

The European Federation of Psychology Teachers' Associations



EFPTA
20th Anniversary
Conference

Helsinki
18-21 April 2024

**The Age of Psychology:
Teaching Psychology in the
Modern World**



EFPTA

Conference booklet

Helsinki, 2024



Finnish Psychology Teachers' Association

*EFPTA is grateful for the
support of PSOP RY and
Psykologiliitto in
organising this conference*

Psykologiliitto

Finnish Psychological Association

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- In case of any questions, please contact info@efpta.org.

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The European Federation of Psychology Teachers' Associations

Conference Programme at-a-glance

Thursday 18 April Optional sightseeing / cultural activities

Friday 19 April - conference programme day 1

Venue both days: Eira High School for Adults / Eiran aikuislukio. Plenary sessions are in the Main Hall, and workshops will be in breakout rooms.

12.00	Registration
12.30	<p>Conference opens</p> <ul style="list-style-type: none"> • Welcome by EFPTA President, Mette Eggertsen, and President of Finnish Psychology Teachers' Association, Anne Riekkinen • Introduction to the Conference theme – “The Age of Psychology” – by Jukka Oksanen, Finnish Psychologists' Association
13.00	<p>Keynote</p> <p>Professor Markus Jokela, University of Helsinki, Finland Transdiagnostic perspective in understanding mental health</p>
14.00	<i>Break for refreshments and networking</i>
14.30	<p>Psychology teaching in Europe's schools</p> <p>A series of short presentations on current projects and activities in psychology education in various countries</p>
15.45	<i>End of formal Friday programme</i>
15.45 - 17.00	<p>EFPTA 2004-2024: 20th Anniversary celebration</p> <p>Celebrate EFPTA's past, present and future achievements, with Past Presidents and other Guests of Honour!</p>
19.00	<i>Dinner at Restaurant Perho, Mechelininkatu 7 (advance booking required)</i>

Note: Programme details are correct at time of publication but may be subject to change.

Saturday 20 April – conference programme day 2

9.30	Workshop session 1 - Choice of parallel workshops	
	<p>1.1 Carousel Workshop of practical teaching activities: Inspiration for your classroom Lenka Sokolová & other EFPTA Board members</p> <p>1.2 Unveiling the Mind of AI: Exploring the Psychology of Artificial Intelligence Mairi Rice, Scotland</p> <p>1.3 Managing stage fright in a classroom: Practical approaches for easing anxiety Heidi Iik, EFPSA</p>	<p>1.4 What is EFPTA for? Some self-reflection at the 20 year milestone Morag Williamson, Scotland, & Ebba Blåvarg, Sweden</p> <p>1.5 Supporting Mental Health in High School Elina Marjamäki, MIELI, Finland</p>
10.30	<i>Break for refreshments and networking</i>	
11.00	<p>Keynote Dr Karen Marangio, Monash University, Australia Valuing psychology teachers' expertise for teaching students in the modern day</p>	
12.00	<i>Lunch</i>	
13.00	Workshop session 2 - Choice of parallel workshops	
	<p>2.1 Carousel Workshop of practical teaching activities: Inspiration for your classroom Lenka Sokolová & other EFPTA Board members</p> <p>2.2 An introduction to neurotransmission for psychology teachers Ilari Kousa, Finland</p> <p>3.3 Teaching critical thinking skills in psychology by means of a classroom experiment Åge Diseth, Norway</p>	<p>2.4 Culture: not just a human-only behaviour? Evie Bentley, England</p> <p>2.5 Supporting Mental Health of Immigrant Students Riikka Nurmi, Finland.</p>
14.00	<i>Break for refreshments and networking</i>	
14.30	Workshop session 3 - Choice of parallel workshops	
	<p>3.1 Carousel Workshop of practical teaching activities: Inspiration for your classroom Lenka Sokolová & other EFPTA Board members</p> <p>3.2 Phenomenal experience of phenomenon-based didactics Anne Riekkinen, Finland</p>	<p>3.3. "I missed my teachers": The importance of a close and caring relationship between teachers and students Elva Björk Ágústsdóttir, Iceland</p> <p>3.4 Challenging common misconceptions in social psychology Kateřina Machovcová, Czechia</p>
15.30	Closing remarks and preview of EFPTA Conference 2026	
16.00	<i>Close of Conference</i>	
19.00	<i>Dinner at Meripaviljonki restaurant, Säästöpankinranta 3 (advance booking required)</i>	

