



2020 | 2021

ELTE

SPORT COMPASS

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www.beac.hu

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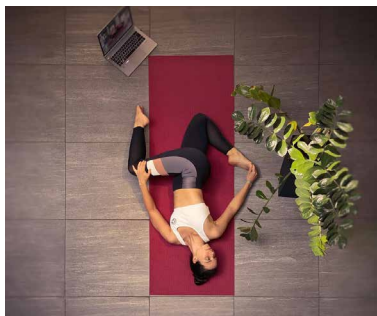
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SPORTS ALL THE TIME



5,700 people do sports regularly in nearly 40 disciplines thanks to the 20 departments of BEAC. We have organized 353 trainings and numerous matches around Budapest led by more than 70 trainers.

In the spring of 2020, government decisions were carried out regarding the epidemiological situation that significantly affected the operation of BEAC, our club. The closure of sports grounds and institutions in public and tertiary education affected performance, competitive and recreational sports as well.

The BEAC organizers responded extremely quickly to the needs and were among the firsts who started holding online workouts. Thus the “Sport at All Times” program was born, which was a sole point in difficult times with its virtual schedule and live broadcasts. Our aerobics and yoga classes were followed live by thousands from all over the country and even Europe. Moreover, we helped to survive the quarantine period with online fitness trainings and running tips provided by Gáspár Csere, our Olympian. Our main goal was to maintain our athletes’ health, keep them in shape, and provide them with regular workouts and sport activities. After the restrictions had been eased, we were thrilled to return to personal trainings in June.



BEAC has made significant improvements over the summer to provide quality sporting opportunities that are available for everyone wishing to do sports. On the new website we introduced an online membership-purchasing system besides easier information access.

We provide online workout videos and training programs when it is necessary. Furthermore, all hygiene regulations are observed during on-site trainings.

We do not know what the future holds, but one thing is sure for BEAC: we will always provide you with sporting opportunities. The free ELTE Sport Guide, which has been published every school year for 11 years, will help you make the best choice.

WELCOME



Dear University Students and Fellow Sportsmen!

Doing sports is an extremely important activity for healthy people. Moreover, the happenings of 2020 have further highlighted that regular exercise can help us overcome difficulties in all areas of our lives and also plays a big role in maintaining our mental alertness.

The coronavirus pandemic and the isolation ordered by the necessary measures worn many mentally and physically. In situations like this, any form of movement may alleviate many problems and has an essential role on maintaining our health. I firmly believe that even more young people, students and seniors have started to open up to some kind of sporting opportunities, since it is never too late to start something new. Do not be afraid to change your lifestyle, even if it is not always an easy task. I encourage everyone to find the right form of movement that is pleasing to them and can provide everyday relaxation throughout their whole lives.

I wish everyone a pleasant time and as many sport activities as possible

Prof. Dr. László Borhy - Rector of ELTE



Dear University Students and Fellow Sportsmen!

In the spring of 2020, we experienced a period during which our community sports collaborations became impossible for months. Because of the pandemic situation, we suffered a lot from the lack of doing our regular sports activities, maintaining our great relationships developed during doing sports and the plethora of opportunities to improve our mental and physical health has shrunk. We could not go to matches and many sporting events were cancelled. After the consolidation of the situation, we can clearly see that we have to appreciate even more the opportunities and communities that "guarantee" to sustain our mental and physical well-being. We should benefit from these experiences.

There is a great tradition of university sport in the history of ELTE, whose most important task is to provide healthy intellectuals and health-conscious adults to the society. As one of the greatest universities in the country, our goal is to ensure the physical development and the physical and mental balance of our students and employees, for which providing services, infrastructure and equipment is inevitable. I believe that the continuous development of sports infrastructure has a great importance to be able to serve the growing needs, which is why ELTE and BEAC are striving for closer institutional cooperation than ever before.

I wish unforgettable experiences for all of our students and I hope, doing sports will be an essential part of their lives. I hope that the

university's sport life will be active and diverse.

Dr. Gyula Scheuer - Chancellor of ELTE

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 sporting opportunities as well. There is a plethora of opportunities for young people who want to exercise during the university years and it is worth taking them, since you can be part of a great community and have numerous experiences that will accompany you throughout your whole 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 is highly important for us to keep abreast of the times. Therefore, we offer many new sport activities, such as 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 representatives of HÖK and the employees of BEAC to create a community worth belonging to. Feel free to contact us. We are very much looking forward to welcome you as a member of our team.

Mihály Horváth - President of ELTE Student Union



Dear ELTE Citizens,

University sports belong to everyone. As former students, our professional trainers do their best to provide you with unforgettable experiences. Depending on your level and goals, with BEAC you will be able to find what suits you the best. You can do sports together with enthusiastic amateurs and even Olympians. You can choose from nearly 40 sports, participate in home tournaments, take sports classes as courses or join competitive sports.

BEAC is also at the forefront of introducing new sporting opportunities. You can engage in the most fashionable and modern sports at ELTE, such as fitness, martial arts, dance sports and even airflow yoga. You may join many of our programs during the year, but you can have some first-hand experience of sporting opportunities at ELTE Sport Week between 7 and 11 September.

Besides doing sports actively, we expect to see you as a spectator at our NBI Basketball Team matches, but also in the BEAC's team as organizers or coaches.

As the sports club of ELTE, we are committed to preserving the heritage of the 19th century Hungarian sports and the values of the Anglo-Saxon sports tradition, as well as offering quality sporting opportunities and a fantastic sports community.

Gábor Simon - Director of BEAC



INTRODUCING SPORTS AT ELTE

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! For further information please check our website: www.beac.hu

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@ppk.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, spine training, fat-burning, pilates, zumba

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

Racket sports: badminton, table tennis

Fitness sports: intensity mania, interval training, functional training, 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 for contacts and training times!



SPORT FOR DISABLED PEOPLE

ELTE pays special attention to inclusivity. In goalball and silent salsa trainings, which are PE classes for credits, abled and disabled students can do sports together, moreover, para swimming is also an option at the university. ELTE Online spoke with Krisztina Kovács, Head of the Special Student Affairs Support Office of ELTE (Speciális Hallgatói Ügyeket Támogató Iroda, SHÜTI) and Róbert Páni, the captain of the men's goalball team and the instructor of the goalball course:

SHÜTI helps students with disabilities to manage their tasks during university years. Do you also organize sporting opportunities?

Krisztina Kovács: When this center was established in 2015, we discussed with BEAC what different sports we could include within a physical education course that are accessible for our students. Our main goal was to provide our more severely disabled students with sporting opportunities, who are unable to choose any of the offered sport activities. The other goal was that our non-disabled students can get to know the situation of their fellow students with special needs through sport. That is why we introduced goalball. Róbert Páni, the captain of the Hungarian men's national team holds the courses and the School for the Blind provides us with the location of the trainings.



