



AMR HESHAM

Candidate for President 25/26





AMR MOHAMED

Profile

A 4th year medical student who is passionate about the other person, inspired by advocacy, public health and great leadership.

Experience

International Federation of Medical Students' Association (IFMSA)

- IFMSA Team of Officials Meeting #4 - Online Observer
- SCOPH CB DA 24/25
- Public Health Strategy Annex 25/26 Drafting Member
- SCOPH AM24 Support Person
- AM24 NPO Plenary Returning Officer
- MHE Reform SWG
- Regional Priority MWG: Digital Health, Unlocking Health Systems Focus Group Member

IFMSA-Egypt

- Monitoring & Evaluation Manual SWG
- Suicide Prevention Week SWG
- Mental Health Manual Translation SWG

Ain Shams Student Scientific Society (AUSSS)

- Project Support Division Director 2023-2024
- Mental Health Local Coordinator 2022-2023

IGCSE OL ESL + OL & AL Biology Teaching Assistant

- Part-time tutoring job 2019-2021. This involved work with high school students on explaining curricula and offering emotional support.

Capacity Building

TPHT: Training of Public Health Trainers

7th Cleopatra Sub-Regional Training 2023 by IFMSA-Egypt

MHE: Mental Health Essentials

SCOPH Week Sub-Regional Training 2024 by FASMR-Romania

SMART: Activity Management Training

Online Eastern Mediterranean Region Camp

NCDs TOT: Non-Communicable Disease Training of Trainers

National TOT 2022 by TSSA-Tanta

Online CBB: Capacity Building Builders

Online Workshop 2024 by IFMSA

NPOs (National Public Health Officers) Virtual Weekend

3 Day Online Workshop 2024 by Asia Pacific & Eastern Mediterranean Regions of IFMSA

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New Cairo

Education

SECONDARY SCHOOL 2019-2021

AlBashaer International School,
Cairo

HIGHER EDUCATION 2021-2026

Faculty Of Medicine, Ain Shams
University MBBS

Skills

Canva (proficient) & Microsoft Office.

Public Speaking

Training & Facilitation

Activity Management

Social Media Marketing

Leadership & Communication

PR & External Affairs

Language

Arabic (Mother Tongue)

English (Fluent)

German (B1)

Personal Qualities

Leadership Skills
Time Management &
Organisation
Able to handle burn out & stress
Skill & desire for teamwork
Communication skills & Team
Building skills
Interpersonal skills

Meetings, Conferences & General Assemblies Experience

Meetings:

- SCOPH International Team May Online Meeting Observer 2024
- SCOPH National Team 6th Online Meeting Observer 2023

General Assemblies:

- IFMSA 74th March Meeting 2025 Online Attendee in Türkiye
- IFMSA 21st EMR Regional Meeting in Oman.
- IFMSA 73rd August Meeting 2024 Sessions' Team Physical Attendee in Finland.
- Pre-EMR & EMR 20th Regional Meeting 2024 Physical Attendee in Jordan.

External Meetings:

- WHO World Immunisation Week Campaign - Student Volunteer.
- UNESCO Future Literacy Lab Workshop.
- UNESCO Women Empowerment in the MENA Region Conference.
- UNESCO Art Lab Pilot Workshop.
- UNESCO Arabic Language: Source of Inspiration Conference
- Anti-FGM (Female Genital Mutilation) Summit.
- Donate Life Egypt Student Steering Committee Member.

Trainings & Facilitation Experience

IFMSA Trainer with 40+ hours of training in 16 events.

Highlights:

- AMSAHK Hong Kong SRT 2024 TPHT Trainer.
- Pre-EMR 2024 by IFMSA-Jordan TPHT Trainer.
- CEDAR 3 by LEMSIC-Lebanon Selected TPHT Trainer.
- O'EMR Camp SMART Trainer.
- National Bridging Gaps in Maternal Health (SCOPH*SCORA) Webinar Sessions Team
- National Stigma in Intersectional Approach (SCOPH*SCORP) Sessions Team

Activity Management Experience

IFMSA:

- First O'EMR Camp SMART Trainer.

