



VDGM Activity Report



2019-2021

VASCO DA GAMA MOVEMENT (VDGM) | EUROPEAN YOUNG DOCTORS MOVEMENT OF THE
WORLD FAMILY DOCTORS ORGANISATION (WONCA) | info@vdgm.eu



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VdGM envisions a world where new and future General Practitioners and Family Physicians are empowered, connected, supported and heard; where the profession of Family Medicine is innovative, influential & academically robust; where Family Doctors and our speciality are recognised and respected as an essential component of Primary Care, sustainable health systems and achieving health for all.

Mission Statement

Purpose

VdGM aims to promote the profession of Family Medicine and to be the voice of European new and future General Practitioners and Family Physicians, **expanding their opportunities in education, research, policy, leadership and international collaboration.**

Activities

We do this through advocacy, representation and the development of **relationships, networks, exchanges and events at national and international levels.**

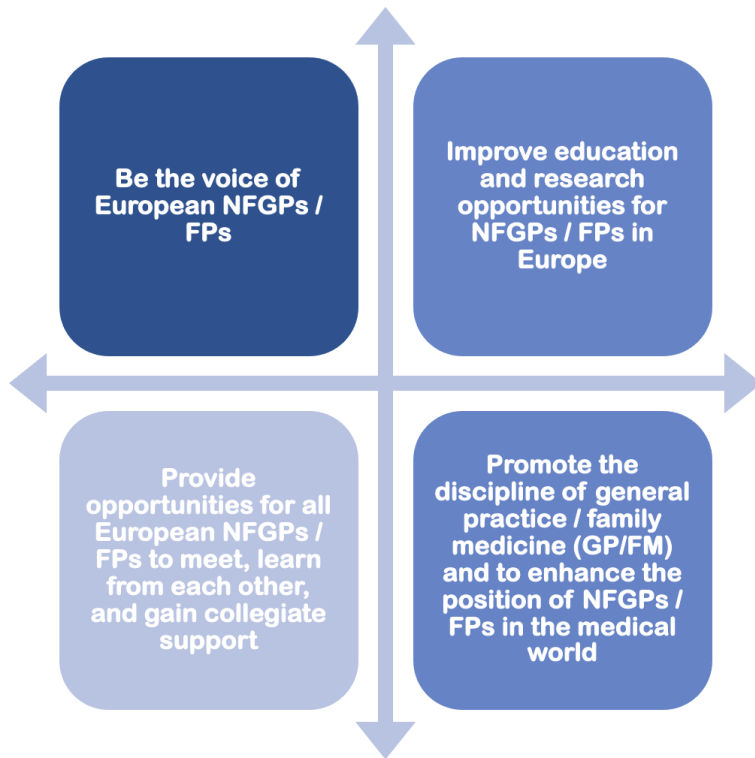
Values

VdGM believes that new and future General Practitioners and Family Physicians have a **unique insight and vital role to play in achieving equitable health for all**, today as much as for tomorrow.

WHO WE ARE



Core Aims



Activities

- Exchanges
- Awards & Bursaries
- Events
- Policy
- Special Interests
- Liaising and collaborating with other Networks

Structure

Council - the governing body of the Vasco da Gama Movement. Its members - the National Delegates - are appointed/elected by WONCA Europe member organisations.

Executive group - elected by the VdGM Europe Council to out the maintenance and development of the organisation and enable our members to engage with our activities.

Special Interest Groups - formed by our members, to share learn and excel in different subjects of interest.

Network Liaisons - through them the Vasco da Gama Movement keeps up to date with the developments in other WONCA networks, regions and external organisations, allowing for better collaboration and sharing of useful information.

The Good Governance Committee - a new structure that offers oversight over the organisation, by reviewing and appropriately applying the Bylaws and Organisational Policies of the Vasco da Gama movement.

A FAREWELL LETTER

Dear VdGM Friends,

I wish to take this opportunity to say Thank You.

It has been the most challenging year for all of us, for our patients, for doctors, and finally for me personally.

Thank you for being supportive.

Thank you for your endless enthusiasm.

For being eager to fight for better health for patients.

For your hard work and involvement.

For your bravery.

For your friendship.

Thank you for letting me be a part of the VdGM journey.

It has been the greatest honor!

I believe in Family Medicine.

I believe in VdGM- the Organization for YOUNG and PRESENT Family doctors.

VdGM Executive Team- what you do is damn impressive!

Keep doing what you are doing!

You are the best!



Katarzyna Nessler

VdGM President 2019-2021



A LETTER FROM THE PRESIDENT



It is with great pleasure that I present our report for 2019 to 2021. This serves to reflect what VdGM is and the values it holds.

It has been a busy and productive time for our network with many developments and a lot of growth.

Starting with our fantastic Pre-Conference in Bratislava in June 2019, our fabulous Forum in Torino in September 2019, through the ongoing challenges of the pandemic, our exciting Online Pre-Conference in December 2020, and bringing us to the eve of our Hybrid Pre-Conference (in Amsterdam & Online) in July 2021.

We have seen increasing engagement and innovation in VdGM in this time, and we have shown over and over again that we are a network that empowers, connects, supports and hears general practitioners and family physicians.

Over the last two years we have seen growth with a new Good Governance Committee (GGC), and have plans to set up a new Finance Committee. These will continue to improve governance and transparency in our network. The work of the GGC has already seen a revamped Bylaws document and updated election guidelines - which also reflect the need for a shift to online working.

We have also seen the foundation of two new Special Interest Groups (SIGs) - Wellbeing in 2019, and Lifestyle Medicine in 2021 - adding to our vibrant network.