Para swimming provides an excellent opportunity for all physically and sensory disabled students to learn how to swim or improve their swimming skills with the help of professional trainers. And our course called silent salsa got its name because the two instructors are a hearing impaired couple who are competitive dancers. This also sensitizes the students: no one can be labelled, even with a severely hearing impairment, you can learn this dance perfectly.

Last year, the first goalball MEFOB was organized. What was this gap-filling event like?

K.K.: The atmosphere was great during the whole event. There were many teams from several universities, and numerous public figures also appeared. Among others, DJ-producer Pixa, Kinga Klivinyi, handball player of the Fradi national team, Fanny Vágó, 53-time national team football player, Tamás Kazi, Olympic athlete, László Szabó, the president of the MPB and László Murai, the president of HÖOK also visited the University National Championship, which I was delighted to have won by a team of ELTE. It will definitely continue in November.

Róbert, how did you get to know goalball?

Róbert Páni: In 1986, I worked at the School for the Blind as a guardian, where I had to take care of 33 naughty, blind children. At the age of 19, I had to try to reach out to the kids somehow so I could get them to do the things they needed to do in their lives. I first encountered goalball in the school hallway where the kids were playing with the ball in a completely disorganized way. They rolled, faulted at it, found immense joy in every goal and catching the ball; it was a liberating feeling for me to see their enthusiasm, as doing sports is a particularly great opportunity to develop the lives of the visually impaired together.



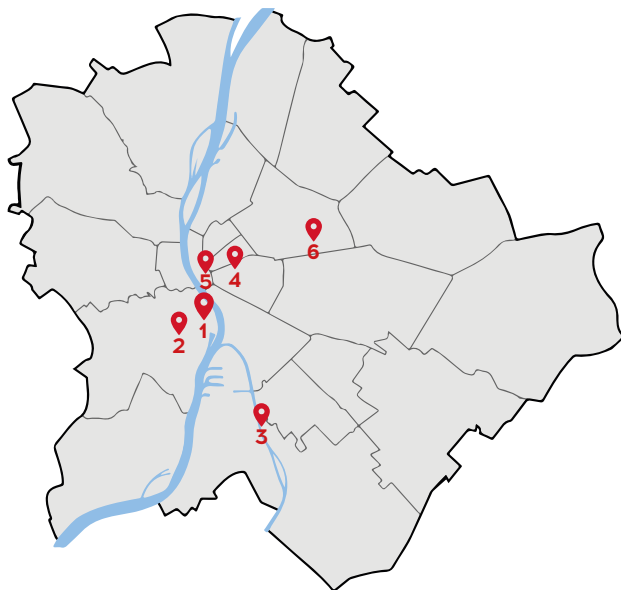
What makes goalball so special?

R.P.: Goalball is the only sport for the visually impaired that has been created especially for them. After putting the glasses on, a sighted person has the same chance as a visually impaired. This magic is what makes goalball the most popular sport for the visually impaired.

I would try it. Can anyone try it?

R.P.: Anyone who applies in the Neptun system. I strongly recommend it to everyone. Many students, even former ones, still return to the courses to this day. It seems we have managed to amaze them with the magic of goalball and the atmosphere created during the trainings.

SPORT VENUES



1 Bogdánfy sports complex - 1117 Bogdánfy st. 10.

aerobics, airflow, argentine tango, badminton, ballane training, jiu-jitsu, cheerleading, futsal, intenzity mania, yoga, karate, kettlebell, kick-box, muay-thai, polefitness, spinning, TRX, triathlon, basketball, handball, volleyball, gym, five-a-side championship

1 Tüske Hall and Swimming Hall - 1117 Magyar Tudósok körútja 7.

futsal, handball, basketball, swimming

2 Mérnök sports complex - 1119 Mérnök st. 35.

football, ive-a-side championship, aerobics, table tennis, belly dance, hip-hop

3 ELTE Water sport complex

1237 Vízisport st. 48.
kayak-canoe

4 ELTE Trefort Ágoston High School

1088 Trefort st. 8.
aerobis, cheerleading

5 ELTE Apáczai Csere János High School

1053 Papnövelde st. 4.
aerobics, functional training, yoga, volleyball

6 ELTE Radnóti Miklós High School

1146 Cházár András st. 10.
aerobics

OUR EVENTS

School Year Kick-Off Sport Campaign

24 August 2020 - 6 September 2020
www.beac.hu



DIÁKHITEL VIWA
 vitaminwater

ELTE Sports Week

7-11 September 2020
 FB: ELTE Sport7 2020



ELTE SPORT 7 VIWA
 vitaminwater

Football Championships

All year starting from September
www.beacfoci.hu



XXXIX. 5vös5 running competition

22 September 2020
www.eotvos5.elte.hu



II. Goalball MEFOB

19-20 November 2020
 FB: Csörgőlabda MEFOB 2020



V. University Sports Festival Budapest

November 2020
 FB: University Sports Festival BP 2020



VIWA
 vitaminwater

XII. Carpathian Basin Universities' Cup

Beginning of March 2021
www.kek.elte.hu



VIWA
 vitaminwater

ELTE Sports Night

April 2021
ejszakaisport.elte.hu



EJSZAKAI SPORT

VIWA
 vitaminwater

Yellow70 Hiking Day

1 May 2021
 FB: ELTE-BEAC Természetjárás



Love yourself



Jakabos Zsu

Európa-bajnok
úszó

VIWA

vitaminwater

Nagy Viktor

világ- és Európa-bajnok
vízilabdázó

www.viwa.eu



[/viwavitaminwater](https://www.facebook.com/viwavitaminwater)



[/viwa_vitaminwater](https://www.instagram.com/viwa_vitaminwater)

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 health. That is why we recommend either optional PE courses or BEAC trainings to our citizens. The OSC fencing-school, close to Egyetem tér, offers fencing courses for credits. Since 2018 the ELTE Sports Association has been waiting for those wishing to do aerobics, muay-Thai and functional trainings in the renovated, spacious gym of Apáczai High School next to Egyetem tér, which trainings we can recommend to all the students and teachers of the Faculty of Law.

The ELTE Jogászbajnokság is one of the futsal championships with the greatest traditions, which provides hundreds of law students and alumni with sporting opportunities 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.



The ELTE ÁJK team won the "Jurista Kupa" in 2019



Épée team at MEFOB

BÁRCZI GUSZTÁV FACULTY OF SPECIAL NEEDS



Every year we participate in the ELTE Inclusive Sports Day

A well-equipped and recently refurbished gym at Ecseri út 3 is waiting for sports enthusiasts. Providing sports opportunities for people with disabilities are extremely important to us.