Sunday 21 April Optional sightseeing / cultural activities

WELCOME BY PRESIDENT METTE EGGERTSEN to the EFPTA 20th Anniversary Conference, Helsinki, 18-21 April 2024

Dear psychology teachers, EFPTA friends and supporters,

it is my pleasure to welcome you to our EFPTA conference here in Helsinki. Thank you all for coming. We are about 90 delegates here today representing 17 countries. We are mostly from Europe, however Australia and the United States are represented here too.

It's the first conference where we have been able to meet face to face since the pandemic. Our last conference in person was in 2018 in Reykjavík. The following conference was due to be held in Bratislava in 2021, however, we ended up successfully moving it online. We are delighted that so many of you have come to Helsinki this year.



The pandemic made us more creative, with regular webinars and greater reach across the world, building our network of psychology teachers internationally. We have managed to grow our membership and have welcomed new members from Belgium, the Netherlands and Slovenia.

EFPTA is a federation of national and regional associations of psychology teachers in schools and colleges in European countries. We promote psychological literacy through teaching and this year we celebrate our 20th anniversary.

20 years ago EFPTA was founded here in Finland. It's an honour to be back again to celebrate this occasion. To help us celebrate we are joined by former EFPTA presidents and Board members who have all made great efforts to achieve our aim to promote and support pre-university psychology education in Europe. Please enjoy the celebration with us on Friday afternoon.

On behalf of the EFPTA board, I'm proud to open this conference. We have a great conference programme with distinguished keynote speakers and teacher-led workshops on a wide range of topics. We wish for you to be inspired and to grow the network of psychology teachers all over Europe.

The EFPTA Board members are here ready to help and answer any questions. You can find us with different coloured badges.

I would like to thank all the EFPTA Board members and especially the Finnish representatives Anne, Teija, and Jukka, who have worked relentlessly to prepare for the EFPTA conference, as well as the Finnish teachers' association PSOP RY and the Finnish Psychologists' Association Psykologiliitto who are supporting our event. A special thanks to Teija and the school - Eira High School for Adults / Eiran aikuislukio - for welcoming us here.

I am very happy to be a part of this wonderful group of enthusiastic psychology teachers.

Mette Eggertsen, President of EFPTA

KEYNOTE SPEAKERS

Transdiagnostic perspective in understanding mental health

Professor Markus Jokela

University of Helsinki, Finland



My talk reviews recent theoretical and empirical research on transdiagnostic perspective in mental health problems. This perspective attempts to move the focus away from disorder categories to broader psychological mechanisms that might underlie the many different diagnostic categories. The transdiagnostic perspective aims for a more integrated understanding of the active ingredients in mental health problems. In addition to reviewing the motivation and progress of transdiagnostic perspective, I will consider how this perspective might relate to some of the older ideas in humanistic psychology and psychodynamic perspective that also focused on general principles of change and on the person as a whole.

Biography: Markus Jokela is a professor of mental health at the University of Helsinki. He holds a PhD in psychology and epidemiology, and his research has focused on population mental health, personality, intelligence, and the interplay between individual psychological traits and social circumstances. He teaches courses on clinical psychology and mental health research. He is also a regular visitor in Finnish high schools, giving talks on his research topics.

