



Vasco da Gama Movement

Business plan for the Vasco da Gama Movement 2010-2013

December 2009



Background

With the support of WONCA Europe the Vasco da Gama Movement has made significant progress since its inception four years ago in achieving its objective of creating a forum for exchange, networking and for the development of family medicine for trainee and junior family doctors across Europe.

The active involvement of young family doctors in national and international organisations is key for the future of general practice in every country. WONCA Europe has been a flagship for WONCA World and other WONCA organisations across the world in having created the Vasco da Gama Movement. In Australia & Asia Pacific the 'Rajakumar Movement' is blooming following inspiration from the European VdGM. The VdGM has also inspired young family doctors in their own country to group together to facilitate involvement of young GPs in educational activities at international level. We envisage a junior global network developing under the auspices of WONCA over coming years, and hope that WONCA Europe continues to lead the way on this.



Summary of Achievements

- **5 Pre-conferences**

The pre-conferences to the WONCA Europe event have been a huge success to date. We have seen the popularity of the pre-conference grow in the few years it has been running. The most recent in Basel hosted in the region of 100 participants from over 25 countries.

The pre-conference offers a structured environment for the exchange of ideas and experiences of young family doctors, in order to reflect and explore alternative training structures, primary healthcare systems and cultures. Having a diverse, yet equal representation from each country offers a balanced discussion in such a setting. The selection of those who attend is undertaken at national level, and we always recommend the selection of different pre-conference participants each year in order for the VdGM network to continue to grow. Holding the pre-conference enables the junior delegates to make the most of the experience without missing the unique presentations and workshops which take place during the main WONCA Europe conference.

- **4 formal VdGM council meetings**

To date these have run in parallel with the pre-conference allowing all 26 VdGM country representatives to meet to review developments to date and make plans for VdGM. This event is vital to keep the VdGM running effectively.

- **2 informal VdGM council meetings**

Organized in 2008 in Porto and in 2009 in Nice, an informal Europe Council meeting prepares the formal meeting prior to the annual WONCA Europe conference.

- **Website**

www.vdgm.eu

This new and dynamic website which launched in Summer 2009 offers discussion forums on the various VdGM theme groups. The website also provides information on the training structure and healthcare systems of family doctors across Europe. This will serve to improve the standard of family medicine at international level, as young GPs become leaders and are aware of the advantages and disadvantage of different training structures and primary care systems. The website furthermore acts as a reference for young GPs across the world, and inspires medical students to explore the diverse opportunities a career in family medicine brings.

We also foresee VdGM stimulating research in primary care and facilitating international collaboration between enthusiastic young GPs and experienced research academics. The website would be able to facilitate this through an online database.

In collaboration with EURACT and the VdGM Exchange theme group, the transfer of the Hippocrates website from EURACT to VdGM has been scheduled and will be official in 2010.

- **Exchanges**

Much work has gone on over the past year to revive the 'Hippocrates' exchange programme.



Currently the new website offers an online application process. The programme consists of a two week long observational placement in a GP practice in another country, currently within Europe.

The exchange offers the opportunity to learn about another primary healthcare system, live in a different culture and savour a real taste of what life is really like for a family doctor outside one's own country. It enables junior family doctors to reflect on their own practice, allows the sharing of knowledge and experiences at an international level, as well as improves language skills, and creates new professional and personal relationships. It is a unique experience that we hope in the future will become an integral part of GP training, as it inspires junior doctors to take an active part in the development of Family Medicine. Furthermore it enhances collaboration between the national organisations of General Practice.

We are working towards and foresee Hippokrates becoming a formalised and integral part of General Practice specialty training in Europe, in the same way that ERASMUS and IFMSA (International Federation of Medical Students' Associations) exchanges currently exist at undergraduate level.

The VdGM network has also stimulated 'group exchanges' through the hosting of international GPs at national conferences. So far these have taken place in the Netherlands, Ireland, UK and Spain. Doing this exposes national family doctors to an international experience at their own national conference, as well as offering the visiting group a firsthand experience of a different primary care system.

- **Research**

Collaboration between VdGM and EGPRN has assured a joint research workshop in primary care during the WONCA Europe conferences in Istanbul and Basel.

