

MOBILITY REPORT

1. Basic Information on the Mobility

- Student Name: Eszter Fekésházy
- Home Institution: Hungarian University of Sport Science, Hungary
- Host Institution: University of Rome "Foro Italico", Italy
- Period: 2025/2026 Autumn Semester
- Programme: Pannónia Scholarship Programme

2. Description of Activities

During my semester at the Università degli studi di Roma "Foro Italico", I pursued a curriculum that balanced rigorous academic theory with practical sports science. My studies centered around four main courses. The cornerstone of my mobility was the Fondamenti di Sport Olimpico course, where I collaborated with a diverse group of international students. We developed comprehensive projects focusing on critical contemporary issues such as safeguarding in sport, the fight against match-fixing, dual career pathways for athletes, and gender equality. This course was characterized by deep dialogue and the analysis of EU-level policy documents.

In addition to my core subjects, I dedicated significant effort to language acquisition. I completed an 80-hour Intensive Italian Language and Culture course at Accademia StudioItalia, progressing to an A2 level, and participated in both English and Italian courses provided by the university. Both language units utilized highly sophisticated e-learning platforms, which provided a benchmark for modern digital education. Furthermore, I attended an Aqua Fitness course, which allowed me to explore the pedagogical and physiological aspects of water-based training. Outside the classroom, I also engaged with the activities of the Polo di Ricerca Sport e Benessere, gaining insight into research methodologies focused on physical well-being.

3. Relevance to Current Studies

As a student in the Physical Education and Adapted PE Teacher Training Program (undivided BA/MA) at HUSS, this mobility was perfectly aligned with my academic and professional trajectory. My background is rooted in the belief that sport is a powerful social and policy-driven domain. The subjects I studied in Rome acted as a bridge between my foundational knowledge of grassroots physical education and high-level institutional sports diplomacy. Specifically, the Fondamenti course expanded upon my previous sociological interest in international sporting events, while the Aqua Fitness classes provided fresh methodological ideas that I can directly apply to my work as a swim instructor. The mobility allowed me to see how the theoretical frameworks I studied in Budapest are implemented within the broader European Sports Model.

4. Professional and Academic Impact

The academic impact of this semester was transformative. It shifted my perspective from a performance-oriented view of sport toward a more holistic understanding of its social

responsibilities. Working in multicultural teams forced me to navigate different cultural approaches to sport integrity, which significantly sharpened my critical thinking and problem-solving skills. Professionally, the mastery of advanced e-learning tools and the achievement of an A2 level in Italian have greatly enhanced my versatility as an educator. The experience of studying in an international environment has not only improved my professional English but also gave me the confidence to operate in high-level institutional settings, preparing me for the complexities of international sports administration.

5. Cultural and Intercultural Experiences

Living in Rome provided an immersive cultural experience that went far beyond traditional sightseeing. By learning the Italian language, I gained a deeper understanding of the local way of life, culminating in my final project, "Il mio sport preferito – nuoto," where I successfully combined my professional passion with my new linguistic skills. My intercultural growth was furthered by active participation in university life; I joined ESN Roma ASE football matches, competed in a half-marathon with fellow ERA students, and even experienced the thrill of surfing for the first time. These moments, shared with peers from all over the world, reinforced the idea that sport and language are the most effective tools for building cross-cultural understanding and lasting human connections.

6. Contribution to Future Studies and Career Plans

This mobility has been a crucial milestone in my professional development. It has solidified my ambition to pursue a career where sport, education, and international relations intersect. The knowledge I gained regarding EU sport funding, policy monitoring, and Olympic values has directly prepared me for my next major goal: an internship at the EOC EU Office in Brussels. This semester proved that I can successfully integrate into international teams and contribute meaningfully to policy-related discussions. On a personal level, "finding my way back" to the simple joy of movement and community sport in Rome has redefined my pedagogical philosophy, which will benefit my future students as I aim to inspire them through the same passion I rediscovered here.