The pandemic has seen us innovate with a collaboration with the WONCA Young Doctors' Movements globally - running an ongoing series of Webinars on subjects chosen by young doctors.

Exchanges have been an unfortunate casualty of the pandemic, however here again we have innovated - we have held virtual exchanges which have proved popular. We have also developed a new project - the VdGM Bridge Project. This is a collaboration between the Exchanges team and the Aspire Global Leaders Programme. This creates a space for Young Doctors from different countries to share experiences and learn together.

After all - this is what VdGM is all about!

Join us - find us at the Pre-Conference, the Online WONCA Conference, on social media or our website. Be a part of our journey as we grow into a new era in our Network!

We have so much in store for you...

Nick Mamo
VdGM President



A short GUIDE to VdGM

the movement of young family doctors



What this is all about?

To understand what VdGM is, it's good to make yourself familiar with two other organisations: **WONCA World** and **WONCA Europe**. WONCA World is a professional organisation representing family physicians and general practitioners from all over the world. WONCA Europe is its European branch. **The Vasco da Gama Movement** is a part of WONCA Europe, but it's created and run solely by and for **young doctors**.

Who is a young doctor, then?

"**Young doctor**" is defined as a future (the one still in training) and new (within five years of completing training) family physician or general practitioner. As a "young doctor" you are automatically a VdGM member.

What is VdGM mission?

VdGM envisions a world where young family doctors are empowered, connected, supported and heard; where the profession of family medicine is **innovative, influential & academically robust**; where family doctors and our speciality are recognised and respected as an **essential** component of primary care.

What if I am interested in certain areas of family medicine?

Family medicine covers a wide spectrum of medical areas and each GP can have different fields of interest. For those who want to develop and focus on a particular aspect of general practice, Special Interest Groups (**SIGs**) have been created.

Where can I find more about VdGM?

Visit our **website**: www.vdgm.eu

Follow us on **social media**



[vascodagama
movement](https://www.youtube.com/channel/UCvscodagamamovement)



[@vdgm.eu](https://twitter.com/vdgm.eu)



[@vdgmwonca](https://www.facebook.com/vdgmwonca)



[@vdgm.europe](https://www.instagram.com/vdgm.europe)

Read the **full version of our guide (available on our website)**

A YEAR WITH VdGM

WHAT CAN YOU DO WITH THE VASCO DA GAMA MOVEMENT WITHIN A YEAR?

CONFERENCE EXCHANGE

VdGM Preconference is organised **every year** by young GPs for young GPs, starts right before the WONCA Conference.

WONCA EUROPE Conference gathers **every year** thousands of GPs at the biggest conference of Family Medicine in Europe.

HIPPOKRATES EXCHANGE

RESEARCH AWARD EXCHANGE AWARD

FM 360° EXCHANGE

CONFERENCE EXCHANGE

Vasco da Gama Movement Forum

happens every **1 or 2 years**, it's a mix of science and social events for young GPs. This conference is not connected with any other event.

WONCA WORLD is organised **every 2 years**. Meet GP trainees and FM specialists from around the world and deepen your medical knowledge.

CONFERENCE EXCHANGE

Every **Conference Exchange** lasts for a few days and usually takes place in the same city as the upcoming conference.

VdGM PRECONFERENCE

WONCA EUROPE CONFERENCE

Choose a country in Europe and spend weeks in a GP practice with **Hippokrates Exchange** programme.

The **Research Award** and **Exchange Award** are given **every year** for an advanced research project in family medicine and for the best exchanges done in rural and urban GP practice.

FM 360° is an **exchange** you can do almost anywhere around the world-choose the destination and start packing.

VdGM FORUM

WONCA WORLD PRECONFERENCE WONCA WORLD

VdGM PRECONFERENCE WONCA EUROPE CONFERENCE



EXECUTIVE



Nick Mamo - President

Maltese GP in Scotland. I enjoy cooking, learning, and exploring. I am passionate about social health and care in communities encountering significant deprivation.



Katarzyna Nessler - Immediate Past President



Christian Rechtenwald - Image Officer

Husband to Fee, Father to Benjamin, self-employed rural GP and part of VdGM since 2014



Julien Artigny - Policy Officer

French caribbean GP passionate about advocacy in health and human rights. Proud member and advocate of the LGBTQI+ community

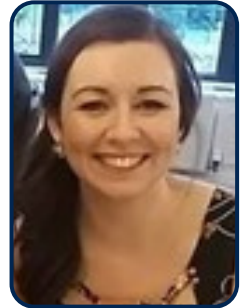


Rocío García-Gutiérrez Gómez - Exchange Officer

After being the REC of Madrid for several years, I got into the adventure of being the Exchange Officer, which, despite having to reconcile it with being a doctor during a pandemic, and being the mother of a wonderful little boy, has been a fantastic opportunity with which I am learning and enjoying.

Kerry Greenan - Secretary

Just qualified as a GP this year. I enjoy spending my time travelling and being involved in international healthcare as much as possible!



Nadia Toumi - Treasurer

Loves cooking for family and friends, to spend time in nature, discover new places, meet people from other cultures - both inside and outside the consultation room.



Sonia Tsukagoshi - WONCA Europe Liaison

Travel enthusiast, blogger, London-lover. Passionate about cultural perceptions of health, wellbeing and illness.



Alessio Platania - Events Officer

Italian GP and Psychosexual Counsellor living in London, interests about sexual/mental health and digital healthcare. Enthusiast about skating, diving and any outdoors activities.



Marta Kurdzielewicz - Awards and Fundraising Officer

I am a GP trainee during my last year of residency. I enjoy discussing and contemplating different points of view, reading books incessantly gives me pleasure and having a soft spot for animals has made me become vegetarian.