Therefore, the leadership of the Student Union at the faculty put a great emphasis on inclusive possibilities at the Sports and Health Days, which is one of our most popular events.

In the first national MEFOB in 2019 our futsal team won the 8th place. Famous athletes of the faculty: Tímea Nagy two-time Olympic champion épée fencer, Rita Récsei Olympic long-distance walker and Miklós Srp, long distance walker.



Yoga at the Sports and Health Day organized by the faculty



Out futsal teacher's 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, a 5-time Hungarian champion and an Olympic marathon runner, who has already won the ELTE sports scholarship.

It has become almost a tradition that BEAC makes the students of the faculty move at numerous events. Students can encounter the BEAC's diverse sports offerings at faculty events, as the club often contributes to the programs through its on-site events. In the autumn, together with ÁJK, we also hosted the BEAC aerobics and lifestyle counseling during our on-site event. Our students do not do sports only in the traditional ways. For the second time this year, the Retro E-Sport Championship was held, where gamers had the opportunity to put their knowledge to the test.



Freshman Camp 2019, BEAC on-site event



Freshman Camp 2019, Break Dance performance

INSTITUTE OF BUSINESS ECONOMICS



Kristóf Szabó, member of BEAC Spartan photo: spartan.hu

Doing exercises and sports are highly important for ELTE GTI teachers and students that is why we regularly inform those interested about current events on our website and Facebook page.

Many of our colleagues compete on an amateur level or continue their trainings in the fitness sector. Our students gladly participate in various sporting events organized by ELTE, such as 5vös 5km Running Competition or FitNight.

Several GTI teams participate in the beacfoci.hu Lágymányosi Championship. Within BEAC, more and more people are finding their own sport. Krisztina Mázló, cheerdance department, Balázs Bence Tóth and Kristóf Szabó, members of the Spartan team, Lilla Lesznyák, polefitness competitor. Join the GTI sports team and choose from the classes offered by BEAC.



Krisztina Mázló, BEAC cheerdance athlete



Lilla Lesznyák, polefitness competitor photo: NIA PHOTO

SPORTY FACULTIES

FACULTY OF INFORMATICS



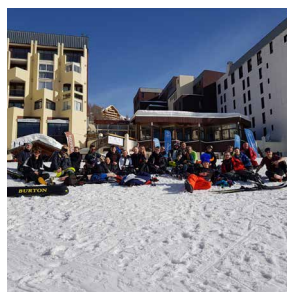
There is an opportunity for Geocatching during the SÉTA hiking series

Contrary to common belief, IT specialists spend a lot of time on doing sports and living a healthy lifestyle. Besides that sports facilities at Lágy-mányos offer great opportunities to satisfy everyday sports needs, the students of the faculty can choose from a huge number of larger-scale programs.

First-year students can have a first-hand experience of the IK sports mentality in a specially active freshman camp, and then, during the year, they can explore the country's hiking routes as part of the monthly SÉTA hiking program. And when winter arrives, we will invite our adventure seekers to snowy mountains with the Csúszik ski camp



We encourage students to do sports even in the freshman camp



The organizers of the 2019 Csúszik invited those who are interested to France

FACULTY OF EDUCATION AND PSYCHOLOGY



ELTE also supports the Olympic preparation of Gáspár Csere, a BEAC Hungarian champion marathon runner

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 trainings too. Among our students you can find Boglárka Kapás, bronze medal winning world champion swimmer, Attila Vajda, Olympic champion canoer and Alida Dóra Gazsó world champion kayaker. Balázs Juhász, Hungarian champion wrestler and Árpád Lőczy, university national team hockey player. Gáspár Csere, national champion marathon runner also belonged to our citizens.

Even many of our teachers do sport, hold trainings or referee in various disciplines. 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.



A health promoting laboratory was inaugurated in Szombathely



Alida Dóra Gazsó, our world kayak champion
photo: MTI/Tamás Kovács

SPORTY FACULTIES

FACULTY OF PRIMARY AND PRE-SCHOOL EDUCATION

Sports have traditionally played a major role in our faculty, as our students are also trained to coordinate the physical activity of young children. Besides teaching the methodology, we also consider it highly important to support the sports activities of our students. In order to do so, in the last six months we have expanded the number of our free and mandatory optional courses related to sports and exercise. In addition to the traditionally popular volleyball, our students can also enjoy beach volleyball, and wall climbing has also become available as a new opportunity. We try to adapt the opportunities offered by the newly launched course called "Movement World" to the needs of the students, thereby five-a-side football and aerobics have also been included.



Noémi Janek, academic assistant, won the Ultra-Trail Hungary photo: hegyfutashu



Prof. dr. Csaba Csikos, Deputy Dean, also completed the Budapest Half Marathon



Laura Szabó-Feltóthy, early childhood educator student also won 2 silver medals at the swimming MEFOB



At the ELTE Health and Sports Day, our colleagues performed among the best

FACULTY OF SOCIAL SCIENCES

Students of the Faculty of Social Sciences of ELTE can also participate in BEAC sports programs operating next to the Lágymányosi Campus, which also the headquarter of the faculty, and in the Lágymányosi Svős 5km Running Competition organized every year. Those interested can find more information about the current faculty and university sports programs on the faculty's and the TáTK's HÖK's Facebook pages.



You can compare your football skills at the BEAC's five-a-side football tournament in the vicinity of the Lágymányosi Campus.



The nearby sport complex in Bogdányf Street offers numerous sports opportunities

FACULTY OF SCIENCE

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 Day. Thanks to the proximity of the sports facilities at Bogdányf Street (sports fields, gyms, sports pool, etc.), our students can choose from many sporting opportunities.



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



Svős 5km Running Competition - at Lágymányosi Campus for 20 years



We are proud of Csaba Burján, Olympic gold medalist, student of ELTE TTK
Photo: Zsolt Czeglédi/MTI



AEROBICS

SZILVIA PULAY - SECTION 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 wish to participate in group trainings. 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 during the classes. We are looking forward to seeing you

every afternoon and evening from September with love, big smiles and the greatest workout plans. You can choose from 3 types of memberships, depending on where you live, where your courses are and where you walk around in Budapest. You can join to the trainings everywhere you wish. You will surely not find any better bargain than the unlimited BEAC Aerobics membership valid for 5 months. Do not hesitate, plan your workouts now.

 **BEAC Aerobik**

 **www.beacaerobik.hu**

 **beacaerobik**



WHEN?

