



European
Young
Family
Doctors'
Movement

EYFDM GUIDE



*Find out everything
you've always wanted to
know about EYFDM and more!*

INTRODUCTION



What is this all about?

Dear young doctors,

thank you for your interest in the European Young Family Doctors' Movement (EYFDM). With this guide, we will explain to you everything that there is to know about our vibrant organisation! Should you have any further questions after reading this guide, don't hesitate to contact us.

What is EYFDM and what makes us special?

EYFDM is the European regional young doctors movement of WONCA (the World Organisation of Family Doctors) and also a Network of WONCA Europe. **"Young doctors"** are defined as new (within five years of completing training) and future (those still in training) family physicians or general practitioners. It is an organisation completely run by and for young doctors. As a "young doctor" you are automatically a EYFDM member. There are no fees to pay!

We organise conferences and exchanges, you can take part in a Special Interest Group (SIG) or a Network, represent your country as a National Delegate (ND) or take part in the Executive Group. The possibilities are endless! Together we learn from each other, inspire each other, build networks and make new friendships.

What are our vision, missions and values?

EYFDM envisions a world where New and Future General Practitioners and Family Physicians (NFGPs/FPs) 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.

INTRODUCTION

Our mission and statment

Purpose

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

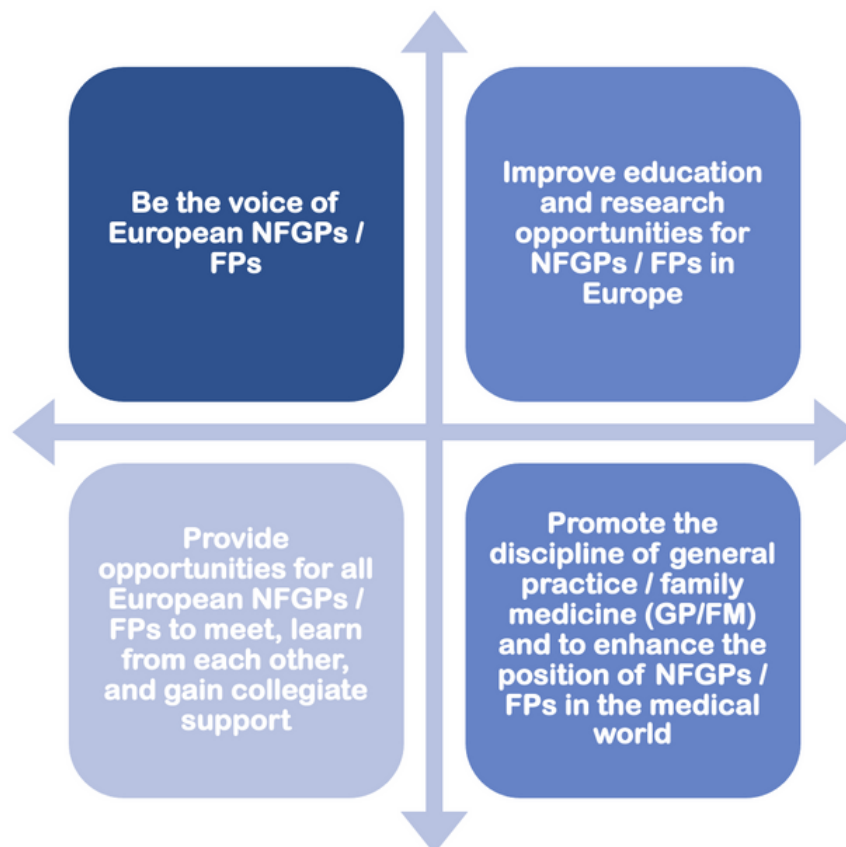
Activities

- 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.

CORE AIMS



Learning and socialising at one time



By attending EYFDM events you can meet young GPs from all over Europe, extend your medical knowledge and open opportunities for various kinds of cooperation with other young family physicians. EYFDM events are organised by young GPs for young GPs.

