

INTERNATIONAL COACHING COURSE (ICC)



HUNGARIAN UNIVERSITY
OF SPORTS SCIENCE

BUDAPEST

1925

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TESTIMONIALS

„Both Silvia and myself would like to thank you very much for the warm welcome. It was a real pleasure meeting you as well as the rest of the team, the Dean, Judith, the professors, etc. and especially the group of coaches.“

- Yassine Yousfi, Head of International Coaching Program, IOC

„Allow us to thank you on behalf of Ambassador Gjenez Budima for your welcome yesterday!“

- Shpend Bllaca, Secretary for H E Mrs Gnejeza Budima, Ambassador for Republic of Kosovo in Hungary

„We had difficult days, but I got to know wonderful brothers. Thank you. We will meet again one day and keep in touch.“

- Khaled Alaraifi,
Bahrain, ICC graduate, OS scholarship holder in judo of 2022 Fall Semester Class, Olympic National Team Judo Coach for Bahrain

„We are one family now...“

- Noel Benjamin Kiunsi, Tansania, ICC graduate, OS scholarship holder in water polo of 2022 Fall Semester Class

„Herewith I would like to pay my gratitude to International Olympic committee (IOC), Olympic Solidarity (OS), NF, NOC Sri Lanka, TE at Hungary for the sponsorship, Guidance to complete my ICC at University of Physical Education at Hungary. With the learnings and experience which I gained from ICC, I started knowledge sharing sessions for the young athletes in Sri Lanka.“

- Shivantha De Silva, Sri Lanka, ICC graduate, OS scholarship holder in fencing of 2022 Fall semester



INFORMATION PACK

Dear International Coaching Course Participants,

Welcome on board!

On behalf of the **Hungarian University of Sports Science (HUSS)** International Relations Office and International Coaching Course staff we do hope you will enjoy every minute of your stay, also benefit from all the lectures you get from our internationally recognized professors, teachers.

We would like to share some information with you in return we also require some information from you to make your stay the easiest it can be.

ADDRESS OF THE UNIVERSITY

H-1123 Budapest, 42-48. Alkotás u.

TRAVEL INFORMATION

Please **send us in all the required information and boarding pass copies, both arrival and departure**, shown below in the attached file to make your logistics as smooth as possible as we understand all the ups and downs of long-haul travel.

Costs of your travelling to Hungary are not included in the participation fee. You must have a **round trip ticket** with the reservation for the way back. Please arrange your flights and reservations according to the following:

Date of arrival to Budapest is **2 April 2023**

Date of departure is **31 May – 1 June 2022**

Logistics

You **will be picked up at the Budapest Airport (BUD)** and be taken to the accommodation by our logistics officer, Mr. Géza Vincze (phone: +36 70 378 6828). In case of any issues occurred around flight and time you can contact him on spot. Airport pickups will be organized due to transfer services with **two ICC participants per car** and logistics officer, so prepare that you might have to wait for the other participant to arrive.

Arrival

ICC 2023 Spring Semester begins on 3 April 2023, we are suggesting to book your flights **to arrive 2nd of April 2023 (Sunday)**. Meeting point will be circulated at a sooner date close to arrivals due to arrival gate locations.

Departure

ICC 2023 Spring Semester **GRADUATION CEREMONY** for successful ICC candidates is scheduled in the 30th of May 2023, Tuesday afternoon, hence you are advised to book your preferred home-bound departure flights anytime between 31st of May and 1st June 2023. Your **accommodation is booked until the 2nd of June**, hence if you plan to stay an extra day in Budapest, we encourage you to organize your transfer to the airport individually.

Before you leave, please make sure that you **fill out the ICC online feedback form** for future references and quality control. We would value your honest and constructive words so we can improve our services.

Transportation information required

Once everything is settled regarding your application, please **send us detailed information about your flight**. We can only be waiting for you at the airport when we receive this information. We need the exact time of both departure and arrival of your flights, especially the one you will fly to Budapest. Do not forget to mention the name of the airline and the flight number you are travelling with!

NAME:			
ARRIVAL		DEPARTURE	
Date:		Date:	
Time:		Time:	
Airline:		Airline:	
Flight number:		Flight number:	
Terminal in Budapest:		Terminal in Budapest:	
City of origin:			

Please attach the copies of your boarding pass (both arrival and departure) to your e-mail!

*Please find the table attached to this e-mail.

Please pay attention to the rules of the weight of your luggage. **You will be responsible for any extra weight on your return home**. You can usually carry 20 kilograms of checked-in luggage plus some hand luggage. Above this, the airline charges you 20-30 USD (depending on the destination) after every extra kilogram. Be aware of the amount of books, notice books and gifts you will buy or receive in Hungary. You might have troubles with them on your way back. Therefore, **we strongly advise you to check and ask from the airline company about the possibilities of the weight of your luggage before buying the ticket**.

ACCOMMODATION

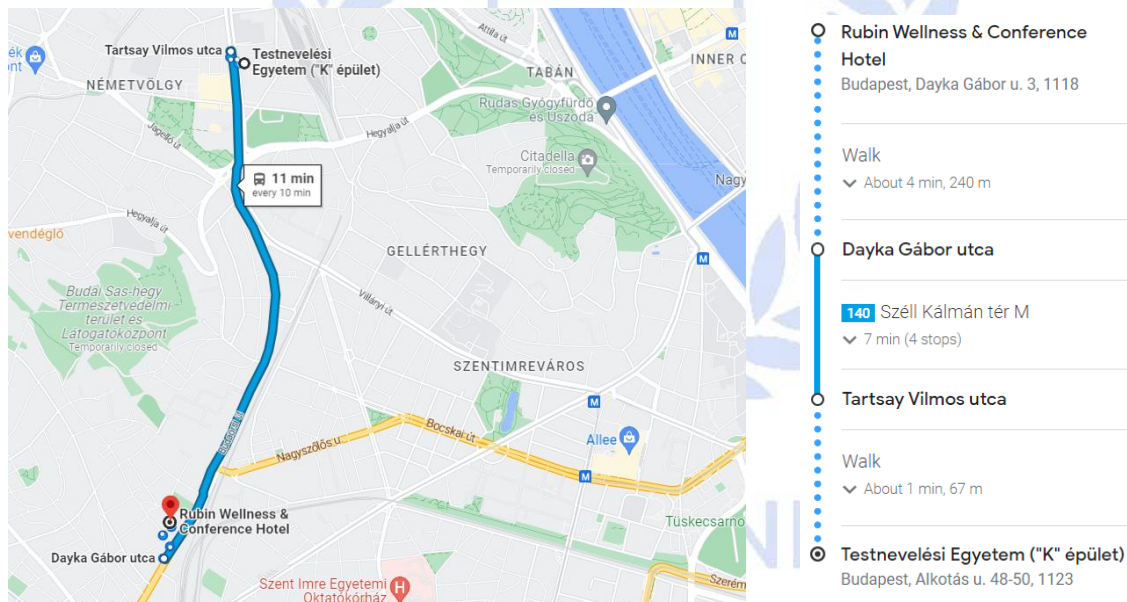
Rubin Wellness & Conference Hotel
H-1118 Budapest, Dayka Gábor utca 3.

You will be staying in **twin or triple rooms** at the hotel. All rooms have a **wardrobe and a bathroom attached**. Please note that the space is limited but there is limited storage room behind the reception, which can be utilized only accompanied by the reception personnel for security reasons.

The hotel **provides breakfast buffet, free WiFi** and unlimited use of the **Wellness & Spa**. You will also be able to have laundry done 3 times a week (1 hotel laundry bag provided / occasion). Further use of the service is available for you at your own expense.

BKK – PUBLIC TRANSPORT IN BUDAPEST

You will receive **monthly passes to use Budapest's public transportation system** (BKK) including bus, metro, trolley bus, tram and suburban railway lines. The HUSS campus (Testnevelési Egyetem) is within a 20-minute travel via bus n°139/140/140A from your accommodation.



PLEASE NOTE!

We, at HUSS respect everyone's origin, religion and culture... etc., hence **we ask you to provide information** regarding to your religious service, meals and accommodation... etc. customs (e.g. food you do not eat, etc.). Also, we require information regarding to your allergies and further intolerances.

MEALS / STUDENT ALLOWANCE

Similarly, to ICC traditions we are budgeting a monthly fee for daily expenses for every and each of the participants, which should cover the daily dietary meal plan with the self-catering flexibility throughout the days of the course. Please make sure you have sufficient amount for days you may spend in Budapest on top of the student allowance for the programs and/or for extra expenses.

TIMETABLE



HUNGARIAN UNIVERSITY
OF SPORTS SCIENCE
BUDAPEST

TIMETABLE International Coaching Course 2023 Spring WEEK 1 3-9 APRIL

C104 Amsterdam Room (Monday, Wednesday, Thursday)

Dates/ Hours	April 3, 2023	April 4, 2023	April 5, 2023	April 6, 2023	April 7, 2023	April 8, 2023	April 9, 2023
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:30	ORIENTATION	Sport Specialization	Training Theory Prof. Dr. Zsolt RADÁK	Sport Management Prof. Dr. Tamás STERBENZ, Rector	Good Friday	Sightseeing Hungarian Easter Traditions and the city	Easter Sunday
9:45-11:15			Training Theory Prof. Dr. Zsolt RADÁK	Sport Nutrition Flóra SZAKSZON & Virág JENES-KIS			
11:30-13:00			Sport Sociology Dr. Tamás DÓCZI	Sport Pedagogy Ágnes CSORDÁS-MAKSZIN			
13:45			Sport	Sport			

WEEK 2 10 - 16 APRIL

C104 Amsterdam Room (Monday, Wednesday, Thursday)

Dates/ Hours	April 10, 2023	April 11, 2023	April 12, 2023	April 13, 2023	April 14, 2023	April 15, 2023	April 16, 2023
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:30	Easter Monday	Sport Specialization	Training Theory Prof. Dr. Zsolt RADÁK	Sport Management Prof. Dr. Tamás STERBENZ, Rector	Sport Specialization	WEEKEND	WEEKEND
9:45-11:15			Training Theory Prof. Dr. Zsolt RADÁK	Sport Nutrition Flóra SZAKSZON & Virág JENES-KIS			
11:30-13:00			Sport Sociology Dr. Tamás DÓCZI	Exercise Physiology Dr. Prof. Emeritus Gábor PAVLIK			
13:45			Sport	Sport			

WEEK 3 17 - 23 APRIL

C104 Amsterdam Room (Monday, Wednesday, Thursday)

Dates/ Hours	April 17, 2023	April 18, 2023	April 19, 2023	April 20, 2023	April 21, 2023	April 22, 2023	April 23, 2023
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:30	Training Theory Prof. Dr. Zsolt RADÁK	Sport Specialization	Training Theory Prof. Dr. Zsolt RADÁK	Sport Management Prof. Dr. Tamás STERBENZ, Rector	Sport Specialization	WEEKEND	WEEKEND
9:45-11:15	Training Theory Prof. Dr. Zsolt RADÁK		Training Theory Prof. Dr. Zsolt RADÁK	Sport Pedagogy Ágnes CSORDÁS-MAKSZIN			
11:30-13:00	Exercise Physiology Dr. habil Zsuzsanna KNEFFEL		Sport Sociology Dr. Tamás DÓCZI	Exercise Physiology Dr. habil Zsuzsanna KNEFFEL			
13:45	Sport		Sport				

WEEK 4 24 - 30 APRIL

C104 Amsterdam Room (Monday, Wednesday, Thursday)

