



2019 | 2020

ELTE

SPORT COMPASS

DO SPORTS FOR CREDIT



CHOOSE FROM 40 SPORTS
LOOK FOR VTN CODE IN THE NEPTUN

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OUR TOP SPORTSMEN



Gergely Siklósi, Student of ELTE PPK fencing world champion



Boglárka Kapás, Student of ELTE PPK, world champion at 200 m butterfly



ELTE BEAC Újbuda basketball team 9th place at the national championship



Csaba Burján, az ELTE sport ambassador, and Gáspár Csere university running ambassador



National university champion men futsal team and second place women team



The first Hungarian university cheerleading team is world champion



ELTE athletes defended their university champion title
Photo: Ibolya Berényi



2019 Ultrabalon winner Tamás Bódis member of ELTE Sashegyi Gepárdok team with 20:26:37 time

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WELCOME



Dear University Students and Sportsmen,

Regardless of age, incorporating exercise into our daily habits has a significantly positive impact on our lives. It provides not only an occasional solution, but also helps us create a balanced lifestyle for the long term. It reduces the damage of our busy world and provides a healthy activity that relaxes us, refreshes our mind and thus prepares us for the challenges ahead.

I can tell from personal experience, that doing sport helps us get to know ourselves better and explore our abilities and boundaries. It develops character and inspires us to perseverance, diligence and humility, while effectively contributing to the development of physical and mental health as well as to the formation of lifelong friendships.

As Rector, I believe it is an important goal for our institution to provide young people with a broad range of opportunities to support their successful future. Therefore, it is worth embracing sport in our daily lives, for which this guide could be the key. I hope you will find the sport that suits you best and spend a lot of time doing it.

Prof. Dr. László Borhy - Rector of ELTE



Dear Fellow Sportsmen and Students,

BEAC as the sports club of ELTE was founded in 1898, and has been welcoming students, employees and all those interested since then.

We are just as proud of our current top athletes and former world and Olympic champions as our thousands of amateur members as we all built and build the ideas that our founder, Baron Loránd Eötvös once outlined. Following his creed, our mission has been to promote physical education and healthy lifestyle. We do it not only at our university but at social levels in order to make positive impacts on future generations. Many phenomena pose new challenges for us, such as the widespread destruction of our natural environment and the decline of small communities. We should be the source of positive changes: our values, our thoughts and our actions. Sport teaches us endurance and respect for our environment and each other. It leads back to the values that can help us strengthen our communities. BEAC has been striving for these goals and we hope to contribute to a successful Hungarian society with active and conscious citizens.

Prof. Dr. Imre Hamar - Chairman of BEAC

WELCOME



Dear Fellow Students,

Let me congratulate you on your successful admission and welcome you to ELTE's diverse and exciting student life, which focuses not only on studying but on sports opportunities as well. There is a plethora of opportunities for young people who want to exercise during the university years. It is worth taking them, since you can be part of a great community and have numerous experiences that will accompany you throughout your life. If you exercise regularly, it is time to continue it at ELTE. And if you are a beginner, it is the perfect time to get into it and find the sport that suits you best. BEAC, our sports club is available for everyone. You just have to take the opportunity. Besides offering traditional and classic sports, it's important for us to keep up with the times. Therefore, we offer you many new sports like polefitness, modern jazz dance, aerobics, cheerleading or fitness training. This opens up new and exciting chapters in the history of university sports. We are constantly working with the Student Union and BEAC to create a community worth belonging to. Feel free to contact us. We are very much looking forward to welcome you as the member of our team.

Mihály Horváth - President of ELTE Student Union



Dear ELTE Citizens,

As the sports club of ELTE, we are committed to preserving the heritage of the 19th century Hungarian sport and the values of the Anglo-Saxon sports tradition, as well as offering various sports opportunities and a fantastic sport community for you. BEAC is also at the forefront of introducing new sports. You can engage in the most fashionable and modern sports at ELTE, such as fitness, martial arts, dance sports and airflow yoga. You can join many of our programs during the year, but you can have some first-hand experience of sports opportunities at ELTE Sport7 on 9-13 September. Depending on your level and goals, you will find with BEAC what suits you best. You can do sports together with enthusiastic amateurs and experienced Olympians. You can choose from nearly 40 sports, participate in home tournaments, take sports classes as courses or join competitive sports. As former ELTE students, our trained coaches do their best to provide you unforgettable experiences. Besides doing sports actively, we count on you as a fan at our NB1 Basketball Team matches, but also in the BEAC's team as organizer or coach. University sports belong to everyone!

Gábor Simon - Director of BEAC

FUTSAL



FOOTBALL REFEREE COURSE



DO SPORTS FOR CREDIT

SWIMMING



GOALBALL



CHOOSE FROM 40 SPORTS!
LOOK FOR VTN CODES IN NEPTUN SYSTEM!

FENCING



SHIPPING KNOWLEDGE



HOW CAN I JOIN SPORTS?

BEAC (Budapest University Athletics Club) was established in 1898 as one of the oldest athletics clubs in Hungary. Even since its first years the newly operating club became an important factor of professional sport life. The association gave us six Olympic champions so far. Our aim is to catch attention of university students and invite them to work out in our gym and choose a sport offered by our professional coaches. We welcome everybody from all ages and nations, so foreign students and lecturers, come and join us! This brochure is available in English at www.beac.hu/in-english

1. COURSES AVAILABLE VIA NEPTUN



The sportlife of ELTE is organized around two major ideas: courses offered by the Sports Department and trainings organized by BEAC.

Courses offered by the Sports Department – it means that you can apply for these sport classes just like all the other ones in your department. 6000 HUF is the fee per course per semester. For further information contact the manager of Physical Education and Sports Center: sportkozpont@pdk.elte.hu

You can choose from:

Aerobics, Argentine tango, Athletics, Badminton, Ballance training, Basketball, Belly dancing, Box, Jiu-jitsu, Cheerleading, Chess, Climbing, Crossminton, Conditioning, Cycling, Fencing, Floorball, Football, Football for women, Functional training, Futsal, Hiking, Kettlebell, Kung-fu, Kayak-Canoe, Modern dance, Muay thai, Orienteering, Running, Spinning, Squash, Swimming, Swing dance, Table tennis, Tennis, Triathlon, TRX, Volleyball, Yoga, Zumba

2. TRAININGS ORGANIZED BY BEAC

Trainings organized by the university sports club BEAC means the other line of the sports opportunities. We offer trainings in 40 different sport disciplines, both for women and men. Feel free to join our trainings especially for foreign students:

Team sports: basketball, futsal, handball, soccer, volleyball, waterpolo

Martial arts: box, brazilian jiu-jitsu, goju-ryu karate, kick-box, kung-fu, muay thai

Aerobics: body shaping, dynamic yoga, fat-burning, pilates, zumba

Dances: argentine tango, belly dance, cheerleading, hip-hop, modern dance

Racket sports: badminton, table tennis

Fitness sports: functional training, kettlebell, TRX

Water sports: kayak-canoe, waterpolo

Other sports: air flow yoga, athletics, ballance, training, chess, darts, gym, hiking, orienteering, polefitness, spinning, triathlon (swimming, running, cycling), yoga, wall-climbing

Check www.beac.hu/in-english for contacts and training times!



#ROAD2TOKIO2020

ELTE has launched a campaign to promote running, with which the university also supports Gáspár Csere's (former student of ELTE PPK) Olympic preparation program called #road2tokio2020.

Gáspár, as BEAC's national champion marathon runner and the university's running ambassador, promotes regular sports in prestigious competitions and other university sports events as part of his preparations for the 2020 Tokyo Olympics.

Rector László Borhy: "Our university has always supported its citizens doing sport. My predecessor, Barna Mezey, introduced the tradition of having Sports Ambassadors at ELTE. Among them we can find such great athletes, as World Champion Boglárka Kapás, or Olympic Champion Short Track Skater Csaba Burján. ELTE highlights athletes whose outstanding performance can be a good example for its citizens. That is why ELTE supports Gáspár Csere's Olympic preparation, which includes a contribution to a lowland and a high mountain training camp."

Gáspár Csere: "It is an honor to have the opportunity to prepare for the Tokyo Olympics after Rio. I am grateful that besides BEAC, of which I have been a member for 18 years, ELTE actively supports my Olympic preparations. I hope that besides my personal progress, the #road2tokio2020 project will also strengthen the university's sports life and the good relationship between ELTE and BEAC, as well as encourage more and more ELTE students and staff to move."



