žurnál

61

Magazine of Palacký University Olomouc, 2022/2

interview

Psychologist Martin Dolejš: A smile is a desirable commodity



Palacký University Olomouc

Alumni Club





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cover - Psychologist Martin Dolejš | photo: Jakub Čermák

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Dear colleagues, students, and friends of Palacký University,

You are holding in your hands another edition of our university magazine, where we try to focus on the good news from our alma mater. This time is no different, though this edition is somewhat unusual.

In today's hectic times, when event follows event in rapid succession, our lives might seem a bit monotonous. There are so many events that we do not have enough energy to deal with them in depth, and we have the feeling that we have seen it all before. But people and things do keep changing and evolving, and our university is contributing to that, to a large extent.

On the following pages, you will read about the Teacher21 project, where you will learn that a teacher in today's difficult times must cope with a lot more than our childhood teachers did. You will also read about the research of our psychologists, who prove that the most ordinary things can determine our existence. And it is well worth reading about our colleagues whom we also meet as paramedics, doctors, and volunteers, and whose knowledge and skills put us back on track during critical moments.

Dear friends, I wish – thanks to Palacký University Olomouc and all those who work and study here – that your lives will be (extra)ordinary.

The Faculty of Education is no factory for standardised teachers

What do we all know by rote? School! We all attended school, and so we all know how learning is done. But is that really true? How would the teachers from our childhood stand up against those of the 21st century? What challenges do they face today? What do they have to know, what should they be able to do, and what can't they do without? Where else to find the answers than at the Faculty of Education?

Faculty of Education Vice-Dean Petra Šobáňová says that Czech education has found itself in a state of permanent change. "I really mean that, no exaggeration. Just for a moment, try to imagine: the advent of digital technologies and the Internet, challenges in the form of inclusion, transformations in the concept of parenthood and the diversity of approaches to raising children in families, declining reading levels, Covid and online teaching, the increase of psychological problems in children, integrating students from Ukraine, and on top of all that, the complex system of transformations in the form of revising the overall framework of the educational programme. I could list a whole slew of challenges the contemporary teacher faces, and each of these problems is not only difficult, but complex. And yet we expect teachers to react capably and immediately to all these transformations, to evaluate them not only quickly but responsibly, and that they function on a high level each and every day." Simply put, faculties of education should produce super-teachers for the twenty-first century.

Education is a ship which changes course very slowly

The world of education is evolving rapidly, with constant new stimuli, findings, and trends. Within these currents, education is like a huge ship which can change course only slowly. "Even if our research shows that beginning teachers teach according to the examples that we ourselves encountered, the demands put upon them today are very different. Monotone explanations at the blackboard are no longer enough:







one must activate the pupils. Teachers are no longer the primary information source, but rather they open the doors to their field." Czech schools have a large degree of autonomy, they prepare their own curricula; the Ministry of Education only gives them a general framework and focus. "A teacher must then consider what educational content is essential in their field and mainly which paths they will use to convey it to their pupils in the given class and then which paths they will use in the next class, with different personalities," explained the vice-dean. She also stressed that ageold 'cookie-cutter', one-size-fits-all preparations for teachers are no longer enough, because the approaches used at different schools, and even individual classes within them, can be diametrically opposed.

"Unlike in previous generations, it is very important that teachers do not only view teaching through the lens of their particular field but consider it in the society-wide context. They must reflect upon the world their pupils live in, what they face both at school and outside school, and what is more, where their pupils' vulnerabilities lie, what troubles them, and what can move them forward. Today's teacher must be open and creative: it's simply not enough to stand in front of the class and lecture for forty-five minutes. They must know how to captivate their pupils. And mainly: they must realise that they are there for their pupils. They need to know how to listen, how to help them find solid footing, and build the basic feeling they can trust those around them and stand up for themselves in the world. A good teacher shows their pupils that the world can be a good place. A teacher is a very important person in terms of their relationships: they have an influence on their future lives - for better, or unfortunately, sometimes, for worse," Šobáňová emphasised.

Her words are echoed by Hana Vacková, who teaches the basics of social science at Hejčín Gymnasium in Olomouc. "Traditional memorisation does not work very well with today's students, which is why I try to create as stimulating an environment as possible. I'm aiming at strengthening their knowledge of context, opinions, and literacy." Vacková also develops skills and attitudes important for life, and says that university students of education should be taught this as well. A good teacher shows their pupils that the world can be a good place. A teacher is a very important person in terms of their relationships: they have an influence on their future lives – for better, or sometimes for worse.



Olga Ryparová, a graduate in H Biochemistry at the UP Faculty of Science, of teaches chemistry and created her own G YouTube channel, Olinium.

Hana Vacková teaches the basics of social science and art at Hejčín Gymnasium in Olomouc.

Teacher = influencer

A typical school? A model teacher? According to the experts at the Faculty of Education, there is no such thing anymore. Plurality rules the day. Even in the same school environment, the experiences of pupils and parents can be very different.

"Naturally, I am delighted to see more of a range of teaching personalities today, who bring novel approaches to schools, and their repertoires of methods and resourceful teaching techniques are fascinating. They are showing that school does not have to be boring. I'm glad that many of these teaching personalities are our graduates. It's also good that in recent years they form an influential group of active and passionate teacher-influencers who break stereotypical ideas of strict teachers at the blackboard. They are agents of change and pride in the teaching profession. Thanks to them, teaching is becoming more attractive than before," said Šobáňová.

One such teacher is Olga Ryparová, a Biochemistry graduate of the UP Faculty of Science. She teaches chemistry, but a bit differently than you would expect. The young, popular influencer has created her own You-Tube channel, Olinium, dedicated to chemistry topics. "It started as a project in my free time. At night, I would film short explanations of chemistry topics. For example, I worked on an explanation of the nomenclature of salts, prepared examples, stood in front of the board, and spoke into the camera. And then I uploaded it to YouTube," she recalled. She made the first videos for her students, so that they could supplement material they lacked. Then she began to live-broadcast chemistry lessons when the schools were closed due to the outbreak of Covid-19. Since then, she has expanded Olinium, publishing educational videos weekly, as well as conducting interviews with chemists and scientists as podcasts on social networks. She is particularly popular because she knows how to explain complex ideas in a clear fashion.

But there is no need to reproach conservative teachers. Vice-Dean Šobáňová knows well that innovation, if it is emphasised at all costs, may not necessarily be beneficial and is no guarantee of quality. "That is guaranteed by pupils who look forward to school, who are eager to discover new things. Whether they like going to school is the main thing for me, and I think that the Czech school system has its reservations in this respect."

The Olomouc Faculty of Education in its undergraduate training tries to ensure that the new generation of teachers will not have such reservations. "This is being monitored very closely – not just at the Ministry of Education, which together with faculties of education has launched ambitious reforms,

Traditional memorisation does not work very well with today's students, which is why I try to create as stimulating an environment as possible.

but also by the public and the university students themselves. Students of education are very demanding these days. They know how to formulate their thoughts and they want much more than a piece of paper which says they can teach. They are interested in the quality of their preparation and are not afraid to discuss what they need for their training," she added, regarding the content of frequent discussions with students. She is very glad of that, for they discuss again and again what should be the foundation of their studies and what is merely custom, or useless ballast.

One of the ways to keep fresh, motivated, and in close contact with teaching practice has become the community and information portal Učitel21 [Teacher21], whose content is created not only by the students themselves, but also by teachers, from practice. It offers hundreds of articles and publishes daily tips on teaching, showing the diversity of today's world of education. According to Šobáňová, it is just one of the innovations which the UP Faculty of Education offers future teachers. "We're showing that one can learn not only from textbooks but also from the Internet, that inspiration and various stimuli can come to teachers from all sides, and that the Olomouc Faculty of Education is an important part of that trend. It is no factory for standardised teachers but rather an initiation gateway to the world of education."

text: Egon Havrlant photo: Vojtěch Duda

event

Palacký University opens American Center

Palacký University has opened the American Center Olomouc in its premises on Svobody Avenue in Olomouc. The US Embassy in the Czech Republic was involved in its founding and will participate in its operations.

The American Center will serve students and the general public, and is intended as a place for meetings, lectures, research, tutoring, and even games. Similar American Centers can be found worldwide; in the Czech Republic there are six of them, and this is the second established at a university.

"We greatly appreciate being able to open an American Center in Olomouc, a city with rich historical, cultural, and academic traditions. It will serve as a window into America – in addition to educational and leisure activities, it will also become a platform for dialogue and exchange of opinions between Americans and Czechs. The Centers are not only proof of our friendship, but they also have the goal of promoting our common values – such as freedom, democracy, and human rights," said US Embassy Chargé d'Affaires in the Czech Republic, Christy Agor, at the opening of the Center. She also emphasised the necessity of support for Ukraine in its fight against the Russian aggressors.

UP Rector Martin Procházka said he considers the opening of the American Center a great achievement: "We are committed to continuing our cooperation with universities in the USA, where we have promises of more opportunities for student and teacher exchanges. We also want to work on joint study programmes, where we can mutually enrich ourselves in educational fields."

The Center's services are intended not only for university students but also high school and elementary school students, and the general public. "The American Center offers not only the opportunity to get to know American culture but also possibilities of studying abroad for current and future university students. Another component of its activities will be to support English language teaching. Visitor will have access to language textbooks and information sources, including advice on how to study in the USA," added Center coordinator Lukáš Merz.

Regular educational and cultural programmes including lectures, film screenings, and exhibitions will also be held in the Center premises.



We greatly appreciate being able to open an American Center in Olomouc, a city with rich historical, cultural, and academic traditions.

Christy Agor US Embassy Chargé d'Affaires in the Czech Republic



8 faculties 1 university



UP has experimental microbrewery, to be used by students of several faculties

Beer production and technological procedures, the effect of beer on human health, its place in human history as well as the history of chemistry – all of these are offered by the newly established Experimental Microbrewery of Palacký University Olomouc. When brewing beer, students will gain information not only about the technological and chemical processes that give this beverage its characteristic properties but also about the beneficial effect of moderate beer consumption on human health.

"We want to gradually involve all faculties in our experimental brewery project, because the beer phenomenon can be examined from many points of view – whether it be the history of brewing, the development of recipes and beer culture over time, geographical differences in the brewing process, the use of modern technologies in contemporary brewing, or the health aspect of drinking beer," said Lukáš Kučera from the Department of Analytical Chemistry at the Faculty of Science (on the left in the photo).

The brewing equipment will serve both scientific and academic purposes, as various learning modules and courses can be linked to this attractive topic. The Department of Analytical Chemistry has already introduced the course Chemistry of Beer, and thanks to the experimental microbrewery, a new course, Practical Chemistry of Beer, will follow. "It will be focused on the study of all the chemical processes that take place during the brewing of beer and its maturation in lager barrels," noted Kučera.

In the initial phase, the experimental brewery will brew 25 litres of beer per batch, since according to current legislation its annual production cannot exceed 2000 litres. At present, the brewery is located in the premises of the Department of Analytical Chemistry. The production technology will be however moved to the basement of the Faculty of Arts located on Svobody Avenue. (cho)

Students from Belgium and Estonia interested in School of Midwifery

Ultrasound examination in pregnancy, various techniques of suturing surgical incisions, simulation of birth complications – these are just some of the experiences by the participants of an international school for midwives. The third year of this originally winter event was changed to September due to Covid-19. Twenty students from Belgium, Estonia and Slovakia



participated in the school, organised by the Department of Midwifery at the Faculty of Health Sciences.

"This year's school was a real success. I think that everyone was happy, taking home a lot of new knowledge and experiences and having made new friendships. One of the main goals of this event is to exchange experiences between countries. During the workshops, students had the opportunity to learn about the use of physiotherapy techniques during pregnancy, labour, and postpartum, as well as ultrasound examination and complications that can occur during labour, whether it is shoulder dystocia in the newborn, postpartum haemorrhage, or resuscitation of the newborn," said the head of the institute, Kateřina Janoušková.

The participants included teachers from partner universities cooperating with the

faculty within the Erasmus programme. Based on this year's good experience, the next, fourth year will probably take place again in September, and the Winter School will change its name to Summer School of Midwifery.

The Faculty of Health Sciences also welcomed other foreign visitors during September. Nicola Ferrara, former President of the Italian Society of Geriatrics and Gerontology, gave an on-line lecture entitled Demography, Epidemiology and Healthy Ageing: A Geriatrician's Perspective. Then the 3rd Kinesiology Conference, in addition to experts from local universities and university hospitals, also featured presentations by Jim Richards, a renowned expert in biomechanics, and Louise Connell, a neurorehabilitation expert, both from the University of Central Lancashire in Preston, UK. (dkr)

The Faculty of Law signed Memorandum of Cooperation with the Constitutional Court

The Faculty of Law in Olomouc is the first Czech law faculty to establish formal cooperation with the Czech Constitutional Court. The Memorandum, the purpose of which is to bring academia and practice closer together, was signed by Pavel Rychetský, President of the Constitutional Court, and Václav Stehlík, Dean of the Faculty of Law.



