

# ENOTHE

European Network  
of Occupational Therapy  
in Higher Education



## E - Newsletter Spring 2019





**ATTENTION!**

**7 days left**

to

25th ENOTHE AM Abstract Submission Deadline

**(15<sup>th</sup> April 2019, 23:59 CET)**



# **Message from the ENOTHE President**

Dear members of ENOTHE,

There are many important aspects to the work of ENOTHE which I am currently involved with and I have captured these under seven main points:

1. The establishment of OT-Europe as a simple and effective legal form of foundation. This information will be shared with all members during the General Assembly in Athens in October 2019. There will be a proposal tabled and members can vote on setting up OT-Europe as a foundation.
2. The intensified cooperation with COTEC means that we can represent each other at important events of both internal and external partners. The Register of Experts is growing steadily and we are very grateful for all people who have contributed. This enables the effective use of expertise to respond quickly to current topics and consultations.
3. There has been an ongoing review of ENOTHE office activities with an emphasis on becoming more professional. The aim is to organise the activities to be as lean and simple to operate as possible. After the trial of the new abstract software system last year at the Portugal Annual Meeting 2018, ENOTHE has decided to continue to work with Ex Ordo incorporating this system into the design of our future annual meetings, conferences and Congresses. A five-year contract has now been signed with Ex Ordo. Archiving and digitalisation of ENOTHE books and publications has been taking place over the last few months. It is hoped that these will be made available on the website to all members of ENOTHE during summer. Members will be notified by the office when this resource becomes active.
4. An on-line secure accountancy system is due to be purchased and implemented in readiness for the 2019 – 2020 financial year.
5. We have updated the guidelines for submitting project proposals.
6. We have started setting up the ENOTHE Academy, which has the central aim of supporting partners in developing fully-fledged Bachelors or Masters occupational therapy education.
7. We are always ready to learn and our SPOT Board member has shown the ENOTHE Board how to use social media effectively. Many academics and students visit their SPOT website and read their blog. If you haven't already done so please access them and get inspired to make a mini-SPOT at your university.

Enjoy the spring and all the meaningful activities within education.

It remains to me to encourage you to share this ENOTHE newsletter with your colleagues and students.

Marie-Antoinette Minis  
President of ENOTHE





# **News from ENOTHE and OT-Europe Projects**



Erasmus+

**COPILLOT (Cooperative Online Peer-assisted and Intercultural Learning in Occupational Therapy) is a higher educational project funded by Erasmus+,** designed to facilitate international learning and skill-building in the field of Occupational Therapy by providing learning opportunities for all students at the participating institutions, especially for those who are not able to go abroad. Its basic elements are intended to be transferable to other Occupational Therapy and Health Study programs.

The project was approved by the Austrian Agency for International Cooperation in Education and Research (OeAD) and is funded within the Erasmus+ key action "Strategic partnerships" for the period of 05.12.2018 – 04.05.2021.

The partnership consortium consists of:

- FH JOANNEUM University of Applied Sciences, Austria
- HOWEST University of Applied Sciences, Belgium
- "Angel Kanchev" University of Ruse, Bulgaria
- Luleå University of Technology, Sweden
- ZUYD University of Applied Sciences, the Netherlands

Associated partners

- Hochschule für angewandte Wissenschaften (ZHAW), Switzerland
- European Network of Occupational Therapy in Higher Education (ENOTHE)

**The purpose of the COPILLOT project** is to create a sustainable model of embedded international learning and suitable learning activities for any small international group or network of Occupational Therapy programs (3-8), built on three basic principles:

- students can do the e-learning modules within the framework of their regular curricula and receive the usual number of ECTS for them;
- students learn together in internationally mixed groups and are tutored by internationally mixed groups of instructors;
- learning takes place in the "digital classroom", making use of e-learning and multi-media tools such as e-learning platforms, e-lectures, social media, or production of video clips.

**There are four tangible results of the project,** in the form of intellectual outputs:

1. COPILLOT Meta-model: a transferable model of intercultural online learning modules for health professions.
2. COPILLOT Manual of e-Learning modules: 7 modules with different topics and goals, each open to students / instructors from each partner university; intended to be carried out every year so that students can choose several modules during their training.
3. COPILLOT LINK-IT: A collection of existing, newly produced (by project partners) and future (to be produced by students participating in COPILLOT learning) Open Education resources (OER). It will consist of a list of existing OER related to intercultural and international aspects of health professions that can be used in teaching and learning, as well as of motivational or theoretical-input mini-lectures on specific topics, developed by the partners in this project.
4. "Webinar for COPILLOT starters" – a step-by-step guide about how to implement the COPILLOT model that will address practical questions, resulting from the partners' experience in the pilot phases carried out during the project.