What has the Executive Group been up to?

The Executive Board has and continues to meet every month online. We held an online Executive weekend in November 2020 (due to pandemic-related travel restrictions).

Last September, we held elections for most of our Board positions, welcoming a fantastic new group. We will also be preparing to welcome our new policy officer in June 2021 and bid a fond farewell to Julien Artigny as his term ends. He remains a valued and active VdGM and WONCA member.

The Executive Group has been very busy developing their respective roles, and adapting to the pandemic limitations, finding new opportunities. From changes to awards and virtual exchanges to organising online meetings. We have also been developing exciting new projects with other members of VdGM.

Key documents

- New bylaws document
- New elections operational guideline
- VdGM Guide
- Events Guide

With a special thank you to our previous executive members, whose terms ended in September 2020



Claire Marie Thomas -
Past President



Nina Monteiro - Past
Exchange Officer



Elena Klusova - Past
Events Officer



Kristina Ziutliene - Past
Image Officer



Vera Pires da Silva - Past
Awards & Fundraising
Officer



Berk Geroglu - Past
Secretary

AWARDS



FONS SIPS MEMORIAL AWARD

Every two years, the Vasco da Gama Movement appreciates the extraordinary commitment to VdGM amongst its members by giving the Fons Sips Outstanding Achievement Award. Even though the importance of the award has always been acknowledged, the year 2021 brought additional meaning to this commendation. WONCA World created the new award which aims to recognise a young doctor who has demonstrated a drive for excellence in healthcare - a rising star. From 2021 onwards each of the seven Young Doctors Movements (YDMs) designates its candidate for WONCA World Rising Star Award. The winner of the biennial Fons Sips Outstanding Achievement Award becomes VdGM's nominee for the **WONCA World Rising Star Award**. It is our privilege and honour to present one of the VdGM members side-by-side with other YDM's candidates to the world audience of family physicians.



This year the Fons Sips Outstanding Achievement Award and our nomination for the WONCA World Rising Star Award is given to **Marina Jotic Ivanovic**. Marina is well known for her passion to promote a healthy lifestyle at the local and international level, she has created the Lifestyle SIG and contributes to the Aprifel project. She is an active national delegate whose contributions to VdGM lead our movement in a better direction in many aspects. Özden Gokdemir, who nominated Marina, says that she embodies a great combination of team-working and leadership skills.

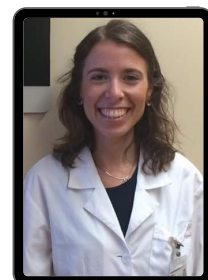
JUNIOR RESEARCHER AWARD (JRA)

One may think that the pandemic would stop young family doctors from developing their research skills. Nothing could be further from the truth. Ten young GPs from seven different countries were qualified to compete for the Junior Researcher Award 2021. Our jury members, in person of Professor Pemra C. Unalan, Professor Peter Torzsa and Past President of the VdGM, Dr Katarzyna Nessler, have had the difficult task of choosing three finalists. The most advanced and impressive research projects belong to **Ebrahim Mulla, Aviel Nagar and Peter Kurotschka**. The themes of the projects vary widely, but this diversity proves how versatile family medicine is and that the scope for research in this field is as unlimited as it is needed.

We are looking forward to seeing the presentations of JRA's finalists during the WONCA Europe workshop and we wait impatiently for the announcement of the Junior Research Award winner.

FM 360 AWARD

Travelling is an integral and well-known part of being in the Vasco da Gama Movement but travelling to another continent is a challenge. This year VdGM in collaboration with the Family Medicine 360 (FM360) decided to appreciate and acknowledge the best exchange done in a rural and urban GP practice outside Europe. The bravery of those young GPs who dared to dedicate their time and resources to travel to another continent and spent weeks in foreign GP practice should be publicized and promoted. With this in mind, VdGM opened its first call for FM360 Award and received seven outstanding applications. The jury that consisted of Senior Hippokrates Exchange Coordinator, Prof Per Kallestrup, FM 360 Liaisons, WE Executive Board Member, Exchange Officer and Award and Fundraising Officer have awarded **Joana Silva Guerra and Eva Leceaga Gaztambide (pictured)** for their amazing exchange experiences done in completely different countries: the United States and Sri Lanka. We will hear their presentations during the WONCA Europe Conference in Amsterdam.



Joana Silva
Guerra



Eva Leceaga
Gaztambide



VdGM FUND

The major change in the format of the WONCA Europe Conference and VdGM Preconference in Berlin didn't discourage young family doctors to apply for financial support to attend these events. The VdGM Fund once again has proven its significance by reimbursing costs of registration fees for four young GPs from Poland, Lithuania and Ukraine. Even though we do know and have always known that receiving VdGM bursary may have a significant impact on the career and life of young family physicians, even we are moved by how important this experience has turned out to be. Please, take a moment and read the words of **Gintarė Trepėnaitytė** who attended a virtual Conference and Preconference in December 2020.



"Let me start off by saying how much I wish I'd had the opportunity to participate in a live version of the WONCA Europe conference and (especially) the Vasco da Gama pre-conference. I sincerely hope I will still get to do it in the future. In the meantime, I would like to thank the Vasco da Gama movement for the chance to get a glimpse of what this experience would be like – and even though an online version is far from the real deal, I could still feel that the ambience and the inspiration that these events bring is spectacular. Firstly, I was really honoured to participate in the pre-conference by VdGM. Having been in various medical students' associations myself, I appreciated the more interactive part, as well as meeting my fellow junior doctors from different countries. I sincerely hope we'll be able to meet up in the future and make even more connections. I believe sharing experiences on how we handle things in different countries is a crucial part of progress and improvement.