The parties to the Memorandum agreed on three basic forms of cooperation: regular meetings of representatives to discuss issues of common interest, joint organisation and participation in training, seminars, and conferences, and mutual methodological and consulting assistance.

The Memorandum is the result of a long-standing link between the two institutions. Many experts associated with the Palacký University law faculty were or have been working at the Constitutional Court in the ranks of judges, assistants, and interns. "Many excellent lawyers have undoubtedly emerged from the Olomouc faculty, and we are pleased that some of them directly contribute to the work of the Constitutional Court. The long-standing fruitful and mutually beneficial relations between the Constitutional Court and the academic environment are now taking on a more formalised dimension, which will certainly strengthen the professional and scientific capacities of both parties," said the President of the Constitutional Court, Pavel Rychetský, after the signing.

"Both spheres need and have something to offer each other in the effort to cultivate the Czech legal environment. It is also an opportunity for our academics and doctoral students, and at the same time it is an offer for the judicial sphere at the highest level to become more involved in the professional discussion in academia," said Stehlík. He also appreciated the fact that the UP Faculty of Law is the first Czech faculty to have signed the Memorandum with the Constitutional Court.

In recent years, the faculty has managed to expand its partnerships. It has already cooperated with the Supreme Court, the Office for the Protection of Competition, the Office of the Government Commissioner for Human Rights, the Czech Judicial Academy, the Insolvency Service, the Sirius Foundation, Caritas Olomouc, the law firms HAVEL & PARTNERS, Arrows, Kohajda & Sejkora, and Ernst & Young. (eha)

Alumni Days at the Faculty of Education: Full of ideas and inspiring meetings

Former students and friends of the Faculty of Education visited its premises once again to meet up with their classmates and teachers and find out what's new at the faculty. During the two-day meeting, they were able to tour the main building on Žižkovo Square as well as the premises of the UP Arts Centre. The programme included experiential workshops and presentations of methodologies, didactic materials, and projects. It was complemented by a chamber recital by graduates of the Department of Music Education in addition to interesting debates, networking, and informal meetings.

"The Alumni Days were an opportunity for our guests to meet and share their experience. We, the organisers, aimed to provide them with an opportunity for social gatherings and also present our current projects that could be interesting for teachers. Saturday's programme featured our portal Teacher21 (Učitel21), a project by the Department of Music Education called Hearing Differently, activities of the Department of Art Education, the DigiDen, and the possibilities of using robotic aids in mathematics," said the vice-dean of the faculty, Petra Šobáňová. She noted that their intention was to prepare a set of individual activities for the participants to choose from rather than one huge alumni event. "I liked the fact that our former students themselves were involved in the programme. The music graduates held a concert, and the arts graduates inspired each other with their stories in a lively PechaKucha Night," added Šobáňová. The Faculty of Education wants to organise similar meetings at individual departments every year. The next one will take place next year in connection with the university's 450th anniversary. (map)



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Faculty of Arts archaeologists involved in a new exhibition of Olomouc's most ancient site

St Wenceslas Hill is one of the most important archaeological sites in Olomouc. It has been inhabited continuously for about seven thousand years. This historical fact is to be highlighted by the exhibition entitled Here You Are – St Wenceslas Hill in Olomouc Through the Changes of Centuries, in which archaeologists from the Faculty of Arts participated.

The unique permanent exhibition is being created in the attic of the Chapter Deanery, following up the reconstruction of the premises of the Archdiocesan Museum Olomouc. "We are in charge of the prehistoric part, while our colleagues from the National Heritage Institute are preparing the early medieval part," said Pavlina Kalábková from the Department of History at the Faculty of Arts. "Out of five thousand years, we chose the Late Stone Age, the Older Bronze Age, and the Iron Age, i.e. the Hallstatt culture. These three periods illustrate that the hilltop was not only an important settlement with a central function, de facto a hillfort, a precursor of the city, but also a spiritual centre. The whole exhibition will show that from the dawn of time, St Wenceslas Hill expressed both spiritual and secular power, as a place where the world of ideas and the world of politics were interconnected," added the UP archaeologist. Another part of the exhibition will be dedicated to the early modern period and will present the transformations of the cathedral in the 17th and 18th centuries. The premises of Bishop Jindřich Zdík's palace and the younger Gothic cloister will also undergo partial reconstruction. (map)

Conference at the Faculty of Theology: Testimony of sexual abuse victim and church apology

Absolute silence prevailed in the auditorium of the Sts Cyril and Methodius Faculty of Theology when a woman who was a victim of sexual abuse by a priest finished her testimony. Her speech added another important insight to the mosaic of expert lectures at the conference Investigating Sexual Offences in the Catholic Church, which was organised by the faculty together with the Czech Bishops' Conference and with the financial support of the charitable organisation Renovabis.



The purpose of the event, which was a follow-up to an earlier course on this topic, was to develop a better understanding for victims of sexual abuse and their needs, and to gain practical experience for conducting criminal proceedings in the Church to ensure that the process is both fair and victim-friendly. "I felt a sincere desire and willingness from the participants to learn as much as possible and do something about this. Among other things, a new form of help for victims began to form in a non-descript workplace where it would be possible to meet anonymously, as part of a social service, with a priest who is also a psychotherapist," said the initiator of the event, Jiřina Navrátilová, a prosecutor from Ostrava and external lecturer at the faculty.

The two-day programme provided views from both secular and ecclesiastical perspectives. Fifty participants attended presentations on topics from the experience of victims to the consequences of sexual abuse, especially for children, and discussed questions such as whether the Church in the Czech Republic needs a code of ethics. Other discussed issues included the physicality of the priest and the defence of the perpetrator. The conference proceedings will appear in a forthcoming collective monograph.

The programme also encompassed a Mass for sexual abuse victims at the Dominican Church. "While the faculty programme was designed primarily for professionals, the Mass was open to the public. During the Mass, Father Bishop Wasserbauer, on behalf of the Czech Catholic Church and Catholic bishops, apologised to the victims of sexual abuse and asked for their forgiveness," said another organiser, Libor Botek, who serves as the judicial vicar at the Interdiocesan Church Tribunal in Olomouc and teaches at the Faculty of Theology. (vim)

Faculty of Physical Culture tested the physical fitness of schoolchildren

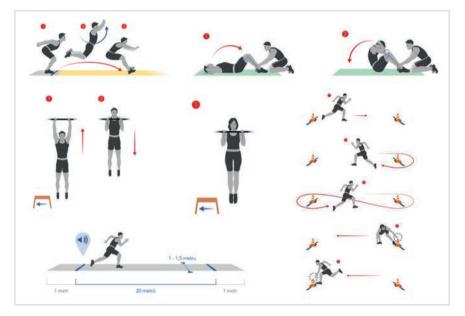
Over 250,000 pupils in three age groups (approx. 8, 12, and 15 years old) from the 3rd and 7th grades of primary schools and the 2nd year of secondary schools (or the corresponding year of multi-year gymnasiums), underwent motor tests, which were prepared by the Czech School Inspectorate in a thematic investigation focused on physical activity in schools and which used a methodology in which experts from the Faculty of Physical Culture participated. The aim was to obtain information on the physical fitness of pupils and to provide schools with feedback and recommendations on physical activities.

Pupils underwent a series of four motor tests. In primary schools, they consisted of a jump from a standing position, a $4 \times$ 10 metre run, sit-ups, and a shuttle run to measure endurance, while in secondary schools the 4×10 metre run was replaced by push-ups for boys and a shuttle run for girls. "These are standardised tests that have already been used to assess physical fitness and will allow us to compare the results with previous findings. Moreover, the tests are familiar to PE teachers and can be easily mastered in physical education lessons," said Roman Cuberek from the Institute of Active Lifestyle at the Faculty of Physical Education, which specialises in the evaluation of physical fitness.

Experts from physical education facul-

ties and departments participated not only in the development of the testing methodology but also in the preparation of the entire survey; they are also ready to assist in the analysis of the data obtained.

According to Cuberek, the survey can bring many interesting findings. "There is one important aspect to the survey: It does not matter how the children are doing as a whole. What matters is if there are any inter-individual differences. That is, if there are any groups of children who are different in some way. What kinds of children are they? What are the differences? Is there a growing gap between urban and rural areas or different types of schools? In addition, the Czech School Inspectorate has a lot of other data concerning schools, pupils, and teachers that can be linked to the findings of this survey, and that could provide further valuable insights for us." (vim)



Future doctors updated on the basics of digital medicine

The Faculty of Medicine together with University Hospital Olomouc reacted to developments in medicine in recent years by establishing the Digital Health Centre. Among other things, this workplace is the guarantor of the newly introduced course Basics of Digital Medicine for students of the General Medicine programme.

"It is necessary for future doctors in their undergraduate studies to get acquainted



with modern technologies that are emerging in medicine. At the same time, they will become more familiar with the work of non-medical supporting professions, which can facilitate better communication. They will learn the principles of cyber-security as well as the technical and legal aspects of digitalisation, increase their competences in working with hospital information systems including the various possibilities of using them, and gain a basic understanding of 'big data' and AI. Clinical applications in disciplines such as palliative medicine, cardiology, diabetology, and radiology are an important part of the course," said Eva Klásková, Vice-Dean for Study of General Medicine (4th-6th year), who is one of the guarantors of the new course.

In order to launch the course and provide it with technical equipment, the faculty managed to obtain support from the Czech National Recovery Plan. The team involved in teaching the basics of digital medicine consists of doctors in various specialties as well as staff from the hospital IT department and the Czech National e-Health Centre.

The training, which includes both theoretical and practical education at selected workplaces, is planned in weekly blocks, with the first medics having already completed their "digital week" during autumn 2022. "We are much looking forward to the students' presentations on any of the topics taught in the course. My colleagues and I hope that they will also contain new insights into the issue, which could be of further benefit not only to other students but also to us as teachers," added Klásková. (vim)

text: Martina Šaradínová photo: Jakub Čermák

science

Researching cereal roots instead of roses: How fascinating!

From roses to cereal roots. That's how one could poetically sum up the scientific career of Véronique Bergougnoux-Fojtik, head of the Plant Genetics and Engineering research group at the Czech Advanced Technology and Research Institute (CA-TRIN) at Palacký University. Her mission is improving the traits of economically important crops to achieve higher yields while respecting the environment. She believes that this goal can be achieved without excessive use of chemicals and wasting water.

As assistant professor at the University of Angers then, she left her motherland fifteen years ago on a day that is symbolic for the French – 18 June. "On that day in 1940, General de Gaulle called on the French people to resist the enemy and fight for change. I took this day as a call for change in my life and scientific development," said the scientist with a smile.

In France, she researched the effect of light on the development of roses; in Olomouc she switched first to tomatoes and later to cereals, especially barley and rice. As she admits in hindsight, the study of roses was beneficial for perfumery but not agriculture. This has now changed fundamentally. "My team is trying to understand how plants tolerate drought stress, which is probably the most important cause of yield decline worldwide. Our main focus is on understanding the development of roots, which not only anchor the plant in the soil



but are also responsible for water and nutrient uptake. If we understand their development and function, we can breed crops that use natural resources more efficiently and do not depend on irrigation or fertilisers for their development," she explained.

According to Bergougnoux-Fojtik, studving roots in their natural environment is a great challenge - and one of the reasons why she finds these subterranean plant parts fascinating. "Once we understand how they function, we can use transgenesis and new genome editing methods to modify plants. We can also develop markers used in breeding programmes. Modern agriculture has hit a bottleneck when it comes to genetic diversity, and that limits our options. Therefore, the idea of de novo domestication has emerged in the scientific community. This means that by using cutting-edge genome editing methods such as CRISPR, we could transform a wild species into a new crop adapted to rapidly evolving harsh climatic conditions within a few years instead of centuries. Challenging as it may seem, this could be the future of agriculture," added the French scientist, who is also involved in teaching young scientists: the greatest reward for her is to see their enthusiasm for science, passing the baton to the next generation.

She appreciates the multidisciplinary character of her work. She has preferred this approach since the beginning of her career. "I try to see the plant as a whole, not limiting my research to one gene. Therefore, I need to be in contact with people who are experts in their fields so that I can learn from them. And such collaborations lead you to new environments and enrichment," concluded the scientist.

one-of-a-kind

Student created a replica of a prehistoric wagon



Zdeněk Čermák, a student of Archaeology at the UP Faculty of Arts, created a replica of a ritual four-wheeled wagon from the 6th century BC, which would have been used by the ruling elite. The wagon was christened directly in front of the site of archaeological research, the Býčí skála Cave in the Blansko District.

