EUROPEAN YOUNG FAMILY DOCTORS MOVEMENT

VISION
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 specialty are recognised and respected as an essential component of Primary Care, sustainable health systems and achieving health for all.

AIMS
- Provide opportunities for all European young family doctors to meet, learn from each other, and gain collegiate support.
- Be the voice of European young family doctors education and support research opportunities.
- Promote the discipline of general practice / family medicine (GP/FM) and to enhance the position of young family doctors in the medical world.

MISSION
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 an unique insight and vital role to play in achieving equitable health for all, today as much as for tomorrow.

ACTIVITIES
- EXCHANGES
- AWARDS & BURSARIES
- EVENTS
- POLICY
- SPECIAL INTERESTS
- LIAISING

STRUCTURE
- Council - The governing body of the Vasco de Gama Movement. Its members - the National Delegates - are appointed/selected by WONCA Europe member organisations.
- Executive Group - elected by the VdGM Europe Council to carry out the maintenance and development of the organisation and enable our members to engage with our activities.
- Special interest groups (SIGs) - formed by our members for our members to share, learn and excel in different subjects of interest.
- Network liaisons - through them VdGM keeps up to date with the developments in other WONCA networks, regions and internal organizations, allowing for better collaboration and sharing of useful information.

JOIN US TODAY!


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A FAREWELL LETTER

It has been a great honour to serve VdGM and my colleagues across Europe in these past few years. Since starting my Presidency in January 2017 I have had the very great pleasure of leading VdGM through a series of organisational reforms to try to build a stronger foundation for the future. VdGM will be 15 years old this year and in those years we have grown from a small group of passionate young colleagues and their mentors, to a vast network across Europe conducting hundreds of exchanges and hosting events attended by colleagues from around the globe. At our heart we are still united by a passion for Primary care, family medicine and achieving the best we can for our patients.

As I come toward the end of my term of office I have been reflecting on what it is that creates a strong, vibrant and sustainable movement. I’ve identified 10 key elements: some of which were what excited me about VdGM when I attended my first preconference in Vienna 2012, some that inspired me to run for President in Copenhagen 2016, some which I have tried to strengthen and cultivate during my term of office, and all of which I call on all of you to develop and uphold for the future:

A movement starts with a **Community** - the shared characteristics of passion for our profession and for internationalism. Find the things that bring you together, cultivate and celebrate them.

**Common Vision:** universal accessible primary care for all, delivered in multidisciplinary teams led by well trained, respected and supported Family Physicians. Say it loud and say it proud!

**Communication:** We need to continue to create and strengthen our platforms for sharing, networking and learning together so we can cultivate ideas and innovations - this relates our website, social media and events but also our relationships and voice within and beyond WONCA

**Consultation:** ask your members what they think, what they want, what they believe, what they value. We hope that our new Policy Officer role and the subsequent work being done to open up policy consultations within VdGM will begin to fulfill this important goal.

**Collaboration:** learning to work together productively across borders and organisations strengthens our knowledge & skills and broadens our attitudes & perspectives. The purpose of the movement is to find others who share your passion and catalyse that interest through mutual sharing and learning. Find and build the groups, projects and activities that interest you and that make life better for our colleagues and patients. And once you’ve begun share them with others.

**Collegiality:** we are building a democratic members organisation that takes shared responsibility for its decisions and actions and endeavours to raise the needs and voice of its members through policy and engagement. our success will ultimately rely on our capacity to work together, to listen actively and carefully to those around us, to take responsibility for our actions, to inclusively and respectfully resolve our differences with open minds and hearts and conduct ourselves with professionalism, empathy and compassion.

**Culture:** the VdGM virus, the joyful social events, the traditions that emerge, the way we talk about our selves as friends and family... all this brings unity, common language and fun to what we do, which enables us to sustain this voluntary organisation on the power of internal motivation and connectedness.

**Cultivate:** Build a democratic infrastructure that allows fresh voices and ideas to be cultivated and heard. That mentors and nurtures its members to flourish, proactively investing in each next generation. Hold events that invite the latest topics - yes from experts but also from our members. We need to build movements where we can flourish as family doctors and leaders of our profession

**Courage** - the word evolved from the Latin word “courage” meaning heart... to have heart! Be brave speak up and speak out through policy and advocacy. The very notion of primary care has political connotations and we can not shy away from that. Being a GP/family physician gives us a unique insight into the needs of our patients and communities and with that a responsibility to advocate for them. We need to bring our voices together to advocate for:

- **Training** that will meet the needs of tomorrow
- Health system developments that **centre primary care and family medicine** at the heart
- **Equity of access** and universal health coverage for all our patients

And finally... **Continuous Improvement:** we will not get it right every time. We will make mistakes and miss opportunities. This is inevitable, this is life. What’s important is that we build a culture of open and transparent reflection, such that we can learn from our experiences. Be flexible and adaptable as individuals, professionals and as an organisation! Don’t stagnate! Keep challenging yourselves and our organisation to reflect, learn, grow and innovate! We are the present and the future of Family Medicine and its fate is in our hands.

Thank you to all Vasco da Gamaians for everything you have done and will do for our organisation, our profession and your patients across Europe and beyond.

Claire Marie Thomas, VdGM President 2017 - 2019
Dear Vasco da Gamians,

This is a great opportunity to thank you all for being with us. I would like to begin by applauding the work of Claire Marie Thomas, VdGM President 2016-2019 and the Executive Group for their enormous work and great effort last years. We all see how many essential matters have been improved. The huge progress which our Organisation has made last years is indisputable. Personally, I absolutely admire the team work which has been done, and I know my first challenge will be to maintain all achieved developments.

Always, when you try to make changes there are setbacks and false starts. There will be some who won’t agree with every decision or policy I propose as President. But I will always be honest with you about the challenges we face. I will ask and listen to you, dear council members, especially when we disagree. And we will together decide in open discussion and democratic decision if VdGM should go this proposed way or not. I hope you will be happy to have more debates about the ideas, always remembering the fundamental basis of our organisation: trust and friendship.

We discussed several of the most immediate challenges facing our Organisation and key priorities on which to focus in the weeks and months ahead to ease the situation, help our young family doctors back in your countries, and restore growth and brilliance of Family Medicine.

First, we need a plan that invests in immediate efforts to create a Good Governance. This will include guidance on council representation, standard operating procedures for council meetings and elections and management of our governing document.