Every day of the week



WHERE?

5 venues



WHO CAN HELP ME?

Szilvia Pulay
beacaerobik@gmail.com



BEAC
1898



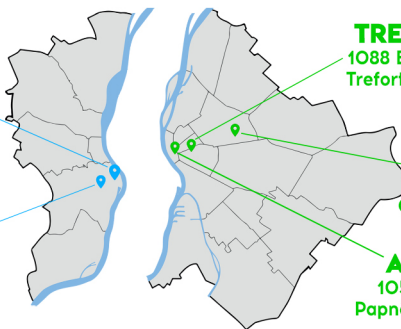
BEAC AEROBIK

“MOVING IS HAPPINESS!”

VENUES

BEAC
1117 Budapest
Bogdánfy street. 10/B

MÉRNÖK
1119 Budapest
Mérnök street 35.



TREFORT
1088 Budapest
Trefort street 8.

RADNÓTI
1146 Budapest
Cházár András st. 10.

APÁCZAI
1053 Budapest
Papnövelde street 4.

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

FOR FURTHER INFO AND TIMETABLE

 **BEAC Aerobik - Mozogni Boldogság**

 **beacaerobik.hu**

 **beacaerobik**



AIR FLOW YOGA

Kata Dömény - head coach
Erzsébet Jámbor - coach

 **WHEN?**
weekday evenings

 **WHERE?**
BEAC Mirror room

 **CONTACT**
Kata Dömény
airflow.beac@gmail.com

 **FACEBOOK**
Airflow

 **INSTAGRAM**
zenaerialflow

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 trainings, 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.



ARGENTINE TANGO

András Balogh - head coach

 **WHEN?**
Wednesday 17:30

 **WHERE?**
BEAC TT4 room

 **CONTACT**
András Balogh
elteargentintango@gmail.com

 **FACEBOOK**
ELTE Argentin tango

 **INSTAGRAM**
elteargentintango

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!



ATHLETICS

Imre Szabó - head coach

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.



WHEN?

On weekdays at 17:00



WHERE?

BME Athletics court



CONTACT

Gáspár Csere
beacatletikase1898@gmail.com



FACEBOOK

BEAC Atlétika 1898



INSTAGRAM

beacatletika



TABLE TENNIS

Kanics Máté - ELTE sportosztály



WHEN?

Wednesday: 18:00-20:00

Friday: 17:30-21:00



WHERE?

Mézők street
sports complex



CONTACT

Máté Kanics
kanicsm@gmail.com



FACEBOOK

ELTE BEAC Asztalitenisz



HONLAP

www.beacpp.elte.hu

Good reflexes and fine wrist movements are especially important in table tennis, but in the end, the winner will be the one who makes better decisions in a split second and who outpaces the opponent with several moves in their mind.

Each rally is a new opportunity to surprise your opponent with a creative solution. You can do all this for yourself or fighting for your team by putting forth your own personality or with a partner, shoulder to shoulder, where the balance between you too is the key to success.



BALLANCE TRAINING

Kata Dömény - head coach

Erzsébet Jámbor - coach

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

HIIT is a high intensity class where we do rounds of various exercises to develop stamina, strength and surface 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.



WHEN?

Weekday evenings



WHERE?

BEAC TT4 room



CONTACT

Kata Dömény
bosu.beac@gmail.com



FACEBOOK

BEAC BALLansz tréning



INSTAGRAM

ballanszbeac



BOX

Attila Grád - head coach

Áron Rozgonyi - ELTE Sport scholarship holder



WHEN?

Tue/Thu: 18:30



WHERE?

Soroksári Street Tesco's
strip mall



CONTACT

Áron Rozgonyi
beacboxing@gmail.com



FACEBOOK

ELTE BEAC Ökölvívás



INSTAGRAM

gradboxing

Are you interested in combat sports? Have you always wanted to try yourself in the ring? 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 or lose weight, come to a bodyshaping box training. Are your university years stressful? Come, get rid of stress at our fast-paced trainings, let your excess energy out. Break your limits in a friendly atmosphere at a cool box training.



BRAZILIAN JIU-JITSU

Erzsébet Váradi - ELTE sport scholarship holder

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 but we place great emphasis on 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.



WHEN?

Mon/Thu: 16:30-18:00



WHERE?

BEAC sports hall 4th field



CONTACT

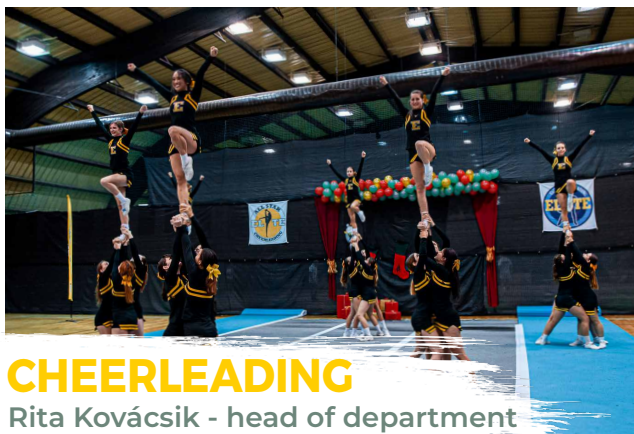
Erzsébet Váradi

varadi.erzsebet.julianna@gmail.com



FACEBOOK

ZRteam ELTE-BEAC



CHEERLEADING

Rita Kovácsik - head of department

Cheerleading is a sport composed of dance and acrobatics. Regardless of pre-training, everyone is welcome to our team! Besides cheerleading-specific training, we put great emphasis on strengthening, stretching and the dance team learns different types of ballet-based 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 with us. Our sportsmen visited several 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!



WHEN?

On weekdays in the evening



WHERE?

PPKE Sports Complex



CONTACT

Bence Nagy-Kismarci

nkbenice@gmail.com



WEBSITE

www.eltecheer.hu



FACEBOOK

ELTE Cheer Team

ELTE Cheer Dance Team



INSTAGRAM

eltecheerleading



DARTS

Zoltán Kass - head coach

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 CDFÜ 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.



WHEN?

Wednesday 18:30



WHERE?

CDFÜ Darts room
1053 Fejér György u. 1.
Next to Egyetem tér



CONTACT?

Gergő Gyurcsó
beac-gyuresz@vipmail.hu



FACEBOOK

Darts terem CDFÜ



PERSONAL TRAINING

ptbeac@gmail.com

Instagram: z_varga_pt



EXOS



BEAC ATHLETICS RUNNING CLUB

JOIN OUR RUNNING COMMUNITY NOW!



f BEAC Atlétika
www.beacatletika.hu

ELTE TTK STUDENTS UNION PRESENTS:



22.09.2020. | LÁGYMÁNYOS
START: 5:05 PM!

