

## **PS1.191**

### **A letter to young general practitioners, family practitioners!**

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Dear young GP/FP,

Please, do not think a lot; just apply for Vasco da Gama Movement (VdGM)! You do not have to speak perfect English, to have scientific posters, or lot of money and time to travel! It would be great if you have enthusiasm for family medicine, but even if you are frustrated, or see no future, it is also OK! We are here for all your frustrations. We will share and debate all our ideas, emotions, concerns and worries. VdGM and WONCA meetings are the places where you and your everyday work getting importance, scientific clarifications and friendship support.

Let learn from my personal experience:

I was twice host in Croatia for the colleagues from Italy, Romania, France and Turkey. I was also twice at exchange in Israel and Turkey. I also share time with colleagues at exchange programs in Zagreb, organised by the Foundation for the Development of Family medicine. After each exchange I can not stop talking about it, everywhere and for months later. I learn so much about other health care systems, family medicine, colleagues, patients, people, culture, cuisine.... I realised how many prejudice I had had before. After all, I realise that we are doing the same job and have similar problems worldwide and that our power is just in coming and working together. This is my "take home message". It is not about the new guidelines in treating hypertension or diabetes, it is the notion that we all are responsible for our patients and our profession of family medicine as a young scientific discipline. Therefore, we have to spread our voice and tell the people who we are.

Please, stop at this poster and share the energy and emotions coming from those photos!