SPORT FOR DISABLED PEOPLE



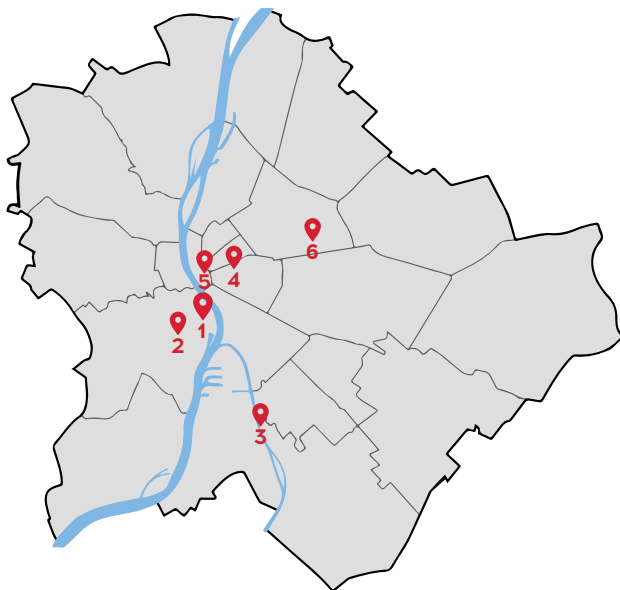
Hi, I am Fanni Illés, student of ELTE TáTK, Paralympic swimmer. Allow me to introduce quickly the sports opportunities at ELTE.

Thanks to the Hungarian Paralympic Committee, the ELTE's Office for Supporting Students' Special Needs, the ELTE Sports Office and BEAC, para sport has been playing a significant role in the university's life since 2016. We strive to provide various sports opportunities for people with disabilities.

Credit courses such as goalball and silent salsa are excellent examples for that. During the classes abled and disabled students can do sport together. Besides the previous two courses, ELTE also introduced para swimming, which provides an opportunity for all physically and sensory disabled students to learn how to swim or improve their swimming skills with the help of professional trainers. BEAC was the first organization in Hungary which introduced PE credit courses and set up a para bench press team with the help of the Physical Performance and Fitness Section.

The University, BEAC and the Hungarian Paralympic Committee present the ELTE Inclusive Sports Day for the fourth time in October, where hundreds of abled and disabled students and employees can do sports together. Besides a workshop, at this event we will be organizing a goalball ME-FOB for the first time this year, for which we welcome all abled and disabled students.

TRAINING VENUES



1 Bogdánfy Street Sports Complex - 1117 Bogdánfy u. 10.

aerobics, airflow, Argentin tango, ballance training, Brazilian jiu-jitsu, cheerleading, futsal yoga, karate, kettlebell, kick-box, polefitness, spinning, TRX, triathlon, basketball, handball, badminton, volleyball, tennis, futsal championship, gym

1 Tüskecsarnok and Swimming Pool - 1117 Magyar Tudósok körútja 7.

futsal, handball, basketball, swimming

2 Mérnök Street Sports Complex - 1119 Mérnök utca 35.

football, futsal, aerobics, table tennis, belly dance, hip-hop

3 ELTE Water Sport Complex - 1237 Vízisport utca 48.

kayak-canoe

4 ELTE Trefort Ágoston High School

1088 Trefort u. 8.

aerobics, functional circuit training, yoga

5 ELTE Apáczai Csere János High School

1053 Papnövelde u. 4.

aerobics, functional circuit training, yoga, muay-thai, volleyball

6 ELTE Radnóti Miklós High School

1146 Cházár András u. 10.

aerobics

+ Faculty and Dormitory sport courts

SPORT EVENTS

Freshmen's Camp Sport Campaign
24 August 2019 - 1 September 2019
www.beac.hu



DIÁKHITEL VIWA
vitaminwater

Diákhitel - ELTE Sport Week
9-13 September 2019
FB: ELTE Sport7 2019



DIÁKHITEL ELTE SPORT 7

ELTE-BEAC Futsal Championship
All year starting from September
www.beacfoci.hu



XXXVII. 5vös5km running competition
19 September 2019
www.eotvos5.elte.hu



IV. ELTE Inclusive Sports Day
9-10 October 2019
FB: ELTE Inkluzív Sportnap 2019



ELTE FIT Night
October 2019
fitnight.eltesport.hu



elte FIT NIGHT

IV. University Sports Festival Budapest
November 2019
FB: University Sports Festival BP 2019



VIWA
vitaminwater

XI. Carpathian Basin Universities' Cup
March 2020
www.kek.elte.hu



VIWA
vitaminwater

ELTE Sports Night
April 2020
ejszakaisport.elte.hu



ELTE ÉJSZAKAI SPORT

VIWA
vitaminwater

Yellow70 Hiking Day
1 May 2020
FB: ELTE-BEAC Természetjárás



Love yourself



SPORTY FACULTIES

FACULTY OF LAW



Training at Apáczai Grammar School

Besides studying, our faculty also pays special attention to our students and staff's physical fitness. That is why we recommend either optional PE courses or BEAC training to our citizens. The OSC fencing-school, close to Egyetem tér, offers fencing credit courses, where Lili Luca Gönczi, sport scholarship holder of ELTE ÁJK, helps those interested.

Since 2018 the ELTE Sports Association has been offering aerobics, Muay Thai and functional gymnastics in the renovated, spacious gym at Apáczai Grammar School next to Egyetem tér. We recommend the training for every student and teacher of ÁJK.

The ELTE Jogászbajnokság is one of the futsal championships with the greatest traditions, which provides sports opportunities for hundreds of law students and alumni every week. Be it forty degrees, pouring rain, or snapping cold, one thing is for sure. If it is Friday, it is time for Jogászfoci.



Join to the Jogászbajnokság



Épée team at MEFOB

BÁRCZI GUSZTÁV FACULTY OF SPECIAL NEEDS EDUCATION



Every year we participate in the ELTE Inclusive Sports Day

A well-equipped gym and recently refurbished dressing rooms at Ecseri út 3 is waiting for sports enthusiasts; moreover, BEAC also welcomes all Bárczi students to its training.

Sports and Health Days are one of our most visited events. Providing sports opportunities for people with disabilities are extremely important to us. That is why the Student Union's management presents inclusive opportunities on a separate day at the freshman camp and regularly participates in the ELTE Inclusive Sports Day at the faculty level.

Teachers of the faculty also participate in sports at the university. In the first national MEFOB in 2019 our futsal team got the eighth place.

Famous athletes of the faculty: Timea Nagy two-time Olympic champion épée fencer, Rita Récsi Olympic long-distance walker and Miklós Srp, long distance walker.



Yoga at the Sports and Health Day organized by the faculty



Our futsal teachers' team

SPORTY FACULTIES

FACULTY OF HUMANITIES



Simona Staicu, Master's student at ELTE BTK Photo: MTI/Tamás Kovács

The largest faculty of our university boasts a growing number of excellent athletes, including our outstanding Master's student, Simona Staicu. The five-time Hungarian champion and Olympic marathon runner has received the ELTE sports scholarship this year. BEAC presents the sport opportunities at playful stations at the freshman camp, so our students can easily get involved in the university sports system from the beginning.

BEAC organizes aerobics, yoga and functional gymnastics classes at sport facilities in the 11th district as well as at the renovated gym of Trefort Grammar School 2 minutes walk from the BTK's campus. Every student of the faculty is welcome at the training. In addition, you can enter the Bölcsész Bajnokság, ELTE's futsal championship with a long history. We offer matches on Saturdays, great atmosphere, vicious fight for every possibility to get the ball and eternal glory.



The renovated gym of Trefort Grammar School



Join the Bölcsész Bajnokság

INSTITUTE OF BUSINESS ECONOMICS



Eszter Daruka, our teacher, won the first place at the 2019 Ultrabalaton in the women's four-person team

Doing exercises and sport are highly important for ELTE GTI teachers and students. That is why we regularly inform our visitors about current events on our website and Facebook page. Many of our teachers compete at the amateur level and finish in the podium of their category. Our students are happy to participate in various sports events organized by ELTE, such as ELTE Sport7, 5vös 5km Running Competition or FitNight.

BEAC organizes aerobics, yoga and functional gymnastics classes at the renovated gym of Trefort Grammar School located next to the ELTE Trefort Garden Campus. Every GTI student and employee are welcome at the training.



Bolond Kuti, Izabella Móthé, Máttyás Cseszárík, Balázs Móna, Dávid Havas, Réka Turcsik and Vivien Kálmár - our students at 5vös 5km



János Tanács, teacher and amateur powerlifter

SPORTY FACULTIES

FACULTY OF EDUCATION AND PSYCHOLOGY



Gergely Siklósi, individual world champion in épée, student at ELTE PPK's Department of Sport Management

Thanks to our courses, PPK is the most athletic faculty of ELTE. The Institute of Health Promotion and Sport Sciences provides not only sports courses but the majority of PE lessons as well. Besides traditional sports such as volleyball, basketball, football, badminton and tennis, you can join 3x3 basketball, skiing, snowboarding, BMX or squash training too. Among our students you can find Boglárka Kapás, world champion, Gergely Siklósi and Zsuzsanna Máté, Universiade water polo champions, Adrienn Vezsenyi, who got the fourth place at Uvers-iade in volleyball, Balázs Juhász, Hungarian champion wrestler and Árpád Lóczi, member of the university's hockey team. Gáspár Csere, national champion marathon runner also belonged to our citizens. Even many of our teachers do sport, hold training or referee in various branches. We are looking forward to seeing you at sports courses not only in Budapest but at ELTE PPK's Department of Sports in Szombathely as well.