RUN WITH US ON THE INTERNATIONAL DAY



OF UNIVERSITY SPORTS!

Registration: eotvos5.elte.hu

f ELTE 5vös 5km

PHYSICAL PERFORMANCE AND FITNESS TRAININGS



INTERVAL TRAINING WITH WEIGHTS

Dániel Gölöncsér - head of department
Tünde Virág - coach

If you are in love with constant challenge, strength and stamina, our interval training with weights is your sport. We work with cast iron weights at our trainings which allow you to do endless combinations of dynamic and static exercises. You will be able to follow your development in a 10 grade system which helps you set new goals and gives you the possibility to achieve the next level. This professional program was developed by our coaches who have years of experience in the field and will support you from the beginnings to professional level.



WHEN?

Mon/Wed/Thu: 18:00-19:00



WHERE?

BEAC csarnok 4. pálya



CONTACT

Dániel Gölöncsér
beac.eronlet.fitness@gmail.com



FACEBOOK

ELTE-BEAC Erőnlét- és
Fitness Szakosztály



INSTAGRAM

beacforce



WEIGHTLIFTING

Dániel Gölöncsér - head of department

This training is recommended for those who are obsessed with developing strength. We created the training methodology from the simple yet great rules of physiology, which will help you continuously keep pushing your boundaries to achieve the next level. We use the Olympic bar, dumbbell weights, cast iron weights and your own bodyweight to develop your strength to heights you have never dared to dream of. We apply the preventive approach at this training too, you could become as strong as titans, your body will be covered with defined, usable muscles.



WHEN?

Mon/Wed/Thu: 18:00 és 19:00



WHERE?

BEAC small gym



CONTACT?

Dániel Gölöncsér
beac.eronlet.fitness@gmail.com



FACEBOOK

ELTE-BEAC Erőnlét- és
Fitness Szakosztály



INSTAGRAM

beacforce



FUNCTIONAL CIRCUIT TRAINING

Bálint Kovács - coach

During functional circuit training we use a several tools to move and develop the whole body. We recommend intensive circuit trainings for those who like diversified and fast-paced classes. Beginners and advanced level sportsmen will also find them challenging as the resistance of our tools can be changed, and exercises can be personalized. The circuit trainings involve TRX, rope, RIP Trainer tools and bodyweight exercises.



WHEN?

Tue/Thu: 19:00 és 20:00



WHERE?

Apáczai High School



CONTACT?

Bálint Kovács

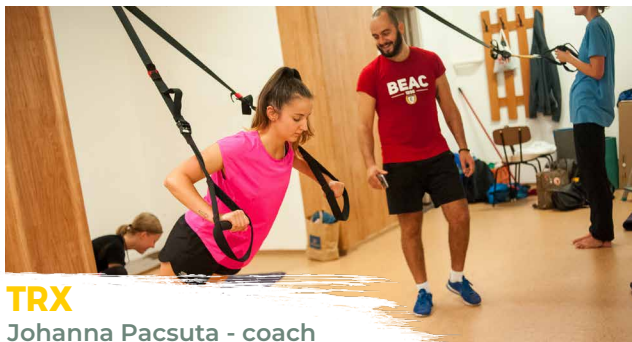
beac.eronlet.fitnessz@gmail.com



FACEBOOK

ELTE-BEAC Erőnlét- és

Fitness Szakosztály



TRX

Johanna Pacsuta - 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!



WHEN?

Mon/Tue/Thu: 19:00 and 20:00



WHERE?

BEAC Mirror room



CONTACT

Johanna Pacsuta

beac.eronlet.fitnessz@gmail.com



FACEBOOK

ELTE-BEAC Erőnlét- és

Fitness Szakosztály



INTENSITY TRAINING

Bálint Kovács - 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 for 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?



WHEN?

Mon/Wed: 18:00-19:00



WHERE?

BEAC hall 4th field



CONTACT

Bálint Kovács

beac.eronlet.fitnessz@gmail.com



FACEBOOK

ELTE-BEAC Erőnlét- és

Fitness Szakosztály

2020
7-11th of September

ELT SPORT

FUTSAL | HANDBALL | BASKETBALL
WATERPOLO | BOX | JIU-JITSU
KUNG-FU | MUAY THAI | BOKU
PILATES | ZUMBA | FAT BURNER
CHEERLEADING | BELLY DANCE
FUNCTIONAL TRAINING | INTERVAL
WEIGHTLIFTING | TRX | AIRFLOW
TRAINING | DARTS | CLIMBING
POLEFITNESS | CHESS | SPINNING
SWIMMING | RUNNING | CYCLING
TABLE TENNIS | BADMINTON

■ **TEAM SPORTS** ■ **MARTIAL ARTS** ■ **AEROBICS** ■ **DANCING**

THE EVENT IS FREE! CHECK OUR FB EVENT FOR FURTHER

ELTE SPORTS WEEK



MAIN VENUE
ELTE SPORTS COMPLEX
1117 Bogdánfy street 10.

BALL | FOOTBALL | VOLLEYBALL |
SU | KARATE | KICK-BOX |
GYSHAP | SPINE TRAINING |
ARNING | ARGENTINE TANGO |
E | HIP-HOP | MODERN DANCE |
NSITY MANIA | KETTLEBELL |
W | ATHLETICS | BALLANCE
NG | YOGA | KAYAK-CANOE |
ING | ORIENTEERING | HIKING |
CLING | TRIATHLON | FENCING |

■ FITNESS TRAININGS ■ OTHER SPORTS ■ RACKET SPORTS

FOR MORE DETAILS AND TIMETABLE:  ELTE PORT7 2020



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 begin-

ner 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



WHEN?

Every day of the week



WHERE?

Mammut Shopping Mall



CONTACT

Gábor Erdős
egyetemiedzes@gravitybudapest.com



RUNNING

Virág Borosnyay - coach

Running is an enjoyable, joyful exercise which has serious preventive healthcare benefits. You just need to do it and the results speak for themselves.

Polythlon Sashegyi Gepárdok (the cheetahs) are a close-knit team, the atmosphere is great and friendly which is also enhanced by coach Gábor Szabó.

Various venues and different level teams give you a great opportunity to prepare for short distances or even a marathon. Join us if you would like to improve!



WHEN?

Mon/Tue/Thu 18:00-20:00



WHERE?

BEAC Ground Floor 12.



