

# Internship Program

## Clinical Nutrition





Internship Program  
Clinical Nutrition



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# 01 Introduction

The parameters for assessing the nutritional condition of patients have evolved considerably in recent years. Some procedures and technologies, such as dynamometry and muscle ultrasound, have become mandatory tools to determine etiological factors or the potential occurrence of complications in patients with various pathologies. In this context, this program provides students with excellent training, oriented to the development of practical skills related to the intervention of different eating disorders. This innovative learning model lasts 3 weeks and consists of a face-to-face stay in first level hospital centers for Clinical Nutrition.

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*Master the most significant advances in Clinical Nutrition that you will use in your daily professional practice through this intensive 120-hour Internship Program"*





Nutrigenetics and Genomic Nutrition are two of the contemporary trends that have forever transformed the landscape of clinical dietary assessment. Both disciplines are in charge of determining, from the analysis of each patient's DNA, the potential pathologies and disorders related to nutrient intake that they will suffer throughout their lives. This individualized care has important links with Precision Medicine, where the search for increasingly personalized treatments is postulated. Moreover, all these advances are subject to the implementation of complex technologies dedicated to measuring the behavior of the genetic code and the metabolism of each subject in the face of very specific food stimuli.

TECH has examined this context in depth and now proposes an innovative and eminently practical program of studies. The program is comprised of a face-to-face and comprehensive stay in internationally renowned medical institutions. This 3-week academic period will allow students to learn about the particularities of good nutritional management and the use of functional foods for the human diet, such as probiotics, prebiotics and synbiotics. In addition, he will delve into the most modern devices, including muscle ultrasound scans, to monitor the physical states conditioned by eating disorders.

This Internship Program will take place from Monday to Friday, during 8 hours, in a renowned and demanding health institution. In this didactic space, the student will have the opportunity to dialogue directly with great specialists in this medical sector and to master the dynamics of their daily professional practice. At the same time, you will be mentored by a designated tutor, who will be responsible for monitoring educational progress thoroughly, offering the student the possibility of assimilating practical skills quickly and flexibly.

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# Why Study an Internship Program?

Today, nutrition and dietetics have undergone a substantial paradigm shift. Until recently, these disciplines were conceived as clinical tools, capable of providing solutions to various complications and eating disorders. Today, thanks to considerable technological advances, they are understood as care mechanisms capable of preventing severe pathologies and other health disorders. By taking this Internship Program, TECH students will specialize in this vision and offer their patients much more comprehensive clinical approaches and solutions tailored to their individual medical needs. At the same time, this program will allow future graduates to specialize in a 100% practical way, with the help of leading experts in these fields, who will host them for 3 weeks in a first-class on-site practical stay.



*From TECH, you will be linked to a large number of health institutions, specialized in Clinical Nutrition, which will substantially enhance your professional career through an on-site stay of only 3 weeks"*

## **1. Updating from the latest technology available**

This program will help TECH students to holistically manage the most updated tools for the testing of parameters related to Genomic Nutrition and Nutrigenetics. They will also analyze other technologies, such as the latest generation of muscle ultrasound scans, to verify the body condition of patients affected by different pathologies.

## **2. Gaining In-Depth Knowledge from the Experience of Top Specialists**

Students taking this Internship Program will have the assistance and personalized guidance of an assistant tutor. These professionals will be responsible for overseeing the performance and development of new skills in each of the students. They will also help them to become involved in the dynamics and professional responsibilities of a Clinical Nutrition specialist.

## **3. Entering First-Class Clinical Environments for Nutrition**

In order to offer its students access to the most specialized healthcare centers, TECH has carefully analyzed all the practical stay options available to them. In this way, this program has agreed to incorporate its students into internationally renowned healthcare institutions where they will be able to work for 3 weeks with demanding and competitive specialists.



#### 4. Putting the acquired knowledge into daily practice from the very first moment

From the first day of this Internship Program, students will participate in the diagnosis, approach and treatment proposal of patients with clinical eating disorders. This is possible thanks to the characteristics of this innovative learning model, 100% practical and focused on each student being able to join, as a graduate, a job position in line with their professional growth expectations.

