contact with other pharmaceutical students' organizations from all over the world, and to attend, at least, one of IPSF events.

SAFF really enjoys organizing different kinds of events, and we would like for that to be one of our main focus. This being said, we would be really interested in applying to host an IPSF event, with another Member Organization.

Lastly, for this first year of membership, we are really excited to get the Student Exchange Programme (SEP) started in our association.

### In which ways do you believe IPSF and its Member Organizations could support SAFF, in achieving its goals?

We are aiming at involving and collaborating with other Member Organizations, in the implementation of some really interesting projects.

Also, by giving us the opportunity to present our association and our projects in this Newsletter is something definitely motivational for us, and a way for IPSF to support us in promoting what we do.

### How do you envision the Future of Pharmacy in Bosnia and Herzegovina?





We envision the Future of Pharmacy work in our country as a lifelong continuum of learning and improvement of Patient Care.

We aim to live in a world of advanced medical ethics, where the patient is at the centre of our interests. We aim to improve collaboration between all healthcare professionals, as well as between the patient and the pharmacist. In communicating with patients, we want to be guided by Albert Einstein's motto "If you can't explain it simply, you don't understand it well enough".





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