Bogi Kapás at the opening ceremony of the "Climb the stairs at ELTE" healthy lifestyle campaign



University champion ELTE-BEAC Futsal team, made up of mostly PPK students

FACULTY OF PRIMARY AND PRE-SCHOOL EDUCATION



Noémi Janek, our teacher won the first place at Ultra-Trail Hungary cross-country race in 2019

Education about healthy lifestyle and promoting physical activity are highly important for our faculty, for which we provide perfect conditions in our sports facilities. We welcome those who want to do some sports at our sports ground and our constantly improving gym. Moreover, the sports club offers other great opportunities for its members, such as renting sports goods and equipment.

Our students and teachers achieved great success in the national championships of the last few years. Our students, trained by our teacher Peter Vári, have won 4 gold, 1 silver and 1 bronze medal over the past six years at the MEFOBs, as members of the ELTE women's volleyball team. At the swimming MEFOB Laura Szabó-Feltóthy, pre-school teacher student won a gold and a silver medal, while Bella Bognár, teacher student won a silver medal in wrestling.

It is also important for us to keep in touch with our former teachers regularly, so we provide them with a 45-50 minutes of relaxing training every week.



On our Spring Sports Day BEAC coaches visit us from various sports branches



The MEFOB 2018/19 silver medal winner volleyball team

SPORTY FACULTIES

FACULTY OF SOCIAL SCIENCES



TáTK is proud of Fanni Illés, Paralympic athlete

The faculty has several top athletes, of which the accomplishments of Fanni Illés, para-athlete are the most outstanding. Fanni Illés has been ranked second and third in the world ranking list, won four bronze medals in European Championships and got the fifth place in the Olympic Games. She won a bronze medal at the 2017 World Championships in Mexico and a gold medal at the 2018 European Championships in Dublin.

Students of the faculty can also participate in BEAC sports activities and sports events at Lágymányosi Campus, the headquarter of TáTK, and in the Lágymányos 5vös 5km Running Competition organized every year. Those interested can find more information about the current faculty and university sports programs on the faculty and the TáTK's Student Union's Facebook pages.

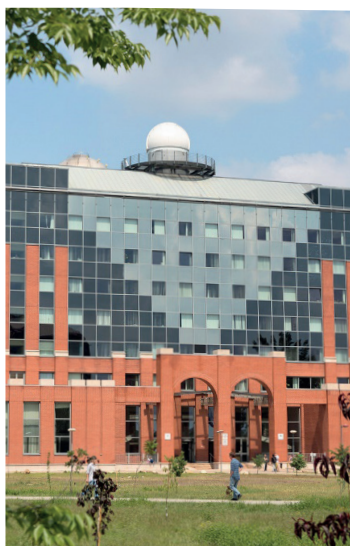


BEAC encourages TáTK students to move even at the freshman camp



The nearby sport complex in Bogdánfy Street offers numerous sports opportunities

FACULTY OF SCIENCE



Lágymányos Campus is just a few minutes' walk from the BEAC sport facilities

The leadership and the teachers of the Faculty of Science are committed to supporting the faculty's students and staff in individual and team sports. They consider every student and employee initiative related to sport highly important, such as the sports days or providing free workouts for the staff. Thanks to the proximity of sports facilities in Bogdánfy Street (sports fields, gyms, pools, etc.) to the Lágymányosi Campus, you can choose from many BEAC sports opportunities (eg aerobics, fitness training, yoga, spinning, martial sports or team sports) and sporting events.

For the past 19 years we have been organizing the 5vös 5km Running Competition every autumn and spring with over 1100 runners. In winter students and teachers celebrate the end of the exam period together at Late Night Skating. We are proud of Csaba Burján, who is the Sports Ambassador of ELTE. Csaba is our mathematics student and he won the first Hungarian Olympic gold medal at the 2018 Winter Olympics as member of the short track speed skating relay.



5vös 5km Running Competition - on Lágymányosi Campus for 19 years



Csaba Burján, Olympics champion, student of ELTE TTK
Photo: Zsolt Czeglédi/MTI

AEROBICS

SZILVIA PULAY - HEAD COACH



It does not matter whether you come from Buda or Pest, you can find training on both sides of the Danube. BEAC aerobics is waiting at 5 venues in downtown and Újbuda for those, who want to participate in group training. You can choose from various types of sports, such as zumba, spine training, body shaping aerobics, pilates, etc. Our coaches are enthusiastic, young and skilled, so good mood and professionalism are guaranteed in the classes. All you need is your valid aerobics pass and your enthusiasm. We are looking forward to seeing

you every afternoon and evening from September with love, big smiles and the greatest workout plans. For the first time this year you can choose from 3 types of passes, depending on where you live, where your courses are and where you walk around in Budapest. You can participate in our training wherever you want. You surely will not find any better bargain than the unlimited BEAC Aerobics pass, which is valid for 5 months. Do not hesitate, plan your workouts now.

 **BEAC AEROBIK**

WWW.BEACAEROBIK.HU

 **BEACAEROBIK**



WHERE?
5 VENUES



WHEN?
EVERY DAY OF THE WEEK



18

WHO CAN HELP ME?
SZILVIA PULAY
ELTEAEROBIK@GMAIL.COM



BEAC

AEROBIK

VENUES



PASSES

BUDA
/BEAC + MÉRNÖK/

ELTE
10.000 HUF

OTHER
12.000 HUF

BUDAPEST
/COMBINED/

ELTE
15.000 HUF

OTHER
18.000 HUF

PEST
/APÁCZAI + RADNÓTI + TREFORT/

ELTE
10.000 HUF

OTHER
12.000 HUF

**BODYSHAPING | SPINE TRAINING | PILATES
FAT BURNING | ZUMBA | STRENGTHENING&STRETCHING**

FOR FURTHER INFORMATION, TIMETABLE:

f BEAC AEROBIK - MOZOGNI BOLDOGSÁG

BEACAEROBIK.HU

BEACAEROBIK

AIR FLOW YOGA

KATA DÖMÉNY - HEAD COACH



Have you ever tried flying? This class allows you to strengthen and stretch your whole body at one class to find a healthy balance. You have two training tools to help you fly as far as you can: the hammock, which is a hammock-shaped silk fixed to the ceiling at two points and the tissue, which is an extra long double silk material fixed to the ceiling at one point. Our classes are grouped to beginner and advanced training, the first 15 minutes of the class is a warm-up yoga practice, the main part includes 2-3-4 positions and there is a stretching-relaxation part at the end. We may learn more or less positions than this depending on the team.



WHERE?
BEAC MIRROR ROOM



WHEN?
WEEKDAY EVENINGS



WHO CAN HELP ME?
KATA DÖMÉNY
AIRFLOW.BEAC@GMAIL.COM

ARGENTINE TANGO

LUCA ESZTER BALOG | ANDRÁS BALOGH - HEAD COACHES



Do you desire something new? Would you like to learn to dance? It's time! Try the most exciting and most passionate dance of Latin America with ELTE Argentin tango! Good company, hot embraces and great atmosphere guaranteed! You can taste the captivating world of tango at our classes. By the end of the semester you will learn about the history and etiquette of this dance, and you can also participate at milongas (dancehouses) that will allow you to dance on your own, experience the magic of dance and express yourself! We welcome couples and individuals as well!



WHERE?
BEAC TT4 ROOM



WHEN?
WEDNESDAY: 18:30-20:00
20:00-21:30



WHO CAN HELP ME?
LUCA ESZTER BALOG
ELTEARGENTINTANGO@GMAIL.COM



ATHLETICS

IMRE SZABÓ - HEAD COACH

 **BEAC ATLÉTIKA 1898**

 **BEACATLETIKA**



Athletics is the queen of sports and running is the basis of all sport disciplines. The department is rightly proud of the 120 year-old club, as our athletes won 300 national champion titles only in the last 20 years. This quality work is available for our recreation athletes and university students as well.

Our department pays special attention to medium and long distance running. Our coaches provide personalized care for Olympic athletes and joggers as well. No matter if your goal is to achieve a healthier lifestyle, have fun, find adventure and new friends or prepare for a challenge - you will find your account in here.

