Vasco da Gama Movement

www.vdgmeu

VdGM and EURACT

Catarina Matias
Young GP at Mortágua’s Health Center
VdGM’s Europe Council - Portugal
WONCA’s European working group of GP/FM trainees and young Family Doctors
2004: 1st preconference in Amsterdam;

January 2005: organizations of the foundation ideas: Lisboa (Vasco da Gama, portuguese navigator);
- **September 2005**: official beginning of activity – WONCA Europe Conference - Kos;

- **Since then:**
- Represent young and future Family Doctors;
- To be their active voice.
How?

- Give support and information to young and future GPs, by giving them access to WONCA Conferences and Preconferences, meetings; research opportunities

- Communication net, identifying worries, doubts and needs and investing in their solutions;
Through...

- Improve exchange training programs (database and quality patterns);

- Write and publish information about VdGM in your own country – “spread the word”;

- Collaborate with GP/FM national associations and represent VdGM in international meetings.
Official language: English
Europe Council:
- Direction/rules VdGMs actions;
- Each country nominates 1 nacional representative;
- Annual meeting at preconferences

Executive Group:
- Elected by Europe Council;
- 5 theme groups (working during the year and with some meetings).
- Exchange of future and young GPs european programme
  - VdGM (initially with EURACT intervention)
  - national GP/FM associations support also
Beginning:

- 6th WONCA Europe Conference
- Viena, July 2000
- Dr. Per Kallestrup, danish General Practitioner
- Exchange and mobility
- GP/FM development in European countries
Individually

--- international experience
--- knowledge improvement
--- contact with other methods
--- improving linguistic skills
--- bonding with other realities

“to have world”
Madrid, March 2009
Eiras Health Center, Coimbra
July 2009
Henfield Medical Center
July de 2010
Eiras Health Center, Coimbra May 2011
Comunidade da Rocinha, Rio de Janeiro,
July 2011
Grupo Hospitalar Conceição, Porto Alegre
July 2011
Contacts

➢ Vasco da Gama Movement
www.vdgm.eu

➢ Catarina Matias
catarinaismatias@gmail.com
- Global exchange program for GP/FM trainees or young GPs/FMs
  - Educational objectives

- WONCA
• **2013**: interest in establishing an exchange program with educational content at a global level

• **27th June 2013** (during the 20th World congress in Prague):
  - First meeting for the development of a potential international exchange program
Promoting **exchanges and mobility** among junior doctors

Broadening professional and personal horizons
Why?

- Allows intercultural exchanges
- Participants get to know other primary care systems
- Enhances collaboration between different professionals
- Boosts gains at individual level
<table>
<thead>
<tr>
<th>Region</th>
<th>Junior Doctor’s Movement</th>
<th>FM360ª Regional Exchange Coordinator</th>
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<tbody>
<tr>
<td>Africa</td>
<td>AfriWon Renaissance</td>
<td>Dr. Kayode Alao</td>
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<td>Asia-Pacific region</td>
<td>Rajakumar Movement</td>
<td>Dr. Shin Yoshida</td>
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<td>Central and South America</td>
<td>Waynakay Movement</td>
<td>Dr. Isabel Mora</td>
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<td>Europe</td>
<td>Vasco da Gama Movement</td>
<td>Dr. Ana Nunes Barata</td>
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<td>Middle East</td>
<td>Al Razi</td>
<td>Dr. Nagwa Nashat</td>
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<tr>
<td>North America</td>
<td>Polaris</td>
<td>(to be elected)</td>
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<tr>
<td>South Asia</td>
<td>Spice Route Movement</td>
<td>Dr. Kunal Doshi</td>
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• **Four week** clinical placement to contact with the host’s primary health care setting

• **Financially self-supported** by the visitor

• Exclusively serves as a **means of matching visitors with hosts** and it doesn't include any type of insurance
Most requested destinations:

- Canada
- USA
- Brazil
- Spain

Since June 2013

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<th>Inquiries</th>
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<tr>
<td>Planned exchanges</td>
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<tr>
<td>Completed exchanges</td>
<td>5</td>
</tr>
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</table>
Ana Nunes Barata
Europe’s FM360º REC
anunesbarata@gmail.com