Secondly, it was absolutely mesmerizing to listen to the speeches given by true experts in and around the field of Family Medicine. The topics of patient-centeredness, having a broad mind and approach of dealing with patients have always interested me. The importance of primary care in the strength and sustainability of our health systems has always been apparent to us, however it showed up even more obviously in the light of the last year's pandemic – a topic that has also been broadly discussed in this year's conference.

Even though I probably didn't get to scratch even the surface of what the live conference would be, I still learned a lot and gained a ton of motivation to continue working in my field. There was a quote that has stuck in my head since the very first day of the conference: "More specialized medicine does not equal healthier societies". And I stand by this quote – I believe we, future or present family physicians, should always remember this and never underestimate the importance of the role we play in our health systems. We should strive for an even better quality of our work, as well as better working conditions and better system preparedness. And please WONCA and VdGM, keep up the great work and keep inspiring young doctors like me to strive for change and advancement!"

FUNDRAISING & TREASURY



How is VdGM funded?

Every year we receive a sum of money from WONCA Europe as one of its Networks. This allows

VdGM to fund our Awards including Research and Exchange Awards; it also allows us to support the Executive in their day-to-day functions. VdGM also accepts donations for the VdGM Fund. The money in this fund is protected and dedicated to provide bursaries to support VdGM members to participate in the VdGM Forum, the VdGM Preconference and WONCA Europe Conference. We use the VdGM Fund especially to support those who are from lower income countries, aiding in spreading the VdGM virus across Europe! Any donations you give us are 100% used for the VdGM Fund and therefore 100% is given to members who are seeking financial assistance to participate! The more donations we receive, the more we can support our members and, if possible, we would like to increase the number of bursaries, both to our Forums and to WONCA Europe Conferences but perhaps also to other useful events!

How did we do last year?

2020 was a strange year for everyone but especially for our finances. Due to COVID-19 a lot of activities in 2020 were cancelled or converted to online events; therefore we had very little expenses. We only used 0.77% (around €100) of the 'VdGM general' budget, which was spent mostly on banking costs. We used 26% (around €700) of the 'VdGM Fund' budget, which went to four bursary winners. They were able to attend the VdGM Preconference and WONCA Berlin with help of our bursary. Usually, we receive new donations during the live events so it will come as no surprise to anyone that we did not receive any donations for the VdGM Fund in 2020.

Thanks to the low expenses in 2020 it is most unlikely that we will face financial difficulties in 2021, although it remains unclear how high our income will be in 2021. Because of some shifts in financial posts - we made some savings in Awards and unforeseen expenses - we were able to create a new financial post for 2021, the 'HOC Support Fund'. This fund will financially assist the Host Organising Committees (HOC) of the future VdGM Forums and Preconferences. We hope to improve our donation framework, find new sources of income, and create a sustainable and more independent financial status.

EXCHANGES



One of the most famous and successful activities of our movement, exchanges, has clearly been affected by movement restrictions secondary to the SARS-CoV-2 pandemic. For this reason, very few face-to-face exchanges have been possible.

But following VdGM's spirit of improvement, resilience and adaptability, the Exchange Coordinators decided to convert our exchanges, holding them virtually, in order to continue with this exciting project that has opened the borders of a large number of regions, and the minds of so many young family doctors in VdGM.

Virtual Exchanges are any type of healthcare exchange/experience where the aim is to improve knowledge and/or skills which are fully or partially remote. This includes but is not limited to: telephone, video, smartphone applications, social networks, internet forums, chat rooms, where users have the ability to interact with a colleague from a different organisation remotely, as the Exchange Coordinator of the UK, Bernadeta Bridgwood, defined.

We could find some pros and cons to this kind of exchange:

STRENGTHS

- Many people can attend at the same time.
- After the pandemic, we can still use this format for those who cannot easily travel (for example, during pregnancy or exams periods or due to economic limitations)
- More cost-effective
- Short and efficient

DIFFICULTIES

- Data protection law. This is a complication, changing depending on the country. One possible solution is to gain consent from patients who participate.
- Telephone consultations during the pandemic. It's not representative of the way of working in the host country. It might be difficult for the participant, especially if they do not know the language.
- Missing the essence: meeting the people in their environment, seeing the patients, the culture.
- There could be some technical limits due to internet connection, computer problems, and others.

WHAT SORT OF EXCHANGES DO WE OFFER?

CONFERENCE EXCHANGES are short-term exchanges held around national General Practitioner/ Family Physician (GP/FP) conferences. Usually, the participants are also invited or part of the conference, but taking advantage of the possibility of having more participants by being online, this time it was possible to invite other people who did not participate in the root conferences. Our first experience of a Virtual Exchange was in this format, taking place before the 2020 WONCA Europe Conference in Berlin, on the 15th December 2020 - another event which had to become virtual.

This format was also taken advantage of in the Conference Exchange in Madrid, held on the 24th of March 2021, within the 22nd Residents and 3rd YGPs Madrid Annual Meeting. This was a very successful Conference Exchange with a great historical participation in its face-to-face format, and which also had to transform itself, showing off our "movement", which in this edition also invited participants from other young doctor movements (YDMs) from around the world.

WHAT SORT OF EXCHANGES DO WE OFFER? (CONT.)

