



ATHENS – final report

Month/Year: March 2024

Code and name of the course: UPM126: EXERCISE IS MEDICINE: from theory to practice

Host University: Universidad Politécnica de Madrid

Facultad de Ciencias de la Actividad Física y del Deporte-INEF C/Martin Fierro, 7. 28040.

Madrid (Spain)

Course Language: English

Dates: 16.3. - 23.3. 2024

Student: Markéta Brodinová

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Transport:

Means of transport (+ price):

- Return flight Prague – Madrid, Ryanair, price approx. 4600 CZK

Local transport:

- 10-Journey Ticket – 4€ for the card, 6.1€ for 10 rides, 3€ airport fee (the card can be shared with another person)

Accommodation:

- Shared accommodation (Airbnb) with other students in Trafalgar for 3300 CZK/person.
- Our apartment was around 35 minutes walking from the school.

Food:

I mainly cooked together with my flatmates at our Airbnb or we bought some baguette and vegetables in a grocery store. We ate out a dinner few times. On the last day university provided us lunch for free which consisted of a starter, main course, and dessert.

Scholarship – the amount you have received: 9700 CZK

Please state in percentage: The scholarship covered 65% of my expenses.

Course schedule (how it was organised):

The course consisted of lectures, practical exercises, and work on a group project. The lectures covered topics such as body composition and nutrition assessment, physical activity and nutrition, thermography analysis, gait analysis, food allergies or exercise and genetics. Practical exercises were related to the lectures, usually, one volunteer performed the measurement which was then analysed. We also had an opportunity to try basketball in wheelchairs or some exercises without seeing to have the feeling of performing a sport when one is disabled. Last day we had the excursion to the Gymnastic museum and INEF-UPM high-performance building where Spanish top athletes train. The output of the course was just a group project, the topic was to find an intervention to increase physical activity among people and at the end of the whole course all groups presented their ideas.

Spare time:

There was an interesting program prepared for us by local students. They showed us the city during the *City game* and *Night walk*, one evening we watched the sunset while eating churros and they also organized the final party. Besides this, there was still plenty of time to explore the city, try local specialities and enjoy Madrid with other participants. Last day we also visited Toledo, a beautiful historical town about an hour from Madrid.

Overall Evaluation:

To sum up, I really enjoyed the time spent in Madrid. It was a nice mix of learning about new topics which I may not find at my university exploring a new town and socialising with international students. The organization of the course and the whole stay were really good. So for everyone thinking of applying for ATHENS, don't hesitate and do it!