

Vasco da Gama Movement Europe region



VdGM has been actively engaging with our members across the continent in order to share the experiences amidst the COVID19 outbreak. Some great, uniting initiatives have emerged during this stressful time – strengthening the VdGM community inside out as ever. Here are a few most notable ones:

- The network has set up a **Whatsapp online communication group** for representatives from each national network in order to facilitate the sharing of best practices and experiences. It serves as a platform to receive and share the rapidly incoming pieces of information regarding epidemiology, testing, treatment tactics, practice reorganisation and much more. It also is a place to cheer and support peers and colleagues in this difficult time.
- **Newsletter** – VdGM has launched a Newsletter. The first issues were focused on the ongoing global pandemic and related issues, however in the future the VdGM executive board as well as supporting team have ambitious plans in expanding this source of communication with its members and partners. Thank you to our image officer Kristina and webmaster Luis!

[Issue 2 – Wellbeing](#)

[Issue 1 – COVID-19 Outbreak](#)

- **“Tales in the time of COVID”** – a project initiated by VdGM Events’ Officer Elena Klusova is set to collect series of articles, which will “bring together a small number of beautiful, tender, hopeful and sad human stories, written by health professionals from all countries...”. The series will be shared and published on main VdGM communication outlets and will allow readers to learn about the lessons learned professionally, as well as personally, by the junior family physicians working in the field and fighting against the outbreak. If you have a story to share, please contact: ele.k@hotmail.es
- **Wellbeing sessions** - VdGM with the help of partners and experts in the field have been organising three weekly, free, open-access sessions in order to address the wellbeing of young and future family medicine doctors amidst the pandemic. This includes one meditation-based session and two reflection sessions. They focus on sharing, learning how to cope with increased stress and workload, improving mental health and positivity during this difficult time. If you want to join in – follow VdGM social media announcements for the links. We are grateful to Nick, Sonia and Claire for this initiative.

VdGM has also taken a decision to postpone the annual Pre-Conference which was set to occur before 2020 WONCA Europe conference, in Berlin. The Pre-Conference will be now moved to December and will occur before the European Conference of Family Doctors. For further details, news and information regarding further developments of the Pre-Conference , please refer to our website : <https://vdgm.woncaeurope.org/> or contact us at info@vdgm.eu

Keep being strong, stay healthy, we are all in this together

Katarzyna Nessler, VdGM President
On behalf of the VdGM Executive Team