The **HIPPOKRATES EXCHANGE** is an exchange program for medical doctors specialising in Family Medicine/General Practice and junior Family Doctors/General Practitioners (within five years of completing specialty training, and since the pandemic of SARS-CoV-2 within six years). The programme is supported by WONCA Europe and by the European Academy of Teachers in General Practice (EURACT). The aim of Hippokrates is to encourage exchange and mobility among young doctors in the course of their professional formation thus providing a broader perspective to the concepts of Family Medicine at both professional and personal levels. Participants of the program acquire an insight into the context of General Practice in the primary healthcare system of other European countries either by hosting an exchange participant or visiting a GP practice in another country. Through this they gain knowledge that will inspire them to undertake an active part in the development of Family Medicine at all levels. Furthermore the program enhances the collaboration among national colleges of Family Medicine and the recruitment of young professionals to these. At the individual level the acquisitions are numerous: an international experience in a vocational setting, improving knowledge and skills, inspirational introduction to methods of professional development for lifelong learning, improving language skills, creating new friendships. The duration of an Exchange is normally two weeks; in some cases one week is acceptable. During this time the visitor will obtain an introduction to the aspects and the role of Family Medicine in the respective country by shadowing all activities of the Host Practice. The visitor should also meet, follow and exchange views with the local trainees specialising in Family Medicine and will be encouraged to gain insight into local resources and quality improvement activities.

Only a few exchanges took place during 2020 and no exchanges have taken place in 2021 so far.

An agreement has been reached with all the countries that make up VdGM in which face-to-face exchanges will be accepted, as long as the two leading countries agree and their laws on the basis of safety and their government guidance/regulations and agreement of exchanges allow this activity to be carried out.

The following considerations should be taken in account:

- The actual situation is different depending on the country and depending on the moment. Plans may need to be amended at the last minute due to border-closing or quarantine requirements.
- Therefore, regular updates of every country's situation is needed.
- Many colleagues are currently working differently i.e telephone and this might not be very interesting for exchanges.
- It's important to have a backup plan of virtual exchanges if things change at the last minute (if both the host and the exchange agree).

The **FAMILY MEDICINE 360° Programme (FM360)** is a global exchange programme for medical doctors training in Family Medicine/General Practice and junior Family Doctors/General Practitioners (within five years of completing residency training). It enables participants to spend up to four weeks visiting the primary healthcare system of a different country anywhere in the world. The Family Medicine 360° Program was formally launched in 2013 during the 20th WONCA World Conference in Prague. Its aim is to promote intercultural exchanges, so as to give doctors an opportunity to learn from each other in different cultural and socio-economic contexts. Aside from being an opportunity to broaden one's professional and personal horizons, these exchanges provide the possibility to interact with different primary care settings and health care systems in general. The exchange programme is based on and developed by young doctor's movements worldwide and supported by WONCA World. In order to provide a standardised educational experience, the Family Medicine 360° Programme is built on a special framework based on learning objectives and outcomes. At the end, participants are invited to reflect on their experience, before and after the exchange, and to write a final report. The exchange programme is financially self-supported by participants, who are expected to cover their travel and accommodation expenses. However, hosts are very welcomed to assist participants in providing options for accommodation.

The way VdGM is perceived has changed in the light of the pandemic.

We're still connected to our members through our website and the social media platforms, but the lack of live events is difficult to compensate for.

Meanwhile we are looking for new ways to encourage active participation with our movement.

As the website remains our business card, it will receive more frequent updates worthy to check for. Hopefully you'll see more videos, webinars and virtual exchanges to carry your spirit through times of physical separation.

The Image Team would profit from an additional team members who are keen to further improve the website visuals and accessibility.



[vascodagama
movement](https://www.youtube.com/channel/UCvscodagama)



[@vdgmEU](https://twitter.com/vdgmEU)



[@vdgmwonca](https://www.facebook.com/vdgmwonca)



[@vdgmEU](https://www.instagram.com/vdgmEU)



[vdgm.eu](https://www.vdgm.eu)





PAST EVENTS

Online WONCA Europe Preconference (Berlin) - 16th December 2020

The Berlin WONCA and its Preconference, planned to be held in June 2020, were among the first of the conferences impacted when the pandemic started. Nevertheless our German colleagues managed to successfully conquer the challenges ahead of them and organised the first fully virtual VdGM event a few months later. The meeting counted more than 100 delegates participating in engaging keynotes lectures and creative workshops, the results of which were streamed at the closing ceremony of the main WONCA Conference. To top it off, the online social meeting and the first of possibly many online exchanges, which gave 50 participants the possibility to attend three different German practices at once.

7th VdGM Forum Online Launch Event - 6th February 2021

The 7th VdGM Forum was programmed to take place on the 5th and 6th February 2021 in Edinburgh, UK. Since this was not possible due to the ongoing Covid-19 pandemic, the live event was postponed until January 2022. However we organised an online launch event that took place on the original Saturday (6 February 2021), to provide a reunion for the VdGM family and generate anticipation for the upcoming live event.

The online event took place on Zoom from 15:00 - 17:30 CET and had a consistent attendance of around 70 people. The programme was a mix of messages from officers within VdGM and WONCA Europe, as well as entertaining segments about Scottish culture. Our keynote lecture was by Roger Neighbour, a former president of RCGP (the WONCA National Member Organisation for the UK) and the 'godfather' of general practice in the UK. We also heard from Anna Stavdal (WONCA President Elect), Mehmet Ungan (WONCA Europe president) and Amanda Howe (RCGP president).

The lighter parts of the programme included lessons on Scottish cooking, information about Scotland's attractions, a video about primary care in the UK, a 'pub quiz' and a virtual ceilidh (Scottish country dancing).

The event was a success and we were pleased to have been able to offer a heartwarming and fun online reunion for the VdGM family in the midst of the ongoing pandemic. Some of the talks from the online event are available to watch back on our [Instagram page](#).





