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The Hippokrates and Family Medicine 360° Exchange Programmes incorporating the Claudio Carosino and Hippokrates Exchange Prizes

Rosa Avino, Per Kallestrup, Katrina Whalley, Juan Maria Rodriguez, Cristiano Figueiredo, Sara Rigon, Ana Nunes Barata, Demet Merder Coskun, Jenny Studer, Dinky de Haseth, Ronen Brand, Elodie Hernandez Vasco da Gama Movement - Exchange Theme Group

Corresponding author: Dr Rosa Avino, Vasco da Gama Movement, Primary Care, High Wycombe, UK. E-mail: exchange@vdgm.eu

Background & Aim: The 10 year old Vasco da Gama Movement (VdGM) has been actively promoting several initiatives within Europe concerning exchanges, which are getting more and more popular and rewarding as years go by. The Hippokrates exchange Programme offers a two weeks exchange in one of the 28 participating countries as a unique opportunity to have an insight in the country's Primary care. In addition to this well consolidated programme two to three days conference-exchanges has been successfully organised alongside Primary care national conferences involving actively many colleagues. The recently launched "Family Medicine 360°" wants to take the concept of exchanges even further, to a global level and it offers the possibility to spend two to four weeks in the primary care setting. Since the first meeting in 2013, during the 20th WONCA World Conference in Prague, Young Doctors' Movements from all over the world have been working steadily in order to build a global exchange programme, with educational contents. This year competition for the 2015 Hippokrates and Carosino prizes will award the best urban and rural exchanges.

Following the tradition of other WONCA conferences, the aim of this workshop is to present different activities of the VdGM Exchange Theme Group and make participants familiar as to how they may actively join the group's activities.

Method: The workshop will be centred on the dynamic interaction between all the actors (participants, presenters and facilitators). Firstly, participants will be invited to share ideas on the benefits and burdens of exchanges as well as the potential difficulties met at every stage. Then, former participants and conference exchange organizers will share their experience, allowing attendees to familiarise with VdGM's Exchange Theme Group activities. Finally, winners of 2015 Hippokrates Exchange & Carosino Prizes will be announced and they will present their inspiring experiences