Then, I hope we will move forward with a set of policies that will grow our organisation and strengthen our visibility in the long term.

Finally, we shall think about improving strategy to bring more active people and countries on board. We want to create opportunities for as many young family doctors as possible. We should improve strategies to attract and recruit new and future high quality, motivated and committed Vasco da Gamias. We need to approach potential source of active and open minded people, whom we need in VdGM and in Family Medicine in our countries now more than ever. I believe in strengthening the links between VdGM and students organisations.

We all should think about the future of our Movement and look for our successors already! I would like to encourage you to actively work with us on that. VdGM enables us to exchange our ideas, dreams and gather all our talents to serve Family Medicine in Europe. We are representing different cultures, miscellaneous perspectives and that diversity is our power. We all have the chance to change Family Medicine in Europe. We need to start from our offices, in our towns, and cities in order to see a change in our countries. Think globally, act locally. Let’s not wait for others but at ourselves and try to make that change now. VdGM won’t be greater without you. All that we want it to be can’t happen without you, without an energy of new Council Members and input of more experienced ones, a spirit of your passion. So let us summon a new spirit of energy, of responsibility and commitment, where each of us resolves to pitch in and work harder. We shall look after not only ourselves but also each other. Equal access to health care for everybody, quality and continuity of care, compassion, tolerance. We ought to remember and remind ourselves the values that we all share. VdGM is the voice of young family doctors across Europe. It is our voice. So let’s shout together!

Katarzyna Nessler, VdGM President
VDGM EXPLAINED

The Vasco da Gama Movement, VdGM is the European regional young doctors movement of WONCA, the World Organisation of Family Doctors. “Young doctors” are defined as new (within 5 years of completing training) and future (those still in training to become) family physicians or general practitioners.

STRUCTURE OVERVIEW

EXECUTIVE: elected by Council, responsible for organisational development and governance, supporting and overseeing Vdgm activities and representing Vdgm to externals. The WE Liaison sits on the WE Board and the VdGM President sits on the Global Young Doctor’s Movements (YDM) Committee with the other 6 regional YDM Leads and the global YDM Representative (who in turn sits on the WONCA World Executive).

COUNCIL - national country representatives appointed by their National Member Organisations who meet annually in parallel to the VdGM Preconference to vote on elections and governance issues and debate and decide on the direction of VdGM and the mandate for the Vdgm Executive.

ACTIVITIES

EXCHANGES - Hippocrates (within Europe), FM360 (beyond Europe), Conference (linked to national/international conferences). Each Country is encouraged to appoint National Exchange Coordinator, who is the first point of contact for persons wishing to go on exchange from that Country.

EVENTS - Annual VdGM Forum which accepts abstracts and curates an independent scientific program, Annual Preconference ahead WONCA Europe for learning more about Vdgm and networking, sharing and learning together.

SPECIAL INTEREST GROUPS (SIGs)- run by members with leads appointed/elected from within the groups. Approved by Executive. Report to Council. Share ideas and resources and develop workshops, projects and other outputs around the theme of the group. Often work in collaboration with other WONCA SIGs/working parties.

COLLABORATIONS - Liaisons appointed by Vdgm Executive in collaboration with the Network/Organisation to which they liaise. Report to VdGM Council and the Networks/Organisations to which they liaise. Tasked with identifying, developing and disseminating opportunities for Vdgm members within these bodies.

AWARDS - recognise and showcase achievements of our members (exchange awards, junior research award, fins Sips Outstanding Achievement Award) and seniors who have supported us (Beijing Young Staying Young Award).

FUNDRAISING - raise funds for carrying out the work of the executive and the activities of the organisation. Raise funds for the VdGM Fund - a dedicated fund created to offer bursaries to support deserving young doctors to attend VdGM and WONCA Europe events.

POLICY - open consultations on topics proposed by Executive or Council and approved by Council. Gathers the needs, thoughts and opinions of our members and key stakeholders to develop policy statements and guidance and promote the interests and voices of young doctors both within WONCA and beyond.
Our Secretariat this past year.

who has been invaluable in supporting the work of

Deputy Secretary and former EURACT Liaison Chloe Delacour, Zoitanu, who first served as Image Officer and the as the first ever WE Liaison. We will also be saying farewell to our fantastic

ate Past President. We will be electing a new WE Liaison in Bratislava and saying a fond and grateful goodbye to Raluca

year after vibrant and exciting elections with excellent candidates. In Bratislava our current President Claire Thomas will be

carrying out the core work of maintaining and overseeing Vdgm’s activities we have endeavoured to strengthen our organi-
tation in training and the workplace.

- Proposal to open policy consultation on Bullying, Harassment and Discrimination

- Memorandums of Understanding

- Special Interest Groups Operational Guidance

- VdGM_events Manual

- VdGM explained materials

The Executive met every month online and at our face to face weekend meeting in London in December. In addition to

carrying out the core work of maintaining and overseeing Vdgm’s activities we have endeavoured to strengthen our organi-
sation through advancing our relationships and our internal infrastructure and organisation.

We were joined by the newly appointed Policy Officer, Julien Artigny and President Elect, Katarzyna Nessler in Krakow last

year after vibrant and exciting elections with excellent candidates. In Bratislava our current President Claire Thomas will be

handing over to the incoming President Katarzyna Nessler. Claire will remain to support Kasia for one more year as immedi-
ate Past President. We will be electing a new WE Liaison in Bratislava and saying a fond and grateful goodbye to Raluca

Zoitanu, who first served as Image Officer and the as the first ever WE Liaison. We will also be saying farewell to our fantastic

Deputy Secretary and former EURACT Liaison Chloe Delacour, who has been invaluable in supporting the work of our

Secretariat this past year.

KEY GUIDELINES AND DOCUMENTS DEVELOPED THIS YEAR:

- VdGM Policy Development Operational Guideline: sets out how Vdgm will develop policy in matters of importance to our

members.

- Astana Declaration Response: our response to the WHO Astana Declaration on Primary Health Care.

- Good Governance Report which looks at matters of good governance arising within WONCA Europe and VdGM, the

management and development of our governing document, the results of our Council survey on electoral reform and council representa-
tion and includes a proposal to develop a Good Governance oversight committee.

- Proposal to open policy consultation on Bullying, Harassment and Discrimination which will include looking internally

at how to cultivate a professional and respectful working environment, but also at the wider issue of bullying, harassment and discrimi-

nation in training and the workplace.