"The ritual wagon is Early Iron Age, from the Hallstatt culture, and is truly unique. A total of thirteen such Iron Age wagons, most of them decorated with bronze, have been found in all of Europe. Six of them were found by archaeologists in the Býčí skála Cave. Although the first parts of the Moravian specimen, buried in a prince's tomb in Hrabůvka - Býčí skála, were found 150 years ago in 1872 by the father of Moravian prehistory, Heinrich Wankel, this wagon was identified by archaeologist Zuzana Golec Mírová," said Associate Professor Martin Golec, UP FA Department of History. He emphasised that this is the most opulent archaeological item of that era found in Moravia.

Zdeněk Čermák recreated the one-of-akind item as part of his Bachelor's thesis. "All of the wooden components have metal fittings, either bronze or iron. About fifteen other people worked with me in recreating the wagon, plus a number of outside suppliers, who prepared sheet metal, studs, the body, etc. We worked on it in the forge in Tršice near Olomouc on evenings, weekends, and holidays – a total of 1700 work hours," said Čermák in front of the sanctuary during its christening. He was able to recreate the wagon thanks to Martin Golec, his thesis advisor, and Zuzana Golec Mírová, for whom he previously recreated Hallstatt culture horse bits. In his spare time, he makes suits of armour, and in addition to historic replicas, he makes helmets and weapons for historical re-enactors.

UP archaeologists have been at work in the Býčí skála Cave for some time now. In the year 2020-2021, under Martin Golec, who specialises of the Hallstatt culture in Moravia, they found something of interest which helped date the burial place of the Hallstatt elite to the years 575-450 BC. The found that the human remains and objects were beneath a black layer which was formed by smouldering, not burning, as had been previously thought. Several generations of the ruling elite were buried in the cave. The deceased magnate men and women were buried with food, and gifts in wooden, stone-lined chambers. The archaeologists believe it to have been a sanctuary. They have identified fragments of six burial wagons, and further research has shown that their workshop showed much forethought on the part of prehistoric people.

The return to the Býčí skála Cave was a unique event which took place during celebrations of the 150th anniversary of the discoveries there by Heinrich Wankel. The main role in the event was the replica of the ritual wagon recreated according to the finds in the sanctuary. The horse-drawn wagon was introduced to the public in a ceremonial procession of people dressed in traditional folk costumes, with period musical accompaniment, on 17 September 2022.



talent

Brotherly love – even in science

One could say that brothers Michal and Rostislav Langer must have science in their genes. The twins graduated from the same Bachelor's and Master's programmes at the UP Faculty of Science, and presently completed their PhD studies in Physical Chemistry, during which they worked at the CATRIN institute at Palacký University Olomouc. They both have earned considerable scientific achievements. And yet, as they in unison confirm, they were the first in their family to embark on a scientific career, their decision to study nanomaterials and nanotechnology came at the last minute as a coincidence.

"Although our parents supported us in everything we were interested, they didn't push us toward science. In fact, there was no one in our lives who had anything to do with science," noted Michal. As young boys, they were more likely to envision their careers as businessmen, doctors, lawyers, and professional athletes. After gymnasium, they enrolled at the Faculty of Science in Olomouc, but they were not completely sure about their choice even shortly before matriculation. "Of course, we knew what nanotechnology was – an underexplored field with a great potential for the development of human society. But even one day before enrolment, we hesitated about whether we should choose biology or nanomaterial chemistry. And we do not regret our decision at all; on the contrary, we're very happy," they agreed.

Their subsequent path to science was quite straightforward; their mentor, the head of the department then, played a great role in it. "I owe my scientific career to Prof Michal Otyepka, who introduced us to



theoretical and computational chemistry and enabled us to get involved in fascinating projects in the field of two-dimensional systems. If I had ended up in a lab, I'm sure I would explore science no more," said Rostislav, and his brother agreed. As an undergraduate student. Rostislav was able to participate in international research and develop new materials for use in recording media, spintronics, and supercapacitors. His greatest achievement to date was the Talent of the Year award by the City of Ostrava, which he won together with his brother. "It was a recognition of the hard work and sacrifice I have made during my studies and a testament that the research I was involved in was worthwhile. I also took part in the development of a new graphene-based anode material for lithium-ion batteries. The research was published by the prestigious journal Advanced Energy Materials, which was also a very nice achievement."

His brother Michal, also a computational chemist, is particularly interested in investigating the properties of carbon dots. Most recently, he and his colleagues have been trying to explain the cause and mechanism of fluorescence in various types of carbon dots. This property makes the material suitable for many applications, such as in biomedicine. "I consider it a success that I've found a discipline that fulfils me and that I have contributed to quite a few high-quality publications during my PhD studies. I hope their findings will have real-life applications in the future," said Michal, who succeeded in the 2021 Jean-Marie Lehn Prize, awarded by the French Embassy and the Solvay company to young chemists.

Throughout their studies and scientific careers, the brothers have always studied together and supported each other. When asked who has been their greatest support along the way, they shout out the same answer: my brother. text: Eva Hrudníková photos: Jakub Čermák portrait

Lucie Tungul a Czech political scientist with one foot in Turkey



She knows what it is like to travel to England alone at the age of sixteen, to live and study in a remote part of northern Norway at the age of seventeen, to get an academic degree from an American university, to work for the European Commission in Brussels, and to leave Turkey with her family due to Erdogan's purges. Lucie Tungul is an adventurer and traveller by nature. Professionally, she is a political scientist working at the UP Faculty of Law, who loves to teach, conduct research, and actively contribute to cultivating the political environment.

"I'd never learn anything living in the dormitories in Prague like my brother," said Lucie, then a student of the Czech-English section of an Olomouc gymnasium. It was that innocent phrase which started Lucie Tungul's connection to Palacký University. A connection which has lasted more than twenty-five years. "I knew I wanted to stay in Olomouc. Originally, I wanted to study law or journalism. But my cousin's praise for the Department of Politics and European Studies at the Faculty of Arts got to me. So I gave it a try."

She had tough competition in the Master's programme, when only one in ten applicants were accepted to the first year. "There were sixteen of us, and my classmates were great. The field won me over from the start. I liked their form of teaching. There was none of that 'sit down – write this – memorise that'. We had discussions, formulated arguments, we had to learn how to work with information. We were able to argue the policies of the Washington Consensus or a solution to the Israeli-Palestinian conflict, and then go out for a beer together." During her Master's studies, she managed to transfer to Miami University in Ohio, where she finished the programme in two semesters instead of the customary three to get her M.A. degree. "America gave a lot to me – its strong emphasis on quantitative methodology and independent research made it easier for me to continue in my doctoral studies," she said in retrospect.

Today, Lucie Tungul is a much sought-after expert on European integration, especially Europeanisation, democratisation, enlargement policy, and migration. Journalists also contact her when they need orientation in the current political situation in Turkey and its neighbouring countries. It was in Turkey, with its extremely complicated geopolitical situation, where she lived and worked for a decade.

"I first came to Turkey in 2005, for a conference on EU enlargement. Right after, I got an offer to teach at the Department of American Studies at Fatih University in Istanbul, and I accepted it." Fatih University was a private university with excellent facilities. "Our department had an international team. I enjoyed the mix of experience, and the environment was very dynamic," Tungul said, highlighting the benefits. Her work concerned the democratisation and Europeanisation of accession countries. Her long-term stay in the most complicated EU candidate country proved to be a great advantage for her in understanding EU-Turkish relations.

The work stay in Turkey also made a huge impact on her personal life. There she met her husband – gaining a large Turkish ex-

Lucie Tungul (b. 1977)

An Olomouc native, she studied international relations at Miami University in Ohio and Political Science and European Studies at the UP Faculty of Arts. She worked for ten years at Fatih University in Istanbul. She is currently working at the Department of Political and Social Sciences at the UP Faculty of Law. She focuses on European integration, especially Europeanisation, democratisation, enlargement policy, migration, and the topic of identity in the post-truth era. She also focuses on the political situation in Turkey and its neighbouring countries. She is the Head of Research at the TOPAZ Institute, and a member of the Academic Board of the Wilfried Martens Centre for European Studies. She is a member of the board of the Czech Political Science Association, the Czech Association of European Studies, and the Czech branch of the European Union of Women.

tended family - and gave birth to her children. But her prescribed life gradually transformed into one of uncertainty and fears for the future. Why? The 2016 putsch. "First all the foreigners at the university had their work permits revoked, then after the putsch the school was completely closed, and none of us got their work permits renewed. After a year of waiting for change and after several of our friends and colleagues were deported, we decided to leave for the Czech Republic, for Olomouc," she recalled. Turkey is still experiencing brain drain to this day. "I was born into totalitarianism and fear. I did not want to live and raise my children in such an environment." However, that does not mean that she does not regularly visit Turkey. "To keep up my contacts and be a part of what is happening there is important for my work," she emphasised, adding with a slight smile, "My husband says that one day we will return to Turkey - when we're retired."

She fully restored her connection to Palacký University four years ago. She has added depth to the Department of Political and Social Sciences, where she had even taught one course during her stay in Turkey. Today she is the guarantor of courses such as Membership of the Czech Republic in the EU, History of European Integration, International Trade Policy, Common EU Policy... "Teaching gives me energy. I love the feeling when the chemistry in the classroom is mutual, it's amazing," Tungul said.

Next year, she will publish a book with Routledge, comparing the influence of external actors on the democratisation of Turkey and Ukraine, two EU candidate countries. With her colleague Petr Hlaváček of Charles University, she will point out the procedural mistakes made with Turkey which the EU should avoid in the case of Ukraine. Last year, she and her colleagues wrote an academic paper entitled "Democratisation in EU Foreign Policy: The Cases of Belarus, Turkey and Ukraine" for the Brussels think-tank Wilfried Martens Centre for European Studies. "This is the way to get our work read by the MEPs who co-create policy."

This practical impact of research and cultivation of public discussion on the basis

of scientific data and subsequent findings is something that she considers essential. It is also a reason for her involvement with a think-tank, an educational platform, and a political party. "It would be good if more professionals involved themselves in society. It would significantly decrease the space occupied by those who do not understand the issues, but who sure like to make themselves heard. Many of my colleagues are afraid that their activities will label them biased or non-objective. I would like that barrier to disappear."

When Lucie Tungul finds some free time, she prefers to spend it with a book in her hand. "After many years I got a new Olomouc public library card," says the political scientist, who enjoys Scandinavian cinema, knows five foreign languages, and whose adventurous nature draws her to Latin America. "Olomouc is a beautiful city, a great place to live and raise a family. At the same time, it is important to be able to leave it occasionally, to get to know big cities and forgotten areas of the country, and then return."

It would be good if more professionals involved themselves in society. It would significantly decrease the space occupied by those who do not understand the issues, but who sure like to make themselves heard. Many of my colleagues are afraid that their activities will label them biased or nonobjective. I would like that barrier to disappear.



Bahar Baser

political scientist, School of Government and International Affairs, Durham University (UK)

I've known Lucie for almost two decades. I met her when she was still a university student at a conference in Istanbul. In short time we became good friends. And when she moved to Istanbul, we became roommates. For me, someone who had lived my whole life in Turkey, Lucie immediately became a role model. A well-travelled intelligent woman, who could speak many languages and was incredibly humble and modest to boot. I was captivated by her comments on literally any theme because she always knew more about a given topic than anyone else in the room. I learned from her that academia does not have to be a jungle where everyone competes but can be used as a platform where women can help other women. I treasure her friendship and I am so grateful to have met her.



Vlastimil Fiala Department of Political and Social Sciences, UP Faculty of Law

During my more than thirty-year career, I have had a role in educating several generations of Czech political scientists, and Lucie is one of my most successful students ever. After she returned from Turkey, I did not hesitate to support hiring her as an assistant professor in our department and I was very glad she accepted the post. Lucie is a life-long optimist, who always has a smile on her face, and is kind to both students and colleagues. She is full of determination to continue in her professional growth and thus make a contribution to the development of our field and department. I admire her ability to combine academic responsibilities with raising two children and engaging in public life. Working alongside her - discussing current political themes, working together on academic projects, writing academic books and articles - this is truly a joy for me.

success



UP acknowledged its volunteers' work for the sixth time

It is so simple: people ought to help one another. These were the words of Radana Merzová from the Faculty of Arts when she received the Rector's Award for Volunteering for UP students and employees. Most of the twenty laureates, including her, have been involved in helping people displaced from their homes due to the Russian invasion of Ukraine. The sixth annual awards ceremony took place in September as part of the MEET UP event at the UP Arts Centre.