Dates/ Hours	April 24, 2023	April 25, 2023	April 26, 2023	April 27, 2023	April 28, 2023	April 29, 2023	April 30, 2023
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:30	Human Biology Dr. Anna Farkas	Sport Specialization	Human Biology Dr. Anna Farkas	Science in Sports Prof. Dr. Rector Emeritus József TIHANYI	Sport Specialization	WEEKEND	WEEKEND
9:45-11:15	Biomechanics Ádám HEGEDŰS		Sport Psychology Dr. Noémi GYÖMBÉR	Sport Pedagogy Ágnes CSORDÁS-MAKSZIN			
11:30-13:00	Exercise Physiology Dr. habil Zsuzsanna KNEFFEL		Sport Psychology Dr. Noémi GYÖMBÉR	Exercise Physiology Dr. habil Zsuzsanna KNEFFEL			
13:45	Sport		Sport	Sport			

WEEK 5

1 - 7 MAY

C104 Amsterdam Room (Monday, Wednesday, Thursday)

Date/Hours	May 1, 2023 Monday	May 2, 2023 Tuesday	May 3, 2023 Wednesday	May 4, 2023 Thursday	May 5, 2023 Friday	May 6, 2023 Saturday	May 7, 2023 Sunday
8:00-9:30	Labor Day	Sport Specialization	Human Biology Dr. Anna Farkas	Science in Sports Prof. Dr. Rector Emeritus József TIHANYI	Sport Specialization	WEEKEND	Sightseeing History 2
9:45-11:15			Sport Psychology Dr. Noémi GYÖMBÉR	Sport Nutrition Flóra SZAKSZON & Virág JENES-KIS			
11:30-13:00			Sport Psychology Dr. Noémi GYÖMBÉR	Sport Pedagogy Ágnes CSORDÁS- MAKSZIN			
13:45			Sport	Sport			

WEEK 6

8 - 14 MAY

C104 Amsterdam Room (Monday, Wednesday, Thursday)

Date/Hours	May 8, 2023 Monday	May 9, 2023 Tuesday	May 10, 2023 Wednesday	May 11, 2023 Thursday	May 12, 2023 Friday	May 13, 2023 Saturday	May 14, 2023 Sunday
8:00-9:30	Science in Sports Prof. Dr. Rector Emeritus József TIHANYI	Sport Specialization	Science in Sports Prof. Dr. Rector Emeritus József TIHANYI	Ethics of Sport Coaching Dr. Botond CSUKA	Sport Specialization	WEEKEND	WEEKEND
9:45-11:15	Biomechanics Ádám HEGEDŰS		Human Biology Dr. Anna Farkas	Sport Nutrition Flóra SZAKSZON & Virág JENES-KIS			
11:30-13:00	Sport Injuries Dr. habil Zsuzsanna KNEFFEL		Sport Sociology Dr. Tamás DÓCZI	Sport Pedagogy Ágnes CSORDÁS- MAKSZIN			
13:45	Sport		Sport	Sport			

WEEK 7

15 - 21 MAY

C104 Amsterdam Room (Monday, Wednesday, Thursday)

Date/Hours	May 15, 2023 Monday	May 16, 2023 Tuesday	May 17, 2023 Wednesday	May 18, 2023 Thursday	May 19, 2023 Friday	May 20, 2023 Saturday	May 21, 2023 Sunday
8:00-9:30	Ethics of Sport Coaching Dr. Botond CSUKA	Sport Specialization	General Conditioning Dr. Miklós METZING	General Conditioning Dr. Miklós METZING	Study Report Deadline 10.00 a.m.	WEEKEND	WEEKEND
9:45-11:15	Biomechanics Ádám HEGEDŰS		Sport Psychology Dr. Noémi GYÖMBÉR	Ethics of Sport Coaching Dr. Botond CSUKA			
11:30-13:00	Sport Injuries Dr. habil Zsuzsanna KNEFFEL		Sport Injuries Dr. habil Zsuzsanna KNEFFEL	Sport Sociology TEST Dr. Tamás DÓCZI			
13:45	Sport		Sport	Sport			

WEEK 8

22 - 28 MAY

C104 Amsterdam Room (Monday, Wednesday, Thursday)

Date/Hours	May 22, 2023 Monday	May 23, 2023 Tuesday	May 24, 2023 Wednesday	May 25, 2023 Thursday	May 26, 2023 Friday	May 27, 2023 Saturday	May 28, 2023 Sunday
8:00-9:30	General Conditioning Dr. Miklós METZING	Sport Specialization	General Conditioning Dr. Miklós METZING	General Conditioning Dr. Miklós METZING	Sport Specialization	WEEKEND	WEEKEND
9:45-11:15	Biomechanics Ádám HEGEDŰS		General Conditioning Dr. Miklós METZING	General Conditioning Dr. Miklós METZING			
11:30-13:00	Ethics of Sport Coaching Dr. Botond CSUKA		Sport Injuries Dr. habil Zsuzsanna KNEFFEL				
13:45	Sport		Sport	Sport			

CONTACT LIST OF PROFESSORS

Name	Subject / Sport	E-mail
Prof. Dr. Zsolt Radak	Training Theory	radak.zsolt@tf.hu
Dr. Zsuzsanna Kneffel	Sport Physiology / Sport Injuries	kneffel.zsuzsanna@tf.hu
Prof. Dr. Emeritus Gabor Pavlik	Exercise Physiology	pavlik.gabor@tf.hu
Dr. Tamas Doczi	Sport Sociology	doczi.tamas@tf.hu
Dr. Noemi Gyomber	Sport psychology	gyomber.noemi@tf.hu
Prof. Dr. Tamas Sterbenz, Recor	Sport Management	rektor@tf.hu
Flora Szakszon, Virag Jenes-Kis	Sports Nutrition	szakszon.flora@tf.hu
Agnes Csordas-Makszin	Sport Pedagogy	makszin.agnes@tf.hu
Dr. Anna Farkas	Human Biology	farkas.anna@tf.hu
Prof. Dr. Jozsef Tihanyi	Research in Sports	tihanyi.jozsef@tf.hu
Dr. Botond Csuka	Ethics of Sport Coaching	csuka.botond@tf.hu
Dr. Miklos Metzging	General Conditioning	mecamiki@gmail.com
Adam Hegedus	Biomechanics	hegedus.adam.tf@gmail.hu
Zoltan Jokay	Volleyball	jokay.zoltan@hotmail.com
Dr. Endre Nemeth	Judo	nemeth.endre@tf.hu
Zoltan Boros	Basketball	boros.zoltan@tf.hu
Dr. Csaba Okros	Handball	okros.csaba@tf.hu
Judit Simics (Zsembery Tamasne)	Handball	simicsjudit@gmail.com
Dr. Zoltan Marczinka	Handball	marczinka.zoltan@tf.hu
Gabor Farkas	Wrestling	farkas.gabor@tf.hu
Janos Toth jun.	Football / Soccer	toth.janos@tf.hu
Dr. Janos Egressy	Swimming	egressy.janos@tf.hu
Dr. Nikoletta Bordasne Nagy	Swimming	nagy.nikoletta@tf.hu
Bence Molnár	Swimming	molnar.bence@tf.hu
Marcell Dekany	Tennis	dekany.marcell@tf.hu
Denes Lukacs	Waterpolo	lukacs.denes@tf.hu

UNI LIFE

Prof. Dr. Tamás Sterbenz - Rector's message

The Hungarian University of Sports Science (HUSS) and its institutional predecessor is one of the oldest higher educational institutions in Europe in the field of body culture, including sports and education. Our university combines its traditions and culture to match the new challenges of a knowledge-based society, while taking into consideration various socio-economic demands.



HUSS preserves its traditions and permanently develops in harmony with what the given period requires. This is why in its educational strategy, theoretical and practical knowledge complement each other. Furthermore, in order to ensure competitive knowledge for the students in each field of study, the amount of sports training is increasing. While developing

its educational content, our institution became aware of the practice-based demands formulated by the representatives of the sport federations and educational institutes, i.e. the future utilizers of knowledge. As a result, the training programs have been harmonized with labor market expectations.

The mission of the university is to train specialists who, as future intellectuals, possess a high level of personal and professional knowledge applicable in the various fields of sports. The university concentrates on developing human resources in sports and on transferring the knowledge and professional skills that play a key role in the healthy physical and spiritual development of Hungarians.

Thus, HUSS is not only involved in forming the social, economic and cultural image of Hungarian sports, but the lifestyle, quality of life and health-aware attitude of current society as well. Integrated education and research development services, which are built upon each other, created through the BSc, MSc and PhD programs of the university, will guarantee the generation of continuous high-quality knowledge.

The revamped programs will soon be backed by a proper infrastructural background. The future campus of Hungary's most modern sport university will aim not only at the entire renovation of the educational and service centers on Alkotás utca and the sports facilities on Csörsz utca, but the establishment of new facilities, too.

The technical equipment and the technological and informatics infrastructure supporting the pedagogical and coaching work at our university will satisfy the most up-to-date demands of the age. The quality of the facilities and the opportunities entailed will be suitable for aiding the competitiveness of Hungarian sports and the continuous application of the latest scientific technologies. Thus, the multifunctional education and sport facilities, laboratories and public places of great quality and comfort will secure ideal conditions for the students, and will help them show their talents and abilities. Our priority is to facilitate the process of our students' obtaining cutting-edge knowledge that they can gain for their own benefit as well as that of the sports society.

[Information regarding huss](#)

Budapest, university city



Hungary is located in Central Europe. With about 10 million inhabitants, the country is a medium-sized member state of the European Union. Hungary has a continental climate (hot in the summer and cold in the winter). The official language is Hungarian. It is home to the largest thermal water cave system and the largest lake: Balaton in Central Europe.

According to travel surveys, Hungary is one of the most popular tourist destinations in Europe.

Budapest is the capital of Hungary. Budapest is cited as one of the most beautiful cities in Europe, ranked as "the world's second best city" (by Condé Nast Traveler, 2015) Budapest

offers a vivid student life and is also ranked as the best in the world for affordability, thanks to the low cost of living (QS Top Universities, 2021).

All in all, Hungary's capital is consistently ranked as one of the world's most livable cities (QS Top Universities, 2021).

Hungarian athletes have won a total of 518 medals (Gold: 182, Silver: 156, Bronze: 180) at the Summer Olympic Games; total of 7 medals at the Winter Olympic Games (Gold: 1, Silver: 2, Bronze: 4); and total of 168 medal at the Paralympic results (Gold 39, Silver: 60, Bronze: 69) with fencing as the top medal-producing sport. Hungary has the second highest number of gold medals per capita of any nation.

Meet HUSS

The Hungarian University of Sports Science is one of the oldest, most successful and professionally acclaimed universities for education and sports science in Central Europe. We greatly respect and value our legacy, preserve our traditions and continuously explore innovative methods in education and research. The latter meet 21st century expectations for higher education as well as our students' expectations of firm knowledge, quality educators and services, along with great extracurricular experiences. Our management is dedicated to serving generations of undergraduate, graduate and postgraduate Hungarian and international students. Our faculty includes globally-renowned educators. Our students and alumni are high achievers in various areas of sports and science.



HUSS, traditionally called "TF", is the proud home of numerous Olympic champions, great sports coaches, educators and recreation experts. The HUSS community provides support throughout the careers of our students and alumni, helping them to aspire personally and professionally and enjoy a life-long career support. HUSS is currently involved in a major campus reconstruction and expansion project. The infrastructural development runs parallel with substantial development in our educational programs and research portfolio, quality assurance as well as a complex internationalization initiative, including mobility services, English language programs and strategic institutional partnerships.

As a result of our modern curriculum, multifunctional sports facilities and community spaces and events, our students enjoy the opportunity to obtain competitive knowledge that meets labor market requirements while accumulating lifelong experiences with unique HUSS student life. Our dedication also serves larger aspirations of improving the health and wellness of Hungarians and those beyond our borders as well.

