

### ***Pre-Congress Workshop for Emerging Ethnobiologists: Cultivating Mindfulness in Research***

Ethnobiological research draws on perspectives and methods from many disciplines such as linguistics, anthropology, taxonomy, ecology, pharmacology, archaeology and others. Regardless of their disciplinary approach, ethnobiologists are key intermediaries between scientific and Indigenous cultures. Their research facilitates access to and use of traditional knowledge and associated biological resources, leading to a diversity of positive and negative outcomes, some intentional and some unintentional.

*Mindfulness*, a vigilant willingness to evaluate one's own understandings, actions, and responsibilities to others, is central to the *ISE Code of Ethics* which advocates for equitable and ethical research relationships. Mindfulness is also essential to guarding against misappropriation of traditional knowledge (i.e., acquisition of knowledge without the consent of knowledge holders) and ensuring that any use of traditional knowledge, including that with positive conservation, health, economic, and other benefits, is done in respectful and culturally-appropriate ways that benefit, and do not harm, the communities involved. In this way, ethnobiological research can help to support, rather than sever, the interrelationships between biological and cultural diversity and can promote the protection of Indigenous peoples' collective biocultural heritage.

The overall objectives of this Workshop are: (1) to help foster of a new generation of leaders within the discipline of Ethnobiology, (2) to discuss strategies for developing an ongoing dialogue between Indigenous peoples (including local and traditional communities) and those trained in western scientific traditions, and (3) to deepen understandings about the rights and responsibilities associated with ethnobiological research as an important part of this dialogue.

This workshop offers students the opportunity to attend presentations, express their ideas and concerns, and share their experiences and challenges within the various fields of Ethnobiological research. Building on the traditions of past ISE congresses, the pre-ICE student workshop will bring Indigenous and non-Indigenous students together aspiring to establish collaborative research in the future.

Students will explore the overarching theme of the 12th International Congress of Ethnobiology, "Hishuk-ish tsa'walk", a Nuu-chah-nulth, First Nations phrase that embodies the concept of "everything is one," the understanding that everything is connected and nothing is isolated from other aspects of life surrounding it and within it. Specific workshop topics include Methodologies in Ethnobiology, and in-depth discussions on *Up-streaming* (how to effectively communicate results to the world, including politicians and authorities in order to be considered in policy planning) and *Down-streaming* (how to give back or communicate research results to the communities we work in) including examples from around the world. Additional topics such as publishing, scientific networking, and fundraising may also be included.

There will also be time for open discussion, focused on issues raised by students and intended to be highly interactive and participatory, with aims to create the first 'International Network of Emerging Ethnobiologists'. This network, and connections made by participating in this Workshop, will help students access a global pool of knowledge, develop comparative perspectives on key social, cultural and environmental issues, and may lead to diverse international collaborative research opportunities.