Merzová has coordinated student translators and interpreters, provided information to refugees, and organised charity collections since the beginning of the war in Ukraine. The award also went to Alžběta Fahrnerová, a student of the Faculty of Education, who volunteered in the evacuation trains, and associate professor Tomáš Čech from the Faculty of Education, who has long been involved in humanitarian projects of the PřesHranice organisation, in which he has involved students. He also participated in humanitarian activities related to the war in Ukraine. "I didn't expect to be awarded for doing volunteer work, so this is icing on the cake for me. Thank you, I really appreciate it," said Čech.

Among the awardees, students and employees working for the Regional Assistance Centre for Ukraine in Olomouc dominated. More than 370 volunteers from UP were involved in its activities, working 15 thousand hours. However, laureates from other areas were also selected from a record 91 nominations. For example, Martina Gajdušková, a dental student who treated villagers in Rwanda as part of an international volunteer programme. "It was a very interesting experience and I'm grateful to the university for making this trip possible for me," she said.

During the ceremony, UP Rector Martin Procházka and Christy Agor, Chargé d'Affaires of the US Embassy in the Czech Republic, greeted and thanked the awardees for their work. Vice-Rector Vít Procházka together with Vice-Chairperson of the UP Academic Senate, Michal Nguyen, took charge of the awards presentation. (vim)

Lenka Zajícová from the Faculty of Arts received a decree from the Academy of the Guarani Language



Carlos A. Ferreira, President of the Academy of the Guarani Language in Paraguay, awarded Lenka Zajícová, Professor of the Department of Romance Studies at the Faculty of Arts, with a decree of appointment as a corresponding member of the academy. The Hispanist was honoured during her month-long internship at the Universidad Nacional del Litoral, Argentina.

"I consider it the most valuable recognition of my scientific work in the field of research on Paraguayan bilingualism and the linguistic situation in Paraguay, as well as a huge commitment to further contribute to the development of Guaraní and its promotion as a full-fledged official language in the future," said Zajícová during the ceremony at the academy's headquarters in Asunción. The Academy of the Guaraní Language is a normative institution which has a fundamental role in the process of standardising the language and using it as the official language of Paraguay. It has been such, along with Spanish, since 1992. The decree thus manifests how the acclaimed social relevance of research can have an impact on virtually the entire linguistic community, which includes some six and a half million speakers. (map)

Jakub Spáčil, Faculty of Law doctoral student, succeeded with his academic work

Jakub Spáčil, a PhD student of the Faculty of Law, succeeded in the Czech-Slovak final of the Student Academic and Professional Activities Competition. His thesis "Plea of Necessity: A legal key to protection against unattributable cyber operations" took third place in the doctoral section. The international round, attended by students of Czech and Slovak law faculties, was held at the University of Košice.

Spáčil, competing for the first time, wrote his thesis in English. "The topic of my entry is based on my dissertation research, in which I deal with the issue of defence against cyber operations from the perspective of public international law; specifically, the precepts of self-defence, extreme emergency, countermeasure, and retort. Cyber operations represent one of the greatest challenges of contemporary international law," he explained.

The competition, both the faculty round and the Czech-Slovak final, was a great challenge for him. "For the first time in my life, I had to present the results of my research in front of an independent jury. I'm thrilled that I passed both stages of the competition. As an author, I find it very difficult to evaluate the quality of my own work, so winning third place in the international final is important feedback for me and a signal that what I am doing is not completely off-topic," he said.

The faculty awarded him a special grant. "On behalf of the entire faculty management, I would like to congratulate Jakub Spáčil. Jakub has proved to be a very modest person, but I really think he can be proud of himself. It is an extraordinary achievement to win a medal in a 'heavyweight' PhD thesis contest with twelve representatives from five faculties," said Ondrej Hamulák, Vice-Dean for Science and Research at the Faculty of Law. (eha)



The Terezín Medal for Tomáš Konečný, student of the Faculty of Arts



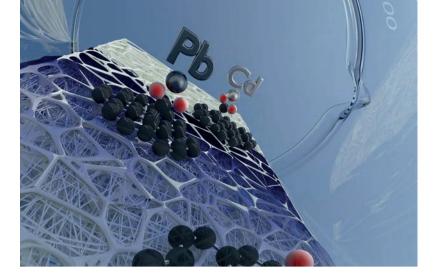
Tomáš Konečný, a student of the Department of History at the Faculty of Arts, researched the military representation of Augustus the Strong, Elector of Saxony and King of Poland, in his Bachelor's thesis. Experts evaluated his work as outstanding and awarded him the Terezín Medal, a symbolic recognition of the author writing on military history in his thesis.

"Receiving this medal means being recognised by military historians, members of the Czech Society for Research in Military History, who are my role models. Therefore, the greatest reward for me has been meeting the authors of all the books that I have used in my research and that paved my way to what I'd love to do in my life. I take the medal also as a reminder of the half-forgotten history of the Terezín fortress," said Konečný.

In his Bachelor's thesis "Military Presentation of Augustus II the Strong. A cul-

tural-military analysis of the Saxon army's plans for exercises at Zeithain in 1730", the history student examined how Augustus the Strong used the army to represent himself. "In fact, he conceived his army's manoeuvres largely as a lavish celebration attended by guests from all over Europe. Among the most prominent spectators were King Frederick William I of Prussia and his son, the future Frederick II the Great. My work, therefore, was primarily concerned with what Augustus the Strong wanted to communicate to the public through his army and how he wanted to achieve this," he said. The Terezín Medal competition is organised by the Society for Research in Military History and focuses on topics related to the new cultural history of war, gender studies, oral history, historical anthropology, historical sociology, archaeology, military studies, ethnology, art history, and related disciplines. (map)

success



A nanomaterial from Olomouc could eradicate heavy metals from water

A cheap, efficient, and recyclable nanomaterial that can not only detect but also remove heavy metals from water, especially cadmium and lead – this is the result of collaboration between scientists from the Czech Advanced Technology and Research Institute (CATRIN) of Palacký University Olomouc, Technical University of Ostrava, and the Catalan Institute of Nanoscience and Nanotechnology (ICN2) in Barcelona. The researchers used "graphene dots" derived from the Nobel-prize winning material graphene for the preparation of a paper detector. A simple test will prove the presence of dangerous heavy metals without costly devices in about 30 minutes.

Compared to the already available materials which are also able to discern heavy metals in water, the new material has a number of advantages. The most important one is the ability to not only detect heavy metals in water but also remove them. "The developed material can be reused – it is recyclable. Moreover, it is a carbon material that is non-toxic to the environment and is possible to produce on a large scale. It could be used, for example, in the form of filters to prevent contamination of water by dangerous lead or cadmium," added co-author Michal Otyepka. The results of the research were published in the journal *Small* and a patent has already been filed.

The contamination of wastewater by industrial activities is a burning problem today, with lead and cadmium, alongside mercury, being among the most toxic heavy metals. Their release into the environment causes extensive damage to the aqueous ecosystem and contamination of agricultural crops. In humans, long-term exposure to these heavy metals may lead to serious organ and vital functions failure; they are also proven carcinogens. (srd)

Congress awarded chemists from Palacký University



The medal of the Czech Chemical Society and the Silver Commemorative Medal for cooperation with the UP Faculty of Science were awarded to Prof Jitka Ulrichová from the Department of Medicinal Chemistry and Biochemistry at the Faculty of Medicine and Dentistry at the 74th Congress of Chemists, which took place under the auspices of the UP Rector's Office in September at the Faculty of Education. "I was very pleased with the medals, I appreciate it very much. At the same time, I would like to emphasise that they also belong to all my colleagues and collaborators. The work in our field should always be based on broad cooperation," said Ulrichová.

The 74th Congress of Chemists was held in honour of Prof Vilím Šimánek, an internationally renowned expert in complex research on natural substances. Šimánek was awarded the UP Commemorative Medal with a dual portrait of Josef Dobrovský and František Palacký, as well as the silver medal of the UP Faculty of Science for his contribution to its development.

"The Karel Preis Prize for a contributory series of articles on mass spectrometry in the *Chemické listy* journal was awarded to Prof Karel Lemr from the Department of Analytical Chemistry at the Faculty of Science. The highest award of the Slovak Chemical Society for lifetime achievement was given to Profr Peter Šimon from the Institute of Physical Chemistry and Chemical Physics in Bratislava," said Jan Petr, Vice-Dean of the Faculty of Science and chairperson of the Olomouc branch of the Czech Chemical Society. (cho)

Archers succeeded at the national championship

Members of the Olomouc Archery Club at the UP Academic Sports Centre scored three medals at the Czech Republic adults' championship in target archery. Adam Li, a student of Chinese philology at the Faculty of Arts, took third place in the men's category and dominated the mixed team category together with Klára Grapová from Ostrava. In the team category, the Olomouc archers Adam Li, Tomáš Valenta, and Son Hai Nguyen took bronze.

"It is an extraordinary success. In the history of adult archery we have never managed to shoot our way to the final target and bring home a medal," said Valenta. He also highlighted the performance of Adam Li, who managed to qualify for the Czech national team and has already competed abroad at the World Cup and European championships.

In addition, Li, together with Michal Hlahůlek from the Faculty of Education, excelled at the end of the summer at the Academic Championship of the Czech Republic, where they won the team category. Hlahůlek also won the first place among men at this event, while Josef Křesala from the Faculty of Science was second. (vim)



Jan Stejskal and Martin Elbel receive honorary doctorates from the University of Nebraska

The University of Nebraska at Kearney (UNK) awarded honorary doctorates to academics from the Palacký University Faculty of Arts. Two colleagues from the Department of History, Associate Professors Jan Stejskal (Dean of the Faculty of Arts) and Martin Elbel personally received the degree in honour of their twenty-five years of cooperation with the U.S. university.

The two received the honorary degree at a ceremony at UNK, attended by the newly elected Nebraska Governor, representatives of the University of Nebraska including its alumni, and UP Vice-Rector Jiří Stavovčík.

"An honorary doctorate is the highest honour any academic can receive from their colleagues. There is nothing greater in academia. My colleague Martin Elbel and I both accept it with enormous respect. The University of Nebraska has awarded honorary doctorates to Presidents Roosevelt, Clinton, and Gorbachev. I therefore delivered the ceremonial speech with great esteem and gratitude," said Stejskal.

The two received the award primarily for the Nebraska Semester Abroad programme, which they have been running for twenty-five years and thanks to which Nebraska students can study at the UP Faculty of Arts Department of History. The programme has now more than seven hundred graduates and has progressively become the basis for further cooperation; both honoured academics also lecture in the programme. "Our programme is the oldest existing international study programme at Palacký University. I am very glad that it continues to thrive and that UP Rector Martin Procházka promotes its development. Thanks to this, students from UNK will be able to study at our Faculty of Health Sciences, too, in January, while in March they will arrive at the Faculty of Arts," said Stejskal.

Doctor honoris causa is an honorary academic title awarded to individuals who have made a significant international contribution to the development of science and culture or the benefit of humanity.

"For me as well as for Associate Prof Elbel, I believe, this honour from the University of Nebraska means a great deal. I think it is also an acknowledgement of all those who have been involved in the programme. At this point, I must also pay tribute to Rector Emeritus Josef Jařab, who opened the path for this collaboration twenty-five years ago. It appears his faith was not misplaced," added the dean. (map)



Honorary doctorates were awarded to Associate Professors Jan Stejskal and Martin Elbel from the UP Faculty of Arts. Pictured are Doug Kristensen, Rector of the University of Nebraska (centre left), and Jan Stejskal, Dean of the Faculty of Arts (centre right).

kaleidoscope

Expeditions overcome barriers in Corsica and Slovakian mountains

Disability is no barrier in travel and active leisure, as students of the Department of Adapted Physical Activities at the Faculty of Physical Education proved this year on two Expeditions Without Barriers (Expedice PřesBar). The first one included eight people with disabilities and consisted in crossing the Great Fatra in Slovakia, while the sec-

ond team included five wheelchair users and explored the beauties and pitfalls of Corsica with the use of bikes and handbikes. "When you get together the right people who are not afraid and don't think that a wheelchair is a burden, everything is possible, and this is how I could experience things I wouldn't normally be able to. For this I am so grateful to the students and their teachers," said Soňa Augustýnová, one of the participants of the Corsican expedition. (vim)



Šternberk's history published

The town's history has been written since 1296, but it was comprehensively compiled in Czech for the first time in 2022. After six years of intensive work, a team of historians from Olomouc led by David Papajík from the Faculty of Arts has completed a spectacular publication called *The History of Šternberk*. The book was creat-



ed in collaboration between the town and Palacký University, and its launch took place at Šternberk Castle in the presence of UP Rector Martin Procházka (centre), the mayor of Šternberk Stanislav Orság (left) and historian Papajík (right). The lavishly illustrated, visually and photographically rich publication of 800 pages, prepared for publication by UP Press, documents in great detail all the historical periods, development, and transformation of the town in its more than 700-year-old history. (tof)

