



Proposal Acronym: Z-HEALTH

Full legal name of organisation	European Medical Students` Association
Short Name of organisation	EMSA
PIC number*	926184034

* If you do not have a PIC number, please register for one here:

<https://ec.europa.eu/info/funding-tenders/opportunities/portal/screen/how-to-participate/participant-register>

FINANCIAL INFORMATION

Average Monthly Rate

CONTACT

Department carrying out the proposed work (if different from organisation address)

Department name	
Street	
Town	
Postcode	
Country	

Person in charge of proposal

Title	Mr.
Gender	Male
First name(s)	Pedro
Family name(s)	Barata
Email address	vpe@emsa-europe.eu
Position in organisation	Vice President of External Affairs
Department	Department of External Affairs
Website	https://emsa-europe.eu/
Phone	+351 925005484

Address of person in charge of proposal (if different from organisation address)

Street	Rue Guimard 15
Town	Brussels
Postcode	1040
Country	Belgium

Other contact persons

First name	Last name	E-mail	Phone
Gabriel	Cammilleri	president@emsa-europe.eu	+356 7969 1023
Isabela	Tobias	treasurer@emsa-europe.eu	+386 30 337 168

Role of Participating organization in the project (may select more than one options)	
Project management	☐
Communication, dissemination and engagement	☒
Provision of research and technology infrastructure	☐
Co-definition of research and market needs	☐
Civil society representative	☒
Policy maker or regulator, incl. standardisation body	☐
Research performer	☐
Technology developer	☐
Testing/validation of approaches and ideas	☒
Prototyping and demonstration	☐
IPR management incl. technology transfer	☐
Public procurer of results	☐
Private buyer of results	☐
Finance provider (public or private)	☐
Education and training	☒
Contributions from the social sciences or/and the humanities	☒
Other, specify (50-character limit):	☐

Researchers involved in the proposal:

Title	First name	Last name	Gender	Nationality (Country)	Email	Career stage	Role of the researcher in the project	Reference identifier	Type of identifier
Select .			Select .			Select.	Select.		Select.
Select .			Select .			Select.	Select.		Select.
Select .			Select .			Select.	Select.		Select.
Select .			Select .			Select.	Select.		Select.
Select .			Select .			Select.	Select.		Select.
Select .			Select .			Select.	Select.		Select.

Type of achievement	Short Description (Each row Max 500 characters including spaces)
Publication	WOMEN'S HEALTH: A Practical Guide for Medical Students & FMOs, is a manual created developed to support medical students and FMOs in deepening their knowledge of women's health beyond the medical curriculum, addressing key clinical, social, and public health dimensions. It aims to empower medical students to take action and is openly accessible on our website.
Publication	EMSA Policy Paper on Health Literacy, approved by medical students associations from all over Europe, defining Health Literacy as both an external priority, being used in advocacy and in establishing partnerships as well for internal guidance and capacity building. All our Policy Paper are available in our website
Publication	The EMSA Policy Paper on Health and Well-being in Higher Education Institutions highlights the vulnerability of young adults under 25 and the critical role of higher education institutions in shaping their health and well-being. It serves as an advocacy tool for medical student associations and youth organizations across Europe to promote action and drive impact in this field. The policy paper is accessible on our website.
Publication	This EMSA Policy Paper on European Tobacco Control Policy recognizes that the tobacco industry primarily targets young people. It was approved to guide advocacy efforts and build consensus among medical students' associations across Europe on this topic. It also encourages medical students and their associations to take a stand and create local impact. The policy paper is available on our website.
Publication	The Life Cycle Project is a booklet focusing on mental health, nutrition, and physical activity, designed to make medical knowledge more accessible to the general population by providing practical, evidence-based guidance to support small, sustainable behavioural changes. The booklet is available through our website.

List of **up to 5** publications, widely-used datasets, software, goods, services, or any other achievements relevant to the call content.

Please mark **"Type of achievement"** with one of the following: *Publication, Dataset, Software, Good, Service, Other achievement*.

"Short description": Key elements of the achievement, including a short qualitative assessment of its impact and (where available) its digital object identifier (DOI) or other type of persistent identifier (PID).

Publications, in particular journal articles, are expected to be open access. Datasets are expected to be FAIR and 'as open as possible, as closed as necessary'.

Name of the project or activity (Max 50 characters including spaces)	Short Description (Each row Max 500 characters including spaces)
Velvet Health Project	Currently participating in an Erasmus+ project aimed at strengthening medical students' competencies in communicating medical information in a clear and patient-centred way, while also enhancing their own health literacy. It focuses on developing essential skills for effective health communication, critical appraisal of medical information, and dissemination of knowledge, empowering future doctors to act as reliable health educators and advocates in both clinical and community settings.

Fostering Health	An initiative connecting medical students from Porto with primary and secondary schools, through a connection with the local municipality. It is based on the belief that health promotion begins with education, empowering young people to make informed choices about their physical and mental well-being. Students are trained to deliver interactive, evidence-based sessions on Sexual and Reproductive Health and Mental Health in schools.
In reflection workshops on mental health	Medical Students in Ljubljana delivered mental health awareness workshops to high school students on common mental illnesses, stigma reduction, and help-seeking. Contributed to improved mental health literacy, increased openness to discussing mental health, and greater willingness to seek support.
Teddy Bear Hospital Malta	An initiative involving around 100 medical students delivering interactive sessions on healthy lifestyle, first aid, and sexual education, adapted to different age groups. The project runs approximately 40–50 sessions per year, reaching over 1,000 students. Prior to delivering sessions, medical students receive soft skills workshops to prepare them for effective communication and teaching.

List of **up to 5** most relevant previous projects or activities, connected to the subject of this proposal.

Name of the infrastructure (Max 50 characters including spaces)	Short Description (Each row Max 300 characters including spaces)

Description of any significant infrastructure (**up to 5**) and/or any major items of technical equipment, relevant to the proposed work. Please note: Only include existing infrastructure and equipment already in use in your company and that is planned for use in project.

GENDER EQUALITY PLAN

☐ Yes ☒ No

Minimum process-related requirements (building blocks) for a GEP:

- Publication: formal document published on the institution's website and signed by the top management
- Dedicated resources: commitment of human resources and gender expertise to implement it.
- Data collection and monitoring: sex/gender disaggregated data on personnel (and students for establishments concerned) and annual reporting based on indicators.
- Training: Awareness raising.

Having a gender equality plan is an eligibility criterion for Public bodies, Research organisations and Higher education establishments (both private and public) from Member States and Associated Countries.

Be aware that having a GEP is necessary since 2022 (an organisation may not yet have a GEP at proposal submission stage, but it must have a GEP in place at the time of the Grant Agreement signature).