Valuing psychology teachers' expertise for teaching students in the modern day

Dr Karen Marangio

Monash University, Australia



Today's contemporary world presents an array of personal, local and global challenges that cannot be adequately addressed by any single school subject. Psychology education can play a crucial role in addressing these intricate issues. Since a common goal of psychology education is to develop students' psychological literacy to meet personal, professional and societal needs, careful (re)consideration of ways this looks like in school contexts to meet today's challenges is required. At the heart of such work are the teachers of psychology and their central role as curriculum makers. Drawing from Australian research, Karen will discuss why valuing teachers' professional expertise is essential for elevating psychology education within schools, whether offered as a distinct or integrated subject. Schools, curriculum authorities and curriculum-brokers, including professional teacher associations, such as EFPTA, present ideal opportunities to encourage teacher collaboration and innovative research-inspired practice. Taking climate education as an illustrative example, Karen will consider ways forward to understand the pedagogical considerations and conditions for enabling psychology teachers to teach in ways that foster more hopeful, just, and sustainable future ways of life, as recommended by United Nations' Agenda 2030.

Biography: Karen works in the School of Curriculum, Teaching and Inclusive Education at Monash University, Australia. Her research interests primarily focus on psychology teacher education and curriculum with the goal of developing teachers' pedagogical knowledge for fostering psychological literacy for more hopeful, just and sustainable futures. Karen is an elected member of Australian Psychological Society (APS) Division of Psychology, Research, Education and Training (DPRET) committee, secretary of APS Psychology Education Interest Group and AusPLAT.

SHORT PRESENTATIONS (plenary)

Friday 19 April, 14.30

Psychology teaching in Europe's schools: A series of short presentations on current projects and activities in school psychology education in various countries

Spotlight on psychology teaching in three EFPTA member countries

Kateřina Machovcová

Faculty of Education, Charles University, Czech Republic

Machteld Vandecandelaere and Karen Sinnaeve

Instructional Psychology and Technology, KU Leuven University, Belgium

Lidija Srša

Subject Group for Psychology, Institute of Education, Slovenia

EFPTA representatives from several member countries will be in conversation with Mette Eggertsen about psychology education in Czechia, Belgium and Slovenia.

An interview with a student studying psychology in Finnish as a Second language

Teija Jokinen-Luopa

Eiran aikuislukio

Teija will interview a student who is a non-native Finnish speaker, about their experience of psychology classes at their Helsinki school.

EFPTA Collaborative projects

Harriet Ennis

Association for the Teaching of Psychology (England) and EFPTA

The EFPTA network of psychology teachers' associations offers opportunities for collaborative working amongst teachers and their students across borders, which can be facilitated via various online platforms and communication channels, and which can bring multiple benefits for students. Harriet will invite interest in exploring ideas for collaboration.

Student Anxiety: How to Introduce Today's Psychology Student to Stress Reduction Through Yoga and Mindfulness.

Catherine Phelan

Houston Community College and Lone Star College, Houston, Texas, USA;

Today's psychology students are riddled with an exorbitant amount of stress and anxiety. Not all students can afford health care, so it is imperative that psychology instructors introduce lifelong, free, psychological techniques for the maintenance of anxiety. The practice of yoga is ideal because all students can participate and it promotes mindfulness. I will present the state of the field regarding the success of yoga interventions globally for students and how we as teachers of psychology can help them bring these skills into the workplace.

Mental Health Education and Teaching of Psychology: a project by EFPTA and EFPA Board of Educational Affairs

Lenka Sokolová

Institute of Applied Psychology, Comenius University in Bratislava, Slovakia; European Federation of Psychology Teachers' Associations

The mental health of children and young people is considered a global challenge for both public health and educational systems. There are several ways to support and promote mental health in children and youth, including implementing mental health education in school curricula. A joint project of the European Federation of Psychology Teachers' Associations (EFPTA) and the Board of Educational Affairs of European Federation of Psychologists' Associations (EFPA) aimed to discover and map the provision of mental health topics and skills in the school curriculum in different European countries, to identify how mental health topics are included in psychology courses and other areas of the curriculum in upper secondary school education. Representatives of national psychologists and psychology teachers associations from 10 countries reported on mental health education in their countries. The analysis of course content illustrates the diversity of mental health education provision in Europe. Schools provide students and teachers with not only educational content but also additional information and services related to mental health. The quality of mental health education and psychology courses have the potential to support mental health literacy in young people. Based on a small-scale survey among Slovak secondary school students (N = 250), students who attended psychology courses scored significantly higher on the mental health literacy scale.