## 5. Expanding the Boundaries of Knowledge

TECH is the largest educational institution in the online field and, therefore, has a significant number of agreements and collaborations with study centers and hospitals around the world. These contacts facilitate the access of its students to international institutions, where they will be received to broaden their horizons and practical skills from the point of view of Genetic Nutrition.

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You will have full practical immersion at the center of your choice"

# 03 Objectives

During this Internship Program, professionals will be updated on the latest diagnostic and therapeutic procedures in Clinical Nutrition. These skills will reach them in an exclusively practical way, during a face-to-face stay, designed with hospital and practical rigor, directed by prestigious specialists in this scientific sector.



## General Objectives

- Master the latest trends in Nutrigenetics and Nutrigenomics, as well as the technologies associated with their clinical findings
- To learn about the physiological regulation of food, appetite and satiety based on the most recent scientific discoveries
- Manage the dietary management of children and adults with secondary chronic pathologies and establish long-term treatments for their care





## Specific Objectives

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- ♦ Review new developments in food
- ♦ Review the molecular basis of nutrition
- ♦ Update on food safety
- ♦ To update knowledge on current trends in nutrition
- ♦ Review the basics of nutritional status and dietary assessment Practical Application
- ♦ Analyze the different methods of how to implement a nutritional consultation
- ♦ Interpretation and integration of nutrition in sports practice
- ♦ Update on Managing Clinical Nutrition and Dietetics in Hospitals
- ♦ Manage the different types of nutrition in pathologies of the digestive system
- ♦ Nutrition management in endocrine-metabolic diseases
- ♦ To review the knowledge on Nutrition in renal diseases
- ♦ Learning the dietary management of the adult in renal disease
- ♦ Learning the dietary management of the adult in neurological diseases
- ♦ Trends in nutritional treatment in special situations
- ♦ Update on the nutritional management of deficiency diseases
- ♦ Apply artificial nutritional treatment in adults
- ♦ Review update on the physiology of infant nutrition
- ♦ Evaluation of Patients in Need of Nutritional Support
- ♦ Implementation and monitoring of pediatric patients with nutritional support
- ♦ Assessment in the management of child malnutrition
- ♦ Developing nutritional behaviors in pathologies in childhood

# 04 Educational Plan

This Internship Program stands out from others in the educational market due to its link with first class and internationally renowned hospitals. TECH students will attend these institutions in person, Monday through Friday, for 8 consecutive hours. Thus, during 3 weeks, they will rub shoulders with great specialists in Clinical Nutrition and will accompany them during the development of their professional dynamics.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare care in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

This 100% hands-on educational opportunity will help students more quickly and flexibly assimilate current protocols for the care of patients with eating disorders. It will also provide them with access to state-of-the-art technologies, located in the most prestigious health institutions in terms of clinical care for nutritional and dietary problems.

The practical teaching will be carried out with the active participation of students performing the activities and procedures of each area of competence (learning to learn and learning to do), accompanied and guided by professors and other fellow trainees, which will facilitate teamwork and multidisciplinary integration as transversal competences for the praxis of Clinical Analysis Care Medicine Medicine (learning to be and learning to relate).





The procedures described below will be the basis of the practical part of the training, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:

Module	Practical Activity
New advances and trends in Nutrition and Dietetics	Make food composition tables according to nutritional data
	Incorporating transgenic foods into contemporary dietary approaches
	Apply patient analysis techniques based on Nutrigenetics and Nutrigenomics
Clinical Nutrition and Hospital Dietetics	Manage and anticipate complications of bidirectional drug-nutrient interactions
	Assessing the nutritional status of inpatients and prescribing appropriate diets
	Perform diagnostic and nutritional evaluations in esophagogastric disorders
	Applying the DASH diet and prescribing it as a treatment for cardiovascular disease
	Identify obesity, and determine its dietary or surgical treatment
	Plan the basal diet with optional menus, in collaboration with the catering service
Nutritional consultation methodologies	Follow-up of patients with diet therapy
	Addressing physiological adaptation to different types of physical exercise
	Training modern guidelines on Hydration in sports practice
	Periodically examine the basis of physiological regulation of food, appetite and satiety
Nutrition and dietary pathologies in childhood	Explore nutritional requirements in situations of metabolic stress
	Calculate child and adolescent athlete dietary needs and risks
	Perform Nutrition during pregnancy and its impact on the newborn
	Handle dietary products used in sick or special needs children
	Recognize the etiology, repercussions and treatment of childhood obesity
	Manage the nutritional support of the oncological child in different phases of the disease and other chronic pathologies

