



VDGM Annual Report



2021-2022

VASCO DA GAMA MOVEMENT (VDGM) | EUROPEAN YOUNG FAMILY DOCTORS' MOVEMENT (EYFDM)
OF THE WORLD FAMILY DOCTORS ORGANISATION (WONCA) | [INFO@VDGM.EU](mailto:info@vdgm.eu)



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WHO WE ARE



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

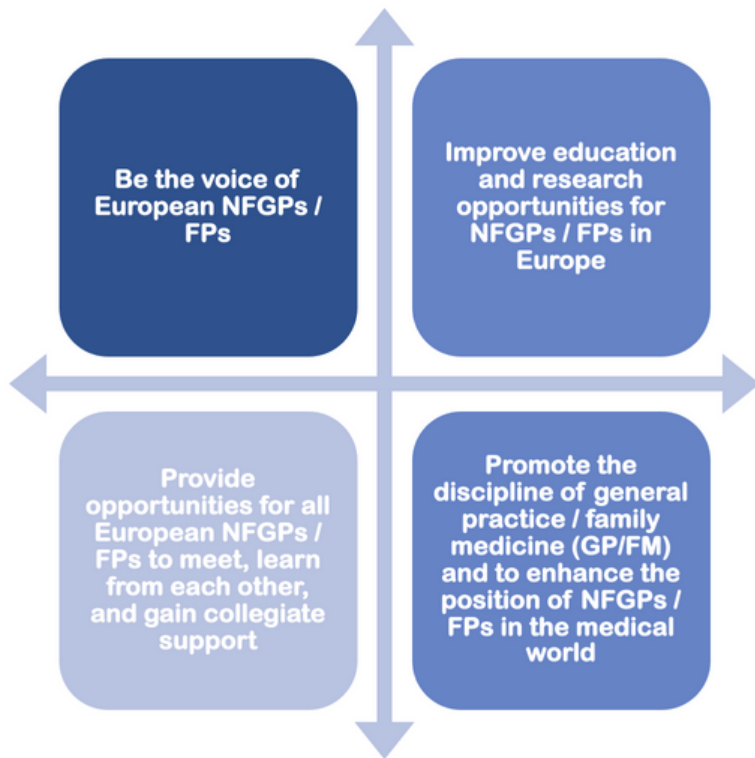
VdGM believes that new and future General Practitioners and Family Physicians have a **unique insight and vital role to play in achieving equitable health for all**, today as much as for tomorrow.

WHO WE ARE



Activities

Core Aims



- 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 - offers oversight over the organisation, reviewing and applying the Bylaws and Organisational Policies of the movement.

The Finance Committee - supports the treasurer, ensuring transparency and clarity with our finances.

A LETTER FROM THE PRESIDENT



Dear Friends,

I would like to start by thanking you all for being a part of our movement. For joining us, for sharing your time and ideas with us. Our movement is nothing without our active members, with their passion, energy and ideas.

We have had a great year; we have been working hard both behind the scenes as well as with some great activities. And so, I am happy to present our Annual Report for 2021-2022.

Starting with our hybrid Pre-Conference in Amsterdam in July 2021, at the fabulous Royal Tropical Institute, our live Forum in Edinburgh in January 2022, at the wonderful Surgeon's Halls, now leading us towards our Pre-Conference in London later in June 2022.

Our movement continues to grow, with a new Finance Committee supporting our treasurer alongside a refreshed Good Governance Committee.

We also welcome a new Special Interest Group - Planetary Health, lead by Oisin Brady Bates. We also welcome new Leads for Special Interest Groups - Genco Gorku leading the Mental Health SIG, as well as Network Liaisons - Albert Bellvert Rios liaising with PCDE, and Veronika Rasic liaison with EURIPA.

We are always searching for new leads and liaisons and others interested to get active, so get in touch!

We have also welcomed, in the last year, two new executive members - Ana Cristina Franco Spinola from Portugal who has taken over the role of Policy Officer, and Ikbal Humay Arman who has taken over the role of Events Officer.

