

## **Agreement of Cooperation**

Between

**Taiji Health Center, Shanghai University of Traditional Chinese Medicine**

And

**Research Laboratory of Musculoskeletal & Chest Physiotherapy, University of West Attica (former Technological Educational Institute of Athens)**

**Party A: Taiji Health Center, Shanghai University of Traditional Chinese Medicine**

**Party B: Research Laboratory of Musculoskeletal & Chest Physiotherapy, University of West Attica (former Technological Education Institute of Athens), Greece**

The Taiji Health Center, Shanghai University of Traditional Chinese Medicine (hereinafter abbreviated as SHUTCM) and Research Laboratory of Musculoskeletal & Chest Physiotherapy, University of West Attica (former Technological Education Institute of Athens), Greece (hereinafter abbreviated as TEI) agreed to set up extension center within the TEI campus and develop collaborations in Taiji health, academic exchange, vocational education and students/faculty exchange. The two parties, seeking mutually beneficial cooperation and common development, have reached the following agreement of cooperation through friendly discussion:

1. The purpose of this agreement is to document a framework of cooperation between Party A and Party B in accordance of memorandum of understanding. The two parties agreed to establish "Taiji Health" comprehensive partnership to seek common development and long-term collaboration.

2. Specific collaboration agreements shall be guided by the provisions in this agreement.

3. Overall objective

The collaboration aims to enable people to achieve a state of complete physical, mental and social well-being advocated by WHO and promote traditional Chinese Taiji culture and Traditional Chinese Medicine (TCM). More specifically, the collaboration intends to establish an extension Taiji Health Center in Greece and benefit the local people through health cultivation, qigong, daoyin, tuina, herbal diet, TCM, acupuncture and body-mind regulation.

4. Five areas of collaboration

4.1 Establish "Taji Health Center" in TEI

- ✓ Establish "Taji Health Center" with Greek characteristics.
- ✓ Develop collaborations in health promotion, vocational education, students/faculty exchange and academic exchange.

4.2 Vocational education

- ✓ Summer school short course "Taiji Health" in TEI

- ✓ Summer school short courses in SHUTCM, after suggestion from the TEI and mutual agreement
- ✓ Distance learning vocational courses

#### 4.3 Students exchange

- ✓ Students can participate in "Taiji Health" elective courses of their interest.
- ✓ Establishment of the extension Taiji Health Centers in Greece.
- ✓ Students exchange and conduct practical training in laboratories in China and Greece.

#### 4.4 Teaching staff exchange

- ✓ Possibility for teaching staff to participate in combined research projects.
- ✓ Short-term or summer seminars, cross-cultural lectures or visits on specific subjects.
- ✓ Cross-cultural training for teaching staff from both Universities.

#### 4.5 Academic exchange

- ✓ Carry out academic research cooperation on specific subjects, such as: China - Greece ancient humanistic culture research, comparative research on the history of academic development of Chinese medicine and Western Medicine, comparative research on Inner Canon of Yellow Emperor and Hippocrates medical thought, clinical research projects on TCM and Western medicine.
- ✓ Offer "Taji Health" postgraduate course in TEI when the conditions are ripe.

### 5. Proposed 3-year action plan

5.1 Party B will invite represents from Taiji Health Center, SHUTCM to visit TEI between 1<sup>st</sup> and 5<sup>th</sup> of March, 2018 to enhance understanding and sign the agreement of cooperation.

5.2 In September 2018, "Extension Taiji Health Center in Greece" will officially open in TEI. At the same time, TEI will start to recruit participants for short-term Taiji training course for medical staff and normal people respectively at the end of summer 2018. Party A will send teachers to Greece for the course.

5.3 In 2018, TEI will investigate all necessary requirements (licences, local policies, etc) for the "Taiji Health" Center and course.

5.4 In 2019, "Extension Taiji Health Center in Greece" will operate normally and further carry out all-round cooperation between the two parties.

### 6. Structure of the extension Taiji Health Center

6.1 There will be two directors for the Center - one from China and the other from Greece. In addition, Party B will assign an administrative staff to support the day-to-day functioning of the Center.

6.2 Party A, at its own expense, shall be responsible for the provision of following services: Course design; a coordinating staff in Shanghai; and international travel of Party A's lecturers to Greece.

6.3 Party B, at its own expense, will be responsible for the provision of following facilities and services: Recruitment of participants; the provision of fully-furnished premises which are suitable to locate the training and the necessary teaching facilities; and cost of lecturers from TEI.

