

MUNI FACULTY OF SOCIAL STUDIES

monthly
newsletter for
International
Students



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A BRIEF MESSAGE

by Petr Suchý

vice-dean for internationalization and student affairs

Dear students,

These are not ordinary times. We all need a bit more time to address all these extraordinary challenges that have arrived so abruptly and unexpectedly. But neither us teachers or you students are going to give in. As you can imagine, these rapid adjustments we are making require a lot of effort, time and creativity by all the faculty and staff. Let me assure you that all of us are determined to sustain our educational mission. I am sure that we can all learn a lot this semester, despite not being able to work the way used to. But we can all learn new things, new teaching methods and approaches, and, last but not least, we can, and I strongly believe we will become more resilient. We are with you.

Please keep well wherever you are and stay in touch!

Best,
Petr

INTERNATIONAL STUDENT BREAKFAST

A look back on the last Faculty event of the semester....

Little did we know during our international student breakfast that this would be the last event of the semester. We are so grateful for everyone that joined us and made it memorable!



RENEW YOUR VISA - PLANNING AHEAD

Updated information

For full degree students

Students should have received an email from Klara on Friday, March 27 with a request to complete a form putting your visa application on hold until October if you will be returning home between now and the start of the fall semester. Students who will be staying in the Czech Republic can submit their visa extension via mail, again please see the email from Klára.

We know this is a very confusing situation, and every student's case is different. Please contact Klára directly regarding any questions you have with your visa and she will help you figure out what makes sense for you.

It is the students responsibility to make sure they have a valid visa in order to study in the Czech Republic.



INFORMATION ON FINAL EXAMS

Extended exam period:
Mid-May-September

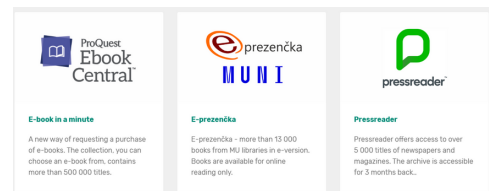
Students will be able to complete the courses through either in person or online. Individual professors will determine what is the method used for grading i.e. final papers, exams, etc. Students will not be required to travel back to take exams for individual classes. Further information regarding final exams will be sent out later this month by the faculty, however in the meantime students can ask their professors. The exam period will last from mid-May until the end of September. Students, as in the past, will have multiple exam periods to sign up for, which will be offered throughout the summer. As such, if you want to be done earlier, you do not need to wait until September to take your exams.

LIBRARY RESOURCES

A list of online databases available [here](#)

The FSS library may not be available to work in, but many of the resources are still available for students. If you need any help, advice, or support from the library, please, do not hesitate to contact them at library@fss.muni.cz or through their [Facebook chat](#).

More information from the library is [here](#).



INFORMATION ON SUBMISSION OF THESIS AND FINAL STATE EXAMS

June or September options available

In the spring semester 2020, in all fields/programs of the Bachelor's and Master's degree studies, there will be two regular dates of the final state exams: the originally-scheduled one between 25 May – 24 June 2020, and the newly-set one between 1 – 30 September 2020. With no limits set, it will be left to the discretion of students to decide which term to choose.

In the spring semester 2020, in all fields/programs of the Bachelor's and Master's degree studies, the deadlines for the final submission of the final theses are precisely 14 calendar days before the first day of the thesis defense of the given field/programme.

In the spring semester 2020, Bachelor's and Master's theses are submitted **only in electronic version** via IS MU both for the May/June and September dates. As such, they **do not have** to be submitted in print version.

More information can be found on the FSS webpage [here](#).

VOLUNTEERING

Information for students who need help or want to Volunteer

Students who require assistance, or who would like to volunteer their time can go to the [MUNIHelps website](#).

TIPS FOR WRITING A THESIS

Tips from someone who recently submitted a thesis...