We have also been working on ways to expand further the use of our Bursary Fund, trialling in Edinburgh a partial reimbursement of registration fees for a number of applications for middle income countries. We hope we can expand this further; but doing this sustainably depends on your donations!

But that is far from all we have been doing - there's more...

A LETTER FROM THE PRESIDENT



The biggest news this year, and the biggest change, is our name!

You may have heard from all our social media posts, and if you were with us in Edinburgh that we have been going through a process over the last months to select a new name.

This was not an easy decision, and we had many many suggestions as we went through a long process asking for new ideas from all our members, both current and past. From over one hundred suggestions, our SIG leads, Network Liaisons, Executive and Council members created a shortlist. Following discussion and further voting, the Council has selected our new name:

European Young Family Doctors' Movement EYFDM

We are and will always remain the same movement, with the same vision, mission and values. We will remain a strong community that empowers, listens to and supports young family doctors wherever they are. Will continue to innovate, to influence and to learn together.

Let us continue to grow together!

Nick Mamo
EYFDM/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/UCvscodagama)



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



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



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

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.

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

HIPPOKRATES EXCHANGE

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

RESEARCH AWARD EXCHANGE AWARD

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° EXCHANGE

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

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.

VdGM FORUM

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

WONCA WORLD PRECONFERENCE WONCA WORLD

CONFERENCE EXCHANGE

VdGM PRECONFERENCE WONCA EUROPE CONFERENCE



EXECUTIVE



Nick Mamo - President

Maltese GP in the Netherlands. Currently a full-time PhD candidate focusing on implementation of collaborative care networks. I enjoy cooking, learning, and exploring.



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



Ana Cristina Franco Spinola - Policy Officer

I enjoy time spent in nature, drawing and observing the silence. I have a special interest in mindfulness-related activities and womens' care. I am a new Mother to baby Matias, my full time job these days.



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

I'm a newly-qualified GP working in London. Passionate about healthcare for all, I've also spent time working in rural Zambia & continue to support via The Virtual Doctors. I love to travel and experience 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.



Ikbal Hümay Arman - Events Officer

Turkish Family Medicine Specialist who wants to research & strengthen health literacy. PhD student in Public Health. Loves marbling art, traveling, writing and also creating permanent memories with photos, videos and drones.



Marta Kurdzielewicz - Awards and Fundraising Officer

I am a fresh Family Medicine specialist. 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 is the Executive Group up to?

The Executive Group has and continues to meet every month online. A few of us managed to meet in person in Malta in December 2021, with the rest joining us online and in spirit.

Ana Cristina and Ikbal have been getting into their new roles as Policy Officer and Events Officer respectively.

We have also continued to work on changes to our awards, fund bursaries (introducing the subsidy pilot), more virtual exchanges including collaborative exchanges with Waynakay Movement in Latin America and Spice Route Movement in South Asia.

We also have a group of Executive members and Council member working on a new Council Members' guide, and further work on our fundraising policy.

**With a special thank you
to our past executive
members whose terms
ended during the last
year**



Julien Artigny
Past Policy Officer



Alessio Platania
Past Events Officer



Being Young Staying Young Award

By establishing Being Young Staying Young Award VdGM wished to appreciate senior General Practitioners who advocated and contributed to the Vasco da Gama Movement. Young family doctors give this award to those who are no longer young (by VdGM definition) but still have the youthful mindset and left a positive mark on the Vasco da Gama Movements. This year the process of choosing the winner took an unexpected turn, we received two independent nominations for BYSY Award and both of them in beautiful and touching words nominated the same incredible person: **Raquel Gomez Bravo**. Please, read the words about Raquel written by her colleague in from her nomination letter:



"Raquel is an incredible example of creativity, leadership and humility, she is a true young spirit who has decided to be vascodagamian forever regardless of position, country of residence, family situation or age. The teaching of true democracy, transparency, and pristine honesty is the moral inheritance that Raquel has left me and all my colleagues and fellow vascodagamians who have had the privilege and pleasure of working with her, where today she continues joining force and the wisdom of the senior doctors, with the talent, freshness and fire of the young family doctors."