 **WHERE?**
BME ATHLETICS COURT

 **WHERE?**
WEEKDAYS 17:00

 **WHO CAN HELP ME?**
GÁSPÁR CSERE
BEACATLETIKASE1898@GMAIL.COM
+36 30 419 7603

TABLE TENNIS


MÁTÉ KANICS - ELTE SPORT SCHOLARSHIP HOLDER




My enthusiasm is unbroken ever since as all games mark the beginning of a new friendship. Table tennis is one of the most popular sports in the world, where it's all about a small ball. The time you have for making decisions and implementing movements is short and the margin of error is small for making mistakes.

Doing table tennis with determination and endurance, these small things contribute to the development of concentration and reflexes, and let you experience a bigger thing: the feeling of pride after a successful individual or team competition.

 **WHERE?**
MÉRNÖK STREET
SPORTS COMPLEX

 **WHEN?**
THU: 18:30-20:00
FRI: 17:30-21:00

 **WHO CAN HELP ME?**
MÁTÉ KANICS
KANICSM@GMAIL.COM

 **ELTE BEAC ASZTALITENISZ**

WWW.BEACPP.ELTE.HU

BALLANCE TRAINING

KATA DÖMÉNY- SPINAL FLOW | ERZSÉBET JÁMBOR- HIIT



The aim of BALLance trainings is to develop stability and stamina and create the highest possible consciousness over the body and to treat strength and flexibility as a whole. To achieve this, we have different types of classes which have a mission on their own as well.

HIIT is a high intensity class where you are able to work the deeper layers of your muscles with the help of the balance ball. Spinal Flow - Special spine training where balance is important in developing the stability of the deepest core muscles and joints together with body awareness.



WHERE?
BEAC TT4 ROOM



WHEN?
WEEKDAY EVENINGS



KIT KERESSEK?
KATA DÖMÉNY
BOSU.BEAC@GMAIL.COM



BEAC BALLANSZ TRÉNING



BALLANSZBEAC

BOX

ATTILA GRÁD - HEAD COACH | ÁRON ROZGONYI - ELTE SPORT SCHOLARSHIP HOLDER



Would you like to learn some self-defence? Or maybe you have some excess weight from sitting with your books? If you would like to gain muscles of lose weight, come to a bodyshaping box training.

Are your university years stressful? Come, get rid of stress at our fast-paced trainings, release your excess energy.

Break your limits in a friendly atmosphere.



GRÁD BOXING FAMILY



_GRAD_BOXING_



ELTE BEAC ÖKÖLVÍVÁS



WHERE?
SOROKSÁRI STREET
TESCO'S STRIP MALL



WHEN?
MO/WE: 18:30-20:00



WHO CAN HELP ME?
ÁRON ROZGONYI
BEACBOXING@GMAIL.COM

BRAZILIAN JIU-JITSU

MÁRTA RÁNKY - HEAD OF THE DEPARTMENT



Brazilian jiu-jitsu is a modern combat sport based on ground fight. It is considered one of the most effective martial arts. This sport includes takedowns, scrambles, rollbacks and techniques to force the adversary surrender.

During our trainings we develop agility and strength besides learning the techniques and the fight. I recommend the training for beginners and advanced sportsmen, for those who would like to learn self-defence, do sport at competitions or for fun at a training that moves the whole body.

 **ZRTEAM ELTE-BEAC**



WHERE?
BEAC HALL



WHEN?
WEEKDAY
EVENINGS



WHO CAN HELP ME?
MÁRTA RÁNKY
RANKY.MARTA@GMAIL.COM

CHEERLEADING

RITA KOVÁCSIK - HEAD COACH



Cheerleading is a sport composed of dance and acrobatics. Regardless of pre-training, everyone can find the suitable exercise for themselves in cheerleading. We put great emphasis on strengthening, stretching and the dance team learns different types of ballet-based spin and jump combinations. This sport discipline develops stamina, strength, flexibility and agility. Members of the cheerleader team can perform at various prestigious events, TV shows and festivals. We also take the team to competitions so you can travel the world. Our sportsmen visited big cities in Europe, they have been to the USA and Asia as well. If you would like to do a real team sport, this is where you want to be!



WHERE?
BEAC HALL
PPKE SPORTS COMPL.
MOLNÁR FERENC SCHOOL



WHEN?
WEEKDAY
EVENINGS



WHO CAN HELP ME?
BENCE NAGY-KISMARCI
NKBENCE@GMAIL.COM

 **ELTE CHEER TEAM**  **ELTE CHEER DANCE TEAM**  **ELTECHEERLEADING** **WWW.ELTECHEER.HU**

DARTS

ZOLTÁN KASS - HEAD COACH

 **DARTS TEREM CDFÚ**



One of the most dynamically developing sports, darts is also represented by BEAC. Zoltán Kass head coach and his enthusiastic competition team members welcome you for a good time playing darts, but if you want, they can help you develop the right technique and introduce you to the world of open competitions step by step. We hold 3 different level competitions at CDFÚ Darts Room (club room) and you may take individual classes on Wednesdays upon request. We are proud of our competing players who represent BEAC at individual, dual and team competitions in Budapest and at the national and international level as well.



WHERE?
CDFÚ DARTS ROOM
1053 FEJÉR GYÖRGY U. 1.



WHEN?
WE: 18:30



WHO CAN HELP ME?
ZOLTÁN KASS
KAZONACCI@GMAIL.COM



PERSONAL TRAINING

ptbeac@gmail.com

fb.com/ptbeac



BEAC ATHLETICS RUNNING CLUB

JOIN OUR RUNNING COMMUNITY



BEAC Atlétika

www.beacatletika.hu



PHYSICAL PERFORMANCE AND FITNESS TRAININGS

FUNCTIONAL CIRCUIT TRAINING

BÁLINT KOVÁCS - ELTE SPORT SCHOLARSHIP HOLDER COACH



During functional circuit training we use a variety of tools to move and develop the whole body.

We recommend intensive circuit trainings to those who like diversified and fast-paced classes. Beginners and advanced sportsmen also find challenge as the resistance of the tools can be changed and exercises are personalized. The circuit trainings involve TRX, rope, RIP Trainer and bodyweight exercises.



WHERE?
APÁCZAI HIGH SCHOOL



WHEN?
TUE/THU:
19:00 ÉS 20:00



WHO CAN HELP ME?
BÁLINT KOVÁCS
BEAC.ERONLET.FITNESZ@GMAIL.COM

KETTLEBELL

TÜNDE VIRÁG - COACH | DÁNIEL GÖLÖNCSÉR - HEAD OF DEPARTMENT



Kettlebell is one of the most effective exercise in the world of fitness skills development. This system is several hundreds of years old and it is based on an iron ball. Static and dynamic exercises rotate in a carefully planned manner. It is able to develop strength, stamina and agility with incredible speed and it helps you develop a sporty shape that fits your build the most. The exercises are developed to function preventively: they develop posture, enhance the circulatory system and the mobility of joints. Be member of a team that has been working together for years under the leadership of coaches that compete regularly.



WHERE?
BEAC HALL



WHEN?
MO/WE: 18:00
FRIDAY: 17:30



WHO CAN HELP ME?
TÜNDE VIRÁG
DÁNIEL GÖLÖNCSÉR
BEAC.ERONLET.FITNESZ@GMAIL.COM



BEACFORCE



ELTE - BEAC ERŐNLÉT-, ÉS FITNESS SZAKOSZTÁLY

BEAC.HU/SZAKOSZTALYOK/ERONLET-ES-FITNESZ-SZAKOSZTALY

WEIGHTLIFTING

DÁNIEL GÖLÖNCSÉR - HEAD OF DEPARTMENT | LEVENTE BARÁTOSI - COACH



Back in the days, the three big physical performance sports - powerlifting, weightlifting, and body building - were in the same branch. The old school combined exercises that fit the rational and not overcomplicated laws of physiology in the most effective way possible. Within this system, I apply conscious and regular measurements to help you develop a lean and strong body. The trainings are strict but fun as well with a possibility of going to competitions regularly. Only for people with serious determination!



WHERE?
BEAC SMALL GYM



WHEN?
MO/WE/THU: 18:30



WHO CAN HELP ME?
DÁNIEL GÖLÖNCSÉR
LEVENTE BARÁTOSI
BEAC.ERONLET.FITNESZ@GMAIL.COM

TRX

JOHANNA PACSUTA - COACH | LEVENTE BARÁTOSI - COACH



TRX is known and very popular all over the world. It is the most innovative tool in developing strength and core muscles. Our coaches know more than 100 different exercises, it ensures that the trainings are really varied. Our aim is to develop body consciousness, coordination, stamina and strength. The classes are planned consciously, everyone is motivated to develop in the framework of our grade system. If you are looking for a training opportunity plus a team, this is where you have to be!



