

CAO Election statement

Dear friends and soon-to-be-friends!

I am proudly announcing my **candidacy for the position of CAO in the UCSA board 2018-2019**. Are you wondering why I would be a good choice? Just keep reading!



About me.

My name is Livian Enachescu, I am currently in my second semester and there is barely any moment in which I am not beaming with a big smile. Having lived most of my life in Austria, I was utterly impressed by UCU's broad variety of activities as well as its cultural diversity. Never have I felt more alive, welcome and happy than in my first year here. It is for this reason that I would love to give something back to UCU and contribute to its evolution. This is something I knew I was interested in from the moment I stepped onto campus, and my desire has been growing ever since. But enough about me, let's take a look at my ideas!

About my ideas.

Over the past two years, the UCSA has done an astounding job at supporting new initiatives such as: the Wellbeing Team, Hermes, CAR, setting up a new website and establishing closer connections with the UCAA (University College Alumni Association). Therefore, I firmly believe that next year's UCSA board should, first and foremost, focus on expanding and improving these initiatives, in order to ensure their efficacy and long-term success rather than only starting new projects. I want to focus especially on the following three points:

1. Mental & physical health.

Mental health on campus has been an issue that has luckily received more attention than ever during the past year. It is therefore of utmost importance that we continue this trend. As a CAO, I would like to help improve mental health on campus by:

- Promoting the **collaboration** of the **Wellbeing Team with committees** on campus in order to create **workshops** that aim at teaching crucial coping mechanisms for stress, social pressure and loneliness.
- Supporting the development and **extension of the Peer Support system**. This could be achieved by letting peer supporters lead the sexual health and consent workshops during introweek.

Practising sports both on- and off-campus, I realized how intertwined physical and mental health are. With this in mind, I would like to **create a database** where all UCU students who are currently engaged in **sport clubs off-campus** can fill out the sport they are practising, the location, and add any comments. Interested students could then simply message the person practicing the sport of their interest and possibly try it out! Thereby, we would not only increase the diversity of sports opportunities, but also give students a reason to burst the bubble from time to time.

2. Alumni network.

Life after UCU can be a big question mark for a lot of us. However, generations after generations had to face the same issue, yet there seems to be barely any opportunity for direct, day-to-day contact between current students and alumni, other than a Facebook group. Last year, the first big step was taken by letting one board member of the UCSA join the UCAA. Now, we have to continue this collaboration by communicating and brainstorming even more together. As a CAO, I would like to especially **incentivise and support committees in communicating with alumni** in order to create more future-oriented events.

3. More effective committee work.

One of the aspects that make UCU special is the great variety of committees and the richness of events. Successful events require board members to work together efficiently in order to obtain the desired result. As a CAO, I would like to

- **improve the relationship between the CAO's and committees.** This way, we could facilitate communication with the UCSA, as the CAO could be present during crucial board meetings. By doing so, we could avoid the tedious back and forth between committees and the UCSA that might occur when seeking approval for new events.
- **make sure committees plan and announce events in advance** in order to avoid clashes. This can be achieved if CAO's work closer together with committees and stay updated on the committee's affairs.
- **promote inter committee relations** by e.g. subsidizing 5€ for the second board dinner of the semester since a closer committee equals more productivity.

About my skills.

It is not only relevant what issues I want to tackle, but also how. Most people who know me would describe me with the following three words: **dedication, motivation and passion**. I am *dedicated* as I always fully engage in my activities. This is how I was able to achieve a perfect GPA of both my baccalaureate and my final exam, and work my way up to become the president of an entire session of the Model European Parliament. I am *motivated* because I have realized that life is what you make out of it. Therefore, I worked hard on myself in order to be able to see the glass half-full. This positive view on life does not only help me overcome stress and daily struggles more easily, but also to actively pursue the tasks I am confronted by. I am *passionate*, as my inner child has a terrifically inquiring mind which enables me to pursue a wide range of tasks with 100% of my energy. This passion is what enabled me to join the **TripCo board**, **MarathonCo board**, the **Peer Support System**, the **volleyball team**, the **UCSRN Hype Team**, DanceCo's "Free Discofox" and many different events. Thus, having acquired such various points of view I could bring interesting, different perspectives into the prospective UCSA board.

Finally, if this is not enough, I want you to know that you can always contact me via email (l.enachescu@students.uu.nl), Facebook or WhatsApp (+4369917298966) if you want to ask me anything, ranging from my ideas up to my favourite Pokémon. Especially if you are on exchange right now, please get in contact with me! Don't hesitate, let's get in touch and let's **power up** together!

