



Vasco da Gama Movement
www.vdgm.eu



PRECONFERENCE PROGRAMME 2014

New Routes for General Practice and Family Medicine



WONCA Europe 2014

Lisbon, 1-2 July 2014

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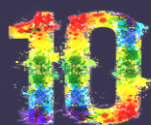
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Introduction

Dear Preconference Participant,

We are delighted to welcome you to the VdGM Preconference! We feel very grateful for the generous support of all the National Colleges of General Practice (GP) / Family Medicine (FM) and the personal effort that you have made to attend.

It is a great honor to receive the WONCA Europe Preconference in such a special year. We are celebrating 10 years since the foundation of the Vasco da Gama Movement - the WONCA Europe working group for new and future General Practitioners.

The following document is intended to give you an idea of our Vasco da Gama Movement and what the Preconference entails, as well as to offer an overview to some areas of relevance to this year's theme: New Routes for General Practice and Family Medicine.

Finally, we really do hope that this booklet will start "infecting" you with the very powerful WONCA Virus and will encourage you to establish links with other colleagues from all over the world!

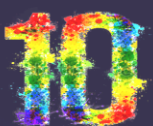
We look forward to meet you in Lisbon!



The VdGM Executive Group in Barcelona, February 2014

Berk Geroglu, Harris Lygidakis, Catarina Matias, Raluca Zoitanu, Tobias Freund, Zuzana Vaneckova, Josep Basora (SeMFyC's President), Raquel Gomez Bravo, Martin Satler

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The Vasco da Gama Movement



Vasco da Gama Movement

WHO WE ARE

The name of the great Portuguese explorer, who discovered the sea route towards India almost five hundred years ago, has been employed by the Vasco da Gama Movement (VdGM), the working network within WONCA Europe, dedicated to trainees and junior General Practitioners / Family Physicians (GPs/FPs). As they set out for their own exploratory voyage in the discipline of General Practice / Family Medicine (GP/FM) in Europe, the Movement functions as a communication platform and encourages their first steps by providing support and information.

Since its inception in Lisbon in 2005, links have been established with most GP/FM associations to create a European Council of representatives. Each year VdGM hosts an international meeting, known as the '*pre-conference*', which takes place a day prior to the WONCA Europe conference.

The Movement has five working theme groups (*Education & Training, Exchange, Research, Beyond Europe and Image*) that constitute the pillars of its initiatives. These often work in collaboration with their equivalent WONCA Europe special interest networks. Some of the activities of the theme groups include the improvement of the quality of GP/FM training programmes, the establishment of a network for research projects and the promotion of Rural Medicine.

Moreover, the *Junior Researcher Award* has been launched following the movement's continuous effort to promote a new generation of FPs that combine clinical work and research. VdGM also offers the unique opportunity for trainees and juniors to spend two weeks with a GP/FP from another country through the *Hippocrates Exchange Programme*. The most formative exchange experiences are awarded with the *Hippocrates* and *Claudio Carosino Prizes* each year.

Furthermore, our Movement has established the *VdGM Fund*, which was born from the observation of the unbearable inequalities and the on-going economic crisis, which afflict our continent and prevent many colleagues from joining international activities. Thanks to generous donations, VdGM has managed to offer bursaries in support of young and future colleagues.

Our mission is a global one and entails the foundation of a forum for collaboration to improve GP/FM. Through our activities we aim at empowering the future generations of GPs/FPs to lead the development of primary health care at a regional, national and international level.



VdGM Pre-conference

1st-2nd July Lisbon, Portugal

WONCA 19TH EUROPE CONFERENCE
2014 LISBON PORTUGAL



For more information on VdGM activities, please visit www.vdgm.eu

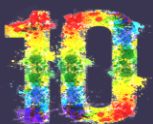
and follow us on Twitter [@vdgmeu](https://twitter.com/vdgmeu)

Facebook <http://www.facebook.com/groups/VdGMeu>

Linkedin www.tiny.cc/invdgm

Youtube www.tiny.cc/vdgmtube

Flickr www.flickr.com/vdgm





Lisbon's Guide

ARRIVING IN LISBON

If you arrive in Lisbon by plane, you can catch the subway at the airport. The name of the station is "**Aeroporto**" ("Airport" in Portuguese) and it's the last station of the **red line**.

From there, it's a quick and easy ride to all your destinations.



You can access the **city center** by exiting at the following two stations:

- "Restauradores", on the blue line;
- "Rossio", on the green line.

As for hotels, the subway stations are the following:

- **Vip Inn Berna** and **Alif Campo Pequeno**: "Campo Pequeno", on the yellow line;
- **Turim Suisso Atlântico Hotel**: "Restauradores", on the blue line;
- **Hotel Lisboa Tejo**: "Rossio", on the green line.



GETTING TO LISBON'S CONGRESS CENTER

VdGM's Preconference will take place in the same venue as the main WONCA Conference, the "Centro de Congressos de Lisboa".

To get there you may take the:

1. Bus:

If you're staying around "Campo Pequeno" you may take the bus no. 756, direction "Rua da Junqueira" and get off at "Junqueira" (15 stops, 27 minutes).

2. Subway + Bus:

Ride the subway until "Restauradores" (blue line) and then...

- Catch the bus no. 732, direction "Caselas" and get off at "Rua da Junqueira" (12 stops, around 6 minutes);
- Walk until "Praça da Figueira" and catch the bus no. 714, direction "Outurela" and get off at "Rua da Junqueira" (16 stops, around 5 minutes).

3. Subway + Tram:

Take the subway until "Terreiro do Paço" (blue line) and catch the tram no. 15 E, direction Algés (Jardim) and get off at "R. Junqueira (Centro Congressos)".

4. Taxi

Regarding taxis, it is not usual to negotiate the price before the trip in Lisbon

Riding public transports in Lisbon may be slightly misleading, so we are going to try to explain it the easiest way possible.

You have two types of tickets:

- Single trip ticket (the price of a subway trip is 1,40€, a bus trip costs 1,80€ and a ride on the tram is 2,85€);
- 24 hour ticket (6€).



If you are going to ride on the subway, you'll need to have this rechargeable card, which costs an extra 0,50€ (you can get it at the same ticket machines where you buy the tickets). This card is due to 1 year, so once you buy one, there's no need to buy another.



HOWEVER, in case you need to ride 2 transports, the price of one trip allows you to use whatever public transports you need within 1 hour.

E.g.:

You need to take the subway and the bus.

During one hour, the 1,40€ you pay for the subway ticket may be used in any kind of public transport. So, yes, you may ride the subway **AND** the bus with the 1,40€.