Through these outputs, project partners hope to achieve impact features such as:

- facilitating competence growth and international experiences for students who are not mobile (internationalization@home);
- promoting increased understanding of the diversity of the OT profession throughout Europe;
- encouraging the development of stronger networks of occupational therapy students and teachers all over Europe;
- promoting a European outlook on Occupational Therapy on the instructors' level;
- stimulating exchange of good practice in Occupational Therapy across national;
- encouraging other forms of cross-national cooperation between partners.

**History and relation to ENOTHE:** The project was inspired by the ongoing cooperation of HEI partners (all ENOTHE members) in the joint online course ICC@home (International Case Comparison at Home), based on comparative peer-assisted e-learning. That course had been initiated in 2011 by three partner universities from Austria (FH JOANNEUM), Belgium (HOWEST) and the Netherlands (HAN) at the ENOTHE meeting in Gent.

It had grown in scope and partner numbers over the years, proved relatively easy to implement and showed a potential of creating valuable "side-effects" for students, institutions, and teachers. This encouraged the partners, who did much of their preparatory work at the annual ENOTHE meetings, to apply for an ENOTHE funded project group in order to further develop the framework of the course, share their experience and encourage other ENOTHE partners to set up similar courses and networks. The application was successful and the activities carried out in 2017 and 2018.

During this period, the core ideas for extending joint international online learning in scope, impact levels, contents and means were born – COPILOT. The project partners put together an application for Erasmus+ funding in order to create a model and suitable learning activities that could be implemented by their partnership but also be adapted by other groups of Higher Education institutions.

ENOTHE is a valuable partner in the project by providing both an excellent platform for dissemination and a body for critical feedback and support.

**Until now the project team has carried out three virtual and two transnational meetings.**

The first meeting took place from 6<sup>th</sup> to 8<sup>th</sup> December 2018 at FH JOANNEUM in Bad Gleichenberg. It focused on project management, documentation and milestones, as well as on the overview of the workpackages, roles and responsibilities. The meeting started with a team activity "Which impact do we want?" for refreshing our vision, confirming and refining shared goals and terms, establishing priorities for a good start.

The second transnational meeting was hosted by HOWEST University of Applied Science in Kortrijk from March 21<sup>st</sup> to 23<sup>rd</sup>, 2019. The team spent many hours of hard work on refining terminology in line with the Bologna process as well as with the policies and practices of





universities. By the end of the week a draft content of the model, draft structure of the framework and the manual and a list of topics and suggested activities were developed. The meeting ended with deep satisfaction that all milestones are achieved.

Despite the intensive work, the team had time to meet with colleagues from partner universities, learn from good practices, sightseeing and enjoying time with friends.

You may follow us on our Erasmus+ Copilot page in Facebook:

[https://www.facebook.com/Erasmus-Copilot-358274707648093/?modal=admin\\_todo\\_tour](https://www.facebook.com/Erasmus-Copilot-358274707648093/?modal=admin_todo_tour)







# Board activities

## Occupational Therapy Europe meets in Prague

Charles University of Prague hosted the January meeting of OT-Europe, bringing together all of the current Occupational Therapy programmes across the Czech Republic and representatives of COTEC, ENOTHE and ROTOS.

During the morning there was a warm welcome from MUDr Yvonne Angerová as the Head of the Department of Rehabilitation Medicine at our host university followed by presentations from Stephanie Saenger (COTEC), Marie-Antoinette Minis (ENOTHE) and Esther Steultjens (ROTOS) outlining the purpose, aspirations and achievements of the three organisations and the benefits of working together as OT-Europe. There was also the opportunity for the other universities to talk to each other - as well as OT-Europe - about their programmes. The University of Ostrava, J.E. Purkyně University in Ústí nad Labem, Palacký University in Olomouc and the University of West Bohemia in Pilsen were represented at the meeting as well as Charles University.

This led to a lively discussion about current key issues for practice, education and research, including the engagement of students in national and European issues, the gender balance within Occupational Therapy and what that may bring, status and salary levels of Occupational Therapists, and the importance of Occupational Therapy research and evidencing interventions.