IFMSA-Egypt:

- PSDDs Competency Module Attendee
- Monitoring & Evaluation Manual SWG

AUSSS (Student Scientific Society in Ain Shams):

- PSDD 2023-2024: Developed the first team in the Project Support Division and created a new system aimed at efficient documentation and high quality of campaigns:
 - **Sustainability Reports:** Comprehensive Analytical Reports on long term, continuous activities with SWOT & Stakeholders' Analysis.
 - **Central Hub:** Centralised Excel Workbook aimed for efficient documentation, swift data extraction and ultimately impact assessment.
- Mental Health Local Coordinator 2022-2023
- Project Support Division Intern 2022-2023
- Coordinated: Movember, PFA (Psychological First Aid), Burn Out in Highschool students, Infertility & Sexual Dysfunction, Dare to Share etc.

List of Abbreviations:

- **IFMSA: International Federation of Medical Students Association**
- **AM: August Meeting [General Assembly]**
- **SCOPH/RA: Standing Committee of Public Health/Reproductive Rights**
- **PSDD: Project Support Division Director**
- **EMR: Eastern Mediterranean Region**
- **AP: Asia Pacific Region**

' Society grows old when old people plant trees, the shade of which they know they will never sit in.'

This quote carried me throughout my advocacy journey not only in IFMSA but in my life in general. It enabled me to walk steadfastly in any endeavour that involves doing the right thing. This timeless wisdom captures what I believe our society truly represents: a place where we build not only for ourselves but for those who will come after us.

When I think of AUSSS, I think of more than meetings, events, or projects—I think of the memories, the friendships, and the growth it has given me. This place has been my home, my classroom, and my community. It has shaped me, inspired me, and reminded me of the power of people coming together for a shared purpose.

Today, as I step forward to run for President, I do so not out of ambition, but out of love. Love for the people who welcomed me, for the lessons this society has taught me, and for the vision I hold of what we can still become. I want to nurture the trees planted by those before us, while planting new ones that will grow strong long after my time in leadership is over.

As President, my commitment will be to honour our past, serve our present, and prepare our future. To lead with integrity, to create opportunities for every member to thrive, and to leave behind roots deep enough to support those who follow.

I am deeply grateful for all that AUSSS has given me, and it would be my greatest honour to give back by serving as your President. Together, let us keep planting trees, building shade, and creating a legacy worthy of those who will one day sit beneath it.

With gratitude and hope,
Amr Hesham I Candidate for
AUSSS President 25/26



PLAN OF ACTION



Continuity of Work

- Receive a comprehensive handover from the outgoing president, that covers capacity building initiatives, information about weaknesses covered in the baseline assessment for the term 2024/2025, number of activities and enrolled campaigns, internal dynamics and what needs to be improved or discontinued as well as successful systems utilised.
- Receive a thorough handover of the ample external affairs initiatives carried out in the term 2024/2025, including reports, MoUs from the various relevant stakeholders in partnerships with IFMSA, from the outgoing NPO and relevant TO.
- Importing of all contact information of university officials, as well as 1:1 with the officials alongside the outgoing president.



Standing Committees, Support Divisions & Team of Officials

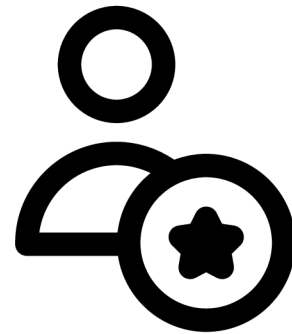
- The term will begin with in person TOM0, where TO will engage with each other, ice break and get exposed to each other's work styles. It will also include an hour of general AWP drafting in order to exchange ideas to fundamentally plan with collaboration in mind.
- TO will then gain access to documents guiding their handover procedures with the EB present to support.
- **Internal Operating Guidelines:** Officers will be given time to brainstorm how they would prefer the chain of communication with the EB and the TO to be, along with preferred timelines about the shared work eg. sharing of campaign content to PnSDD two weeks prior.
- **VPI & SDDs:** Meet with the VPI and SDDs to align visions on what the capacity building in AUSSS will look like this term and kickstarting an early baseline assessment, as well as work with the PSDD to ensure smart documentation, sustainability and easy data extraction for reports.
- **Team Dynamics:**
 - EB Buddy System
 - Fixed TOM Schedule with quarterly meetings held physical.
 - Adventurous Outings and creating more memories!
 - Working email thread to encourage collaboration.