WHERE?
BEAC MIRROR ROOM



WHEN?
M/TUE/WE/THU:
19:00 AND 20:00



WHO CAN HELP ME?
LEVENTE BARÁTOSI
BEAC.ERONLET.FITNESZ@GMAIL.COM

INTENZITY MANIA

BÁLINT KOVÁCS - ELTE SPORT SCHOLARSHIP HOLDER COACH



You are invited to a 60-day program, during which we use our own bodyweight to develop stamina and agility. We recommend this program or those who would like to lose weight or develop toned muscles. The trainings are intensive but fun. Varied exercises, continuous movements, great music helps you keep up till the end. Interval training lets you burn a lot of calories in only 60 minutes. Are you ready? Intensity Mania kicks off!



WHERE?
BEAC HALL



WHEN?
MONDAY: 18:00
WEDNESDAY: 18:00



WHO CAN HELP ME?
BÁLINT KOVÁCS
BEAC.ERONLET.FITNESZ@GMAIL.COM

DIÁKHITEL

9-13TH
SEPTEMBER
2019



ELT
SPC

FUTSAL | HANDBALL | BASKETBALL
WATERPOLO | BOX | JIU-JITSU | MMA
MUAY THAI | BODY SHAPING | DYSLEXIA
FAT BURN | ARGENTINE TANGO
HIP-HOP | MODERN DANCE | FUNCTIONAL
INTENSITY MANIA | WEIGHTLIFTING
BALANCE TRAINING | DARTS | CLIMBING
GYM | POLEFITNESS | CHESS | SPIRITUALITY
SWIMMING | RUNNING | CYCLING
FENCING | TABLE TENNIS | BADMINTON

■ TEAM SPORTS ■ MARTIAL ARTS ■ AEROBICS ■ DANCE

DETAILS AND TIMETABLE AT THE FACEBOOK-EVENT:

PRESENTS

ELTE SPORT 7

MAIN VENUE
BEAC

1117 BOGDÁNFY STREET. 10.

ALL | FOOTBALL | VOLLEYBALL |
KARATE | KICK-BOX | KUNG-FU |
DYNAMIC YOGA | PILATES | ZUMBA |
| CHEERLEADING | BELLYDANCE |
FUNCTIONAL TRAINING | KETTLEBELL |
| TRX | AIR FLOW | ATHLETICS |
CLIMBING | YOGA | KAYAK-CANOE |
SWIMMING | ORIENTEERING | HIKING |
| DUATHLON | TRIATHLON |
RACKET SPORTS

ES ■ FITNESS TRAININGS ■ OTHER SPORTS ■ RACKET SPORTS

f ELTE SPORT 7 2019

CLIMBING

GÁBOR ERDŐS - ELTE SPORT SCHOLARSHIP HOLDER



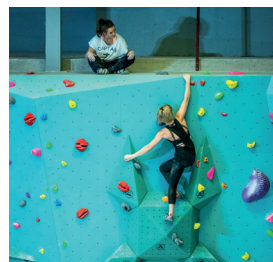
If you like new challenges and you expect more from a sport than developing stamina, come and try climbing at university trainings. You can climb on rock or artificial wall, with or without rope, this sport also trains coordination, strength and willpower. You can try the low height bouldering in a friendly atmosphere, and we organise rock-climbing trips where you can experience the exciting open-air rope-assisted or boulder climbing. You will find your place in our small beginner or advanced

groups. We start with the warm-up and so-called stunts (climbing routes planned for you), go on with strengthening and stretching, and we put great emphasis on the basics and develop thematically during the semester. I recommend climbing for almost everyone. No matter if you want to develop on dangerous routes or in safe environment (close to the ground), you will find the kind of climbing that suits you most.



GRAVITY BOULDER COMMUNITY

GRAVITYBUDAPEST.COM



WHERE?
MAMMUT SHOPPING MALL



WHEN?
WEEKDAYS



30

WHO CAN HELP ME?
GÁBOR ERDŐS
EGYETEMIEDZES@GRAVITYBUDAPEST.COM



RUNNING

GITTA KERESZTESI - DEPARTMENT CONTACT PERSON, HEAD COACH



Running is one of the most effective bodyshaping sport, the basis of all exercises. It gets your thoughts of problems, and is a very healthy sport. You only need a pair of shoes and let's go! Running develops lungs, stamina, muscles, friendships, all in all, everything. At the beginning of the trainings we discuss the given stage. If somebody is tired or distressed, they can turn back earlier, do less repetitions but everyone has to run together with others, never alone. I recommend it to everyone who would like to live a healthier life, sleep better, also for those who love challenges and wants to stand under the shower satisfied after the training.



WHERE?
BEAC 12. ROOM
ENTRANCE OF HALL



WHEN?
M/TUE/THU: 19:00-20:30



WHO CAN HELP ME?
GITTA KERESZTESI
GITTA.POLYTHLON@GMAIL.COM



POLYTHLON ETK ÉS SASHEGYI GEPÁRDOK

WWW.POLYTHLON.HU

FUTSAL

TAMÁS ÁRENDÁS - HEAD OF DEPARTMENT



I've been a member of ELTE futsal team since 2008. I got more from this sport than sporty lifestyle, success and failure experienced together with friends. Today I'm a full time coach and sports organiser. Our department enters teams for NB2 and university championships in September. If you don't want to stop playing during your university years and you would like to try yourself in the world of small court football, come and join ELTE's futsal society. Men teams participate in the second class


national championship (NB2), the Hungarian Cup, the Budapest University Futsal Championship and the Hungarian University-College Championship. The women team enters the second class national championship, the Hungarian Cup and the university championship. Beginners and experienced futsal players are also welcome in our men and women teams, where trainings are lead by professional coaches.

 **ELTE-BEAC FUTSAL**

 **ELTEBEACFUTSAL**

WWW.BEACFOCI.HU




 **WHERE?**
BEAC HALL
TÜSKE SPORTS COMPLEX



 **WHEN?**
BEAC - THU: 19:30-21:00
TÜSKE - WE: 18:30-20:00
THU: 17:00-18:30



 **WHO CAN HELP ME?**
TAMÁS ÁRENDÁS
BEACFUTSAL@GMAIL.COM



ELTE-BEAC

FUTSAL CHAMPIONSHIP

FIVE-A-SIDE FOOTBALL WHOLE YEAR!

FIRST STEPS FOR BUILDING YOUR TEAM:

- 1) Gather team members in the freshmen's camp!**
- 2) Try your luck in the free Freshmen's Cup on the 12th September!**
- 3) Choose the suitable gameday for you from Monday to Saturday!**
- 4) Apply online at beacfoci.hu!**

DETAILS AND REGISTRATION:

WWW.BEACFOCI.HU

f ELTE-BEAC FUTSAL BAJNOKSÁG

eltese2008@gmail.com | +36 30 657 8665



BELLYDANCE

ÁGNES MOLNÁR AND ZSANETT HERTELENDY - TEACHERS



WHERE?
MÉRNÖK STREET
SPORTS COMPLEX



WHEN?
MO: 19:00-20:30
TUE: 18-21, P: 18-20



WHO CAN HELP ME?
ZSANETT HERTELENDY
ELTEORIENTAL@GMAIL.COM



ELTE ORIENTAL HASTÁNCSSOPORT

HIP-HOP

RITA JURANITS - TEACHER



WHERE?
MÉRNÖK STREET
SPORTS COMPLEX



WHEN?
MO: 18:00-19:00
THU: 17:30-18:30



WHO CAN HELP ME?
RITA JURANITS
ELTEHIPHOP@GMAIL.COM

Bellydance is one of the most varied type of dance. Cocktail of styles, tools and shiny costumes, beautiful classical and beaming modern Arabic music. It's easy to learn the basics, so you can successfully dance choreographies after half a year. The advanced team has regular performances and we also go to competitions. You can choose from 3 different levels: beginner, semi-advanced and advanced. We also organise credit sports course for beginners. We start classes with warm-up exercises, then go on with practising techniques and learning about styles. We put together combinations and choreographies and close the training with stretching.

Join us if you would like to find friends with similar interests, go to workshops, summer camps and team building programs together! Come if you are just wondering about trying a dance (we launch a beginner course with Zsani) and also if you are an experienced belly-dancer (you can join Ági's advanced classes).

Are you interested in hip-hop culture? Would you like to learn some old school moves or you're more keen on new style? If you would like to awe your friends at weekend parties, or just need a bit more self-confidence and develop stamina with dance, this is where you have to be!

My classes are based on the conscious use of the body, strengthening and stretching muscles adequately and of course developing improvisation skills. Try yourself! You're welcome to join us!