6.4 The revenue, net of any agreed expenditure as outlined above, in the first three years shall be split equally between Party A and Party B.

## 7. Course design

There are two types of courses - short-term health training courses and professional courses.

7.1 The short-term health course applies to people who love Taiji, and Chinese medicine and culture. The course lasts from a couple of days to two weeks, mainly by Qigong practice and supplemented by Qigong theory. The main contents include "Ba Duan Jin", "Simplified Taijiquan", "Gu Yin Liu Zi Jue", "Fang Song Gong" and "Zhanzhuang and Meditation".

7.2 The professional course applies to professionals, systematically studying Chinese medicine culture and Taiji health knowledge. After the examination, the relevant certificates are issued. The curriculum is mainly systematic and long-term, generally one year or so, both theoretical and practical. The main contents include "Taiji Culture", "Traditional Chinese Medicine Theory", "Acupuncture", "Massage" and "Qigong" and "Meditation". Eventually this type of course may lead to a postgraduate degree (Master's – MSc).

8. This agreement will enter into force signature by the authorized officials from both Parties. For any issue arising due to changes in national policies, rules or regulations, adjustments or additions to the contents of this agreement should be achieved through a friendly, open and mutually understanding attitude.

9. To facilitate the implementation of this agreement, Party A appoints Ms. Mi Juan to be coordinator and Party B appoints Prof Georgios Georgoudis to be the coordinator and spokesperson. Both parties agreed to communicate on a regular basis and inform the other party of major issues or events.

This agreement was signed in March 3, 2018 in Athens, Greece, in two copies, each in Chinese and English. If there is any discrepancy between the two aforementioned versions, the Chinese language version shall prevail.

Party A: Taiji Health Center,  
Shanghai University of Traditional  
Chinese Medicine

Representative:



Date:

2018.3.12

Party B: Research Laboratory of  
Musculoskeletal & Chest Physiotherapy,  
University of West Attica (former  
Technological Education Institute of  
Athens)

Representative:

Assoc. Prof. Georgoudis George

Date:

2/3/18



# 上海中医药大学太极健康中心与 西阿提卡大学（原希腊雅典技术应用大学）肌肉骨骼和胸部 物理治疗研究实验室合作协议书

甲方：上海中医药大学太极健康中心

乙方：西阿提卡大学（原希腊雅典技术应用大学）肌肉骨骼和胸部物理治疗研究实验室

上海中医药大学太极健康中心与西阿提卡大学（原希腊雅典技术应用大学）肌肉骨骼和胸部物理治疗研究实验室合作，在西阿提卡大学内设立太极健康中心（希腊分中心）（简称“太极健康希腊分中心”），开展包括太极健康、学术交流、职业教育、学生交流、教学人员互访等方面的合作。双方本着互利互惠、共同发展的原则，经友好协商，达成如下合作协议：

**第一条** 本协议书是甲、乙双方按照已签订的合作备忘录，而具体落实的合作文件。甲、乙双方将根据本协议书，以共同发展和长期合作为目标，建立“太极健康”的全方位合作关系。

**第二条** 本协议书指导甲、乙双方具体业务工作，即在每项具体业务合作过程中，双方签订的有关具体协议以本协议书内容为指导。

### **第三条 总体目标**

以 WHO 倡导的生理、心理健康及良好的社会适应性为目标，以中国传统文化“太极”为标志，以传统中医养生、保健、气功、导引、推拿、食疗、药膳、中医药、针灸、身心调摄为技术手段，结合中国太极文化深厚底蕴，整体构建“太极健康”希腊分中心，在希腊推广“太极健康”和中医药的理念与技术，使之适应当地文化、造福当地人民的健康与福祉。

#### **第四条 五大合作领域**

##### **1、创建西阿提卡大学“太极健康中心”**

- (1) 创建具有希腊文化特色的“太极健康中心”；
- (2) 在“太极健康中心”内开展可能的健康疗愈、职业教育、学生交流、人员互访与学术合作。

##### **2、职业教育培训**

- (1) 开设西阿提卡大学暑期学校“太极健康”的短期课程；
- (2) 由西阿提卡大学建议和共同协商在上海中医药大学开设短期暑期课程；
- (3) 择时开展互联网的学习课程。