Being Young Staying Young winner announcement and Raquel's speech have taken place during VdGM Forum in Edinburgh and was accompanied by huge applause from the audience.

JUNIOR RESEARCHER AWARD (JRA)

The opportunity to present a research project at WONCA Europe Conference in London encouraged several young GPs to compete for the Junior Researcher Award. Our jury members, in person of doctor Euan Lawson and doctor Fabian Dupont, proved three finalists. The most advanced and impressive research projects belong to **Marta Velgan (Estonia)**, **Eva Laceaga Gaztambide (Spain)** and **Aaron Poppleton (UK)**. 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 unlimited. We are looking forward to seeing the presentations of JRA's finalists during the WONCA Europe workshop in London.

AWARDS

VdGM FUND



Despite the pandemic Vascodagamians met with each other twice in the last 12 months. The VdGM Preconference in Amsterdam as a live event was very uncertain, all the more we were incredibly happy that we could have met during the summer in 2021, it felt like a breath of fresh air, so needed and longed-for.

The VdGM Forum in Edinburgh turned out to be a great success and filled us with incredible energy and motivation to provide better care for our patients. It has reignited our passion for family medicine and strengthened our social bonds.

We are very happy that the VdGM Fund, once again, could have supported young family doctors to join such spectacular and educational events. The financial support to attend the VdGM Preconference in Amsterdam was given to **Jonathan Brill from Israel** and **Sara Simonovska from North Macedonia**. **János Szidónia from Romania** and **Mariya Armova from Bulgaria** travelled with us to Edinburgh.



Please, take a moment and read the words of János who attended VdGM Forum in Edinburgh.

"I am deeply impressed and truly grateful for being chosen as one of the VdGM bursary recipients for Forum in Edinburgh. It seems so unbelievable - even if quite a few days have already passed since the event - that despite of the uncertainty of pandemic times I had the opportunity to attend the VdGM Forum in Edinburgh 2022.

As one of the greatest highlights of the Forum besides of its high standard and challenging scientific content I would mention the cultural diversity of its delegates, it really brought me back to times when I was being an exchange student in Germany. And now, several years after with full strength and inspiration as a GP in my first 5 years of practice I could meet new colleagues, socialize and dream about collaboration and working on some exciting projects such as our study based on the workshop called "Everyone talks competencies - but what does that actually mean for our training?" held by two great colleagues in Edinburgh, which results we aim to present at WONCA Europe 2022 in London. Obviously, this very first time of attending a VdGM event offers me a lot of opportunity and motivation not only to be a good physician in my own country but also to build a functional and effective network of collaboration with young family doctors across the continent. Furthermore, keynotes as reactive vs. preventive medicine, relational vs. transactional GP, planetary health-psychological and physiological benefits of green spaces have been just a few of the boundary pushing topics of the conference.

At last but not at least I would like to thank you for your hospitality and very warm welcome to Forum in Edinburgh. Social programmes such as Friday's welcome reception at the Royal College of Surgeons, where I also had the opportunity to visit the Surgeons' Hall Pathology Museum's fascinating exhibition or Saturday's Gala Dinner with scottish ceilidh dancing, where I had the honor to dance with Prof. Amanda Howe are well worth mentioning. And Scotland's romantic beauty - which I was able to discover during a day tour into the Highlands, where meeting up Nessi, the Loch Ness Monster and Hamish, the Hairy Coo - has burned unforgettable memories into my heart."

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 takes donations to fund the VdGM Fund. The money in this fund is protected and dedicated to provide bursaries and subsidies to support VdGM Members to participate in the VdGM Forum, the VdGM Preconference and WONCA Europe Conference.