ELTE HIP-HOP



TÁNCOLJ VELÜNK AZ ELTE-N

YOGA

YOGA COURSES EVERY SEASON FOR SPECIAL PRICE



The aim of **spinal yoga** is to professionally move your spine, which strengthens and stretches your muscles and joints at the same time. During the classes we adjust common posture problems doing basic yoga asanas. As you spend more and more time in different poses, you will develop proper posture and body awareness.



Yoga for women includes exercises specially designed for women to restore and maintain their health. It focuses on experiencing femininity as well as accepting and acknowledging our current situation and ourselves.



In **dynamic yoga flow** classes, we practice using synchronized breath. We flow from one yoga pose to another connected to our breath. We move the whole body, turn off the constantly distracting mind, relieve stress and increase stamina.



The **Ozana ÍVELD ÚJRA** method is designed to correct posture problems caused by poor movement habits and thus eliminate the resulting pain. During 10 classes in 2 months you will be able to eliminate the 7 major causes of posture problems, and the continuous practice will help you regenerate your entire locomotor system.



If you use **yoga wheel**, you can stretch your body parts, which you could not relax otherwise. The wheel helps you do advanced yoga poses and bends, and makes it more difficult to perform asanas. We always use this tool just the way we need it. This yoga practice improves balance and increases flexibility.



Power is the most significant aspect of **power yoga**. During the practice, we put great emphasis on technical execution, learning of dynamic poses and transmission between the poses. It strengthens superficial and core muscles, and relaxes the mind with many repetitive movements.



Fascial yoga operates with asanas that train and relax the membrane system surrounding the muscles and organs, restore it to its normal state, and with strengthening exercises, tie it to the right place.

 **ELTE-BEAC JÓGA**



WHERE?
BEAC SPORTS COMPLEX
APÁCZAI GRAMMAR SCHOOL
MÉRNÖK STREET SPORTS
COMPLEX



WHEN?
VARY BY SEASON



WHO CAN HELP ME?
BEAC OFFICE
JOGA.ELTEBEAC@GMAIL.COM

KAYAK-CANOE

GYÖRGY MESZESÁN - ELTE SPORT SCHOLARSHIP HOLDER



Are you bored with sports halls and gyms? Would you like to try something new? Do you like doing sports in a spectacular environment? Come to ELTE Watersport Complex, where you can train and compete in kayak-canoe from April until October! During the two trainings per week you can learn the basics of kayak-canoe, get to know the techniques and of course wander around the Ráckeve branch of the Danube.

Brave sportsmen can also immerse themselves in rowing (but not in the water!), because Széchenyi fixed-row racing competition is organised in April, where ELTE team participates every year.



WHERE?
ELTE WATERSPORT
COMPLEX



WHEN?
TUE/THU: 17:00-18:30



WHO CAN HELP ME?
GYÖRGY MESZESÁN
ELTEVEZES@GMAIL.COM



ELTE KAJAK-KENU

KARATE

JUDIT HORVÁTH AND DÓRA NOVÁK – KARATE TEACHERS
ANNA LINDNER - ELTE SPORT SCHOLARSHIP HOLDER



We follow the Okinawa goju-ryu karate style. Karate is not a sport but a martial art. In accordance with this, we don't aim for a momentary result but a lifelong learning process which focuses on broadening our boundaries.

We teach karate techniques, tactics and self-understanding. Moreover, participants can learn self-defence techniques that they could apply in case it's needed.



WHERE?
BEAC HALL



WHEN?
TUE/THU: 16:30-18:00



WHO CAN HELP ME?
DÓRA NOVÁK
NOVAK.DORA@GMAIL.COM



KARATE-DO INTERNATIONAL MAGYARORSZÁG ELTE-BEAC DOJO



KDIELTEDOJO

HANDBALL

REBEKA IVÁNCsó AND ÁDÁM MOLNÁR - ELTE SPORT SCHOLARSHIP HOLDERS



You played handball before university and would like to continue it? Or maybe you've never tried but you are interested? Apply to our men and women handball teams, come to the trainings regularly and play with us in several championships. Our trainings are fun, varied and colourful. They help you develop physically, technically and mentally as well. They create and form competition spirit and the need for regular physical activity. The men team trains twice a week and participates at the Hungari-

an University-College National Championship (MEFOB), the Budapest University-College Handball Championship (BEFKB) and in the first class of Budapest Championship. The women team also has two trainings a week, and they are qualified for MEFOB and University Championship as well. If you would like to join an open, friendly team and come to our trainings, contact our sport scholarship holder students to learn about the details.

 **ELTE-BEAC KÉZILABDA**

 **ELTE-BEAC KÉZILABDA CSOPORT**



WHEN?

BEAC HALL:

WE: 21:00-23:00 (MEN)

F: 19:30-21:00 (MEN)

TÜSKECSARNOK:

TUE/THU: 20:00-21:30 (WOMEN)



WHERE?

BEAC HALL

TÜSKECSARNOK



WHO CAN HELP ME?

REBEKA IVÁNCsó

ÁDÁM MOLNÁR

ELTEBEAC.KEZILABDA@GMAIL.COM

BICYCLE

GITTA KERESZTESI - DEPARTMENT CONTACT PERSON, HEAD COACH



Cycling significantly decreases the risk of cardiovascular diseases and obesity. Not to mention that you can save a lot of time and money moving around in the city by bicycle. It develops skeletal muscles and muscles of the leg as well as balance. Anyone can join our trainings who is done with using training wheels.

We get together, determine the appropriate level then ride to Római Part for an ice cream, to Velence for some lángos or to Göd for a strudel. Of course we burn all the calories on the way back.



WHERE?
BEAC 12. ROOM
ENTRANCE OF HALL



WHEN?
WEDNESDAY MORNINGS
IN SUMMER: SATURDAYS
AS WELL



WHO CAN HELP ME?
GITTA KERESZTESI
GITTA.POLYTHLON@GMAIL.COM



POLYTHLON ETK ÉS SASHEGYI GEPÁRDOK

WWW.POLYTHLON.HU

KICK-BOX

MÁRK NÉMETH - HEAD OF COACH



ELTE KICK-BOX



Come to visit ELTE kick-box trainings to learn about the techniques of this sport. Keep yourself fit, and if you are at advanced level, try yourself in combats. This is a sport in which fitness and the practice of kicks and punches also have an important role.

If you want to make your whole body move and have tight muscles, this is where you have to go! You are welcome if you only want to keep fit during your studies, don't be afraid, it's not all about fighting! Girls, boys, come and join ELTE Kick-box team!



WHERE?
BEAC HALL



WHEN?
TUE/THU: 19:00-21:00



WHO CAN HELP ME?
MÁRK NÉMETH
NEMETHMARK9700@GMAIL.COM

ELTE TTK HÖK and ELTE TTK HALLGATÓI ALAPÍTVÁNY PRESENTS:



*** 19. 09. 2019. * Lágymányos ***

START: 17:05

5KM LONG RUNNING COMPETITION



Register: eotvos5.elte.hu

1EÖTVÖS

f ELTE 5vös 5km

BASKETBALL

ANNA VARGA | ALEX MOLNÁR - ELTE SPORTS SCHOLARSHIP HOLDERS



Would you like to join a great community? Have you been playing for some time, but not in a team at the moment? It's time! Join BEAC men and women basketball teams!

The men team welcomes everyone who would like to train, do sports and be a member of a good team.

The practice puts great emphasis on stamina, tactics and building unity in the team for the whole year.

You can participate at trainings, games and a lot of programs for example the university B33 championship. The women team welcomes anyone interested. If you've tried it before and would like to continue during university, you can join the university championship team! You can come if you only want to try something new. We provide trainings where you can join regardless of experience.

 **ELTE-BEAC KOSÁRLABDA**



WHERE?
BEAC HALL
TÜSKECSARNOK
NKE SPORTS COMPLEX

 **BEAC NŐI KOSÁRLABDA SZAKOSZTÁLY**



WHEN?
WEEKDAYS
EVENING



WHO CAN HELP ME?
MEN: ALEX MOLNÁR
MOLNAR.ALEX98@GMAIL.COM
WOMEN: ANNA VARGA
VARGAANNA12345@GMAIL.COM

GYM AT BEAC

f ELTE-BEAC EDZŐTEREM



Would you like to work out for only 1000 HUF/month in a friendly environment? We recommend BEAC gym for that! Physical activity is an essential part of healthy life. It is important that you create suitable environment for your trainings. BEAC Gym can be the perfect location with its student friendly prices (12.000 HUF/year).

Gym workout requires a suitable training program which helps you get used to not ordinary strain. Our aim is to let you train consciously and with passion. Regularity, just like in all other sports, is essential, that is why we are always open in exam periods or in holidays.

If you're not sure about your knowledge, or don't feel motivated enough to train by yourself, contact our professional personal trainers!

