

Source: <https://physiocongress.com/view-ecss-congress-contest-winner-isabeau/>

A view on the ECSS congress by our contest winner Isabeau

The experience of a young physiotherapist

As MSc Physiotherapist with the ambition to contain adequate knowledge and skills within the sports physiotherapy, I am always happy to get opportunities and to gain new relevant insights in this broad area.

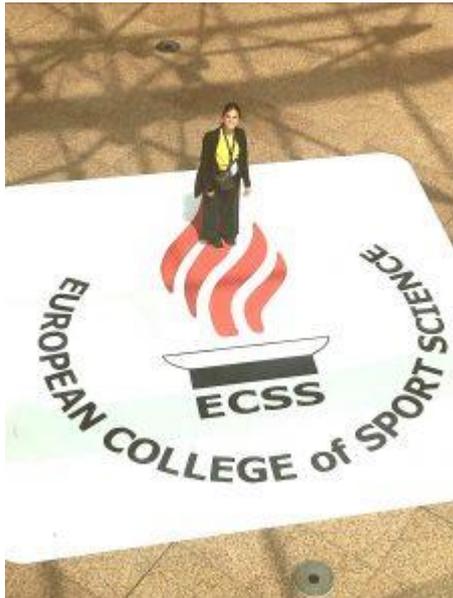
The Congress I joined due to the PhysioCongress was the ECSS ‘Cutting sport science at the edge’ in Dublin and this was an experience I will never forget. It was the first time I joined a Congress but definitely not the last one! I am honestly already looking forward to their next edition (2019) of this annual sport science Congress which will be in Prague. As you already can suppose, the ECSS are experts in making a fancy happening of it which you can combine with a city trip in the most wonderful European cities.



The ECSS, or fully the European College of Sport Science, provides a large amount of unique opportunities to learn, contribute to the latest developments in sports and exercise science and to widen your connections. It is their aim to promote science and research, with special attention to the interdisciplinary fields of sport science and sports medicine. Well, as Congress Guest who actively participated to the full program, I can say that the European College of Sport Science succeeded this year once more in realising their goal. And additionally, they captured it all in the impressive stimulating environment of the Convention Centre of Dublin.

These are indeed all praising words about the Congress, which you actually just have to confirm yourself when participating it, but if you check the program of the Congress then you will probably already agree. This 4-days event does not only provide you full-time with presentations about all kind of related topics, but also with workshops, evening and sportive

events, exhibition full of very interesting companies, plenaries, poster sessions, a fabulous Congress party and probably even more. All topics run parallel from each other so everyone will find at least one thing in their interest happening every moment of the day. Because of the busy programme it might even overwhelm you but all the necessary information was provided to organise your days at the Congress exactly how you want to so you can get the most out of it. As sport science Congress, the ECSS also managed foreseeing sport activities as a morning run besides other evening activities. In other words, you are able to get fully absorbed in the program and the atmosphere. These four days enrich you with the newest insights of all kind of research in all kind of sports related areas and give researchers the opportunity to spread the word of their studies.



It is said that this edition of the annual ECSS Congresses was one of their biggest and it was such a privilege to being part of it. I believe the multidisciplinary academic program was enjoyed by all. It fancied me a lot to be in the heart of the worldwide sport science unity where you can actually feel the passion to empower the skills to support physical and mental health.

The main thing I will always keep with me after leaving the Congress is to keep in mind *WHY* you do something, *WHAT* it is about and *WHICH* impact you wish to have with it.

Why should a physio join such a congress?

When the organisation of PhysioCongress first appeared to me, I was immediately very enthusiastic about their philosophy. Joining congresses is not only a very favourable way to catch up with the current research and knowledge, but also a way to widen your connections in a joinable environment. Besides, I do not believe there is a more efficient and amusing way to process research and in addition you have the direct possibility to discuss these with the experts themselves. In other words, if you are motivated to attain more inspiration, insights and knowledge related to sport science, this organisation is the one you need and you can just

find out all about it on their website. I wish all physios the benefits from this organisation, which I can confirm they give you, as they select the most competent congresses for you.

In conclusion I would like to say that participating to such invigorating congress is something I would recommend any physiotherapist or researcher related to the exciting field of sport science, which we do all admire in the end.

Want to know more about ECSS or the 2019 Prague edition?

Check out the website by clicking [here](#).