

Junior doctors and exchange programmes

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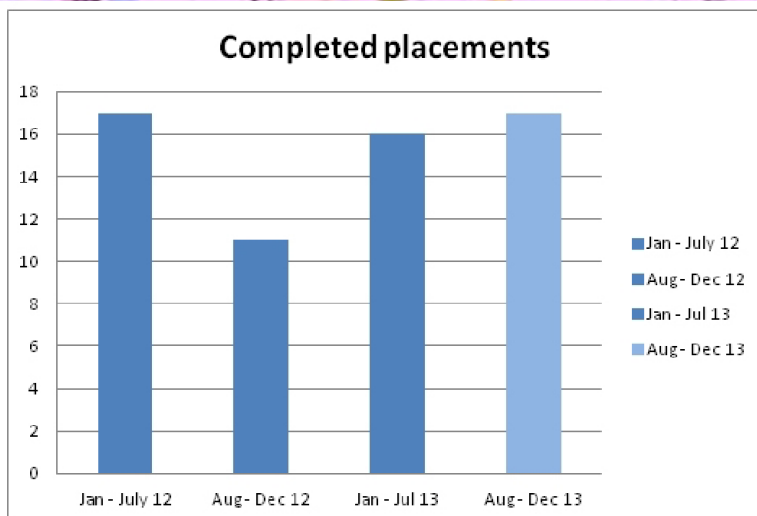
The EFPT (European Federation of Psychiatric Trainees) is the first and only Federation of medical trainee associations, to our knowledge.

It is composed of 38 member associations from 35 countries across Europe. With 22 years of experience it is well placed to comment on training issues and of those transversal to a large number of countries, such as mobility and its impact on healthcare.

One of EFPT's current main activities is the Exchange Programme which is trainee-led and was created in order to facilitate mobility during training. For over 10 year trainees from Europe have identified mobility as need in training, acknowledged in EFPT statements. But it was only in 2011 that the Programme was established with the objective to provide trainees with opportunities to:

- Promote awareness of intercultural aspects of Psychiatry
- Engage in clinical, and/or research, and/or teaching activities
- To become acquainted with different mental health systems
- To gain experience of different illness manifestations and treatment options
- To experience a different training programme
- To socialise with peer group, promote networking and discuss coping strategies regarding work life balance

There are 11 countries offering vacancies (Fig. 1). To date, 44 exchange placements were completed and by December it is expected there will be 61 (Fig. 2). Feedback has been overly positive.



Training is the core of excellence in healthcare. By equipping trainees with additional skills through mobility during training, we believe we are contributing to improving mental healthcare globally.