

JANUARY 2024

# MUNI FACULTY OF SOCIAL STUDIES

Monthly  
Newsletter for  
International  
Students



## IN THIS NEWSLETTER

---

Past events

Spring term calendar

Graduation dates and  
visa information

Tips for managing  
stress during exams

Winter in Brno

---

## HAPPY NEW YEAR 2024

Dear students,

As we stand on the threshold of the new year 2024, new possibilities and opportunities unfold before us. I wish to extend my sincere wishes for your happiness and success on your journey. Acknowledging that not everything always goes as planned, I also hope you have the strength to overcome obstacles and challenges, allowing you to experience the year 2024 fully.

In this moment, let's think of those for whom new opportunities will never arise—the victims of a tragic and monstrously hateful act at the Faculty of Arts, Charles University, on December 21, 2023. May we direct our thoughts to their families and loved ones, as this time proves to be unbelievably difficult and painful for them.

Blanka Plasová (vice-dean for internationalisation)

# PAST EVENTS AT THE FACULTY

## Czech Christmas celebration

In December, international students got together for a Czech-style Christmas party at the faculty. They had a blast decorating gingerbread cookies and making their own Christmas cards.

With the help of employees of the International Relations Office (IRO) and student ambassadors, they made cool designs on cookies using icing and colorful stuff. At the same time, they drew and wrote special messages on cards, mixing their own culture with Czech holiday traditions.

The party was like a big mix of cultures. Everyone made new friends and had fun, even if they spoke different languages. By the end of the afternoon, the room looked awesome with decorated cookies and lots of handmade cards, showing how everyone could work together.



## Interviews with professors, alumni and current students



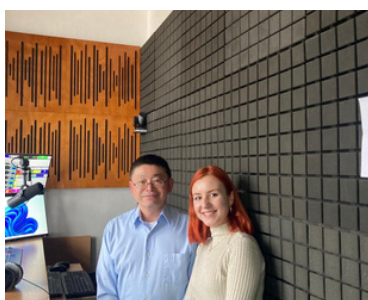
We are happy to share interesting interviews that we did in the past months.

You can read the interview with the assistant professor from the department of International Relations and European Politics [Kateřina Fridrichova](#),

Recently, we have also interviewed alumnus of Energy Policy Studies [Mohammed Ramadan](#).

Alumna of Social Policy and Social Work [Lenka Klimplova](#) visited our faculty and prepared a lecture for current students.

You can listen to the interview with the visiting professor [Kenneth Yang](#) from the The University of Texas at El Paso on our Spotify channel called [FSS lounge](#).



# EXAM PERIOD

## 2 January - 16 February

Make sure you follow the instructions from your teachers of how to sign up for your exams. If you have signed up for an exam date and decide to take the exam a different day, be sure to cancel the original date. If you do not, you will be listed as not attending and your final grade for the course may be effected.

# SPRING 2024 SEMESTER

## Important dates

Apply for being Enrolled in the term: 2 January - 26 February 2024

Term Enrolment: 1- 26 February 2024

Registration for courses: 2 January (17:00 CEST) - 29 January 2024

(please note registration opens by seniority, you may not be able to register the first day.)

Course enrolment period: 30 January (17:00 CEST) - 18 February 2024

Enrolment for seminar groups: 30 January (17:00 CEST) - 3 March 2024

Course Enrolment changes: 19 February - 3 March 2024

Timetable released: 24 January 2024

Teaching: 19 February - 19 May 2024

Examination period: 20 May - 28 June 2024

BA and MA state examination period: 27 May - 28 June 2024

# FINISHING YOUR STUDIES?

Make sure you know the deadlines!