Theme song for Olomouc



"Theme Song for Olomouc" is the name of a new jingle for Olomouc, composed by Filip Tailor from the Department of Music Education at the Faculty of Education. The song was recorded by the Moravian Philharmonic Orchestra Olomouc. The minute-long composition refers to patriotism, local folklore, the cultural and military history of the city, and the Olomouc astronomical clock. It will be used during important events. (map)

New and current students met at MEET UP



Beginnings can be difficult, and this is all the more true when you're a firstyear student at university. But even that first encounter with academia can be made easier. That's why MEET UP is held - a traditional informational and entertainment event that highlights the beginning of the academic year and is organised by UP for both its new and existing students. Information booths of student clubs and university organisations, awards for the best volunteers, concerts, screenings, debates, good food and drinks, great atmosphere that's how UP started the new academic year. (ipu)

New dean at the Faculty of Theology: Vít Hušek



The Sts Cyril and Methodius Faculty of Theology has a new dean: Vít Hušek, former vice-dean for science and research. "I need to get familiar with the faculty as much as possible in areas that I do not know so well and have rather observed from distance. I'd like to listen to my colleagues in various departments and ask them about what they perceive as most urgent and pressing issues today," he said, when asked about his immediate plans after taking office. The faculty also has a new chancellor who is the faculty's ecclesiastical guarantor. He is Bishop Josef Nuzík, who was elected administrator of the Olomouc archdiocese after Archbishop Jan Graubner became Archbishop of Prague. (vim)

Support for cancer research

Research enabling better diagnosis and treatment of cancer, support for young scientists and raising awareness of the importance of medical research – these are the goals of the newly established National Institute for Cancer Research, which brings together 71 top research teams from 11 workplaces in Prague, Brno, and Olomouc. Its Medical Director is Marián Hajdúch from the Faculty of Medicine and Dentistry. "Every new cancer treatment or diagnosis is preceded by research, and we transfer new knowledge from research laboratories into medical practice. Our teams make small advances every day and never give up the fight against this enemy. The institute opens the path for better collaboration across disciplines and departments," said Hajdúch. (red)

G4G conference on global challenges

The fight against climate change, sustainable agriculture, circular economy, energy generation and storage in biological systems, and other global challenges were debated by experts from the Czech Republic, Germany, Great Britain, the USA, Finland, and other countries at the international conference Green for Good VI, which was held in September in Olomouc. It was organised by the



Czech Advanced Technology and Research Institute (CATRIN) in cooperation with the European Federation of Biotechnology and under the auspices of the Minister for Science, Research and Innovation, Helena Langšádlová. The speakers included respected scientists such as Alan Schulman from the University of Helsinki, who currently serves as President of the European Plant Science Organisation; Martin Greimel, Head of the Centre for Bioeconomy at the University of Natural Resources and Life Sciences Vienna; Thomas Brück from the Technical University of Munich; and many others. (srd)

First occupational therapists at the Faculty of Health Sciences

Three years ago, the Faculty of Health Sciences opened the Bachelor's programme Occupational Therapy, which now has its first graduates. All candidates successfully



passed the final state examinations. Occupational therapists help people with disabilities and socially disadvantaged people to live a full and happy life in new circumstances. Occupational Therapy was opened in the academic year 2019/20 and almost a hundred applicants applied then. Fifteen students were accepted for the study, and all now have degrees. (dkr)

Beauty for the glory of God

At first glance, it might seem that a project to devote care to historic liturgical textiles and their presentation by experts from the UP Sts Cyril and Methodius Faculty of Theology (CMFT) and the National Heritage Institute might not have broad appeal outside museum workers and parish administrators. However, the extraordinary beauty of ceremonial vestments and other religious objects is something with which the general public should also become acquainted. The icing on the cake became *Květy trpělivosti* [Flowers of Patience], a book and exhibition aimed at the importance of flowers in liturgical art.

"For centuries, art objects which served in Christian worship have been a virtually unknown world, closed to outsiders. Although they are literally at the very centre of the liturgy, placed on the altar or in its immediate vicinity – due to which they were given the utmost artistic attention – parishioners present at the service could never get to see them up close, for the very same reason," said Radek Martinek, the book's author, adding that these items were not primarily intended for the curious human eye, but primarily for the glory of God.

The title *Flowers of Patience* refers not only to flowers found in liturgical art. Among the oldest and most common vegetable and floral motifs are those connected with the Eucharist, at the very centre of Christian worship, with Jesus Christ, or the Virgin Mary. Ears of grain symbolise bread – the body of Christ; grapevines, wine – the blood of Christ. The rose, as queen among flowers, represents Mary, Mother of God; the red rose refers to Christ's sacrifice. The white lily symbolises the purity of the Virgin Mary.

Patience itself is embodied in the art of embroidery, practised by many a noble lady. The exhibition, in the crypt of St Wenceslas Cathedral in Olomouc, displayed embroidered robes by Empress Maria Theresa and Magdalena Dobromila Rettigová, the Czech national revivalist, author, and famed cookbook compiler. The empress is also said to have been the author of the maxim "She who embroiders, sins not".

"In the case of Maria Theresa, I suspect that she did not embroider everything herself. The robe on display was created with the help of the nuns at St. Pölten. Maria Theresa often collected and paid for the materials, or donated the clothing and designed the decorations, sometimes partially embroidering them herself. In the case of Magdalena Dobromila Rettigová, we know that the chasuble on display is one that she did embroider herself – as thanks for the birth of her son. It is beautiful, delicate work," commented Jitka Jonová of UP CMFT, who curated the exhibition together with Helena Zápalková of the Olomouc Museum of Art.

The decorated ceremonial garments evolved from ordinary civilian clothing when precious materials began to be used for them. "Thanks to the fact that liturgical textiles were not affected by the whims of fashion trends, some quite old and valuable pieces have been preserved to this day, including old embroidery patterns. These were often transferred to new material when the original material was damaged. For cultural history, especially the history of textiles, the study and preservation of liturgical textiles is incredibly interesting and important," Jonová said in closing.



As part of the project Historical Liturgical Textiles in the Czech Lands: Methodology, Inventory, Care, and Presentation, not only was Květy trpělivosti [Flowers of Patience] published, but also the methodological manuals Liturgické textilie a jejich památková ochrana [Liturgical Textiles and Their Preservation] and Liturgický textil a způsoby jeho prezentace [Liturgical Textiles and Presentation Methods], as well as a book dedicated to liturgical textiles as gifts from Czech nobility, Kdo vyšívá, nehřeší [She Who Embroiders, Sins Not], and a catalogue of Olomouc Cathedral's liturgical robes, Ornamenta Episcopi. The books were published by Palacký University Press, where they can also be purchased.



Votive chasuble with a depiction of the "Talking Cross of Ferdinand"

Maria Theresa (1717–1780) and sisters of the Institute of English Maidens in St. Pölten (?), Vienna, circa 1770, silk, metallic thread, and bullions.

Bishopric of Hradec Králové – Roman Catholic parish of Lázně Bohdaneč.

The rich symbolism of the vestment forcefully connects the joyful and tragic line in the life of Maria Theresa and her husband Francis I, symbolised by a pair of roses surrounded by the emblem of the House of Habsburg. Above them is a bouquet of twelve rosebuds – doubtless an allusion to the same number of their surviving children at the time the robe was made. Their four deceased children are represented by four roses beneath the Cross of Ferdinand, which was used in the House of Habsburg's last rites. The names of the two princesses who subsequently died were attached later in the form of inscribed bands.



Detail of chasuble with embroidered flowers

Magdalena Dobromila Rettigová (1785–1845), according to a design by Jan Alois Sudiprav Rettig (1774–1844), likely 1822, embroidered in coloured silk on satin.

Bishopric of Hradec Králové – Roman Catholic parish of Ústí nad Orlicí.

In the Czech lands in the first half of the 19th century, most townswomen, including those in nationalist circles, were engaged in occasional embroidery. Among them was Magdalena Dobromila



Rettigová. On her embroidery, which decorates the central belt of the chasuble, we can see a delicately embroidered bunch of flowers, including forget-menots (Myosotis), full-blown roses (Rosa), blue and white China asters (Callistephus chinensis), an interesting nigella flower (Nigella), garden pansies (Viola x wittrockiana), and delicate lily-of-the-valley flowers (Convallaria).



Marian chasuble for Svatý Hostýn

Designed by Josef Fanta (1856–1954), made by the Parament Institute, Christian Academy in Prague, 1925, embroidered in coloured silk, metallic thread, and bullions on silk damask.

Olomouc, Archbishop's Palace.



White chasuble with embroidered cross

Designed by Josef Fanta (1856–1954), made by the Parament Institute, Christian Academy in Prague, 1920–1930, embroidered in coloured silk, metallic thread, and sequins on silk fabric.

Bishopric of Hradec Králové.



















The most diverse experiments, tastings, workshops, film screenings, guided tours of normally inaccessible places, non-traditional sports, a fire show, and above all, tons of fun and discoveries – this was the Long Night of the Sciences, which took place at the end of September at Palacký University and University Hospital Olomouc, attracting several thousand visitors. How was this year's event? The pictures speak louder than words. (vim) text: David Kresta photos: Jakub Čermák, Vladimír Jarušek archives

story

Vladimír Jarušek: A paramedic is always on alert!

An ordinary day turns tragic. A man in Tišnov brutally attacks six members of his family, including children. A five-member team of paramedics arrives on the scene. One of them is Vladimír Jarušek. He has been working as a paramedic for over twenty years, but he considers this incident from October 2021 as the most difficult in his entire career. For saving the lives of six people, he and his colleagues were awarded the Gold Rescuer Cross in May.

As soon as they arrived on the scene, the paramedics had to care for the wounded within a rapid timeframe. Some were in life-threatening situations. "What was shocking was that all of them were family members, and the vicious attack was carried out by an axe, knife, and iron bar, via which most were wounded in the head and chest areas. We called in a second medical team and informed the emergency centre of the details at the scene. Other teams in the integrated rescue system gradually arrived. Unfortunately, the driving distance was far, and so the four men and one woman in my team had to care for several gravely injured people for a relatively long time. I've been working as a paramedic for over two decades, but I rank this attack the most difficult in my career. I still get goosebumps when I think

back on it. Luckily, they all survived, even though they will suffer permanent consequences, especially psychological trauma, for the rest of their lives," recalled Jarušek.

He has been a healthcare worker since 1996: before he was a paramedic, he had been a nurse and an ambulance driver. At present, he is passing on his years of experience to students at the UP Faculty of Health Sciences. "I think it is essential to help the next generation of my future colleagues. It's the combination of training and theory, and especially experience gained in the field – which in this job is irreplaceable. No textbook is going to teach you what a person who has been there for years can. I always go by the motto: a student with whom I'd go into a hairy situation is my colleague - and that's our goal," Jarušek emphasised.

Working as a paramedic is a calling, he says. "It is difficult, sometimes exhausting work, with a lot of responsibility. But at the same time, it can be beautiful and uplifting. I think that in no other field than healthcare can you experience so many extraordinary and diverse situations. You never know what awaits you that day or night, but don't worry, something is going to take you by surprise, so 'Stay alert!," said Jarušek, with a smile.



For saving the lives of six people, he and his colleagues were awarded the Gold Rescuer Cross.



ext: Milada Křížková Hronová photo: Jakub Čermák

Maria Borodenko: Hard to plan for the future while there's a war raging in my country

Her home is Ukraine. It's where she was born, grew up, and would like to live. Once the war is over. In the spring, Maria Borodenko left for the Czech Republic. She took an internship at the UP Faculty of Arts in Olomouc, then studied Czech at the Summer School of Slavonic Studies here. In September she passed the entrance exam and became a full-time Palacký University student. What are her plans now? What bothers her? What's her life like now and how would she like to live in the future?

Her native Poltava is not what it used to be. Although there are no bombings now, every day, alarms keep the local population in a constant state of tension. "I call my family every day. I try to keep in touch with them all the time. I was born in Poltava and spent my childhood and graduated from high school there," said the student. Making up her mind about her next steps in life was not so difficult. She has always loved languages, so she applied to study at the Taras Shevchenko National University of Kyiv. All of a sudden, she found herself 350 kilometres west of home and began to study Czech and English.

She came to the Czech Republic via the Erasmus programme about four weeks after the war started. "It was a difficult decision, even though my parents were very supportive and wanted me to go the Czech Republic. I was and have been bothered by the fact that I am safe, while my family stayed in Ukraine," said the student, who spent her first months working at the UP Faculty of Arts for Academia Film Olomouc. Then she stayed for the whole summer at UP: she was learning Czech. In the autumn she became a full-time student in the Bachelor's programme in English Philology.

"I'm most happy whenever I can learn something new. I enjoy studying languages, I also like movies, music, books, and I love swimming." However, the young brunette from Central Ukraine is not looking much into the future. "You know, it's hard for me to plan anything now. The war is still raging in my home country. My family lives in constant stress. And people in neighbouring towns are often even worse off. I haven't been home in all this time. Every time I wanted to go, the situation got worse," said the amiable Ukrainian.