UPCOMING EVENTS

Amsterdam WONCA Europe Preconference 2021

2020 has been a rough year dominated by the COVID-19 virus. Most Vasco da Gamians have not seen each other in real life since 2019. In 2021, we hope it will be the VdGM virus that will take over Europe again. Starting with our hybrid VdGM Preconference in Amsterdam **July 5 and 6 2021**. We are very happy to present a variation of plenary sessions and interactive workshops to you. Our theme is 'Do you dare to look in the mirror?' and we will focus on three lines: patient-centered, doctor-centered and out-of-the-box. On July 8, we will offer you some insight into our Dutch GP practices during our digital exchange. Of course you can also expect some social events on those days.

7th VdGM Forum - Edinburgh, Friday 28th - Saturday 29th January 2022

The 7th VdGM was postponed by a year from its original date in February 2021 due to the Covid-19 pandemic. An online launch event took place on the original date (6 February 2021) and the live event is now scheduled to take place in person, in Edinburgh on Friday 28 and Saturday 29 January 2022. The venue will be the city's historic surgical college and the theme of our programme is 'Perspectives on primary care.'

Edinburgh is one of Europe's most atmospheric cities and we will ensure that the social programme around the Forum gives attendees a real flavour of Scottish culture, including whisky, haggis and traditional Scottish country dancing ('Ceilidh'). We really hope that this event can be a long overdue reunion for the entire VdGM family and we can't wait to learn from you all during workshops, and have fun together at the Ceilidh!



See you in Scotland in January 2022.

Follow us on Instagram and Twitter to stay informed!



UPCOMING EVENTS

London WONCA Europe Preconference, 27th – 28th June 2022



Royal College of
General Practitioners

JIC

Junior International Committee

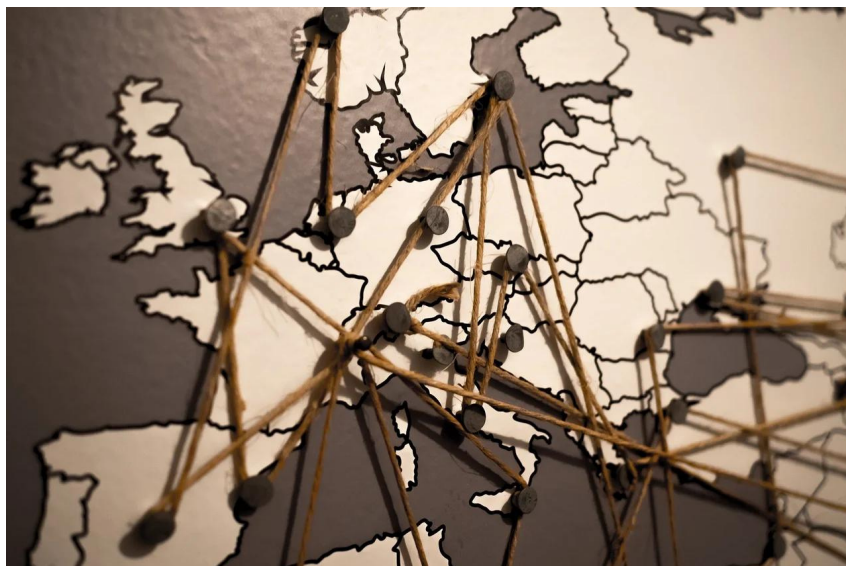
The RCGP Junior International Committee (JIC) is excited to host the VdGM preconference in London in 2022. We hope the conference will enhance cross-cultural learning of new and future family doctors across Europe and build stronger connections between UK family doctors and VdGM. In addition to hosting a vibrant social programme and preconference exchange, our scientific programme will explore the theme 'Primary Care in a Global Community'; this theme not only reflects the international nature of the conference but also what it means to offer a 'global' primary care service which is inclusive, holistic, patient-centred and sustainable. We look forward to meeting our VdGM friends and colleagues in London in 2022!

We are also looking forward to **WONCA 2021 Young Doctors' Preconference November 2021** - a great opportunity to work with our Global YDM colleagues!

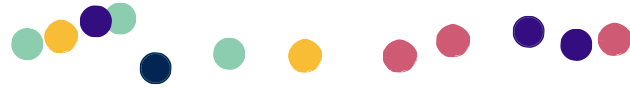
This November, we will be joining our YDM Colleagues from around the world for the first global virtual preconference, All YDMs will be collaborating and supporting the Al Razi movement in organising this and creating a great opportunity to young GPs from around the world to meet and learn together.

Where shall we meet next?

Looking into the future, we strive to develop and create more great events, where we can learn and grow together. Want to be part of this journey?



SPECIAL INTEREST GROUPS



Mental Health

Lead: Assistant Prof Dr Ozden Gokdemir, Working in Izmir.
Passionate about HealthForAll and Health Education

vdgm.mentalhealth@gmail.com

Key success:

Increased awareness about "Preventing suicide among physicians"

Family Violence

Lead: Nina Monteiro

vdgm.fv@gmail.com



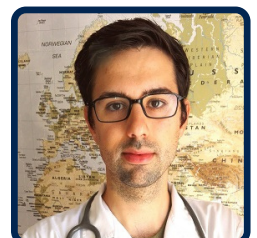
Health Inequities: Equally Different

Leads: Sara Rigon & Yusianmar Mariani

ed.vdgm@gmail.com

Migrant Care, International Health and Travel Medicine
Lead: Cristiano Figueiredo

migrantcare.vdgm@gmail.com



Workforce Migration

Lead: Alessio Platania

workforce.vdgm@gmail.com

Key success: developed and presented a tool for migrating doctors at wonca berlin

Emergency Medicine

Lead: Elena Klusova

em.vdgm@gmail.com



Research

Lead: Dr. Vanja Lazic, GP research enthusiast, father of two, amateur cyclist

research@vdgm.eu

Key successes: Several workshops and presentations. Preparing a study proposal.