WORKSHOPS

Saturday 20 April, at 9.00, 13.00 and 14.30

There are three workshop sessions on Saturday 20 April, at 9.00, 13.00 and 14.30, with four / five parallel workshops in each session.

- See page 4 above – Programme at-a-glance - for the lists of workshops in each session.
- There is a maximum capacity of 20 participants in each workshop.
- Please sign up for your preferred workshops when you arrive at the registration desk.

1.1 Carousel Workshop of practical teaching activities: Inspiration for your classroom

Note: This workshop will run in all three sessions.

Lenka Sokolová with Dominique, Morag, Machteld, Karen, Harriet, Birgit, Harpa.

EFPTA Board members

In this workshop you will play the part of a student and carry out a variety of engaging activities in small groups. You will see how to make learning groups in a creative way, learn something about the members of your groups, explore psychological research and challenge your creativity. This is all aimed at giving you some good ideas to make your teaching interesting, active and, above all, engaging for your students and yourself. The workshop is led by EFPTA board members from different countries.

1.2 Unveiling the Mind of AI: Exploring the Psychology of Artificial Intelligence

Mairi Rice

Clifton Hall School, Edinburgh, and Vice Chair ATP UK

Delve into the thought-provoking exploration of artificial intelligence. Examine the remarkable advancements in AI technology, its capabilities, and the ethical dilemmas it poses. Explore the implications of AI on various aspects of society. Consider the profound impact of AI's integration into daily life and contemplate the ethical and moral responsibilities that accompany its rapid advancement. Join me as we navigate the future of the ever-evolving landscape of artificial intelligence and uncover the fascinating psychology behind AI and its implications for our rapidly changing world

1.3 Managing stage fright in a classroom: Practical approaches for easing anxiety

Heidi Iik

European Federation of Psychology Students' Associations (EFPSA)

Stage fright is common, and many teachers face students who feel high anxiety when performing or even speaking for the whole class. Quite often, stage fright arises in a mere anticipation of a performance, often a long time ahead. Long term anxiety can affect negatively to the wellbeing and school motivation of the student and it would be important that teachers have knowledge on the phenomena. In this workshop we explore how to recognise and encounter a student with stage fright, and what the teacher can do to help the students dealing with anxiety.

1.4 What is EFPTA for? Some self-reflection at the 20-year milestone.

Morag Williamson

EFPTA

Ebba Christina Blåvarg

Konstfack University of Arts, Crafts & Design, Stockholm

It's 2024, and we have good cause to celebrate 20 years of EFPTA activity. We have grown and thrived as an organisation, and can list a number of achievements, including numerous successful events for psychology teachers /educators both in-person and online, collaboration with other organisations involved in psychology /psychology education in Europe, research publications, and presentations at international conferences. We effectively adapted our activities during the pandemic, and we continue to attract new member countries and individuals. Presumably we – and others - see ourselves as doing something important; if so, what is that? Or do we just love to get together socially with like-minded folk? Bearing in mind the enormous changes in the environment over the last 20 years – from local/national education issues to global crises – what should be EFPTA's purpose in the coming years? what challenges do we face? where should we focus our efforts? This participative discussion-based workshop will consider these and other related questions, with reference to our formal aims as well as participants' experiences. It is hoped that these discussions will help inform EFPTA's priorities in terms of future strategy.

1.5 Supporting Mental Health in High School

Elina Marjamäki

MIELI Mental Health Finland

Students' mental health is supported in everyday interaction. Good mental health skills support self-confidence, learning and the student's own experience of coping. In the workshop you will learn how to strengthen each student's mental health skills, such as life skills, interpersonal and coping skills.