Olga Marková, Vice President ČAE talked about the development and direction of the profession in the Czech Republic, which led to talking about the opportunities opened up for the Czech members by hosting Congress next year. Many thanks to Olga and colleagues at the University for being such welcoming hosts and looking after everyone so well.

The OT-Europe Coordinating Group met in the afternoon and were informed of the progress of OT-Europe towards becoming a legal entity. ENOTHE and ROTOS also reported on the timelines for moving toward legal status. The meeting was also updated on Congress 2020 plans and heard a report from the Scientific Committee. Progress around the theme of "Resilience" is taking shape as is the programme. The meeting also considered the promotion of OT-Europe, being clear about when it is important to represent individual organisations and when the issue will benefit from the OT-Europe badge. The Register of Experts was also reported on and the group was heartened to hear that nominations are starting to come in from across a range of members and organisations, and that the variety of expertise is growing too.

After such a useful day all are looking forward to returning to Prague next year for the 2nd COTEC-ENOTHE 2020 Congress.





# **25<sup>th</sup> ENOTHE Annual Meeting**



ENOTHE

European Network  
of Occupational Therapy  
in Higher Education



25th Annual Meeting  
17 - 19 October 2019  
ATHENS | GREECE

METROPOLITAN COLLEGE  
DPT OF OCCUPATIONAL THERAPY



As you probably have already seen on the 25<sup>th</sup> ENOTHE Annual Meeting webpage (<https://enotthe.eu/annual-meeting/greece-19/>) there has been some major updates:

- Information about abstract submission;
- Hanneke van Bruggen Lecture nomination;
- Registration;
- Venue

Still under development are the Keynote Speakers and, of course, the Programme.

Please be aware of the several deadlines (accompanied by the specific link) for this great opportunity to get together, share work, network, develop and grow:

## **Important Deadlines**

**13<sup>th</sup> April**

HvB Lecture Nominations <https://forms.gle/evQbkPWmuiWyFmPS6>

**15<sup>th</sup> April**

Abstract submissions <https://enotthe2019.exordo.com/>

**30<sup>th</sup> September**

Registration <https://forms.gle/xRHuUG8EvDtBYHwM6>  
Market Place application <https://forms.gle/X42cS7zrFqsDC2Gj6>



**26<sup>th</sup> (2021),  
27<sup>th</sup> (2022),  
and  
28<sup>th</sup> (2023)  
ENOTHE  
Annual Meetings**



# *Do you Annual Meeting with us?*

## **Is your university/organisation interested in hosting future ENOTHE Annual Meetings?**

The ENOTHE meeting is held each year at a different institution in a different European country. It is an opportunity to raise the profile of your Occupational Therapy programme/s at both a local and national level.

If you are interested you will need authorisation from your head of the institution.

Please find more information (Bid form and Host Protocol Guide) at the ENOTHE website (<https://enothe.eu/annual-meeting/>).

Check out where we have been so far... and where we will be in the close future!

						
1995 Denmark, Copenhagen	1996 Spain, Madrid	1997 Germany, Essen	1998 United Kingdom, York	1999 Slovenia, Ljubljana	2000 France, Paris	2001 The Netherlands, Rotterdam
						
2002 Portugal, Estoril	2003 Czech Republic, Prague	2004 Greece, Athens	2005 Austria, Vienna	2006 Turkey, Ankara	2007 Ireland, Cork	2008 Germany, Berlin
						
2009 Spain, A Coruña	2010 Sweden, Stockholm	2011 Belgium, Ghent	2012 Lithuania, Vilnius	2013 United Kingdom, York	2014 The Netherlands, Nijmegen	2015 Bulgaria, Ruse
						
2016 COTEC-ENOTHE Ireland, Galway	2017 Croatia, Zagreb	2018 Portugal, Estoril	2019 Greece, Athens	2020 COTEC – ENOTHE Czech Republic, Prague	2021	2022

Any queries, just reach us at [info@enothe.eu](mailto:info@enothe.eu)





# **News from members**

## **WFOT Re-Accreditation of the Occupational Therapy Programme at Carinthia University of Applied Sciences (CUAS) (FH Kärnten- Austria)**

In January, the World Federation of Occupational Therapists (WFOT), impersonated by the Austrian WFOT-delegate Yara Peterko, MSc., once again successfully and positively completed the recognition procedure for the Occupational Therapy study programme at Carinthia University of Applied Sciences.