Facts about HUSS

- ✓ established in 1925: the oldest, largest and most comprehensive center for physical education and activity, sports and related sciences in Hungary
- ✓ 2,420 students
- ✓ highest performance of students at entrance exams, compared to those at other HEIs providing sports programs
- ✓ Doctoral School in Sport Sciences, unique in Hungary
- ✓ TE faculty and alumni work as leading members of boards for several national sport associations and serve as head coaches in the national leagues in various fields of sport and are selected as prestigious members of international sports bodies

- ✓ our educators and alumni have strategic roles in the reorganized Hungarian national sports administration
- ✓ TE provides globally-acclaimed degrees
- ✓ EU and international policy and professional development in Sport and PE, including Dual Career, Good Governance, and Volunteering and Social Inclusion
- ✓ numerous international agreements, and a widespread global network, including 22 Erasmus partners in 43 countries
- ✓ membership in major professional sports organizations
- ✓ fully-enclosed campus with 16 sport facilities and laboratories, with a major ongoing reconstruction and expansion project
- ✓ practice-oriented training programs
- ✓ the International Coaching Course offers training over 20 sports out of the 28 Olympic sports, and receives students from every country in the world
- ✓ National Student Scientific (OTDK) participants in recent years, awards 3 golden medals, 2 silver and 1 bronze as of 2015.
- ✓ life-long support over the whole career
- ✓ student satisfaction with educational and other services at HUSS: 4 out of 5 (January, 2016)
- ✓ student satisfaction with educators' performance: 4.22 out of 5 (January, 2016)
- ✓ graduate satisfaction: majority of graduates would recommend TE to others
- ✓ graduate employment: HUSS graduates draw highest comparative income among Hungarian HEIs of similar programs

Classes

On the first morning of ICC program our logistics officer MR. Géza Vincze will meet you in the lobby of Hotel Rubin at 8:00-8:30 to guide you to HUSS.

Then meet us, the ICC staff at HUSS reception 9 a.m. on 3rd April 2023, Monday in the main building. Altogether we are going to our **C104 Amsterdam** (Amsterdam *hun) classroom allocated to ICC for the full length of the course.

All participants are to write an **English language test** which will take place first thing in our C104 classroom right after the **orientation** where you will get all the necessary information related to ICC.

You will be provided with a **USB stick with materials connected to your subjects**. This is to help you with your study, however, you still need to **take your own notes and make sure you understand the material**. Some professors might ask you to write a reflection of the part of their subject, and your own notes will aid you in that.

Orientation

During the orientation on your first day, you will be informed of:

- theoretical and practical teachers, professors,
- subjects,
- requirements of ICC,
- study report,
- examination,
- specifications and requirements of practical classes,
- university entry card... etc

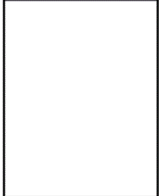
The application forms and personal data will be arranged during the orientation so please do not forget to **bring your documents with you**.

This day you will be shown around the **University and campus** to help you get around better.

Photographs

Please, bring with you at least **6 photographs**, for:

- University Campus card,
- Course administration,
- 2 for the Immigration Office,
- Monthly transportation pass,
- one as a reserve.

	<i>Name:</i>
	<i>Country:</i>
	<i>Passport:</i>
	<i>Sport:</i>
<small>Hungarian University of Sports Science International Coaching Course participant 2022. 3 October – 9 December. (1123 Bp., Alkotás u. 42-48., Tel.: 487-9288)</small>	

*University Campus Card

Library

Library – Opening Hours	
Monday:	09:00 - 17:00
Tuesday:	09:00 - 17:00
Wednesday:	09:00 - 17:00
Thursday:	09:00 - 17:00
Friday:	09:00 - 15:00



Study report - HAND IN TO YOUR LEADING SPORT INSTRUCTOR

You are entitled to write a **Study Report** by **19 May 2023, Friday morning 10AM** which **us to be handed in to your leading sport instructor.**

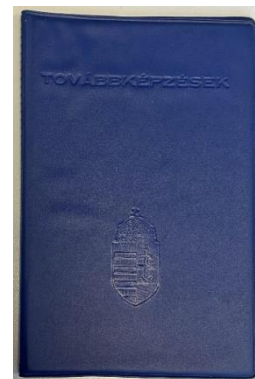
For further information please turn to the professor of your choice, **either theoretical or practical** regarding subject, topic, deadline etc... (as it may vary).

Essentials

In order to bring out the most of your stay here, we advise you to **bring your own laptop** with you. Also, don't forget to **bring your sports equipment**, as it is **essential for your practical classes.**

Blue Booklet – practical (sport) orientation registration booklet

Please make sure all of your practical trainings, sport event attendance, observations ..etc.. are registered in the 'Blue Booklet' by date and signed by your leading sport orientation instructor.



WELCOME DINNER

As part of HUSS traditions, we are organizing a **Hungarian Intercultural Night** for the ICC candidates with the students of all the international programs due to availability, scheduled in for **12 April 2023, Wednesday 4 p.m.** in the big aula downstairs. This is a good chance to **meet international students** and exchange information and get to know all the ins and outs about HUSS's student life.

FACULTATIVE PROGRAMS

We are planning to run **sightseeing tours** around town for our ICC team to **introduce Hungarian culture** with the aim of getting to know each other better hence being able to work together better as a team. We are also interested in all participants' background, cultural interests etc.

Sightseeing Hungarian Easter Traditions and the city – 8 April 2023, Budapest

We will show you around **Heroes' Square, City Park** where you will see **statues and monuments** of our kings and noblemen led by a professional tour guide. Géza, our logistics officer will pick you up at your accommodation (Hotel Rubin) at 9 a.m. and you will altogether meet your tour guide at Heroes' Square.

Sightseeing History 2 – 7 May 2023, Budapest

This time we will take you around **Buda Castle and Gellért Hill**, meet Géza at Hotel Rubin at 9:30.

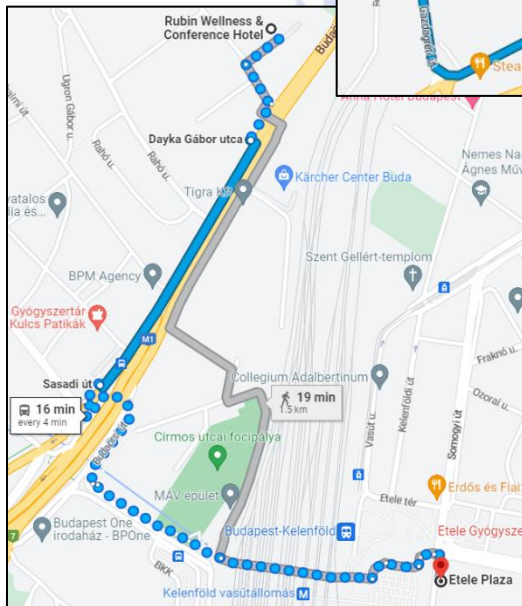
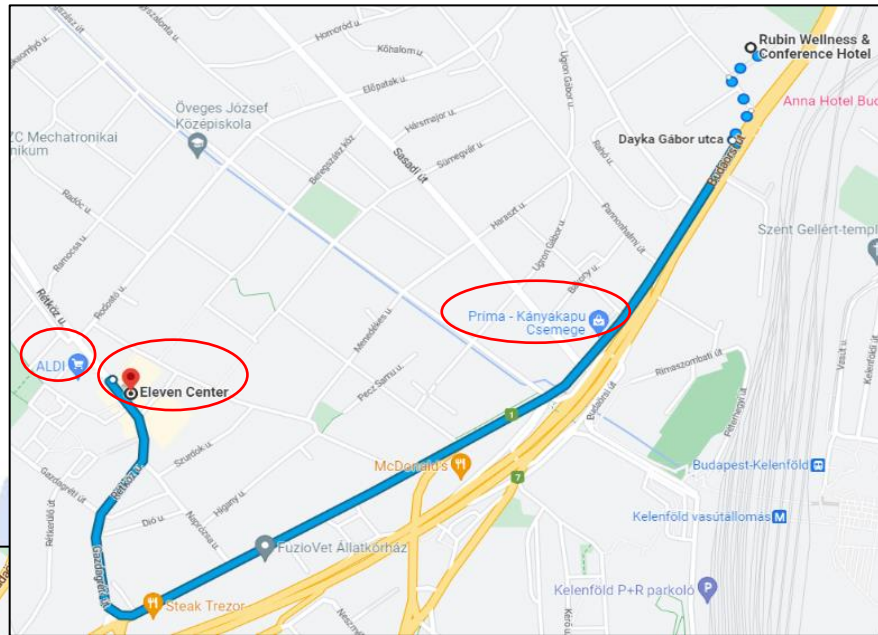
GRADUATION CEREMONY

We kindly invite you to the **graduation ceremony** which is scheduled in **30 May 2023, Tuesday 14.00 onwards** at HUSS where you will receive your ICC 2023 Spring Semester Certificate in case of successfully completing all the theoretical and practical requirements of the course. We are expecting all the **representatives of Olympic Solidarity**, the **Rector of HUSS, the General Deputy Rector of HUSS, the President of the HUSS Foundation, also your respected countries' officials** to attend, hence we would like to emphasize the high standards and expectations of the formal event followed by lunch from 16:00 to 18:00.

NEAREST GROCERY SHOPS

Hotel Rubín

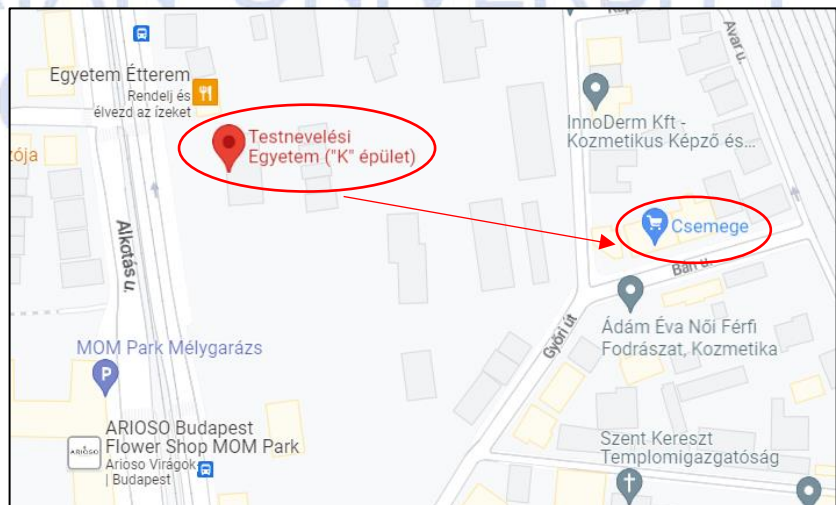
There is a **grocery shop** you can reach **by a 10 minute walk** or you can **hop on the bus and go to Eleven Center** shopping mall, where you can find groceries, pharmacy, drugstores.



For shopping experience **Etele Plaza** is also within reach with many stores and a huge food court.

HUSS

Across the street from the HUSS main building there is the **MOM Park shopping mall** where you can find groceries, shops and restaurants. Behind HUSS there is a small convenience store, which you can reach by walking through the campus.



VISA AND IMMIGRATION INFORMATION

There are two possibilities to **obtain** a so called '**short-term C type Schengen visa**' for the participants after meeting all the requirements for the admission to the ICC:

Hungarian embassy available in your country

In this case **you have to apply** and pay for the visa personally at the Hungarian Embassy it is your part to stand the cost. After meeting all the requirements for the admission we will inform the Hungarian Embassy in your country about issuing the visa for you. Don't forget that **you have to apply for the visa personally** at the Hungarian Embassy. Please, keep your **Letter of Admission** and **Letter of Confirmation**; you will have to prove your admission. You might also need the Letter of Admission at the airport in Budapest upon your arrival. In case you face difficulties when applying for visa, please contact us immediately.