2.1 Carousel workshop – see 1.1 above

2.2 An introduction to neurotransmission for psychology teachers

Ilari Kousa

University of Helsinki and Finnish Psychology Teachers' Association

Neurotransmission is a central topic in neuroscience and biological psychology. This workshop introduces the basic mechanisms of neurotransmission (with focus on the mammalian/human CNS) while discussing recent research findings and their relevance to classroom teaching.

2.3 Teaching critical thinking skills in psychology by means of a classroom experiment

Åge Diseth

Professor of Education, University of Bergen

The ability to think critically is important in psychology, and critical thinking skills is a topic within cognitive psychology. Critical thinking is to analyze information, concepts, and situations in order to make reflective judgements. Critical thinking requires application of both intuitive System 1 thinking and analytical System 2 thinking. It is necessary to be aware of automatic responses from System 1, and at the same time engage deliberate System 2 thinking. This workshop will introduce critical thinking, System 1 thinking and System 2 thinking. It will demonstrate critical thinking skills by engaging workshop participants in an online assignment by means of a digital response system. This demonstration will show how psychology teachers may teach students about critical thinking skills and give them feedback on their own critical thinking skills as an experiment in their own classrooms.

2.4 Culture: not just a human-only behaviour?

Evie Bentley

The Association for the Teaching of Psychology, England

In the 20th century the movement from regarding culture as special to humans to the knowledge that other animals too might exhibit what we call cultural behaviour grew apace. Most people are interested in other animals and recognise the similarities with us. Citizen science is also helping the modern world to see examples of previously unknown or ignored animal behaviours, really interesting contributions to comparative psychology, showing that at least some other animals do have cultural behaviours. This is pertinent because science is about the search for verifiable knowledge so that that we know, in this case about our and other animals' behaviours, increasingly more and hopefully understand more, so views change. There will be a brief historical background to this, and modern examples from the animal world supporting the concept of other-animal cultures. Hopefully some contributions will also be shared by delegates. This should be a fun workshop!

2.5 Supporting Mental Health of Immigrant Students

Riikka Nurmi

MIELI Mental Health Finland

What is the mental process of immigration? How to support the integration of immigrant students to the school community and how to strengthen the protective factors of their mental health? The workshop will address these themes and tools MIELI has developed for immigrants and for their teachers.

3.1 Carousel workshop – see 1.1 and 2.1 above

3.2 Phenomenal experience of phenomenon-based didactics

Anne Riekkinen

Joensuun yhteiskoulun lukio, and PSOP ry, Finland

Phenomenon-based learning is a vital part of Finnish upper secondary school curriculum. In this workshop, my aim is to apply some of its key elements to psychology teaching. You will be given an opportunity to have a real classroom experience of phenomenon and problem based learning, which can be easily applied to your own teaching. In my demonstration based on cognitive psychology, I will attempt to show how students can be helped to apply psychological knowledge. Participants in this workshop will be provided with pedagogical materials and guidelines concerning the topic.

3.3 "I missed my teachers" - The importance of a close and caring relationship between teachers and students

Elva Björk Ágústsdóttir

Hamrahlid College, Iceland

Student school engagement is very important for successful schooling. On the other hand, school engagement generally seems to decrease during adolescence, which increases the likelihood of dropping out of school. It is believed that this negative trend can be attributed to the fact that the secondary school does not adequately meet the needs of students at this stage of development, but there is a lack of research. In the workshop we will discuss what we think characterises a good teacher and how teenagers describe good teachers. We will get an insight into the aspects of a teacher student relationship that students consider important. How important are the informal chats during breaks, being curious about their summer vacation and asking about their thoughts and interests?

3.4 Challenging common misconceptions in social psychology

Kateřina Machovcová

Faculty of Education, Charles University, Prague

We often encounter popular beliefs that seem to be firmly entrenched in our collective consciousness. Have you ever heard that the more bystanders there are, the less likely people are to offer help during an emergency? Or perhaps you are familiar with the idea that individuals readily conform to peer pressure or unquestioningly obey authority figures. These are just a few of the intriguing notions we will explore. Drawing from recent reflections on the original research and incorporating new studies that shed light on these phenomena, we aim to empower educators with fresh insights and updated perspectives that can be seamlessly integrated into their psychology classes.