1. As you're writing, be sure to write down any book or author you cite so you do not miss a citation. In the best case scenario, write the full citation to make it easier in the end.
2. Reading out loud helps with proofreading.
3. Start putting your thesis into the template at least 2 days before submission to avoid stress around formatting.
4. Finalize your page numbers, photos, and all content prior to creating your Index.
5. Check headings and page breaks.
6. Make sure you know *your* departments requirements regarding word count. Are spaces included? Does the index and acknowledgements page count? The final edits and pages add a lot to word counts at the end.

TIPS FOR STAYING PRODUCTIVE DURING SOCIAL ISOLATION

Social isolation is hard for everyone, and staying productive is definitely not easy. Here are some tips that we hope will help.

1. Create set times when you will work, and try to stick to a routine to give your day some structure.
2. Set small goals, particularly for those with writing a thesis or large papers, see if you can break them down into small steps.
3. Stay on top of your reading. Final exams will still be taking place at the end of the semester, you don't want to push the stress to later.
4. At the same time, give yourself permission for down times. It is okay to take a nap. This is a very emotionally stressful time and listening to your body is important.
5. Open the window for fresh air, sit in the sun if you can.
6. Call friends and family, create virtual book clubs (or movie watching sessions).
7. Many streaming services have extended their 'free' subscription period. Czech classics are on Netflix.

HOME OFFICE AT FSS

The majority of the University and FSS is currently working from home office. This means that we are all doing our normal work, but from home. Students can still contact us, particularly by email, and we will be able to help you with anything you need.

You can reach out to any of us in the Office for International Relations with any questions.

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THINKING TO NEXT YEAR...

Create your own club

If you have ever wished to have a club or organization at FSS or the University level, now is a perfect time to brainstorm how it would work. International students, same as Czechs, are able to propose new organizations. Find out more about the process [here](#) or email Erin at smith@czs.muni.cz.



MENTAL HEALTH IS IMPORTANT

MUNI Psychologists have volunteered to help.

Mental Health is incredibly important, the University has numerous psychologists that have given their time to speak to students in English, Spanish, German, and Czech/Slovak. If you would like to be connected to a psychologist please let Erin know at smith@czs.muni.cz and she will send you the contact information.

FALL 2020 DELAYED START

Classes October 5 - January 17

Since the exam period is pushed back for Spring 2020, the fall semester will now start on October 5. Additionally, this year classes will not end before Christmas, which means you will need to be in Brno during January. Please keep this in mind as you think about going home.

JOBS AND LEGAL RAMIFICATIONS

The Faculty of Law offers a legal counselling service

We know many of our students are experiencing job loss and have other legal questions. The Faculty of Law of our university has recently established a legal counselling service in connection with the current crisis. Students and teachers answer questions from different areas by e-mail in matter of days, and offer answers to the most common questions currently of public concern. The webpage is only in Czech, but the legal counselling centre staff can respond to enquiries at poradna.koronavirus@law.muni.cz in English. It is important to note that they may not be able to solve questions, but they can help you understand what is going on and what your rights are.

USEFUL ARTICLES AND WEBSITES

You are not going through this alone

Articles:

- [Managing Anxiety & Stress](#) - CDC website
- [Pandemic Panic? These 5 Tips Can Help You Regain Your Calm](#) - by Allison Aubrey in NPR
- [Social Distancing Can Make You Lonely. Here's How to Stay Connected When You're in Lockdown](#) - by Michelle H Lim and Johanna Badcock in The Conversation
- [That Discomfort You're Feeling is Grief](#) - by Scott Berinato in Harvard Business Review
- [The Five Stages of Travel Grief](#) - by Ashlea Halpern in AFAR

Things to distract you:

- Learn to cook Czech meals with the [Czech Cookbook](#)
- The Municipal Library of Prague offers an online library with some [titles in English to download](#)
- Watch [concerts](#), [documentaries](#), [operas](#), and [theatre plays](#).
- Visit museums ([Moravian Gallery in Brno](#) and [world famous museums](#), and [another list of museums](#)) and [world heritage sites](#) from your room.

MOVIE AND MUSIC RECOMMENDATIONS

On the Masaryk University Instagram

You can find a list of movie and music recommendations by fellow international students on the Masaryk University Instagram account under the [highlight section](#). It is a good place to start if you are looking to expand your horizon.

