

EUROPEAN LABORATORY DAY2025



#EULabDay2025
#EFLM
#HeartOfHealthcare

Laboratory medicine professionals work tirelessly behind the scenes, ensuring healthcare runs smoothly 24/7.

Yet, we often remain a mystery to the public, and many don't realise the crucial role we play in saving lives.

It's time to change that, together!

Our profession sits at the very heart of healthcare decision making - the backbone that supports progress, expertise, and the voices shaping the future of care.

Join the European Laboratory Day initiative.

EFLM members are invited to host open-door events and engage the public, showcasing the invaluable contributions of laboratory professionals and raising awareness about the importance of our field. **Let's make our impact known.**



WHEN?



November 5th, 2025

WHERE?



Across the whole of Europe

WHY?



Raise awareness around the importance of laboratory medicine



Generate excitement about the profession



Foster communication with the healthcare community



Establish a long-lasting tradition

WHO?



Specialists in laboratory medicine



Students and medical residents



Anyone who loves laboratory medicine

EFLM

EUROPEAN FEDERATION OF CLINICAL CHEMISTRY
AND LABORATORY MEDICINE

CELEBRATING EUROPEAN LABORATORY DAY IN YOUR COUNTRY



This **European Laboratory Day**, let's bring laboratory medicine into the spotlight and celebrate those at the heart of healthcare decision making. Here are some exciting ideas to engage the public, educate children, and showcase the impact of laboratory professionals.



Future Lab Heroes

Get children excited about lab work with fun, hands-on activities that introduce them to the world of laboratory medicine.



Day in the Life

Give the public a glimpse into a typical day for a lab professional in the fast-paced, detail-oriented world of laboratory medicine.



The Story in a Drop

Show children the incredible world inside a single drop of blood, revealing the hidden molecules and cells within.



Meet the Experts

Introduce the public to laboratory professionals, explaining who they are and what their crucial roles involve.



Goodbye Needle Fears

Help people overcome their fear of needles by explaining the blood draw process in a fun and comforting way.



Home Lab Test Explore how common home tests like pregnancy, COVID-19, and drug tests work through interactive presentations.



Solve the Mystery

Let students work as a team, analysing real lab reports to diagnose a patient. Turning learning into a medical mystery challenge.



Healthcare Talks

Educate other healthcare professionals on the importance of lab diagnostics, sharing the story behind every lab report and result.



Public Presentations

Share insights about laboratory medicine in schools, libraries, or public spaces to raise awareness about the profession.



Open Door Days

Invite the public to tour your lab, see the equipment in action, and learn what happens behind the scenes.



WANT TO GET INVOLVED?

Whether you're passionate about demonstrating the capabilities of your laboratory, or just excited to engage with the public, we'd love to hear about your participation. Share your experiences with photos, videos, and reports, and let the world see what makes your profession so special. Be sure to tag us on social media and send your content [to eflm@eflm.eu](mailto:eflm@eflm.eu) by **November 19th, 2025**.

Don't forget to follow EFLM on social media for updates and visit the European Laboratory Day webpage, using the QR code, for more information.

Let's make European Laboratory Day bigger and better together!