



Name & Surname	Irene Yerolemidou	
Pool of trainers:	IFMSA (International Federation of Medical Students' Associations)	
	YEU (Youth for Exchange and Understanding) International	
Total hours of training delivered	279.00	
Total number of events as a trainer	27.00	
Total number of trainees	676.00	

Starting Date	Ending Date	Event	Title	Topic	Duration	Co-trainers	Target group	Pax number	Organisation	Country	Language
2022Nov27	2022Dec02	Superheroes of Climate Change	Making a change'	Climate Change Policy Making Public Speaking	20.00	Marija Pantelic (YEU International) Jelena Karac (YEU International) Yiannis Tsotsos (United Society of Balkans)	Young people aged 18-35	25.00	YEU International	Belgium	English
2022Sep29	2022Sep29	Superheroes of Climate Change	YEU Convention 'Telling a story'	Climate Change Storytelling	40.00	Marija Pantelic (YEU International) Jelena Karac (YEU International) Yiannis Tsotsos (United Society of Balkans)	Young people aged 18-35	40.00	YEU International	Greece & North Macedonia	English
2022Jun16	2022Jun23	Superheroes of Climate Change	Creating the Core'	-Climate Change -Introduction to NFE -Sustainable Europe	40.00	Marija Pantelic (YEU International) Valentina Antic (YEU International)	Young people aged 18-35	15.00	YEU International	Slovenia	English
2022May11	2022May11	Cyprus Family Planning Association Training of new volunteers	Contraceptive Methods	- Contraceptive Methods	2.00	/	Volunteers for CFPA sex education hotline	15.00	Cyprus Family Planning Association - CFPA	Cyprus	Greek
2022May06	2022May08	Connecting Minds		-Mindfulness -Communication -Capacity Building	/	/	YEU Cyprus Board members and Officers	15.00	YEU Cyprus	Cyprus	English
2021Nov20	2021Nov27	YEU Convention 2021	Disconnections - Take Your Power back	-Wellbeing -Self-awareness -Mental health	20.00	Marija Krstevska (YEU International) Daniel Freudenberg (YEU International) Marija Farmer (YEU International)	Youth workers/Facilitators /Trainers	20.00	YEU International	Greece	English
2021Nov10	2021Nov10	Mental Health Awareness Week	Mental Health Training for medical students	-Mental Health -Clinical Communication	2.00	Eleni Xenophontos (CyMSA-Cyprus)	CyMSA members	15.00	CyMSA-Cyprus	Cyprus	Greek
2021Aug24	2021Aug31	Islamism - Youth Exchange		-Intercultural Learning -Communication Skills -StoryTelling -Advocacy -Problem Solving -Personal Development -Soft skills	40.00	/	Young people aged 18-35	22.00	YEU Cyprus	Cyprus	English
2021Mar30	2021Jun22	Let's talk	Entrepreneurship and Start-Ups		2.00	Batihani Saçar (LGD)	Young people aged 18-35	15.00	YEU Cyprus & LGD	Online	English
			Covid 19 & the Pandemic		2.00	Umay Oksuz (LGD)	Young people aged 18-35	15.00		Online	English
2021Mar16	2021Mar22	BET Against Gambling		-Fighting problematic gambling	10.00	Nina Poulouzavilli (YEU Cyprus)	Young people/Youth workers	40.00	YEU Cyprus	Online	English
2021Feb15	2021Feb24	Creativity Lab	Gamification	-Gamification -Octalysis -Game Development	15.00	Srdjan Petkovic (YEU International) Matej Manevski (YEU International) Marija Krstevska (YEU International)	Youth workers	20.00	YEU International	Online	English
2020Nov26	2020Dec11	Brave New You - Youth Exchange		-Online training -Gamified content -Active participation -Youth involvement	12.00	Srdjan Petkovic (YEU International)	Disadvantaged Youth	50.00	YEU International	Online	English
2020Sep25	2020Sep27	Let's eat the ma.NGO		-NGO Structure -Activity Management -Policy making	14.00	Costas Christophorou (YEU Cyprus)	YEU Cyprus Board members and Officers	10.00	YEU Cyprus	Larnaca, Cyprus	Greek
2020Sep02	2020Sep23	Leadership in Health Emergencies - T4ALL	Activity Management (2)	-Time management -Delegation -Risk Management -SWOT Analysis -PDCA Cycle	2.00	Blanca Paniello Castillo (AECS-Catalonia)	IFMSA members	20.00	ANEM-Portugal	Online	English
