



E- Newsletter
Summer 2020





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Message from the President



Dear colleagues,

First of all, I would like to thank our members for their warm support and online contributions to the ENOTHE community. Despite the fact that we had to postpone the COTEC-ENOTHE Congress 2020, we have received positive and constructive feedback.

We are still welcoming new members which is fantastic in these challenging times. We do of course fully understand that nowadays we cannot assume that memberships continue naturally. Therefore, ENOTHE is, like all partners in occupational therapy education, moving with the shifts in demands now and in the future. It will be one of the things we would like to discuss with members in the pre-General Assembly sessions we are excited to organise on October 21st. Please do register and join us!

In the meantime, we would like to inform you within this newsletter there are some really interesting contributions from members. Furthermore, the 'Social Transformation through Occupation' project group of ENOTHE has been working since 2016 to identify what current practice is, in relation to occupation-based social transformation. This is in terms of theory and methods across the world. Just recently, during a webinar with more than 50 participants, they launched their e-book 'Case studies of social transformation through occupation'. Soon available for all members via our [newsfeed](#). The ENOTHE board congratulates the project group for their outstanding work and is honoured to facilitate this project and the release of the E-Book. There is so much expertise present in our network that we can share, please take the summer to also [register](#) yourselves as experts.

There has been a well-coordinated and massive participation of students in online activities organised by SPOT Europe and locally by their mini-SPOTS. This is a very good example of best practice from our next generation occupational therapists, we all can learn a great deal from them. ENOTHE will continue to support activities well advocated by our Student Board Member.

ENOTHE board activities continue and at end of April, we had experienced our first two-day-parts online board meeting. It is a different, demanding and dynamic, we split up in working groups to continue our productive meeting. One group worked on the financial updates, systems and developments regarding legal requirements. The second group worked on the development of the ECOLE and shaping the academy idea. Although the two-day meeting ended, the work continues and includes a group working on the new draft strategy plan. This is in preparation for sending out updates to members and documents in readiness for the General Assembly.

For the 2nd COTEC-ENOTHE Congress in 2021 we have participated in ongoing meetings of the Scientific and Organising Committees. Soon the original submitting and accepted authors will be approached and asked to RSVP before 1 October 2020. Based on the responses and resulting gaps in the transferred programme, abstract submission will be considered to re-open in November 2020.

There were possible the board will continue to participate (online) in postponed network EU meetings on e.g. Health Promotion and Disease Prevention in Health and Educational Settings, the International Network for Health Workforce Education.



As announced with the call for the General Assembly the board decided to provide continuity by postponing board elections to 2021 as well. Occupational Therapy Europe and ROTOS have become 'Foundations' in which ENOTHE is represented and contributing to setting up the Rules of Procedure and the Strategy Plan to be shared soon with you.

Thank you for voting for your favorite front page which clearly expresses the need for a well-deserved summer break! Stay strong and healthy and keep in touch on a safe distance.

On behalf of the whole board I wish you all the best and we hope to see you soon.

Your President,
Soemitro





ENOTHE News and Updates



Save the date for ENOTHE's online General Assembly!

2020 ENOTHE Pre-General Assembly, Wednesday October 21st (4-6.45pm CET)

&

2020 ENOTHE General Assembly Thursday October 22nd (4-6.30pm CET)

Dear valued members,

We hope that we find you well and in good health. Since our last newsletter the world has changed, especially in occupational therapy (OT) education. There has been tremendous challenges, accelerating educational innovation is taking place as never seen before. Just like yourselves, we do not experience less work, but we do feel even more inspired to work with you towards our common aims: develop and improve educational programmes for European occupational therapists: promote OT within European higher education systems: share knowledge across Europe so that OT graduates are fit for the future in changing social-cultural, technological and political contexts.

Despite the postponed congress we will keep in touch with our members and continue this year's plans and activities. You will soon be able to read more on the latest updates in the upcoming summer newsletter.

After the summer we think it is important to reconnect, report, provide board continuity and inspire to keep the up the rhythm. We will do this by organising a Pre-General Assembly and a General Assembly **online to address the most immediate points**. In the schedule below you will find the time frames. At least 4 weeks in advance you will receive the official agenda, **necessary documents, instructions to vote the minutes of the previous to GA and budget items**, and of course links to the digital meeting platform and sessions.