If, by chance, the two rides take more than one hour, please take into account that the clock only starts ticking from the moment you validate the tickets. Therefore, **you only have to make sure that the time between the two rides doesn't make more than one hour.**

If you have any questions, please let us know!



PRECONFERENCE

Preconference participants have the opportunity to have a great insight into what it is like to be a General Practitioner / Family Physician (GP/FP) in an international context, exchange ideas, experiences and visions with colleagues from all over the world.

The preconference enables participants to:

- widen their horizons and perspectives;
- exchange ideas and experiences;
- contribute to the development and improvement of family medicine.

These objectives are in accordance with VdGM's mission statement:

"Our mission is to extend our knowledge of GP/FM in a global perspective and to exchange ideas and experiences with the purpose to develop and improve GP/FM at globe and at home."

The Preconference participants will also have the chance to get acquainted with the activities of all the International Movements. The aim is to enhance the enthusiasm of trainees and junior GPs/FPs and encourage them to pursue the goal of a high quality Family Medicine both at their countries and at an international level, embracing the spirit of "thinking globally, acting locally".

EUROPE COUNCIL

The VdGM Europe Council (EC) is the ruling body of VdGM. It holds its meeting in parallel with the Preconference, where it debates ongoing activities and future plans. Only national delegates and invited observers can participate in this meeting.

REGISTRATION

There were 130 places available and registration is carried out in a first-come, first-served basis. We've had 2 types of registration:

- Discussion Groups
- Europe Council



Useful information: <http://www.woncaeurope2014.org/en/content/vdgm/useful-information/useful-information.html>

Registration: <http://www.woncaeurope2014.org/en/content/vdgm/registration/registration-fee.html>

Accommodation: <http://www.woncaeurope2014.org/en/content/vdgm/accommodation>

For further information or assistance, please contact the secretariat of the pre-conference: registration.wonca2014@leading.pt

FEE

Payment of the registration fee (65€) for either EC meeting or Discussion Groups: made directly with the registration form's information. For payment related queries the contact is: registration.wonca2014@leading.pt

PRECONFERENCE PROGRAMME

Tuesday, 1 st July 2014		
08.30 – 09.00	Registration	
09.00 – 10.30	Opening (plenary)	
10.30 – 11.00	Coffee Break	Europe Council*
11.00 – 13.00	Working Groups	
13.00 – 14.30	Lunch	
14.30 – 16.30	Working Groups	Europe Council
16.30 – 17.00	Coffee Break	
17.00 – 18.30	Working Groups	Europe Council
20.00	Social Event (dinner)	

* With Coffee

Wednesday, 2 nd July 2014	
09.00 – 10.45	Working Groups
10.45 – 11.00	Coffee Break
11.00 – 13.00	Working Groups
13.00 – 15.00	Lunch/VdGM's 10 th Anniversary Celebration
15.00 – 15.30	Visionary Speech (plenary)
15.30 – 17.00	Working Group's Presentations (plenary)
18.00	WONCA Europe Opening Ceremony



SPECIAL EVENTS

Visit a Portuguese GP Practice

As it is already VdGM's tradition, we are preparing a mini-exchange prior to VdGM's preconference in Lisbon.

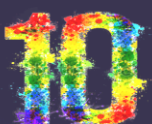
The mini-exchange will take place from June 29th to June 30th.

On the 29th, participants will attend a session hosted by Dr. João Sequeira Carlos (head of the Portuguese Association of Family Medicine Practitioners - APMGF), introducing them to the Portuguese healthcare system. The session will be held at the association's headquarters in Lisbon (address: Av. da República, 97, 1st floor).

The schedule for the 29 th is as follows:	
9:45 am:	Meeting point at Entrecampos subway station (yellow line). Exit: "Avenida da República"
10:30 -12:00 am:	Introduction and session on the Portuguese Healthcare System.
After 12:00, participants are invited to a visit to Sintra.	

On the 30th, participants will visit different health care centers, where they will follow the usual activity at a Portuguese healthcare centre.

Registration's contact: preconference@vdgm.eu





Preconference Dinner

We thought it would be nice to invite preconference participants to come to a dinner in a place specialized in codfish (traditional Portuguese food) in the beautiful modern area of Parque das Nações (former site for Expo '98).



It will take place at Restaurante D' Bacalhau, on the 1st July at 20:00h and will cost 20€ per person.

Registration form at:

https://www5.shocklogic.com/scripts/jmevent/Registration.asp?Client_Id='LEADING'&Project_Id='WONCPRE2'&A=&Language_Code=&role





Location:

[https://www.google.com/maps/place/Restaurante+D%60bacalhau+\(santa+Maria+Dos+Olivais\)/@38.771327,-9.09233,17z/data=!3m1!4b1!4m2!3m1!1sox0:ox2eb579a247e70bec](https://www.google.com/maps/place/Restaurante+D%60bacalhau+(santa+Maria+Dos+Olivais)/@38.771327,-9.09233,17z/data=!3m1!4b1!4m2!3m1!1sox0:ox2eb579a247e70bec)

Address: Rua Pimenta 43, 1990 Lisbon

To get there you may take the subway until the station "Oriente", on the red line.

