

Recovery of Academic Life

This website offers updated information about teaching, studying, and psychosocial counselling. The students are also being informed about the provided offers by email sent via SIS. It is necessary to set up a correct email address in SIS to ensure working communication (see here). If you have any questions, please write an email at info@ff.cuni.cz.

The main building will be open from 19 February 2024 on weekdays from 7:00 am to 9:00 pm. Outside of these hours, access to the building will not be possible. On Saturdays, the building will be closed – it will function the same way as on Sundays.

The 4th floor remains closed, construction is underway, and access is prohibited.

Return to the building

Returning to the faculty may not pose major problems to you and it does not have to be associated with any major outbursts of emotion. This is a normal and healthy reaction. However, it is also possible that it will evoke various negative emotions. These may be felt not only by students and staff who return to the main building of the Faculty of Arts at Palachovo náměstí (Palach Square), but also by those who are based in other buildings of CU FA.

How to prepare if you are worried about your reaction?

Be active and take the initiative. That includes taking important steps to promote resilience in this situation. For example, various group events, art, informal gatherings in

buildings, etc.

Focus on your personal strengths and trust in interpersonal relationships. Give yourself enough time before entering the building. Do not go to faculty buildings at the last minute; instead, plan your day around your return to the faculty.

If possible, enter the building in a group. Being supported by your classmates supports your feeling of safety. Sharing helps.

Let your emotions flow freely. It is normal to feel some form of emotions. You may feel anger, sadness, or relief, or you may feel nothing at all. The important thing is to vent your feelings safely, for example, by sharing them with your loved ones, by crying, or even stopping everything for a moment.

Create a ritual for your return. Rituals support resilience and make it easier for you to return to the faculty. It is completely up to you what your ritual will be: it can be a prayer, silence, a painting or singing. You can also plan these activities with your classmates to help you feel more comfortable together at the faculty.

After you leave the building, allow yourself time to process the experience. If you have the opportunity to do nothing but relax on that day, take advantage of it. It is also good to reflect on the experience, e.g. sit quietly in a café with your classmates or stand quietly at a memorial site. It is up to you.

Remember to look after of yourself after you leave the building. Sufficiently drink, sleep, and eat. Plan a low-impact activity for the rest of the day.

Keep your crisis contacts for psychological help with you. The reaction to an emergency situation can have any form. Every response is okay. If you do not feel well, ask for help.

What might you experience when you are in the building and what can you do for yourself?

Feelings and reactions

- You may be more irritable.
- Your mood may change dramatically.
- You may experience feelings of anxiety, insecurity, or fear. You may feel nervous, angry, or even sad and depressed.
- Crying is also a normal reaction.
- You may have repeated and vivid memories of the event. These may lead to physical reactions such as a racing heartbeat or sweating.

This is a normal human reaction to an abnormal situation, an extraordinary stress.

What helps?

- Sufficiently sleep, eat, and drink.
- Share your feelings with those around you.
- Engage in activities that you find fulfilling.
- Embrace healthy coping strategies – walking, sport, relaxation techniques, and rest.
- Write down your coping strategies to keep them in mind.
- Use other tips on relaxation techniques, e.g., take care of yourselves.
- Give everything plenty of time.
- Pay attention to your thoughts and moods. If you feel down for a long time or have trouble sleeping, seek professional help.

The faculty is a community that you can draw strength from.

Return to school

Tools for communication with students (and colleagues) during return to school, information on resources regarding help can be found in this document (available only in Czech).

Psychosocial counselling

Current offer of help from Charles University and the Faculty of Arts

Non-sharing support groups, EMDR method

The support groups continue both online and in person, they are aimed at students of Charles University and its employees (both students and employees of CU FA are informed by email). You can also attend groups open to the public.

Sharing support groups

So far we have offered meetings for closed groups of students or groups of employees, but from now on some groups will become open groups for students of CU FA or open groups for employees of CU FA. In case of high demand, we are ready to keep offering closed group meetings, for example for students of one programme of study. Students and employees are being informed about the meetings by email, the first email regarding the open groups meetings was sent to the students on 12 February 2024.

Individual therapy and counselling

As for individual therapy and counselling, Charles University offers the following options:

- providing therapeutic and counselling services for

- employees and students via email psych.pomoc@cuni.cz,
- Carolina Centre – Psychological Counselling for all CU students and employees

Other forms of aid currently on offer

- **The Probation and Mediation Service** offers victims of the attack expert assistance from trained specialists, probation officers and victim counsellors who are prepared to provide support and assistance to victims in this extremely difficult life situation with the utmost sensitivity and empathy. All information and contacts can be found here.
- Support meetings and a space for CU FA: **Fortna** – a convent of the Discalced Carmelites
- **Help Centre on the National Institute of Mental Health** website: www.nudz.cz/asistencni-centrum (some contacts no longer in use; includes links to useful apps, lay diagnostic tools, and infographics)
- Website **Nepanikař**: Offers quick free psychological help. Contains modules: depression, anxiety/panic, self-harm, suicidal thoughts, my records, eating disorders and contacts for specialised help: nepanikar.eu/
- Contacts on the **Nevypust' duši** website: nevypustdusi.cz/kde-hledat-pomoc/
- Infographics from the **Nevypust' duši** website: nevypustdusi.cz/infografika/
- Website **Safezona**: A safe place for young people to find information on mental health, prevention of mental health problems and links to relevant organisations: www.safezona.cz/

Contact person for questions and consultations regarding psychosocial support (from both students and employees) is

Andrea Hudáková: Andrea.Hudakova@ff.cuni.cz.