Of course the board has been meeting and discussing how to proceed with the (vacant) board positions to be (re)elected. Priority for ENOTHE is continuity and sustainability to bridge these challenging times towards hopefully a face-to-face congress 2021 in Prague. Student Board Member Vanessa Röck has joined and strengthened our board since October 2019 but one board member will be stepping down in October 2020 Ursula Gubler. The ENOTHE board still have the required minimum amount of six board members as stated in the constitution. Therefore we propose to keep the board as it is



towards the GA in 2021. This means that two current board members will present themselves for re-election in 2021, but in their case the two board members Soemitro Poerbodipoero and Panagiotis Siaperas could be re-elected for an extra term of one year only, instead of two.

We do realise this is different than business as usual, we do hope other members are still eager and willing to send in nominations for the vacancies in 2021. We are convinced this is the best fit and response for the current situation. It gives ENOTHE the opportunity to adapt to the developments of OT Europe, a new strategy plan, implementation phase of the ECOLE and a financial sustainable future. We hope to see you in the meetings and look forward to your input.

On behalf of the Board,
Soemitro Poerbodipoero
President of ENOTHE

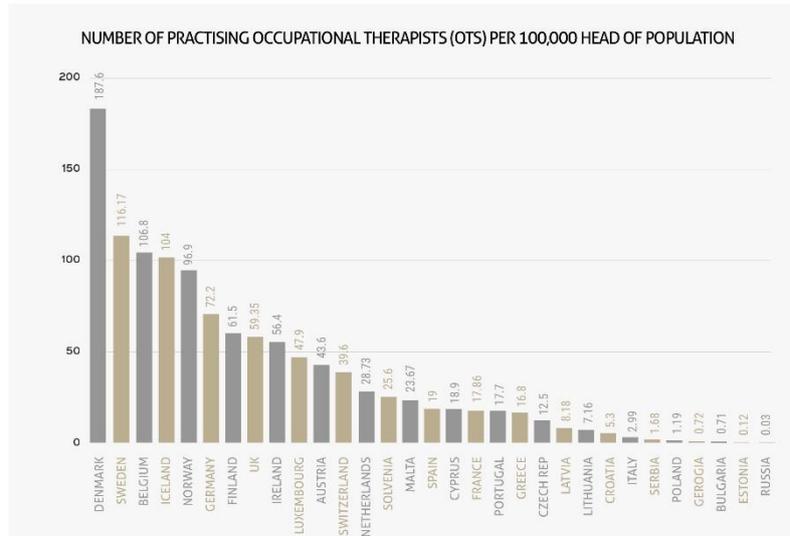
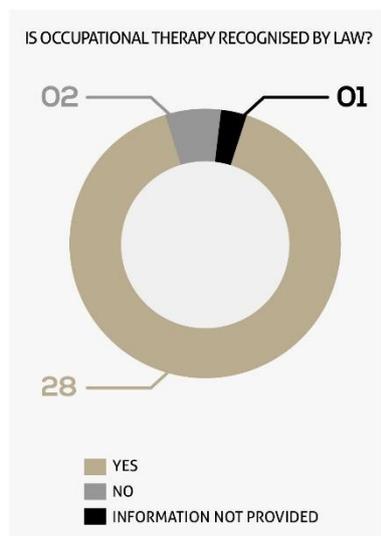
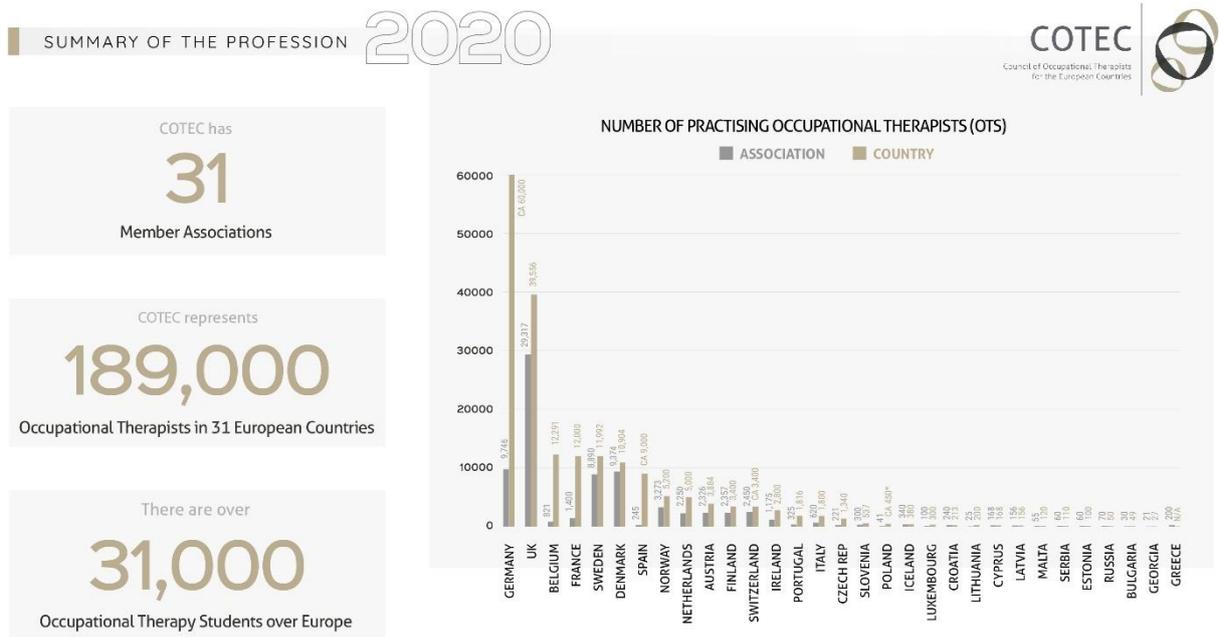