7. Overall Evaluation and Recommendation

Looking back on this semester, it was not merely about collecting credits, but about gaining a life-changing perspective. I am immensely grateful to the Tempus Public Foundation and HUSS for this opportunity. I achieved significant personal and professional milestones, from language certificates to a renewed connection with my field. I highly recommend the Università degli studi di Roma "Foro Italico" and the Pannónia Scholarship Programme to any student who is ready to step out of their comfort zone. It is an unparalleled opportunity for anyone seeking to understand the global impact of sport while growing as an individual in one of the world's most vibrant cultural capitals.

Teke'shazy Erdos

Budapest, 2026.02.14.

MOBILITÁSI BESZÁMOLÓ

1. Alapadatok

- Név: Fekésházy Eszter
- Küldő intézmény: Magyar Testnevelési és Sporttudományi Egyetem (TF)
- Fogadó intézmény: Università degli studi di Roma "Foro Italico", Olaszország
- Időtartam: 2025/2026 őszi félév

2. A tevékenységek bemutatása

A római Università degli studi di Roma "Foro Italico" falai között töltött félévem során egy olyan tantervet követtem, amely ötvözte a szigorú elméleti képzést a gyakorlati sporttudománnyal. Tanulmányaim négy fő pillérre épültek. A legmeghatározóbb a Fondamenti di Sport Olimpico kurzus volt, ahol olasz és nemzetközi hallgatókkal közösen dolgoztunk olyan kritikus témákban, mint a sportbeli gyermekvédelem (safeguarding), a mérkőzésbefolyásolás („bunda”) elleni küzdelem, a sportolók kettős életpályája, valamint a nemek közötti egyenlőség.

A szakmai tárgyak mellett nagy hangsúlyt fektettem a nyelvtanulásra is: az Accademia StudioItalia keretében egy 80 órás intenzív olasz nyelv- és kultúra kurzust végeztem el, amivel elértem az A2-es szintet, emellett egy szakmai olasz és angol kurzust is hallgattam az egyetemen. Mindkét nyelvi egység rendkívül fejlett e-learning platformokat használt, amelyek követendő példaként szolgáltak számomra a modern digitális oktatás terén. Részt vettem továbbá egy Aqua Fitness kurzuson is, amely lehetővé tette a vízi edzés pedagógiai és élettani aspektusainak felfedezését. Az egyetemi órákon kívül bekapcsolódtam a Polo di Ricerca Sport e Benessere kutatóközpont tevékenységébe is, ahol résztvevői oldalról nyerhettem betekintést a fizikai jólétre irányuló kutatási módszertanokba.

3. Kapcsolódás a jelenlegi tanulmányokhoz

A TF osztatlan gyógytestnevelő, testnevelő tanári képzésének hallgatójaként ez a mobilitás tökéletesen illeszkedett az eddigi szakmai utamba. Meggyőződésem, hogy a sport nem csupán fizikai teljesítmény, hanem egy társadalmi és szakpolitikai eszköz is. A Rómában hallgatott tárgyak hidat képeztek az iskolai testneveléssel kapcsolatos alaptudásom és a nemzetközi sportdiplomácia között. Az olimpiai alapismeretek kurzus közvetlenül kiegészítette a nemzetközi úszóversenyek társadalmi hatásaival kapcsolatos korábbi kutatásaimat, míg az Aqua Fitness órák olyan új módszertani ötleteket adtak, amelyeket úszóoktatói munkám során közvetlenül is kamatoztatni tudok.

4. Szakmai és tudományos hatás

A félév tudományos hatása meghatározó volt: a látóköröm a pusztán teljesítményorientált megközelítésről a sport társadalmi felelősségvállalása felé tolódott el. A multikulturális csapatokban végzett munka során különböző kulturális megközelítéseket ismerhettem meg a sportintegritás kérdéseiről, ami jelentősen fejlesztette a kritikai gondolkodásomat. Szakmai szempontból a modern e-learning eszközök használata és az olasz nyelv alapfokú elsajátítása

sokoldalúbbá tett pedagógusként. A nemzetközi környezetben végzett munka nemcsak a szakmai angolomat fejlesztette, hanem magabiztosságot is adott ahhoz, hogy később magas szintű intézményi közegben, akár a nemzetközi sportigazgatásban is megálljam a helyem.