- Memorandums of Understanding with WONCA Europe Networks: after surveying the Networks we developed mutually

agreed job descriptions for each Liaison role and successfully filled all of these roles with input from the Networks in selecting the candi-
dates. These Liaisons have been assisting us to develop a Memorandums of Understanding.

- Fundraising (including ethical guidance) - this guideline is formed from several consultations with our council members and

executive - built upon existing precedent. It will include detailed guidance on our ethical stance towards sponsorship, including considera-
tion of our interaction with the pharmaceutical industry and recruitment agencies. Final draft to be published autumn 2019.

- Special Interest Groups Operational Guidance - Following on from our efforts to raise the voice of our Special Interest

Groups by inviting them to observe at the Council meetings and have guaranteed slots to show care their work at the preconference

spotlight workshops, we have been working with VdGM SIG Leads to create operational guidance to improve SIG function and support.

Final draft expected late 2019.

- VdGM Events Manual: an manual gathering everything we know about how to best run preconferences and forums to ensure

we produce high quality events that build upon what we know and what we do best, are supported to grow both creatively and scientifical-
ly and retain the Vdgm spirit and sense of family and international collaboration at their heart. Draft due in the end of 2019.

- Communications/Image Strategy is under development and will cover how we can maximise appropriate platforms and

technology to improve and enhance our internal and external communications and publicity. Due for publication late 2019.

- VdGM explained materials: a voiceover recorded power point and pdf poster have been created and shared with Council,

SIGs and Liaisons to assist them in explaining and promoting VdGM in their countries and to new members and externals. There are further

video materials under development too that we hope to publish in late 2019/early 2020.
**AWARDS**

**FONS SIPS OUTSTANDING ACHIEVEMENT AWARD**

Jurors: Anneke Sips (daughter of Fons Sips), Prof Mehmet Ungan (WE President), Stuart Holmes (UK representative to vdm column), Elvira Ensink (Dutch representative to vdm column), Veronika Vezjak (Slovenian representative to vdm column)

In 2016, the Fons Sips Outstanding Achievement Award was created in honour of the contributions of one of VdGM’s founding fathers, Alphons Jacobus Ignatius Sips to the establishment of VdGM, the European Young Doctors Movement of WONCA. It was created in order to ensure that the heritage and history of movement was not forgotten and in order to recognise great work and contribution of its members. The celebratory action was tinged with profound sadness as Fons Sips sadly passed away shortly after its creation. The inaugural award was awarded to Fons Sips in memoriam and we were joined by his family in honouring him at the WONCA Europe Conference in Prague 2017.

The aim of the award is to recognise outstanding achievements of new and future family physicians/general practitioners and their contributions to VdGM. This is an award “by the members, for the members”, celebrating the passion and commitment of our members.

We are thrilled to announce Dr. Elena Klusova is the deserving recipient of the 2019 Fons Sips Achievement Award. Elena has been a passionate contributor to VdGM and WONCA from her active engagement in the family violence and emergency vdm special Interest groups, to her role as the Spanish National exchange coordinator. Elena is currently the Events Officer on the Vdgm Executive and a member of the WONCA Europe Conference Committee. She works in Ibiza Spain as a Specialist in Family and Community Medicine, Consultant GP with sub-specialization in EM.

Elena was nominated by her colleague, fellow young Spanish Family Doctor Dr. Rocío García-Gutiérrez Gómez who says “Elena is this kind of person who gives everything without asking anything in return. That year after year, and generation after generation, teaches the new arrivals, cares that everyone is well, motivates us with experiences, exchanges, conferences, workshops and thousands of activities with the sole purpose of being a united team and that we can grow and learn together. For Elena everything is WE instead of ME.”

**VdGM FUND BURSARIES**

Jurors: Dr. Jorge Vlasco – appointed by WONCA Europe Executive; Salima Sydykova and Mhia Mara – volunteers from VdGM Council; Elena Klusova – volunteered as Events Officer; Vera Pires da Silva – Awards & Fundraising Officer

**HIPPOKRATES AWARD**

Jurors: Nina Monteiro, Vera Pires da Silva, Dr. Shlomo Vinkler, Per Kallestrup

**NEELAM PARMAR** from the United Kingdom Exchange in Portugal shadowing Dr. Cristiano Figueiredo;

**CAROSINO AWARD**

Jurors: Nina Monteiro, Vera Pires da Silva, Dr. Shlomo Vinkler, Dr. Donata Kurpas.

**GIULIA SCHIAVI** from Italy - exchange in the United Kingdom shadowing Dr. Holly Tyson.

**DOMENICO ITALIANO** (Italy) “Exploring factors influencing the choice of a drug for pain relief in general practice: a qualitative study.”

**FABIAN DUPONT** (Germany) “A competen-cy based/ blended learning teaching approach”

**JUNIOR RESEARCHER AWARD NOMINEES**

(To be awarded in Bratislava Conference 2019)

Jurors: Vanja Lazic - vdm SIG Research; Vera Pires da Silva – Awards & Fundraising Officer; EGPRN representative.

Margarida Aroso (Portugal) Shirin Kyzy (Kyrgyzstan)
FUNDRAISING AND 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 to support VdGM Members to participate in VdGM Events, especially the Forum and the WONCA Europe Conference and Pre-Conference. We use the VdGM Fund especially to support those who have low income, as well as those who are new to VdGM, in the hopes that they would be inspired to become active members in the long term, aiding in spreading the VdGM Virus across Europe!

Any donations you give us are 100% used for the VdGM Fund, and therefore 100% given to new or low-income members to be able 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?

Through careful use of the budget available, we have been able to free up some funds for other activities - such as a Fundraising Workshop with the Torino Forum HOC and supporting our President-Elect to attend WONCA World. We aim to build on this and be able to free up funds for similar activities as well as supporting more of our members’ activities.

Development of policies within the Financial and Fundraising sectors - namely our Refund Policy, making things clearer, as well as ongoing work on our Fundraising Policy, which can offer guidance to the HOCs of forums and pre-conferences, which among other things helps in making the guiding ethical principles of VdGM clearer, as well as avoiding each successive HOC to have to reinvent the wheel.