Wellbeing

Lead: Siamak Zahmat

wellbeing@vdgm.eu



Introducing our brand new SIG:



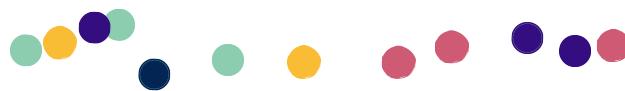
Lifestyle Medicine

Lead: Dr Marina Jotic Ivanovic
I am passionate about preventive medicine, patient education, womens health. I love to travel.

lifestyle.vdgm@gmail.com

Plans: To run interesting workshops and presentations and provide family doctors with basic skills to practice LM in their everyday practice and to liaison with other SIG and organizations

NETWORKS AND LIAISONS



ASPIRE Global Leaders Program European Liaison - Maria João Nobre. I am a very curious person, love to meet people and discover new cultures, and always willing to learn more and new skills. I am an enthusiast about leadership, management and digital health.

aspire.vdgm@gmail.com

Key successes: The recognition of Leadership as an important skill for Family Medicine; and being able to keep participating on VdGM activities despite the COVID-19 pandemic.

European GP Research Network (EGPRN)
Liaison - Vanja Lazic

egprn.vdgm@gmail.com



European Forum of Primary Care (EFPC) Liaison - Dr Tugba Caliskan, I like dancing, swimming and running and traveling. I like to be a part of this family and have chance to travel all over the world and meet amazing colleagues from different cultures since I got the VdGM virus

efpc.vdgm@gmail.com

Key success: had been selected as an advisory board member

European Society for Quality and Patient Safety in General Practice/Family Medicine (EQUIP)

Liaison - Felicity Knights

equip.vdgm@gmail.com



EUROPREV Liaison - Emmily Schaubroeck, Belgian GP with experience in Flemish health centres. Living in Nürnberg since 2018, combining work in a city group practice with research at the university of Erlangen, loving to get lost in nature carrying her essentials in a backpack.

europrev.vdgm@gmail.com

Key successes: there has been increasing engagement from VdGMians in EUROPREV and strengthening collaborations with workshops and webinars, as well as working on EUROPREV's Mission and Vision.

Primary Care Diabetes Europe (PCDE) Liaison - Jose Castellano

pcde.vdgm@gmail.com



European Academy of Teachers in General Practice/Family Medicine (EURACT) Liaison - Sophie Sun

euract.vdgm@gmail.com

The European Rural and Isolated Practitioners Associatoin (EURIPA)

Liaisons - Veronika Vezjak, doctor, student, traveler, avid reader, cooking enthusiast, new mom.

and Berit Hansen

euripa.vdgm@gmail.com



Family Medicine 360 (FM360) Europe Regional Coordinator - Rianne van Vliet, Family Doctor interested in groups of patients with special needs, education, exchanges and leadership, as well as passionate about music.

and Deputy Coordinator - Rabee Kazan, A family medicine doctor, also starting as supervising tutor. A 3rd culture guy (originally from Syria, now living and working in Spain). Fond of music of all types.

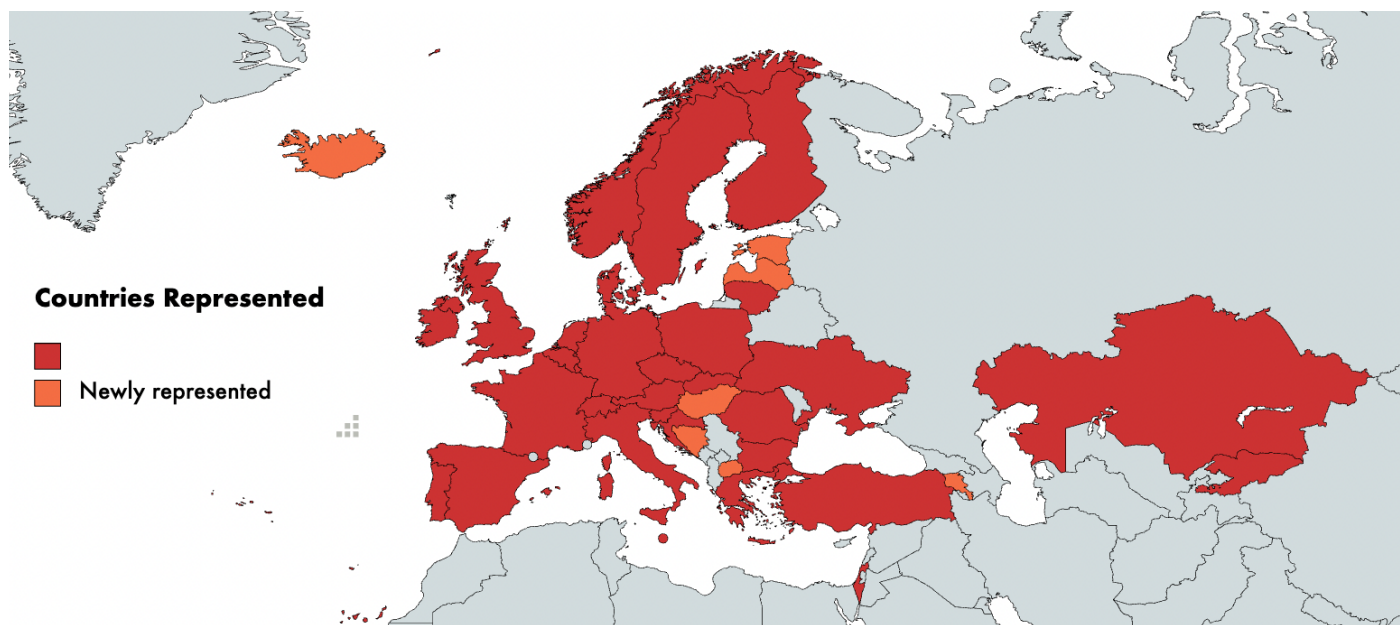
fm360vdgm@gmail.com

Key Successes: Virtual FM360 Exchanges and the Bridge Project



The main governing body in VdGM is its Council. Currently, **38** countries are represented, of which **seven** countries are newly represented since our last report. These are **Bosnia&Herzegovina, Iceland, Latvia, Estonia, North Macedonia, Armenia, and Hungary.**