5. Kulturális és interkulturális tapasztalatok

A Rómában töltött idő jóval többet jelentett a pusztán városnézésnél; egy mély kulturális integrációs folyamat részese voltam. Az olasz nyelv tanulása segített megérteni a helyi gondolkodásmódot, amelynek csúcspontja az "Il mio sport preferito – nuoto" című záróprojekt volt, ahol a sport iránti szenvedélyemet az új nyelvi készségeimmel ötvözhettem. Az egyetemi életbe is aktívan bekapcsolódtam: részt vettem az ESN Roma ASE, illetve ERA diákszervezetek focimeccsein, félmaratont futottam más nemzetközi hallgatókkal, és életemben először a szörfözést is kipróbáltam. Ezek a pillanatok megerősítették bennem, hogy a sport és a nyelv a két leghatékonyabb eszköz a kultúrák közötti megértés és az emberi kapcsolatok építésére.

6. Hozzájárulás a jövőbeni tanulmányokhoz és karriertervekhez

Ez a mobilitás mérföldkő a szakmai fejlődésemben. Megerősítette a célomat, hogy a sport, az oktatás és a nemzetközi kapcsolatok metszéspontjában dolgozzak. Az EU-s sportirányelvekről, a finanszírozási rendszerekről és az olimpiai értékekről szerzett tudás közvetlenül felkészített következő célomra: egy szakmai gyakorlatra az EOC EU brüsszeli irodájában. Személyes szinten a mozgás egyszerű öröméhez való "visszatérés" Rómában újradefiniálta a pedagógiai filozófiámat is, ami jövőbeli tanítványaim számára is előnyös lesz, hiszen ugyanazzal a lelkesedéssel szeretném inspirálni őket, amit itt újra felfedeztem.

7. Összegző értékelés és ajánlás

Visszatekintve erre a félévre, ez nem csupán kreditek gyűjtéséről szólt, hanem egy sorsfordító szemléletmódváltásról. Rendkívül hálás vagyok a Tempus Közalapítványnak és a TF-nek ezért a lehetőségért. Jelentős mérföldköveket értem el egy új nyelv megismerésétől kezdve a szakmai kapcsolatrendszerem bővítéséig. Jó szívvel ajánlom a Foro Italico Egyetemet és a Pannónia Ösztöndíjprogramot minden olyan hallgatónak, aki készen áll kilépni a komfortzónájából, és szeretné mélységében megérteni a sport globális hatását egy inspiráló nemzetközi környezetben.

Jekőházy Eszter

Budapest, 2026. 02. 14.



UNIVERSITÀ DEGLI STUDI DI ROMA "FORO ITALICO"

CERTIFICATE OF ATTENDANCE

*This document confirms that Mr/s ESZTER FEKESHAZY
coming from the HUNGARIAN UNIVERSITY OF SPORT SCIENCE
is being hosted at our institution within the framework of the Erasmus+ Programme.*

1. To be completed at the student's arrival

Date of the student's arrival: 09/10/2025
Name of the Host institution: University of Rome "Foro Italico"
Erasmus Institutional Code: I ROMA05
Name of Erasmus+ Officer: Paola Teti
Position: International Relations Administrative Officer
Date of Signature: 09/10/2025
Signature: Paola Teti
Official Stamp:

2. To be completed at the student's departure

Date of the student's departure: 05/02/2026
Name of Erasmus+ Officer: SARA RUGGIERO
Position: International Relations Administrative Officer STAFF
Date of Signature: 05/02/2026

Signature:

Official Stamp:



"Ai sensi dell'art.40, D.P.R. 28 dicembre 2000, n.455, il presente certificato è rilasciato solo per l'estero".

