



European
Young
Family
Doctors'
Movement

THE EUROPEAN YOUNG FAMILY DOCTORS' MOVEMENT

BEING YOUNG STAYING YOUNG AWARD 2025

BACKGROUND

The EYFDM Being Young Staying Young Award is a prestigious award that recognised an individual of significance and substance within the EYFDM sphere; an individual who over a prolonged period of time had made a valuable and key contribution to, previously Vasco da Gama Movement, and now EYFDM. A recipient should be an individual who has not only contributed to and influenced the development of EYFDM, but also epitomizes, espouses and evokes in others the youthful mindset which characterises and underpins the heart, soul and ethos of EYFDM.

JURY

The nominations will be evaluated by a jury consisting of EYFDM Executive members and EYFDM Council members.

REQUIREMENTS

Nominator must be:

a "young doctor", meaning family medicine/general practice trainee or within 5 years of completing her/his training

Nominee must be:

a senior family medicine/general practice doctors. Nominees cannot be "young doctor", meaning family medicine/general practice trainees or within 5 years of completing their training.

A winner will be invited to give an inspiring speech during the 10th EYFDM Forum in Tallinn 30-31st January 2026.

DOCUMENTS

To nominate your candidate for BYSY Award, please provide:

1. A letter of consent from the nominee saved as „Name of the nominee_Consent_BYSY2025"
2. A completed template of a nomination form outlining why the nominee should be considered for the award saved as „Name of the nominee_NL_ BYSY2025". Template see below.

CALENDAR

All documents should be sent to the Awards&Fundraising officer: awards@EYFDM.eu by **2nd of November 2025**.

The winner of the BYSY Award will be informed about the results by the **9th of November 2025**.

The Being Young Staying Young Award winner will be announced during the 10th EYFDM Forum in Tallinn **(30-31st January 2026)**.

If you have any questions feel free to contact Awards&Fundraising officer: awards@EYFDM.eu



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Being Young Staying Young Award Nomination Letter

Name of the nominator:

Name of the nominee:

To present your candidate for the Being Young Staying Young Award please describe how the nominee contributed to the European Young Family Doctors' Movement and why they should be considered for the award. The following examples of contribution are not mandatory but may help you choose in what fields your nominee excels.

Your nominee may:

- actively advocate for VdGM/ EYFDM at international or national level
- ignite valuable improvements in the functioning of VdGM/ EYFDM
- take an active role in VdGM/ EYFDMForum or Preconference
- support activism of VdGM/ EYFDM members
- offer new opportunities for VdGM/ EYFDM
- collaborate with VdGM/ EYFDM