	IREP (BA)	CDS	CSOC	ESOC	EPS	IREP (MA)	PSPHR
Apply for state exam	6. 11. 2023	1. 10. - 30. 11. 2023	10. 12. 2023	10. 12. 2023	do 6. 11. 2023	6. 11. 2023	1. 11. 2023
Submission of the final thesis to the IS archive	17. 12. 2023	4. 1. 2024	14. 12. 2023	14. 12. 2023	2. 1. 2024	10. 12. 2023	12. 12. 2023
Defense of the final thesis	15. 1. 2024	24. 1. 2024	10. 1. 2024	10. 1. 2024	24. 1. - 25. 1. 2024	10. 1. - 12. 1. 2024	22. 1. - 26. 1. 2024
Dates of state exam	19. 1. 2024	24. 1. 2024	10. 1. 2024	10. 1. 2024	24. 1. - 25. 1. 2024	10. 1. - 12. 1. 2024	22. 1. - 26. 1. 2024

# GRADUATION AND VISA

## dates to save

Graduation ceremony traditionally takes place about 2 months after the state exams. An e-mail will come from the Study Office to sign up for graduation. The graduation dates are as follows

- January state exams: March
- May/June state exams: 1st week in September

## Your visa after graduation

Your current study visa/resident permit for study purposes is valid only when you are an active student. This means that after graduation, your visa is not valid anymore, even if the original validity was longer. If you plan to stay in the Czech Republic, it's necessary to apply for a job-seeking resident permit or for employee card if you already have a job.

# VIRTUAL OPEN DAY

**20 January 2024, 16:00 CEST**



Are your friends interested in studying at our faculty? Invite them to our virtual open day. Send them [the registration form](#) and share this information in your social bubble.

Our ambassadors will share their experience with their study program and we gladly answer any questions.

# TIPS FOR COPING WITH STRESS DURING EXAMS



- **Prioritize Sleep**

Quality rest significantly impacts academic performance, particularly during exams. Aim for a minimum of eight hours of sleep per night. Wind down before bedtime by reading, listening to music, or practicing meditation. Need help falling asleep? Explore proven [tips for better sleep](#).

- **Stay Active**

Even brief daily physical activity improves mental well-being and reduces stress. Simple activities like a short walk to a nearby café or a 15-minute home workout can be beneficial. Check out [easy exercise ideas](#) to stay fit while studying.

- **Limit Screen Time**

While online connections can boost motivation, excessive screen exposure adds to stress levels. Taking short breaks away from devices refreshes your mind. Consider disabling notifications or using 'do not disturb' during study hours for better focus.

- **Practice Mindful Breathing**

Deep, mindful breathing instantly eases stress. Use breathing techniques during study sessions or exams. Start with a simple five-count inhale through the nose and exhale through the mouth. Explore more stress-relieving breathing exercises .

# WINTER IN BRNO



## Ice skating at Moravské Náměstí

The area spans approximately 800 square meters. It can accommodate up to 120 visitors at once, offering complete services and facilities at the sports facility. There's a rental for skates and equipment for novice skaters, as well as changing rooms with lockable lockers. Near the ice rink, there's a refreshment stand with hot drinks available.

The full admission fee is set at 100 Czech crowns.

## Operating hours of the skating rink

Block I: 10:00 AM–12:00 PM

Block II: 1:00 PM–3:00 PM

Block III: 4:00 PM–6:00 PM

Block IV: 7:00 PM–9:00 PM

Maintenance of the ice takes place between blocks, and entry onto the rink is prohibited during these times.

## CULTURE IN BRNO



### 26 January 2024

If you are a ballet lover, buy a ticket for the International Ballet Festival performance Swan lake that will take place in Brno- Hala Vodova.

Having 48 swan ballerinas on stage is a record in its own right. The usual number of white swans in a "Swan Lake" performance ranges from 16 to 24.

The performance will be accompanied by the Hungary Festival Orchestra.

### 31 January - 14 May 2024

The international festival JazzFestBrno will once again transform Brno into a city of jazz. Music lovers can savour the prospect of hearing the biggest stars in world jazz, progressive musicians from the rising generation, and a selection of some of the republic's own most exciting. Check the program here.