CONTACT

Virág Borosnyay
polythlonklub@gmail.com



FACEBOOK

Polythlon ETK és Sashegyi Gepárdok



WEBSITE

www.polythlon.hu



**JOIN OUR
BEAC SPARTAN
TEAM!**



BEAC SPARTAN FB GROUP



SPARTAN™



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. I turned it into a profession; 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 soci-

ety. 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**



 **www.beacfoci.hu**



 **eltebeacfutsal**



WHEN?

Men: Wed: 18:30 | Thu: 19:30
Women: Tue: 20:30 | Thu: 21:00

WHERE?

Men: Tüskecsarnok | BEAC
Women: BEAC hall

CONTACT

Tamás Árendás
beacfutsal@gmail.com



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BEACFOCI.HU

5-A-SIDE TOURNAMENTS

4 venues | 15 tournaments | 160 team
1 COMMON PASSION: 5-A-SIDE TOURNAMENT!

WE ARE JUST WAITING FOR YOU!

Apply with your team in Budapest
to the biggest football tournament!

www.beacfoci.hu



ELTE-BEAC Futsal Bajnokság



BELLY DANCE

Ágnes Molnár - head teacher
Zsanett Hertelendy - teacher

Belly dance 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 practicing techniques and learning about styles. 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 and also if you are an experienced belly dancer.



WHEN?

Mon/Tue: 19:00 | Fri: 18:00



WHERE?

Mérnök street sports complex



CONTACT

Hertelendy Zsanett
elteoriental@gmail.com



FACEBOOK

ELTE Oriental
Hastánccsoport



FACEBOOK

Táncolj velünk az ELTE-n



HIP-HOP

Rita Juranits - head teacher



WHEN?

Mon/Thu: 17:30



WHERE?

Mérnök street sports complex



CONTACT

Rita Juranits
eltehiphop@gmail.com



FACEBOOK

ELTE Hip-hop



FACEBOOK

Táncolj velünk az ELTE-n

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!



YOGA

YOGA COURSES FOR SPECIAL
PRICE EVERY SEASON



WHEN?

Vary by season

WHERE?



BEAC Sports Complex
Apáczai High School
ELTE Fűvészkert



CONTACT

BEAC office
joga.eltebeac@gmail.com



FACEBOOK

ELTE-BEAC Jóga



The aim of **spinal yoga** is to professionally move your spine, during which the range of motion of the spine increases. Muscles and joints are strengthened and stretched in a balanced way. Static endurance yoga poses correct the flaws of general posture. As we spend more time in the asanas and repeat them several times, the freedom of movement develops in the body and proper posture is established.



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.



We practice synchronous breathing during **Vinyasa flow** classes, so we flow from one pose to another. We move the whole body with dynamic sequences of movements, while completely turn off the constantly distracting mind, relieve stress and increase stamina. The flow experience during the lessons can be transferred to everyday life.



Fascial yoga is a system of approach along which we modify traditional yoga practice in a few cases. Fascia is the human connective tissue that connects everything in the body. In the classes, we work on connected chains to make flexibility, mobility, and strength development even more effective. You can expect dynamic, flow-like classes where we safely increase the range of motion of narrowed joints and muscle strength.



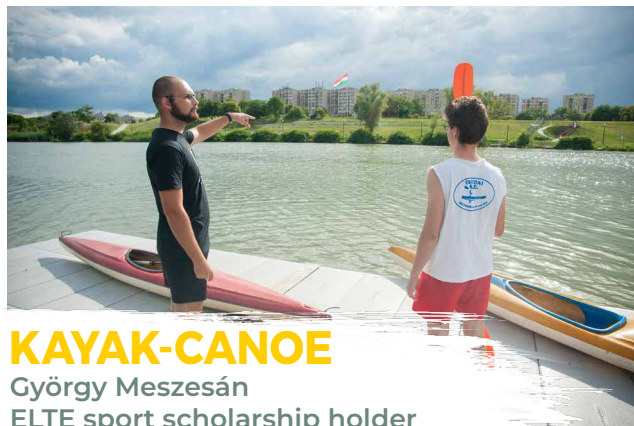
The **yoga wheel** takes yoga to a new dimension. It helps you safely perform advanced poses and back bends, and stretches your body in places we would not be able to reach otherwise. We always use the wheel just the way we need it, there are times when it makes it easier to practice, there are times when it poses challenges. This type of yoga classes drastically increases flexibility, sense of balance, and concentration.



The **Ozoana** posture fixing method is a special course that specifically restores the 7 main causes of posture flaws. It eliminates back, neck and low back pain, corrects hip problems, pre-positioned head posture and goose foot. Continuous exercise with special equipment regenerates the entire musculoskeletal system.



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.



KAYAK-CANOE

György Meszesán
ELTE sport scholarship holder

If sports on land are not exciting enough, you would like to try yourself in a new environment and you are not afraid of water, come to ELTE Watersport Complex, where you will get acquainted with kayak-canoe. Kayak-canoe is a great activity to develop stamina, balance and endurance.

We start everything from the basics, so beginners are also welcome. Of course, those who progress well during the semester will have the opportunity to compete. Our trainings on water are organised from 15 April until 31 October. In the rest of the year, we work out at the gym. Anyone interested is welcome to join our team.



WHEN?

Tue/Thu: 17:00-18:30



WHERE?

ELTE Water Sports complex



CONTACT

György Meszesán
eltevezes@gmail.com



FACEBOOK

ELTE Kajak-kenu



KARATE

Judit Horváth, Dóra Novák - teachers
Anna Györffy - ELTE sport scholarship holder



WHEN?

Mon/Wed: 17:15-18:45



WHERE?

Radnóti High School



CONTACT

Dóra Novák
novak.dora@gmail.com



FACEBOOK

Karate-do International
Magyarország ELTE-BEAC
Dojo



INSTAGRAM

kdieltedojo

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

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



HANDBALL

Rebeka Iváncsó

ELTE sport scholarship holder

You played handball before university and would like to continue it? Or maybe you've never tried but you feel it's time to try something new? Did the photos make you 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 women team has two trainings a week in the halls of Tüskecsarnok, 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?

Tue/Thu: 20:00-21:30



WHERE?

Tüskecsarnok



CONTACT

Rebeka Iváncsó

eltebeac.kezilabda@gmail.com



BICYCLE

Virág Borosnyay - coach
Tamás Molnár - coach

Come cycling in our team to learn everything you want to know about your bike! You can discover the best cycling routes in the neighbourhood, learn to ride in a group, develop your agility, road safety on the bike and we can teach you the basics of repairing a bicycle.

We ride together to Szentendre or Visegrád, visit Csepel Island and many more places. In winter we make up for the lack of outdoor training with some spinning and riding on rollers. Come and join us!



WHEN?

Sat: 9:00-13:00



WHERE?