📍 WHERE
BEAC GYM

🕒 OPENING HOURS
MO-SUN: 8:00-22:00

@ WHO CAN HELP ME? PERSONAL TRAINING
BUYING PASSES ZOLTÁN VARGA
SZERVEZES@BEAC.ELTE.HU VARGAZOLTANPT@GMAIL.COM

KUNG-FU

LÁSZLÓ LISZKA - HEAD SIFU MASTER

f TUNG SE



"Kung-fu is the crutch for life" - this is the motto of Sifu László Liszka. Come and discover with us the boundaries of you body and soul and step over them. Learn to defend yourself and weaker people. If you are looking for more than a simple sport and like challenges, join us.

Come and discover the world of the Seven Star Northern Praying Mantis Kung Fu! When you put on the black outfit and mantis T-shirt of this style and step into the sports hall for the first time, you have butterflies in the stomach, but you can feel it right away that you are becoming a member if a strong and converging community, you will have a guide on the road and the adventure ahead of you will change your life forever.

📍 WHERE?
1039 BUDAPEST
MEDGYESSY FERENC U. 2-4.

🕒 WHEN?
TUE/THU: 17:30-19:00

@ WHO CAN HELP ME?
LÁSZLÓ LISZKA
TUNGHSE1994@GMAIL.COM

FOOTBALL

PÉTER JUHÁSZ - ELTE SPORT SCHOLARSHIP HOLDER

WWW.BEACFOCI.HU



You don't have to introduce football to anyone. The most popular sport in the world has millions of fans and players. It develops muscles, stamina, discipline and tactical skills at the same time, and it teaches you to think in a team and makes your body and mind work. I joined the team in 2016. It was one of the best decisions of my life. BEAC is not only a great opportunity because we play football in a team strongly connected to the university,

but it also is a community of friends. We are convergent on and off the field. The experiences we lived together in BEAC and the memories are fantastic. You can join two teams! We have two trainings a week and you can show what you can do at the championships at weekend. Moreover, preparatory tournaments make the pre-seasons more colourful. 121 years, historic club, friends, football.

 **BEAC NAGYPÁLYÁS LABDARÚGÁS CSOPORT**

 **ELTE-BEAC LABDARÚGÁS**



WHERE?
MÉRNÖK STREET
SPORTS COMPLEX



WHEN?
WEEKDAY
EVENINGS



WHO CAN HELP ME?
PÉTER JUHÁSZ
JUHASZ.PETER@OUTLOOK.COM

MODERN DANCE

EDI WÉBER - ARTISTIC DIRECTOR



Dance is an art and a sport at the same time. In this style you can find yourself, express your inmost feelings and acquire a broad dance technical and background knowledge to do so.

We learn modern dance techniques, contemporary dance and jazz dance but our classes often include contact dances as well. I recommend it for those who like dancing, following the music and are interested in a style that is based on classical ballet, isolations and natural movements.

 **ELTE MODERNTÁNC**

 **TÁNCOLJ VELÜNK AZ ELTE-N**



WHERE?
BHG DANCE
STUDIO



WHEN?
TUE/THU: 17:30-18:30
18:30-20:00



WHO CAN HELP ME?
EDI WÉBER
ELTEJAZZTANC@GMAIL.COM

MUAY-THAI

MÁTÉ SEBŐK - HEAD OF COACH



Muay thai is a thousand year-old martial art, which is a system of refined movement combinations. You can retain the basics very soon and as a result you will be able to use exercises learned at the trainings for self-defence in a risky situation. As the exact acquisition of the techniques happens during combat, muay thai has a great effect on self-confidence. Everyone is welcome who would like to practise sports in a good team, in good mood and last but not least achieve great results. The trainings are lead by Máté Sebők, ELTE recreation specialist and BEAC coach, who is still active in professional competitions. He was a member of the Hungarian team in Games Without Borders TV show in 2014 and 2015 and marched until the semi-finals in Ninja Warrior Hungary in 2017. Anyone interested is welcome to join us!



WHERE?
APÁCZAI HIGH SCHOOL



WHEN?
WE: 18.00-19.30
FRI: 17.00-18.30



WHO CAN HELP ME?
MÁTÉ SEBŐK
MATE.SEBOK86@GMAIL.COM

 **SEBŐK TEAM ELTE-BEAC MUAY-THAI SZAKOSZTÁLY**

 **MÁTÉ SEBŐK AKA KNOWLEDGE**

POLEFITNESS

LILLA FARKAS - HEAD OF COACH | EMESE HAVADTŐI - ELTE SPORT SCHOLARSHIP HOLDER



ELTE-BEAC polefitness team is a real curiosity, as on other Hungarian university offers courses in this extremely popular sport. So if you've been jealous seeing your friends' fantastic photos but you haven't tried it, this is for you: why not now?

If you've already tasted this world where we merge acrobatics with dance, choreography with passion and bodyshaping with stretching, then you know exactly

what is waiting for you in our team. It's a great advantage that you can come to class inside the university building. In case you're insecure, you should know that anyone can start polefitness regardless of age, previous experiences and bodyshape.

You only need to love challenges and be brave to step over your boundaries. Our motto: "See you in front of the mirrors, over your boundaries!"



WHERE?
BEAC MIRROR ROOM



WHEN?
ON WEEKDAYS



WHO CAN HELP ME?
LILLA FARKAS
ELTE.POLE@GMAIL.COM

VOLLEYBALL

ANDRÁS BÖGÖLY - HEAD OF DEPARTMENT



During my high school years I discovered this sport in the citadel of Hungarian volleyball, Kaposvár. I joined ELTE Volleyball Community, that was transformed into a department in January 2012 when I became head of the department. Volleyball is a spectacular and popular sport all around the globe. The simple it looks, the complex it is in reality. You are working 400 different muscles while playing volleyball. It develops coordination skills, it demands ability to think in a team just like all other ball sports. Our trainings are available for all students looking for physical activity, even

ryone will find the level suitable for them from beginner to advanced. The trainings incorporate physical performance development and ball techniques. Students who would like to go to competitions can participate at our department tournaments and they can be admitted to competition teams. Who do I recommend it and why? Movement, community, game, passion, competition. Some members of our team used to watch the trainings from the gym and joined, others found a new sport love and many had volleyball present all their lives. Everyone finds something in it that they love.



WHERE?
BEAC HALL



WHEN?
ON WEEKDAYS



WHO CAN HELP ME?
ANDRÁS BÖGÖLY
ELTEANDRIS@GMAIL.COM

CHESS

GYÖRGY GRIMM – HEAD OF DEPARTMENT

DR. CSABA BOGNÁR – ELTE SPORT SCHOLARSHIP HOLDER

 **BEAC SAKKOZÓI**



You are aiming for results but don't even know the steps? We will show you the way. Our chess trainings are perfect for different level participants. Not to leave anyone bored, a short introduction leads right to the game to put the learned tips into practice. Dr. Csaba Bognár is a FIDE master, and we also invite international masters to our trainings. The most enthusiastic participants can be admitted to the competition team of BEAC Chess Department. The most important goal of the coaches, György Grimm and László Jakobetz FIDE master is to get back to first class, however participation in the lower classes is also a great opportunity for amateurs to develop. We also hope that everyone will be able to represent ELTE at the national university competition.



WHERE?
LÁGYMÁNYOS CAMPUS



WHEN?
TUE: 18:00-21:00



WHO CAN HELP ME?

DR. CSABA BOGNÁR
CSBOGNARDR@GMAIL.COM

GYÖRGY GRIMM
GRIMM@BGSC.HU

SPINNING

SPINNING TRAININGS IN ALL SEASONS FOR A FRIENDLY PRICE!



If you would like to participate at a cardio training that's fun, join BEAC Indoor Cycling classes! If you wish for losing weight, shaping your body, release the stress of your studies or just spend your free time with some exercise, come to our classes! Our classes that are fitness or especially bicycle classes, we spin to beaming music with the guidance of coaches. We provide heart rate monitor watches, with which you can control the intensity of your training. Get a seasonal pass for autumn, winter, spring and summer trainings. We are waiting for you every day of the week with several trainings and experienced coaches. Come spinning at ELTE!



WHERE?
BEAC SPINNING
ROOM



WHEN?
ON WEEKDAYS



WHO CAN HELP ME?

BEAC OFFICE
CYCLING.BEAC@GMAIL.COM



ELTE-BEAC INDOOR CYCLING

ORIENTEERING

CSILLA HAJAS - DEPARTMENT CONTACT PERSON



Orienteering is a combination on orienting and running. This is a sport in which not only physical but mental fitness is also important. With orienteering you can develop your stamina and mental capacity at the same time. This is not only a sport but also a lifestyle that teaches you to fight, make quick decisions and focus your attention. All age groups can find the suitable category for themselves. At competitions, runners have to find a definite number of checkpoints with the help of a map and a compass. The order of arriving to the checkpoints is set but between the checkpoints you can select the route. Time is measured with an electronic chip. Orienteering is a hard sport, but it helps you fully relax and put your mind off problems. If you like nature and wish for an inclusive, nice community, this is where you want to be.



