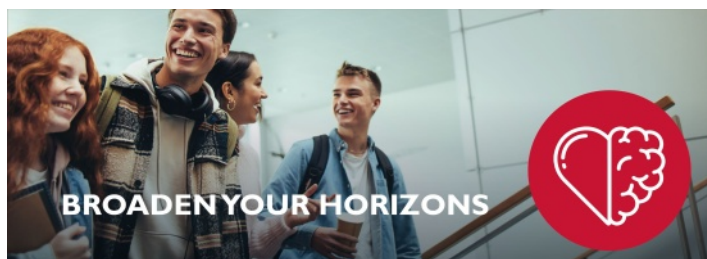



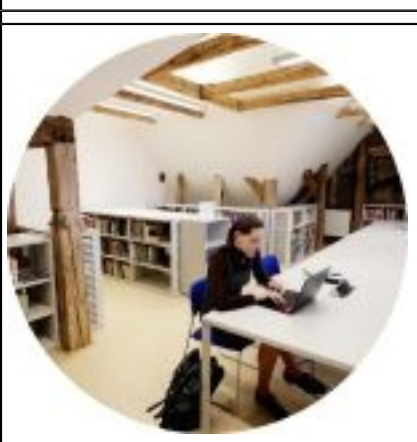

FIT & SMART STUDENT






Within the **Fit and Smart Student** framework, we would like to offer Charles University students of Bachelor's and Master's study programs a wide variety of events focusing on maintaining a healthy body and mind. Our aim is to give our students the opportunity to meet fellow students from different faculties and take a little break from everyday study obligations. We look forward to seeing you at one of our events! See the events we offer on the website of CU Point, our [facebook](#) , or in our monthly Newsletter .





Winter Semester 2024/2025

		<u>Carolinum Guided Tour</u> 14/10 and 25/11 Join us for a guided tour of Carolinum, the historic heart of Charles University. Explore its rich past and learn where it all began. Don't miss this chance to connect with university heritage!
		<u>Czech Legal Basics for Students</u> 29/10 This lecture introduces key aspects of the Czech legal system for international students, covering topics like tenancy agreements, employment law, visas, and residence permits, helping them navigate their stay smoothly.

		<p><u>How can AI make your studies easier?!</u> 4/11 Want to make your studies easier with AI? Join our workshop and discover 40+ ways to use ChatGPT, Google Gemini, and Copilot! Learn how to prompt effectively, boost learning speed, and explore other useful AI tools.</p>
		<p><u>Master Your Critical Thinking!</u> 14/11 Struggling with complex problems and biased judgment? Join our online lecture to learn how to evaluate information, spot common cognitive biases, and make better decisions. Enhance your problem-solving and achieve your goals!</p>
		<p><u>Yoga</u> 2/12 Join us for a yoga session open to all levels! Whether you're a beginner or advanced, this class is for everyone. The session starts at 5 p.m. at Campus Hybernská.</p>
		<p><u>Study Smarter, Not Harder</u> 9/12 This workshop will be led by an experienced lecturer Klára Ten Donkelaar, who teaches us strategies to stay focused, combat procrastination, enhance memory, and excel in exams.</p>

Past events

		<p>Run for It! This motivational running training, meant for all runners, brought together Czech and international students, led by the experienced running trainer Mgr. Pavel Šodek in the Obora Hvězda park in Prague 6.</p>
		<p>Respect at Universities Respect at Universities is an interactive workshop where we talk about consent, sexual harassment, and violence, mainly at universities. We will discuss what inappropriate sexual behaviour could look like, how to spot it, and how to help victims of this kind of behaviour.</p>
		<p>Sleep Hygiene, Understanding Insomnia Join us online as we delve into the neuropsychology of sleep and discover the reasoning behind healthy sleep recommendations. Explore ways to reassess your sleeping habits for better efficiency and gain insights into dealing with insomnia.</p>
		<p>Academic Writing Join our Academic Writing workshop with Mr. Hwang! Gain practical tips to excel in your essays. Share your challenges by April 15th to tailor the session to your needs.</p>

		<p>Self-Presentation and Client Communication Workshop</p> <p>How to maintain good contact with clients while staying authentic? This workshop focuses on enhancing self-presentation skills and vital client interaction elements. Join us to deepen attentiveness, cultivate active listening, and meet client needs through theory and practice.</p>
		<p>First Aid Course</p> <p>This workshop, led by our medical faculties ambassadors, will be part of our <u>International středa, mezinárodní Wednesday</u> . You will gain practical knowledge and essential skills to confidently respond to a variety of emergency situations, which might come in handy when we least expect it.</p>
		<p>Mindfulness</p> <p>This webinar of mindfulness was organized by Nevypust' duši . The participants learned many practical tips, techniques and methods, that can help to prevent some mental health issues.</p>
		<p>Culture Shock</p> <p>At this event, which was especially aimed at first-year students at the UK, students learned how to cope with culture shock and integration into a new environment.</p>