The WFOT recognition of a university is an important and internationally recognised quality mark for Occupational Therapy training quality. It does not replace the legal accreditation of the degree programme but is an additional award which is an essential quality criterion, especially for future employers at home and abroad. Abroad (especially in non-EU countries), the work permit and the possibility of acquiring additional qualifications depend, among other things, on whether the training was completed in a training centre recognised by WFOT.

The Bachelor's programme in Occupational Therapy at Carinthia University of Applied Sciences thus fulfils not only the national requirements but also the international criterion of being a training centre accredited by WFOT.

*Picture Caption:* Austrian WFOT-delegate Yara Peterko, MSc., and senior lecturer in Occupational Therapy Markus Kraxner, MSc. (CUAS), holding up the re-accreditation certificate.



## **2nd COTEC - ENOTHE 2020 CONGRESS takes place in Prague**

We are pleased to invite you to the 2nd COTEC – ENOTHE CONGRESS 2020 in Prague – September 23–27, 2020! It is a unique opportunity to meet with colleagues from across Europe and compare experiences and the view of the field of occupational therapy with people from abroad.

We are also very happy to report that the meetings of the COTEC, ENOTHE and ROTOS boards, took place in Prague. As a local organising committee we were very interested to welcome representatives of those organisation to discuss and share ideas - especially in view of the culminating preparations of the COTEC-ENOTHE 2020 Congress.

It is necessary to mention also the meeting with representatives of all Czech OT study programmes (Charles University in Prague, Palackeho University in Olomouc, The University in Ostrava, The University of J. E. Purkyne in Usti nad Labem and the University of West Bohemia in Pilsen) and the student SPOT meeting.

It was very busy and inspirational time – thank You all! We hope to see You also during the 2nd COTEC – ENOTHE CONGRESS in the beautiful Czech capital. Follow the:

[www.cotec-enothe2020.com](http://www.cotec-enothe2020.com) .

Jana Nahla



## **WORKSHOP: BACK TO BASICS – FORWARD TO THE FUTURE**

### **Emerging Practices for Occupational Therapy**

On the 12<sup>th</sup> March 2019, the Occupational Therapy course of the School of Health Sciences in Leiria was delighted to spend the day learning from three of the most prominent names in Occupational Therapy. Dr Jennifer Creek, Dr Madeleine Duncan and Dr Kit Sinclair joined us in sunny Portugal, to share their invaluable knowledge through a workshop entitled: Back to Basics > Forward to the Future.

This workshop provided our students, clinical educators and lecturers with opportunities to think broadly about their professional identity, practice, theory, research and education. The main aims were to explore the links between scholarship and practice in occupational therapy; to consider how occupational therapy might develop to meet emerging needs in society; and to provide opportunities to select and apply appropriate reasoning skills for different purposes.

Divided into two main topics: theory and professional reasoning, the participants had the opportunity to critically examine the existing models and frames of reference used by occupational therapists in relation to current practice and future developments; and to explore and apply many modes of reasoning in different areas of practice, from clinical intervention to policy formulation.

This workshop, considered by all the participants of utmost importance, helped the Portuguese Occupational Therapists, to broaden their professional identity and practice with regards to current global issues, national and international policies and sustainability.

*Liliana Teixeira, OT Lecturer*

*School of Health Sciences - Polytechnic of Leiria - Portugal*

## **FACILITATING LEARNING IN BECOMING A CARING AND COMPASSIONATE PRACTITIONER IN OCCUPATIONAL THERAPY: THE DEVELOPMENT OF A CO-PRODUCED ONLINE HUB**

Recent reports in the UK have identified failings in the care, compassion, dignity and respect of patients in health and social care arenas (e.g. Andrews 2014; Francis 2013; Keogh 2013). As a consequence of this, higher education providers, who prepare students to work in these fields, have been asked to ensure their students hold these caring values and beliefs before they qualify (NHS Employers 2014). To meet these challenges, occupational therapists in Cardiff University, Wales, UK have developed an online resource to address these issues. In essence we wanted to provide students with a framework that would help them to understand what being caring and compassionate looked like in practice. This was more than just thinking about how to treat others with dignity and respect; it was about providing students with opportunities to engage with complex issues related to how caring values linked to their own individual behavior and beliefs. This then was about facilitating self-knowledge, personal growth and change. Crucial to the subsequent success of the resource was the full involvement of students in its production. They not only ascertained the content but developed materials and now regularly update the site. As the resource is online the materials are accessible at all times and offer flexibility for both student and staff use and engagement.



