

PhD Bulletin

Issue 02 (2026) | July to September 2026

Quarterly Update from the Doctoral Community





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Contents

This second issue continues a regular quarterly format for sharing the main activities of the Doctoral Community. It brings together collaboration, science, research, events and meetings from July to September 2026.

Quarter in brief



11

blog entries



3

months covered



2

online archive

Previous issues

Issue	Period	PDF
01 (2026)	April – June 2026	

June



June, 22 | Meeting with Higher Education at the Wielkopolska Governor

The Council meeting provided a forum for discussions on the needs of doctoral students, cooperation among Poznań universities, and the future of young researchers...

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June, 26–28 | 1st International KRD Conference

The first KRD International Conference brought together research presentations, workshops, and collaboration among doctoral students from AWF Poznań...

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June/July



June, 30 | 1st Poznań Doctoral Students' Day

Poznań Doctoral Students' Day highlighted the potential for collaboration among universities, doctoral schools, and young researchers in our city...

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July, 8 | New Visual Identity of the Doctoral Students' Council

The new visual identity of the Doctoral Students' Council will streamline communication and strengthen the visibility of our community's activities...

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July



July, 22 | PDUKF Begins Its Activity

The first PDUKF meeting marked a new chapter in cooperation among doctoral students from universities of physical education, with the active involvement of AWF Poznań...

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July, 27 | Doctoral Students' Council Has Its Own Space at the University

Doctoral Students' Council gained its own space for work, meetings, and developing initiatives for the doctoral community...

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July/September



July, 30 | Poznań Doctoral Community Plans Its Next Activities

The meeting of Poznań doctoral student council chairs helped coordinate plans for upcoming events, projects, and further collaboration...

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September, 2 | Doctoral Students Kayaked on the Wełna River

The kayaking trip on the Wełna River combined active recreation, integration, and conversations among doctoral students from Poznań universities in a friendly atmosphere...

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September



September, 18–20 | AWF Poznań at the SMNS Training Meeting

The lectures and workshops addressed key topics for doctoral students: from rights and well-being to the internationalization of doctoral programs...



September, 21 | The 2nd PDUKF Meeting

The Second Meeting of the 2026 Term of the PDUKF marked a shift from organizational efforts to concrete actions, collaboration, and participation in nationwide initiatives...

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Published papers



Durkalec-Michalski K., Murawa M., Steffl M., Podgórski T., **Adamczewski J.**, Marchelek-Myśliwiec M., Jandova T., Vagner M., Nowaczyk P.

HMB supplementation combined with high-intensity functional exercise supports aerobic capacity but not strength in trained and untrained males: a randomized controlled trial

J Int Soc Sports Nutr

IF
4.9

MNiSW
100 pkt



Świdwa J., Król-Zielińska M., Kantanista A.

Temperament, personality and decision-making accuracy in handball referees

PLoS One

IF
2.8

MNiSW
100 pkt



Kaczmarczyk S., Ostapiuk-Karolczuk J., Cichoń-Woźniak J., Dziewiecka H., Basta P., Anna Skarpańska-Stejnborn A.

Effects of 8-week chokeberry extract supplementation on nitric oxide metabolites, immune markers, and oxidative stress in elite rowers: a randomized controlled trial

Sci Rep

IF
4.9

MNiSW
140 pkt



Murasaki J., **Adamczewski J.**, Dolan E., Roschel H., Artioli G. G., Gualano B., Saunders B.

The legacy of Professor Roger Harris on beta-alanine supplementation for exercise capacity and performance

The Journal of Nutritional Physiology

IF
In progress

MNiSW
In progress



International mobility I



Jakub Adamczewski

Universidade de São Paulo, Brasil

Jakub's internship focused on beta-alanine and sodium bicarbonate supplementation, exercise physiology, and high-intensity performance. Activities included consultation of doctoral research, participation in exercise testing within an ongoing experimental project, development of a new research concept, and collaboration on scientific manuscripts, a systematic review, and a narrative review.

08 June – 07 July, 2026



Maryna Khorkova

International Olympic Academy, Greece

Maryna was at 33rd International Seminar on Olympic Studies for Postgraduate Students, dedicated to the Olympic Movement and Olympic education. Activities included lectures, workshops, discussions and academic exchange, as well as presenting a paper on motor creativity in modern Olympic education as a new direction growing out of completed doctoral research.

03 – 25 July, 2026



Antigoni Kyraiou

Poznan University of Physical Education, Poland

Antigoni was a visiting PhD student from Greece. Her research internship involved assistance with data collection for a study investigating the effects of an ergogenic nutritional supplement on biochemical and performance-related outcomes. The internship also involved laboratory processing of muscle samples for subsequent analysis and discussions on future research collaboration.

16 – 29 August, 2026



Błażej Przybylik

University of Nicosia, Cyprus

Błażej's internship aimed at advancing expertise in exercise physiology in combat sports and research methodology. Activities included scientific consultations, methodological discussions, participation in a pilot study, development of research concepts and collaboration with the research team on future projects, contributing to the development of scientific competencies.

August – September, 2026

International mobility II



I Wayan Yuuki

Poznan University of Physical Education, Poland

I Wayan Yuuki, a visiting PhD student from Ritsumeikan University, Japan, learned about the university's facilities, gained practical experience, participated in ongoing research, and presented and discussed his doctoral work. He also exchanged ideas about a review article and possible future research collaboration between researchers in Asia and Poland.

02 – 20 September, 2026

Editorial Board



Maja Maćkowiak-Tadyszak, MSc
Vice-Chair of Doctoral Students' Council



Jakub Adamczewski, MSc
Chair of Doctoral Students' Council



Mikołaj Szymocha, MSc
Secretary of Doctoral Students' Council

Full articles

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Council Regulations

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Council Board

Meet the members of the Doctoral Students Council Board.



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