What events does EYFDM organise?

Preconference: Every year we organise a EYFDM Preconference that is held just before the WONCA Europe annual conference; both events take place in the same city. The Preconference is preceded by the preconference exchange. Save a week to attend the full length of exciting workshops, lectures and social events!

Forum: The EYFDM Forum is held every year or two and is an independent 'junior conference'. Apart from teaching and learning, it's a lot of fun! If you wish to actively participate in Forum, wait for a call for abstracts and present your work in various ways during this event.

I can't afford to go to WONCA/EYFDM Forum - can I get help?

For those who are willing to get **financial assistance** to attend EYFDM events, The **EYFDM Fund** has been created. It supports young GPs in taking part in the EYFDM Preconference, WONCA Conference and EYFDM Forum. You can get a bursary that will cover some of the costs of your travel and registration fees. The call for bursary applications opens a few months before each event. If you are a newcomer and you have never attended the EYFDM event before, your chance of getting a bursary is better, but if it's not your first time, try as well since you have nothing to lose!

Where can I find out more information?

<https://EYFDM.woncaeurope.org/content/EYFDM-fund-bursaries>

Don't hesitate to contact our Awards & Fundraising Officer directly: awards@EYFDM.eu

Travelling with EYFDM



Throughout the year, you can go on several exchanges that enable you to spend from days to weeks in a GP clinic abroad. **Conference Exchanges** last for a few days and **precede the conferences they are connected with**, so usually they take place in the same city as the upcoming event.

The Hippokrates Exchange gives you a possibility to spend around two weeks in a GP practice within Europe. If your appetite for travelling and exploring is even bigger **FM 360 Exchange** should attract your attention, with this exchange program you can spend a month in a GP practice around the world.

In order to effectively coordinate exchanges almost every country has one person who is responsible for taking care of exchanges within his/her country as well as sending compatriots abroad. This person is called the **National Exchange Coordinator** (NEC).

How do I find out about conference exchanges?

Apart from the EYFDM WONCA Preconference exchange, every year there are several other **national conferences** that are preceded by conference exchanges. If you don't want to miss these, follow our facebook and website. Once you see the advert online, usually you will need to send a motivational letter and a CV to your National Exchange Coordinator who will collect all the applications and send them onwards.

What should I do to go on a Hippokrates or FM 360 Exchange?

Contact your National Exchange Coordinator and let him/her know which country you would like to do the exchange. Your NEC will contact the NEC of your chosen destination and let you know whether it is possible to do the exchange.

More information about exchanges:

<https://EYFDM.woncaeurope.org/content/exchanges>

NECs

<https://EYFDM.woncaeurope.org/officials/exchange-coordinators>

Reaching for the stars



We have four different awards with which we reward outstanding achievements of our members.

The annual **Junior Researcher Award** is given in a bid to reward the advanced projects that focus on improvements in primary care. The award aims to encourage young GPs to develop their research skills.

Exchange Awards are handed out for the two most interesting exchanges; one done in an urban GP practice and the other one spent in a rural area. By doing the exchange within Europe you can apply for **Hippokrates** or **Carosino Prize**, by visiting GP practice outside Europe you try your chances in the **FM 360 Awards**. It is a win-win: experiencing an extraordinary exchange and being awarded for doing so.

By giving biannually **The Fons Sips Outstanding Achievement Award**, we want to appreciate our members for their unwavering commitment and contribution to EYFDM. This is an award by the members, for the members. The Fons Sips Award winner becomes EYFDM nominee for **WONCA World Rising Star Award**.

Being Young Staying Young Award's winner is a person who is not a EYFDM member, but who made a remarkable impact on our organisation and who embodies the EYFDM spirit and values, regardless of age. For us, the BYSY Award winner is young forever.

How can I apply for an award?