We use the VdGM Fund specially to support those who are from lower income countries, aiding in spreading the VdGM Virus across Europe! In 2021 we added the "HOC Support Fund" to the VdGM Fund. This fund was set up after a discussion during council meeting in February 2021, and aims to support Host Organising Committees (HOCs) of VdGM Forums and Preconferences, who are in a financially challenging situation. Any donations you give us are 100% used for the VdGM Fund, and therefore 100% given to members and HOCs who are seeking for financial assistance! The more donations we receive, the more we can support.

HOW DID WE DO LAST YEAR?

In 2021 we still had to deal with the consequences of COVID-19, although more activities were possible compared to 2020. We therefore spent more than in 2020, but stayed well within budget.

We used only 55% of the 'VdGM General' budget. This was mainly because we had lower EG meeting and administration costs, and we had more income than expected. For the year 2021 we expected to receive only 50% (€4,000) of our instalment (this was announced by WONCA Europe, due to financial difficulties). But thanks to a successful WONCA 2020 and an agreement that the German College, DEGAM, had made with WONCA Europe before the Online WONCA Berlin 2020, we received almost €8,000. We were pleased to present prizes to two winners of the Exchange Award and three winners of the Research Award, financed by the 'VdGM General' budget.

The 'VdGM Fund' also did very well. We had one bursary winner, who was able to attend the VdGM Preconference in Amsterdam with the help of the VdGM Fund. Thanks to a generous donation from WONCA/Preconference Amsterdam of €10,000, we had a positive balance of €9,500, instead of the budgeted negative balance of €-1,000.

EXCHANGES



One of the most famous and successful activities of our movement, exchanges, has clearly been affected by movement restrictions secondary to the COVID pandemic. For this reason, very few face-to-face exchanges have been possible. Specifically, in the last two years the issuance of a certificate has only been requested after the completion of a hippokrates exchange.

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 organization remotely, as the past 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.

During the COVID pandemic, we organized the following virtual exchanges:

- Virtual Conference Exchange of Wonca Europe Berlin 2020 (15th October 2020)
- Vasco da Gama meets Waynakay (14th March 2020)
- 22nd Residents and 3rd YGPs Madrid Annual Meeting. Virtual Exchange (24th and 25th March 2021)
- 10.JHas-Kongress (10th April 2021)
- Virtual Exchange for the 2021 Amsterdam Preconference (7th July 2021)
- Virtual Exchange for the 7th VdGm Forum in Edinburgh (January 2022)

Little by little we are trying to go back to normality and start face-to-face exchanges again, and on the 26th March 2022 a face-to-face exchange was held for the Young GP day in Antwerp (The Netherlands) and probably in september 2022, a conference exchange will take place in Bosnia and Herzegovina, organized by the NEC, Marina Jotic Ivanovic.

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.

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.

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

Only a few exchanges took place since the start of the pandemic.

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 exchangee 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.

As we enter a new era for our organisation, with a new name and a brand that will reflect this, watch out for updates with our website and social media to reflect this change!



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



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



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



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



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



PAST EVENTS

Amsterdam WONCA Europe Preconference 2021

After such a long gap not meeting in person, it was a great opportunity for us to meet up again. Most of our members have not seen each other in real life since 2019. In July 2021, we had a fantastic hybrid VdGM Preconference in Amsterdam. Our theme was 'Do you dare to look in the mirror?' focusing on three areas - patient-centered, doctor-centered and out-of-the-box. The programme included a virtual exchange going to Dutch practices.



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 successfully took place in person, in Edinburgh on Friday 28 and Saturday 29 January 2022. The venue was the city's historic surgical college and the theme of the programme was 'Perspectives on primary care.'

Edinburgh is one of Europe's most atmospheric cities - this ensured a lively atmosphere with a brilliant social programme which gave attendees a real flavour of Scottish culture, including bagpipes, kilts and a Ceilidh. It was a great experience with many new and old vascodagamians participating and leaving full of energy!





