

## The XXIX. Scientific Students' Association Conference Report

**Project Title: PTE ETK XXIX. Kari Tudományos Diákköri Konferencia 2023. Zalaegerszeg**

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I am thrilled to share with you my experience at the XXIX. Scientific Students' Association Conference held at the University of Pécs, Faculty of Health Sciences.

It was a delightful and educational event that exceeded my expectations and left me with a lasting impression. The journey to Zalaegerszeg was an adventure in itself, with comfortable transportation that provided an opportunity to mingle with fellow students from Hungary and beyond. The camaraderie was palpable, and it set the tone for what was to be an exceptional experience.

Upon arrival, we were pleasantly surprised to receive a comprehensive conference kit, which included vital materials such as a program booklet, a high-quality PTE ETK pen, and a meal ticket. The conference organizers also provided each attendee with a stress ball, which proved to be a useful tool for managing pre-presentation anxiety. The stress balls helped to ease any nerves we may have had, allowing us to remain calm and focused during our presentations.

The accommodations were cozy and well-appointed, creating a conducive atmosphere for networking with fellow attendees. The conference proceedings commenced with inspiring words from the committee heads, and the sessions were informative and stimulating, with each participant delivering their research with clarity and precision. The venue was stunning, and the opening ceremony was an impressive spectacle.

I must admit, I was a bit nervous before my presentation on "The Effects of Physical Activity During Menopause," but I was well-prepared, and it paid off. The jury panel asked some challenging questions, but I was able to answer them all with ease. The feedback I received was constructive and invaluable, and I left with a sense of accomplishment.

The gala afterparty was the cherry on top, with a delectable dinner, cakes, and desserts, and the opportunity to unwind and make new friends. It was a perfect way to end an already fantastic day.

The award ceremony was the highlight of the conference, where many students were recognized for their hard work. I felt a great sense of pride in being a part of such a successful event. The conference was a fantastic opportunity to expand my research skills, learn from my peers, and network with professionals in the field of health sciences.

In conclusion, the Sciences Student Conference at the University of Pécs, Faculty of Health Sciences, was an educational and enjoyable experience that I would highly recommend to anyone interested in this field. It was a remarkable event, and I extend my heartfelt congratulations to the Scientific Students' Association for organizing such a successful conference. I look forward to attending future events and expanding my knowledge in the field of health sciences.

DAVID DEBORAH OLUWAYEMISI

NURSING AND PATIENT CARE, PHYSIOTHERAPY 4TH YEAR