Ongoing donations to the VdGM Fund: Last year we had €7111.94 donated to the fund. €5000 of this was donated by the WONCA Europe Krakow Host Organising Committee to enable us to deliver an extra 10 bursaries for WONCA Europe Krakow on top of our usual 2. The rest of the money was raised through the lottery and donations at the VdGM Booth in Krakow and Porto and through donations made through registrations for the Porto Forum. This is almost sustainable, such that we are able to raise sufficient funds at our events to cover delivering the standard 2 bursaries each for both the VdGM Forum and the WONCA Europe Conference. We hope to improve our donation framework, and with that hope to expand the use of the Fund and support and empower more of our colleagues.
EXCHANGES

HIPPOKRATES EXCHANGE

The Hippokrates Exchange is an exchange program for medical doctors specializing in Family Medicine/General Practice and junior Family Doctors/General Practitioners (within 5 years of completing specialty training). The program 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 1 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 specializing in Family Medicine and will be encouraged to gain insight into local resources and quality improvement activities.

32 HIPPOKRATES EXCHANGES HAVE BEEN COMPLETED IN THE PAST YEAR

CONFERENCE EXCHANGES are short term exchanges held before national GP/FMP conferences LAST YEAR THEY WERE ORGANIZED IN THE FOLLOWING COUNTRIES:

- UK (10/2018)
- SPAIN (9/2018)
- FRANCE (9/2018)
- CROATIA (12/2018)
- THE NETHERLANDS (1/2019)
- SPAIN (3/2019)
- FRANCE (4/2019)
- SWITZERLAND (4/2019)
- SPAIN (5/2019)
- CROATIA (5/2019)

FM 360 EXCHANGE

IN TOTAL: 32 Exchanges from Europe
(June 2018 - May 2019)

DESTINATIONS: SOUTH AMERICA: 20; NORTH AMERICA: 4; AFRICA: 2; ASIA PACIFIC: 4; SOUTH ASIA: 3
RECEIVED: 7 EXCHANGES FROM IBEROAMERICA

WHAT IS IT ALL ABOUT?

The Family Medicine 360° Program is a global exchange program 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 4 weeks visiting the Primary Health Care System of a different country, all over 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 program is based on and developed by young doctor’s movements worldwide and supported by WONCA World.

In order to provide a standardized educational experience, the Family Medicine 360° Program 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 program 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.
This past year VdGM has experienced a growth in followers throughout our social media platforms. The communications/image strategy has been started and is expected before the end of 2019. We have tried out some more innovative and fun ways to reach out to the community, namely the Christmas video or monthly activity's calendar. There has also been an active collaboration between the WONCA Europe networks in order to outline an assisting mechanism in strengthening our communications. The future holds large new developments on the way, such as new website, new communication strategy and much more...

An active engagement throughout our online presence allows us to broaden the discussion on family medicine topics which are most important to us - junior specialists. Join us today and let's grow the community stronger!

If you have an idea which you would like to see come true in vdgm - write to us at image@vdgm.eu and we will find a creative solution for it!

VdGM materials, such as presentation, poster, etc. are available on our website's front page for you to download and share.
EVENTS

2018 PRECONFERENCE IN KRAKOW, POLAND

The WONCA Europe Pre-conference 2018 took place in Qubus Hotel in Krakow on May 23rd and 24th. The theme of the Pre-Conference was: “GP - more than a specialist”. 169 participants took part in the pre-conference.

The programme of the Pre-conference started with the Key-Note Speech of Prof. Michael Kidd. The programme was based mainly on workshops and group classes to maximize opportunities for communication and the exchange of experiences.

Participants had the opportunity to take part in workshops on ultrasonography, sutures, natural delivery, assertiveness in Primary Care, communication with psychiatric patients, modern dressings on chronic wounds and scars, spine and knee examination. During the Pre-conference, sessions coordinated by WONCA network organizations were also conducted.

As part of the Pre-conference a social event was prepared where, in a less official atmosphere, young family doctors had opportunities to talk to each other and exchange experiences. Also, the running workshops for Young GPs took place during the event. “Run with Mikołaj” was an interactive meeting for GPs who were willing to learn the most common causes of patients’ injuries. The “Galloway Run Walk Run” method: 5-6 minutes of jogging intermingled with short stops, is a safe method of training for people who have never run before, as well as running amateurs. Short stops were intended to talk over the main reasons for knee joint, hip problems and pain in the lumbar spine. At each station all participants carried out an examination.
A YEAR IN EVENTS

Representing our network across Europe was a great journey this past year: we had a strong presence at WONCA Europe Krakow 2018 - great workshops and sessions organized by VdGM have been actively participated at. Throughout the year we have also endeavoured to be represented at the various WONCA Europe Network Events by our Liaisons and our Executive board members where possible, including our President delivering ‘the end of day summaries’ at the EUROPREV Forum in Porto. We have also attended national events when invited, including our President, Events Officer and FM360 Liaison running workshops showcasing VdGM at the Swiss JHAS Symposium.

WONCA World: On the 17th - 21st October 2018 we participated at the Wonca World conference in Seoul, South Korea where we have actively engaged with YDM Global Groups, raised funds for Global Fund with karaoke social; took part in the young doctors preconference; contributed to multiple workshops on topics such as social media and medicine, women and leadership and discussed how to build young doctors movements.

2019 PRECONFERENCE IN BRATISLAVA, SLOVAKIA
25th - 26th June 2019 #VDGMPRE19
We expect over 100 participants to join us in Bratislava for 2 fun filled days ahead of the WONCA Europe Conference. The preconference aims to bring together young doctors to network, share and learn together. It’s a great opportunity to catch up with old friends and make some new ones. It’s also the perfect way to get to know about all the opportunities that VdGM has to offer.

The theme this year is General Practice: the Human Side of Medicine. We will open with a keynote from esteemed WONCA Europe Past President and WONCA World President Elect Dr Anna Stavdal. Following this there will be workshops and group discussions on the topics Refugee Care, Transgender Care, Emergency Care and Care if families affected by trauma.

We will also be repeating the very successful “Spotlight Workshops” where we have invited colleagues from the WONCA Europe Networks and the Vdgm SIGs to showcase their activities and opportunities for new and future GPs/family physicians. We hope to see you there!

6th VdGM FORUM IN TORINO, ITALY
27th - 29th September 2019 #6VDGMF
Lively and elegant, always in movement city of Torino, set at the foot of the snowy peaks of the western Alps and enclosed by the winding course of the River Po, this year will have the pleasure to host the 6th Vasco da Gama Forum.

Between the 27th and 29th of September the first capital of Italy invites future and young family doctors from all over Europe to share science, spirit of innovation, friendship, joy, young energy and passion for family medicine in the historic building of OMCEO, the College of physicians of Torino.

