

## Vasco da Gama Movement Europe region



The Vasco da Gama Movement is a community that learns from and supports each other. We are willing to adapt to new situations, to always improve our work as an organisation and as family doctors. During the COVID Pandemic we have continued to do just that!

### **2020 VdGM Exchange Award Winners:**

#### **Hippokrates Prize:**

Radhika Khanna, UK shadowing Raluca Zoitanu, Romania.

#### **Carosino Prize:**

Emilie Couchman, UK, shadowing Herman Van Enter, The Netherlands.

We look forward to hearing about their experiences at an event in the near future!

### **Executive Group Elections**

A successful election was held online last September with the participation of most of our Council Members with support from Independent Observers, and the Good Governance Committee, as well as the Outgoing Executive.

A big thank you to:

Vera Pires da Silva, Nina Monteiro, Kristina Ziuveliene, Elena Klusova, Berk Geroğlu and Claire Marie Thomas, our Outgoing Executive Officers

Joining Katarzyna Nessler (President), Julien Artigny (Policy Officer), Sonia Tsukagoshi (VdGM Liaison to WONCA Europe) and Nick Mamo (now President-elect) will be:

Kerry Greenan (Secretary),

Nadia Toumi (Treasurer),

Marta Kurdzielewicz (Awards and fundraising Officer),

Alessio Platania (Event Officer), Rocío García-Gutiérrez Gómez (Exchange Officer)

Christian Rechtenwald (Image Officer).

We are certain that our new team will continue and strengthen the great work of their predecessors!

### **Looking to the future**

VdGM continues innovating and adapting to the challenges of the pandemic. In October, our Wellbeing SIG successfully ran an online Yoga session for the CardioPrevent 2020 Virtual Congress, organised by the Portuguese Foundation of Cardiology.

Nick Mamo (President-elect)