Interactive tools such as articulate 360 and padlet have introduced a variety for different interfaces for user engagement. The resource is used as a tool in interprofessional education as well as across subject specific curricula. This online resource is a free for all to use and indeed google analytics show an international audience is accessing and using the materials. If you are interested in doing the same you can find the hub here: <https://caringpractitioner.co.uk/>.

If you would like any more information or have any comments on the site, please feel free to contact me Dr Teena Clouston on [CloustonTJ@cardiff.ac.uk](mailto:CloustonTJ@cardiff.ac.uk)



## Student Reflections on the Use of Creativity in Practice – Dworp and Beyond

September 2018 marked the 20<sup>th</sup> Anniversary of an exciting and innovative programme hosted by Artevelde University College, Ghent exploring the use of creativity in occupational therapy practice. This experiential programme is open to occupational therapy students throughout Europe and this year saw representatives from over ten countries (including two students from Canada). Our group from Wales represented the diversity of Cardiff University, with students from across the United Kingdom and beyond. We all had amazing opportunities to engage in a broad range of different creative experiences such as inclusive movement and dance, drama, art, sound and music and through our own personal reflections, we hope to share with you a small insight into the value and quality of this fantastic learning opportunity.

One workshop that really stands out for all of us who attended was an inclusive dance experience that ran for the first two days of the programme. This workshop highlighted and emphasised the importance of trust and connection, not only in dance when dancing with a stranger for the first time, but in the wider context of occupational therapy practice and the therapeutic process.

Another workshop that stood out for several of the participants from Cardiff was a mural painting workshop facilitated by Maria Romero Morillo, an Occupational Therapist from Spain. Whilst everyone was eager to take part in the session, which was one of the only sessions to employ a traditional artistic medium e.g. paint, some felt a sense of trepidation as they did not feel as though they had much artistic skill. The session was broken down into three sections.. Two of these sessions took place on the last day and for most it became the highlight of the course at Destelheide. All felt that this session had important therapeutic benefits, as it fostered a sense of community between the groups and helped us to empathise with others and bond





over the universal nature of human emotions. One participant in particular, was grateful for the opportunity to attend this session as she felt that it freed her from the boundaries that she had previously placed on her creativity and emphasized the importance of individuals working together to create something greater than the sum of their parts.

As a result of this innovative, experiential learning experience the group have grasped all opportunities available to them and the results are still being felt today. Half of the students from Cardiff are undertaking Erasmus practice placements abroad and are doing this as a direct result of gaining confidence from this unique opportunity. To this day *"creativity is felt in all our personal lives and is something we will take with us into our future practice as occupational therapists"*.



Maria Clarke – Lecturer and Occupational Therapist. School of Healthcare Sciences, Cardiff University.

Adrianna Nawrocka, Alice Dowling, Alicia Edwards, Amy Newton, Francesca Wilson, Magali Lavenant, Matthew Forde, Rebecca Murrall, Richard Mateo – Current Level 5 undergraduate BSc (Hons) Occupational Therapy students, Cardiff University.

## INNOVATIONS IN OCCUPATIONAL THERAPY – THE EUROPEAN PERSPECTIVE

On the 5<sup>th</sup> and 6<sup>th</sup> of February 2019, the Laboratory of Occupational Therapy of the Poznan University of Medical Sciences organised the 2<sup>nd</sup> Scientific and Training Conference "Innovations in Occupational Therapy – The European Perspective," with close to 300 participants coming from education, practice and management, representing, among others, all six academic centres where contemporary OT education is being provided. The conference started with four keynotes dedicated to the European perspective of OT, delivered by Marie-Antoinette Minis and Ursula Gubler Thomann (ENOTHE), Alice Laver-Fawcett (ROTOS), and Joachim Rottenecker (Verband Deutscher Ergotherapie-Schulen e.V.). All four of them were very well received and discussed during both days.





Throughout the event we had almost 60 presentations and 12 workshops covering a wide range of themes and problems (among others: "Aspects of practice and research," "Difficult situations in therapy and coping with them," "Creativity in therapy," "Photography as a tool to overcome oppression," "The therapeutic process," "Aspects of theory and practice," "Influencing the environment," a Students' session and "Varia"). The first day concluded with a celebratory dinner, during which an acclaimed concert was given by a group of mentally disabled participants from the Workshop of Occupational Therapy "Bridge" in Poznań.