As usual in our European events, prior to the Forum, between 10 and 15 residents of family medicine will be able to participate in the Conference Exchange attending the consultations of the GPs of Torino and its surroundings. This year the visitors of Torino will have 2 extra exclusive opportunities. The Torino Forum will be linked to the already famous EQUIP Summer School and the day before the conference all interested doctors will be offered the Pre-forum Symposia with exclusive workshops of “Hi-fidelity simulated patient consultation of primary care and emergencies” and the magisterial Cochraine meta-analysis class.

The Forum's program this year aims to highlight the high scientific quality of the expected workshops, whose main themes will be: PATIENTS EMPOWERMENT, CLINICAL ASPECTS IN FAMILY PRACTICE, GP-PATIENT RELATIONSHIPS, PHYSICIAN’S HEALTH & WELLBEING, GPs’ ROLE WITHIN THE TEAM WORK and TOWARD A NEW WORLD: INNOVATION IN FAMILY MEDICINE. We are happy to keep the patient’s voice in mind at our conference this year and we are proud of the methods of individualized mentoring of the presenters and personal feedback to the authors, which we are going to apply this year. With these modalities we intend to increase the quality of the presented works, take advantage of the process of preparation of the abstracts to guarantee the learning in the difficult, unknown by many task of publication, increase of the educational impact and motivation of the participants.

VdGM PRECONFERENCE IN BERLIN, GERMANY #VDGMPRE20
23rd - 24th June 2020
Just before the 25th WONCA Europe conference - let’s all meet again at an exciting city of Berlin to explore, build new friendships and learn more about family medicine in young specialists’s eyes.

7th VdGM FORUM IN EDINBURGH, UK #7VDGMF
Early 2021
This year we held elections for the 7th Vdgm forum. After excellent applications from our UK and Turkish colleagues the Council voted for the Forum to be held in the UK in the beautiful city of Edinburgh. The theme proposed is “Perspectives in Primary Healthcare” and is likely to take place in early 2021.
SPECIAL INTEREST GROUPS

**FAMILY VIOLENCE** vdgm.fv@gmail.com
Lead: Nina Monteiro (Portugal)
Feminist, travel addict, amateur photographer, cat lover
Challenge - Finding collaborators
Success - The addition of two new members to the group who are very engaged and actively collaborating in the upcoming activities.

**MENTAL HEALTH** vdgm.mentalhealth@gmail.com
Lead: Ozden Gokdemir (Turkey)
Working in Izmir with precious Faculty of Medicine students, passionate about Health For All and Health Education
Plans - Mental health is crucial not only for our patients and community but also for our colleagues and our selfcare. We are planning researches to define the condition and to structure sustainable solutions.

**EQUALLY DIFFERENT** ed.vdgm@gmail.com
Co-Lead: Yusianmar Mariani Borrero (Portugal)
A Mix european mind with a very latin soul, Enjoy photography and travelling and is deeply in love with her daughters. Passionate about Family planning and Women Health.
Co-Lead: Sara Rigon (Italy)
proud family doctor without borders, passionate women and human rights activist, cherishes time spent with family and friends, loves going to the movies and any for of storytelling
Key challenges: selecting the topics and projects to work on as members were and are passionate about several different topics; juggling among the different projects the team decided to work on; Key successes: new active members in the group; the team showed incredible collaboration, respect, team spirit and flexibility while working as a group yet on different projects and topics

**EMERGENCY MEDICINE** em.vdgm@gmail.com
Lead: Elena Klusova (Spain)
Adrenaline addict in love with the world of emergencies with a special passion for the humanity of family medicine, an inexhaustible defender of absolute justice and honesty.
Challenges - we would have liked the response and involvement in the work of the group to be better. Success - The fact of the creation of EM group in Europe, where many countries have specialty of Emergency Medicine and family doctors are involved little in EM, has been a great victory.
Plans: To gather a small steering committee of passionate people and to involve the new members in the preparation of our first group work in 4 international congresses in 1 year, I believe is an encouraging result

**WORKFORCE MIGRATION: FAMILY DOCTORS ON THE MOVE**
Lead: Sonia Tsukagoshi (UK) workforce.vdgm@gmail.com
London GP, lecturer and researcher in Japan. Plans entire day around her meals and loves to cook, eat and take photos!
Challenges - To gain momentum as group only formed in 2019, to receive funding for projects, to ensure inclusivity as requests to join group from across world
Success - Already have >110 members on Facebook across WONCA Europe and Asia Pacific; Have had two meetings already with enthusiastic embers and a plan to have a web-streamed regional meeting in August

**MIGRANT CARE, INTERNATIONAL HEALTH AND TRAVEL MEDICINE**
Lead: Cristiano Figueiredo (Portugal) migrantcare.vdgm@gmail.com
Love to cycle, travel and go on exchange, health innovator having started projects like Walk with a Doc Lisboa, Lisbon Social Prescribing Project and Bengalisboa Community Health Project.
Plans - To have at least one workshop, presentation or poster at the WONCA Europe Conference 2020 & 7th VdGM Forum 2020. To strengthen our collaboration with the “senior” Wonca SIG. To promote joint and multisite research among our members on the topics of the SIG.

**RESEARCH**
Lead: Vanja Lazic (Croatia) research.vdgm@gmail.com
Trainee, PhD and masters student, spends all money on travelling with Fran Luka the two-year-old, wife Nika and miniature schnauzers Nox and Lun; Success - Collaborative research group on barriers to reasearch in early career GPs and the development of White paper on collaboration with EGPRN. Plans: to wok on: early career GP reasearch enablers; tangible outcomes of doing research; creating research ecosystems; creating mentorship opportunities and research training; using new technology to approach and network with early career GP researchers.
WONCA EUROPE NETWORKS’ LIAISONS

**EURACT Liaison**
Sophie Sun (France)
loves foreign languages, research and teaching, and is convinced that general practice is the keystone for better healthcare for all.
new in this position, contributed to the Lisbon Assessment Course organisation.
Challenge - Funding to attend Council meeting
euract.vdgm@gmail.com

**EURIPA Liaison**
Berit Hansen (Denmark)
VdGM enthusiast since 2012, just married wonderful Jo and waiting our first child, huge food and wine lover and always looking for a next travel destination
Highlight - the close work with the EURIPA executive that has welcomed and supported all my ideas. EURIPA executive has always shown a huge interest in supporting young rural GPs and wish to do so further on.
Challenge - Funding to attend meetings
euripa.vdgm@gmail.com