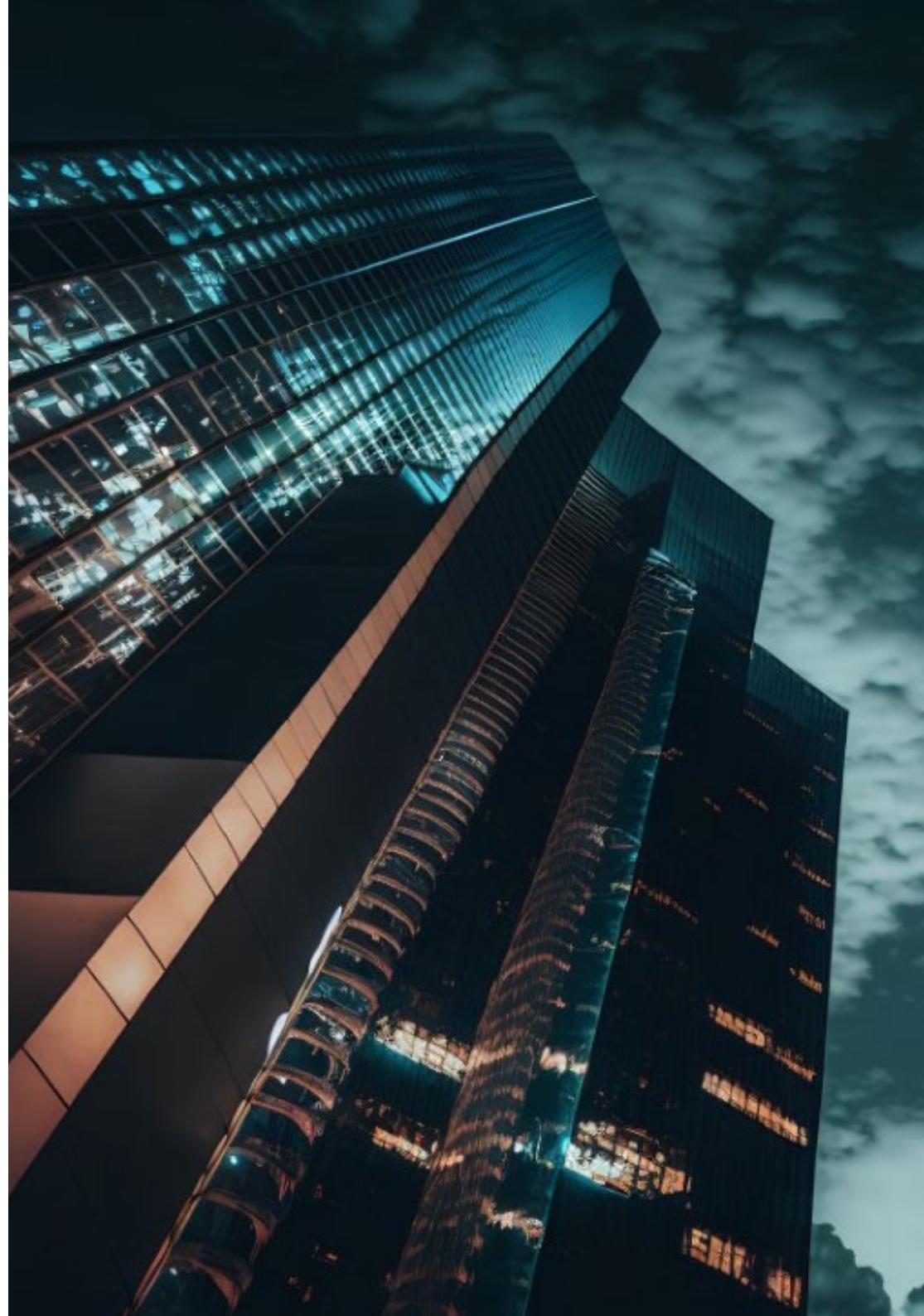
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## Where Can I Do the Internship Program?