In the evening of the first day, we met at the 2<sup>nd</sup> PoSTer: Polish Summit on Occupational Therapy, where we talked about the legal situation of the occupational therapists in Poland. We discussed the draft of the law on OT which has been elaborated by the Poznań team based on suggestions from all academic centres. The summit decided to create a working group to continue the development of the draft and provide the necessary lobbying. The structure of the working group has been formalised and agreed on during the PoSTer.

"Innovations in Occupational Therapy" strengthened its outstanding position in the Polish OT landscape. Despite the conference being extended to two days, the sessions were full of content, and there was barely time for discussions. All this makes us – the organisers – happy and convinced that our discipline becomes stronger year by year, and allows an optimistic view of the future.

*Sławomir Tobis, PhD - Laboratory of Occupational Therapy - Poznan University of Medical Sciences, Poland*

## 50th birthday of the Austrian Association of Occupational Therapists

ENOTHE as registered association found its official address with the Austrian association *ergotherapie austria*. Since then there is a special relationship between the two associations, so it was ENOTHE's true concern to participate at the celebration of 50 years Occupational Therapy in Austria.

Greetings from Kit Sinclair from WFOT, followed by COTEC and ENOTHE opened the celebration with strong international involvement.



I had the pleasure to represent ENOTHE and conveyed greetings from our president Marie-Antoinette bringing emphasis on the pleasure and gratitude of being hosted in Vienna. The good collaboration of the Universities and the professional association, both being actively involved in the international field of occupational therapy is contributing to the professional development of OT.





Listening to the (hi)stories of the old founders and pioneers of Austrian Occupational Therapy opened a room to feel the vision and courage of those past days. Young and old, students to retired colleagues, were impressed by the achievements of developing and positioning Occupational Therapy in the Austrian health system as it is now.

In the 2 days conference the future was in focus: important developments like health promotion in the frame of the social determinants of health and primary health care indicated future challenges.

The two international keynote speakers, Frank Kronenberg and Madeleine Duncan, both from South Africa, outlined the responsibility and possibility of Occupational Therapy to address social injustices.

What I want to share from this event with the ENOTHE community is the spirit of a vision, the courage of action, and collaboration with respect of diversity is what we all need in Europe to continue working on the development of our profession in putting into action the contribution of occupation to health and social well-being.

Johanna Stadler-Grillmaier





# **SPOT And Mini-SPOT News**

## UPDATE on SPOTeurope!

Since the ENOTHE annual meeting in Estoril SPOT has made HUGE progress!! We increased our mini spots and we've continued to publish blogs. In these blogs we shared different student experiences- including two international projects: GO4EOT and the Fab program which explored themes such as community development and occupational justice. Other news included information on (upcoming) mobility weeks and Marlies' experience of being the student board member within the ENOTHE board.

As the first student board member, Marlies is very much developing and shaping this role. Having a student in ENOTHE's board also means that YOUR student voice is now heard, valued and can influence the decision making of the ENOTHE board! **Please contact Marlies when you have ideas and/or suggestions which she can share in the board.** Every idea is welcome! If you like to read more about Marlies her experiences and duties please read our [blog](#).

## Mini SPOTS

At the annual meeting SPOT provided a workshop on the MINI SPOT's and ever since the MINI SPOT's increased! A MINI SPOT is a small platform of students, which aims to increase interest on internationalization and to connect students across Europe. It's supposed to encourage students to get involved in international activities and projects which can contribute to the growth of their professional identity. The idea for setting up local student platforms at universities came from the realization that internationalization is something that not only happens abroad but also within your own country or university. So far there are already MINI SPOT's in the Netherlands, Switzerland, Portugal, Ireland, France and Czech Republic, more countries getting involved every month! To help teachers and student to set up this MINI SPOT we made a '[how to guide](#)'. In this guide you can read the benefits of a MINI SPOT and which steps you have to take when you want to set up a MINI SPOT. Besides the MINI SPOT's we also have a lot of motivated student representatives across Europe that are promoting SPOT in their universities and are trying to get fellow students interested in the topic of internationalization and to encourage them to get involved.