			Health Emergencies	- Advocacy - Emergencies' management - Case scenarios	2.00	Georgio Toumieh (LeMSIC-Lebanon)	IFMSA members			Online	English
			Activity Management	-Golden Circle -Levels of specificity -Mountain model -SMART Objectives	2.00	Georgio Toumieh (LeMSIC-Lebanon)	IFMSA members			Online	English
			Communication & Feedback	-Communication model -Effective communication -How to give and receive feedback -BIO Feedback -Pros and Cons of BIO Feedback	2.00	Blanca Paniello Castillo (AECS-Catalonia)	IFMSA members			Online	English

2020May29	2020May31	CB Weekend	Non-formal education & Learning styles	-Principles of non-formal education -Differences of formal/informal/non-formal learning -Introduction to peer education -Learning Styles	1.00	Silvia Alexandra L. Wong (IFMSA-Peru)	Members of CyMSA and other NMOs	20.00	CyMSA-Cyprus	Cyprus (Online)	English
			Planning an activity: From scratch to success	-Golden Circle -Scenarios with ethical and other dilemmas -Activity Management tools (Risk Assessment, Eisenhower Matrix, SWOT Analysis, Gantt Chart, Stakeholder mapping, SMART Objectives)	1.00	/	Members of CyMSA and other NMOs	18.00	CyMSA-Cyprus	Cyprus (Online)	English
2020May10	2020May10	InciSioN-Capacity Building	Communication Skills	-What is communication -Communication Model -Tips for effective communication	1.00	Heaven Tater (Ethiopia)	InciSioN members	8.00	InciSioN - International Student Surgical Network	Online	English
2020Feb09	2020Feb23	CB Sundays	Leadership Skills	-Boss Vs Leader -What makes a leader/Who is a leader -Leadership Compass	1.00	/	CyMSA members	30.00	CyMSA-Cyprus	Cyprus	English
			Activity Management	-Golden Circle -Levels of specificity -Mountain model -SMART Objectives -Time management -Delegation -Risk Management -SWOT Analysis -PDCA Cycle	2.00	/	CyMSA members		CyMSA-Cyprus	Cyprus	English
			Team Dynamics	-Group Vs Team -Solar system -Stages of team development	1.50	Margarita Theofano Gkritzela (CyMSA-Cyprus)	CyMSA members		CyMSA-Cyprus	Cyprus	English
			Fundraising	-What is fundraising -How to apply it in project based sponsorship -Tips for effective fundraising -Elevator pitch	1.50	/	CyMSA members		CyMSA-Cyprus	Cyprus	English
			BIO Feedback	-Why we deliver Feedback -What is Feedback -How to give and receive Feedback -BIO Model -Pros and Cons of BIO	2.00	Margarita Theofano Gkritzela (CyMSA-Cyprus)	CyMSA members		CyMSA-Cyprus	Cyprus	English
			Online Sessions and Effective Meetings	-What is an online session -Pros and Cons -Effective meetings -Reflections on the previous sessions of the event	2.50	Margarita Theofano Gkritzela (CyMSA-Cyprus) Antonios Deveros (CyMSA-Cyprus)	CyMSA members		CyMSA-Cyprus	Online	English
2019Nov17	2019Nov17	Become a vaccine hero	Introduction to Vaccination	-Definition -Types of vaccines -Mechanisms/Routes -Epidemiology	1.00	Christina Makaride (CyMSA-Cyprus)	CyMSA Members	25.00	CyMSA-Cyprus	Cyprus	English
			Travel Medicine	-WHO Regulations -Precautions and Preparations -CDC Yellow Book	1.00	Rafail Matzaras (CyMSA-Cyprus)	CyMSA Members		CyMSA-Cyprus	Cyprus	English
			Vaccines' Hesitancy	-Current Situation - How the anti-vaccine movement began -Solutions/Brainstorming	1.00	Christina Makaride (CyMSA-Cyprus)	CyMSA Members		CyMSA-Cyprus	Cyprus	English
			Vaccination & Medical Students	-Knowledge of medical students -Vaccination for medical students during clinical years	0.50	Rafail Matzaras (CyMSA-Cyprus)	CyMSA Members		CyMSA-Cyprus	Cyprus	English
2019Aug01	2019Aug07	IFMSA August Meeting 2019 - GA	UHC and SRHR (SCOPH & SCORA Joint Session)	-Three Dimensions of UHC -Main characteristics of UHC (activity)	1.00	Egle Janusonyte (LIMSA-Lithuania) Dario Rosini (SISM-Italy) Mohamed Abdel Aziz (IFMSA-Egypt)	AM2019 participants	30.00	IFMSA	Taipei, Taiwan	English
			Fighting Alcohol Culture (Mini Session)	-Myth Vs Hack -Connection to SDGs -Solutions in a Personal, Local, National & International level	0.50	/	AM2019 SCOPH sessions' participants	20.00	IFMSA	Taipei, Taiwan	English