Walk 1.1 km, 13 min

Use caution - may involve errors or sections not suited for walking

O Oriente

Portugal

- ↑ 1. Head east on Av. Berlim 110 m

- ↶ 2. Turn left toward Alameda dos Oceanos 65 m
i Take the stairs

- ↷ 8. Turn right toward Alameda dos Oceanos 31 m

- ↷ 7. Turn right onto Alameda dos Oceanos 26 m

- ↶ 8. Turn left onto Rua Bojador 220 m

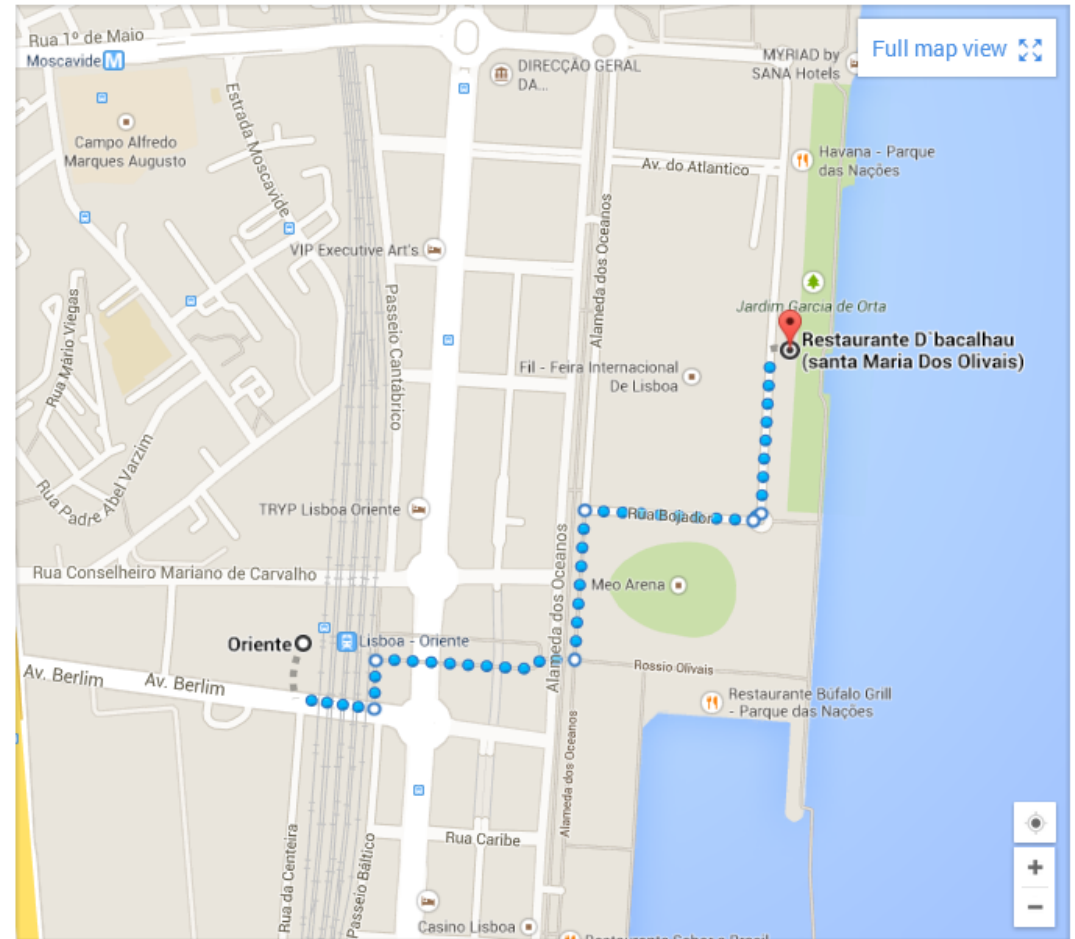
- ↶ 9. Turn left to stay on Rua Bojador 15 m

- ↶ 10. Turn left to stay on Rua Bojador 220 m
i Destination will be on the right

Restaurante D`bacalhau (santa Maria Dos Olivais), Rua Pimenta 43

1990, Portugal

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

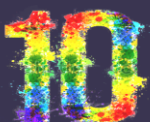




VdGM's 10th Anniversary Celebration Book

In honor of the 10th Anniversary of the Vasco da Gama Movement, we are preparing a special celebration that will take place during the Lisbon Preconference at the Centro de Congressos de Lisboa on Wednesday 2nd July 2014.

On behalf of our Movement, it is with great pleasure that I wish to cordially invite you to attend this event, at auditory 2, where our Anniversary Book will be presented at 13.00 pm. This book has very important story tellers – founders, former presidents, preconference managers and collaborators of the Vasco da Gama Movement during this first 10 years. It approaches the past, its results in the present and will help to build our future.

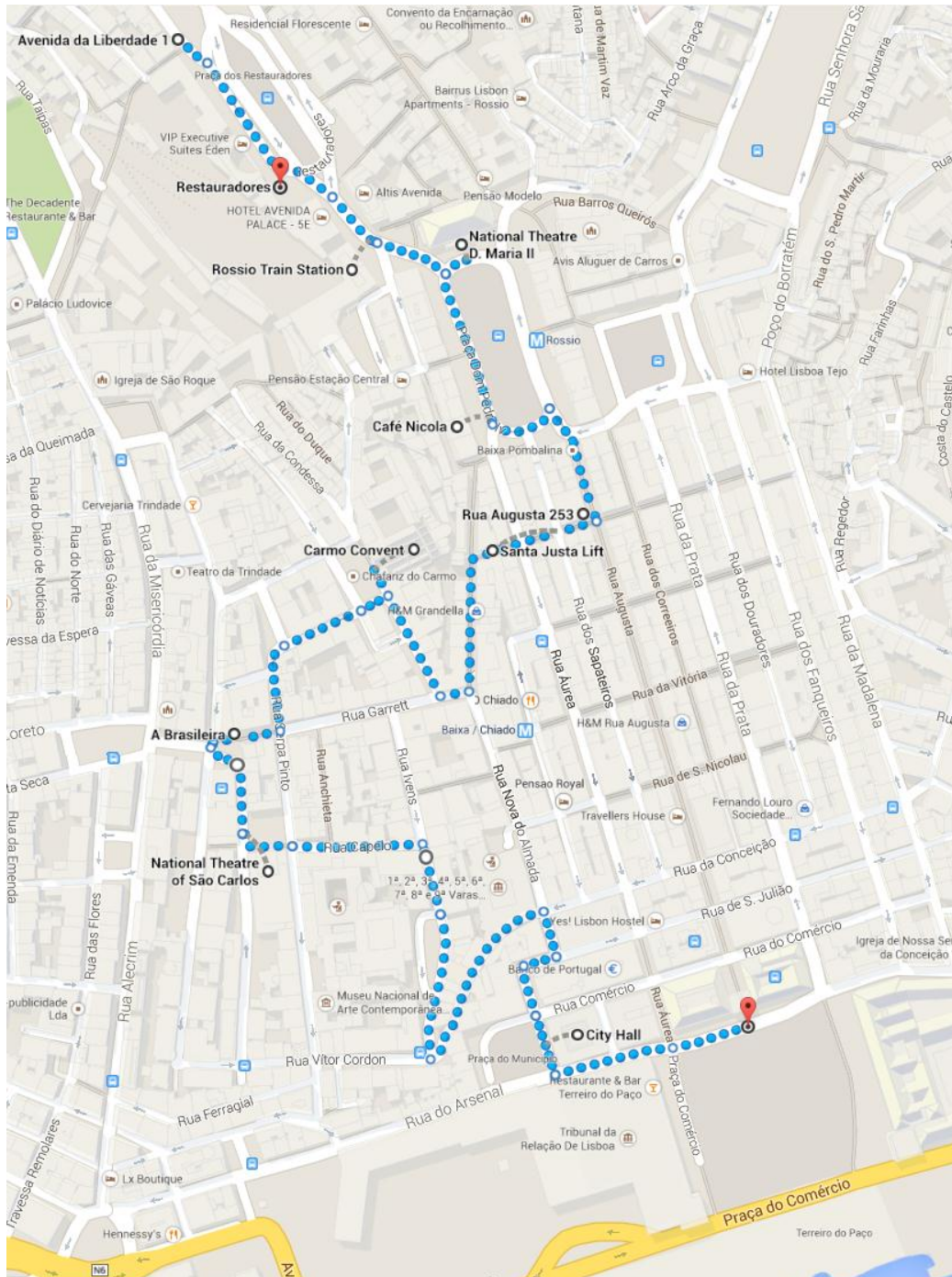




Lisbon's Guided Tour

We have prepared 2 sightseeing tour possibilities through Lisbon.

