

# Young ESPGHAN Day

## Young ESPGHAN Day 2025 – 14 May 2025, Helsinki

We are delighted to invite you to join us for our 2025 “Young ESPGHAN Day”, a day full of workshops and inspiring talks, all tailored and dedicated to us, Young ESPGHAN.

As a committee, we are devoted to promoting education and improving training among ESPGHAN members by addressing training inequalities across different national systems. We believe leadership positions are inevitably a milestone in everyone’s career, and learning from inspiring role models would bring you all new insights into your potential as the next generation of leaders.

We are hoping that “Young ESPGHAN Day” will provide you, our colleagues, the opportunity to find inspiration and resources to explore your career potential and expand your horizons.

**Target Audience:** Young ESPGHAN Members, Medical students, General paediatricians, GI trainees, AHPs with interest in research.

### **Objectives:**

- Gain a basic understanding of statistics for non-statisticians
- Learn the fundamentals of systematic review and meta-analysis techniques
- 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 with online and face-to-face

modules

- Receive feedback and practical guidance from experts through hands-on practice

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# **Young ESPGHAN Day 2024 Programme**

## **Get an award and showcase your work**

**AM Session: 8:30 am – 11:30 am**

**08:30-8:45: Young ESPGHAN – who are we?**

**8:45 – 9:45: Get ready for an award – learn from ESPGHAN awardees**

- 8:45 – 9:00: Charlotte Anderson Award 2022
- 9:00 – 9:15: Research Grant 2022
- 9:15 – 9:30: International Exchange Award
- 9:30 – 9:45: Endoscopy Fellowship

**9:45- 10:15: Preparing your oral presentation**

**10:15 – 10:45: Designing your Posters and Infographics**

**10:45 – 11:00: Writing THE manuscript**

## **Mentorship Reunion**

**Lunch Session: 12:00 – 13.00**

Three generations (2022,2023,2024) of mentors-mentees pairs will gather for a new Mentorship reunion. To strengthen the relationship between mentors and their mentees, we are providing a dedicated time and space during the Annual Meeting every year, where the pairs can meet and discuss their goals while enjoying lunch over an informal catch-up talk.

## **Develop your skills and build your career**

**PM Session: 13:00 – 16:00**

**13:00 – 13:30: Break**

**13:30-14:30: Designing your unique career path**

- How to choose the best career for you & how to find purpose in your career
- Improve your communication (skills) & interview skills

### **14:30 – 15:00: Mastering leadership skills**

- Leadership styles and frameworks
- Principles of purposeful leadership
- Leadership toolkit

### **15:00- 16:00: Get inspired by ESPGHAN leadership models**

## **Art and Chocolate**

### **Young ESPGHAN Session: 16:00 – 17.00**

**16:00 – 16:30: Art and architecture in medicine: The ancient hospitals of Milan**

**16:30 – 17:00: The art of chocolate – creativity & sustainability**