Foreword: This POA is a general version of what will be a refined version in the AWP. All of these initiatives will be tied to a quarterly timeline, at which a quarterly TOM will be held to review results, performance and plans for the following quarter. Collaboratively, I will align all AWP's of EB and TO to this quarterly approach to ensure that we never lose track of the long year and long term impact.

Q1[OCT-JAN] | Q2[FEB-APR]

Q3[MAY-JULY] | Q4[AUG-OCT]

- **TO Autonomy:** Early TO Competency Module that covers Concept Note drafting, reporting and documentation, as well as committee budgets to empower the TO to work autonomously and to constantly generate ideas.
- **Exchanges**
 - 1:1 OLM with exchange officers to reflect on the past year, their challenges and feedback.
 - Incorporating exchange documentation and deadline monitoring to the central hub
 - Kickstarting the centralised document for tracking incomings and their approvals; can be incorporated into the CH.
 - Allocating a certain budget to officers and contact persons for support while hosting.
 - Timely coordination and publishing of the exchange campaign and contract distribution.



Faculty Relations & EA & National

- **Faculty Relations:** Following Handover, 1:1 and university recognition, our work with the university will involve proactive communication about some of our initiatives to keep them informed.
- **External Affairs:**
 - VPE & TO will be capacitated on how to draft proposals, deliver elevator pitches along with proactively reaching out to externals; moreover, seeking sponsorships and external speakers for the LGA.
 - In collaboration with the EB, I will aim to establish a solid AUSSS alumni network with easy access to their credentials along with initiatives to encourage their presence.
- **National endeavours:** I plan to ensure the best, continuous contact with presidents, relaying opportunities and EB exposure to their counterparts.

Essential Miscellaneous

- **General Assemblies:** Ensure proper representation in our delegations and diverse appointment of HoDs for sustainability. This also includes timely opening of calls for registration, payment and implementation of LC hours.
- **Corporate Identity:** Work with PnSD to consistently utilise our corporate identity on social media, merch, but most importantly, the reform of our corporate identity. New reforms include full member badges, TO Carddeck etc.
- **Social Media:** View page analytics with special focus on following, reach and trendy hashtags as well as follow through with Instagram community, meme content and more TikToks! Instagram analytics will be performed quarterly.
- **CoC & IOGs:** Explore with the EB how these tools can be implemented in AUSSS to create a safer space for our members.
- **Operation Life Spring:** All extra CB initiatives not aforementioned e.g.:
 - 3 months course delivered by competent trainers on essential utilitarian skills e.g. hosting, fundraising, design etc. This will be an inter LC collaboration.
 - Coursera Cohort: A group of people passionate about politics, oceans and socialism etc doing the learning together and bringing it back to AUSSS.
- **Duty to the General Assembly:** This involves all work that will be taken to involve General Assembly in the work their TO is doing e.g.
 - Timely sharing of quarterly reports that will cover campaigns, page analytics and future plans.
 - Timely relaying all opportunities to the server.
 - Members Engagement:
 - TO Shadowing initiatives
 - Ramadan Activity and Iftar
 - Competency Module



Fundraising & Merch

- Gather our best entrepreneurial minds in a taskforce tasked with ensuring the success of raising funds in each quarter via two main objectives:
 - Work towards achieving a certain objective by the end of the quarter.
 - Research & Development of new merch, networking opportunities to contribute.