COTEC Summary of the Occupational Therapy Profession in Europe 2020

The Council of Occupational Therapists for the European Countries (COTEC) Executive Committee has released, on behalf of COTEC, the yearly Summary of the Occupational Therapy Profession in Europe 2020.

We would like to highlight the fact of existing over 31,000 Occupational Therapy students over Europe.

You may access the document in full [here](#).





SPOT News



Dear ENOTHE members and students,

We hope that you all stayed safe and active since the spring's newsletter. Since then, a lot has happened both inside and outside of SPOTEurope and we are glad to let you all know what we have been up to!

As most of you may know, universities were closed and the self-isolation began due to the COVID-19. SPOTEurope took the opportunity to reach out and support the valued OT student community by running the #StayHome campaign. The aim of this campaign was to keep the OT's minds active, and to bring students and lecturers together to get through the occupational disruption and tough times caused by the virus. For the students who wanted to stay even more active during this period, we had volunteers assisting with this campaign. Which was such a great experience since we got to connect and work with people outside of the board from all over Europe and even further. We hope that they will stay connected with us in the future!

During the campaign, a range of topics were explored each week such as: *Being an OT student during the COVID-19 pandemic; dementia care and the use of CMOP-E; Autism; displaced persons; self-management in stroke rehabilitation; power of occupation; occupational science.*

The campaign followed a weekly schedule to capture a range of learning styles including: case study with questions, video, online discussions, literature sharing and quiz.

We were very lucky to have guest speakers to host various online discussions (Nadine Blankvoort, Lisette Vera Farias, Mike Jarrey, Ton Satink, Bill Wong). The campaign proved very popular among the SPOTEurope community, with interactions increasing weekly, especially the online discussions which hosted up to 120 participants in the campaigns' final week. It was exciting to see the SPOTEurope community has grown and connect through this campaign, and we would like to wholeheartedly thank everyone who supported this, and we hope that the community can continue to grow further. All activities are available via SPOTEurope social media platforms '@spoteurope' and weekly summaries and available on the [SPOTEurope website](#).