With the premise of offering a cutting-edge and quality education within the reach of health professionals, TECH has decided to broaden the academic horizons so that this training can be carried out in centers that have the required disposition, equipment and prestige. A unique opportunity that allows the professional to continue to evolve in his or her career alongside the best specialists in the sector.

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*Take your Internship Program in a prestigious center and put into action everything you have learned from the hand of leading professionals in the sector"*





The student will be able to do this program at the following centers:



Medicine

### Centro Médico Villanueva de la Cañada

Country  
Spain

City  
Madrid

Address: C. Arquitecto Juan de Herrera, 2,  
28691 Villanueva de la Cañada, Madrid

Medical center with services in the main clinical specialties  
and diagnostic tests

#### Related internship programs:

- Clinical Nutrition in Pediatrics
- Primary Care Clinical Ultrasound



Medicine

### Nutrición Ruiz

Country  
Spain

City  
Madrid

Address: Av. de Moratalaz 103, 28030  
Madrid, España

Clinical center for dietetics and nutritional planning

#### Related internship programs:

- Clinical Nutrition in Medicine
- Clinical Nutrition in Nursing



Medicine

### Instituto de Obesidad (IOB)

Country  
Spain

City  
Madrid

Address: Calle Apolonio Morales 4 Bis,  
Esquina Menéndez Pidal, 28036 Madrid

Clinic specialized in surgical and counseling assistance to  
obese patients

#### Related internship programs:

- Diet Therapy
- Update on Bariatric Surgery



Medicine

### Hospital HM Regla

Country  
Spain

City  
León

Address: Calle Cardenal Landázuri, 2,  
24003, León

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain

#### Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Medicine

### Hospital HM Nou Delfos

Country Spain City Barcelona

Address: Avinguda de Vallcarca, 151,  
08023 Barcelona

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain

#### Related internship programs:

- Aesthetic Medicine
- Clinical Nutrition



Medicine

### Hospital HM Sanchinarro

Country Spain City Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain

#### Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine

### Hospital HM Nuevo Belén

Country Spain City Madrid

Address: Calle José Silva, 7, 28043, Madrid

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain

#### Related internship programs:

- General and Digestive System Surgery
- Clinical Nutrition



Medicine

### Policlínico HM Distrito Telefónica

Country Spain City Madrid

Address: Ronda de la Comunicación,  
28050, Madrid

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain

#### Related internship programs:

- Optical Technologies and Clinical Optometry
- General and Digestive System Surgery



Medicine

### Policlínico HM Gabinete Velázquez

Country Spain City Madrid

Address: C. de Jorge Juan, 19, 1º 28001,  
28001, Madrid

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain

#### Related internship programs:

- Clinical Nutrition
- Aesthetic Plastic Surgery



Medicine

### Policlínico HM Las Tablas

Country Spain City Madrid

Address: C. de la Sierra de Atapuerca, 5,  
28050, Madrid

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain

#### Related internship programs:

- Trauma Nursing
- Diagnosis in Physiotherapy



Medicine

### Policlínico HM Moraleja

Country Spain City Madrid

Address: Pº de Alcobendas, 10, 28109,  
Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain

#### Related internship programs:

- Rehabilitation Medicine in Acquired Brain Injury Management



Medicine

### Policlínico HM Sanchinarro

Country Spain City Madrid

Address: Av. de Manoteras, 10,  
28050, Madrid

Network of private clinics, hospitals and specialized centers  
distributed throughout Spain

#### Related internship programs:

- Gynaecological Care for Midwives
- Nursing in the Digestive Tract Department



### Clínica Famed Coslada

Country Spain City Madrid

Address: Calle de los almendros, 3, 28821, Coslada, Madrid

Center specialized in Aesthetic Medicine, Dentistry, Physiotherapy and Podiatry

- 
- Related internship programs:**
- Advanced Integrative Medicine and Health
  - Aesthetic Medicine