All the plans she had made got lost in time. Today Maria lives mostly in the present. She wants to work during her studies to help her family financially. During a few months in the Czech Republic, she has gained a lot of knowledge, experience, and skills. She has also made new friends in Olomouc. "There's one certainty in my life, and that is studying at Palacký University." text: Ivana Pustějovská photo: Jakub Čermák



Psychologist Martin Dolejš: A smile is a desirable commodity

It costs us nothing; it is the best gift, and the best make-up. We are talking about something as simple as a smile. That this is something trivial only at first glance has been proven by the research of Palacký University psychologists. It is one of many projects which has not remained on paper, as its results are used in practice. And that is the point of Martin Dolejš, head of the UP Faculty of Arts Department of Psychology. "For me, it is important that our research doesn't just sit in a desk drawer or between the covers of professional academic journals. Our goal should be to further human knowledge in some way."

- What can be researched on something so seemingly trivial as a smile?

Plenty. You can determine for example what psychological impact a smile has for communication between two people, research what types of smiles we have, reveal the physiological or chemical processes which occur in our brains when we smile, and compare whether the expressions differ between a "real" genuine smile, and a fake smile. There are many things which can be researched and have a practical impact. Imagine that you are looking for a job and you send your CV along with a photo. According to one study, when you are smiling in the photo, you have a greater likelihood of getting into the next round than if you have a poker face or frown. Your smile, as mediated on the photo, influences those who choose you, even without knowing you.

- Let's look at types of smiles. How many are there?

The American psychologist Paul Ekman defined nineteen types of smiles, each one of them with a slightly different meaning. Two basic ones: fake and real. We are able to distinguish them - even unconsciously – according to how the facial muscles move. Real smiles are produced by the muscles around the mouth, but mainly those around the eyes. Fake smiles are only created by the muscles around the mouth, and we even make them asymmetrically, so one corner is higher than the other. In my opinion, a smile is a natural thing to a person, thus from the evolutionary biological perspective we are able to unconsciously distinguish a fake smile from a real one.

— At what distance am I able to determine that, if my eyesight is 20-20, that is?

According to some studies, it is possible from a distance of 90 metres. The ability to recognise a baby's face is extremely important from the evolutionary perspective. Our ancestors needed to know from a distance whether the person approaching was coming in peace or looking for a fight. Only in this way could they prepare their reaction: offer their hand, or escape. From a great distance you do not need to see the details of one's face, just the lines. We still do not know everything going on or what is revealed when one smiles. When we go into some philosophical directions such as Buddhism, perhaps a smile affects the colour of one's aura, and that could lead to determining why a person is approaching, but who knows?

— There is probably a difference between how a smile "works" on women and on men...

There is a difference. Women use a coquettish smile when they want to attract the potential father of their children. We men smile less, but that is the result of socialisation and upbringing. When you look at children in nursery schools, then you find the same incidence of smiling in both girls and boys. Over time, and with upbringing, changes occur. We realise when it is appropriate to laugh, and when not. It's a little bit like crying, you know – "Boys don't cry". And they are not even supposed to laugh so much, they need to be tougher.

— Is a smile a commodity? You carried out that research for a company, and as we know, companies don't do anything unless they see a potential profit.

A smile is a commodity. There are professions where they will not hire you without a nice smile, such as flight attendants. Some firms make use of this phenomenon and actually require their employees to smile.

— This research on smiles leads me to ask whether psychology hasn't gone too far... Are we over-psychologised?

The simple answer would be: Psychology is in everything. Our graduates work in clinical and counselling fields, and in schools. That's the majority, but they also work in other fields: from HR in companies, to transport, where the psychological factor is very important, all the way to outer space, where our team has taken part in researching the possibilities of human survival in the extreme conditions of long spaceflights. So has psychology gone too far? Research must be done, because any kind of intervention is done based on evidence. I'll give you an example from my area of interest. We research adolescents and their risky behaviour. When we find out that with 11- to 15-yearolds, there is a high risk of smoking tobacco or electronic cigarettes and drinking alcohol, then we know that we have to target our primary prevention there and we don't



Martin Dolejš (b. 1980)

He finished his Master's and doctoral studies in Psychology at the UP Faculty of Arts. He is head of the UP FA Department of Psychology. Professionally, he focusses on quantitative and qualitative methodology, implementation of questionnaire surveys, creation and standardisation of psychodiagnostic tools, and organising professional conferences. He has been a project leader of several educational and research projects. He is the co-author of several academic monographs (e.g. Who and What is Driving Czech Adolescents?, Digital Gaming and Czech Adolescents), articles, and psychodiagnostic methods. He has received Honourable Mention by the UP Rector for several of his monographs. His main leisure activity is sports (rafting and white-water slaloms).

need to target the area of hard drugs such as heroin or cocaine, to which this age group of boys and girls does not have much access.

— If I can over-simplify your research work, a project can take up to three years to prepare, theoretically conceive, find and test hypotheses, etc., and only afterwards the testing. How then do you know when you have good data?

Because we collect most of it ourselves. When we collect the data personally, we get all the adolescents who go to the selected school. When we did it online, only the most motivated students responded, mostly university-track and girls. We normally work with a group of two to five thousand adolescents from randomly chosen schools. We have large schools from housing estates, where there are six hundred students, so I know we're going to get one hundred respondents, because we do one class from each grade year. We also go to schools which have mixed grade year groups and we get twenty completed batteries of tests. The journey there takes four hours, buses only run there in the morning and at night. But those adolescents are important. And the randomness of the selection is crucial, because a given phenomenon might appear quite differently in the Moravian-Silesian region than say in the South Bohemian region. And we look at that in our analyses. Then we are certain that the data is good, valid.

— How complex is the world for children and adolescents which gives them incredible possibilities, tons of information, but at the same time puts it all out there into a space with no boundaries or rules?

Right, the computer screen and tablet make the best babysitters. The media spews information and entertainment, and we don't have to do anything Girls and boys live in a world vastly different from the one we grew up in, or our parents. It's much more rapid, thanks to technology. They get lots of information, but the problem is that the quality of that information is sometimes quite bogus - take a look at Internet hoaxes. And because they are not adults, they have problems evaluating what is good and what is bad information. The world is complicated for them. From our research, we know that aggression is increasing in society and in adolescents. There can be a lot of reasons, and you do not have to reach for examples, just look at Ukraine. I personally think that aggression is on the rise because we, parents, adults, are probably less likely to communicate the correct value system to our children: that human life is sacred, that we should love our neighbour, that we should not only be looking for personal profit, but how society as a whole can profit, and so on. I think that we ought to put a greater emphasis on communicating these positive values and teaching children and adolescents not to live the consumer life.

Did we talk more together as kids than kids do today? When I see a small group of them somewhere, each of them has their eyes glued to their phone. Is there a risk of atomisation of society for these generations? That's a very good point. Online communication is of less quality than real, live communication. You can't see the emotions. Smilevs - that's like ten percent of real, honest emotion. Online communication does not teach vou how to quickly react and think, nor consider how the other person will behave when vou do something. This is why we recommend that the amount of time children spend in the online space should be dealt with very carefully. As age increases, the time spent in cyberspace could also increase. Small children should be kept to a minimum, 16-yearolds can be allowed more.

— Do they not also lack basic social skills? From greetings to empathy? They don't need those for computer games.

They're definitely weaker at those and at communication. So far, we don't know where this will go. When television came along, experts were worried that people would become addicted to it. A certain portion of society did, but not in general. Computer games are similar. One-fourth of adolescents do not play computer games at all, not even a minute a day, mostly girls. According to one of our studies, about three percent of adolescents do not have an account on social networks. We cannot yet predict what the impacts on today's children and adolescents will be like in twenty years' time. But we can't go down that road of banning everything, you cannot avoid technology today - if you don't know how to use a computer, it's almost impossible to find work. However, it is important to monitor the phenomenon from the start and react adequately and professionally.

- Who should react... and how?

If we know that for some adolescents, computer games are a drug, then we have to deal with it somehow as a society. The state should start preparing some restrictions. Sales of tobacco and alcohol are restricted to those over 18, with sellers liable for fines. We're not talking about whether this is actually controlled and enforced. But there are laws. That could work in cyberspace as well. For example, at the start of a video there should be a warning, like in films, that it contains violence, dangerous scenes, drugs, etc. And children should not have access to some videos at all. Sure, sometimes you have to state your age, but you can get around that. There should be much more supervision. We have now found, on the basis of research on 3700 adolescents in the Czech Republic and Slovakia, that those who often share videos with unsuitable content such as dehumanising people, abusing animals, etc., have a lower value system than those who do not.

- Should the principal regulator be the state?

Definitely. The state, though, cannot react as quickly as the social networks or the firms which run them. And then there's the problem that the state does not ask us, experts. No MP, official, or minister has ever come to us and asked, "You have some studies on computer games, please help us create a proper regulatory system." We, in cooperation with other experts, could do it. But nobody has come to us, nobody calls. Yet the state, its apparatus, ought to be involved in our findings, for we talk not only of prevention, but also of consequences, and these are connected to non-trivial sums of money, which the state must then pay out.

— The primary watchdog should probably be the parents, who should offer their children quality free time. Indeed, but here we have a problem. Parents have to support their families by going to work, and the state does not support them to spend more time with their kids. Some of them manage it, others do not, because they have to go to work in order to make ends meet. And the current crisis is making it worse.

— Does your research bring any positive results, too?

Sure it does! For instance, we discovered that there are fewer adolescent smokers and adolescents with frequent alcohol consumption.

- What was responsible for this?

Social networks. If they are at home surfing, they cannot have a smoke or a drink, because their parents will catch them. So cyberspace has one advantage, it has reduced other risky behaviours. When we were fifteen, we used to meet on a park bench, someone would bring some hooch and cigarettes, and off we'd go. There were no smartphones, no Internet connection.

— Would you like to be a child today? I suppose so. Not a child, but an adolescent. Every stage in life has something. I'm even looking forward to old age.

Dentist in Rwanda: We treated them with head torches on, but they were grateful

Scarce instruments, lack of materials, and a head torch instead of proper lighting. Martina Gajdušková, a student of Dentistry at the UP Faculty of Medicine and Dentistry, tried out her future profession in the truly humble conditions of rural Rwanda, Africa. She got there as a member of an international group of volunteering interns under the aegis of the International Association of Dental Students.

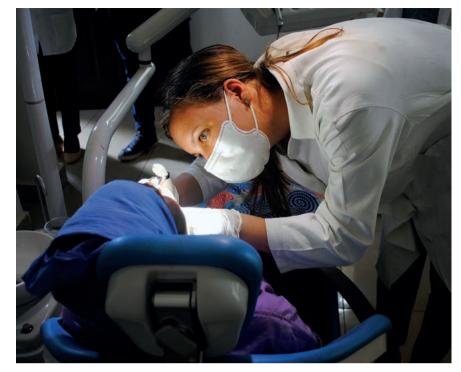
"There is a huge shortage of dentists in Rwanda. They only opened a dental school a few years ago, and volunteers from all over the world go there to help. On one of our trips, we met an American who has a clinic in the U.S., but he followed his inner voice and decided to go to Rwanda and treat children there. He said it was his mission now," said the student, whose trip to the small Central African country lasted eleven intense days, including travel.

Accompanied by local students, the volunteers went out to treat patients in village schools and health centres. "We only did extractions because there was a lack of filling materials. Also, there were not many tools to choose from, and they were often old and blunt. So we had to use what we had. It was also common for us to have to take a break in the middle of the day because we ran out of materials and all the extraction tools, such as extracting forceps and Bein root elevators, were dirty, so we had to wait for them to be sterilised," she said.

Apart from to the lack of equipment, there was also the challenge of communicating with people who didn't speak basic English. "I learned basic words like 'asama' - 'open', or 'funga' - 'close'. One of the strange things for me was that they didn't understand when I waved them hello. What they do is a fist bump. They also have a different way of nodding when they talk to someone - they move their head up and wink. The local students helped us with the conversations, but I was still confused sometimes. One time we were pulling a tooth for a lady who appeared very upset because I was doing something in her mouth that was causing her pain. But when she left, she thanked



"It was fascinating to live for a while in a completely different cultural environment. In terms of professional experience, I tried working with minimal and much worse equipment than I will have here. So I've probably been through the worst already."



God that we had helped her," recalled the dentist to be.

As she added, Rwandans in general were grateful for the care, even though the procedures hurt despite anaesthesia. "Many times they even shed tears, but they held on, without making a sound. They were glad we were there for them. Both adults and children. Czech kids often cry already in the waiting room. In Rwanda, even if the child had eyes full of fear, they sat down, overcame their feelings, and you could see that they would let themselves be treated in the end."