UPCOMING EVENTS

London Wonca Europe Preconference 2022

After a long pause in our lives, and some virtual and hybrid events, we are more confident with vaccination that pandemic restrictions are lifted for good. And we hope for a better future with no upcoming lock-downs. So we are eager to come together in a live event. And there is the London Wonca Europe/RCGP conference and the Preconference ahead of us. This year's theme is **'Primary Care in a Global Community'**. The London host organising committee prepared a great program for us. This is more than a traditional reunion, we will throw the effects of Covid over us; a literally social, academically satisfying and exciting meeting is waiting for us.



Royal College of
General Practitioners

JIC

Junior International Committee

Brussels Wonca Europe Preconference 2023

Before attending the 2022 Wonca Europe Pre-Conference, we have already started working for the 2023 Wonca Europe Pre-Conference in Brussels, Belgium. We hope pandemic-free days are upon us. With our new establishment and new name, but with the same enthusiasm, we hope young family doctors across Europe will come together again and create a stronger network than ever. This pre-conference will be the intercultural connecting platform. We look forward to meeting our friends and colleagues in Brussels in 2023!

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



Lifestyle Medicine

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

lifestyle.vdgm@gmail.com

Key success:

devotion of SIG members to collaborate

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

migrantcare.vdgm@gmail.com



Health Inequities:

Equally Different

Leads: Sara Rigon &Yusanmar Mariani

ed.vdgm@gmail.com

Emergency Medicine

Lead: Elena Klusova

em.vdgm@gmail.com



Workforce Migration

Lead: Alessio Platania

workforce.vdgm@gmail.com

Wellbeing

Lead: Siamak Zahmat

wellbeing@vdgm.eu



Research

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

research@vdgm.eu

Introducing our brand new SIG:



Planetary Health

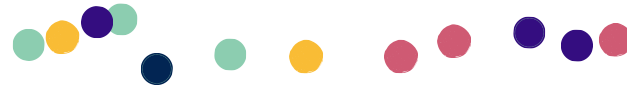
Lead: Dr Oisin Brady Bates I love to learn new things, spend time outdoors and spend time with family and friends. I am passionate about social justice and great believer in the transformative power of storytelling.

planetaryhealth.vdgm@gmail.com

Plans:

- Continued representation at international conferences
- Set up online planetary health repository
- Write an evidence-based toolkit for young general practitioners and family doctors

NETWORKS AND LIAISONS



European Rural and Isolated Practitioners Association (EURIPA) Liaison - Veronika Rašić

I enjoy spending time in nature, relaxing in good company and learning new things. Improving access to healthcare for rural communities and health literacy are topics I am passionate about.
euripa.vdgm@gmail.com

Key success: reaching out to students and future FM/GPs and encouraging them to consider rural careers, participating in the creation of a Blueprint for Rural Health in Europe



European GP Research Network (EGPRN) Liaison - Vanja Lazic

egprn.vdgm@gmail.com



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

I love to discover new people and new ideas. I spend countless hours attending MOOCs, playing with my daughter and studying social psychology and public health

euract.vdgm@gmail.com



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

equip.vdgm@gmail.com



Family Medicine 360 (FM360) Europe Regional Coordinator - Rianne van Vliet, Family Doctor in The Hague, love to travel and sing, as well as spending time with friends. I am passionate about exchanges

Primary Care Diabetes Europe (PCDE) Liaison - Albert Bellvert Rios

pcde.vdgm@gmail.com



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

European Forum of Primary Care (EFPC) Liaison - Dr Tugba Caliskan

efpc.vdgm@gmail.com



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.

EUOPREV Liaison - Emmily Schaubroeck

europrev.vdgm@gmail.com





Armenia - Ara Arshamyan

Austria - Anna Hansemann.

Belgium - Laure Clinckemalie. **Key successes:**

Bosnia and Herzegovina - Marina Jotic Ivanovic. **Key successes:** We will hold our first VdGM conference exchange in Doboj in September 2022.

