Run for It!

Third time is the charm, therefore Run for It! is back!
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!

Run for It! is a jogging event 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: Wednesday, April 28, 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: HERE
Critical Thinking (online workshop)
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)
REGISTRATION: HERE
The link for the webinar will be sent to all registered participants.

How to Mind Your Mind (webinar)
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 Nevypustit dusi - an organization focusing on mental health issues.
WHEN: Thursday, March 4, 2021, 17:00 - 18:30 (online)
REGISTRATION: HERE
The link for the webinar will be sent to all registered participants.

Christmas Evening with Charles University Chorus and Orchestra

Listen to the Christmas Music featured by the Charles University Chorus and Orchestra, commented by the director and conductor of the Charles University Chorus and Orchestra, Haig Utidjian, Ph.D. The witty and informal comments will be provided in Czech, but all listeners are welcome.

Haig Utidjian, Ph.D., was educated at the Universities of Sussex, London, and Cambridge, at the Guildhall School of Music and Drama in the UK, at the Accademia Chigiana in Siena, and at the Academy of Performing Arts in Prague. The Chorus of Charles University in Prague comprises enthusiastic students and Charles University graduates, and international Erasmus programme students. In addition, the Chorus frequently performs alongside professional soloists, including singers from the Opera of the National Theatre and the Opera of the F. X. Šaldy Theatre in Liberec. The Orchestra of Charles University has more than fifty members, all sharing enthusiasm for orchestral music. The Orchestra performs works by Czech as well as foreign composers, and their repertoire covers various styles reaching from baroque to contemporary music.

WHEN: Thursday, December 10, 2020, 18:00
REGISTRATION: HERE

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?EVENT CANCELLED?
WHEN: Thursday, October 22, 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:  HERE

First Aid Course
We would like to invite all international students to a 90-minute workshop where you will learn how to act in real life emergency situations such as unconsciousness, bleeding, choking, and more. The course is prepared by our medical students of the Third Faculty of Medicine.

?EVENT CANCELLED?
WHEN: Tuesday, March 24th, 2020, 17:00 - 18:30
WHERE: Green Auditorium (Zelená posluchárna), Celetná 20, Prague 1
REGISTRATION:  HERE
Run for It!
Do you want to spend your free time in a better way, to do something for yourself? Join us and Run for It!

Run for It! is a jogging event 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 relaxing exercises. Number of repetition 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, our lecturer, can show you the way, but you have to follow it by yourself! So what are you waiting for? Run for it!

EVENT CANCELLED?
WHEN: Thursday, MARCH 26, 16:00 - 17:30
WHERE: Obora Hvězda, Prague 6
Meeting point: Pražská/Břevnovská gate to Obory 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: HERE

First Aid Course
We would like to invite all international students to a 90-minute workshop where you will learn how to act in real life emergency situations such as unconsciousness, bleeding, choking, and more. The course is prepared by our medical students of the the Third Faculty of Medicine.

WHEN: Wednesday, DECEMBER 4th, 2019, 15:30 - 17:00
WHERE: Green Auditorium (Zelená posluchárna), Celetná 20, Prague 1

Christmas at Charles University
WHEN: Wednesday, DECEMBER 4th, 16:00 - 18:30
WHERE: Karolinum courtyard - entrance from Celetná 20 or Ovocný trh 3/5
Join us on the streets of Old Prague in search for the mythical Philosopher's journey or the so-called Kings road. House signs, paintings and sculptures on the houses and buildings of Old Prague hide a secret, they tell a story, the same story like the old myths, legends and fairy tales. Who can understand this story can find according to our ancestors a great treasure. Some people call it the Holy Grail, others the Philosopher's Stone, and it also has many other names. The map of this journey to the treasure, the journey to finding out, who we are, what is the meaning of our life and perhaps also to finding the (self)love, mercy or lightness of life is the Old Town Astronomical Clock.

WHEN: Monday, DECEMBER 9th, 2019, 17:30 - 19:00

MEETING POINT: 17:15 under the Powder Tower (Prašná brána), Prague 1