			Handover and Institutional Memory (SCOPH Capacity Building)	-What is Handover & The outcomes of a non efficient one -Sharing personal experiences -Tips for effective Handover -What is Institutional Memory	1.00	Katja Cic (SloMSIC-Slovenia)	AM2019 SCOPH sessions' participants	20.00	IFMSA	Taipei, Taiwan	English
			Improving Public Health Advocacy on a National level	-What is Advocacy -Problem brainstorming -SWGs on possible solutions -How can IFMSA support NMOs in Public Health Advocacy	1.50	Charlotte O'Leary (AMSA-Australia)	AM2019 SCOPH sessions' participants	20.00	IFMSA	Taipei, Taiwan	English

2019Jul28	2019Aug01	IFMSA August Meeting 2019 - Pre GA	TNT (Training New Trainers)	<ul style="list-style-type: none"> -Team Dynamics -Communication Skills -Feedback -Effective Energizers & Ice-Breakers -Self-Discovery & Personal Growth -Visualisation & Graphic Facilitation -Learning Styles -Time Management -Public Speaking 	15.00	Konstantinos Theocharis (AMSB-Bulgaria) Erwin Vos (IFMSA-NL) Zain Muthana (IFMSA-Iraq)	New members from all IFMSA Regions	18.00	IFMSA	Taichung, Taiwan	English
2019May01	2019May05	SRT Greece "HIT" - HelMSIC International Training	PHLT on AMR (Public Health Leadership Training on Antimicrobial Resistance)	<ul style="list-style-type: none"> -Leadership Skills -Basics of Public Health -AMR -Team Dynamics -Communication Skills -BIO Feedback -Activity Management -Public Speaking -Conflict Management -Advocacy 	16.00	Blanca Paniello Castillo (AECS-Catalonia) Gregory Papantoniou (HelMSIC-Greece)	New members	15.00	HelMSIC-Greece	Greece	English
2018Sep13	2018Sep13	Bone marrow donation-For a world without Leukemia	Bone Marrow and Tissue Donation	<ul style="list-style-type: none"> -Saliva sample testing training -Communication Skills-How to approach people in a street action 	3.00	Margarita Theofano Gkritzela (CyMSA-Cyprus)	CyMSA members	20.00	CyMSA-Cyprus	Cyprus	Greek
2018Apr21	2018Apr21	CyMSA-Internal Capacity Building	Project Management	<ul style="list-style-type: none"> -Golden Circle -SMART Objectives -Activity Management tools 	2.00	Noor Shami (CyMSA-Cyprus)	CyMSA members	20.00	CyMSA-Cyprus	Cyprus	English
2018Feb02	2018Feb02	I am and I will	World Cancer Day 2018	<ul style="list-style-type: none"> -Levels of Prevention -Stigmatisation and HR of patients -Training for blood pressure and glucose/cholesterol measurements 	3.00	Rafail Matzaras (CyMSA-Cyprus)	CyMSA members	20.00	CyMSA-Cyprus	Cyprus	Greek
2017Apr07	2017Apr07	Bone marrow donation	Bone Marrow and Tissue Donation	<ul style="list-style-type: none"> -Saliva sample testing training -Basics of tissue and bone marrow donation -Advocating on the topic 	3.00	Nikos Velidakis (CyMSA-Cyprus) Ilias Pantazis (CyMSA-Cyprus)	CyMSA members	20.00	CyMSA-Cyprus	Cyprus	Greek
2017Feb12	2017Feb12	Be aware, Connect with care	SRHR (Sexual and Reproductive Health & Rights)	<ul style="list-style-type: none"> -HIV and other STDs -Prevention & Levels -Experiential Learning/Social Experiment 	3.00	Antonios Deveros (CyMSA-Cyprus) Maria-Fedra Erotokritou (CyMSA-Cyprus)	Young people in Cyprus	20.00	CyMSA-Cyprus	Cyprus	Greek
2017Feb03	2017Feb03	World Cancer Day Workshop	World Cancer Day 2017 - A workshop for medical students	<ul style="list-style-type: none"> -Introduction to Advocacy on NCDs -Basic epidemiology -Prevention -Training for blood pressure and glucose/cholesterol measurements 	3.00	/	CyMSA members	20.00	CyMSA-Cyprus	Cyprus	Greek
2016Oct21	2016Oct21	My heart, my responsibility	NCDs, Cardiovascular diseases and Prevention	<ul style="list-style-type: none"> -Introduction to NCDs -Cardiovascular Diseases and Epidemiology -Blood pressure measurements for medical students training -Levels of prevention 	3.00	Nikos Velidakis (CyMSA-Cyprus) Margarita Theofano Gkritzela (CyMSA-Cyprus)	CyMSA members	20.00	CyMSA-Cyprus	Cyprus	Greek