Hungarian embassy is not available in your country,

You will have to obtain your visa at the nearest Hungarian Embassy please turn to nearest embassy available. (For certain countries the visa can be obtained in another European country's Embassy. Kindly request the information, but we will also inform everyone individually about this possibility.) This Embassy is entitled (and determined by the Hungarian Foreign Ministry) to issue the visa for you. **Please contact us before you apply to any Embassy!** When applying, you will have to take with you the **Letter of Admission**, the **Letter of Confirmation**.

Note: Those applicants who received the scholarship approval from Olympic Solidarity and your NOC as well as official letters from the organisations that nominated and host you for the Course.

For some countries, it is necessary to sign a contract with an **insurance** company when applying for the visa. Kindly request this information from the Embassy you will apply to and when necessary, please sign the medical insurance's contract. (In many cases it can be done directly at the Embassy). The ICC Program provides insurance that covers only illnesses and injuries contracted in Hungary and only for those who meet the medical/health requirements (see later).

Personal data required for the visa to Hungary

Please make sure all these data has been sent to us:

- Your exact family name(s), as it is written in your passport;
- Your exact first name(s), as it is written in your passport;
- A copy of your passport (with the picture, the passport number, passport date of expiry);
- Place of birth: the exact place (city or town and not the country);
- Date of birth;
- Citizenship;
- Address in your home country;
- Your mother's full maiden name.

Visa required to the third country

We would like to draw your attention to the practice of the embassies issuing visas. In Hungary only Hungarian citizens can apply for visa to a third country. So please, if you are planning to travel during your stay, you have to bring the particular visa with you. (In this case, please make sure that the type of your visa is a multiple entry visa!) You have to plan your further travel and apply for the visa in your home country. The **“short-term C type Schengen visa”** is usually a one-entry visa.

Transit visa

The same rules are valid for your travel. If you have to change your flight in a third country, you might need a visa or transit visa. Your travel agent will inform you about these obligations. Do not forget that the same thing might happen on your way back home.

Immigration issue in Hungary

After your arrival, the Hungarian law obliges you to register in the immigration office (regardless the duration of your visa). All necessary administration work will be arranged by the ICC management.

The University routes the visa exclusively for the candidates participating in the ICC Course. We are not in a position to deal with any other visa requests other than the official participants.

FURTHER INFORMATION

Weather and clothing

The weather conditions during the time of the course in Hungary are rather varying. In April you can expect around 10-15 °C degrees, but in May you may expect higher temperatures in Budapest. All buildings in the campus have central heating, your apartments are also equipped with heating system. It is important to bring warm clothes with you including: coat or warm jacket, socks, cap, gloves, scarf, sweaters or sweatshirts, etc if considerably needed.

You have to **bring along your own sport equipment, tracksuit and sport shoes.**

Insurance and medical services

You must have an insurance that covers emergency treatment.

National holidays

Easter / Good Friday 7 April and Easter Monday 10 April are National Holidays in Hungary, also 1 May and 29 May. Please consider, that during these days most of the supermarket chains and service providers are closed and frequency of public transportation may also change.

Your first days

After your arrival you will have some free days, without any official educational program. These days will be filled up by different **social and cultural events, necessary administration procedures, medical test, campus tour, sightseeing, orientation**, etc. for getting started. From the beginning of the actual education we would like you to focus on the professional part of the Course only.

In case of any further questions, please do not hesitate to contact us.

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HUNGARIAN UNIVERSITY OF SPORTS SCIENCE

BUDAPEST

APPENDIX A: International Olympic Committee - Principles and framework



<https://olympics.com/ioc/olympic-values>

INTERNATIONAL OLYMPIC COMMITTEE - HISTORY, PRINCIPLES & FINANCING

The three values of Olympism are excellence, friendship and respect. They constitute the foundation on which the Olympic Movement builds its activities to promote sport, culture and education with a view to building a better world.

The original values of Olympism as expressed in the Olympic Charter were to “**encourage effort**”, “**preserve human dignity**” and “**develop harmony**”.

Over time, they have evolved and are now expressed in more contemporary terms as:

- **Striving for excellence and encouraging people** to be the best they can be.
- **Celebrating friendship**, which is quite unique to the Olympic Games – an event that brings people together every few years.
- **Demonstrating respect** in many different manners: respect towards yourself, the rules, your opponents, the environment, the public, etc.

This is the idea of setting your rivalries aside. There is more that unites us than divides us.

Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles.

The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.



[Olympic Solidarity 2021-2024 Plan](#)

IOC FRAMEWORK ON FAIRNESS, INCLUSION AND NON-DISCRIMINATION ON THE BASIS OF GENDER IDENTITY AND SEX VARIATION

In corporation with the International Olympic Committee, HUSS completely supports and stands by the proposed framework.

INTRODUCTION

Every person has the right to practice sport without discrimination and in a way that respects their health, safety, and dignity. At the same time, the credibility of competitive sport - and particularly high-level organized sporting competitions - relies on a level playing field, where no athlete has an unfair and disproportionate advantage over the rest.

Through this Framework on Fairness, Inclusion and Non-Discrimination on the Basis of Gender Identity and Sex Variations, the International Olympic Committee (IOC) seeks to promote a safe and welcoming environment for everyone, consistent with the principles enshrined in the Olympic Charter. The Framework also acknowledges the central role that eligibility criteria play in ensuring fairness, particularly in high-level organized sport in the women's category.

This Framework is issued as part of the IOC's commitment to respecting human rights (as expressed in Olympic Agenda 2020+5) and as part of the action taken to foster gender equality and inclusion.

In issuing this Framework, the IOC recognizes that it must be in the remit of each sport and its governing body to determine how an athlete may be at a disproportionate advantage against their peers, taking into consideration the nature of each sport. The IOC is therefore not in a position to issue regulations that define eligibility criteria for every sport, discipline or event across the very different national jurisdictions and sport systems.

Therefore, the aim of this Framework is to offer sporting bodies - particularly those in charge of organizing elite-level competition - a principled approach to develop their criteria that are applicable to their sport. Sports bodies will also need to consider particular ethical, social, cultural and legal aspects that may be relevant in their context.

This Framework was developed following an extensive consultation with athletes and stakeholders concerned. This included members of the athlete community, International Federations and other sports organizations, as well as human rights, legal and medical experts. It replaces and updates previous IOC statements on this matter, including the 2015 Consensus Statement.

This Framework recognizes both the need to ensure that everyone, irrespective of their gender identity or sex variations, can practice sport in a safe, harassment-free environment that recognizes and respects their needs and identities, and the interest of everyone - particularly athletes at elite level - to participate in fair competitions where no participant has an unfair and disproportionate advantage over the rest.

Lastly, the IOC also recognizes that most high-level organized sports competitions are staged with men's and women's categories competing separately. In this context, the principles contained herein aim to ensure that competition in each of these categories is fair and safe and that athletes are not excluded solely on the basis of their transgender identity or sex variations.

Where eligibility criteria must be set in order to regulate the participation in the women's and men's categories, the establishment and implementation of such criteria should be carried out as part of a comprehensive approach grounded on the respect for internationally recognized human rights, robust evidence and athlete consultation. In so doing, precaution should be used to avoid causing harm to the health and well-being of athletes.

PRINCIPLES

This Framework should be considered as a coherent whole and should be taken into consideration by International Federations and other sports organizations when exercising their responsibility in establishing and implementing eligibility rules for high-level organized competition in their respective sports, disciplines and events and, more generally, in ensuring safe and fair competition in the context of inclusion and non-discrimination on the basis of gender identity and sex variations.

While these principles have been drafted with the specific needs of high-level organized sports competitions in mind, the general principles of inclusion and non-discrimination reflected below should be promoted and defended at all levels of sport.

1. INCLUSION

1.1 Everyone, regardless of their gender identity, expression and/or sex variations should be able to participate in sport safely and without prejudice.

1.2 Measures should be put in place with a view to making sporting environments and facilities welcoming to people of all gender identities.

1.3 Sports organizations should work together to advance inclusion and prevent discrimination based on gender identity and/or sex variations, through training, capacity-building and campaigns that are informed by affected stakeholders.

1.4 Mechanisms to prevent harassment and abuse in sport should be further developed by taking into account the particular needs and vulnerabilities of transgender people and people with sex variations.

1.5 Where sports organizations choose to establish eligibility criteria in order to determine the participation conditions for men's and women's categories for specific contests in high-level organized sports competitions, these criteria should be established and applied in a manner that respects the principles included in this Framework. Individuals or parties responsible for issuing such criteria should be appropriately trained in order to ensure that these issues are handled in a manner consistent with these principles.

1.6 The design, implementation and evaluation of these measures and mechanisms should be done in consultation with a cross-section of affected athletes.

2. PREVENTION OF HARM

2.1 The physical, psychological and mental well-being of athletes should be prioritized when establishing eligibility criteria.

2.2 Sports organizations should identify and prevent negative direct and indirect impacts on athletes' health and well-being that may come from the design, implementation and or interpretation of eligibility criteria.

3. NON-DISCRIMINATION

3.1 Eligibility criteria should be established and implemented fairly and in a manner that does not systematically exclude athletes from competition based upon their gender identity, physical appearance and/or sex variations.

3.2 Provided they meet eligibility criteria that are consistent with principle 4, athletes should be allowed to compete in the category that best aligns with their self-determined gender identity.

3.3 Criteria to determine disproportionate competitive advantage may, at times, require testing of an athlete's performance and physical capacity. However, no athlete should be subject to targeted testing because of, or aimed at determining, their sex, gender identity and/or sex variations.

4. FAIRNESS

4.1 Where sports organizations elect to issue eligibility criteria for men's and women's categories for a given competition, they should do so with a view to:

- a)** Providing confidence that no athlete within a category has an unfair and disproportionate competitive advantage (namely an advantage gained by altering one's body or one that disproportionately exceeds other advantages that exist at elite-level competition);
- b)** preventing a risk to the physical safety of other athletes; and
- c)** preventing athletes from claiming a gender identity different from the one consistently and persistently used, with a view to entering a competition in a given category.

5. NO PRESUMPTION OF ADVANTAGE

5.1 No athlete should be precluded from competing or excluded from competition on the exclusive ground of an unverified, alleged or perceived unfair competitive advantage due to their sex variations, physical appearance and/or transgender status.

5.2 Until evidence (per principle 6) determines otherwise, athletes should not be deemed to have an unfair or disproportionate competitive advantage due to their sex variations, physical appearance and/or transgender status.

6. EVIDENCE-BASED APPROACH

6.1 Any restrictions arising from eligibility criteria should be based on robust and peer reviewed research that:

- a)** demonstrates a consistent, unfair, disproportionate competitive advantage in performance and/or an unpreventable risk to the physical safety of other athletes;
- b)** is largely based on data collected from a demographic group that is consistent in gender and athletic engagement with the group that the eligibility criteria aim to regulate; and
- c)** demonstrates that such disproportionate competitive advantage and/or unpreventable risk exists for the specific sport, discipline and event that the eligibility criteria aim to regulate.

6.2 Should eligibility criteria prevent an athlete from entering a given competition, such athlete should:

- a)** be allowed to participate in other disciplines and events for which they are eligible, in the same gender category; and
- b)** be able to contest the ultimate decision of International Federations or other sports organizations through an appropriate internal mediation mechanism, such as ombudsperson, and/or procedures before the Court of Arbitration for Sport, to seek remedy.

