

## EPF Youth Group Accomplishments and Achievements in 2025

By: Anastasia Semaan

As we reflect on 2025 and the year that it has been, as a Youth Group (YG) we also wanted to reflect on all that we have done this year. This ranges from us reflecting on our projects that we have made progress in, setting project goals that we are working towards and reflecting on events we have participated in. This year especially we took the time throughout the year to make internal changes to ensure that we are having our YG voice clearly represented in EPF and reflected on our ways of working. We were able to collaborate and communicate honestly in setting a clear vision in where we want the Youth Group to go in terms of our working methods, and this has only improved our productivity as a team. We are looking forward to seeing what 2026 brings us and we hope that we only grow and develop as a Youth Group through our networking and our project developments. Some of the key achievements and accomplishments this year have been that:

- Erato Markantoni participated in the first Youth Policy Dialogue on Preparedness with EU Commissioner for Preparedness and Crisis Management, Hadja Lahbib, on February 26 2025.
- In May Konstantina Boumaki and Marleen Sorensen, our YG Board Representative and our YG Vice President, presented at the EPF 2025 Annual General Meeting (AGM) our achievements and goals for the year. Konstantina was also re-elected for this role.
- In June 2025 Marleen Sorensen, Konstatina Boumaki and Aedan Kaal attended the Patient Engagement Open Forum (PEOF) in Italy. Konstantina was part of a powerful plenary on “Leadership in Patient Engagement: Who is stepping up?”.
- Even though we held a virtual Spring Meeting, we were able to meet face-to-face in Brussels for our Fall Meeting and this was integral to our strong communication in adapting our ways of working as a YG. Whilst being there we have worked heavily on completing our online course, which has been designed for patient organisation leaders, focusing on how to include young patients within their patient organisations.
- This year some of our YG members, including Amina Helja, Aedan Kaal, participated in STYPA's that was held virtually. The focus this year was on developing young patients' knowledge, confidence, and critical thinking around “how digital technologies are transforming healthcare”.
- In October Konstantina Boumaki joined the Council of Europe and European Directorate for the Quality of medicines and HealthCare (EDQM) Conference on the Protection of Health, in Strasbourg! It brought about joint discussions between policymakers, legal experts and civil society, on how health, human rights and the rule of law intersect.
- Konstatina Boumaki, Erato Markanton, Anna Revilla Bruñol and Aedan Kaal participated, presented at and led plenary sessions at the EPF Congress in November 2025 in Belgium.
- **We completed our ‘Involving Young Patients in Patient Organisations’ Project, where we planned, designed, and fulfilled the creation of an online course that patient**

**organisation leaders can take to know how to better involve their young patient volunteers and members.**

As a Youth Group we ensure to embed these values of striving for a more inclusive society and reinforcing the importance of the voice and abilities of young patients and patient advocates in all that we do, including in our leisure time and in our personal jobs. We are very much looking forward to what 2026 brings us and most importantly we hope to continue to meet our ultimate goal of representing the young patient perspectives on different platforms and levels.

We hope this year to continue to expand our Youth Group and progress within our own projects and continue to develop new ones. To find out more about what we are achieving in 2026 continue follow us on our social media platforms, including [Facebook](#), [X](#), [Instagram](#) and [LinkedIn](#), or email us at [youthgroup@eu-patient.eu](mailto:youthgroup@eu-patient.eu)!

Stay tuned especially to find out all that comes about from our launch of our course on how patient organisation leaders can better include their young patient members into their patient organisation. We are looking forward to promoting and sharing it within this community and beyond!