For the Junior Researcher Award and the Exchange Award **the calls** are open a few months before WONCA Europe Conference. Follow our Facebook and website not to miss it! The candidates for the Fons Sips Award and Being Young Staying Young Award are nominated by the members of EYFDM. Ask yourself who would you like to nominate and wait for the call to be opened.

Questions?

<https://EYFDM.woncaeurope.org/content/research-awards>

<https://EYFDM.woncaeurope.org/content/being-young-staying-young-award>

<https://EYFDM.woncaeurope.org/content/fons-sips-outstanding-achievement-award>

<https://EYFDM.woncaeurope.org/content/exchange-awards>

Representing EYFDM: National Delegates



The EYFDM Council is the **governing body** of EYFDM and makes decisions about strategy, policy, direction and the bylaws. It also gives direction to and holds the Executive accountable for acting in the best interests of EYFDM. The Council members gather - together with the EYFDM Executive Group - at least once a year during a council meeting. Occasionally there may be an extra council meeting as required, for example when there are elections.

The role of the National Delegate, what are the responsibilities and expectations?

The National Delegate is there to **represent** Young and Early Career GPs from their country and organisation. In other words, they are your voice on the EYFDM Council. They are involved in **deciding the direction** of the organisation, electing executive members and supporting planning of events. They are also responsible for engaging with their national members and promoting EYFDM, its events and its work with you.

How can you become a National Delegate?

There is one National Delegate (Council member) for every country represented in WONCA Europe. They are appointed/elected by WONCA Europe member **national organisations**. If you are interested in taking on this role, then you should contact your national organisation/s. We can help by directing you to the present National Delegate. If there isn't we would be very keen to support you in taking this forward.

Where can I find out more information?

<https://EYFDM.woncaeurope.org/content/governance>

Members of the Executive Board



As outlined in the EYFDM bylaws, the Council elects the Executive Group, who carry out the **maintenance** and **development** of the organisation and enable our members to engage with our activities - which include events, exchanges, awards & bursaries, Special Interest Groups (SIGs) and maintaining valuable external relationships with other Networks.

How are people elected to the Executive?

The executive members are elected by National Delegates during the council meeting.

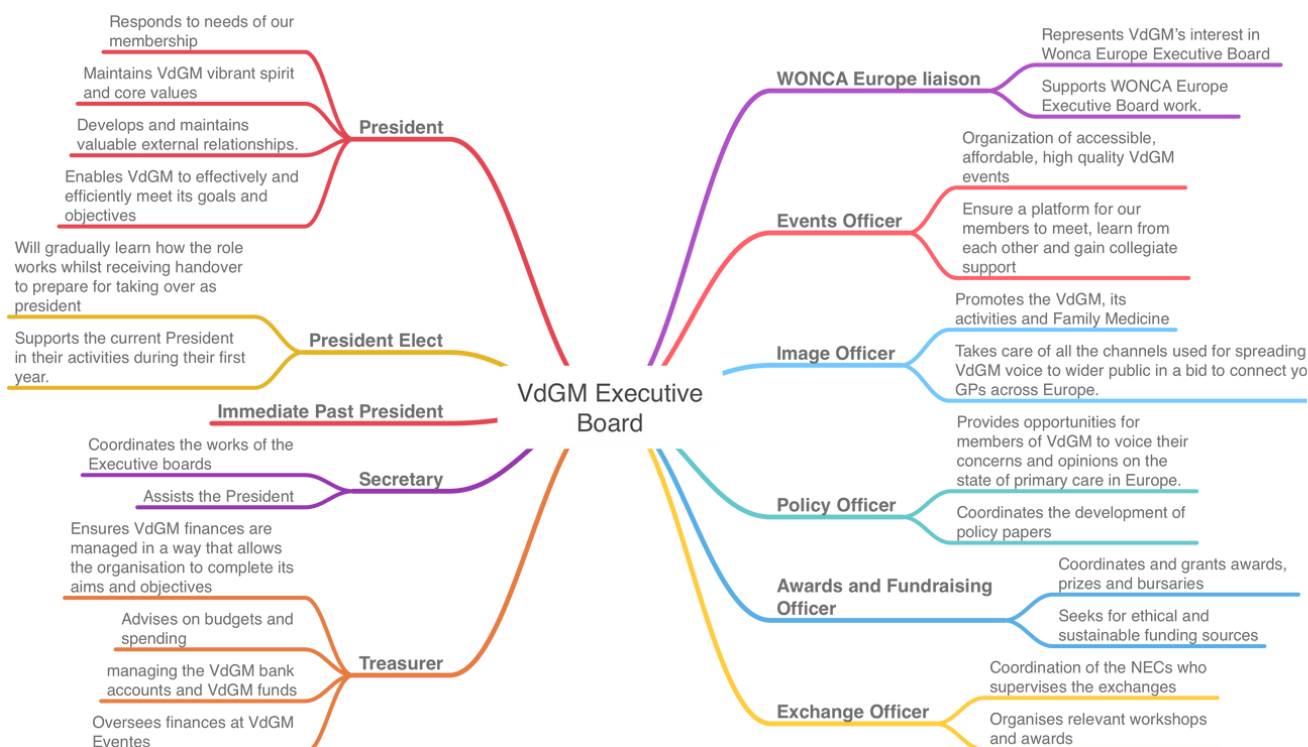
How long is the term of an EG member?