COUNCIL



Armenia - Ara Arshamyan

Austria - Anna Hansemann. **Key successes:** new active members, also in regions where we were not represented yet (Carinthia) improvement of the GP training in Austria.

Belgium - Indra van Hoorick. **Key successes:** We created opportunities from these virtual challenges by organizing a lot of online events. This was appreciated by our members and our online community grew enormously last year. Both the French and Dutch YDM see the number of involved members grow thanks to motivated young GPs. We created a task force about unnecessary administration in first line medicine, called Kafka. We gathered a lot of GPs to support this task force due to promotion on the facebook page for doctors called "Covid-19". The task force grew and now different organizations in the whole country are involved.

Bosnia and Herzegovina - Marina Jotic Ivanovic

Bulgaria - Mariya Armova

Croatia - Jana Kovačević. **Key successes:** maintaining family medicine residency and increasing number of residency spots.

Czechia - Emmanuela Fernandova

Denmark - Simon Glerup. **Key success:** Making campaign posters for clinics.

Estonia - Siiri Paiste

Finland - Niko Nousiainen

France - Chloe Perdrix. **Key successes:** Virtual conference of our national organisation. A meeting to set up /determine our deep values and our objectives as an association (Saint Exupery Network) Also, a big communication campaign to inform about pharmaceutical industry influence on our practice by ISNAR-IMG

Germany - Fabian Dupont

Greece - Vasileios Stoukas



Indra van Hoorick - Belgium



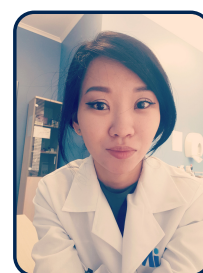
Marina Jotic Ivanovic - Bosnia & Herzegovina



Jana Kovačević - Croatia



Chloe Perdrix - France



Yelena Khegay - Kazakhstan



Hungary - Eta Balind

Iceland - Þóra Elísabet Kristjánsdóttir

Ireland - Clare Kelly

Israel - Limor Adler

Italy - Marco Gardini. **Key successes:** We organized the Torino Forum, it was a great success. In the last period we created many events online.

Kazakhstan - Yelena Khegay

Kyrgyzstan - Shirin Talapbek

Latvia - Zane Kreicberga

Lithuania - Viktorija Mickevičiūtė

Luxembourg - Max Haag. **Key success:** Changes in the curriculum of the specialisation.

North Macedonia - Dragan Gjorgjevski

Malta - Karl Cutajar. **Key successes:** Setting up VdGM in Malta and sending 4 doctors on exchanges (prior to covid). Taking the first steps to hosting exchanges.

Netherlands - Elvira Ensink. **Key successes:** Coping with the COVID pandemic, improving the GP training, making progress with the development of the national GP organizations and organising the VdGM Preconference.

Norway - Sandra Langedal. **Key success:** A plan that every young GP should have counselling and supervision

Poland - Joanna Alksnin. **Key successes:** On-line

meetings , FB forum with almost 4000 active

members, new website

<https://mlodzilekarzerodzinni.pl/> and re-branding our logo.

Portugal - Vera Pires da Silva

Romania - Andreea Zoderu. **Key successes:** we manage to make our voice heard, we collaborate with local and national societies of family doctors.

Slovakia - Peter Lipovský

Slovenia - Veronika Vezjak

Spain - Miriam Rey. **Key successes:** 1. Creating media zones for communication 2. Remaining active during pandemic.

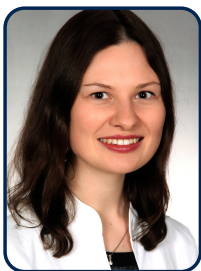
Sweden - Joana Gomes

Switzerland - Réka Veress. **Key successes:** we have grown into a large organisation, have the power and the strength to speak about problems. Family medicine is becoming more popular.

Turkey - Halil Volkan Tekayak. **Key success:** online meetings.

Ukraine - Iana Sadovnik. **Key successes:** Search for grants for research and participation in international conferences, distance counseling and telemedicine, participation in online conferences

United Kingdom - Stuart Holmes



Viktorija
Mickevičiūtė -
Lithuania



Max Haag -
Luxembourg



Dragan Gjorgjevski
- North Macedonia



Elvira Ensink -
Netherlands



Sandra Langedal -
Norway



Vera Pires da Silva -
Portugal



Andreea Zoderu -
Romania



Peter Lipovsky -
Slovakia



Veronika Vezjak -
Slovenia



Miriam Rey - Spain



Iana Sadovnik -
Ukraine



Stuart Holmes -
United Kingdom



**BUILDING THE
FUTURE WITH
FAMILY DOCTORS**



**VASCO DA GAMA MOVEMENT (VDGM) | EUROPEAN YOUNG DOCTORS MOVEMENT OF THE
WORLD FAMILY DOCTORS ORGANISATION (WONCA) | info@vdgm.eu**

2021