7. PRIMACY OF HEALTH AND BODILY AUTONOMY

7.1 Athletes should never be pressured by an International Federation, sports organization, or any other party (either by way of the eligibility criteria or otherwise) to undergo medically unnecessary procedures or treatment to meet eligibility criteria.

7.2 Criteria to determine eligibility for a gender category should not include gynecological examinations or similar forms of invasive physical examinations, aimed at determining an athlete's sex, sex variations or gender.

7.3 Sports organizations should seek to educate coaches, managers and other members of the entourage to prevent interpretations of their eligibility criteria that can lead to harm.

8. STAKEHOLDER-CENTRED APPROACH

8.1 When drafting, reviewing, evaluating and updating eligibility criteria, sports organizations should meaningfully consult with a cross-section of athletes who may be negatively affected in order to prevent harm.

8.2 Any decisions affecting an athlete's ability to compete should follow the basic standards of procedural fairness, including neutrality and impartiality.

8.3 Sports organizations should put in place internal mechanisms that offer athletes and other affected stakeholders accessible, legitimate, safe and predictable avenues to raise concerns and grievances connected to gender-based eligibility.

9. RIGHT TO PRIVACY

9.1 Sports organizations should ensure transparency in their decision-making processes on eligibility while working to preserve the privacy of individuals who may be affected by such restrictions. This includes all personally identifiable information processed in the context of eligibility decisions which should be handled in compliance with applicable laws and international standards.

9.2 Medical information about an athlete, including testosterone levels, that is collected in the context of anti-doping or otherwise, must be handled in compliance with applicable privacy laws and should be used only for the purposes disclosed to the athlete at the time such information is collected.

9.3 Informed consent should be acquired from athletes prior to the collection of data that is obtained for the purpose of determining eligibility to compete in the men's or women's category.

9.4 Sports organizations should avoid public disclosure of athletes' confidential health and other personal information in the absence of the athlete's consent. In addition, sports organizations should consult with the athletes concerned on the best ways to publicly communicate about their eligibility.

10. PERIODIC REVIEWS

10.1 Eligibility criteria should be subject to predictable periodic review to reflect any relevant ethical, human rights, legal, scientific, and medical developments in this area and should include the affected stakeholder's feedback on their application.

APPENDIX B: Data protection policy

1. GENERAL PROVISIONS

Goals and objectives of this Policy

The Hungarian University of Sports Science, hereinafter "HUSS" or the "School", by the nature of the activities performed, collects and uses certain personal data from individuals who such as parents, students, suppliers, business contacts, employees, national federations (NFs), national Olympic committee (NOCs) and other individuals the School has a relationship with or may need to contact.

This Data Protection Policy ("Policy") describes how personal data is collected, handled and stored to meet the School's data protection standard and to comply with the General Data Protection Regulation ("GDPR") and the Hungarian Act no. CXII of 2011 on information self-determination and freedom of information ("Data Protection Act") as well as with other relevant legal rules.

The policy aims to provide the general framework for ensuring an adequate level of protection for personal data of students, parents, and legal guardians of students, employees, national federations (NFs), national Olympic committee (NOCs) and contractual partners of HUSS.

2. TYPES, LEGAL BASIS, PURPOSE AND NOTIFICATION OF DATA PROCESSINGS

The School processes the following Personal Data of:

- Potential applying students
- Job applicants
- Teachers (including substitute teachers, assistant teachers, coaches and other Employees (including administrative staff, security guards and maintenance staff etc.)
- Governing Board members

Processing of Personal Data of Students

Legal Basis:

- Processing is necessary for compliance with a legal obligation to which the controller is subject (GDPR Article 6, section 1 (c)), where the legal obligation is prescribed by Article 41 section (4) and section (9) of the Public Education Act;
- Processing is necessary for the purposes of the legitimate interests pursued by the School (GDPR Article 6, section 1 (f));
- Data Subjects have given their consent to the processing of their Persona Data for one or more specific purposes (GDPR Article 6, section 1 (a));
- Data Subjects have given their explicit consent (GDPR Article 9, section 2 (a)).

Processing of Personal Data of Parents of Students

Legal Basis:

- Processing is necessary for compliance with a legal obligation to which the controller is subject (GDPR Article 6, section 1 (c)), where the legal obligation is prescribed by Article 41 section (3) of the Public Education Act;
- Processing is necessary for the purposes of the legitimate interests pursued by the School (GDPR Article 6, section 1 (f)); (

- c) Processing is necessary for the performance of a contract to which the Data Subject is party (GDPR Article 6, section 1 (b));
- The Data Subjects have given consent to the processing of their Personal Data for one or more specific purposes (GDPR Article 6, section 1 (a)).

Processing of Personal Data of Job Applicants

Legal Basis:

- Processing is necessary for the purposes of the legitimate interests pursued by the School (GDPR Article 6, section 1 (f)); (b) The Data Subjects have given consent to the processing of their Personal Data for one or more specific purposes (GDPR Article 6, section 1 (a)). 2.5.2 Types of data and purposes of processing TYPE OF PERSONAL DATA PURPOSE OF PROCESSING Name, e-mail address, phone number, address, qualification and its proof, references, police check (erkölcsi bizonyítvány sufficient performance of application process (legitimate interest) 183450v1 - 10 - in Hungarian) other data in the CV applicant shared with the School.

Processing of Personal Data of hired Employees (e.g. Administrators, Teachers and Staff Members)

Legal Basis:

- Processing is necessary for compliance with a legal obligation to which the Controller is subject (GDPR Article 6, section 1 (c)), where the legal obligation is prescribed by: (i) Government Decree no. 32/1999 (II.26.) (in the case of expatriate Administrators, Teachers and other staff), (ii) Article 44/A and 51 section (4) of the Labour Code, Act no. CL of 2017 on the administration of taxation, annex 1, point 3; Act no. LXXXIII of 1997 on health insurance, Article 79 section 2 and Act LXXX of 1997, Article 46 section 2 (only in the case of Hungarian Employees); 183450v1 - 11 -
- Processing is necessary for the performance of a contract to which the Employee is party (GDPR Article 6, section 1 (b)); and after the expiry of the contract for the purposes of the legitimate interests pursued by the School (GDPR Article 6, section 1 (f));
- Data Subjects have given consent to the processing of their Personal Data for one or more specific purposes (GDPR Article 6, section 1 (a));
- Data Subjects have given their explicit consent for the processing of their sensitive data (GDPR Article 9, section 2 (a));
- Processing is necessary for the purposes of carrying out the obligations and exercising specific rights of the controller or of the data subject in the field of employment and social security and social protection law, preventive or occupational medicine, the assessment of the working capacity of the employee, medical diagnosis (GDPR Article 9, section 2(b), (h))
- Processing is necessary for the purposes of the legitimate interests pursued by the School (GDPR Article 6, section 1 (f)). 2.7.2 Types of data and purposes of processing TYPE OF DATA PURPOSE OF PROCESSING Name, date and place of birth, gender, qualification data concerning educational background and certificates (i.e. name of university, number of diploma, major, graduation data), address, citizenship (in case of other than Hungarian, type and number of visa, residency permits) tax and/or ID card number Hiring qualified teachers as prescribed by Government Decree no. 32/1999 (II.26.) in the case of Teachers (legal obligation – 2.7.1 (a)) Name, tax ID, date and place of birth, mother’s maiden name, address,

beginning of social insurance relation, end of social insurance relation, working time, social security number, FEOR number, qualification data including educational background, the name of educational institution and number of diploma, period of suspension of social insurance; data necessary to determine health insurance benefits, the type of relationship in case of the existence of a dependent person, gross salary and other benefits (e.g.: cafeteria), overtime, social contributions paid, by the School, social contribution deducted, other deductions, health check up Data necessary to determine health insurance benefits; health check-up, the type of relationship in the case of the existence of a dependent person (family details); information on salary, citizenship, ID code, other information required by the Medical insurer For taxation, health and social security insurance purposes (legal obligation – 2.7.1 (a))

Processing of Personal Data of Governing Board Members

Legal Basis:

- Processing is necessary for compliance with a legal obligation to which the
- Controller is subject (GDPR Article 6, section 1 (c)), where the legal obligation is
- prescribed by Act CLXXV of 2011 on the Freedom of Association, on Public Benefit Status, and on the Activities of and Support for Civil Society Organizations;
- Processing is necessary for the performance of a contract (in this case, performing
- Board membership) (GDPR Article 6, section 1 (b)); and after the expiry of the contract for the purposes of the legitimate interests pursued by the School (GDPR Article 6, section 1 (f));
- Data Subjects have given their consent to the processing of their Personal Data for one or more specific purposes (GDPR Article 6, section 1 (a));
- Processing is necessary for the purposes of the legitimate interests pursued by the School (GDPR Article 6, section 1 (f)).

3 PRINCIPLES AND METHODS OF DATA PROCESSING

- 1.** The School is committed to the data protection principles set out by the GDPR, i.e. lawfulness, fairness, transparency, purpose limitation, data minimization, accuracy, storage limitation, integrity, confidentiality and accountability. This means that School should have a legitimate basis for which Personal Data are processed. For example, consent from the Data Subject, or that the processing is necessary for compliance with a legal obligation to which we are subject. It also means that we should inform the Data Subject about the processing in accessible and easy to understand communication.
- 2.** The School only processes the Personal Data based on the legal basis and for the purposes stipulated above in section 2. The range of Personal Data processed can only be in proportion with the purpose of the processing, its scope cannot go beyond that.
- 3.** In case of Data Processing activities based on consent, the Data Subject may withdraw his consent any time. This does not affect the lawfulness of processing activities before the withdrawal.
- 4.** If the legal basis of Data Processing is the legitimate interest of the School, the School has concluded and in the future will conclude the “balance of interests assessment” based on the relevant regulations of the GDPR underlining the School’s interest to process the Personal Data is stronger than the rights and interests of the Data Subject concerning the Data Processing. In case of request, the School

provides detailed notification to the Data Subjects on the issues stipulated in this section.

5. In every case when the School wishes to utilize Personal Data for a purpose different from the original purpose, the School notifies the Data Subject and obtains his prior, expressed consent, also provides an opportunity to refuse such Data Processing.
6. The Data Subject is responsible for the correct provision of his or her Personal Data.
7. If the Data Processing is based on consent, Personal Data of Data Subjects below 16 years can be processed with the approval of their Parents.
8. The School may use the statistically unified form of the data, which does not contain any features making possible to identify or make any connection with the Data Subject; therefore, this use of data is not Data Processing.
9. The School notifies the Data Subject and all persons for whom the Personal Data was transferred on rectification, restriction, or erasure. There is no need for notification if this does not harm the legal interests of the Data Subject, considering the purpose of the Data Processing.

4. PERSONS HAVING ACCESS TO PERSONAL DATA

The Governing Board is responsible for Data Processing activities of the School in general.

It is ensured by this Policy that only persons who need to know shall have access to Personal Data. In case of unauthorized access, an internal examination is conducted to determine possible sanctions. Based on the seriousness of the case, a criminal complaint is also considered.

Employees with access to personal data:

- only access personal data to the extent necessary to serve the applicable legitimate purposes for which HUSS processes personal data and to perform their job;
- report any incident or issue relating to personal data to their Principal
- never discuss confidential information in public areas or with individuals who don't have a need to know;
- dispose of sensitive documents properly;
- ensure computing devices are password protected and powered off when not in use for extended periods of time (such as after work, on weekends, during holidays and so on);
- working in departments that handle confidential information should lock and secure all information and equipment when they are away from their desk areas;
- should keep their desk areas organized and keep all confidential information secured and out of view when away from their desks;
- should not share passwords;
- should not store the passwords in plain text;
- should promptly report any suspected breach of security policy that comes to their knowledge;
- consult their direct supervisor / Principal whenever they have concerns

5. STORAGE AND SAFETY OF PERSONAL DATA

Data storage is the processing operation that consists of keeping personal data collected by HUSS in any form (electronic or paper).