## Looking for you!

SPOT is always interested in what YOU are doing! If you have anything you want to share with us, such as activities in your university, please share this with us :D

We are always on the look-out for **guest bloggers** who would be happy to share their experiences- if that's you, then feel free to get in touch! Also, when you are interested in setting up a mini spot or know students who are interested in becoming a student representative, please let us know.

You can contact us via **INSTAGRAM, FACEBOOK, TWITTER: @SPOTEUROPE**  
**OR EMAIL: [info@spoteurope.eu](mailto:info@spoteurope.eu)**

Warm regards, The SPOT Board!



Marlies Nijenhuis, president ; Cassandra Christianen, vice president ; Jena Guimond, social media lead ; Natalie Pickering, blogger ; Alex Lukavsky, Outreach coordinator



We are pleased to announce you that our **MiniSpot in the Czech Republic** on the grounds of the Charles University, First Faculty of Medicine has officially started. Our SPOT goes by the name SPOT Prague, you can find us on Twitter, Instagram and Facebook. We are looking forward to any kind of cooperation and activities with COTEC-ENOTHE and creating activities with other MiniSpots to support internalization and to ensure the quality of the upcoming COTEC-ENOTHE Congress 2020 in Prague.

You can contact us on Facebook or you can write to our temporary email address:  
[spotprague@gmail.com](mailto:spotprague@gmail.com)



Dear ENOTHE,

New developments are taking place in Nijmegen,  
The Netherlands!

Together with three other students, I am starting  
a new mini-SPOT at the University of applied  
sciences of Arnhem & Nijmegen.

Renske Bakker Schut  
President of SPOT Nijmegen



**Coming soon: SPOT Nijmegen**



# Forthcoming Events

## EUROPEAN PUBLIC HEALTH WEEK (13-17 MAY 2019) #EUPHW

ENOTHE and COTEC have joined the European Public Health Week!

The European Public Health Association, or EUPHA in short, is an umbrella organisation for public health associations in Europe (<https://eupha.org/index.php>). With 81 members from 47 countries it has become a scientific, multidisciplinary network of almost 20,000 public health experts since 1992.

To celebrate healthy populations and raise awareness of public health, EUPHA is launching the first European Public Health WEEK (EUPHW) between 13 and 17 May 2019 (<https://enotthe.eu/european-public-health-week-13-17-may-2019-euphw/>).

The aim of this week is to come together and raise awareness of public health and celebrate healthy populations! During the European Public Health Week there will be events and activities all over Europe dedicated to important public health themes.

EUPHA encourages organizations, professionals and citizens interested in public health to join or organize activities related to this theme.

It will be 5 days with 5 themes! ([https://eupha.org/general\\_page.php?p=176](https://eupha.org/general_page.php?p=176)).

You may also submit an event ([https://eupha.org/EUPHW\\_Submit\\_an\\_event](https://eupha.org/EUPHW_Submit_an_event)), related to the themes. Among other information, you will be asked to select a format for your event (Lecture, Seminar, Conference, Roundtable discussion, Panel discussion, Networking event, Game, Walk, Webinar, Campaign) and if your event will be online, in-person or both (eg. live streaming).

There are also other options in participating like joining already set events or just spreading the word ([https://eupha.org/how\\_can\\_I\\_get\\_involved](https://eupha.org/how_can_I_get_involved)).

A Media Toolkit is available ([https://eupha.org/media\\_toolkit](https://eupha.org/media_toolkit)).







## BALKAN CONFERENCE ON OCCUPATIONAL THERAPY

On 31st of May and 1st of June 2019 the University of Ruse will host the 2nd International Scientific Conference on "Occupational Therapy: From Roots to Fruits in the Balkan countries", organized in collaboration with "Vasile Alecsandri" University of Bacău, the Association of Bulgarian Ergotherapists (ABET) and the Romanian Professional Association of Occupational Therapists (APTOR) under the patronage of the World Federation of Occupational Therapists (WFOT). (<http://conf.uni-ruse.bg/en/?cmd=dPage&pid=bke>)

During the conference a round table Vision of Occupational Therapy in Bulgaria will be organized for clarifying the core essence of Occupational Therapy as an academic programme and healthcare profession, where representatives of governmental, higher education institutions and NGOs are invited.

You may find more information on programme committee, deadlines, participation fees and abstract submission requirements here (<http://conf.uni-ruse.bg/en/docs/BKE%202019-EN.pdf>).



