Despite the Covid-19 and all the difficulties we have to face, we would like to offer Charles University students of Bachelor’s and Master’s study programmes a series of seminars and workshops that will enable you to improve your intellectual skills, mind, and body. We do our best to organize webinars that are both interactive and essential.

Take care of your body and mind, improve yourself, and stay healthy and fit with the CU Point!

What we offer:

<table>
<thead>
<tr>
<th>What we offer</th>
<th>Writing Skills</th>
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<td></td>
<td>The interactive workshop is aimed at students on an intermediate level (B2) of English who want to be introduced to academic writing. Through a set of exercises and a short writing practice, students will learn about the English writing culture, get familiar with the main features of academic style and appropriate vocabulary.</td>
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The online webinar focuses on the following:
- Spelling and punctuation, common grammar challenges
- Vocabulary and word choice
- Sentence structure and paragraphs
- Comprehension and writing style; context

REGISTRATION: Reservation System

WHEN: Wednesday, November 10, 2021, 15:00 – 16:30
WHERE: Online Zoom meeting
LECTURER: Mgr. Šárka Kadlecová, Ph.D.

<table>
<thead>
<tr>
<th>What we offer</th>
<th>Mindfulness</th>
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<td>Mindfulness is a type of mental training, which helps us transform how we relate to events and experiences. This</td>
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</table>
unique approach and its techniques enable us to cultivate our abilities to observe and be aware of the world around us and our thoughts and emotions. This 2-hour introduction to Mindfulness is built on the personal experience of the participants.

The workshop will give you some insight into:
- what Mindfulness is
- what principles and benefits stand behind this approach
- various exercises and how to practice and use these techniques to overcome stress and difficult life situations

You will have the opportunity to discuss these exercises in subsequent discussions and gain a sufficient theoretical frame and other useful information.

REGISTRATION:  Reservation System

WHEN: Monday, November 22, 2021, 15:00 – 17:00
WHERE: Green Auditorium (Zelená posluchárna), Celetná 20, Prague 1
LECTURER: Michal Dvořák, CFM Qualified MBSR Teacher
https://bemindful.cz/

Healthy Lifestyle

The online webinar focuses on the well-being of students, healthy lifestyle, and nutrition. The webinar aims to acquire healthy eating habits for vital body function, creative energy, and an active lifestyle.

Content of the webinar:
- Natural regeneration
- Relationship of nutrition and human body recovery (students, sportsmen and sportswomen)
- Example of a healthy diet (medicine student, sportsman or sportswoman)
- Tryptophan and sleeping habits

REGISTRATION:  Reservation System

WHEN: Tuesday, December 7, 2021, 15:00 – 17:00
WHERE: Online MS Teams platform
LECTURER: MUDr. Tomáš Soukup, Ph.D.

We have offered you so far:

Run For It!

Do you want to stay fit during the Corona time, have fun and do something for yourself? Join us and Run for It! We do hope we will be able to meet you this time!

This jogging event is meant for all runners – beginners as well as advanced. The first lesson will take place in Obora Hvězda in Prague 6. After a short warm-up, a lap in the surrounding area will follow. Each participant can choose his/her own pace, which suits him/her the best. The laps will be intercut by core, power and relaxation exercises. The number of laps and load of exercise will be individual! You can take it easy or push yourself as far as you can! Your running technique will be corrected
<table>
<thead>
<tr>
<th>Event</th>
<th>Date and Time</th>
<th>Location</th>
<th>Lecturer</th>
</tr>
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<tbody>
<tr>
<td><strong>Presentation skills</strong></td>
<td>Thursday, May 20, 2021, 16:00 – 17:30 and Tuesday, October 12, 17:00 – 18:30</td>
<td>Obora Hvězda, Prague 6 and Stromovka</td>
<td>Mgr. Pavel Šodek (our alumnus of the Faculty of Physical Education and Sport and a sports lecturer at the Faculty of Mathematics and Physics)</td>
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</tbody>
</table>
| Can you handle everyday communication effectively? Do you know how to use your voice properly? This webinar (for Czech as well as international students) will teach you to overcome stress before giving your presentation, to control the body language and bring more examples of verbal and non-verbal communication. If interested, write to info@cuni.cz and secure your spot! The link for the webinar and more details will be sent to you. | Designed for students with at least a B2 (upper-intermediate) level of English. Participants will:  
• Learn how to structure their presentations effectively  
• Practise language specific to presentations  
• Develop more engaging visuals  
• Use their voice and body language effectively  
• Learn how to deal with fear and nervousness | Lecturer: Jason Hwang, B.S., B.A., M.A.Ed. is originally from California and has been teaching in the Czech Republic and in the UK since 2005. He teaches English for academics and researchers with a strong emphasis on academic presentation skills. | WHEN: Wednesday, May 19, 2021, 10:00 – 13:00 |
| **Mindfulness**                                                       | Wednesday, May 5, 2021, 14:00 – 16:00 |                             | Mindfulness is a type of mental training, which helps us transform how we relate to events and experiences. This unique approach and its techniques enable us to cultivate our abilities to observe and be aware of the world around us and our thoughts and emotions.  
This *2-hour introduction to Mindfulness* is built on a personal experience of the participants.  
**The workshop will give you some insight into:**  
• what Mindfulness is  
• what principles and benefits stand behind this approach  
• various exercises and how to practice and use these techniques to overcome stress and difficult life situations  
You will have the opportunity to discuss these exercises in subsequent discussions and gain a sufficient theoretical frame and other useful information. | WHERE:                             |
**Critical Thinking**
What does it mean to “think critically”? Every day we are inundated with a vast amount of information from many different sources. That is why it is so important to think critically - but what does it actually mean? Do not accept information blindly, be able to think critically about it, evaluate it and evaluate its relevance. In this online workshop, we will focus on techniques that train all these skills. At the same time, we will show you how to recognize argumentation fouls, prevent cognitive biases as much as possible, and reveal various manipulative techniques.

**Goals of the workshop:**
- Think critically about the received information
- Recognize manipulative techniques
- Explain how important it is to look at situations from different points of view
- Understand argumentative fouls and cognitive bias
- Ability to discuss, debate and present your ideas

The workshop is organized by **Faketicky** - a non-profit and student-led organization focusing on media education and critical thinking.

**WHEN:** Wednesday, March 24, 2021, 16:00 - 18:00 (online)

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**How to Mind Your Mind**
Why is taking care of your mental health so important? Learn practical tips, techniques and methods that you can try in your day-to-day life! We are going to talk about coping strategies and dealing with anxiety. During the webinar, we focus on a healthy home studying and you will have a chance to try out one of the relaxation techniques - mindfulness. We will also advise you on where to seek help in case of mental health problems in the Czech Republic and we will go through the basics of dealing with anxiety.

The webinar is organized by **Nevypust’ duši** - an organization focusing on mental health issues.

**WHEN:** Thursday, March 4, 2021, 17:00 - 18:30 (online)