Route No. 1 - Baixa (Old town)





We will begin our tour at “Restauradores” (best way to get there is by subway).

The Restauradores is at the endpoint of the “Avenida da Liberdade”, one of the main avenues of Lisbon. There, you will see the Lisbon Central Railway Station and the Design Museum. The Lisbon Hard Rock Café is also nearby.

From Restauradores, we will go to Rossio – D. Pedro IV Plaza – where you will see the D. Maria II National Theatre and a number of famous pastry shops. A visit to the Nicola Café is particularly appetizing.

We will then go down Rua Augusta. On your right, you will see the Santa Justa Elevator, which you can use to go up and visit the Carmo Convent Ruins. From here, you can easily go down to Chiado and the Camões Plaza, where you will find statues of the poets Luís de Camões, Chiado and Fernando Pessoa (the latter, near the Brasileira Café).

Carry on downwards through Rua Paiva de Andrade and see the S. Carlos National Theatre. Go down the stairs and go straight to Rua Capelo, passing in front of the theatre, and then turn right to Rua Ivens. Follow this street till its end and turn left to Calçada de S. Francisco – attention: it’s a really steep street!

When the street stops being steep, turn right, then turn right again to Praça do Município, where you will find the Lisbon City Hall. From City Hall, turn left to Rua do Arsenal and then carry on until you reach the Comércio Plaza. In front of the arch, you will find the tramway stop where you can catch the tram 15E to the congress centre (Tram direction: Algés; Stop: R. Junqueira (Centro Congressos)).



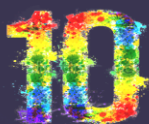
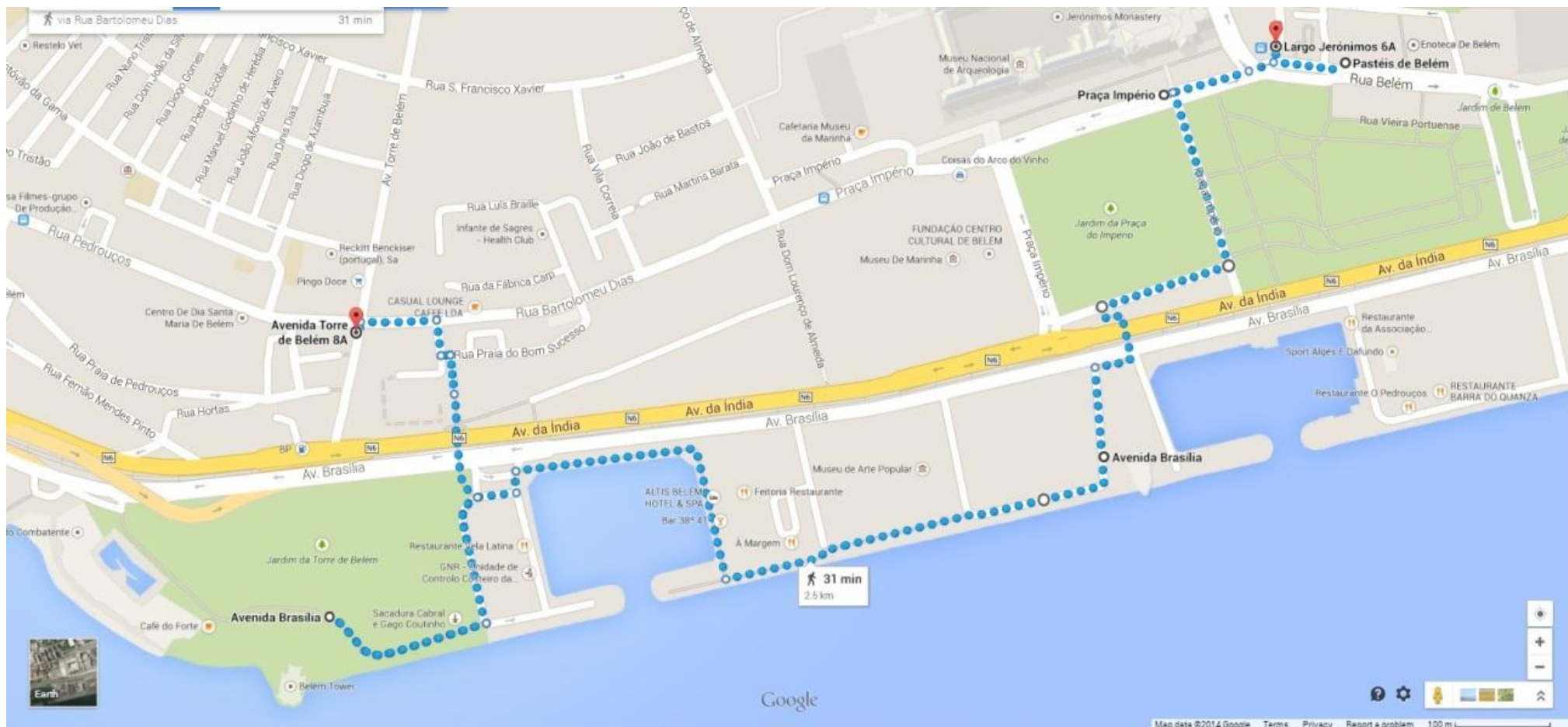
VdGM Pre-conference

1st-2nd July Lisbon, Portugal

WONCA 19TH EUROPE CONFERENCE
2014 LISBON PORTUGAL



Route No. 2 - Belém



10th anniversary of the Vasco da Gama Movement

“New routes for General Practice and Family Medicine”



In Belém, we will start our walk at the bus stop at “Largo Jerónimos”. Right in front of you, you will see the big Jerónimos Monastery, built in the 16th Century.

And, if you want to care for your glucose levels by taking something sweet with you, look to the left, just around the corner and you will see a pastry shop where you can taste the “100% true” custard tarts (see picture below).



Pastry shop – “Pastéis de Belém”.

Going back to the Jerónimos Monastery - don't miss the church, where you can find the tomb of Vasco da Gama, the cloister and the high choir.