This theme group also inspired young researchers to launch networks for research on a national level (France & Italy), creating a link between experienced researchers and motivated GPs trainees or junior GP's.

One of the major goals for this theme group in the coming year, is to launch a research award for talented and motivated young researchers in the field of primary care. To define the characteristics of candidates for these awards, we would again work with EGPRN. A part of this award can be symbolic (e.g. free registration for one EGPRN conference or one WONCA Europe conference) and the other part a financial reward (or stimulation) for the research undertaken. ..



In order to maintain current VdGM activities and to develop further current and new projects we kindly ask WONCA Europe to continue to support the VdGM financially. We hope in future the VdGM will also be a source of income for WONCA Europe e.g. through increased membership & attendance at conferences..

All VdGM members work without a salary, we have always asked that all travel expenses and conference fees are paid for by their national college. Some of the VdGM EG members even pay these fees out of their personal budget. However, in 2010 the triennial WONCA world conference will take place in Mexico, in addition to the annual WONCA Europe conference. The VdGM executive committee will be delighted to organise a junior stream for this conference, using the VdGM as a flagship for the development of other international networks..

In view of this we ask for 10.666,67 € per year for the running of VdGM activities, and 7600 € to represent the VdGM & WONCA Europe at WONCA world in 2010.

Breakdown of Budget

1. The expenses of meeting facilities for 2 ½ days, accommodation, sustenance and local transport for 1 yearly meeting for the 6 executive group members and 2 pre-conference organisers. Travel expenses will be covered personally or by the national college.

The aim of this meeting is to:

- Organise the VdGM programme during the annual WONCA Europe (/World) conference.
- Plan developments in relation to Hippokrates exchange programme
- Review and update the VdGM website
- Make other plans in relation to VdGM activities

2. Cover expenses maintaining, trouble shooting and developing the VdGM website.

3. Facilitate 3 'Hippokrates' exchange prizes per annum, at 700 Euros per prize. This will serve to promote the exchange programme at European level. There will be clear criteria for the awarding of prizes and a panel appointed to do this.

4. Define a research prize for young researchers in primary care, in collaboration with EGPRN, and give this award for the first time during the WONCA Europe conference in 2011 or 2012..

5. Contribute towards the cost of travel, accommodation and conference fees of 6-8 VdGM group members who will set up and run a VdGM / junior GP theme at WONCA world 2010. They will also submit posters, workshops and presentations on VdGM related activities. A preconference proposal, submitted in collaboration with the Rajakumar Movement has been accepted by the HOC of Cancun.

Regular budget



	One year budget	Three year budget
Meeting facilities & Local Transport EG meeting	1.500,00 €	4.500,00 €
Accommodation & sustenance EG during meeting	2.400,00 €	7.200,00 €
Website	2.000,00 €	6.000,00 €
Hippokrates exchange prizes (3x700€/yr)	2.100,00 €	6.300,00 €
Junior researcher award (Prize planned for 2011 or 2012)	1.666,67 €	5.000,00 €
Miscellaneous costs	1.000,00 €	3.000,00 €
Total	10.666,67 €	32.000,00 €

WONCA World 2010

	Per delegate	For up to 8 delegates
Registration	350,00 €	2.800,00 €
Contribution travel expenses	400,00 €	3.200,00 €
Contribution accomodation	200,00 €	1.600,00 €
Total	950,00 €	7.600,00 €

We thus apply for a total amount of 39.600,00 €.

We fully appreciate that this budget exceeds the financial support VdGM has received until now from WONCA Europe. However it is a sign VdGM is maturing as an established network for future and young GP's in Europe, with challenging and interesting projects. We are enormously grateful for the support WONCA Europe has given VdGM to date, and expect that the involvement of junior GPs in positive international experiences at an early stage in their career will increase their lifelong participation in WONCA Europe activities.

The extraordinary budget for the Triennial WONCA World conference in 2010 reflects the commitment and enthusiasm VdGM has to bring together motivated young doctors across the world. We believe that if WONCA Europe through the VdGM is able to stimulate further junior WONCA networks worldwide, these will in future form an essential part of the worldwide network of family doctors; thus promoting lifelong involvement in international activities and develop global partnerships to improve primary healthcare worldwide.

Granting this financial support to VdGM would be an investment for the future: the future of General Practice, and the future of WONCA Europe and its working parties