

# **Young ESPGHAN Day**

## **Join the Young ESPGHAN Day at the 2023 ESPGHAN Annual Meeting**

**Young Wednesday | 17 May 2023**

The aim of this day is to increase awareness about young ESPGHAN mission and activities, to promote networking, to improve training among ESPGHAN members present at the Annual Meeting.

Young ESPGHAN Committee wishes to address the needs of the trainee members who are interested into expanding their careers by providing training on how to become a reviewer for peer reviewed journals or how to prepare for applying to different positions in the society or in their organisations.

Furthermore, Young ESPGHAN Committee is keen on promoting high quality education by facilitating interactive workshops delivered by expert senior ESPGHAN members and professional speakers.

Having one day dedicated to young ESPGHAN by grouping all activities (some of them already existing) helps increase visibility of young ESPGHAN, promotes congruency, accessibility and supports defining the identity of young ESPGHAN group.

### **Proposed Outline Of The Day**

**09:00-12:00 Young ESPGHAN Reviewer Programme**

**12:00-13:00 Mentorship reunion 2022 & 2023 – over lunch**

**13:30 – 15:30 How to write a motivation letter and CV**

**16:00-17:00 Young ESPGHAN Session**

## **Reviewer Training Programme**

**Organiser:** Young ESPGHAN Committee

**When:** during ESPGHAN Annual Congress 2023

**Time:** 09:00-12:00

**Location:** face to face (online participation not available)

### **Objectives:**

- Identify the importance of peer review in your daily practice and career progression
- A step-by-step guide on reviewing a manuscript from experienced reviewers
- Learn tips for reviewing media (such as graphs and clinical photographs)
- Develop reviewer skills

### **Programme outline:**

- **09:00-09:10** – Introduction of Young ESPGHAN, aim of the project and speakers – Anne Marie Grima & Ana Mocić Pavić
- **09:10-09:50** – Introduction to research publication and How to Types of paper for review What is peer review. Explanation on the peer review process How to perform a peer review: step by step guide – Prof. Henkjan Verkade, Associate Editor JPGN
- **09:50-10:30** – Tips and tricks, what to do/what not to do Top tips for a good review How to formulate your answer. What to write to the editor? Mistakes in reviewing – Prof. Jernej Dolinsek, Chair of ESPGHAN Gastroenterology Committee
- **10:30-10:35** – Break
- **10:35-11:05** – Practical session: group work

- **11:05-11:45 – Regrouping following practical session – presentation of final review by each team (with a recommendation for the editor)**
- **11:45-11:55 – Closing remarks and take home messages**
- **Feedback:** feedback form to be given to all candidates at the end of the session
- **Certification of attendance:** at the end of the session each candidate is provided with a certificate of attendance (following completion of feedback form).
- To achieve **Certification of completion** of the Reviewer Program each candidate needs to show proof that s/he has successfully reviewed 2-3 manuscripts for JPGN in 12 months.
- **Award** to be offered to the most prolific reviewer at AM in 2024

**Long term outcome of this programme:** training a pool of quality reviewers for JPGN and JPGN reports

## **Mentorship Reunion**

**Robert Hegarty, Young ESPGHAN** The ESPGHAN Mentorship Programme began in 2017 with the aim to create a platform for Young ESPGHAN members to form a relationship with a Senior ESPGHAN member who will offer pastoral support to the young member. After a break in the programme, ESPGHAN Mentorship was launched in a new shape in 2022, a hybrid format. There are currently 10 pairs enrolled in the Mentorship Programme 2022 and 10 more pairs will join in the 2023 edition.

The Mentorship Programme 2022 follows a structured timeline which started with a virtual workshop in May 2022 provided by „Matt Driver Consulting” on positive mentoring, followed by a face to face meeting of mentor-mentee during Annual Meeting in Copenhagen 2022 and then by 3 virtual mentor-mentee meetings.

To strengthen the relation between mentors and their mentees, we would like to provide a dedicated time and space during the

Annual meeting every year, where the pairs can meet and discuss their goals. This would very well fit into the lunch break on Wednesday, when they can enjoy lunch over an informal catch-up talk.

### **Aims of the Mentorship Programme:**

1) To create a platform of interaction between junior and senior ESPGHAN members:

- Offering a welcome for junior members to ESPGHAN
- Building a professional network of young and senior members within the society
- Building a foundation of trainees for who will become ESPGHAN members in the future and promote further young members to contribute to the society
- Enhancing the development of both mentors and mentees

2) To provide a mentoring for Young ESPGHAN members:

- Giving insight to the functioning of the society and possibilities within ESPGHAN
- Providing pastoral support to young members to help develop their career path

## **Career Coach: How to Write a Motivation Letter & a CV**

One of the main aims of Young ESPGHAN Committee is to promote high quality training and disseminate resources and training opportunities to its members. Furthermore, we thrive through our members and it is our mission to support our community grow into successful PGHN leaders as well as further pillars of the society.

Every participation to an event starts by writing a successful application, and inevitably that includes preparing a motivation letter and a CV.

These skills are not part of the medical curricula and it is therefore up to each individual to provide a competitive application. Young ESPGHAN recognises the differences in access to resources among our members and would like to promote equity of access to training by providing a short face to face professional training on how a trainee should present her/himself.

**Organiser:** Young ESPGHAN Committee

**When:** during ESPGHAN Annual Congress 2023

**Time:** 13:30-15:30

**Location:** face to face (online participation not available)

#### **Programme Outline:**

- **13:30-13:40 – Short introduction by Young ESPGHAN – Andreia Nita & Giovanna Puoti**
- **13:40-14:10 – How to write a successful CV & Motivation letter –Hon. Assoc. Prof. Marco Gasparetto, ESPGHAN**
- **14:10-14:40 – Young ESPGHAN experience– tips and tricks, what not to do – Andreia Nita & Giovanna Puoti**
- **14:40-15:10 – Group work – write your CV/motivation letter/analyse and score Motivation letters and CV**

**Long term outcome:** preparing ESPGHAN members for higher quality applications within the society and in their career

## **Young ESPGHAN Session**

The Young ESPGHAN Session has traditionally been the oldest Young ESPGHAN activity at the Annual meeting. This is a one hour free of charge and open to all workshop on non PGHN topic, but relevant to our daily practice in and out of hospital.

The aim is to provide interactive training on soft skills delivered by a top speaker selected from the country hosting the annual meeting. Depending on the focus and relevance at the time, Young ESPGHAN Committee proposes a topic and speaker

to the scientific committee.

### **From passion to profession. A musical approach**

What do musicians and doctors have in common? Hard work, commitment, passion, overachievers, dedication. Gut feeling? Or maybe gut brain-axis... Learn how to cope with emotions during performance... Or how to sink in and turn emotions into success.

Speaker: Prof. David Seidel

David Seidel, born in 1976 in Salzburg. Bassoon studies under Milan Turkovic, Yoshinori Tominaga and Richard Galler at the Mozarteum University Salzburg (Austria). Member of the ORF Vienna Radio Symphony Orchestra (1998 – 2004: First bassoon; 2004 – 2019: Principal bassoon). Many concerts as a soloist and with chamber music ensembles, as well as master classes in Austria and around the world. Various CD/DVD recordings. Since 2010, Professor of Bassoon at the University of Music and Performing Arts Graz and Oberschützen (KUG).

Prof. David Seidel