Moving on, we established our very own SPOTweek! It took part from the 1st until the 5th of June and among other things we posted a lot of information on our social media accounts. We also shared our promo video and introduced ourselves once again for those who may not be familiar with the board. On the Wednesday we hosted an interactive online discussion via Zoom, where everyone got to know about the role of the student representatives and the mini SPOTs. We are proud to say that lectures also participated and we noticed a nice collaboration between students and lectures. The following day we shared SPOTEurope's history with our previous board members and interesting facts about our road so far which you can find on our [page](#). On the last day we posted information on how to get involved; but do not worry if you missed it and do want to be involved you can always contact Emma Schlinquer our [outreach](#) by



emailing her. We also shared the annual vacancies which is the next topic of this newsletter as well.

We have two vacancies open now until the 28th of June; one is going to be for the social media and one for the event coordinator. The latter is a new board role and we are looking for someone that will be responsible for organizing our events! For more information visit our [website](#) and download the flyers!

Last but not least, in the previous newsletter we were very pleased to share with you most of the news and projects our mini SPOTs had been up to; but since this global phenomenon started not many of them were able to keep up their good work. Fortunately, we will get back to normal and you will hear from them soon. Although, we do have great news about our mini SPOT in Thessaloniki, Greece which is currently at the first steps of creation. Even under such circumstances the people behind it have not given up yet and are impatient to get things moving.

These three months have been full of new experiences and many events, for which we are very grateful to have happen, thanks to all of the lecturers and the students. They helped us promote participation and gave us weekly feedback which has helped us grow both in numbers and in wisdom. But do not get us wrong, we will not rest until we know we have become the best version of ourselves and in order to do that we need your help and critical view!

If you are looking for an opportunity to help us, either by sharing our work or by becoming a member or associate please feel free to contact our [outreach](#).

Warm regards and stay active,
the board of SPOTEurope.





News from Members

Our updated 2020 membership list is now available [here](#)



Artevelde Interviews project 2021 and ICFO #3



Dear colleagues,

This year in May, with our team from the UK, Austria, Germany, South Africa and France, we brought 200 students from 19 universities in 15 different countries together for face-to-face online discussions around occupational deprivation and disruption during the Covid-19 lockdown. With the focus on older people, the future of healthcare and the role of occupational therapy this format once again proved to be an excellent tool for broadening students horizons and meeting internationalisation-at-home goals. If you are interested in joining our dedicated team from around the world in 2021 please do contact us via the mail address below.

ICFO or *International collaboration on free time occupations* is a three day international module we created for our students. We invite international colleagues to join our invited local experts from the work field to be part of our team for three days of teaching, facilitating workshops and helping us create an international focus on older people and their free time occupations. If you think you may be interested in 3 days in beautiful Ghent then please do not hesitate to contact us.

Wishing all colleagues well and we look forward to seeing you and working with you in the future.

Mike Jarrey and all at Occupational Therapy Artevelde University of Applied Sciences Ghent, Belgium.

Contact: mike.jarrey@arteveldehs.be



Developing an informational brochure about Covid-19 with OT-students

All countries throughout the EU have been affected in various ways in the last three to four months (and for months to come) due to the outbreak of the novel coronavirus. Besides the diverse effects on personal & population-related health and the economy, the measures many states took to keep the spreading of the virus at bay constituted – when viewed through the lens of occupational science – a widespread state of occupational deprivation in the population.

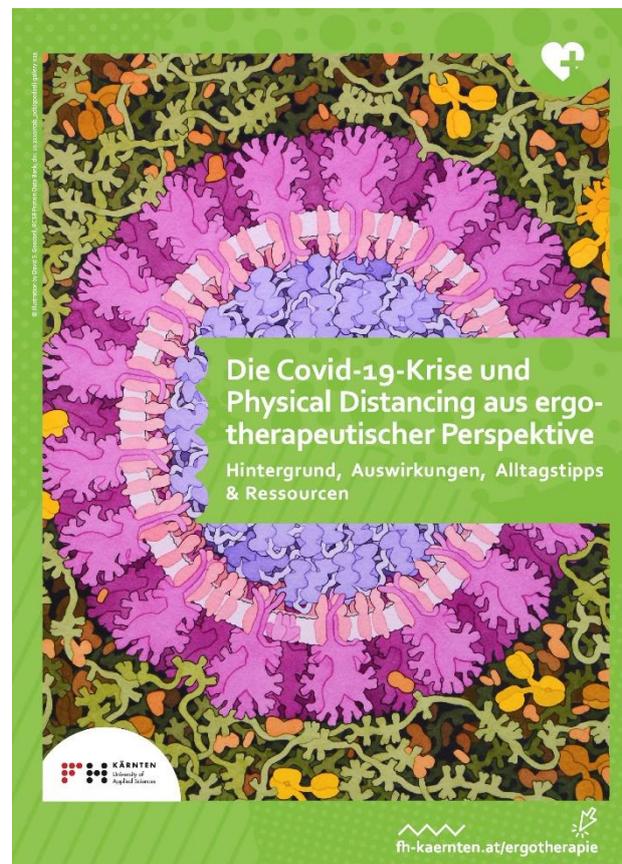
As lecturers at our faculty at the Carinthia University of Applied Sciences (CUAS), the situation was not so much characterized through deprivation, but through challenges to expand on our occupational repertoire as teachers in the (very rapid) process of shifting our lectures to fully online formats, students also had to adapt to these new formats.