Personal Data must be processed in a manner that ensures appropriate security, including protection against unauthorized or unlawful processing and against accidental loss, destruction or damage, using appropriate technical and organizational measures.

Personal Data must be kept in a form that permits identification of data subjects for no longer than is necessary for the purposes for which the personal data are processed.

Personal Data are stored at HUSS for the retention period specified in section 2 above, respectively.

The following Personal Data are stored in paper-based format:

- Employee data, employment contracts, leave forms, reimbursement forms, travel forms, records of absence, in and out payment acknowledgments, student test scores, medical records, contract with suppliers
- Security measures for the printed data:
- HUSS will establish retention or disposal schedules for specific categories of records in order to ensure legal compliance, and also to accomplish other objectives, such as preserving intellectual property and cost management.

The majority of Personal Data are stored in electronic format on internal servers and external locations protected by access restriction utilizing usernames, passwords and encryption, different levels of authorization, firewalls, and filters.

Personal Data stored electronically includes:

- Student, parent, faculty and staff data, payroll data, accounting system, internal and external student test scores, Data Dashboard, surveillance system information.
- Security measures for the electronic data:
 - user should always lock laptop/desktop when leaving from computer
 - user should not circumvent computer security or gain access to a system for which they have no authorization
- servers and workstations will be protected by using security software and
- implementing firewall rules;
- servers will be located in places specially equipped with access control

GDPR Compliance:

All faculty and teaching assistants are Data Controllers under the GDPR. This means you have a responsibility for keeping personal data safe, and for reporting to your Principal any suspected data breach immediately and in any event without fail within 72 hours of it occurring.

To prevent a data breach, please implement the following practices:

- 1.** Do not leave student or faculty/staff personal data unsecured in your room when you are away from your room. Place it in a cupboard/drawer and preferably one that locks. Personal data includes but is not limited to: student photos, tests, test results, medical information, all external test scores, trip financial/payment details, references, report cards, transcripts, athletic stats, student presentations, student essays/reports where student personal opinions are provided.
- 2.** Secure your computer, make it password protected, and make sure you log out when you leave it unattended. Automatic shutdown is recommended. * Do not store or

share passwords. Power off your computer when left for extended times (overnight, weekends, holidays.) If you use your school computer offsite, please do not connect to public wifi. Only use secured networks. Make sure your home internet is secure. Do not store school information on personal computers.

- 3.** Do not use your cell phone to take pictures of school or student-related activities. Use a school device (e.g. camera, iPad).
- 4.** Do not post to social media anything that is school or student-related without checking you have permission from the student and the Principal.
- 5.** Only use school-authorized mobile storage devices with encryption if you need to transfer information. Delete this information as soon as its use has been fulfilled.
- 6.** Only take hard copies of student information off school premises when necessary (e.g. medical information for field trips). Student work can be taken off the premises (for example for grading) but exercise care not to lose it!
- 7.** Google Drive may be used for professional collaboration. It may also be used between students provided that the settings are such that the Owner settings (on each computer) are set to "Disable options to download, print and copy for commenters and viewers".
- 8.** Make sure you collect information sent to printers/copiers. Shred/file securely copies not used. All stored information on the printer/copier will be deleted at the end of the school day.
- 9.** Dispose of sensitive personal data properly. Delete files/emails from your inbox and empty the Trash when the information is no longer valid or needed. Shred hard copies.
- 10.** Do not share your copier password or your ID badge with anyone.
- 11.** Do not use the same HUSS internal passwords that you use on your own external Internet sites.
- 12.** Do not discuss student/faculty or staff personal information in public areas or with people who don't have a need to know.
- 13.** Reference writing: At the moment, confidentiality of references is vague in GDPR. If you are asked to write a reference, assume it is open.
- 14.** Principals will send out a message about which software accounts that process personal student data can be used. If you wish to use software that is not on our current published list of agreed software, please contact the Principal to determine what will be needed prior to using that software.
- 15.** When sending email, do not put personal information in the body of the text. Attach a file that is encrypted. Do not send to multiple people with email addresses shown in the recipient list (use bcc.) Make sure you are sending it to the right people (addresses!)

APPENDIX C: Equal Opportunities Policy of Hungarian University of Sports Science

Hungarian University of Sports Science

HUSS Equal Opportunities Policy

Aim:

- Ensuring qualifications are accessible to the learners taking our qualifications
- Ensuring equality of opportunity for learners to access our internal assessments
- Ensuring fairness in our application of access arrangements
- Ensure we fulfil our duties under the Equality Act 2010 (UK) and any applicable equalities legislation in Hungary

In order to accomplish the above, HUSS will:

- Always consider a request relating to access to qualifications that we receive, except where acceptance of the request is not logistically possible or where acceptance would undermine the criteria for the assessment
- Monitor and review of equality throughout the process of recruiting and certification of learners
- Examine and monitor data relating to candidate achievement in order to detect and mitigate accidental bias
- Strive to improve the accessibility of customer-facing IT systems, or to introduce new systems
- Fulfil obligation to meet the access arrangements requested for our learners in a way that does not disadvantage either them or their peers
- Have an effective and inclusive appeals procedure

This policy will be reviewed every 12 months by HUSS Senior Management Team of International Relations Directorate.

HUNGARIAN UNIVERSITY
OF SPORTS SCIENCE
BUDAPEST

APPENDIX D: Competencies of ICC

Attitudes	Description
Appreciation	Appreciating the wonder and beauty of the world and the people living in it
Creativity	Using your knowledge and skills imaginatively and in a productive way
Empathy	Understanding how others are feeling: "putting yourself in someone else's shoes"
Enthusiasm	Enjoying learning and the willingness to put effort into the process
Honesty	Being able to distinguish between right and wrong and being truthful
Integrity	Having strong moral principles and having the character and courage to do what is right
International awareness	Having knowledge and understanding of other countries and being responsible citizens
Resilience	Having the capacity to recover quickly from difficulties and having self-confidence and mental strength
Respect	Feeling or understanding that someone or something is important or worthy and should be treated accordingly
Tolerance	Having a willingness to embrace feelings, habits or beliefs that are different from your own
Attributes	Observable Behaviour
Active participator	Joining in and bringing people together to achieve a common goal
Carer	Feeling concern, compassion and being mindful towards others and to the world around you
Communicator	Transferring information from one person or place to another accurately, clearly and confidently
Independent learner	Having the necessary skills to complete a task or activity without relying on others
Inquirer	Being curious and pursuing knowledge continuously
Leader	Leading by example, using personal attributes or behavior to achieve a common goal
Problem solver	Discovering and analyzing problems or issues and overcoming obstacles through critical thinking to find the best solution
Reflector	Assessing your strengths and areas that need work to learn and grow personally
Risk taker	Approaching uncertainties with courage and is brave and articulate in defending their beliefs
Team player	Working with others to bring about the best outcome for the group

APPENDIX E: HUSS Student handbook

Dr. Judit Kádár – Director of International Relations Centre

Dear International Students!

On behalf of the Hungarian University of Sports Science (HUSS), I am honored to welcome you in the HUSS (common Hungarian name: TF) community. Our faculty include master coaches, educators and sport experts, who are deeply dedicated to supporting your studies, development and career aspirations. Our educational portfolio offers high-level training at all levels of higher education; BSc, MSc, doctoral,



postgraduate and short cycle programs, as well. The campus is located in the heart of the city, within easy access through public transportation. The beautiful Budapest is highly popular not only among tourists, but also among all interested sports, with great sports infrastructure and sporting facilities. The university cherishes good partnership with sport federations, clubs and other organizations, and opens the doors of its sport club (TFSE) to all of the international students.

Your learning experience here will go way beyond the classes: the sport games, labs and events gives access to professional experience you can utilize in your future career.

The extra-curricular activities include trips, parties, sport games, and you can volunteer for sport events and recreational activities, too. Certainly, it is now upon you to make the most out of your study experiences.

This booklet provides you with useful information.

We wish you a great time and invaluable years in the campus community and then a highly successful career as a TF/HUSS alumn.

TFSE



The University Sport Club was formed before the establishment of the university itself. Since 1925, students have been involved not only as athletes, but as co-workers also with the support of lecturers. The objective has not changed to this day, to run an organisation with quality sporting opportunities at even the highest level. Accordingly, some of our students and teams compete at national and international sporting events successfully.

What we provide for students:

- Centuries-old tradition and experience in university sports
- Opportunity for active participation in everyday life of our 22 different sport departments
- scholarship for excelling athletes
- Organizing and supporting the participation of the most successful athletes in international university sports events (Universiade, FISU World Championships, EUG etc.)

The following sport departments await interested athletes: Aerobic, Athletics, Basketball, Beach Volleyball, Budo (including Judo, Karate, Kendo, Taekwondo), Canoe, Cheerleading, Cycling, Dragon Boat, Fencing, Football, Functional fitness, Futsal, Gymnastics, Handball,

Mind Sports (Chess), Rhythmic Gymnastics, Swimming, Tennis, Teqball, Volleyball, Wrestling

Professional sport

The most successful sport departments of the club are Basketball, Futsal and Volleyball. Our women's basketball team qualified to the TOP8 of the first division of the Hungarian League 3 years in a row. The women's team of the futsal department is competing in the highest level too, while the male's team currently playing in the 2nd division. The women's volleyball team is part of the national first division since decades in the last few years they are one of the most dominant team in the league. Our newest shining star, the men volleyball team promoted to the 1st division, thanks to the outstanding performance of the previous season.

Recreational sport:

In the last few years many international students at the university played in our teams taking part in semi-professional and non-professional leagues or competed for the club in recreational sport events as an individual athlete. All of them were easily picked up the rhythm and the typical TFSE-attitude which includes positive experiences, vibes, and lifelong friendships.

If you are interested to join TFSE but have questions, you can contact us directly via email: iroda@tfse.hu

Academic calendar

1st semester (autumn)	
Registration period	29.08.2022 - 10.09.2022
Orientation days	last week of august
First day of the academic year	05.09.2022
Autumn break	24.10.2022 - 29.10.2022
Last week of the academic period/pre-examination period	05.12.2022 - 09.12.2022
Examination period	12.12.2022 - 15.01.2022
Christmas holiday/no exams	24.12.2022. - 01.01.2023
Final exam period	16.01.2023 - 22.01.2023

2nd semester (spring)	
Registration period	30.01.2023 - 03.02.2023
Orientation days	last week of January
First day of the academic year	06.02.2023
Spring break	03.04.2023 - 08.04.2023
Last week of the academic period/pre-examination period	08.05.2023 - 12.05.2023
Examination period	15.05.2023 - 09.06.2023
Final exam period	12.06.2023 - 23.06.2023

Grading system

System of assessment: ECTS conversion table

HUSS grade	Equivalent ECTS grade
5 (excellent)	A,B excellent, very good
4 (good)	C good
3 (satisfactory)	D satisfactory
2 (pass)	E sufficient
1 (fail)	FX, F fail

FULL TIME STUDY PROGRAMS

The Bachelor and Master programs in coaching are provided by highly acclaimed members of the faculty along with internationally renowned lecturers and coaches

The programs are designed for those who would like to obtain extensive knowledge of coaching techniques and technology wish to elaborate successful coaching strategies expand their professional network with athletes, support teams and other coaches are interested in analyzing and evaluating training programs and results would like to pursue daily professional trainings in an authentic environment, with experienced and highly successful coaches.

Learning formats

- BA Program: full time training format (on campus, residential)
- MSc Program: blended learning format (2.5 weeks/semester on campus, plus e-learning)

BA program objectives

This full-time BA Program in Sports Coaching aims at taking students over six-semester from the foundations and related sciences of their chosen sport to an advanced level of knowledge. Although a basic knowledge in both sport experience and language skills is assumed, refresher courses to update these skills will be offered prior and during the first semester.

