

10 TIPS

TO LIVE
ESSSB16
AND ENJOY
SCIENCE & LEISURE



CHECK PROGRAMME

Make a list with your favorite symposia. Be sure to attend special activities such as Breakfast with psychoanalysis, Lunch with the expert, Round table and Plenaries.

See more info at: www.esssb16.org

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SEE VENUE

Do you know how to get there?

**Principe Felipe
Congress Hall
Auditorium**



LEARN SPANISH

Basic words like Hola, Por favor, Muchas Gracias or Hasta luego may get you closer to homeland people.

¡Nunca es tarde para aprender!



3

VISIT OVIEDO

The city has numerous monuments, historical buildings and charming streets to saunter along. Do not miss the chance to sightsee the Cathedral, the Prerromanic landmarks and the Campoamor Theatre, venue of the **Princess of Asturias Awards**



4

5

TASTE GASTRONOMY

The Principality of Asturias is home to over 40 type of cheeses, Apple Cider, Famous bean stew, fish and seafood

Yummy Fabada!



6

MEET COLLEAGUES

This is a great opportunity to knowledge sharing on

Suicidology



broaden research and clinical views, and make international friendships

SHARE SOCIAL MEDIA

Broadcast opinions, ideas, thoughts or findings. Share photos or videos! Spread ESSSB16 everywhere!

@ESSSB16

#ESSSB16



PRESENT POSTER & OC



Use this opportunity to show your work to other colleagues. You will have new feedback! You might be the winner of a

Poster Award

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9

GET CERTIFICATE

Do not forget to take home your Certificate of Attendance. If you have presented a Poster or an Oral Communication, be sure to ask for it.



Credit your work

World Suicide Prevention Day



(9/10/2016)

Raise awareness of suicide prevention. Share your experiences and participate in ESSSB16 special events.

10

NEED HELP?



Emergencies #112
Police #091

€ currency
ATM machines.



September avg. temp. 17°C (63°F)



8th of September is the Day of Asturias. Holiday (be aware of minimum services).