

BRITISH COLUMBIA



[CANADA]

# 8th ISPAH International Congress on Physical Activity and Public Health

October 28 to 31, 2020

VISIT

VANCOUVER

Enjoy the natural beauty of a seaside urban  
centre nestled in the mountains



✈ ISPAH 2020

V A N C O U V E R



B R I T I S H C O L U M B I A



## — AN URBAN COASTAL GEM IN THE MOUNTAINS

Nestled alongside majestic mountains and the Pacific Ocean, Vancouver is a vibrant west coast seaport that boasts cultural diversity and big city vibes.

Favored by film crews for its versatile cityscape, the city of 600,000 has easy access to national parks, as well as a vibrant art, music, and theatre scene.


[ C A N A D A ]



*Perfect for nature loving city  
slickers keen on exploring  
beautiful British Columbia.*







VANCOUVER

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## A NATURAL URBAN ENVIROMENT

Surrounded by mountains, Vancouver is one of those urban centres that stays effortlessly balanced between big city life and natural beauty. When downtown, all the creature comforts of the city are at your disposal, such as top of the line restaurants and shops at your disposal.

[ C A N A D A ]



**But when you need  
a moment to rest,  
forested trails are just  
a stone's throw away.**





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## AN INSATIABLE FOOD SCENE

Vancouver is home to one of the most exciting food scenes in the country. Home to the best dim sum chefs from Hong Kong, the city also has some of the best sushi outside of Japan - as fresh fish is plentiful on the coast.

Alongside its exciting array of Asian food stops, Vancouver also has a vibrant Italian community which means you don't have to go far for a plate of authentic fresh pasta.







## — A THRIVING ARTS & CULTURE SCENE

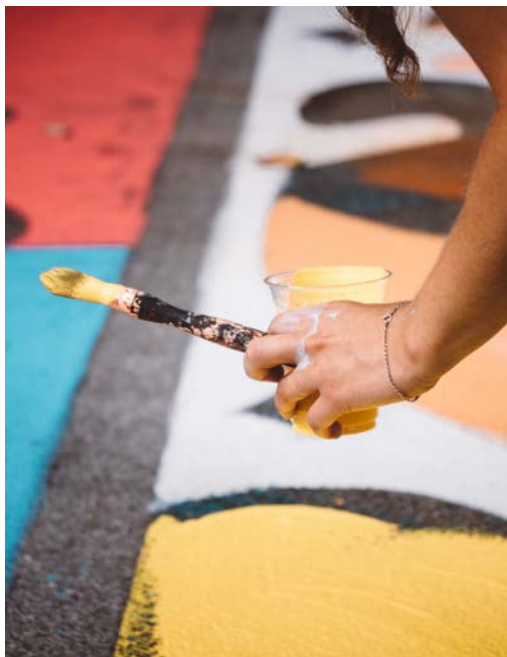
Beyond being one of the number one choices of global film crews, due to its versatile cityscape, Vancouver is also home to a vibrant arts and culture scene.

Thanks to the legacy of Emily Carr who drew inspiration from the natural beauty of British Columbia, Vancouver has a thriving visual arts scene - both traditional and modern.





*Beyond gallery hopping, there are also countless live music venues to take in the likes of jazz, blues, indie rock, and world.*



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EXPERIENCE THE BEAUTY OF  
BRITISH COLUMBIA THROUGH VANCOUVER,  
A BUSTLING URBAN GEM NESTLED  
IN THE MOUNTAINS.



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