



Tarragona, 12 September, 2019

Dear colleagues,

We are pleased to inform you of the 1st International Symposium on Integrative Health and Education, co-organized by Universitat Rovira i Virgili's (URV) Faculty of Nursing and Spanish Society of Health and Integrative Medicine (SESMI), with the collaboration of Tarragona's Official School of Nurses. The symposium will be held in Tarragona at URV's Campus Catalunya on September 12th, the day before the start of the 12th European Congress of Integrative Medicine which will take place in Barcelona from the 13th till 15th of September 2019.

The aim of this Symposium is to create a meeting point, as well as developing a forum for the exchange of knowledge and experiences among members of the educational community of different countries. We can then establish a basis for setting up a research area, creating interdisciplinary links and synergies that will help us identify educational needs in this area.

It will start with a round table with speakers from the United States, Australia, Europe and Iceland who will present their respective educational experiences. It will be followed by a second-round table with presentations of Spanish teaching experiences. Next, attendees will be invited to participate in a debate to generate proposals. We will conclude the morning session with a presentation on Shinrin-yoku. After lunch, two workshops will be given by professional experts, one on Music Therapy and another on Ayurveda. At the same time, Campus Catalunya's Resource Centre for Learning and Research (CRAI) will hold the 1st Workshop "learning and research together" on Integrative Health Education in which the participants of the Symposium will be able to share innovative proposal in situ to promote network.

At the end of the Symposium, we will visit the old town of Tarragona in a walking route for its most emblematic places steeped in history. We will see the rehearsal of the "Colla Jove del Xiquets de Tarragona" (human castles) and at dusk we will enjoy a dinner with music at the Joan Miret house, a versatile space in the heart of Tarragona: <https://www.casajoanmiret.com/>.

Tarragona is a world heritage city that has a great Roman legacy. Located about 80 km south of Barcelona and by the Mediterranean sea, it is a meeting point between cultures. For attendees wishing to participate at this Symposium, we have organized a bus trip from Barcelona. We will pick up the participants at 07:30 in the Joan Peiró Square, just behind the Sants station in Barcelona and return to the city once the dinner is over. If you do not want to attend the dinner, you will have free time until the bus return hour.

The Symposium is aimed at Health Sciences teachers, researchers and professionals with concerns about sharing their knowledge and participating in discussions, acting as a platform for the interdisciplinary exchange of these experiences.

The registration fee for the Symposium is € 100 (€ 60 for undergraduate students), and includes bus trip, all activities, workshop, coffee and lunch. Dinner is optional and is not included. We invite you to participate in the debate and the joint meditation and we thank-you for your collaboration on broadcasting the event.

See you soon in Tarragona!

To attend this Symposium, please register at: <http://www.fundacio.urv.cat/congressos/edu-integrative-health-symposium/registration>

For more information: Neus Esmel ecim@sesmi.es

Website:

<http://www.fundacio.urv.cat/congressos/edu-integrative-health-symposium/>