##### **3、课程与基地设置**

- (1) 研究“太极健康”选修课程的设置；
- (2) 设立希腊“太极健康中心”实践基地；
- (3) 双方学生的互访与双方实验室的开放。

##### **4、教学人员互访**

- (1) 合作开展双方感兴趣的研究项目；
- (2) 开展短期或暑期的专题学术交流、跨文化讲座、研究访问；
- (3) 就双方的教职人员开展跨文化培训。

##### **5、学术交流**

(1) 开展专题的学术研究合作。如：中国-希腊古代人文文化研究、中医学学术发展史与西医学学术发展史比较研究、黄帝内经-希波克拉底医学思想比较研究、有关中医药和西方医学的临床研究项目等；

- (2) 条件成熟时，在西阿提卡大学开设研究生“太极健康”课程。

#### **第五条 预期近三年合作的推进计划**

1、2018年3月1-5日，乙方邀请上海中医药大学太极健康中心人员到访西阿提卡大学，实地调研、增进了解，同时签署双方合作协议书。

2、2018年9月，在西阿提卡大学正式挂牌“太极健康中心（希腊分中心）”。同期乙方负责在2018年暑期末招募希腊学员，开设医护人员与普通人群短训班。甲方负责派遣师资开展教育教学。

3、2018年乙方负责调研所有开设太极健康中心和课程的必要条件（执照、当地政策等）。

4、2019年争取西阿提卡大学“太极健康中心”的正常运作。并以此为基础，进一步开展两校之间的全方位合作。

## **第六条 太极健康中心希腊分中心的组织架构**

1、太极健康中心（希腊分中心）设中国、希腊主任各1名，由双方大学协商推出，负责中心的整体运作。设常住运作人员1名，由乙方派遣，负责中心的具体运作。

2、甲方负责太极健康中心（希腊分中心）的培训、课程设计等工作，提供甲方对接运作人员1名（驻上海），承担甲方派出授课老师的往返机票费用。

3、乙方负责太极健康中心（希腊分中心）学员的招募，提供教师办公场地1间、学生授课场地等硬件条件，承担乙方派出授课老师的各项支出。

4、太极健康中心（希腊分中心）运作的前三年，双方不以盈利为主要目的。中心运作如有盈利，双方可在运用扣除成本后，按50%的比例分配。

## **第七条 课程设计**

太极健康中心的课程主要分为两部分内容，短期健康培训课程与专业人员课程，分别针对不同的学习人群。

1、短期健康培训课程。以喜欢太极健康、中医药文化，又有自身健康疗愈需求的人群为主。健康培训以短期课程为主，多为3天或5天的集中培训与自我疗愈，也接受1-2周时间的特殊定制。课程设计上以气功法教学为主，理论学习为辅。主要课程内容包括：《养生八段锦》、《简化太极拳》、《古音六字诀》、《放松功》和《站桩与静坐》等。

2、专业人员课程。该课程面向专业人员开设，相对系统地学习中医药文化与太极健康知识，学成考核通过以后，给予相关证书。课程以系统、长期为主，一般1年左右时间，理论与实践并重。主要课程内容包括：《太极文化》、《中医基础理论》、《针灸学》、《推拿学》、《气功学》和《禅修基础》等。

**第八条** 本合作协议书自双方代表人或授权委托代理人签字并加盖公章之日起生效。协议在执行期间如因国家有关政策、法律法规变动或其它原因需做出变动时，双方应本着友好、坦诚、互谅的态度，对相应条款做出必要的调整和补充。

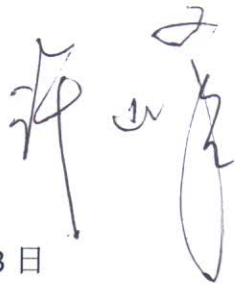
**第九条** 为全面落实本协议，双方确定糜娟女士和 Georgios Georgoudis 先生负责双方合作的沟通、联系和协调工作。双方要积极、有效地推动本合作备忘录的落实，定期沟通，及时通报和协调重大事项或相关业务。

本合作协议书于 2018 年 3 月 3 日在希腊雅典签订，一式两份，每份均用中文、英文两种语言写成。以中文文本为主，英文文本为辅。

甲方：上海中医药大学太极健康中心

乙方：西阿提卡大学（原希腊雅典技术应用大学）肌肉骨骼和胸部物理治疗研究实验室

甲方代表：



2018 年 3 月 3 日

乙方代表：



G. Georgoudis.

