

10 things you RECEIVE as an IUHPE member

1. Complementary subscription to the journal *Global Health Promotion*, averaging six issues yearly
2. Discounts on six other journals in the IUHPE publication family
3. Discounts on IUHPE conference registration fees
4. Access the members only corner on the IUHPE website, at www.iuhpe.org
5. Participation in IUHPE projects in areas of your interest
6. Complete access to the Global IUHPE network
7. Automatic invitations to participate in IUHPE global dialogues, at www.vhpo.net
8. Opportunities to influence global directions in health promotion as a voting member of the IUHPE General Assembly
9. Participation in key IUHPE health promotion activities in your region of the world
10. Stimulation of your professional life through invigorating contact with like-minded health promoters throughout the world

10 things you GIVE as an IUHPE member

1. Your voice in IUHPE dialogues on key issues of the day
2. Your experience, working on IUHPE projects that tap your areas of expertise
3. Your help to others, via your participation in the IUHPE Equity Membership Fee programme
4. Your leadership, in elected positions in IUHPE regions and global leadership positions
5. Your active, engaged participation at IUHPE conferences
6. Your scholarship, via publication in IUHPE journals
7. Your advocacy for health equity, via participation in IUHPE advocacy initiatives
8. Your spirit and friendship, by your participation in many IUHPE social activities
9. Your network, as you bring others into the IUHPE
10. Your commitment to fairness and social justice, as you use the many opportunities given by IUHPE to express your values with vigour and effectiveness