The 1,5 ECTS course „Interfaces & settings in occupational therapy“, held in the 2nd semester, was also adapted to the changed circumstances: After a participatory decision process, it was decided to focus on the topic „Occupational Therapy and Covid-19“ and to develop an informational brochure aimed at the general populace. The students were working independently in groups covering various aspects (background, tips for everyday life, interviews with faculty staff, helpful resources) with regular online sessions for updates, questions and decisions. Building on work done at the same time from occupational therapists and scholars worldwide, the students analyzed, translated and expanded this diverse knowledge into our national and regional context.

CUAS’s marketing department was very helpful in transforming manuscripts into something more fitting, the final brochure has 28 pages (in German) and is downloadable from the CUAS-website under a Creative Commons-license model:

www.fh-kaernten.at/ergotherapie-covid-19

Markus Kraxner, MSc, Senior Lecturer of Occupational Therapy @CUAS,
m.kraxner@fh-kaernten.at





Update from Glasgow Caledonian University (GCU), Scotland

We have recently started a blog highlighting some of the occupational therapy activity at GCU. The aim of the blog is sharing experiences from our staff, students and practice educators to enrich our collective knowledge of what is happening in every area of living, working and learning as occupational therapists. We have been able to share student successes and useful information which has been valuable, but even more so during the COVID-19 pandemic when it has enhanced our ability to support one another. We continue to look for posts from different contributors and want to continue building connections with the wider occupational therapy community through our blog. All our previous posts can be viewed here: <https://gcuocc.wordpress.com/>

We have also started a virtual tea break with our students called OTea Break

In acknowledgment of the fact that our students may not have their usual supports around them we have started a weekly online social gathering that we are calling our OTea Break. This simply involves staff and students meeting up over a cup of tea and having a chat. It is allowing our students to maintain contact with the occupational therapy

Our student society has also been active during this time with an Occupational Therapy Society Fundraising Event: Noticing a Facebook page plea at the start of March from a nurse at a local hospital in Glasgow asking for toiletries for her ward, a group of enterprising occupational therapy students from the GCU Occupational Therapy Society decided to act. They set up a Just Giving page with a target of raising £500 - this was surpassed on the first day! The eventual total raised was an impressive £1065. The Society members then devised a plan to purchase and deliver such items as toiletries, snacks, puzzle/colouring books and magazines to deserving groups, all, of course, whilst observing social distancing guidelines. Beneficiaries were various NHS hospitals throughout Glasgow and a local care home. The remaining money went towards a range of charitable groups in Scotland and Canada.

Pictograms for other Cultures

This year 2020, the students of the Faculty Padre Ossó have participated in the teaching innovation Project (PIN-A-063) "Adaptation of rehabilitation material for use in other cultures" within the subject of Autonomy and Functional Independence in people at risk of social exclusion in which the students made several sequences of pictograms related to different ADLs. These pictograms had to respect iconicity at all times to allow their use in others cultures, specifically in the Saharawi refugee camps located in Tindouf, where they were sent in February 2020.