Back outside, on the right, you will see the Archeology Museum. We will cross through the garden and, on your right, you'll spot Centro Cultural de Belém, an important cultural centre where art exhibitions and concerts take place (if you have the chance, look inside and enjoy the garden!).

Next step: getting closer to the river. For that you will need to walk through an underground passage and, just outside in front of you, you will see the Discoveries Monument (a modern monument built to celebrate the Age of Discoveries). Now we will along the river until we get to the Tower of Belém, that you should also consider visiting.

Once you're done go back a little and then up, until you find a pedestrian bridge to cross to the other side of the road. Walk a little more to the nearest tram stop and, to go to the Congress Centre or the city center, catch the tram 15 E, direction Pç. Figueira (for the congress centre get off at “R. Junqueira (Centro Congressos)”).

Note: In case you're planning visiting the Jerónimos Monastery + the Tower of Belém there's a combined ticket for 12€.



Other sightseeing tips:

1. Old Lisbon and Downtown:

- St. George's Castle;
- The Lisbon Cathedral ("Sé de Lisboa");
- Alfama (where you can listen to fado);
- Bairro Alto (mainly for nightlife);
- Príncipe Real;
- Viewpoints ("Miradouros"):

Miradouro de São Pedro de Alcântara (don't miss the ride in the Gloria Elevator, a funicular that get's there from downtown);

Miradouro da Nossa Senhora do Monte (one of the viewpoints in Graça);

São Vicente de Fora Monastery;

Miradouro de Santa Catarina;

Miradouro de Santa Luzia (in Alfama);

Edward VII Park, during the day.

- Ride the tram no. 28 (it's a really beautiful ride, but beware of pickpockets):
Estrela garden;
Basílica da Estrela.

2. Parque das Nações ("Oriente" Station on the subway, red line):

- Oceanarium;
- Science and technology museum;
- Just taking a walk by the river and enjoy the modern architecture.



3. **Some other places, if you have extra time:**

- Museum of the Azulejo;
- Zoological garden;
- Calouste Gulbenkian Foundation;
- National Museum of Ancient Art;
- National History Museum;
- Assembly of the Republic.

4. **Major shopping sites:**

- Colombo Shopping Centre (Subway station, blue line: "Colégio militar/luz");
- Vasco da Gama Shopping Centre (Subway station, red line: "Oriente");
- El Corte Inglés (Subway station, red or blue line: "S. Sebastião");
- Amoreiras Shopping Centre (bus).



New Routes for General Practice and Family Medicine

The city of Lisbon is ready to host the 19th Wonca Europe Conference in 2014. Under the theme "New Routes for General Practice and Family Medicine" Portuguese Association of General Practitioners - APMGF - is preparing a conference to explore the new trends of the specialty.

General Practice and Family Medicine should renew itself, to guarantee its future and therefore warranting peoples' health care and patient safety.

We need to assure that community health needs are filled and GP's are satisfied with their work. The foundation of 21st century's health systems must be more than ever Primary Health Care.

The program will be related to 4 main areas:

- Innovation in primary care
- The new generation of family doctors
- Personalized and comprehensive care
- Knowledge management

PRECONFERENCE SPEAKERS



Dr. João Sequeira Carlos

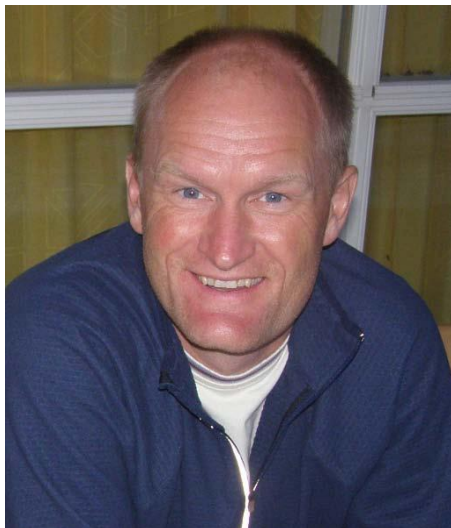
Conference title - "VdGM - through seas never sailed before" A presentation to explore the history of VdGM looking at the future, with the same spirit of Vasco da Gama when he left Lisbon in a journey through uncharted waters.

"As every family physician in the world I have a very demanding and complex work taking care of patients with compassion, empathy and knowledge. I'm deeply committed to this mission and patients are my priority. I'm always there for them and even after daily consultations I keep linked with my patients by e-mail. I love to be a family physician and currently I'm the head of the General Practice / Family Medicine (GP/FM) Department of Hospital da Luz, a private hospital in Lisbon, founded in 2006. Hospital managers were very innovative with the idea of organizing a GP/FM practice inside a hospital. Today its sustained success has proven the importance of GP/FM not only in the community, but also within a big hospital. Besides my



position in Hospital da Luz, I also work as a family physician in GP/FM department of UCS, the Health Care Clinic of TAP, the Portuguese Airline Company.

A family physician is very experienced in managing complexity and that gave me the ability to combine two components of my professional life – clinical activity and the work in Portuguese Association of General Practice/Family Medicine (APMGF). Being simultaneously involved in clinical setting and in APMGF, the organization that represents GP/FM in Portugal as a professional association and as a scientific society, gives me a broad vision of the health system where I practice. And that also helps to better understand my patients' needs and expectations. So my interests as a family physician are directly related with this systemic perspective. I have special interest in the patient/doctor relationship, chronic disease management, health services organisation, family interventions, primary health care research, integration of care, GP/FM education and training, information and communications technology, health promotion and disease prevention. That's my magical cluster of interests that moves me every day in my work. But the core is always the moment when I meet my patients."



Dr. Per Kallestrup

Conference Title: "New routes of Family Medicine – a New Deal for Family Medicine invigorated and celebrated by VdGM"

Per Kallestrup is a Medical Doctor, Specialist of Family Medicine and works in a large 8-partner-Practice close to Aarhus, Denmark.

He is founding Chairman of "Partners in Practice" an International Development Programme of the Danish College of General Practitioners devoted to fostering development of Primary Health Care worldwide through established partnerships.

Furthermore he is Ass. Professor, Director of "Center for Global Health" at Aarhus University (GloHAU) focusing on the contribution of Primary Health Care to Global Health through research and education.

He is also the founder of the Hippocrates Programme – trainees and young General Practitioners/Family doctor's European exchange programme.



