

# Nordic Pre-Congress for young GPs

June 13th 2017

deCODE genetics, Sturlugata 8, 101 Reykjavík

**08:15-08:45 Registration and coffee**

**08:45-09:05 Opening ceremony**

- Welcoming speech, Þórarinn Ingólfsson, Chairman of the Icelandic Association of General Practitioners
- Greetings by the NYGP Executive Board

## Preparing for a rural adventure

**09:05-09:45 Is there a doctor on board? Kristinn Logi Hallgrímsson, GP Trainee**

**Coffee break**

**10:00-10:40 Medical kit in rural medicine, Gríma Huld Blængsdóttir GP**

**10:40-11:20 A country doctor's notebook, Stefán Steinsson, GP and Psychiatrist**

## The Resilient GP

**11:30 Bus to the NLFÍ Spa and Medical Clinic in Hveragerði**

**12:10-13:10 Lunch at NLFÍ**

**13:10-14:00 Burn Out and Self-care, Haraldur Erlendsson, Psychiatrist, CEO and Chief Medical at NLFÍ**

**Coffee Break**

**14:10-14:50 Practical Positive Psychology, Jóhanna Ósk Jensdóttir GP and Svala Sigurðardóttir GP Trainee**

**14:50-15:50 Mindful walk around Hveragerði**

**16:00-18:00 Bus to Reykjavík with sightseeing detours and refreshments  
Drop-off at either BSI bus terminal or Nauthólsvík**

**18:00-19:00 Optional bathing in Nauthólsvík ([www.nautholsvik.is](http://www.nautholsvik.is))**

**19:15 Dinner and drinks at Nauthóll (<http://nautholl.is/?lang=en>)**

**Dining will start at 20:00!**



**Remember to dress for Icelandic weather. Better safe than sorry!**

← Don't be this guy 😊



The NLFÍ Spa  
and Medical Clinic  
- be responsible for your health

NAUTHÓLL  
Bistro