Rwanda was Gajdušková's first trip outside Europe. However, she felt safe there also thanks to the authoritarian regime, the omnipresent police and check-ups, and the fact that in the capital, where the volunteer group was based, they were used to seeing white people. "It's a tough regime, but I think that's why some things work there. For example, in addition to good security, it's clean. It's probably the cleanest place I've ever been to. On the other hand, you're always waiting for something, everything is late. If it weren't for that, we could have treated more patients. Because of the constant waiting, we had to literally speed through the national park where they took us for a trip on our last day. We were supposed to go at 5 am, but we didn't leave until 11 am."

Although she "only" pulled teeth in Africa, she finds her stay very rewarding. "It was fascinating to live for a while in a completely different cultural environment. In terms of professional experience, I tried working with minimal and much worse equipment than I will have here. So I've probably been through the worst already. Anyway, I'd love to go back to Rwanda, even for a longer period of time," concluded Gajdušková, who received one of the UP Rector's 2022 Awards for Volunteers for her activity.









text: Šárka Chovancová photos: Vojtěch Duda

anniversary

Mendel Days at the university

A harvest festival, tree planting, and awarding a commemorative medal to an internationally-recognised scientist: this is how Palacký University celebrated the 200th anniversary of the birth of Gregor Johann Mendel this year.

The academic harvest festival was organised by the Department of Chemical Biology in the Faculty of Science campus in Olomouc-Holice. "To commemorate the 200th birthday of Mendel, the father of genetics, who studied in Olomouc, Faculty of Science Dean Martin Kubala and Vice-Rector Vít Procházka planted a tree from the bean family. We're glad that the harvest festival tradition has taken root on university soil, and I believe that we will continue it in the years to come," said Faculty of Science Vice-Dean Ota Blahoušek. The programme included the ceremonial laying of a harvest wreath, technical demonstrations, and presentation of breeding results and crop treatments in experimental plots. "Thanks to our scientists, research findings are turning into real yields of more resilient and healthier crops. The strategic impact of this research cannot be measured. They are solving the future of food self-sufficiency – not just in the Czech Republic, but globally," said Vice-Rector Procházka, praising the scientific teams.

Mendel's anniversary was also the occasion to welcome a special guest, biologist Jiří Friml. This outstanding scientist received the Palacký University commemorative medal for his work's long-term contributions to the field of plant biology. The university also noted his participation in a number of joint publications in top scientific journals and his cooperation with the Institute for Science and Technology (IST) in Klosterneuburg, Austria, where Prof Friml works.

"I'm very honoured by this award, because we have been cooperating with the UP Faculty of Science for more than two decades. We've quite a bit of work behind us. And that is why I am pleased that it is being appreciated at the highest levels," said the two-time ERC grant recipient. His professional life is connected with research into the plant hormone auxin, which enables plants to adapt to changes in their external environment. He also introduced his work and research in a lecture prepared in honour of Gregor Johann Mendel.





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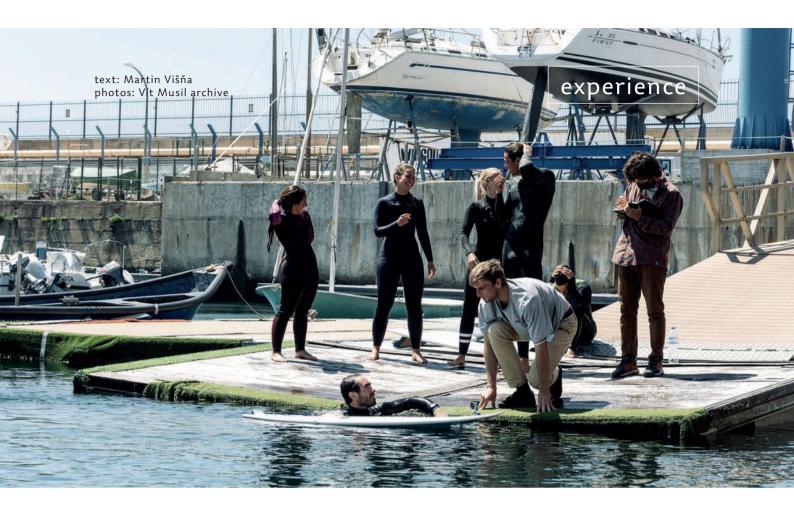
Biologist Jiří Friml (far right) received the Palacký University commemorative medal for his longterm contributions to the field of plant biology. He is pictured with Vice-Rector Lucie Plíhalová and Vice-Rector Michal Malacka.

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Faculty of Science Dean Martin Kubala and Vice-Rector Vít Procházka planted a tree from the bean family.



MENDEL'S TALENTS GERMINATED IN OLOMOUC



Follow your dreams and enter contests: You'll get feedback and precious contacts

Although he does not consider himself an entrepreneur, physiotherapist Vít Musil does not lack a sense of entrepreneurship. Shortly before his final Bachelor's exam. he and his friend rode their old bicycles from Nuremberg, Germany, to La Rochelle, France, to go surfing. When he later visited Portugal, his stay was related to surfing again. What he brought home from there was his finished thesis and an idea for a new product called Fluid Suit a special vest that could help with movement and muscle training. He succeeded with this project in the UP Entrepreneur category in the Enterprising Mind contest organised by the UP Science and Technology Park; now he's further developing his invention.

Musil is no stranger to sport, he used to snowboard and play football and floorball, among others. When he tore his cruciate ligaments during a match shortly before graduation and then started his rehabilitation therapy, physiotherapy suddenly appealed to him as a discipline he could pursue at university. His study application, sent from his native region of the Moravian Karst, was addressed to Olomouc's Faculty of Physical Culture.

"At that time I stopped playing sports competitively, and instead I switched to indoor and outdoor climbing and other outdoor activities. I also got into surfing. My classmates and I regularly travelled to the ocean, and I also went for Erasmus to Spain so that I could surf. But then I realized that another study stay abroad would make more sense, and I could start working on my diploma thesis. And that worked out very well," he said.

He went to Portugal for an internship, spending ten months there. \rightarrow







He established a collaboration with Riedel Communications and their R&D Hub Portugal, thanks to his thorough search of scientific articles on surfing. He contacted their authors until he found a tutor. And the moment the Covid-19 epidemic weakened its grip, he got packing.

"They were developing a sensor that is implemented in the surfboard and able to measure different variables, via an accelerator or gyroscope. My goal was to find out whether stabilisation exercises had a positive effect on the performance of the surfers, and this was measured by the sensor and by means of physical tests. But it wasn't an easy task. I had to rewrite the introduction to my research perhaps eight times - academic English presented quite a challenge for me. My tutor showed me how to plan my time better, how to use auxiliary tools such as citation managers, how to read data in general. I also had the opportunity to present my work in front of a professor from a sports faculty in Porto and at a surfing sports centre in Viana de Castelo. It was challenging but at the same time very rewarding," said Musil.

While researching whether physiotherapy can be beneficial for surfers, he had an idea: to develop a vest with an internal system of tubes filled with water that exert an influence upon the athlete's major stabilising muscles during exercise. "When I ran the stabilisation exercises, I was actually



trying to destabilise the person's body. The water in the tubes that follows any movement does that too, and the athlete has to deal with that. However, the vest could be used in all kinds of activities," he said of the project which brought him success in the Enterprising Mind contest.

"I can definitely recommend such a competition to all students who have a good idea. They'll get very useful feedback, not to mention the possibility of consultations. Follow your dreams and try all the opportunities. There are experts out there who will help you. In my experience, I could not find experts in physiotherapy and surfing, however the ones I did find helped me with the sources," the physiotherapist says.

His experience from the Enterprising Mind helped him develop his idea into the first prototype, which he presented in the national round of the global innovation competition Falling Wall Labs just a few days after his Master's exams. He impressed the jury with his weighted vest, but in the competition of presentations backed with hard data, it was not enough. However, he gained more contacts who can help him in further improvements to the prototype. And he's planning another trip. "I want to apply for a scholarship in Australia and work with surfers as part of my PhD studies to get objective data for the Fluid Suit. But I also have a backup plan in Czechia," confessed Musil.





Enterprising Mind is a contest organised by the UP Science and Technology Park with the aim of supporting budding and experienced entrepreneurs, not only among university students and employees. It offers an opportunity to consult experts during the preparation of a business plan.





A modern library, as seen by lveta Ťulpíková



She has been able to connect quite seemingly diverse worlds: the world of exact, natural science disciplines such as maths and physics, and the world of culture – festivals, folklore, shows, and above all, books. Iveta Ťulpíková, Director of the Olomouc Research Library, and an alumna of the UP Faculty of Science, considers her mathematics and physics education, which taught her how to look at the world rationally, as a very solid grounding for her profession.

The path to becoming Director of the Olomouc Research Library took her through several managerial positions. She knows what it is like to be a "culture clerk". A look on her career path is like taking a journey through the cultural map of Moravia and Silesia. The line goes through Bruntál, Zlín, Luhačovice, and Olomouc. "I was very happy in those years, I met many important cultural personalities, and in addition to the Haná district of Moravia, I also got to know life in the Slovácko and Wallachia regions," she recalled.

She is not afraid of challenges, so when it seemed that she had the post of "culture officer" down to a fine art, she decided to go one step further. To the other side of the fence. "Five years ago, I returned to Olomouc and answered the open call for the position of Head of the Department of Sport, Culture, and Monument Care at the Olomouc Regional Office. And I got it. But then there was an opening for the position of Director of the Olomouc Research Library..." she said, indicating something typical of her personal life: to keep flexible, and try new things. "It was a kind of challenge for me. I wanted to try something on the other side of the imaginary fence, to work in a specific organisation," she said. Reading between the lines, it is clear that she actually wanted to try out in real life how all the methodology and support that she had been responsible for in different institutions over the years worked in practice. In a specific building, with specific employees. It was autumn 2019 when she first set foot in the library as its new director. "The Olomouc Research Library is the second oldest and third largest in the Czech Republic, with nearly one hundred employees. It is housed in four different buildings. It is a diverse institution with multiple activities, and I went there with the intention of changing it," she said, immediately clarifying that she did not intend to turn it topsy-turvy.

"I had the feeling that it hadn't changed much since my studies, and that Olomouc citizens have no idea what beautiful, historic, and valuable collections it holds. Just imagine, the library has two million, four hundred thousand volumes! And some of them are one-of-a-kind historically; they are cultural monuments, in fact. For example, the Boskovice Bible and the Olomouc Bible," she said, trying to spotlight a place most Olomouc citizens know about, but really do not know. And that, according to Iveta Ťulpíková, is a shame. "My goal is for the Olomouc Research Library to become a community centre. A place where people meet, where they spend their free time. I'm convinced that libraries today

Iveta Ťulpíková (b. 1964)

The Olomouc native is an alumna of the UP Faculty of Science in Physics-Mathematics, and an alumna of the Masaryk University Brno Faculty of Law, in Public Administration. She has worked in a number of leadership positions, including Director of Culture and Monument Care at the Zlín Regional Office and later for the Olomouc Region. She has been the Director of the Olomouc Research Library since autumn 2019.

can no longer be mere brick-and-mortar institutions which lend books. Times have changed, and so must we."

She wants to work on making the library an open institution, which involves cooperation with various sister organisations, the Olomouc Region, the City of Olomouc, and the university. She is making use of her contacts to connect personalities, institutions, events. And so Olomouc citizens can go for example to Literature Night at the Fresco Hall of the Olomouc Comenium Elementary School, or chat with sculptor Otmar Oliva in the Corpus Christi Chapel of Palacký University.

"I really enjoy my work. I've always had a thing for culture. In spring of next year, the renovated Red Church will reopen and house the Social Hall of the Olomouc Research Library. I would like it to officially open with an exhibition by the photographer Jindřich Štreit. After his exhibition, I'd like to have a show of Otmar Oliva's work," she plans, and at the same time introduces one of many activities – hosting exhibitions – which is part of the portfolio of the modern Olomouc Research Library.

"When I first got here, only a few people would attend the openings. This year, at the exhibitions Olomouc–France and Italian Parallels, it was packed. Our Biblio Gallery is never empty. I love people, and love meeting them. I'm really happy that they have started coming to see us at Olomouc Research Library events. I have the feeling that my work means something," said the Olomouc natural sciences graduate, with a smile.

lifestyle

Long-distance doctor: Digital Medicine as a compulsory subject for medics

The use of digital technology in healthcare no longer sounds like a chapter from a science fiction novel. On the contrary, it is common today - and also the direction in which most medical fields will develop in the future. The UP Faculty of Medicine and Dentistry is one of the university departments where Digital Medicine is newly taught as a compulsory subject. One of the pioneers of telemedicine, or eHealth, in the Czech Republic is Prof Miloš Táborský, head of the Department of Internal Medicine I - Cardiology of the University Hospital Olomouc and the UP Faculty of Medicine and Dentistry. Ten years ago, he was also the founder of the Czech National e-Health Centre.