The term of a President is four years (one year as a President Elect, two years as a President and one year as a Past President). For the rest of the Executive the term is three years.

Who makes up the EYFDM Executive and what are their roles?

The EYFDM Executive consists of the President, President Elect/Past President, Treasurer, Policy Officer, Image Officer, Event Officer, Exchange Officer and Awards and Fundraising Officer and Secretary.

The different executive roles



SPECIAL INTEREST GROUP

Deepen your interests



What are SIGs?

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. Through our SIGs we aim to provide support to our members as they participate in and gather around activities that interest them most as well as allowing them to take advantage of international opportunities that arise.

The SIGs within EYFDM

Emergency Medicine

Family Violence

Health Inequities: Equally different

Lifestyle Medicine

Mental Health

Migrant Care, International Health and Travel Medicine

Research

Wellbeing

Workforce Migration

How do I get involved with one?

Just ask! All SIGs can be reached by email and often via Facebook as well. You can find out more on our website (<https://EYFDM.woncaeurope.org/Special-interests-and-collaborations>). Don't hesitate to contact the SIG Leads directly.

What work do the SIGs do?

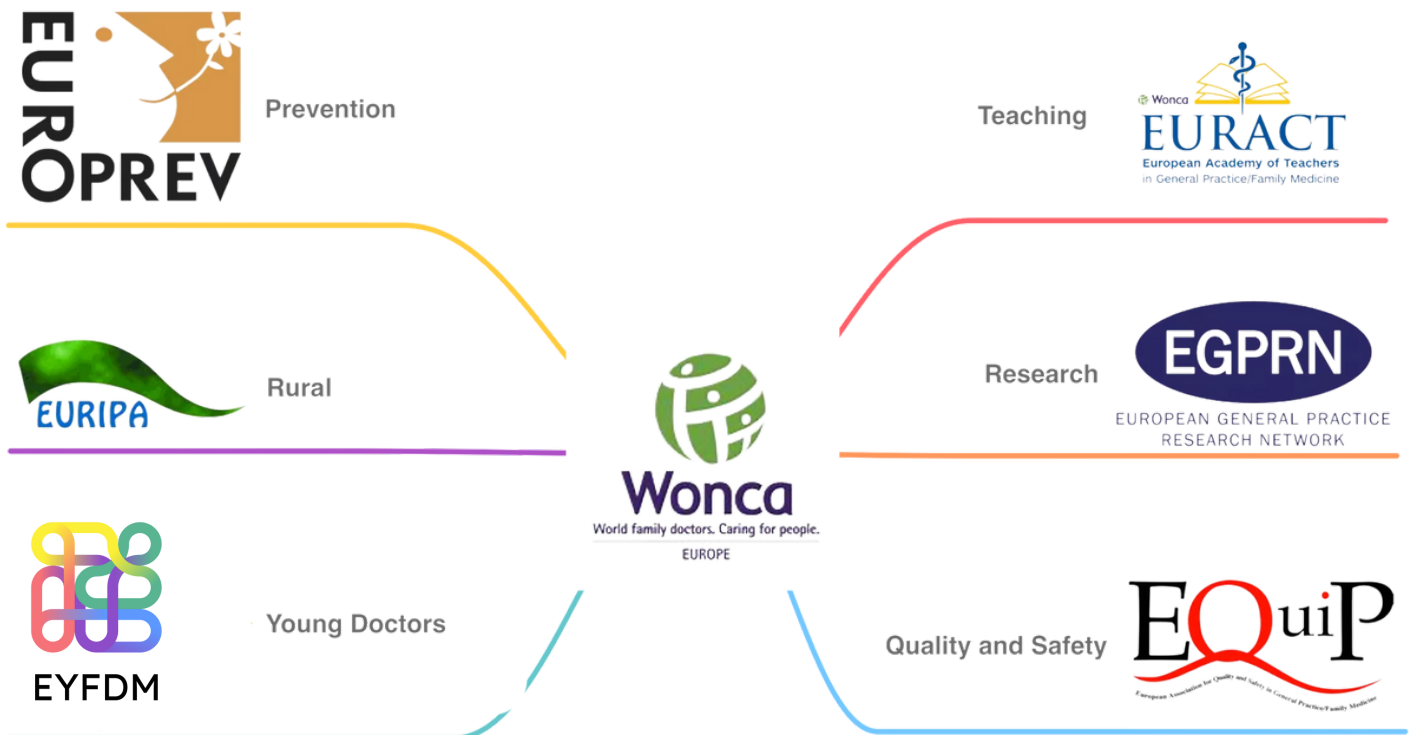
Whatever the group members are interested to explore. This can include research, planning workshops, advocacy campaigns and education campaigns. Indeed anything that the members would like to do that fits the vision and aims of the SIG endorsed by EYFDM.

WONCA EUROPE NETWORKS

Cooperate with WONCA Europe



EYFDM is one of the six WONCA Europe Networks. You can find out more about each Network here: <https://www.woncaeurope.org/page/networks>.



Are there more young doctor movements?

EYFDM & YDMs

Yes, EYFDM is one of the **seven** Young Doctor Movements (YDMs). No matter the distance, all YDMs cooperate with each other in different activities and projects.