The project has been developed through a practical theoretical methodology together with the Asturian Association of Solidarity with the Saharawi People. (photo 1)

During the practical classes, pictogram sequences of the following activities were carried out: dress, urinate, defecation and shower. It was decided that the sequences to be performed should be these and not others because they are all basic activities of daily life, and have a greater impact in their life at the level of Independence and autonomy, than other less frequent activities.

To carry out the work, students were provided with photographs of the Saharawi environment. The pictograms were made in different computer programs at the student`s choice.

Once completed they handed over to the Auers special education school on the annual trip made by de Asturian association. During this trip, the iconicity of the pictograms made by the students was studied and feedback was given to the participating students by the Saharawi children benefiting from the material and by the teachers at the center.

The Project has been not only an innovative practice but also a motivating one for the students.





Innovation and Creativity for Life "ONLINE 2020 EDITION" (IC4Life)

IC4Life is an international program that brings together students from different professional backgrounds to invent new products & services which improve quality of life for people with and without disabilities. During the programme students learn to be creative towards innovation. The first intensive course started in 2014 at PXL-Hasselt, Belgium. The next editions were held at LSMU Kaunas-Lithuania, Ruse University, Bulgaria (2 times), UCN-Denmark, Coventry University (UK).

The 7th edition was a very special one:

IC4Life 2020 was due to take place in Kaunas, Lithuania for the 2nd time but due to the covid-19 pandemic was initially cancelled and then transformed into an online version. Lecturers from PXL, Belgium and Coventry University worked together to create a programme that retained the creativity of its original self. This enabled students to work together in small teams virtually, using MS TEAMS in order to create a technological solution to a real-world problem from health and social care.

Working in 4 different time zones. 18 Occupational Therapy students from Belgium, UK, Lithuania, Hongkong, Palestine, Zambia & India participated in the 5-day long programme. The programme was co-ordinated by a lecturer from PXL University Belgium, with lecturers from Coventry University and LSMU (Lithuanian University of Health Sciences) facilitating groups.

An initial task involved students and staff producing a poster to introduce themselves to the other participants. The facilitator was then able to engage each member of the group by asking them a question about their poster.

The group met each day for an online lecture which aimed to introduce concepts such as user-centred design, creating and building ideas and innovative thinking as well as build key skills. The students were divided into three international groups, working together throughout the week in order to create their innovative solution to a real-world problem which culminated in the presentation of these ideas on the final day of the programme. The three final presentations demonstrated the student's commitment to the whole programme, their creativity and problem-solving abilities and their ability to work together professionally.

The initial challenges of designing and facilitating an online version of this programme became an inspirational journey for the staff involved. The demonstration of friendships made across different continents, the solutions available for online teaching and learning realised and the achievement of the final task by students, far surpassed our expectations of this 2020 version.

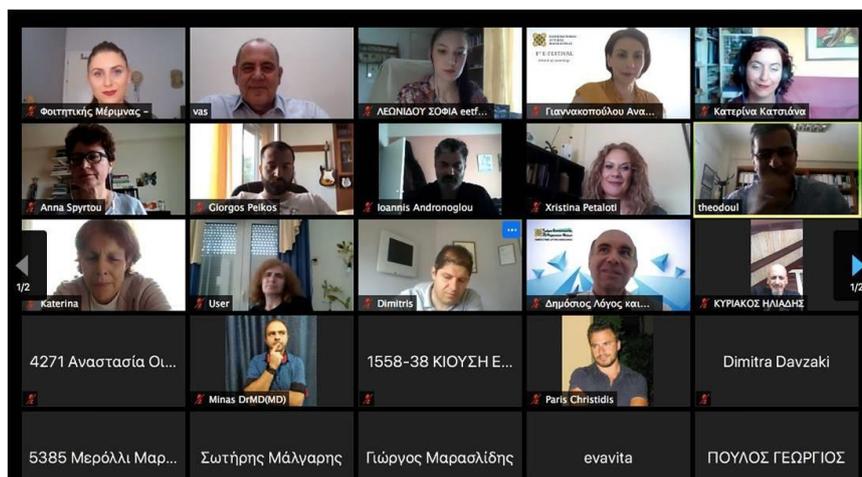
Sue O'Neill & Sue Waters (Coventry University), Erika Endzelyte (LSMU Kaunas), Erwin Vanroye (PXL Hasselt).