WHERE?
VARIOUS LOCATIONS



WHEN?
WEDNESDAY AFTERNOONS



WHO CAN HELP ME?
CSILLA HAJAS
SILA.HAJAS@GMAIL.COM



ELTE-BEAC TÁJFUTÁS CSOPORT

HIKING

DÁNIEL PÓSCH - DEPARTMENT CONTACT PERSON



Are you looking for an exercise which moves your whole body outside in fresh air? Would you like to get refreshed mentally and physically at weekend? You should come hiking with us! We usually wander around the region nearby Budapest on 20 km easy or medium difficulty distance trips. We also organise 30 km trips for advanced hikers. You don't need experience in hiking, however, some parts of the trip might require strength and endurance. We participate at national hiking movements such as the National Blue Trail. We also try performance hiking from time to time. We also have trainings during university holidays. In the autumn and spring break we organise tours longer than a day to further destinations in Hungary.



WHERE?
VARIOUS LOCATIONS



WHEN?
ON WEEKENDS



WHO CAN HELP ME?
DÁNIEL PÓSCH
LONGPOSCH@GMAIL.COM



ELTE-BEAC TERMÉSZETJÁRÁS

BADMINTON

FRUZZINA NÉMETHY - ELTE SPORT SCHOLARSHIP HOLDER



Would you like to do a sport that needs agility, excellent reflexes and stamina? Would you like to experience the world of badminton that is more serious than playing in the garden? Join us! Badminton is becoming more and more popular in the country, as this game can be played in any age groups regardless of gender or previous experiences. You can continue it with joy after learning the basics. The facility is there, we have all the equipment we need and during our varied trainings we provide the basis for playing badminton. Development is guaranteed and after a while you can try yourself at several competitions. This Olympics sport discipline offers you healthy exercise, fun and a feeling of success. What are you waiting for? Don't hesitate!



WHERE?
BEAC HALL



WHEN?
TUE/THU: 16:30-18:00



WHO CAN HELP ME?
FRUZZINA NÉMETHY
ZSINA.F@GMAIL.COM



ELTE TOLLASLABDA

TRIATHLON

GITTA KERESZTESI - DEPARTMENT CONTACT PERSON, HEAD COACH



Triathlon is one of the most popular individual sports in the 21st century. It's an excellent training method as it merges three different sports - swimming, cycling, running - and as a result it develops much more muscles and on the other hand there is less chance for someone to get bored of it. That is why I recommend it for everyone who would like to exercise. The trainings are varied, everyone can find the training that fits them most doesn't matter if they are beginners or advanced athletes. You can develop your skills separately. If you're very good at running, you still can come to the beginner swimming group and vice versa. The goal for everyone is to develop stamina and train the body in a balanced way and of course introducing regular physical activity to our everyday life.



WHERE?
BEAC 12. ROOM
ENTRANCE OF THE HALL



WHEN?
SEE: SWIMMING, RUNNING
BICYCLE



WHO CAN HELP ME?
GITTA KERESZTESI
GITTA.POLYTHLON@GMAIL.COM



POLYTHLON ETK ÉS SASHEGYI GEPÁRDOK

WWW.POLYTHLON.HU

SWIMMING

GITTA KERESZTESI - DEPARTMENT CONTACT PERSON, HEAD COACH



Swimming helps you use your body. It develops lungs, muscles and contributes to a healthy posture. I would make 1 or 2 swimming trainings obligatory for everyone doing office work. You'll see, it works miracles and is perfect for bodyshaping. During the trainings we work in 4 groups with 4 different routines. Everyone finds what they are looking for, no matter if you're a beginner or would like to swim across Lake Balaton. There are no boundaries, it is silent under the water and this is the most uplifting feeling in the world.



WHERE?
TÜSKE SWIMMING POOL
HAJÓS SWIMMING POOL



MIKOR?
TÜSKE - MO/WE/THU:
18:00-19:00, 19:00-20:00
HAJÓS -
TUE/THU: 6:00-7:30



WHO CAN HELP ME?
GITTA KERESZTESI
GITTA.POLYTHLON@GMAIL.COM

WWW.POLYTHLON.HU



POLYTHLON ETK ÉS SASHEGYI GEPÁRDOK

WATERPOLO

ZOLTÁN VÁRHELYI - COACH



You cannot play waterpolo without training. It's not like kicking or throwing a ball on the playground. You need regular practice for this sport. We are waiting for sportsmen who come to 2-3 trainings a week and play in the constantly evolving Budapest Waterpolo Championship, but of course we provide opportunities for development for those who only want to come to trainings and try themselves.

If you already have a team but you are an ELTE student, you can apply because you can play with first class players in the university championship, a highlighted event of the federation.



WHERE?
HAJÓS SWIMMING POOL
TÜZÉR STREET SWIM. POOL



WHEN?
HAJÓS: TUE/THU: 20:00-
TÜZÉR: FRI: 20:30-



WHO CAN HELP ME?
ZOLTÁN VÁRHELYI
WATERPOLO@BEAC.ELTE.HU



BEAC VÍZILABDA

ELÉRHETŐSÉGEK/CONTACTS

SPORTÁG/SPORTS	KAPCSOLAT/CONTACT	E-MAIL
Aerobik/Aerobics	Pulay Szilvia	elteerobik@gmail.com
Air Flow Jóga/Air Flow Yoga	Dömény Kata	airflow.beac@gmail.com
Argentín tangó	Balog Luca Eszter	elteargentintango@gmail.com
Asztalitenisz/Table tennis	Kanics Máté	kanicsm@gmail.com
Atlétika Szakosztály/Athletics	Gerendási István	beacatletikase1898@gmail.com
Ballansz tréning/Ballance training	Dömény Kata	bosu.beac@gmail.com
Box	Rozgonyi Áron	beacboxing@gmail.com
Brazil Jiu-jitsu/Brazilian Jiu-jitsu	Ránky Márta	ranky.marta@gmail.com
Cheerleading	Nagy-Kismarci Bence	nkbenca@gmail.com
Darts	Kass Zoltán	kazonacci@gmail.com
Falmászás/Climbing	Erdős Gábor	egyetemiedzes@gravitybudapest.com
Funkcionális köredzés/Functional training	Barátosi Levente	beac.eronlet.fitness@gmail.com
Futás/Running	Keresztesi Gitta	gitta.polythlon@gmail.com
Futsal	Árendás Tamás	beacfutsal@gmail.com
Hastánc/Belly dancing	Molnár Ágnes	elteoriental@gmail.com
Hip-Hop	Juranits Rita	eltehiphop@gmail.com
Jóga/Yoga	BEAC Iroda/BEAC Office	joga.eltebeac@gmail.com
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Karate	Novák Dóra	novak.dora@gmail.com
Kerékpár/Bicycle	Keresztesi Gitta	gitta.polythlon@gmail.com
Kettlebell	Gölöncsér Dániel	beac.eronlet.fitness@gmail.com
Kézilabda (férfi)/Handball (men)	Molnár Ádám	eltebeac.kezilabda@gmail.com
Kézilabda (női)/Handball (women)	Iváncsó Rebeka	eltebeac.kezilabda@gmail.com
Kick-box	Németh Márk	nemethmark9700@gmail.com
Konditerem/Gym	BEAC Iroda/BEAC Office	szervezes@beac.elte.hu

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SPORTÁG/SPORTS	KAPCSOLAT/CONTACT	E-MAIL
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Moderntánc/Modern dance	Wéber Edi	eltejazztanc@gmail.com
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Polefitness	Farkas Lilla	elte.pole@gmail.com
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Spinning	BEAC Iroda/BEAC Office	cycling.beac@gmail.com
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Természetjárás/Hiking	Pósch Dániel	longposch@gmail.com
Tollaslabda/Volleyball	Némethy Fruzsina	zsina.f@gmail.com
TRX	Barátosi Levente	beac.eronlet.fitnessz@gmail.com
Triatlon/Triathlon	Keresztesi Gitta	gitta.polythlon@gmail.com
Úszás/Swimming	Keresztesi Gitta	gitta.polythlon@gmail.com
Vízilabda/Water polo	Várhelyi Zoltán	waterpolo@beac.elte.hu
Kispályás labdarúgó-bajnokságok Five-a-side tournaments	Sajben Marcell	eltese2008@gmail.com

INFORMÁCIÓK/FOR FURTHER INFORMATION:

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