Learning Agreement Student Mobility for Studies

General information

Student	Last name(s)	First name(s)	Date of birth	Nationality	Gender [Male/Female]	Level of education (EQF level)	Field of education (ISCED code)
	Fekesházy	Eszter	2002.10.05.	Hungarian	Female	Mesterképzés: ISCED-7	1014-Sport
Sending Institution	Name	Faculty/ Department	City	Country	Contact person name; position; email		
	Hungarian University of Sports Science	-	Budapest	Hungary	mobility@tf.hu		
Receiving Institution	Name	Faculty/ Department	City	Country	Contact person name; position; email		
	University of Rome "Foro Italico"	Department of Movement, Human and Health Sciences.	Rome	Italy	relazioni.internazionali@uniroma4.it		

The level of language competence in Italian [indicate here the main language of instruction] that the student already has or agrees to acquire by the start of the study period is:

A1 ☐ A2 ☐ B1 ☐ B2 ☒ C1 ☐ C2 ☐ Native speaker ☐

Mobility type and duration

Learning Agreement for Studies type (select one)	Estimated duration (to be confirmed by the Receiving Institution)
Mobility type: - Long-term student mobility for studies ☒ - Short-term student mobility for studies ☐ - Excellence Programme ☐ / Excellence Programme with virtual component ☐	Planned period of the physical mobility: - Academic year [year/year]2025/2026..... - Starting date [<day>/month/year]09/10/2025... - End date: [<day>/month/year]27/02/2026...

Study Programme at the Receiving Institution

Table A	Component code (if any)	Component title at the Receiving Institution (as indicated in the course catalogue)	Term [e.g. autumn/spring; term]	Number of ECTS credits (or equivalent) to be awarded by the Receiving Institution upon successful completion
	123456	Kint felvett tárgy	Autumn/spring term	Kinti kreditérték, pl: 4 ETCS
	L22-23	Ulteriori conoscenze linguistiche - inglese (B1/B2 Level)	Autumn	4
	AFS-386	Lingua e cultura italiana per studenti stranieri	Autumn	4
	LM47-48	Sport diplomacy: a path to peace, education and social inclusion in europe	Autumn	4
	LM68R-04	Fondamenti di sport olimpico e cultura sportiva	Autumn	6
				Total: 18

Web link to the course catalogue at the Receiving Institution describing the learning outcomes: <https://www.uniroma4.it/index.php/international-relations/erasmus-programme/erasmus-incoming-students/?lang=en>

Activities carried out during short-term mobility for studies (if the table above is not applicable):

Recognition at the Sending Institution

Table B	Component code (if any)	Component title at the Sending Institution (as indicated in the course catalogue)	Term [e.g. autumn/spring; term]	Number of ECTS credits (or equivalent) to be recognised by the Sending Institution
		Elective subject	Autumn/spring term	Kinti kreditérték, pl: 4 ECTS
		elective subject	autumn	4
		elective subject	autumn	4
		elective subject	autumn	4
		elective subject	autumn	6
				Total:18

Provisions applying if the student does not complete successfully some educational components: [web link to the relevant information]

Recognition of the results of short-term mobility for learning (if the above table is not applicable - e.g. partial completion of a course, recognition as one of the measurement points of a course, etc.)

Description of a virtual component at Receiving Institution and recognition at the Sending Institution

[Applicable only for mobilities within the Excellence Programme - If the option of virtual component was selected the table below must be filled in]

Table C	Component code (if any)	Component title or description of the study programme at the Receiving Institution	Short description of the virtual component	Term [e.g.autumn/spring; term]	Number of ECTS credits to be awarded	Automatic recognition [Yes/No]
					Total: ...	

Commitment of the three parties

By signing this document, the student, the Sending Institution and the Receiving Institution confirm that they approve the learning agreement and that they will comply with all the arrangements agreed by all parties. The Receiving Institution confirms that the educational components listed are in line with its course catalogue or as agreed otherwise and should be available to the student. The Sending Institution commits to recognise all the credits or equivalent units gained at the Receiving Institution for the successfully completed educational components and to count them towards the student's degree. The student and the Receiving Institution will communicate to the Sending Institution any problems or changes regarding the study programme, responsible persons and/or study period.