If you are interested to host IC4Life at your university, please contact us for more information Erwin.Vanroye@pxl.be



"We stay creative at home... from an occupational therapy perspective"- e festival during COVID 19

The Department of Occupational Therapy of the University of Western Macedonia in Greece is a new department at the University that has been operating since October 2019, in Ptolemaida and is a new member of ENOTHE.



During the quarantine due to COVID 19, all university courses and activities were conducted remotely via online media. In order to support the human resources of the University, on the initiative of the Vice-Rector for Administrative Affairs and Student Welfare, Mrs. Spyrtou Anna, webinars were held to strengthen the psychosomatic care and functionality. The Department of Occupational Therapy was also involved in these webinars, with the occupational therapist Dr. Aikaterini Katsiana. The aim was to maintain routine, participation, balance and access to occupations in all key domains and promote health, wellness and quality of life, during the quarantine period. Additional goals were the prevention of the effects of the possible occupational deprivation, the change of participation in occupations and activities and the encouragement of participation in daily activities with creative occupations, which were presented at the 1st e-festival of the University.

In the first phase, a webinar "From an occupational therapy perspective: Quarantine 2020" was held with the aim of mobilizing and empowering students, professors and administrative staff of the University of Western Macedonia, through the occupations and activities, in order to promote physical, mental and social health and wellness.

Phase B included a teleconference on project feedback and e-festival preparation. A website has been created to upload the relevant projects in collaboration with the Department of Communication and Digital Media; with Dr. Giannakopoulou Anastasia in charge <https://efestival.uowm.gr/>.

The third phase included the presentation of the occupations at the two-day 1st e-festival of the University: "We stay creative at home: from an occupational therapy perspective" on 16 and 17 May (<https://www.youtube.com/watch?v=rAXHSGxoog> <https://www.youtube.com/watch?v=pFn20hZcQlg>, <https://www.youtube.com/watch?v=K-b7BaPqxgg>).



Dr. Aikaterini Katsiana
Department of Occupational Therapy,
Greece

Dr. Anna Spirtou
Vice Rector for Administrative Affairs &
Student Welfare of the University of Western
Macedonia, Greece

Dr Dimitrios Tsiamitros
Head of the Department of Occupational Therapy,
Greece





Occupational Therapy for Older Persons in Times of the Pandemic

OT students of Poznan University of Medical Sciences joined forces with their medical and pharmacy counterparts and started an own branch of the Internet/Phone Consulting Service. Its broad aim is to help older people by consulting their problems with health, pharmacotherapy and functioning in present times. The students are supervised by respective academic teachers (medical doctor/geriatrician, clinical pharmacist and ourselves), so all formal preconditions are met. Participating students have contracts with one of the university's clinical hospitals, are registered as volunteers and adequately insured.

The communication with the patients/clients is managed via platforms available to the older subjects (like Messenger, WhatsApp etc. – one of the students takes care of setting up the calls). Video connections seem to play an important role here, making the communication clearly more “natural,” although some clients have a phone with voice function at disposal only. OT students consult primarily the activities that can be performed during the COVID-19 restrictions to maintain the functional status of older people and prevent their decline, both physical and cognitive/mental. The consultations have diagnostic and intervention nature and constitute a structured, three-stage therapeutic service. The first stage starts with an interactive contact with the client and includes occupational assessment and analysis of the collected information (with identification of occupational needs or the occupational problem). In the second stage, students design the intervention by themselves, taking into account the client's behavioural patterns and habits, as well as home/environmental conditions, and subsequently discuss it with teachers. In the last stage, the developed interventions are presented to the older person, and their implementation is monitored by the students as long as necessary.

The initiative is backed by the Polish Gerontological Society (uniting medical and social specialists dealing with the topic in Poland) and has the patronage of the Rector of our university.

Sławomir Tobis, PhD

Mirosława Cylkowska-Nowak, PhD

Occupational Therapy Unit

Chair of Geriatric Medicine and Gerontology

Poznan University of Medical Sciences, Poland



Clinical education - we keep it online

Portugal, as most countries in Europe, is being affected by the Covid-19 pandemic. At Leiria Health Scholl, in the Polytechnic of Leiria, we were committed to implement the recommendations of the WFOT, regarding the clinical education in this scenario. Leiria Health Scholl is one of the Portuguese schools recognized by the WFOT and follows their guidelines.