BEAC Ground Floor 12



CONTACT

Virág Borosnyay
 polythlonklub@gmail.com



FACEBOOK

Polythlon ETK és
 Sashegyi Gepárdok



HONLAP

www.polythlon.hu



KICK-BOX

Márk Németh - head coach



WHEN?

Tue/Thu: 19:00-21:00



WHERE?

BEAC hall 4th field



CONTACT

Márk Németh
 nemethmark9700@gmail.com



FACEBOOK

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!



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JOIN OUR ONLINE
COMMUNITY!



www.beac.hu



[instagram.com/beac1898](https://www.instagram.com/beac1898)



[facebook.com/elte.beac](https://www.facebook.com/elte.beac)



BASKETBALL

Anna Varga | Alex Molnár
ELTE sport scholarship holders

Would you like to be a member of 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 just be a member of a good community. 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 university women team is directed by Anna Laklóth, former member of the national team and long-term player of our first class (NB1) adult team. Anyone interested in basketball is welcome! If you've tried it before and would like to continue during university years in the colours of ELTE, you can join the university championship team! You can also come if you simply want to try something new. We provide trainings where you can join anytime regardless of experience.

f ELTE-BEAC Kosárlabda

f BEAC Női Kosárlabda Szakosztály



WHEN?

Weekday evenings



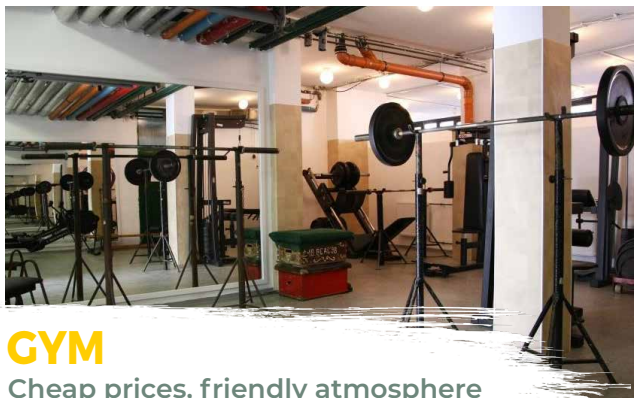
WHERE?

Tűskecsarnok
BEAC sports hall



KIT KERESSEK?

Women: Anna Varga
vargaanna12345@gmail.com
Men: Alex Molnár
molnar.alex98@gmail.com



GYM

Cheap prices, friendly atmosphere

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



WHEN?

Mon-Sun: 8:00-21:00



WHERE?

Bogdányfő street sports complex



CONTACT

Buy your pass online:
www.beac.hu



PERSONAL TRAINING

Zoltán Varga
vargazoltanpt@gmail.com



FACEBOOK

ELTE-BEAC Edzőterem



KUNG-FU

Sifu László Liszka - head master



WHEN?

Tue/Thu: 17:30-19:00



WHERE?

**1039 Budapest
Medgyessy Ferenc u. 2-4.**



CONTACT

Sifu László Liszka
tunghse1994@gmail.com



FACEBOOK

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 your 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 of a strong and converging community, you will have a guide on the road and the adventure ahead of you will change your life forever.



FOOTBALL

Attila Szűcs - ELTE sport scholarship holder

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 2019. 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. The team is really 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 your talents in the championship at weekends. Moreover, preparatory tournaments make the pre-seasons more colourful.

122 years, historic club, friends, football. Join us!

 **BEAC Nagypályás Labdarúgás csoport**

 **www.beacfoci.hu**



WHEN?

Tue/Thu: 18:45-20:15



WHERE?

ELTE-BEAC Pluhár
István Football Field



CONTACT

Gergely Kovács
hajra.beac@gmail.com

41 GERGELY KOVÁCS
MIDFIELDER



BE PART OF OUR COMMUNITY! JOIN US NOW!
WWW.BEACFOCI.HU



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5-A-SIDE TOURNAMENTS

ALL YEAR, IN THE HEART OF BUDAPEST

How to join?

- 1. Gather your team!**
- 2. Choose the best tournament day!**
- 3. Register at www.beacfoci.hu!**

www.beacfoci.hu



ELTE-BEAC Futsal Bajnokság



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.



WHEN?

Tue: 18:00 - Mérnök

Tue: 19:00 - Mérnök

Thu: 18:30- Mérnök



WHERE?

Mérnök street
sports complex



CONTACT

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eltejazztanc@gmail.com



FACEBOOK

ELTE Moderntánc



FACEBOOK

Táncolj velünk az ELTE-n



MUAY-THAI

Máté Sebők - head coach



WHEN?

Wed: 19:00-20:30

Fri: 17:00-18:30



WHERE?

BEAC hall 4th field



CONTACT

Máté Sebők
mate.sebok86@gmail.com



FACEBOOK

Sebők Team ELTE-BEAC
Muay-Thai Szakág

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 increases self-confidence very much.

Everyone is welcome who would like to practise sports in a good team, in good atmosphere 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!



POLEFITNESS

Lilla Farkas - head coach

If you are amazed by the photos of your friends but you haven't had the chance to try it or if you would like to continue the trainings, don't let your chance slip away. We are waiting for you with polefitness, aerial hoop and complementary trainings at BEAC. 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. It's not an exaggeration, everyone can find their account here because this sport

includes strength exercises and artistic expression. Acrobatics, dance, choreography, stretching coupled with passion, bodyshaping and team building. Professional coaches welcome everyone from beginner to competition level. You can progress in your own pace, your muscles will gradually develop to harder and harder exercises. You can experience a spectacular result class by class, and in half a year you could enter competitions for beginners. See you in front of the mirrors, over your boundaries!

 **ELTE-BEAC Polefitness**

 **eltebeacpole**



WHEN?

On every weekday



WHERE?

BEAC Mirror room



CONTACT

Lilla Farkas
elte.pole@gmail.com



VOLLEYBALL

András Bögöly - head of 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 and it demands ability to think in a team.

Our trainings are available for all students looking for physical activity, everyone will find the level suitable for them from beginner to advanced sportsmen. 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. We all find something in it that we love.



WHEN?

On every weekday



WHERE?

BEAC sports hall



CONTACT

András Bögöly
elteroplabda@gmail.com



CHESS

György Grimm - head of department
Dániel Grimm - ELTE sport scholarship holder

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. Dániel Grimm 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 primary goal of the coaches, György Grimm (head of the department) and László Jakobetz FIDE master is to get back to the first class championship, 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.



WHEN?

Tue: 18:00-21:00



WHERE?

