

20th Intensive Course in Sport and Exercise Psychology hosted in Trikala, Greece

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During the last week of January 2016 (25th - 29th), 40 students from 22 different countries traveled to Trikala (Greece) to take part in the 20th intensive course of the Master's in Sport and Exercise Psychology. Top researchers and practitioners were invited to teach the students about recent insights in sport and exercise psychology. The lecture topics ranged from life-skills training to exercise addiction and the students were encouraged to stimulate discussions during sessions. This open environment created many intellectual conversations and aspired students to learn more about recent topics in the field of sport and exercise psychology.

Next to the top-notch lectures, the University of Thessaly organized several non-educational events. On Tuesday night, a Greek cultural event was organized. The Greek night began with a town hall meeting where two major European projects were presented. After the meeting, a dinner was organized with traditional music and Greek dancing (see picture 1). On Wednesday, we went on an excursion to Meteora, which is a beautiful place where Eastern orthodox monasteries were built on natural sandstone rock pillars (see picture 2).



Picture 1 (Photo by Nadia Philippou)



Picture 2 (Photo by: Gautam Kumar)

Looking back on the course we are all so grateful to take part in this wonderful and rewarding journey. In particular, we have been greatly inspired by fellow students and teachers. The relationships forged during this week helped us to establish a network of fellow students and teachers in the same field of expertise all over the world. In addition, the course showed that the future of sport and exercise psychology is very bright and promising. Therefore, we strongly suggest to prospective students to participate in this course if given the opportunity.

Finally, we would like to give our thanks and appreciation to the University of Thessaly. They did an outstanding job hosting this event and made all of us feel very welcome. Last but not least we want to express our gratitude to all the teachers who provided us with an inspiring learning experience.