**EUROPREV Liaison**
Emmily Schaubroeck (Germany)
passionate about ‘Equity in Health’ through a ‘Think global, act local’ strategy, I like to meet the world by hiking, carrying all what I actually need on my back and further rely on all kinds of communication and I love that the world was coming to me in the Community Health Centre.
Highlight - I really appreciated the VdGM Video Calls between all Liaisons to get inspired on how to approach the network.
Challenge - changes in EUROPREV, such as website redesign, made it difficult to promote activities
europrev.vdgm@gmail.com

**EQUIP Liaison**
Felicity Knights (UK)
marrried to Dan, passionate about improving the work around her and improving health equity
Success - Generalised increase in value and support for the role of Young Doctors in EQuIP e.g. the EQuIP 2020 Assembly is likely to have a ‘Young EQuIP Ambassadors’ team
Challenge - Establishing an understanding of VdGM and the role of young doctors in EQuIP
equip.vdgm@gmail.com

**EGPRN Liaison**
Vanja Lazic (Croatia)
trainee, PhD and masters student, spends all money on travelling with Fran Luka the two-year-old, wife Nika and miniature schnauzers Nox and Lun
Success - Collaborative research group on barriers to research in early career GPs and the development of White paper on collaboration with EGPRN
Challenge - Promoting research in early career GPs in VdGM
egprn.vdgm@gmail.com

**PCDE Liaison**
Jose Castellanos (Spain)
Curious about life in different places and contexts. Enjoys learning an trying new things.
Only started in this position this year. Plans to attend and promote PCDE activities. Collaborate in the development of projects and studies involving PCDE and VdGM, and help others to do as well.
pcde.vdgm@gmail.com

**FM360 Global Exchange Program Liaison / Europe Regional Coordinator**
Rianne van Vliet (The Netherlands)
living in the Hague and love to sing in choirs and passionate about connection people together and help them learning from each other
Challenges - Working on social media, building on the platform, more involvement of other Regions, more people on an exchange, more structure and information to candidates.

**ASPIRE Global Leaders Program**
Maria João Nobre (Portugal)
grew up by the sea, travel lover and enthusiast about teaching. Free thinker and looking for new ways to be motivated about her career.
Challenges - Financial capacity to support the expenses related to the conferences I was expected to attend;
Success - Recognition of ASPIRE name and program, showing growing interest in the Leadership topic.
**COUNCIL**

**Emmanuela Fernandova**, The Czech Society of General Practice, representative of **Czech Republic** since 2019, with the organization of young doctors called Mladí praktici. The event for young family doctors in Czech Republic is held annually. For young doctors in this country the key success was presenting some workshops, organizing conference and publication of an article in Forbes magazine.

**Julia Pongracz**, Austrian Society of General Practice/Family Medicine, since this year, representing **Austria**, where the young family doctors organisation's name is JAMÖ. In the past year JAM 2018 (Conference for young GPs) was held, as well as several workshops in cooperation with the senior organisation. There is a national event for young doctors in Austria held every year, called JAM, which together with Masterplan GP/FM are key success.

**Mihai Mara**, Romanian National Society of Family Medicine/General Practice, Romanian representative since 2016. In **Romania** Young Family Doctors’ Group is a part of the National Society of Family Medicine. The core activities undertaken by your young doctors in the past year in Romania were National Conference of Family Medicine in Bucharest - special session for young doctors with 5 oral presentations of regional coordinators followed by discussions. Also, several online Skype meetings of the board of the young doctors’ group were held. Successes of this young doctors’ group were recruiting new regional coordinators, organizing a special session at the National Conference and elaborating a new list of priorities for the group. Successes for all trainees in family medicine in Romania: the government increased the salaries for trainees in summer 2018.

**Ermoilos Merkouris**, Greek Association of General Practitioners, representing **Greece** in VdGM Council since 2015. The Greek Association of General Practitioners (ELEGEIA) handles all Family Doctors, Young or otherwise. There have been numerous workshops and presentations -internal- in at least 5 different instances since the beginning of 2019, and some carried by Young Doctors in the 55th Equip Assembly in Thessaloniki. Moreover, there were a few presentations in the last VdGM Forums and during the last WONCA Conference/VdGM Preconference. Once each year the first day’s programme of National Conference is dedicated on the Young doctors. Also, part of that first day’s programme is a presentation of VdGM. The State is moving on establishing “a General Practitioner for every citizen”, meaning GPs are moving to cover every nook and cranny in the PHC system.

**Joanna Alksnin**, College of Family Physicians in **Poland**, Polish representative since 2018, Młodzi Lekarze Rodzinni (Young Family Doctors). We hosted WONCA Pre-Conference in 2018 in Krakow. In Poland we organise Preconference (spring) and Forum (autumn) for young family doctors every year. Since 2018 we have Young Doctors Committee and now we participate in the deliberations of Polish College of Family Physicians. Every province has its own Young doctor representative in the regional board. Also Polish Young Family Doctors are very active online. Our fb group has 2246 members, we have FB page for the Patients (Young Family Doctors for the patients).

**Peter Lipovsky**, The Slovak Society of General Practice of the Slovak Medical Association, representing Slovakian Young GPs (Mladí Praktici) since 2018. This group presented a poster during Wonca Conference in Krakow. Young GPs in **Slovakia** have events twice a year. They activated the organization, managed to broaden the competences of GPs and increased the awareness of GPs.

**Susanne Cording**, Swiss Society of General Internal Medicine (SGAIM), representing Young Doctors Group in **Switzerland** (JHaS) in VdGM Council since 2013. Last year managed to organise the national conference, participate with other representative from their young doctors group in several other bigger conferences within the country.

**Yana Maksymets, Ukrainian** Family Medicine Association, since 2017 representing Ukrainian Movement of Young General Practitioners (UMYGP) which organised sessions with oral presentations of young GP 4 times per year at National Conferences. A few posters and one slaid 5-min presentations were presented at Wonca Europe Conference (Krakow) and Wonca World Conference (Seoul). 2 young GPs participated in exchange programs (Mallorka and Lovah Exchange) and 3 articles were published about exchange results.