### Varicentro-Granada

Country Spain City Granada

Address: Calle Ariabal, 32 18004 Granada

Varicentro is a specialized medical group with 23 clinics in Spain

- 
- Related internship programs:**
- Obesity
  - Clinical Nutrition



### Varicentro-Jerez de la Frontera

Country Spain City Cádiz

Address: Plaza Madre de Dios, Edificio Sherry 11401 Jerez de la Frontera

Varicentro is a specialized medical group with 23 clinics in Spain

- 
- Related internship programs:**
- Obesity
  - Aesthetic Medicine



### Varicentro-Cádiz

Country Spain City Cádiz

Address: Avda. Andalucía, 16 11008 Cádiz

Varicentro is a specialized medical group with 23 clinics in Spain

- 
- Related internship programs:**
- Obesity
  - Clinical Nutrition



### Varicentro-Algeciras

Country Spain City Cádiz

Address: Calle Fuerte de Santiago, 5, 11201 Algeciras

Varicentro is a specialized medical group with 23 clinics in Spain

- 
- Related internship programs:**
- Clinical Nutrition
  - Obesity



### Varicentro-Córdoba

Country Spain City Córdoba

Address: Avda. del Brillante, 91 14012 Córdoba

Varicentro is a specialized medical group with 23 clinics in Spain

- 
- Related internship programs:**
- Obesity
  - Clinical Nutrition



### Varicentro-Ciudad Real

Country Spain City Ciudad Real

Address: Calle Juan II, 5 13001 Ciudad Real

Varicentro is a specialized medical group with 23 clinics in Spain

- 
- Related internship programs:**
- Clinical Nutrition in Medicine
  - Obesity



### Varicentro-Donostia-San Sebastián

Country Spain City Gipuzkoa

Address: Paseo de Colón, 13 20002 Donostia-San Sebastián

Varicentro is a specialized medical group with 23 clinics in Spain

- 
- Related internship programs:**
- Clinical- for Nursing
  - Obesity



### Varicentro-Bilbao

Country  
Spain

City  
Vizcaya

Address: Calle Pérez Galdós 48010 Bilbao

Varicentro is a specialized medical group with 23 clinics in Spain

#### Related internship programs:

- Clinical Nutrition for Nursing
- Clinical Nutrition



### Varicentro-Vitoria-Gasteiz

Country  
Spain

City  
Álava

Address: La Esperanza Kalea, Local comercial 2 01002 Vitoria-Gasteiz

Varicentro is a specialized medical group with 23 clinics in Spain

#### Related internship programs:

- Obesity
- Clinical Nutrition for Nursing



### Varicentro-Barcelona

Country  
Spain

City  
Barcelona

Address: Calle de Casanova, 103 08011 Barcelona

Varicentro is a specialized medical group with 23 clinics in Spain

#### Related internship programs:

- Clinical Nutrition for Nursing
- Obesity



### Varicentro-Cáceres

Country  
Spain

City  
Cáceres

Address: Calle Profesor Rodríguez Moñino, 2 10002 Cáceres

Varicentro is a specialized medical group with 23 clinics in Spain

#### Related internship programs:

- Clinical Nutrition for Nursing
- Obesity



### Varicentro-Badajoz

Country  
Spain

City  
Badajoz

Address: Avda. Sinforiano Madroñero, 22 06011 Badajoz

Varicentro is a specialized medical group with 23 clinics in Spain

#### Related internship programs:

- Obesity
- Clinical Nutrition



### Varicentro-Huelva

Country  
Spain

City  
Huelva

Address: Calle Puerto, 8-10 21001 Huelva

Varicentro is a specialized medical group with 23 clinics in Spain

#### Related internship programs:

- Esthetic Nursing
- Obesity



### Varicentro-Málaga

Country  
Spain

City  
Malaga

Address: Calle Fernando Camino, 14 29016 Málaga

Varicentro is a specialized medical group with 23 clinics in Spain

#### Related internship programs:

- Obesity
- Clinical Nutrition for Nursing



### Varicentro-Sevilla-Nervión

Country  
Spain

City  
Seville

Address: Avda. Kansas City, 32 41007 Sevilla

Varicentro is a specialized medical group with 23 clinics in Spain

#### Related internship programs:

- Clinical Nutrition for Nursing
- Esthetic Nursing



### Varicentro-Sevilla-El Viso del Alcor

Country Spain City Seville

Address: Plaza del Granadillo, S/N  
(Junto a deportes Maracaná) 41520  
El Viso del Alcor, Sevilla

