

EPSA Twinnet journey!

EPSA believes that students' mobility has an essential role to play in European pharmacy education and should be available to pharmacy students at all levels. For this purpose, EPSA designed a concept which is meant to enhance co-operation between EPSA member countries

East, West, North and South, giving its member associations the opportunity to get more involved into organizing Team Mobility Exchange Projects (TWINNET) and also offer them a possibility of exchanging good practice and experience.

Apart from encouraging and improving Mobility among European students of Pharmacy, our mission also consists of ensuring an important educational component that would be considered and general approved as an extra- curricular education. During the period of the Twinnet, the students take part in non-formal youth activities such as trainings and workshops concerning not only hard-skills, but also soft-skills that are generally not covered by the university curriculum. Some of the topics that have proven themselves to bring good practical sense for EPSA member students are: counterfeit medicinal products, the importance of good distribution practices, patient safety, antibiotic resistance, patient care, supplying safe and affordable medicines equally, perspectives and skills of the 21st century pharmacist, the role of the pharmacist in the European Union, entrepreneurship and corporate responsibility in the field of pharmaceuticals.

Giving students the opportunity to involve themselves even from early stages into such projects that are considered as valuable links between countries, we manage to create a framework by which they can build a relationship and a history full of great experience, memories and knowledge.

What is our mission?

- To encourage and improve Mobility among all European students of Pharmacy as members of EPSA member association through organizing exchange projects
- To ensure an important educational component that would be considered and general approved as an extra-curricular education for every European Pharmacy students

What is our goal?

- To make European exchange programmes common and regular organized on an annual basis by every EPSA member association
- To diminish the difficulties in all stages of organizing an exchange project and therefore to encourage, motivate and convince all EPSA member associations organize exchanges

What is our vision?

- To ensure that every EPSA member is mobile on a regular basis

Therefore, EPSA ensures a constant development and improvement in the quality of such exchange programmes and looks for new ways to motivate their members with less experience to attend and later on to organize an exchange project on their own.

What are the steps to take in order to organize a Twinnet?

- Establish the first contact with students you want to have a TWIN with
- Contact your Liaison Secretary and start looking for the students who are interested to TWIN
- Find people who would like to be part of organising committee.
- Make provisional plan about accommodation, food, visits, interesting topics for discussions or lectures, trips, evening events, sport events
- Do not look just for the financial support, think also about non-financial help (companies, associations, grants, national pharmaceutical organisation)
- Make a plan for the social and educational part of the Twin
- Establish regular correspondence with your guests
- Arrange a warm reception for your guests
- Try to stick to the program, but be flexible or open for changes
- Enjoy your Twin!

Maybe some of you have already attended a Twinnet project. Many pics have been taken, new Facebook friends were added... But now, it's your time! Bring your friends to your country! Make them amaze by the surroundings, captivate them with a catchy theme of the project, and don't forget to send us a postcard as well. Some already did, and you can find below details of their projects and some pictures to illustrate how great they have enjoyed it.

1) Quatrino (Croatia, Lithuania, Malta, Turkey) – part I

<< The first part of the project was held between the 17th and the 24th of November 2010 in Zagreb, Croatia. 9 students from Lithuania, 6 students from Malta, 8 students from Turkey and many students from Croatia participated in this project. The project's main theme was "Obesity – Problem of Modern Society". Students coming from four different countries had workshops about food supplements, consequences of various nutrition, body activity and impacts of various nutrition. Apart from the educational part, each delegation had the chance to present their history, natural beauties and traditions. And when we talk about the natural beauties of Croatia, we should also refer to the Croatian National Park and the Plitvice Lakes. The evenings were a great chance to discover Zagreb's nightlife. Once, we went to Zagreb's Students Center and asked students to fill in a questionnaire regarding obesity issues, gave them our brochures, measured their body mass index and explained them why is the important to stay in healthy range. The Croatian National Television also came there and made interviews with some of participants for broadcast it on television. We had the best week together! >>



2) Quatrino (Croatia, Lithuania, Malta, Turkey) – part II

<< During the week of the 27th of September – 4th of October 2011, the second part of the Quatrino between Croatia, Lithuania, Malta and Turkey, took place in Kaunas, Lithuania. The theme for this project was “Youth against stress and depression”. All the delegations prepared and presented topics and led workshops related to it. By the end of the week, everyone was well informed about different types of stress and depression, stress and health, social sphere, psychology and behaviour. The main aim of the project was to have an anti-stress campaign in the center of Kaunas. Within a few hours, the participants distributed over one thousand bookmarks with advice on how to reduce daily stress. They also asked people to fill in questionnaires to find out what leads to stress. The campaign was very successful because participants got attention from passersby and collected sufficient data for the project summary. Besides the educational part, there was a full-scale social program during the event. There were trips to the capital city of Lithuania - Vilnius and the old capital Trakai, a night excursion to Kaunas and a trip to the Lithuanian countryside, where the International evening took place. Participants were also exploring Kaunas’ night life whenever possible – which left no time for sleep and especially for stress. Thus all 7 days of the project rolled by very fast as all the participants had a lot of fun and adventures together. Everyone is anticipating the third part of the project, which is going to be held in Malta! >>



3) Quatrino (Sweden, Portugal, Bulgaria, Turkey)