Commitment	Name	Email	Position	Date	Approval (signature)
Student	Fekesházy Eszter	fekieszti@gmail.com	Student	2025.04.28.	<i>Fekesházy Eszter</i>
Responsible person at the Sending Institution	Denissza Blanár	mobility@tf.hu	Director of International Relations	2025.10.29	<i>[Signature]</i>
Responsible person at the Receiving Institution	Sara Ruggiero	relazioni.internazionali@uniroma4.it	Int.Rel.Adm.Staff	30/10/25	<i>Sara Ruggiero</i> 

Exceptional changes to the learning agreement

Exceptional changes to Table A

Table A2	Component code (if any)	Component title at the Receiving Institution (as indicated in the course catalogue)	Deleted component [tick if applicable]	Added component [tick if applicable]	Reason for change	Number of ECTS credits (or equivalent) to be awarded
	LM47-48	Sport diplomacy: a path to peace, education and social inclusion in europe	☒	☐	Choose an item.	4
	AFS-406	Fitness in acqua	☐	☒	Choose an item.	4
			☐	☐	Choose an item.	
Changes to the activities carried out during short-term mobility for studies (if the table above is not applicable):						

Exceptional changes to Table B (if applicable)						
Table B2	Component code (if any)	Component title at the Receiving Institution (as indicated in the course catalogue)	Deleted component [tick if applicable]	Added component [tick if applicable]	Reason for change	Number of ECTS credits (or equivalent) to be awarded
			☐	☐	Choose an item.	
			☐	☐	Choose an item.	
			☐	☐	Choose an item.	
Changes in the recognition of the results of short-term mobility for learning (if the above table is not applicable):						

Exceptional changes to Table C (if applicable)					
Table C2	Component code (if any)	Component title or description of the study programme at the Receiving Institution	Short description of the virtual component	Reason for change	Number of ECTS credits (or equivalent) to be awarded
				Choose an item.	
				Choose an item.	

Approval of exceptional changes to the learning agreement

By signing this document, the student, the Sending Institution and the Receiving Institution confirm that they approve the learning agreement and that they will comply with all the arrangements agreed by all parties. The Receiving Institution confirms that the educational components listed are in line with its course catalogue or as agreed otherwise and should be available to the student. The Sending Institution commits to recognise all the credits or equivalent units gained at the Receiving Institution for the successfully completed educational components and to count them towards the student's degree. The student and the Receiving Institution will communicate to the Sending Institution any problems or changes regarding the study programme, responsible persons and/or study period.					
Commitment	Name	Email	Position	Date	Approval
Student	Fekesházy Eszter	fekieszti@gmail.com	Student	21/10/2025	Fekesházy Eszter
Responsible person at the Sending Institution	Denissza Blanár	mobility@tf.hu	Director of International Relations	2025. 10.29.	
Responsible person at the Receiving Institution	Sara Ruggiero	relazioni.internazionali@uniroma4.it	Int.Rel.Adm.Staff	30/10/25	