EFPTA 20th ANNIVERSARY CELEBRATION

Friday 19 April, 15.45

EFPTA was established in 2004 - so 2024 is our 20th Anniversary!

Come and celebrate the achievements of our 20 eventful years! Let's celebrate in Finnish, European and international style. There will be drinks and cake, and singing and dancing! We'll welcome Guests of Honour including founding members and past Presidents. Many of the following will take part in the gathering and will deliver greetings:

Joe Cocker, Founder of EFPTA, and Adviser 2004-present

Jari von Becker, President 2004-09

Hans Reijniere, President 2009-11

Renate Schrempf, President 2011-13

Dorothy Coombs, President 2013-15

Hannele Puolakka, President 2015-17

Harpa Hafsteinsdóttir, President 2017-19

Lenka Sokolová, President 2019-22

Ioulia Papageorgi, Chair of EFPA BEA

Tuomo Tikkanen, Past President of Suomen Psykologiliitto, & of EFPA

Message from EFPTA Board

We are enormously grateful to everyone who has contributed to EFPTA activities over the last 20 years and we look forward to many more years of supporting and promoting psychology education in schools across Europe!

MESSAGE TO EFPTA – 20 YEARS IN 2024

from Tuomo Tikkanen

President EFPA 1999-2007, President Finnish Psychological Association 1994-2015

"Dear Psychology Teachers, Dear Colleagues,

20 years ago European Psychology teachers made history.

The European Federation of Psychology Teachers' Associations, EFPTA, was founded in Helsinki in 2004. We can celebrate it now. We can celebrate it, because it is a success story which we can be proud of.

I was lucky - and happy - to be able to participate in the beginning and continuation of this important work. In 2004 I worked as the President of the Finnish Psychological Association and the European Federation of Psychologists' Associations, EFPA.

From those humble beginnings in 2004, over the past two decades EFPTA has developed quite fast and strongly. It has now 12 member countries. It is an active, living organisation, which continues to grow. I am indeed impressed by the 20 years of organisational and practical development of EFPTA, its network and impact in European psychology.

Teaching psychology to as many young Europeans as possible is a remarkable and culturally hugely meaningful goal and achievement.

Psychology is in the core of the important knowledge that young people need to understand about themselves and other human beings, groups and societies. It is especially important to all the young people, because their own psychology and their own minds are in the process of rapid change and development. It is essential to their psychological well-being, mental health and the ability to reflect on why we think, feel and act as we do.

Psychology helps our students to grasp why the world of human beings is both logical and complicated.

Psychology is deeply connected with biology, social sciences and culture.

Without understanding psychology it would be very difficult to understand the complex social and cultural developments in the world. Psychology is present in all the problems of the modern world, which is an immensely wide range of important topics, like:

- economy and its development
- social conflicts, war and peace
- the human aspect of technology and its use, and
- respecting and preserving the nature of the planet we live on.

Psychology is also a key factor in understanding and defending universal human rights. Psychological research and practice has proved that human beings are at the same time

- quite similar in terms of our basic needs and psychological functions and
- often quite different depending on our social and cultural background and the circumstances we have grown in.

It is a noble and in some countries close to a revolutionary task to teach the young generation that we human beings are both similar and different at the same time. This has to be taken very seriously in our understanding of human development and human rights.

Let me congratulate you again! You and your organisation are spreading the knowledge that is of vital importance to all human beings and the world we live in!"

Tuomo Tikkanen

President EFPA 1999-2007, President Finnish Psychological Association 1994-2015



This is to certify that



**attended the
EFPTA Conference in Helsinki, Finland
18 - 21 April 2024**

Signed:

Date: 20 April 2024

A handwritten signature in black ink on a light-colored rectangular background. The signature is cursive and reads 'Morag Williamson'.

Morag Williamson, Secretary, EFPTA

EFPTA Executive Board 2021-24

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