WONCA Regions - YDMs

Africa - AfriWon Renaissance

Asia Pacific - The Rajakumar Movement

East Mediterranean - Al Razi Movement

Europe - European Young Family Doctors' Movement

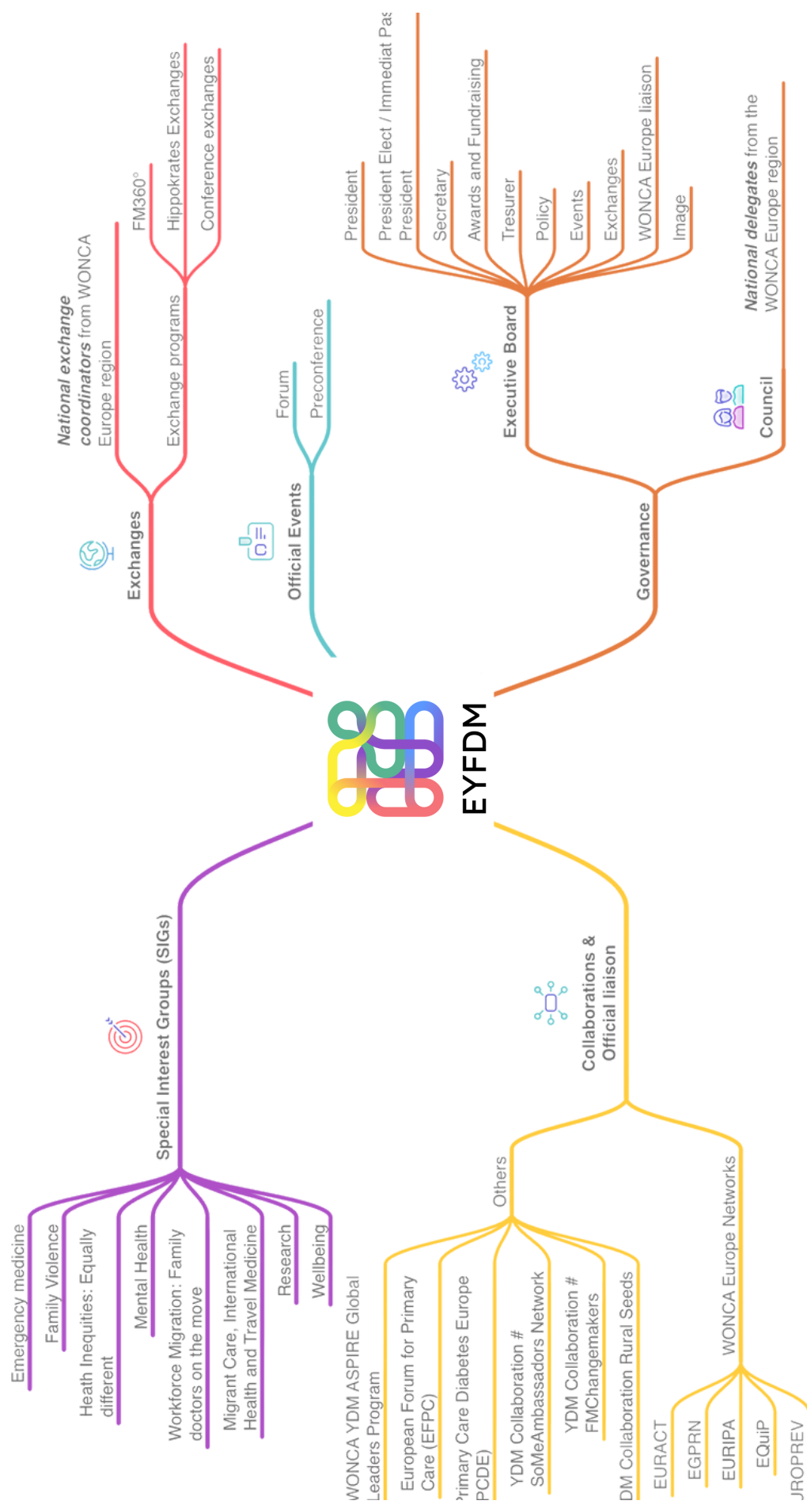
Iberoamericana-CIMF - Movimiento Waynakay

North America - Wonca Polaris

South Asia - The Spice Route Movement



EYFDM IN BRIEF





A short GUIDE to EYFDM

the movement of young family doctors



What is this all about?

To understand what EYFDM 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 European Young Family Doctors' 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 EYFDM member.

What is EYFDM mission?

EYFDM 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 EYFDM?

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

Follow us on **social media**:



Read the **full version of our guide on our website**.

A YEAR WITH EYFDM

WHAT CAN YOU DO WITH THE EUROPEAN YOUNG FAMILY DOCTORS' MOVEMENT WITHIN A YEAR?

CONFERENCE EXCHANGE
EYFDM Preconference is organised **every year** by young GPs for young GPs, starts right before the **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
European Young Family Doctors' 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.

EYFDM 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.

EYFDM FORUM

WONCA WORLD PRECONFERENCE WONCA WORLD

EYFDM PRECONFERENCE WONCA EUROPE CONFERENCE

