

Stronger Together: Charting the Course to Navigate the Future



5th Vasco da Gama Movement Forum

We'll see you in Porto soon!

The Vasco da Gama Movement Forums have been gaining in reputation because of their strong energy, enthusiasm and cultural diversity that are always included in the events. Furthermore, all of this rises up to a new, higher level with each new Forum edition!

Having a space where different countries share ideas and projects on a global level is fascinating and opens up our horizons on Family Medicine and the different realities that people live through. Coming together and sharing these different cultural contexts also contributes to reducing discrimination and social inequities, providing family doctors with knowledge and strategies that they may apply in their daily practice.

The Host Organizing Committee of the 5th Vasco da Gama Movement Forum has taken up this challenge and has looked into how to integrate innovation, quality and teamwork in this event. This Forum's theme is "Stronger Together: Charting the Course to Navigate the Future", so this forum's activities do not focus only in the scientific presentations that will take place in the different rooms, but it also wishes to actively promote interaction, the sharing and the teamwork spirit among all participants.

To start off, participants may choose to participate in a pre-forum workshop: the "Porto Exit Games" which is a fun game where a group needs to work collaborate in order to solve a mystery and "escape" to freedom; or the "Porto Tour", which is a tour filled with surprises through the heart of the city of Porto. We're also organizing teambuilding activities that will take place during the two days of the forum. The main objective is to promote and to expand the networking, as well as the development of partnerships between all participants.

Something that we couldn't go on without is without our fun and dynamic social program! We wish to let participants know about our Portuguese culture and gastronomy and we are very happy to share it with this international family. We will have a Porto d'Honra, an official dinner with music and lots of partying.

We are very engaged to make this Forum meet everyone's expectations and that all participants, be them "chronic" or "naïve", will feel "infected" by the innovative and venturing spirit of the Vasco da Gama Movement virus.

Join us in Porto in this adventure as we actively look into contributing to a stronger development of Family Medicine worldwide.

The final programme is available [here!](http://vdgm.woncaeurope.org)



vdgm.woncaeurope.org