<< The fourth and the last part of Quatrino Project between Portugal, Sweden, Bulgaria and Turkey, was held between 21th and 28th of April 2011 in Istanbul, Turkey. The project's main theme was "cardiovascular risk factors" and the slogan was "Beat 4 More". Istanbul University's Rector Prof. Dr. YunusSöylet, Istanbul Faculty of Pharmacy's Dean Prof. Dr. Ahmet O. Araman and Assistant Dean Prof. Dr. Afife Mat, Journalist Abbas Güçlü

gave a nice introductory speech. Another day, the participants went to the Municipality to have a presentation about Istanbul. During free time participants went for a visit to the Egyptian Bazaar. Afterwards, everyone went to Sultanahmet where we could visit Topkapi Palace and Hagia Sophia. One morning we passed the continent by steamship and went to the Asian Side of Istanbul for a presentation about Turkey's Pharmaceutical System which was held by The Chamber of Pharmacists of Istanbul. After lunch, participants went back to the European Side of Istanbul and had free time to visit Grand Bazaar and some different parts of Sultanahmet. After these visits, all participants went to Tophane which is the best place in Istanbul for smoking Nargile (sisha) and drinking Turkish tea. The International Day was celebrated in a boat with beautiful view of Bosphorus. Turkish Delegation honoured this great week with champagne blast and had photos with all of the participants. >>

4) Threen (Romania, Turkey, Serbia)

<< The project took place between the 1st and 8th of October 2011 in Ankara and it was focused on “Early diagnosis of cancer” which is nowadays an international problem of cancer. Early diagnosis is really important especially for woman because of the breast cancer. We focused on three different types of cancer. The main aim of Turkish Ministry of Health is to reduce breast cancer incidence with 10% for women under 65 years old until 2025. Turkish, Romanian and Serbian pharmacy students had lectures and trainings from Turkish Professors, Academic Personal of University of Hacettepe. As pharmacists are the first advisors of the community, they should raise awareness of the risk of cancer and early diagnosis of that. We should inform the patient on every variety of cancer for early diagnosis. We were able to express ourselves through several activities like street campaign, workshops, panels, visits and informative seminars. We had enough time to visit important places in Ankara such as Anıtkabir, old Ankara Castle and we have also visited Beypazarı. Participants had the chance to interact with Turkish Culture and taste delicious foods and drinks. We believe that with this project students from all 3 faculties have improved their own scientific and social way of thinking. >>



5) Quatrino (Romania, Portugal, Turkey, Latvia)

<< Concerned about the ethnobotanics' status in Romania, the increasing incidence of their consumers, we decided to take action and to raise youngsters' awareness on their true effects. This is how "Stop, WEEDream!" was born, and through the Youth in Action Programme we managed to turn it into reality. The project united 48 enthusiastic students studying pharmacy, from 4 countries: Portugal, Latvia, Turkey and the host country, Romania during 11th-18th of October. We focused on the "spice"/"weeds"/"ethnobotanics"/"legal drugs" phenomenon in each country,



as well as on the European level, regarding the chemical compounds, legal aspects, youth vulnerability and side effects. We had the full support of the Romanian Antidrug Agency and our faculty. But the main aim was to disseminate what we already knew or found out during these sessions. So we designed two informative campaigns. We also talked about disseminating the campaigns in the countries of origin. On the other hand, we also wanted our participants to feel the international experience and to get acquainted to the Romanian culture. So we organized a photo scavenger hunt in the Old City Center and we visited the Village Museum, the Palace of the Parliament, and the Mogosoia Palace for their artistic and historical value. And for the evenings we chose the most appreciated clubs or pubs in Bucharest. We had a busy week, but at the end of it, we are happy because we managed not only to fulfill our purpose regarding the ethnobotanics issue, but also to built nice memories and make new international friends. >>

6) Twin (Germany, Netherlands)



<< First part of the Twin was held in Utrecht from the 29th of April until the 1st of May 2011. On Queen's day we were all dressed in orange. The Germans made every effort to bring all kind of oranjekleding and accessories they could find, and apparently so did whole Utrecht. Hup Holland! In small groups we had personal guided sightseeing tours through the town and a nice boat tour round the city of Utrecht. The

atmosphere in the city was really great, we already felt a little bit Dutch and this way infected with Queen's Day spirit, we enjoyed BBQ with our new K.N.P.S.V. friends. By the way: do you know Flunkyball? Ahh, you should ask the Dutch delegation about it, that could be an option for your next congress. After another funny night of *dingelingeling* and "gude Laune", on Sunday there was no need for name tags anymore. There we had the second part of the symposium: we were given an insight in the structure and activities of the K.N.P.S.V. and learned about the organisation of pharmacy course in the Netherlands, which was really interesting because it differs a lot from what we have in Germany. Whilst enjoying sunshine afterwards, the IC organised several funny little games like tug of war or Jeneverkoek happen - fortunately nobody got hurt, neither the person at the end of the german rope grinding over the ground nor the one which hit the car after spinning round the Jenever. These few games really teamed the TWINning group together and when the German delegation had to leave, there were many hugs and big excitement of the reunion in Bonn and Part II of the TWIN. Thanks again, my dears for hosting us so friendly, filling in all prejudices and making us feel very welcome and... Dutch.>>