Despite the Covid-19 times 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 develop your intellectual skills, mind and body. Even though we are limited by the online form of the events, we try to avoid anonymous lectures for hundreds of participants. We do our best to organize webinars that are both interactive and topical.

**Look after your body and mind, improve yourself and stay healthy and fit with the CU Point!**

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 during the laps. Pavel Šodek, our lecturer, can show you the way, but you have to work on it yourself! So what are you waiting for? **Run for it!**

**WHEN:** Thursday, May 20, 2021, 16:00 – 17:30  
**WHERE:** Obora Hvězda, Prague 6  
**Meeting point:** Pražská/Břevnovská gate to Obora Hvězda (GPS: N 50°4.86142', E 14°20.53615'). Closest tram/bus stop: Vypich or metro: Petřiny (line A)  
**LECTURER:** Mgr. Pavel Šodek (our alumnus of the Faculty of Physical Education and Sport and a sports lecturer at the Faculty of Mathematics and Physics)
REGISTRATION

Presentation skills
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
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.

WHEN: Wednesday, May 5, 2021, 14:00 – 16:00
LECTURER: Michal Dvořák, CFM Qualified MBSR Teacher
https://bemindful.cz/
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)

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)