Bulgaria - Mariya Armova. **Key successes:** creating the new Young Organisation of Family Medicine Specialists in Bulgaria, and organising an upcoming pre-conference for young doctors.

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

Czech Republic - Marika Svatošová. **Key successes:**

New webpage for our National Young GP organisation, as well as successfully lobbying for better pay for residents

Denmark - Mariam Gheslaghi. **Key success:** Campaign about GP training

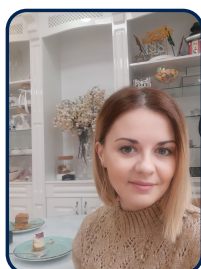
Estonia - Kristiina Laaht. **Key successes:** Spring and summer days for socialising and presenting important topics, as well as strong representation from our NGO

Finland - Niko Nousiainen

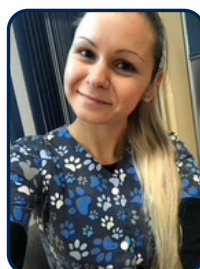
France - Daria Gheorghe & Michalina Derbich. **Key successes:** Attracting more members to our local organisation; hosting workshops for our partner organisations.



Laure Clinckemalie
Belgium



Marina Jotic
Ivanovic - Bosnia &
Herzegovina



Mariya Armova
Bulgaria



Jana Kovačević
Croatia



Marika Svatošová
Czech Republic



Kristiina Laht
Estonia



Daria Gheorghe
France



Yelena Khegay
Kazakhstan



Nuraiym Turanova
Kyrgyzstan



Viktorija
Mickevičiūtė
Lithuania



Germany - Fabian Dupont

Greece - Vasileios Stoukas

Hungary - Eta Balind

Iceland - Þóra Elísabet Kristjánsdóttir

Ireland - Alina Zidaru

Israel - Limor Adler

Italy - Marco Gardini

Kazakhstan - Yelena Khegay. **Key success:** Providing free online consultations to the local population during the pandemic with a lot of positive feedback & improved trust in family doctors

Kyrgyzstan - Nuraim Turanova. **Key success:** Organising youth part of the "Family Medicine without Borders" association with representative in Executive.

Latvia - Zane Kreicberga

Lithuania - Viktorija Mickevičiūtė

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

North Macedonia - Dragan Gjorgjevski

Malta - Esther Muscat. **Key success:** Improved access to patient records and better telehealth.

Netherlands - Rogier Steins. **Key successes:** The hybrid VdGM preconference in Amsterdam in 2021.

Norway - Sandra Langedal

Poland - Joanna Alksnin

Portugal - Vera Pires da Silva

Romania - Andreea Stoica. **Key successes:** As a result of the pandemic family doctors are more respected.

Slovakia - Peter Lipovský. **Key success:** Keeping young GPs in touch with fruitful communication in spite of the pandemic.

Slovenia - Veronika Vezjak

Spain - Miriam Rey. **Key successes:** Maintaining and promoting international activity.

Sweden - Joana Gomes

Switzerland - Réka Veress

Turkey - Halil Volkan Tekayak

Ukraine - Iana Sadovnik.

United Kingdom - Aaron Poppleton. **Key successes:** 7th VdGM Forum in Edinburgh in January 2022; dealing with a change in training assessment process due to the pandemic.



Max Haag -
Luxembourg



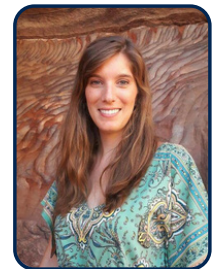
Dragan Gjorgjevski
- North Macedonia



Rogier Steins-
Netherlands



Sandra Langedal -
Norway



Vera Pires da Silva -
Portugal



Andreea Zoderu -
Romania



Peter Lipovsky -
Slovakia



Veronika Vezjak -
Slovenia



Miriam Rey - Spain



Iana Sadovnik -
Ukraine



Aaron Poppleton -
United Kingdom

