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# Support for volunteers

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Volunteering can be challenging, and we are here for you. Don't hesitate to ask your coordinator or a representative of a partner organization for assistance and support.

After scheduling an appointment, you may take advantage of our counselling services, which are a part of the [Carolina Centre](#) . In addition to these services, you may also use the psychological services of the [faculties](#) .

Together with Charles University, we do not underestimate your **mental or physical health**. This is one of the **key principles of volunteering**. [Mindfulness principles](#) , [meditation and spiritual support](#) are offered on a regular basis at Charles University to anyone interested.

You may also take advantage of our self-development seminars [Fit & Smart Student](#) , which are organized by CU Point.

## Fit & Smart student

Within the **Fit and Smart Student** framework, we would like to offer Charles University students of Bachelor's and Master's study programs a wide variety of events focusing on maintaining a healthy body and mind. Our aim is to give our students the opportunity to meet fellow students from different faculties and take a little break from everyday study obligations. We look forward to seeing you at one of our events!