Students graduating from Hungarian University of Sports Science (HUSS) will gain a thorough grounding in the disciplines related to sports and coaching and will be able to work as mid-level coaches in their chosen sport. Furthermore, this knowledge and qualification will provide a solid base for students to continue their training in the four-semester MSc Coaching blended learning program which can then be followed by the HUSS PhD program.

Duration and credits

6 semesters, 180 Credits

Choices of specialization

One sport per student can be chosen from the following sport disciplines: artistic gymnastics (women's and men's), basketball, fencing, football (soccer), handball, swimming, track and field (athletics), volleyball.

Tuition fee, application fee

The tuition fee is 2,600 EUR per semester, the application fee is 150 EUR.

Application requirements

- Certificate of secondary education
- Substantial knowledge and understanding of the chosen sport (rules, technical-tactical repertoire, international competition system)
- 3-5 years of performance-oriented experience in the chosen sport (proof of attainment from national federation required)
- Not required, but advantageous of a national level sport competitions required (international level appreciated, too)
- ESL: TOEFL 60 or IELTS 5.00 or B2 Level language exam (online language proficiency test in the absence of certificate)

Application procedure

Online submission of the required documents and a video resource, followed by online interview.

Career opportunities

BA degree provides the qualification to work for sport clubs, public and private sport organizations. After completing a BA degree in sport coaching, you may choose to become a sports coach for a professional or amateur sports team, or train individual competitors.

MSc program objectives

The four-semester master's program in sports coaching provides knowledge and essential skills in the key areas of modern-age advanced level coaching in the chosen sport specialization. It is an integrated set of master courses delivered by internationally successful master coaches and university professors. Partnership is provided for students and requested from students in order to successfully achieve the course learning outcomes by mixed teaching and learning methods: on-line lectures and tutorials, independent study. Course leaders hold not only regular/on-line written and oral examinations, but also carry out practical assessment, project and presentation-based assessment, as well as work-based assessment, where relevant. During the on campus weeks a dense practical application of sport coaching elements will be in focus. The overall goal is to educate highly skilled sports coaches who promote participation in sports and to enhance the performance of athletes and teams. Methods and results of athletic development can be further studied upon graduation at the Doctoral School of HUSS offering a PhD degree in Sports Sciences.

Duration and credits

4 semesters, 120 Credits

Choices of specialization

One particular sport can be chosen from the following areas of sport: artistic gymnastics (women's and men's), basketball, fencing, football (soccer), handball, swimming, track and field (athletics), volleyball, wrestling (greco-roman, freestyle, woman wrestling). For more information, please consult english.tf.hu.

Tuition fee, application fee

The tuition fee is 3,000 EUR per semester, the application fee is 150 EUR.

SHORT CYCLE STUDY PROGRAMS

International Coaching Course (ICC)

The ICC is designed to train and educate coaches from around the world. The programme attempts to promote and develop excellence in coaching. The Course provides coaches with a systematic way to improve their knowledge and skills in the theoretical, technical and practical aspects of coaching.

INTERNATIONAL
COACHING COURSE (ICC)

The ICC is initiated, organised and supervised by the Hungarian University of Sports Science, International Relations Center. It is an intensive, concentrated and intermediate level course organised in half-year intervals starting every March and September. Usually 7-10 sports are offered, depending on the demand and actual applications. The sports are carefully selected, based on traditions, long-term success of the Hun -

garian National Teams and the availability of our well-known lecturers and coaches. The duration of the course is three months.

Course content in detail has been carefully selected to meet the needs of coaches working with generally young, developing athletes as well as with advanced athletes of elite sport. To train a competent coach, completion of both theory and practical/technical components of the programme is essential. Progress in the training programme requires active coaching to implement the knowledge gained in the coaching course; therefore all participants are involved in practical coaching work in the leading Hungarian sport clubs. They are supervised by the senior lecturer and/or his/her assistants of the particular sport. The programme includes 120 theoretical and 180 practical teaching hours. In a chosen field of sports students receive intensive education in Anatomy, Physiology, Sport Psychology, Sport Pedagogy, Sport Sociology, Sport Management, Sport Administration, Sport and Research and Sport Practice. The Fall Course begins in mid-September, the Spring Course in mid-March.

Kiunsi donates sports items to Singida school

A prominent sportsman in Tanzania, Noel Kiunsi, last weekend donated various sports items to Kisiriri Secondary School located in Iramba District, Singida.



Kiunsi, an alumnus of the Hungarian University of Sports Science (TF), said yesterday he has donated the items to promote sports in Singida and the country in general.

Noel Benjamin Kiunsi of Tanzania, Olympic Solidarity scholarship holder ICC graduate of 2022 Fall Semester donating sport items for future generations and spreading IOC values.

Participation fee

EUR 7,750, depending on the nature of the course.

The participation fee includes the following services:

- instruction, examinations, accommodation, meals, the use of all facilities of the university
- monthly transportation pass for all forms of public transportation within Budapest
- all transportation included in the course programme
- transportation to and from the airport
- route a visa to the Hungarian Embassy/Consulate in applicant's country
- medical services for illnesses and injuries contracted in Hungary (emergency treatment only)
- admittance to competitions and matches, cultural and social programmes

All participants of the course receive the official course track suit. Sport equipment and Schengen visa are not included.

Social programs

There will be social programs, trips organized to the countryside and visits to the nicest places of Budapest and Hungary. Please, do not forget to register for the announced trips. The meeting point is usually at the upper parking area.

DOCTORAL STUDIES

Doctoral School of Sport Sciences

The Doctoral School of Sport Sciences pursues its activities at the university as the only one of its kind in the field of sports in Hungary. The Doctoral School embraces the whole field of sport sciences. In 2014, the Semmelweis University Doctoral School of Sport Sciences was transferred to a new institution set up under the name of Doctoral School of Sport Sciences at the HUSS. Today, there are more than a hundred doctoral students in the three scientific programs. These students work under the supportive guidance of accredited supervisors of the Doctoral School. The knowledge of the experienced professors and dedicated supervisors has a great impact on the research work of our students.

The doctoral school offers two forms of education, full-time and part-time training, and scholarships are available for full-time candidates. As for its organizational structure, the Doctoral School of Sport Sciences is an autonomous body of HUSS, controlled by the Council of the Doctoral School and the Doctoral Council of the University. The program offers three subprograms:

- Training and Adaptation
- Physical Training, Regulation, Metabolism
- Sport and Social Sciences

Due to its interdisciplinary nature, the Doctoral School needs to possess all the infrastructural conditions required by the disciplinary characteristics of both the Natural and Social Sciences. The foundation of the Research Institute of Sport Sciences has greatly improved its infrastructural condition, thus HUSS has world-standard research conditions in certain fields.

Our laboratories provide a basis for the researches in natural sciences, where the majority of PhD student research projects are, and our students can also use the laboratory facilities at the Faculty of Medicine of Semmelweis University.

Owing to the widespread relations of HUSS with other Hungarian and international universities, the university intends to further improve its storehouse of available research methods. The Doctoral School has several foreign supervisors within the framework of the Erasmus Program, and the invaluable contribution of these experts improves the quality of the training.

The research topics accurately describe the vivid and interdisciplinary character of the professional work carried out in the different doctoral programs. In addition, there are number of courses announced for the students with the freedom of individual study plans. Doctoral studies at HUSS consist of two sections. In the first two years, the aim is to train students to become scientists through coursework and research activities. In the second two-year section, students are provided with the opportunity to evaluate the results of experiments and publish them in acknowledge scientific journals. During this part, students are required to pass a complex examination and to write and defend a dissertation. If all

the administrative prerequisites and academic requirements are met, our students can skip the first part and directly enter the second part. In any case, ensuring the high quality of our students' education is our priority.

Research topics:

1. Natural Sciences

- Role of regular training in childhood on the development of the heart
- Effect of movement- and nutrition-related factors on the neurobiological organization of stress response at different ages
- Nutrition and physical activity
- Somatic development of students aged 7-18
- Importance of non-invasive investigation of heart-circulatory system in judging efficiency of performance
- Biomechanical features of training adaptation manifested in movement execution and their influence on competition performance
- Overuse sport injuries, knees injuries, muscle injuries
- Computer simulation of limb movements and mathematical modeling of their nerve control
- Effect of movement and nutrition on tissue physiology of natural and pathological processes
- Relationship between movement, glucose and lipid metabolism, and movement therapy of diabetes and obesity
- Oxidative stress and adaptation during physical loading at different ages

2. Social Sciences

- Role of sport in socialization and its sport-related pedagogical aspects
- Research methods in pedagogy, didactics, teaching activity analysis, and teacher-training
- Exploring the organic background of learning and behavioral troubles (hyperactivity) with a neuro-psychological approach
- Role of sport in contemporary society
- Theoretical and methodological fundamentals of PE curricula
- Fundamentals of a healthy lifestyle (recreation)
- Historical role and social background of the ancient and modern Olympics
- Youth and socialization
- Motor control, motor learning
- Contextual and organizational modernization of training and further training of sport professionals with regard to EU integration and law-harmonization
- Autogenic training in sport and at school
- History of sport and sport politics

BEFORE ARRIVING AT HUSS

BUDAPEST

VISA and legal stay in Hungary

After the successful completion of the online examination, you will receive an official notification from HUSS that you have been admitted to the study program (a Letter of Acceptance). Before you start your studies, you need to ensure your legal status in Hungary. Choose the appropriate way to make your stay legal, considering from what part of the world you are coming to Hungary

EU/EEA member states (EEA = EU member states and Norway, Switzerland, Iceland, and Lichtenstein): students will not need a long-term study visa, only a registration card for the duration of the studies in Hungary is needed.

Non EU/EEA member states (country that is not part of the European Economic Area): it is required for students to obtain a residence permit (D-visa) + registration of the accomodation after arriving to Hungary

At the National Directorate-General for Aliens Policing (in Hungarian: Országos Idegenrendészeti Főigazgatóság, abbreviated as OIF), you will be able to arrange the registration card (EEA) or the residence permit (non-EEA) after your arrival to Hungary.

Visiting address to the National Directorate-General for Aliens Policing for students in higher education: Client Service II (Budapest) Address:

1135 Budapest, District 13, 35-37 Szegedi út (Twin Office Building, Ground floor)

- E-mail: bp2@bah.b-m.hu
- Web: www.bmbah.hu/
- Phone: +36 1 463 9100

Insurance

EU/EEA member states (EEA = EU member states and Norway, Switzerland, Iceland, and Lichtenstein): it is advised for students to obtain a European Health Insurance Card from your health insurance provider in your home country before you leave from home.

Non EU/EEA member states (country that is not part of the European Economic Area): students have to take care about their health insurance before leaving their countries.

Students with scholarship offered by the Minister of Education in Hungary: the students are eligible for health care services in Hungary and will receive a „TAJ card”, which enables them to use health services in Hungary.

How to reach (H)US(S)

The address of the school is: Budapest, Alkotás u. 48-50, 1123 Hungary
<https://goo.gl/maps/XVr5hD6ty5sF4asJ7>

The university is easily accessible with the tram 17 or 61, with the metro line 2 and the bus 212, 139, 140.

The office of International Relations is on the first floor, office number 108.

LIBRARY SERVICES

The university library is the only library in the country specialized in physical education and sports. It is dedicated to collecting books and magazines from different fields of sports, physical education, sport pedagogy, sport management and recreation, published in Hungary or abroad.