**Indra Van Hoorick**, Belgian Society for General Practitioners/Family Physicians, representing **Belgium** since 2019. There are two organisations for young GPs in Belgium- one for the Dutch speaking part of the country: Jong Domus and the one for the French speaking side: SSMJ (which organises a conference each year). Jong Domus organised political debate about PHC decisions, workshop about diet given in duo by a dietician and young GP; workshop “let’s talk about sex”, price for the most innovative/out-of-the-box research study by a GP resident, helping with the organization of a “starting day” for residents that soon will start as independent GP. Also, they managed to strengthen the collaboration with senior GP organization. For SSMJ: price for the best research study by a GP resident and study day about dermatology were last year successes. At the national level both organisations started a collaboration to go together to international conferences and to assure continuity of the delegate and NEC for VdGM.
Max Haag, Societe Scientifique Luxemburgish Scientific Society for General Practice, representing Luxembourg since 2016. This year involved in collaboration with the national medical students of Luxembourg association for the family doctor day as well for a training day at the hospital and with national scientific organisation of family medicine. Managed to get an approval of raising the salary for future Residents. The attractiveness climbs for family medicine rises in Luxembourg.

Chloe Perdrix, Collège de la Médecine Générale, French representative since 2018. Involved in organising two conference exchanges in Paris. Managed to increase the collaboration with French National college and other National Young GP organisations, get the right to participate as observers in French national college sittings, improved communication on social networks with GPs in France, started to build a website. Also, she participated in international sessions’ organisation during the national GP conference. The success of the Young Doctors Organisation in France that Chloe belongs to was increasing visibility and improving contacts with French GP College.

Ana Nunes Barata, Portuguese Association of General Practice and Family Medicine, representing Portugal since 2015, where organisation for new family doctors works as a department of the national member organization (NMO). Managed to hold workshops on VdGM during last year’s annual meeting of the NMO. Young doctors organisation in Portugal organises national event for young doctors once a year. Managed to speak to the first year residents at the welcome reception ceremony when starting residency training programme, which helped greatly to gather new members.

Miriam Rey, Spanish Society of Family and Community Medicine, Spanish representative in VDGM Council since 2018. In Spain the organisation for new family doctors works as part of SEMFYC, which has a group for young doctors and another one for the ones in training. Spanish VdGM team presented workshops, oral presentations and posters during Krakow 2018 and Seoul 2018 and during several other national conferences. VdGM Spanish members are part of the groups which collaborate with the Sigs (Emergency, Migration, Family violence). Last year managed to generate protocols to have all the info for exchanges and everything checkout, maintain a registration process for the involved people and for the exchanges, create a twitter account @VdGm, organize the Conference exchange, Madrid, Barcelona, Palma 2018 and Madrid, Málaga 2019. Also Spanish VDGm team created a working group core for the organization and have it recognized by Semfyc.

Stuart Holmes, Royal College of General Practitioners, UK—representative since 2018. NMO of UK - RCGP has a committee -the Junior International Committee (JIC) which acts as the UK branch of VdGM. It is a competitively-selected committee of interested new and future GPs who work together to create opportunities for UK new and future GPs to engage in international primary care, e.g. exchanges, humanitarian work etc. This year the UK branch of VdGM contributed to workshops at Wonca Europe, Wonca World and the RCGP annual conferences and also hosted an academic symposium on international primary care in the UK. The RCGP Junior International Committee has an annual symposium for trainees/First5’s. Last year, JIC had successfully bid to hold the 7th VdGM Forum in the UK in 2021.

Viktorija Mickevičiūtė, College of General Practitioners of Lithuania, Lithuania representative since 2018. So far, there is no national organisation for young family doctors in Lithuania, although there is young doctors movement called Lithuanian Junior Doctors association which units young doctors of all specializations. Some active young family medicine trainees had a few presentations for medical students and new family trainees, where there were discussions regarding challenges at work, leadership skills and career possibilities.

Yelena Khagey, Kazakhstan Association of Family Physicians, representing Kazakhstan in VdGM from 2015, with the young doctors organisation called Silk Way. Yelena performed poster presentation at Wonca Seoul Conference in 2018. The key success is the fact that Kazakhstani government has decided to reinstate Family Medicine residency starting from 2020.

Jana Kovacevic, Croatian Family Physicians Coordination (KoHOM), from 2016 representing Croatia in VdGM council. There is no official young family doctors organisation in this country. The success is continuity of training in family medicine.

Christian Rechtenwald, German Society of General Practice/Family Medicine, representing Germany since 2015, where the young family doctors organisation’s name is JADE. Annual nationwide 3 day meeting (2019 Heidelberg), the general assembly on national GP congress (2018 Innsbruck), Development of new Homepage with Forum Position paper regarding the new nationwide advanced training guidelines were successfully held in Germany. Young doctors organisation in Germany organisates national Preconference and Forum for young doctors once a year. The key success for Christian was keeping the boat afloat and establishing new NEC for Germany plus locum.
Marco Gardini, Centro Studi e Ricerche in Medicina Generale, Italian delegate since 2018. An Italian Movement for young GPs Movimento Giotto prepared uncountable workshops, presentations and posters in many Italian scientific meetings. Moreover, yearly national assembly and other scientific meetings were organized. The success but also a challenge is organizing the VdGM Forum in Torino in 2019. Italian team hopes to involve more young doctors in their network as well as a research in general medicine.

Karl Cutajar, Malta College of Family Doctors, new council representative for Malta (2019). There is no organisation for young GPs in Malta yet. Becoming actively represented in the VdGM and having a new exchange coordinator are key challenges at the moment.

Ivan Gorev, Bulgarian General Practice Society for Research and Education (BGPSRE), is representative of Bulgaria.

Gudrun Sigurdandottir, The Danish College of General Practitioners, is representative of Denmark.

Niko Nousiainen, Finnish Association for General Practice, is representative of Finland.

Clare Kelly, The Irish College of General Practitioners, is representative of Ireland.

Limor Adler, Israel Association of Family Physicians, is representative of Israel.

Salima Sydykova, Association of Family Group Practices (FGPA), is representative of Kyrgyzstan.

Ruta Vintere, Rural Family Doctors Association of Latvia, is representative of Latvia.

Elvira Ensink, Dutch College of General Practitioners, is representative of The Netherlands.

Ingvild Vatten Alsnes, Norwegian College of General Practice (NFA), is representative of Norway.

Veronika Vezjak, Slovenian Medical Association, is representative of Slovenia.

Joana Gomes, The Swedish Association of General Practice, is representative of Sweden.

