The International Society of Sport Psychology is one of the largest and oldest associations of this type in the world. The conferences organized every four years always assemble scientists and practitioners from around the world who deal with both sports psychology as well as related fields, such as health psychology. Submissions and presentations always go through a precise review system. This year, among the reviewers, there were two people from Poland: Prof. Małgorzata Siekańska and Prof. Jan Blecharz — both from the Psychology Department of the University of Physical Education in Kraków.

The basis for my trip to the Congress in Seville was reception of the presentation (in poster form) titled: **Who suffers more from sport pain — men or women?**. This was a presentation of research results obtained within the framework of the project “Efficiency of strategies, coping with sports-related pain and pain experience, sports performance within the context of targeted actions”, Project No.: 109/BS/INS/2016. Furthermore, as part of the international symposium titled: Evidencing principles of positive sport through theoretical insights, practical applications, and empirical evaluations, I held a lecture titled: **Conditions supporting high achievement during the specialization and expert stages: positive sport perspective.** The symposium was led by Prof. Artur Poczwardowski from Denver University (USA).

Participants of the Congress had the possibility to engage in various symposia, listen to very valuable lectures and become acquainted with numerous poster presentations. It was an excellent chance to learn about the latest research results in the field of sport psychology, as well as the most important research issues and methods used.

I was particularly interested in the following symposia: **Refining the delivery of imagery interventions** (lead by Prof. Tony Morris from Victoria University in Melbourne), **Personality – trait – like individual differences and psychophysiology** (held by Sylvain Laqborde, German Sport University in Cologne) and **The use of high-technologies in research and for performance enhancement** (by Prof. Gershon Tenenbaum, Florida State University). In my opinion, among the plenary lectures, particular attention should be paid to: **Are psychological theories used to predict physical activity and guide physical behavior change interventions any good?**, Yuji Yamamoto — **Understanding complex human behavior from a dynamical system perspective** and Gloria Balague — **Periodization of psychological skills in sport**.

The Congress was also an opportunity to establish new scientific acquaintances. In my case, this was preliminary contact with Prof. Maurizio Bertollo from the University of G. d’Annunzio of Chieti-Pescara. The Professor is a well-known psychophysicist of sport. He expressed willingness to visit our university with lectures.