

Inês Farinha

ESID Junior Portugal Representative Candidate

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To the ESID Junior Country Representatives,

My name is Inês Farinha, I am 29 years old and I am currently in the third year of my immunoallergy residency. I completed the Master in Medicine at the Faculty of Health Sciences of the University of Beira Interior in 2018 and after one year of General Training at Distrital Hospital, in January 2020, I started my specific residence in Immunoallergy department at Coimbra Hospital and University Centre.

I am writing with great enthusiasm to express my interest in being an ESID Junior Representative of my country, as it has been my ambition to be part of the improving awareness, diagnosis, treatment, education and understanding of primary immunodeficiency diseases (PIDs).

In my hospital we have several specialists interested in the area of immunodeficiencies and we have a specific consultation for PID that works in a pediatric hospital. So, every day of my residency, I am encouraged to seek more information about PIDs and do research work in this area.

I believe it will be an interesting personal development opportunity and with a different objective than usually presented by the activities that I have already performed in my residency. I will give it my best effort to bring ESID to our colleagues and create a growing society with many challenges ahead.

I firmly believe that it would be very beneficial to both the immunoallergy residents and the medical science for immunoallergologists to-be to have more specific and frequent impactful and meaningful scientific information of PIDs.

Looking at the ESID vision and mission, the focus appears to be exactly promotion and facilitate the exchange of ideas and knowledge among physicians who are concerned with immunodeficiency diseases to give the best treatment and allowing PID patients to live their lives to their full potential.

It will be highly motivating to participate and further expand not only scientific knowledge but also other capabilities which are not directly connected to the day-to-day medical practice of Immunoallergy, like communication tools, organization capacity and collaboration with other junior country representatives. Furthermore, being given the opportunity to develop soft skills such as communication, presentation and help organize junior events, would be incredibly helpful to my personal development.

Given the stage of my life where I currently stand, with this being my third year of residency, and considering that a new phase will very soon begin, as an Immunoallergy Medical Doctor, I feel that attending this challenge is the opportunity I was missing to become a more complete young Immunoallergologist. Not only at a professional level but also personally.

Finally, I leave you with a sentence from a famous Portuguese poet, Fernando Pessoa, which means a lot to me: "Tenho em mim todos os sonhos do mundo" (I have inside me all the dreams in the world). Together we can change the lives of those affected by PID.

Thank you for considering my application.

Yours sincerely,

Inês Farinha