Berk Geroğlu, Turkish Association of Family Physicians, is representative of Turkey.

MAP OF VDGM COUNTRIES

Congratulations to new council members from:
AUSTRIA
MALTA
IRELAND
ISRAEL
POLAND
SLOVENIA
“I have always known and believed that borders do not exist. And being a part of VdGM has confirmed this. It does not matter where you are from, what language do you speak, how many kilometers are between us, the friendship and love erases those differences. VdGM thank you for friendships I have made.” Marina Jotic

From left: Andreea Zoderu (Romania); Marina Jotić Ivanović (Bosnia and Herzegovina); Jekaterina Stepiceva (Latvia) at 2018 VdGM/ Foundation for the Development of Family Medicine in Croatia, Conference Exchange, Zagreb (Croatia)

A message to the departing president: “Claire, it has been a great luck to have met you, I feel madly happy to consider myself your friend. Thank you for being my example in passion, excitement, enthusiasm, tireless energy, wisdom, tact, emotional intelligence, unstoppable fighting force, insisting on pursuing your dream and fighting for what you believe, being a hard-working woman and a leader, being a friend and incredible person, fair cheerful, endearing, full of light.” Elena Klusova
OUTBREAK - STORIES OF THE INFECTED

The first cut is the deepest - stumbling into vdgm after grabbing a scholarship opportunity for the 2014 Lisbon conference. And suddenly I was among all those nice open minded folks dancing in the congress meeting. **Christian Rechtenwald, Germany.**

Learning to dance salsa in Krakow Preconference with GPs from various countries, very relaxing and bonding. **Jana Kovačević, Croatia.**

Swaying and dancing in time to the Pocahontas theme tune as the ‘Tuna de medicina’ sang at the end of the 6th VdGM Forum in Porto. Dutch Party, Krakow 2018... felt like I was 25 again! **Stuart Holmes, UK.**

My first conference exchange in Palma de Mallorca, meeting lots of GPs from all over Europe and improving my English. Organising the 4th VdGM Forum (very efficient for National team building. **Chloé Perdrix, France.**

When giving my speech at the VdGM forum in Porto, looked out onto the sea of faces from all 7 global regions, each one of them passionate about primary care and ready to share and learn together. **Claire Marie Thomas, VdGM President.**

The best moment was definitely the first Wonca World I attended in Rio 2016. About 5000 doctors attended and likely 1/3 were young doctors. So many considerable sessions. Even between there have been social activities! Dancing classes for example. The atmosphere was gorgeous and all the lovely people I met and shared time with! **Max Haag, Luxemburg.**

A wonderful dinner in Porto, and a nice and really interesting conversations with all the nationalities people about things we all believe. There were no age limits, no different attitudes between all of us. We are just happy people who love Family medicine and try to do our best for it. **Viktorija Mickevičiūtė, Lithuania.**

VdGM group cheering for our young doctors at the Opening Ceremony of Wonca Conference in Krakow. Priceless! Such a wild and vibrant group! **Mihai Mara, Romania.**

The teambuilding activity during the opening ceremony at the Dublin Forum: we were doing the drums with hundreds of doctors together, it was magic. **Indra Van Hoorick, Belgium.**

Dancing and laughing with young colleagues from all nationalities on a boat anchored in a river of Strasbourg, like in a Highschool Ball, but sharing our common background as GPs. **Marco Gardini, Italy.**

Learning Salsa from two of our colleagues - one Italian, one Cypriot - in the foyer of the Pre-Conference Hotel in Krakow. In spite of all the years of studying, we still have much to learn, and we can do it with a smile on our face, with colleagues and friends from all over the world. **Nick Mamo, UK/Malta**

Being part of host team in Krakow and filling all the happiness and solidarity between all the participants and dancing salsa! **Joanna Alksnin, Poland.**

Attending my first VdGM Conference Exchange and finding a group of Young GPs as enthusiastic and crazy as I am! **Felicity Knights, UK**

Eating pizza in Strasbourg with a diverse international group after making fun pictures at Saint-Thomas Place will always be an incredible memory of the union and friendship of talented people who are excited to work, innovate and grow. **Elena Klusova, Spain/Russia**

Arriving alone at Seoul's Pre-Conference and met so many friends from around the world that I first talk in previous conferences – I felt like I was part of something big and beautiful, this bigger family, a global family. **Maria João Nobre, Portugal**

Going on Hippokrates Exchange to London has enhanced my career as a family doctor to an all new level. I have found long-lasting inspiration and confidence to improve health care back home. **Cristiano Figueiredo, Portugal**
VdGM’s response to Astana declaration

VdGM is the European Young Doctors’ Movement of WONCA, the World Organisation of Family Doctors. We promote the discipline of Family Medicine and the European voice of the New and Future General Practitioners / Family Physicians (NFGP/FPs). We believe that NFGP/FPs have a valuable contribution to make in achieving equitable health for all.

Therefore, we welcome the Astana Declaration’s affirmation of the key role of primary health care within effective health care systems in securing Health for All.

We are concerned that the lack of the definition of primary health care professionals may hinder the practical application of the declaration’s commitment. Whilst recognising the diversity of primary health care teams composition globally, multidisciplinary teamwork within the primary health care team is an essential component for achieving sustainable goals. Failing to cite those key actors in primary health care is a missed opportunity to deliver a strong message highlighting the value of interdisciplinary working within primary health care and thus the need for governments to invest in training and retention across disciplines.

Nevertheless, we welcome the recent the Memorandum of Understanding between WONCA and WHO as a major breakthrough in uniting our efforts to tackle the challenges we will face together in achieving equitable Health for All.

The Primary Health Care (PHC) Young Leaders Network is a step forward. These young professionals are not only future leaders, but many are already innovating and leading within Primary Health Care in their own countries and beyond. The work and advice of this group must be at the forefront of this crucial phase of implementation at both national and international levels.

The sustainable objectives set by the declaration are now conditional on implementation in the signatory countries. Young European PHC professionals, including young and future European GPs/FPs, will ensure that these commitments are implemented such that 2030 is not another anniversary celebrating the failure to achieve equitable and accessible Health for All.

Young physicians are both reservoirs of expertise and vectors for the implementation of projects. They should be considered as the drivers of decisions shaping the health systems in which they will be the main actors, now and in the future.

New and Future General Practitioners and Family Physicians are ready to play an integral role in the work to achieve the sustainable objectives set by the declaration.