Varicentro is a specialized medical group with 23 clinics  
in Spain

Related internship programs:  
Clinical Nutrition  
Obesity



### Varicentro-Madrid centro

Country Spain City Madrid

Address: Calle Don Ramón de la Cruz, 79,  
local 4 (esq. Calle Conde Peñalver)  
28001 Madrid

Varicentro is a specialized medical group with 23 clinics  
in Spain

Related internship programs:  
- Clinical Nutrition for Nursing  
- Aesthetic Medicine



### Varicentro-Madrid-Collado Villalba

Country Spain City Madrid

Address: Calle Madroños, 2, 28400  
Collado Villalba, Madrid

Varicentro is a specialized medical group with 23 clinics  
in Spain

Related internship programs:  
- Clinical Nutrition in Medicine  
Obesity



### Varicentro-Madrid-Leganés

Country Spain City Madrid

Address: Calle Butarque, 12, 28911  
Leganés, Madrid

Varicentro is a specialized medical group with 23 clinics  
in Spain

Related internship programs:  
Clinical Nutrition  
Obesity



### Varicentro-Madrid-Móstoles

Country Spain City Madrid

Address: Avda. Dos de Mayo, 35, 28934  
Móstoles, Madrid

Varicentro is a specialized medical group with 23 clinics  
in Spain

Related internship programs:  
Clinical Nutrition  
Obesity



### Varicentro-Zaragoza

Country Spain City Zaragoza

Address: Avda. Francisco de Goya  
50006 Zaragoza

Varicentro is a specialized medical group with 23 clinics  
in Spain

Related internship programs:  
Clinical Nutrition  
Obesity



### Be Medic

Country Spain City Madrid

Address: C/Marie Curie, 4 Planta  
Superior Starbucks y Vips, 28521 Rivas-Vaciamadrid, Madrid

At Be Medic we perform face and body procedures  
focused on rejuvenation, reduction of imperfections or  
targeted fat reduction

Related internship programs:  
- Aesthetic Plastic Surgery  
- Reconstructive Plastic Surgery



### Dorsia Getafe

Country Spain City Madrid

Address: C. Madrid, 107, 28902 Getafe, Madrid

The Dorsia Getafe clinic has the best team of specialists  
in the field

Related internship programs:  
- General Health Psychology  
Clinical Nutrition



### Madre Teresa Centro de Rehabilitación

Country                      City  
Argentina                    Buenos Aires

Address: Bartolomé Mitre 2450, Avellaneda,  
Buenos Aires, Argentina

Multidisciplinary Rehabilitation Center specialized in  
physical and occupational recovery

Related internship programs:  
- Clinical Nutrition in Medicine  
- Geriatric Physiotherapy



### Grupo Gamma

Country                      City  
Argentina                    Santa Fe

Address: Entre Ríos 330, Rosario, Santa Fe

Polyclinic specialized in various medical specialties

Related internship programs:  
Update in Anesthesiology and Resuscitation  
- Gynecologic Oncology





### Santé Clinic Querétaro

Country: Mexico  
City: Querétaro de Arteaga

Address: Circuito Álamos #88 PA-B col Álamos  
2da sección Querétaro, Qro, CP 76160

Clinical center specialized in physical therapy  
and recovery

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Related internship programs:

- Aesthetic Medicine
- Sports Physiotherapy



### Nutriperformance

Country: Mexico  
City: Mexico City

Address: Av. Toluca 585-Local 6,  
Olivar de los Padres, Álvaro Obregón, 01780  
Ciudad de México, CDMX

Team of specialist nutritionists with extensive experience in  
a wide range of sports fields

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Related internship programs:

- Sports Nutrition for Physiotherapists
- Sports Nutrition

# 06

## General Conditions

### Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this educational entity undertakes to take out civil liability insurance to cover any eventuality that may arise during the stay at the internship center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This program will allow you to obtain your **Internship Program diploma in Clinical Nutrition** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Internship Program in Clinical Nutrition**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Accreditation: **5 ECTS**





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Clinical Nutrition

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**tech** global  
university