



	MONTAG
10.00-14:00	*On-line surgical course 6. group dr.Dr. Ibitamuno Caleb
13:00-13:30	Introducing the Health Psychology Counseling Service Varga József, Gács Boróka
13:45-14:15	Introducing the Peer Program
16:00-20:00	*On-line surgical course 5. group dr.Kopjár Eszter

	DIENSTAG
10:15 - 11:00	*Core training
10.00-14:00	*On-line surgical course 6. group dr.Dr. Ibitamuno Caleb
11:00-11:15	Introduction of the Circle of Demonstrators
11:30-12:15	Undergraduate Research Society
13:30-13:45	Smarty on student exchange programs Tomózer Anett és Zoltai Judit Katalin
16:00-20:00	*On-line surgical course 5. group dr.Kopjár Eszter

	MITTWOCH
08:00-20:00	*On-line surgical course 2. group dr.Gasz Balázs
10.00-14:00	*On-line sebészeti varrókurzus 6. csoport dr.Dr. Ibitamuno Caleb
11:00-11:30	Introducing the Health Psychology Counseling Service Varga József, Gács Boróka
13:00-13:30	Gemeinsam zu einer rauchfreien Uni
14:00-14:30	Write the story with us! Univ Pécs
16:00-20:00	*On-line surgical course 5. group dr.Kopjár Eszter
17:00-17:45	Online relaxation Gács Boróka

	DONNERSTAG
10:00-11:30	Introduction to the "7 Habits of Highly Effective People" Gács Boróka
10.00-14:00	* On-line surgical course 6. group Dr. Ibitamuno Caleb
11:00-11:50	*Core training
14:00-14:45	Relationship and life cycles - interactive seminar and self-knowledge development workshop
16:00-20:00	*On-line surgical course 5. group - dr.Kopjár Eszter

	FREITAG
08.00-20:00	*On-line surgical course 2. group - dr.Gasz Balázs
11:00-11:45	Dancing University
10.00-14:00	*On-line surgical course 6. group dr.Dr. Ibitamuno Caleb
15.00-15:45	Online relaxation Gács Boróka
16:00-20:00	*On-line surgical course 5. group - dr.Kopjár Eszter

On-line surgical course

To improve the basic surgical skills (manual or instrumental knotting and suturing) using distance education. A Skill Box with all necessary medical tools will be sent to the registered students. Beside of that you will need a webcam or a phone with a camera to join the webinars. The goal of the practices is to deepen your basic knowledge and learn useful skills, tips and tricks from the everyday practice. If you complete the course (more than 90% attendance and successful exam), you will have the opportunity to have it accepted as Surgical Skills 1 course, or Basics of Surgical Simulation course (if you complete the Laparoscopy module afterwards).

Gemeinsam zu einer rauchfreien Uni

Warum ist es wichtig, dass die Uni rauchfrei wird? Welche Möglichkeiten gibt es, um dieses Ziel zu erreichen? Was kann man – aus studentischer Sicht – noch tun? - Wir werden uns mit diesen Fragen während des Programms beschäftigen. Alle rauchende und nichtrauchende StudentInnen, die in diesem Bereich aktiv arbeiten möchten, sind herzlich willkommen!

Das Programm wird von Erika Balogh (Assistenzprofessorin)

<https://yourlife.aok.pt.e.hu/staff-member.php?nev=balogh-erika>

und von Andrea Horváth-Sarródi (Assistenzprofessorin) geleitet.

<https://yourlife.aok.pt.e.hu/staff-member.php?nev=horvath-sarrod-Andrea>

Core training

Maybe You have already felt - even while preparing for graduation, for admission - that it was really uncomfortable to sit at the table / computer for a long time. Now You have the opportunity to learn some series of movements before starting the new / first semester, which You can also practice later, in order to prevent or stop problems arising from sedentary lifestyle (back and low back pain, poor posture, etc.).

In this program, the joints of the spine are thoroughly moved, and the muscles involved in the functioning of the spine are strengthened and stretched. It is a preventive training program compiled for basically healthy people. The focus of the program is strengthening back and abdominal muscles, buttocks, and shoulder muscles with Your own body weight. The program is given by Anett Végh, physiotherapist.

<https://yourlife.aok.pt.e.hu/staff-member.php?nev=vegh-anett>