PRECONFERENCE FACILITATORS

Rita Lopes (Portugal)

Luiz Miguel Santiago (Portugal)

Inês Rosendo (Portugal)

Luis Filipe Gomes (Portugal)

Eric Teunissen (Netherlands)

Lisa Gambhir (Luxembourg)

Anna Maria Pedro (Spain)

Sara Belinchon (Spain)

Nuria Ros Domingo (Spain)

Ilse Hellemann (Austria)

Claire Thomas (UK)

Herrmann Wolfram (Germany)



VdGM's events during the main Conference

VDGM BOOTH

You'll find the VdGM booth on the WONCA Village. There you will be able to talk with VdGM members in a personal level and to get closer to the group, elucidate all your questions about it and even volunteer to help out in their activities.

You can find a map of the conference center at the end of the booklet (page 31 and 32). The booth will be on the first floor and is signed with the VdGM logo.

THEME GROUP MEETINGS

Location: Room 2.03

Meetings:

- Exchange group 1st meeting: Wednesday, the 2nd July, at 12.15
- Exchange group 2nd meeting: Thursday, the 3rd July, at 13.15
- Research group: Thursday, the 3rd July, at 16.30
- Exchange group 2nd meeting: Thursday, the 3rd July, at 13.15 (30 min)
- Image group: Friday, the 4th July, at 13.15
- Family Violence meeting: Friday, the 4th July, at 18.30
- Family Medicine 360° meeting: Friday, the 4th July, at 19.30

VDGM SESSIONS DURING THE MAIN CONFERENCE

Presenting the Junior Researcher Award Winners

The Junior Researcher Award aims to promote a generation of junior GP/FM doctors who include research skills with patient care as a life time career. This award honors outstanding research proposals and researchers' careers who are GP/FM trainees or junior GP/FM with up to 5 years working experience after graduation.

The three winners of the Junior Researcher Award 2013 are:

- Daniel Pinto from Portugal
- Sam Creavin from England
- Danielle Divilly from Ireland



All champions will be invited to present their project during a special workshop, which is scheduled on Thursday, 3rd July at 17h00 in room 1.09.

Senior GPs and experts are invited to join this workshop and help the three champions in developing their project.

Presenting the Hippocrates and Carosino Prizes

The Vasco da Gama Movement awards the best Hippocrates Exchange that has been completed within Europe at either a rural or urban practice.

We are pleased to announce that the winners of this year's Hippocrates Exchange and Carosino Prizes for the best completed exchange and the best completed exchange in a rural area are:

- Dr. Solveing Carmienke GP trainee from Germany (Hippocrates Exchange Prize)
- Dr. Gemma Rovira Macelino GP trainee from Spain (Carosino Prize)

VdGM WORKSHOPS DURING THE MAIN CONFERENCE

- Thursday, 3 July 2014

9:00-10:30	S1.13	Starting a National Establishing GP Network: The Vasco da Gama Movement Recipe
11:30-13:00	S1.09	10 years of Vasco da Gama Movement – Where do we come from and where will we go? The VdGM
15:00-16:30	S1.02	Vasco da Gama Movement Exchange Workshop: Hippocrates and other VdGM and Global exchange
17:00-18:30	S1.09	The Vasco Da Gama Junior Research Award
11:30-13:00	S1.04	Childhood Eye Examination in Primary Care

- Friday, 4 July 2014

9:30-11:00	S1.04	Converging Technology and PrimaryCare: The Future, Now
9:30-11:00	S1.06	Health without Growth: Do we still need economic growth to stay healthy or are we at saturation point?
11:30-13:00	S1.13	Developing Resources to Facilitate the Transition from Training into Established General Practice.
15:00-16:30	S1.13	How to approach Family violence?
17:00-18:30	S1.03	Don't Miss the Train: Social Media Blowout in Family Medicine

- Saturday, 5 July 2014

9:00-10:30	S1.08	Defining Generalism in Family Medicine: A workshop for Young GPs
11:00-12:30	S1.12	EURIPA-VdGM Workshop: How to develop leadership



A Quick 'n' Dirty Guide to Using Twitter during the 2014 Lisbon VdGM Preconference & Wonca Europe 19th Conference

Twitter is an easy and fun way to comment during the Preconference and Wonca Europe Conference ! You will be able to make observations and give feedback on presentations in real time or suggest a workshop to your friends and colleagues and much more!

In this social network, users post 140-character updates of what is going on in their lives along with links to things they consider to be interesting or useful to their followers. People use Twitter in many ways; some as a newsfeed by following prominent people or networks, some as a pseudo-chatroom and some as a microblog for updating people about the work they are doing and their personal lives.

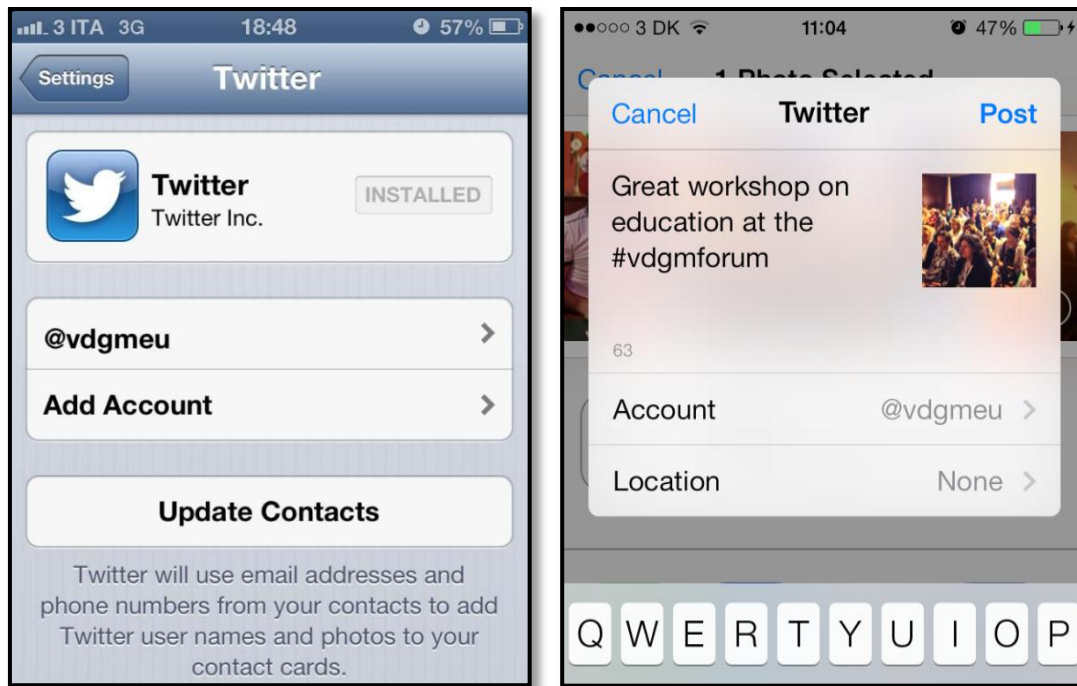
First register!