When the emergency state was declared in Portugal, students of the 4th year of the educational program, were in the field, in their 4th week of practice in place.

The institutions cancelled all the clinical practice and the students were sent back home. The schools were also closed and working in an e-learning bases. This present a new and emergent scenario for the students, the professors and the school. This was an obligatory situation, and we felt the students can't be affected. Quickly, Leiria Health Scholl, implemented supervised online clinical education with different strategies to achieve the competences predicted for this curricular unit.

One of the implemented projects, with a group of students, was the creation of a Facebook page that provide information and advices to people whose treatment was suspended, according to the recommendations of the Ministry of Health recommendations. Different contents with images, short videos and small texts messages were created and disseminated in the Facebook page. Our page is the "TOnline" and a symbol was created to represent this project. Beside the contents of the page, it was created the possibility of the students to be online answering questions and giving advices and strategies directly to patients, formal and informal care givers. These contents were very diverse regarding different health conditions such as Stoke, Dementia Syndromes, Parkinson Disease, Multiple Scleroses, Osteoarthritis, Rheumatic Arthritis, and many more.



Fig1. Symbol of the Facebook page TOnline

Currently, Clinical Education is finished, but several contents created during that period continue to be loaded, feeding the page, which remains active. This project allowed the disseminating Occupational Therapy to the general population, involving students in a joint initiative promoting Occupational Therapy and giving them competencies in the scope of Clinical Education. We invite you to visit us [here](#).

Elisabete Roldão, OT

Vanda Varela, OT

Corresponding e-mail: elisabete.roldao@ipleiria.pt , Guest Lecturer from Health Sciences School of the Leiria Polytechnic.



2nd COTEC-ENOTHE Congress 2021

**2nd COTEC-ENOTHE
CONGRESS 2021**
PRAGUE, CZECH REPUBLIC SEPTEMBER 15-18, 2021

NEW DATE!

COTEC-ENOTHE
PRAGUE 2021 / CONGRESS

CONGRESS THEME:
Occupational Therapy Europe –
building resilience in individuals,
communities and countries

COTEC
European Network
of Occupational Therapy
in Higher Education

ENOTHE
European Network
of Occupational Therapy
in Higher Education

FIRST FACULTY
OF MEDICINE
Charles University



2nd COTEC-ENOTHE Joint Congress, Prague, Czech Republic, September 15-18, 2021

Dear members,

Dear colleagues,

As you are already were aware due to the Covid-19 pandemic and after careful consideration the Organizing committee decided to reschedule the 2nd COTEC-ENOTHE Congress for 15–18 September 2021 at the same location – Cubex Centre Prague and the City Conference Center. Thank you for all the constructive and positive feedback we have received!

The Organising and the Scientific Committees stay on board and continued their regular meetings to make a new planning for the upcoming congress.

All accepted presenters and workshop organizers will receive an email in order to confirm (or withdraw) before October 1st 2020, the presence at the conference on September 2021 based in the initial draft program. Accordingly, the Scientific Committee will review the program and from November 1st 2020 – January 15 2021 it will be possible to submit new abstract submissions (if indeed gaps and slots appear).

We believe that this extra year will create the opportunity to organize a memorable conference in Prague the capital city of Check Republic. COTEC and ENOTHE through the Organising and the Scientific committees would like assure all Occupational Therapists (professionals, teachers, students and researchers), that the 2nd European Occupational Therapy Congress of COTEC & ENOTHE will be a great scientific and social event for Occupational Therapists after the COVID-19 pandemic.

On behalf of both boards, the Organising and Scientific Committees we wish you all the best for now.

Stay tuned, safe and healthy within the necessary social distance!

Warm regards,

On behalf of the Scientific and Organising Committees,

Soemitro Poerbodipoero (ENOTHE President) & Anu Söderström (COTEC President)

If you have any questions, please don't hesitate to get in touch with us, please contact:

cotec-enothe2020@oteurope.eu





ENOTHE

European Network
of Occupational Therapy
in Higher Education



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