

International Chair of Health, Thermal, and Wellness Tourism “Prof. Umberto Solimene”

International Course “Health, Thermal, and Wellness Tourism”

Call for applications

The World Federation of Hydrotherapy and Climatotherapy (FEMTEC), the University of Medical Sciences of Havana, the Ministry of Public Health, and the Ministry of Higher Education of Cuba have the honor of announcing the:

Diploma of the International Chair of Health and Wellness Tourism

The International Chair in Health and Wellness Tourism has international reach and encompasses teaching, research, business management, innovation, and new technologies, establishing lines of collaboration with entities that pursue similar goals.

Introductory course

A short introductory course will be held within the framework of the 76th FEMTEC International Congress, in the conference hall of the Royalton Hotel "Paseo del Prado" in Havana, on October 27 and 28, 2025.

Short course participants will be eligible to participate in all scientific and social activities of the 76th FEMTEC Congress and will receive a Participation Certificate.

Profile of Participant to introductory and/or main course

Professionals and specialists who wish to acquire updated skills and applied technologies for their professional development are invited:

- Resident physicians and specialists
- University professionals (PhDs and graduates in related specialties)
- Postgraduates and researchers
- Qualified technicians in the sector
- Entrepreneurs and managers related to health tourism, thermal spas, wellness, and spas

Course organization details

Short introductory course

“Health and Wellness Tourism. Approaches, Sustainability and Trends”

Date: October 28, 2025

Venue: Conference Room, Royalton Hotel "Paseo del Prado"

Duration: 4 hours

Course type: hybrid, in-person and online

Participants: max 60 in-person + online participants

Materials: Digital bibliography

Registration fee: 130 Euros

Registration application: floranamenendez.femtec@yahoo.com

Participation Certificate: delivered in person at the end of the course or sent via email to online participants

Main international course

“Health, Thermal, and Wellness Tourism”

Total Duration: 1 year (48 academic hours)

- 8 months of online activities
- Monthly tests for assessment of learning level
- Personalized follow-up with international professors
- Keynote lectures and academic exchange

Final Project

- 4 months to prepare the research thesis
- In-person defense before an international tribunal
- Comprehensive evaluation of the training process

Main course subjects and goals

Complementary high-level training studies

The main course includes the following subjects:

- Balneotherapy, Hydrotherapy, Thalassotherapy, Climatotherapy
- Motor Sciences and Rehabilitation
- Health and Wellness Tourism
- Business Management of the Sector
- Management and Administration
- Human Resources Research and Development
- New Technologies

Course objectives

The course offers international excellence training that allows participants to:

- Acquire high-level knowledge to direct, organize, and manage programs in health, thermal spas, wellness, and spa centers
- Master new technologies, regulations, and sustainable practices
- Optimize processes Logistics and operations in the sector
- Contribute to the efficiency and competitiveness of health and wellness tourism

The program recognizes the importance of Health and Wellness Tourism as a new economic segment that generates wealth, a factor that offsets seasonal adjustments in tourism demand, and a growing sector that responds to the increased awareness of health and wellness in today's society.

Impact and projection

The International Diploma Program will significantly impact on:

- Improving the health of our communities by professionalizing the sector
- Implementing comprehensive health programs in accordance with international guidelines
- Meeting the Sustainable Development Goals of the United Nations 2030 Agenda
- Creating research and collaboration networks between international institutions
- Promoting technological innovation in the health tourism sector

Main course academic program

12 specialized modules

Module 1: Fundamentals of Health and Wellness Tourism

Duration: 4 hours

Health Tourism, Thermal Centers, and SPAs. Comprehensive health programs. Organizational, administrative, and legislative aspects. Standards, procedures, and digitalization. Cultural management, strategies, and activities to improve health and well-being and promote social connection and resilience.