To create an account just head to www.twitter.com and register with your email address; the procedure will require 5 minutes barely.

And then tweet!

You can post tweets easily using your browser of your computer, mobile phone and tablet. You can also use dedicated applications, which enrich the experience, such as [TweetDeck](#) or [Metrotwit](#). There is even a wide range of applications on all mobile phones (iPhones, Androids, Blackberries and Windows Phones included, such as the official app of [Twitter](#), [Tweetbot](#), and the visually beautiful [Flipboard](#)).

Nowadays, most of the smartphones and tablets include some sort of integration as well.

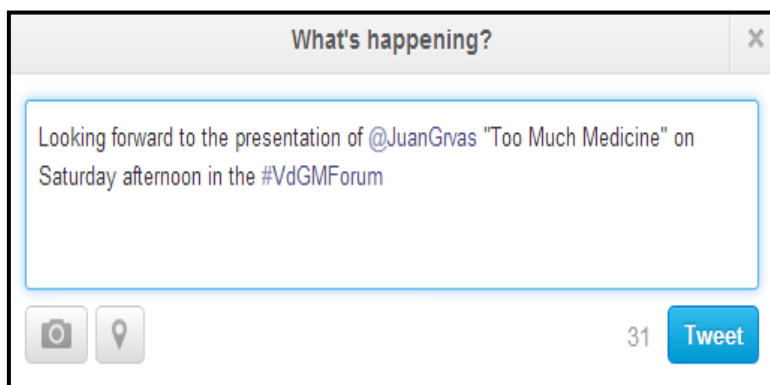


So log in and start tweeting!

Channel your tweets!

But wait, how are others going to know that I'm talking about the VdGM Preconference? It's actually very simple and involves only the use of a special label: the **hashtag**. By using it, you can label tweets so that other users can see tweets on the same topic. Hashtags contain no spaces or punctuation and begin with the “#” symbol. Many times at events like conferences or concerts, the organizers will tell attendees to add a particular hash tag to their tweets to gather opinions about the event and unite people at the same event.

So there's the fun part: you can post your own comments on the VdGM Preconference placing our special hashtag after each message: **#wonca2014**



Now other people will know that your message is about **#wonca2014**.

In fact, the hashtag has automatically been converted into a link and clicking on it will take you to a page with all the tweets tagged with this label from all users (i.e. not only from those you follow).



Do you prefer a better way to track and monitor all #wonca2014 tweets?

Just go to Tweepchat (<http://tweepchat.com/room/wonca2014>), Twubs (<http://twubs.com/wonca2014>), or oneQube (a guide [can be found here](#) by Marie Ennis O'Connor).

That's it! Don't forget you can tweet anything notable, your own ideas, opinions and point of views regarding the conference.

Your participation will be really important!

Vasco da Gama Movement's official account is @VdGMeu. Just click on the 'Follow' button to add it among the people you follow: this way, any updates posted will be shown on your stream.

As a final remark, remember what [Howard J. Luks said](#) on Social Media being centrifugal, not centripetal: "Our actions, or endeavors, are centrifugal in nature. Our efforts extend from the center, which is us, and are meant for a global audience thirsty for healthcare knowledge, to learn from our experience, and to have a better understanding of their healthcare related issue."

Geeky Tip

Head to [Symplur.com](http://www.symplur.com) to monitor the activity of our hashtag: <http://www.symplur.com/healthcare-hashtags/wonca2014/>

References

1. Twitter Guide Book – How To, Tips and Instructions by Mashable. <http://mashable.com/guidebook/twitter/>
2. O'Connor ME. How To Use SmartStream For HealthCare Tweet Chats. <http://healthworkscollective.com/marie-ennis-oconnor/100541/how-use-smartstream-your-healthcare-tweet-chat>
3. Luks HJ. Healthcare and Social Media: Centrifugal versus Centripetal Drivers. <http://www.howardluksmd.com/orthopedic-social-media/healthcare-and-social-media-goals/>



Preconference WONCA Europe 2015 Istanbul, 21st-22nd October



First Information About Social Events During the Preconference

- ✓ Bosphorus tour by boat
- ✓ Preconference dinner (Turkish cuisine)



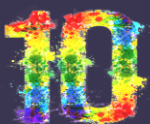
Preconference Center and Conference Venue

Haliç Congress Center

Sütlüce Mahallesi Karaağaç Caddesi
No.19 Beyoğlu/Istanbul



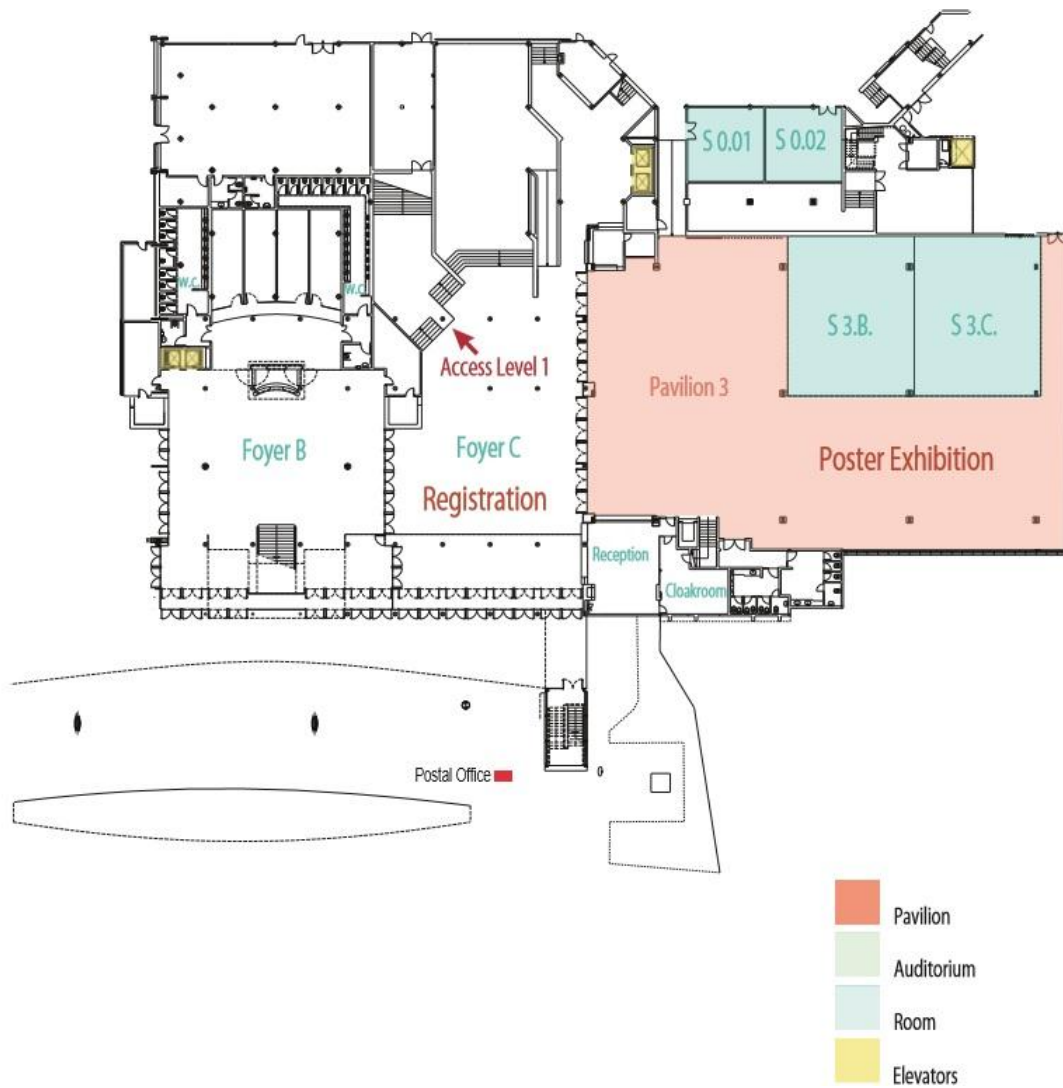
Istanbul welcomes you!