Lágymányos Campus



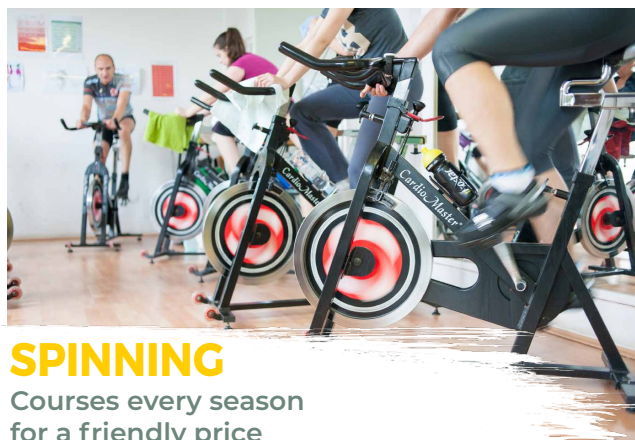
CONTACT

Dániel Grimm
 grimmdani@inf.elte.hu
 György Grimm
 grimm@bgsc.hu



FACEBOOK

BEAC sakkozói



SPINNING

Courses every season
for a friendly price

If you would like to participate at an effective cardio training that is also 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! At our classes that can be more fitness or especially bicycle-focused classes, we spin to beaming music with the guidance of the 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!



WHEN?

On every weekday



WHERE?

BEAC Spinning room



CONTACT

BEAC Office
 cycling.beac@gmail.com



FACEBOOK

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 your own 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.



WHEN?

Wednesday afternoons



WHERE?

Various locations



CONTACT

Csilla Hajas
sila.hajas@gmail.com



FACEBOOK

ELTE-BEAC Tájfutás csoport



HIKING

Péter Gál - ELTE sport scholarship holder

Are you looking for an exercise which moves your whole body outside in the fresh air? Would you like to get refreshed mentally and physically at weekend? You should come hiking with us! We usually wander around in the region nearby Budapest on 20 km easy or medium difficulty distance trips. We also organise 30 km trips for advanced hikers. Some parts of the trip might require strength and endurance, so hiking also requires a basic level of stamina and fitness. 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.



WHEN?

At weekends



WHERE?

Hills and valleys



CONTACT

Péter Gál
galpeti93@gmail.com



FACEBOOK

ELTE-BEAC Természetjárás



BADMINTON

Fruzsina 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 basics 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!



WHEN?

Tue/Wed: 16:30



WHERE?

BEAC sports hall



CONTACT

Fruzsina Némethy
zsina.f@gmail.com



FACEBOOK

ELTE Tollaslabda



TRIATHLON

Virág Borosnyay - coach

Tamás Molnár - coach

If you like challenge and you are looking for something new all the time, come and join us. You have to know how to swim, run and cycle. In Polythlon University Triathlon Club you can do all these three sports from beginner to advanced level separately or together as well. We take part in several competitions, we have 5-6 university championships a year (it is financed by the university), national championships, relay and team races. We organise our participation together (travel, accommodation) and we prepare our sportsmen with triathlon-specific trainings. See you in the team!



WHEN?

See: swimming, running, bicycle



WHERE?

BEAC Ground Floor 12.



CONTACT

Virág Borosnyay
polythlonklub@gmail.com



FACEBOOK

Polythlon ETK és
Sashegyi Gepárdok



WEBSITE

www.polythlon.hu



SWIMMING

Virág Borosnyay - coach
Tamás Molnár - coach

Do you like water? Would you like to learn to swim? Have you ever dreamed of swimming across Lake Balaton? If the answer is yes, this is your chance!

Polythlon Universitas Swimming Club welcomes you to daily trainings to different level groups from beginner to advanced. The trainings are 90 minutes long, and you can choose from early morning or evening times. Join us, develop with us and become a member of a great team!



WHEN?

M-F: 18:00, 19:00 (Tüske)
Tue/Thu: 6:00-7:30 (Hajós)



WHERE?

Tüske and Hajós Swim. Hall



CONTACT

Virág Borosnyay
polythlonklub@gmail.com



FACEBOOK

Polythlon ETK és
Sashegyi Gepárdok



WEBSITE

www.polythlon.hu



WATERPOLO

Zoltán Várhelyi - coach



WHEN?

Mon/Thu: 19:30-21:00



WHERE?

Hajós Swimming Hall



CONTACT

Zoltán Várhelyi
waterpolo@beac.elte.hu



FACEBOOK

BEAC Vízilabda

You cannot play water polo 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 Water polo 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 remarkable event of the federation.

KAPCSOLAT/CONTACTS

SPORTÁG/SPORTS

KAPCSOLAT/CONTACT

E-MAIL

Aerobik/Aerobics	Pulay Szilvia	beacaerobik@gmail.com
Air Flow Jóga/Air Flow Yoga	Dömény Kata	airflow.beac@gmail.com
Argentín tangó	Balogh András	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	Váradí Erzsébet	varadi.erszebet.julianna@gmail.com
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Darts	Gyurcsó Gergő	beac-gyuresz@vipmail.hu
Falmászás/Climbing	Erdős Gábor	egyetemiedzes@gravitybudapest.com
Funkcionális köredzés/Functional training	Kovács Bálint	beac.eronlet.fitnessz@gmail.com
Futás/Running	Borosnyay Virág	polythlonklub@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
Kajak-kenu/Kayak-canoe	Meszesán György	eltevezes@gmail.com
Karate	Novák Dóra	novak.dora@gmail.com
Kerékpár/Bicycle	Borosnyay Virág	polythlonklub@gmail.com
Kézilabda (női)/Handball (women)	Ivancsó Rebeka	eltebeac.kezilabda@gmail.com
Kick-box	Németh Márk	nemethmark9700@gmail.com
Konditerem/Cym	BEAC Iroda/BEAC Office	szervezes@beac.elte.hu
Kosárlabda (férfi)/Basketball (men)	Molnár Alex	molnar.alex98@gmail.com

KAPCSOLAT/CONTACTS

SPORTÁG/SPORTS

KAPCSOLAT/CONTACT

E-MAIL

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Polefitness	Farkas Lilla	elte.pole@gmail.com
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Tájfutás/Orienteering	Hajas Csilla	silahajas@gmail.com
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Tollaslabda/Volleyball	Némethy Fruzsina	zsina.f@gmail.com
TRX	Pacsuta Johanna	beac.eronlet.fitnessz@gmail.com
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Úszás/Swimming	Borosnyay Virág	polythlonklub@gmail.com
Vízilabda/Water polo	Várhelyi Zoltán	waterpolo@beac.elte.hu
Kispályás labdarúgó-bajnokságok Five-a-side tournaments	Sajben Marcell	eltese2008@gmail.com

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