Module 2: Climatotherapy

Duration: 4 hours

Background of Medical Climatology. Concepts and connections. Classification of climates for therapeutic purposes. Therapeutic indications and applications. Uses and abuses. Environment and sustainable practices.

Module 3: Medical Hydrology and Crenotherapy

Duration: 4 hours

Therapeutic indications. General and specialized treatment programs. Integrated health services.

Module 4: Care Management and Quality

Duration: 4 hours

Regulations and safety for clients/patients and healthcare providers. Quality standards in Health Tourism, Thermal Spas, Thalassotherapy, and Spa Centers. Health controls, hygiene, and certifications.

Module 5: Mineral-Medicinal Waters and Spa Treatments

Duration: 4 hours

Importance of mineral-medicinal waters. Preventive and curative properties, and application techniques. Physical, psychological, and aesthetic effects in current therapeutics. Contamination of mineral-medicinal waters, protection zones. Control and verification systems.

Module 6: Specialized Care for the Elderly

Duration: 4 hours

Active aging management. Longevity and quality of life programs. Integrated packages. Complementary and alternative medicine. Art therapy, cultural, group, support, and socialization programs. Characteristics and Excellence of Specialized Centers

Module 7: Health and Environmental Education

Duration: 4 hours

Health-environment relationship for individual and collective well-being. Environmental sustainability. "One Health" approach, WHO

Module 8: Motor Sciences and Rehabilitation

Duration: 4 hours

Optimizing recovery and improving quality of life. Disability prevention and motor function studies.

Module 9: New Applied Technologies

Duration: 4 hours

Digitalization in health and wellness tourism. Telemedicine and artificial intelligence. Innovations in the sector.

Module 10: Peloidotherapy

Duration: 4 hours

Indications and therapeutic application of peloids. Mechanisms of action, biological effects, and application methodology. Innovations in the sector.

Module 11: Helio thalassotherapy

Duration: 4 hours

Indications and therapeutic application. Mechanisms of action and biological effects. Thalassotherapy Centers: health programs, organization, innovations, and research.

Module 12: Health Tourism, Thermalism, and Wellness Clusters

Duration: 4 hours

Collaboration between institutions, companies, and organizations. Strategies to boost economic development by offering comprehensive wellness experiences. Benefits: health, scientific, structural, social, community, economic, with a vision of international positioning.

Organizing institutions

The following organizations participate in the creation and management of the course:

- International Federation of Hydrotherapy and Climatotherapy (FEMTEC)
- International Chair of Health, Thermal, and Wellness Tourism of Cuba
- University of Medical Sciences of Havana (UCMH)
- Enrique Cabrera School of Medical Sciences (FCM)
- Ministry of Public Health (MINSAP)
- Julio Díaz National Rehabilitation Center
- National Scientific Council of Public Health

Academic directorate

CUBA

Director: **Prof. Rafael Ledesma Rosa**

FEMTEC

- Director: **Prof. Florana Menéndez Camporredondo**

Venue

University of Medical Sciences of Havana

"Enrique Cabrera" Faculty of Medical Sciences

International Faculty

Professors from Cuba

1. Prof. Rafael Ledesma Rosa
2. Prof. Yamila de Armas Águila
3. Prof. Marleny Viera García
4. Prof. Leticia del Carmen Arévalo Nueva
5. Prof. Leovy Edrey Semino García
6. Prof. Johan Perdomo Delgado
7. Prof. Jorge Luis González Roig

FEMTEC International Professors

8. Prof. Olga Surdu
 9. Prof. Fabio Esposito
 10. Prof. Fausto Bonsignori
 11. Prof. Stefano Masiero
 12. Prof. Francisco Maraver
 13. Prof. Miguel Ángel Fernández
 14. Prof. Charles Davidson
 15. Dr. Janet Abbot
 16. Dr. Marcus Coplin
 17. Prof. Traian Surdu
 18. Dr. Roxana Elena Tucmeanu
 19. Prof. Florana Menéndez
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