

My name is Inês Maia Amaral, a young Portuguese medical physician, currently at the third year (total of five) of residency in intensive care speciality in Porto, Portugal.

Within the firsts years of the undergraduate course in Medicine I started to develop a keen interest in the fields of emergency, trauma and the critical care. This passion has growth and at my final year as medical student, in 2017, I attended the RCEM careers day on London, as a preview of my idealization for my dream future career. Unfortunately, Emergency Medicine in Portugal is not a recognized speciality. In this manner, I found that intensive care would bring me a taste of the enormous area within the acute medicine. Indeed, I have been doing shifts in the Emergency Room and be part of the pre-hospital emergency team. Nonetheless, I still aim to apply for an Emergency Medicine Career.

Furthermore, at the beginning of my professional career, in 2019, I signed to EUSEM membership and start to integrate the available activities provided by this organization. Until now I have attended all the annual congress organized by the EUSEM and courses, namely Refresher Course XI Resuscitation in the Emergency Department and the Emergency Medicine Core Competences. This year, I have integrated the Portuguese Society of Emergency Medicine – SPMUE.

I am eager and motivated in giving my humble contribution for the growing and proliferation of YEMD and push forward to the next level, in the best quality possible.

In my point of view, motivation is the first step to reach our goals, followed by bravery and a bit of insanity; the commitment, strongly makes a structure robust.

In this regard, my main objective is to be part of the YEMD community and enhance the young physician in the emergency world.

Inês M. Amaral