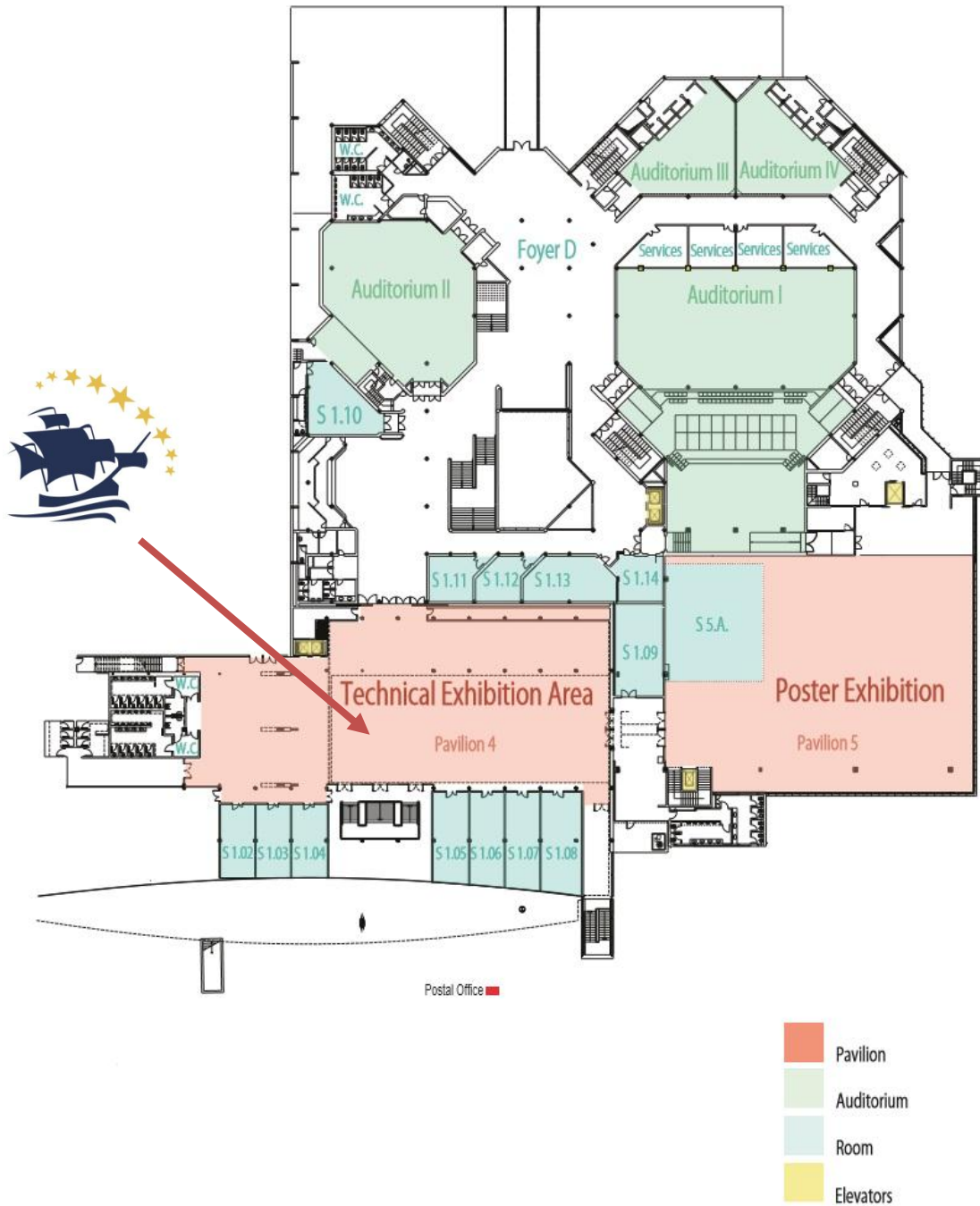
Conference Maps

GROUND FLOOR





FIRST FLOOR





Preconference Program

Tuesday, 1 st July 2014		
08.30 – 09.00	Registration	
09.00 – 10.30	Opening (plenary)	
10.30 – 11.00	Coffee Break	Europe Council*
11.00 – 13.00	Working Groups	
13.00 – 14.30	Lunch	
14.30 – 16.30	Working Groups	Europe Council
16.30 – 17.00	Coffee Break	
17.00 – 18.30	Working Groups	Europe Council
20.00	Social Event (dinner)	



Wednesday, 2 nd July 2014	
09.00 – 10.45	Working Groups
10.45 – 11.00	Coffee Break
11.00 – 13.00	Working Groups
13.00 – 13.30	VdGM's 10 th Anniversary Celebration
13.30 – 15.00	Lunch
15.00 – 15.30	Visionary Speech (plenary)
15.30 – 17.00	Working Group's Presentations (plenary)
18.00	WONCA Europe Opening Ceremony

Rooms

- Discussion Groups: S.02 to S.09, S.12 and S.13
- Plenary Sessions and EC Meeting: Auditory 2