Pedagogical-Psychological Support for Teachers

Booklet *Returning to school: Communicating and interacting with students after the incident* (Dr Štěpán Vymětal, doc. Radvan Bahbouh, Martina Wolf Čapková, 2023)

Webinars for teachers and staff of the faculty

Teachers and staff, who are in direct contact with students, could have attended online workshops on 5 and 8 January 2024.

The video recording of the “lecture part” is available in English and Czech.

In preparation:

- English and Czech subtitles for the recordings,
- English and Czech written version of the Questions and Answers from both webinars.

Webinar intended only for teachers of study programmes, where a death had occurred during the December event, took place on 9 January 2024.

In the week **following 26 February 2024**, we plan to hold another interactive seminar that will be based on questions that will arise during the beginning of teaching in the summer semester.

Study

Summer term

The semester will follow the academic calendar, therefore it will start on **Monday, 19 February 2024**. Lessons will take place in all building of CU FA except for the 4th floor of the main building. For this reason, some lessons will be transferred alternative premises.

Registering for subjects with prerequisites

Enrolment in courses and timetables of the SIS will take place between 9 February and 1 March 2024. If the course you wish to register for in the summer semester has as a prerequisite the completion of a course taught in the winter semester of this academic year, **feel free to register for the course in the summer semester nevertheless**, these prerequisites will be manually “ignored” by your department or institute in the SIS.

We recommend students to check if the prerequisite really have been “ignored”. If they have not, it is necessary to contact your department or institute immediately.

Amended rules of the course of study

Special rules of the course of study have been amended by the Dean's Measure 2/2024 because of the tragic event that took place at the Faculty of Arts, Charles University on 21 December 2023 which disrupted the course of studies of many students.

You may find all the important information in the infographics of Centrum Paluba (in Czech):

- The minimum number of credits for BC and MA study programmes
- Deadline for passing examination (assessments of the course)
- Change of the form of the assessment (assessments of the course)
- Publishing and changes of dates of the assessment (assessments of the course)
- Change of deadline for handing in of final theses
- Individual curriculum

Extension of the maximum period of study

In the study programmes at CU FA, the time period between 1 January 2024 and 30 June 2024 does not count into the maximum period of study for the purposes of fulfilment of study requirements for students and individuals who have been granted application for interruption of studies (amendment of the Code of Study and examination of Charles University adopted by the Academic Senate of Charles University on 9 February 2024). This means that **all current students (even those with interrupted studies) have their maximum period of study extended by six months.**

- For BA study programmes with a standard period of study of three years the maximum period of study is six years and six months.
- For MA study programmes with a standard period of study of two years the maximum period of study is four years and six months.
- For doctoral study programmes with a standard period of study of three years the maximum period of study is eight years and six months.
- For doctoral study programmes with a standard period of

study of four years the maximum period of study is eight years and six months.

In connection with the extension of the maximum study period, the Management of CU FA is addressing the **assessment of fees for extended periods of study** in BA and MA degree programmes accredited in the Czech language. Until February, the assessment of fees is suspended.

Individual curriculum

Students of BA and MA study programmes can apply for an individual curriculum. Its purpose is to accommodate students who want something different than the courses/programmes offer the students (e.g., the option to take exams outside of the examination period).

You have to apply for individual curriculum as soon as possible – it constitutes a plan of study meant to enable the student to successfully go through the study programme (it is a prevention of possible issues), it is not a solution for students who are not doing well in their studies.

Centrum Paluba

All students and staff can consult matters relating to special needs in relation to their studies or work activities at the CU FA. These consultations, which also cover situations arising after the December tragic event, are provided by Centrum Paluba and are suitable for students and staff with special needs, as well as for their lecturers, heads of departments and institutes, classmates, colleagues, etc.

Libraries

From Monday, 19 February 2024 the following libraries in the main building of CU FA will be open: Jan Palach Library,

Institute of Phonetics Library, English and Romance Studies Library, Historical Cabinet, Department of Auxiliary Historical Sciences and Archive Studies Library, Department of Philosophy and Religious Studies Library, and Department of Germanic Studies Library.

You may find current information regarding opening hours and more [here](#).

Safety

During the last few weeks, the Central Crisis Staff of Charles University has been working on improving our safety strategy and specific measures. The Rector's Board approved an updated safety plan which focuses on the following priorities:

1. Improving our ability to react correctly in crisis situations.
2. Implementing an effective warning system using the technology for quick information sharing.
3. Modification of buildings to improve safety, focused mainly on lockdown procedures and preparation of crisis packages.
4. Improving coordination after incidents.
5. Improving mental health counselling and support.

Charles University will not use weapons checks using security frames, x-ray, or access authorization systems. Such tools are realistically inapplicable, especially given operational and staff constraints. Instead, there will be greater focus on measures that are much more effective and also more in compliance with our university culture.

In the following months, individual faculties will focus on the following priorities:

- Improving evacuation procedures.

- Acquisition of equipment for crisis situations.
- Training staff and students on how to behave in crisis situations.
- Adjusting the communication system for quick sharing of warning.

We would like to ask staff and students to be vigilant and to share information about danger or suspicious activity. Please do not hesitate to directly contact any member of staff or the Charles University Security Department. We will take your suggestion seriously and help you assess its importance and suggest appropriate action.

We would also like to ask you to not bring items to school that could be considered life-threatening weapons. In the current tense situation, even the assumption that you are armed can lead to unwanted reactions. If you do not feel safe, please contact us and we will be happy to discuss the situation and find a safe solution.

Quick contact in crisis situation

Emergency lines in acute situations (loss of consciousness, seizures, etc.):

- call 112 (European emergency number)
- call 155 (emergency medical number)