How developed is the practical use of telemedicine in the country and who can we learn from?

Many clinical departments already use telemedicine routinely, as well as some private outpatient clinics. University Hospital Olomouc has been one of the pioneers in the country; we have established international collaboration with our partners in Italy and Spain, where we can see examples of good practice for our patients. An important step for the further development of telemedicine in the Czech Republic was the approval of the bill on the digitalisation of healthcare, which came into force in early 2022. It forms the legal basis for effective and safe sharing of information in healthcare and electronic communication between healthcare professionals as well as between healthcare professionals and patients. However, we still have a lot to work on, and we should learn from our German neighbours or from Scandinavian countries and the UK, where telemedicine is significantly supported by healthcare payers.

Has the Covid-19 pandemic had any impact on the development of telemedicine?

In general, the pandemic has promoted digitalisation in quite a few fields and has clearly contributed to the development of telemedicine in healthcare. A large number of chronically ill patients in particular found themselves in a tough spot, unable to consult their health problems with a doctor except remotely. Therefore, in cooperation with the Olomouc hospital's IT department, we have developed our own original platform for video consultations between our healthcare professionals and patients, which has proved to be an important element by means of which we can manage routine medicine alongside the pandemic. Our motto is not just to talk about telemedicine, but to practise it.

Do future health professionals come into contact with telemedicine during their studies?

The Czech National e-Health Centre is a joint project of University Hospital Olomouc and the UP Faculty of Medicine, so it is a university workplace as such. What matters is to have students well prepared for digitalisation in healthcare. So far, they have only been introduced to the basics of telemedicine in an optional subject, but now classes combining the study of digital medicine, basic IT skills, and informatics is included in the compulsory core for fourth-year students in both the Czech and English programmes. We are also publishing the first textbook on digital medicine, and the Olomouc medical faculty is the first in the country to introduce this subject as a compulsory one. Theoretical and practical training will be developed at the Digital Health Centre, which is dedicated not only to telemedicine but also to digitisation and automation in healthcare in general. This is a modern approach which medicine will increasingly adopt in the future.



Professor Miloš Táborský, Head of the Department of Internal Medicine I – Cardiology, University Hospital Olomouc and UP Faculty of Medicine and Dentistry

What is telemedicine?

Telemedicine refers to the use of information and communication technologies to provide long-distance health services. Telemedicine has been used in consultations between remote patients and care providers, telemonitoring of medical and diagnostic data, transfer of data or images to specialists, or consultations between care providers. It is used today in many medical disciplines such as cardiology, diabetology, neurology, psychiatry, rehabilitation medicine, radiology, and dermatology.

Source:

The Czech National e-Health Centre ntmc.fnol.cz

How do we live together in Europe?

Olomouc PhD students popularise the EU, publishing a unique textbook

"Brussels constantly takes me aback with its strange, organised chaos," said David Broul, a PhD student in political science from Olomouc, when looking around the streets of the European capital on his way to the office of the Permanent Representation of the Czech Republic to the European Union, where he and his colleague, Jakub Janega, gained valuable experience during a six-month internship as part of the Czech Presidency. During this time, they were actively involved in the processes of European negotiations, preparing documents, analysing documents, and thus getting to know the complex organism of European cooperation.

It was the next logical step in their "hobby". They not only study and teach, but also popularise the issues of European Union. They stand behind the Euforka platform, which informs about the European community on social media - with entertaining and visually striking messages. Most recently, they have also significantly contributed to a unique textbook called Europe Together. A guide to the history of the European Union, as well as the present day.

"We both still remember well what we were missing as students," said Broul, when explaining why they decided to collaborate with Brno-based political scientist Petr Strejček on his well-structured and visually and thematically rich textbook published by UP Press.

Europe Together offers a compact excursion into the essence and evolution of the European Union. "It combines Strejček's academic experience with our perspective, which provides a great deal of information that seems to be not always easy for students to find," explained Janega. The textbook clarifies potentially confusing issues, and places the EU themes in the most current context of post-Brexit Europe and the war raging in Ukraine.

The book is aimed mainly at secondary school senior students, their teachers, and first year university students. Its mission is to help combat the information deficit about the EU (not only) among the young generation. "Many secondary school teachers struggle with how to teach correctly about the European Union. At our department, we've often witnessed a lack of knowledge of the very basics in our students," observed the two.

How does the younger generation actually perceive the European Union? "We know from surveys that young people are in favour of the EU. They appreciate traveling without borders, support for international study, internships, and entrepreneurship across the continent, collective solution of the climate crisis. The EU opens up their horizons and contributes to both their self-sufficiency and acceptance of responsibility for their future," said Broul. Are we on the brink of a change of perception of the EU in largely Eurosceptic Czech society? "We need to appropriate the EU and integrate it into our identity. Let's not perceive it as an enemy but as a platform that allows us to be heard," said Janega. But he adds immediately, "However, we must not perceive Euroscepticism as an a priori negative thing. Constructive criticism is vital in every organisation."

The Europe Together textbook is based on their striving for utmost objectivity and a critical view. They both perceive that in the current turbulent times, the EU stands at a crossroads. Which direction is it going to take? "Federalisation or disintegration is out of the question. From among the options presented in the textbook, I think the most likely scenario is 'picking from the menu', with each country choosing its own pace of integration and areas to join," concluded Broul.







Anastasiia Kravets

studies at the Department of History, UP Faculty of Arts, via the Czech Government for Ukrainian Refugees at Palacký University Olomouc programme

У березні 2022 року моя альма матер – Київський національний університет імені Тараса Шевченка та університет Палацького надали прекрасну можливість стажування в Академії фільмів Оломоуц, де 3 місяці я була занурена підготовкою до масштабного фестивалю, створенням субтитрів українською мовою до фільмів, аналізу відвідуваності місць кінофестивалю. Влітку я вивчала чеську мову у літній школі, де здобула сертифікат з чеської мови на рівні В1.

Я дуже рада отримати такий безцінний досвід навчання при університеті. Найперше і найважливіше, що мені сподобалося – це інший підхід до навчання та життя в цілому. Викладачі більш розслаблені, із легкістю йдуть на контакт, допомогають та направляють. Привітність і доброзичливість – візитна картка жителів Оломоуц. Ну от як тут не захоплюватися доброзичливістю, як незнайома дівчина чи хлопець заходить на кухню гуртожитку і каже завжди тобі привіт і бувай. Це мене правда вразило. Також я приємно вражена електронною системою –Portal UPOL. Це дуже зручно мати в електронному форматі усі студенстькі потреби. Я обожнюю Оломоуц за його комфорт, спокій та можливість пішки обійти усі місця. Середньовічна архітектура та парки особливо красиві! In March 2022, my alma mater – Taras Shevchenko National University of Kyiv – and Palacký University provided me with a great opportunity to intern at the AFO documentary film festival in Olomouc. For three months, I delved into the preparation of a large event, creating Ukrainian subtitles for films and analysing the attendance of festival venues. In the summer I studied Czech at a summer school, where I received a certificate in Czech at the B1 level.

I am so happy for this priceless experience of studying at the university. The first and most important thing I liked was the different approach to learning and life in general. The teachers are more relaxed, easy to get in touch with, always helpful and ready to advise you. Local people in general are very friendly and kind. How can you not love how friendly everyone is here when a stranger enters the dorm kitchen and always says hi and bye? I was really impressed by that. I was also pleasantly surprised by the electronic system, the UP Portal. It is very convenient to have everything a student needs in electronic form. I adore Olomouc for its peace and quiet and for how you can easily walk around the town. The beauty of the local medieval architecture and surrounding parks is extraordinary!

heritage

Gregor Johann Mendel and his studies in Olomouc

This year's 200th anniversary of the birth of Gregor Johann Mendel (b. 20 July 1822 in Hynčice, now part of Vražné, near Nový Jičín – d. 6 January 1884 in Brno) became for Mendel University in Brno, and Brno as a whole, the occasion for a number of jubilee events, taking place under the motto MENDEL 200 / MENDEL LIVES. However, the fact remains that the world-famous father of genetics was a student of Royal Imperial Francis University in Olomouc, the precursor of Palacký University Olomouc. Therefore, allow us now to recall the circumstances accompanying Gregor Johann Mendel's studies of philosophy, after this son of a German peasant from the Kravaře region, Anton Mendel, and his wife Rosine née Schwirtlich, graduated from the six-year gymnasium and teacher training course in Opava (Troppau).

First semester in Olomouc

A prerequisite for applicants in theology, law, and medicine at universities in the Austrian Empire was completion of a twoyear study at Faculties of Philosophy or at Philosophical Institutes, which after 1802 were established at several gymnasiums under the tutelage of local monks - in the Czech lands, these were in Mikulov, Litomyšl, České Budějovice, Pilsen, and Brno. Mendel attended lectures at the Philosophical Faculty of Royal Imperial Francis University in Olomouc in the winter semester of 1840/1841. But as he wrote in his memoirs on 17 April 1850, "the first concern of a young student is to secure the necessary funds to continue his studies. Thus he made

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repeated attempts in Olomouc to offer his services as a private tutor, but all his efforts came to naught, due to a lack of friends and recommendations. The grief of these dashed hopes and the anxious, sad prospect the future offered, worked so powerfully against him that he fell ill, and had to spend a year of recovery at his parents'."

Thanks to the rent of part of Mendel's parents' farm, intended for the dowry of Mendel's yet-unwed sister Theresia and given to Mendel instead, Mendel was able to return to the Philosophical Faculty in Olomouc at the beginning of the winter semester of 1841/1842, and he also managed to find work tutoring burghers' sons. The two-year study consisted in the first year of required courses: religion, theoretical philosophy, pure elementary mathematics and physics, and Latin: and in the second year: religion, practical philosophy, and physics; Mendel was excused from attending lectures on natural history and world history, including examinations. As a tuition payer, Mendel was exempted from examinations in elective subjects - Austrian history, diplomacy and heraldry, numismatics, the history of philosophy, Greek literature, aesthetics, and agricultural sciences - although he could have audited lectures in these subjects. During his studies, he was thrice confined to bed with a serious illness - which one(s) we do not know.

Where did Johann Mendel live in Olomouc?

Czech-American biologist and immunologist Jan Klein, author of the comprehensive monograph *Solitude of a Humble Genius – Gregor Johann Mendel: Volume 1* (2013) states that Johann Mendel "was able to rent a small room in house no. 171 (now no. 18 – or 170/18) on *Unteren Platz* (Dolní náměstí - correctly 'Nieder Platz', the Lower Square)" and that "the city has not vet commemorated this fact". But as UP Archives worker Renáta Klvačová discovered in the preserved student catalogues of the Philosophical Faculty of Royal Imperial Francis University, Klein was mistaken - Mendel's Olomouc address was house no. 171, now no. 17, belonging to the Scholz family and later Marie Mücková, which has the initials of the name and surname of its later owner, Leopold Jellinek, a grain merchant, inscribed on its façade. Mendel's stay in Olomouc is commemorated with a memorial plaque to Gregor Johann Mendel (the work of sculptor Bohumil Teplý from 1980), which is located on the façade of the UP Faculty of Theology main building in Olomouc.

Augustinian Abbey Monk in Old Brno

In his autobiography written in German, Johann Mendel described his difficult situation after completing philosophical studies in Olomouc: "By summoning all his might, he was able to complete the twoyear study of philosophy. Your humble narrator felt that it would be unthinkable for him to endure another such attempt, so after completing his studies he resolved to enter a status which would free him from his bitter worries over subsistence. His circumstances made the decision for him." On the basis of a letter of recommendation from Prof Friedrich Franz, a Brother in the Premonstratensian Order, dated 14 July 1843, Johann Mendel was accepted on 9 October 1843 as a novice in the Augustinian Abbey in Old Brno and took the monastic name of Gregor. The monastery became the site of Mendel's revolutionary discoveries into plant hybridisation and heredity.

Record of matriculation of the father of genetics, J. Mendel as a student of the Philosophical Faculty at Royal Imperial Francis University in Olomouc, 1840. Regional Archives in Opava, Olomouc branch, Olomouc University collection (1576) 1640–1950, Inv. no. 54, Volume no. 6, p. 1317.

Uni t(r)ips

Online guide to the university's interesting sights

Discover Palacký University from a new perspective: History, beauty spots, views, refreshments



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Indoors

Corpus Christi Chapel
 University Arts Centre
 Fort Science
 UPoint
 Foucault pendulum

Outdoors

City ramparts gardens
Geopark and flower meadow
Lookout terraces
Havel's Place
Murals on dorm buildings

Food and accommodation

() Generála Svobody Dormitory () FreshUP bistros





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