Glossary

Term	Definition/Explanation
Nationality	Country to which the person belongs administratively and that issues the ID card and/or passport.
Level of education	Bachelor or equivalent first cycle (EQF level 6) / Master or equivalent second cycle (EQF level 7) / Doctorate or equivalent third cycle (EQF level 8). EQF level codes 6 to 8 are equivalent to the ISCED levels 6 to 8.
Field of education	The ISCED-F 2013 search tool available at http://ec.europa.eu/education/international-standard-classification-of-education-isced_en should be used to find the ISCED 2013 detailed field of education and training that is closest to the subject of the degree to be awarded to the student by the Sending Institution.
Contact person	A person who provides a link for administrative information and who, depending on the structure of the higher education institution, may be the departmental coordinator or works at the international relations office or equivalent body within the institution.
Long-term mobility	A physical study period abroad lasting from 2 to 12 months.
Short-term mobility	A physical study period abroad lasting from 2 to 30 days.
Excellence Programme	A physical study period abroad lasting from 1 to 6 months and taking place at the top 250 universities in the world (Times Higher Education, Quacquarelli Symonds).
Excellence Programme with virtual component	A combination of a physical and a virtual study period abroad lasting from 1 to 6 months and taking place at the top 250 universities in the world (Times Higher Education, Quacquarelli Symonds).
ECTS credits (or equivalent)	In countries where the <u>ECTS system</u> is not in place, in particular for institutions located in third countries not associated to the programme not participating in the Bologna process, "ECTS" needs to be replaced in the relevant tables by the name of the equivalent system that is used, and a web link to an explanation to the system should be added.
Level of language competence	A description of the European Language Levels (CEFR) is available at: https://europass.cedefop.europa.eu/en/resources/european-language-levels-cefr
Course catalogue	Detailed, user-friendly and up-to-date information on the institution's learning environment that should be available to students before the mobility period and throughout their studies to enable them to make the right choices and use their time most efficiently. The information concerns, for example, the qualifications offered; the learning, teaching and assessment procedures; the level of programmes; the individual educational components and the learning resources. The course catalogue should include the names of people to contact, with information about how, when and where to contact them.
Responsible person	An academic who has the authority to approve the Learning Agreement, to exceptionally amend it when it is needed, as well as to guarantee full and automatic recognition of the study programme described in the learning agreement on behalf of the responsible academic body. The name and email of the responsible person must be filled in only in case it differs from that of the contact person mentioned at the top of the document.
Reasons for deleting a component	1. Previously selected educational component is not available at the Receiving Institution 2. Component is in a different language than previously specified in the course catalogue 3. Timetable conflict 4. Other (please specify)
Reason for adding a component	5. Substituting a deleted component 6. Extending the mobility period 7. Adding a virtual component (only in case of the Excellence Programme) 8. Other (please specify)

Student	Last name(s)	First name(s)	Date of birth	Nationality	Sex[M/F]	Study cycle	Field of education
	FEKÉSHÁZY	ESZTER	05/10/2002	HUNGARIAN	F	Ambito di Mobilità: Exchange Programs	
The Sending Institution	Name	Faculty/department	Erasmus code	Address	Country	Contact person name; email; phone	
	Hungarian University of Sports Science			Alkotás u. 44, 1123 Budapest, Budapest	Hungary		
The Receiving Institution	Name	Faculty/department	Erasmus code	Address	Country	Contact person name; email; phone	
	UNIVERSITA' DEGLI STUDI DI ROMA "FORO ITALICO"	Movement, Human and Health Sciences	I ROMA05	Piazza Lauro de Bosis, 15, 00194, Roma (RM)	Italy	Paola Teti relazioni.internazionali@uniroma4.it	

Transcript of Records at the Receiving Institution					
Start and end dates of the study period: from 09/10/2025 to 05/02/2026					
Table C After the mobility	Component code	Component title at the receiving institution		ECTS credits	Receiving institution grade
	AFS-406	FITNESS IN ACQUA (WATER FITNESS)	Yes	4	Idoneo
		FITNESS IN ACQUA		1	
		FITNESS IN ACQUA		3	
	LM68R-04	FONDAMENTI DI SPORT OLIMPICO E CULTURA SPORTIVA	Yes	6	30 e lode
		CULTURA SPORTIVA		1	
		FONDAMENTI DI SPORT OLIMPICO		5	
	AFS-386	LINGUA E CULTURA ITALIANA PER STUDENTI STRANIERI	Yes	4	Idoneo
	L22-23	ULTERIORI CONOSCENZE LINGUISTICHE - INGLESE (ENGLISH 2)	Yes	4	Idoneo
				Total: 18	



Date: 09/03/2026