# **2nd COTEC-ENOTHE Joint Congress**



## CALL FOR ABSTRACTS

Dear colleagues,

We would like to welcome you to submit an abstract to the 2nd COTEC-ENOTHE CONGRESS 2020 to be held in September 23-27, 2020 in Prague.

The conference theme '**Occupational Therapy Europe – building resilience in individuals, communities and countries**' reflects the increasing prevalence of resilience in many aspects of society.

From an individual perspective resilience can be seen as: The ability for an individual to overcome trauma or a major life changing event while maintaining a defined, stable trajectory of healthy functioning (1) Overcoming an event could be shown in emotional, cognitive-behavioural, social and or physical resilience (2) This could be measured by an individuals' maintaining his or her life roles and occupational demands.

Community resilience is a process linking a set of adaptive capacities to a positive trajectory of functioning and adaptation after a disturbance, where a positive trajectory manifests in improved community wellbeing (3). As such, community resilience is focussed on improving community wellbeing in both the short and longer term, which emphasises the active and future oriented nature of community resilience. This active nature of community resilience means that it encompasses community actions and community processes". 4)

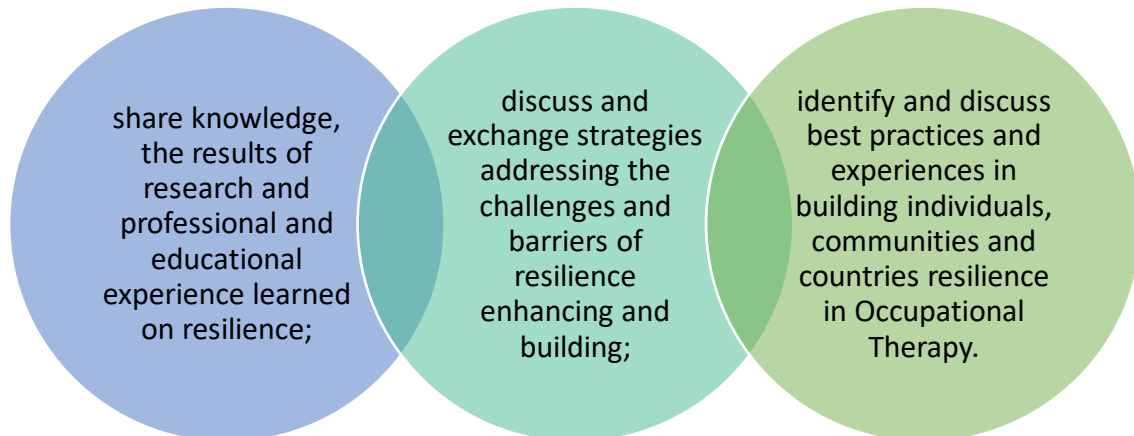
National resilience addresses the issue of the society's sustainability and strength in several diverse realms. Four main social components have been attributed to national resilience: patriotism, optimism, social integration, and trust in political and public institutions (5).

Although as above it could be defined differently in the context of individuals, families, societies and cultures, we could see it as an umbrella term describing the range of personal protective factors, environmental supports and resources, as well as self-regulatory processes, engaged in response to adversity.



Resilience building has always been a part of occupational therapy practice but might not always be recognised or named as such. Occupational therapy has a lot to add to the art and science of resilience and to how individuals, families and communities can improve their abilities to adapt and respond positively to life stressors.

Reflecting the variety of resilience the 2nd COTEC-ENOTHE CONGRESS 2020 **aims to:**



We welcome abstract submissions that represent the understanding resilience from an occupational therapy perspective, as well as those that present resilience models and its challenges from interdisciplinary point of view.

We invite you to submit an abstract for oral, poster or workshop presentations. The closing date is September 30, 2019, so **submit your abstract from 15 April 2019.**

Simply go to <https://www.cotec-enothe2020.com/> and click on **Call for Abstracts** to submit your abstract via Exordo.

On behalf of the Scientific and Organising Committees,

**Ursula Gubler-Thomann** (ENOTHE Treasurer)  
**Soemitro Poerbodipoero** (Vice President ENOTHE)  
**Anu Söderström** (COTEC Vice President Administration)

For queries about abstract submission please contact: [cotec-enothe2020@oteurope.eu](mailto:cotec-enothe2020@oteurope.eu)



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# ENOTHE

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in Higher Education



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