

## **Pre-Conference: Exploring Music Therapy – Exchange, Career Entry and Self-Care**

This pre-conference aims at topics essential for both students and early-career music therapists. The event encourages **networking**, allowing attendees to build professional relationships and expand their international community within the field of music therapy.

In the morning, participants will have the opportunity to **get to know** different music therapy associations, and there will be dedicated sessions on **career entry**, providing guidance and practical advice to help navigate the early stages of professional life in this field. In the afternoon, we will emphasize the topic of **self-care**, where attendees will explore strategies to maintain personal well-being while pursuing a rewarding career in music therapy. This pre-conference promises to be an informative experience, building the foundation for student networking and professional development in music therapy.

And of course, there will be time for music, fun, and socializing.