The university devotes substantial finances to acquiring international books and magazines deemed important in sport pedagogy and research. The collection includes books, journals,

articles, theses, videos and photos. Furthermore, the library offers several important databases, like EBSCO, as well as some special collections related to sports and medical sciences to support research at all levels.

Besides the open access databases, like, DART-Europe, De Gruyter Open, DOAB, DOAJ, IC Journal Master List, IC Search Articles, the library offers a wide array of other resources, like Academic Search Complete, databases of the Hungarian Academy of Sciences, ScienceDirect, Scopus, SpringerLink, WOS, ProQuest and SPORTDiscus.

The library provides all available support to help anyone in our campus community, including international students and faculty.

Rules of registration and using the Library

The library services are free for students, professors, employees of the university, and for pensioners, employees of the cultural sector, teachers, persons over 70 and disabled people.

Services

- use of reading-rooms and computers in INFOLABOR
- borrowing of documents determined in regulations,
- use of online databases via Internet,
- printing, making photocopy of determined documents (for payment), scanning
- inter-library loaning

Databases

- Academic Search Complete is the world's most valuable and comprehensive scholarly, multi-disciplinary full-text database, with more than 8,500 full-text periodicals, including more than 7,300 peer-reviewed journals. (Click on EBSCOhost Research Databases then select the database!)
- Akadémiai folyóiratgyűjtemény (journal package) - Akadémiai Kiadó, founded in 1828, is a leading STM publisher of Central-Europe. They offer a wide range of high-quality, peer-reviewed journals.
- ProQuest Central – There are available thousands of journals, daily newspapers, working papers, doctoral dissertations, and other documents from the 1970s to the present in this full-text multidisciplinary database.
- SpringerLink is the world's most comprehensive online collection of scientific, technological and medical journals, books and reference works.
- Web of Science is a bibliographic database. With the Web of Science platform, you can access an unrivalled breadth of world-class research literature linked to a rigorously selected core of journals and uniquely discover new information through meticulously captured metadata and citation connections.
- ScienceDirect is Elsevier's leading platform of peer-reviewed scholarly literature. ScienceDirect combines authoritative, full-text scientific, technical and health publications with smart, intuitive functionality so that users can stay informed in their fields and can work more effectively and efficiently.
- Scopus is the largest abstract and citation database of peer-reviewed literature: scientific journals, books and conference proceedings
- SportDiscus with Full Text is the world's most comprehensive source of full text for sports and sports medicine journals, providing full text for 550 journals indexed in SPORTDiscus. This authoritative file contains full text for many of the most used journals in the SPORTDiscus index - with no embargo. (Click on EBSCOhost Research Databases then select the database!)

Free online databases:

- DART-Europe is a partnership of research libraries and library consortia who are working together to improve global access to European research theses.
- DOAJ is a community-curated online directory that indexes and provides access to high quality, open access, peer-reviewed journals.
- PubMed comprises more than 27 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.
- SURF Contains SPOLIT (publications), SPOFOR (projects), SPOMEDIA (audio-visual media) and the "Fachinführer Sport" (internet resources). In addition, you can search other external data collections at the same time to complete your results list.

E-books

If you have a library card, we offer you several ebooks about sport sciences, for example sports medicine, biomechanics or sport recreation. Click here for the complete Proquest list. Registration is needed for ProQuest from outside of Campus.

Useful Links

- Sport site of the European Union
- International Olympic Committee
- Olympic Museum (Lausanne)
- Zentralbibliothek der Deutschen Sporthochschule (Köln)
- Sport Information Resource Centre (SIRC)
- Bundesinstitut für Sportwissenschaft
- International Association for Sports Information

FACTS AND FIGURES ABOUT HUNGARY

- State form: Republic
- Area: 93,030 km²
- Population: 9,75 million
- Capital city: Budapest
- Official language: Hungarian
- Time zone: CET (UTC+1)
- Currency: Forint (HUF)
- Exchange rate: 1 EUR = approximately 407 HUF
- County calling code: +36
- Weather: continental climate, 4 seasons
- Summer: 26 to 32 °C on average, but it can climb up to 38°C in July and August
- Winter: it might drop below 10 °C on the coldest days, but it can drop as low as -3 to -7 °C

GETTING AROUND BUDAPEST

Public transportation

Thanks to the great infrastructure network of Budapest, all the places are easily and quickly accessible by public transportation. You can use all the methods, such as the metro, trolley, tram and bus.



Buses

Budapest has more than 200 bus routes covering most inner city and suburban areas. You can also find many night buses that start at midnight and run until 4AM every night, so you do not have to worry about how to go back home after a longer night.

Metro

The metro services run from 4:30 until 23:30, and it runs very often.

In Budapest, you can find 4 metro lines:

- M1 or the Yellow Line: between Vörösmarty tér and Mexikói út
- M2 or the Red Line: between Déli pályaudvar and Örs vezér tere
- M3 or the Blue Line: between Újpest Központ and Kőbánya-Kispest
- M4 or the Green Line: between Kelenföld vasútállomás and Keleti pályaudvar

Suburban railway

The suburban train service or HÉV connects the city with other suburban areas, such as Szentendre, Gödöllő and many many more. But you have to keep in mind that your monthly pass is not valid for HÉV, you have to purchase a complementary ticket.

As a student, the monthly fee for public transportation is 3450 HUF.

Other ticket options:

- Single ticket: 350 HUF (valid for one ride)
- 30 min ticket: 530 HUF (entitles you to transfer between lines)
- 90 min ticket: 750 HUF (entitles you to transfer between lines)
- 24h Budapest ticket: 1650 HUF
- Seven days travel card: 4950 HUF
- Airport shuttle (bus 100E): 1500 HUF

Buy your tickets in the BudapestGO application!

iOS: <https://apps.apple.com/hu/app/bkk-fut%C3%A1r/id916193835?l=hu>

Android: <https://play.google.com/store/apps/details?id=hu.webvalto.bkkfutar&hl=hu>

More information: <https://bkk.hu/en/>

Budapest on bicycle - MOL Bubi

The green MOL Bubi bikes are one of the favourite transportation methods among the residents of Budapest. You can discover the city easily, while doing physical activity! Not to mention the eco-friendly side of using a bike! The good news is that you can rent a bike and discover the beautiful Budapest for only 500 HUF/month. The first 30 minutes of each ride started is free. For continuous rides over 30 minutes, a fee of 20 HUF will be charged for each minute started.

How does it work?

1. Download the app and register
2. Find a pickup location (MOL Bubi station)
3. Pick it up
4. Discover the city
5. Return it to the MOL Bubi station

More information: <https://molbubi.hu/en/>

Sights to see

Buda Castle – It’s not a simple fortress, it’s a whole district! You can walk along romantic cobbled streets and look at the residential area of the Castle (north) with cafes, restaurants and impressive buildings such as Matthias Church and Fisherman’s Bastion. Or you can admire the museums and the breathtaking view of the Danube and Pest from the Royal area (south), where the Royal Palace is situated.



Fisherman’s Bastion – located in the Castle District, walking along it and admiring the view is a must!

Chain Bridge – the oldest and shortest bridge in Budapest with incredible history providing connection between two different „worlds”: Buda and Pest. It’s most beautiful, when it’s illuminated at night.



Heroe’s Square - the largest and most symbolic square in Budapest. It is dominated by the Millenary Monument in the middle and a colonnades behind it with 14 historical statues. Two art museums close the square from the left and right hand side. It was designed in 1896 to mark the 1000th anniversary of the Magyar conquest of the Carpathian Basin.

Margaret Island – situated in the Danube half-way between Pest and Buda, this large island is a park that has much to offer: a fountain with light and music, athletic centre, swimming pools, mini-zoo, medieval ruins, the tomb of a 13th century princess, hotels, an open-air theatre, a Japanese garden, a rose garden and plenty of green grass to play or have picnic on.

City Park – the largest park in Pest with a paddling pond, a castle, several museums, restaurants and cafes, the Zoo, the House of Music and the famous Széchenyi thermal Bath.

The House of Parliament – one of the most impressive buildings in Hungary, the large neo-gothic building on the Danube bank is best viewed from the Buda side. It’s also impressive inside with golden and colourful decorations and the Hungarian Crown under the dome.

Public holidays and traditions

Public holidays and Hungarian traditions	
1st of January	New Year’s Day
15th of March	Anniversary of the 1848 Revolution and War of Independence
Easter Sunday and Monday	Movable What do we do on Easter Monday? – Men usually sprinkle the women with perfume, but in some cases with a bucket of water. In exchange, the women give chocolate or painted eggs. Typical meals: ham, boiled eggs served with horseradish
1st of May	Labour Day - when we actually do not work

20th of August	St. Stephen's Day, who was the first king of Hungary. This is the greatest national holiday in Hungary with spectacular fireworks displayed on the bank of Danube! Do not miss!
23rd of October	Anniversary of the 1956 Revolution
1st of November	All Saints Day
24th of December	Christmas Eve – Hungarians mostly decorate the christmas tree on this day and gather together with the whole family
25-26th of December	Christmas – Typical meals: Fish soup, Fried fish, Turkey, Stuffed cabbage and for dessert: Bejgli.

Hungarian cuisine

Hungarian cooking tends to use paprika, black pepper, several different spices, like cumin seed, parsley, dill and often onion. Traditional Hungarian dishes are primarily based on meats, seasonal vegetables, fresh bread, dairy products, cheeses and fruits.

In Hungary, a typical breakfast may consist of fresh bread, cold sausage type minced meat products with some vegetables or jam. Lunch is the main meal of the day, usually consisting of three courses: soup is followed by a main dish and a dessert. Dinner can be just a sandwich or a hot meal again.

The most famous Hungarian dish is "gulyás" soup. It is made from vegetables and beef and plenty of paprika, but also can be made in a vegetarian version. Another typical national food is "lángos" which is a round sheet of fried dough that can be eaten salty or topped with garlic sauce or sour cream and cheese. It's classical beach or street food.

For a snack, try the incredibly popular Túró Rudi, a dark chocolate bar filled with sweetened cottage cheese, available in different flavours. Desserts often contain sweet poppy seed, cottage cheese or different fruits or jams, since Hungary has internationally famous orchards (and vineyards) full of apples, pears, plums and other fruits.

If you feel like having a drink after a good meal, taste one of the fine Hungarian wines. Hungary has 22 wine regions, the most well-known are the Tokaj, Villány, Balaton and Eger regions, but it is also worth visiting other regions for their special local wines. If you like shots, you should not miss the famous Unicum and pálinka, either.

Typical dishes you should try while in Hungary:

Gulyásleves (goulash soup), húisleves (meat soup), halászlé (fish soup), hideg meggyleves (cold sour cherry soup), Jókai bableves (bean soup Jókai style), Hortobágyi palacsinta (pancake filled with meat), túrós csusza (pasta with cottage cheese), töltött káposzta (stuffed cabbage), pörkölt (stew made of different kinds of meat), lecsó (stewed onions, tomatoes and peppers), paprikás krumplice (potatoes with paprika), mákos guba (dumplings with poppy seed), szilvás gombóc (dumplings filled with plum), Dobos torta (chocolate cake with a special caramel top on it), rétes (strudel), szaloncukor (special Christmas sweet), bejgli (Christmas cake filled with walnut or poppy seed filling), túró rudi (sweet curd bar coated with chocolate), lángos (Hungarian fried bread), pogácsa (small savoury biscuits) and the list is endless in fact.

If you want to try out some Hungarian recipes, visit the following websites:
<https://hu.pinterest.com/explore/hungarian-recipes/>

Students feedback

Your feedback is valued on classes/courses/academic procedures/student services/programs!

You can fill in the student questionnaire at the Student Mobility Office or online:

You can discuss your needs, ideas and opinion with students mobility coordinator (A108).

Please contact the office via email prior to your visit.



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