

# Health, Humanity and Basic Human Rights

## Ideas Yard: Talking about Europe & Book World Prague 2021

**24. 9., 14.00** Prag 7, Výstaviště Praha Holešovice, Atelier Europa – Rychta

**German & Czech, simultaneous translation into English as well as between Czech and German**

Health, Humanity and Basic Human Rights: The events of the past 1,5 years have highlighted the importance and interconnectedness of these three pillars and key values of our human existence in a new light. How can we live truly humane lives as healthy human beings in the world of today and tomorrow?

A discussion with experts from different disciplines: political scientist [Prof. Ulrike Guérot](#), psychoneuroimmunologist [Prof. Christian Schubert](#), specialist in prevention and nutrition [PharmDr. Margit Slimáková](#) and political activist and signatory of Charter 77 [John Bok](#). The event will be moderated by journalist [Daniel Kaiser](#).

Under the name Café Evropa, the book fair places books and authors in a more general context related to politics and civic engagement, and as part of a broader understanding of the book fair as a "festival of thought".

### Participants:

[Prof. Ulrike Guérot](#) is a political scientist and publicist with a special interest in Europe, political theory and the future of democracy. She is the founder of the [European Democracy Lab](#) in Berlin. From 2016 – 2021 she was professor and head of the Department of European Politics and Democracy Studies at Danube University Krems. Since September 2021, she is Professor of European Politics and Co-Director of the Centre Ernst Robert Curtius at the Rheinische Friedrich-Wilhelms-Universität in Bonn. In 2019, she received the Paul Watzlawick Ring of Honour and the Salzburger Landespreis für Zukunftsforschung (prize of the state of Salzburg for futurology).

[Christian Schubert](#), Prof. Dr. med., Dr. rer. nat., M. Sc., is a physician, psychologist and psychotherapist. He is head of the Laboratory for Psychoneuroimmunology at the Department of Medical Psychology at the Medical University of Innsbruck and has published numerous professional articles and several books. His popular non-fiction book [Was uns krank macht, was uns heilt](#) (What Makes Us Sick, What Cures Us) became a bestseller. With his new book [Das Unsichtbare hinter dem Sichtbaren – Gesundheit und Krankheit neu denken](#) (The Invisible Behind the Visible - Rethinking Health and Illness), he presents a synopsis of renowned experts from various disciplines in order to present the interaction of mind and body from the latest scientific perspective and to also make it easier for interested laypersons to understand.

[PharmDr. Margit Slimáková](#) is a specialist in health prevention and nutrition. She wrote the bestseller [Velmi osobní kniha o zdraví](#) (A Very Personal Book on Health) and founded [Globopol](#) as the first Czech think tank for public health issues. In her work, she uses proven knowledge from all fields of medicine and places great emphasis on prevention. According to

a survey by the independent international organisation Ashoka, she is the most influential Czech expert in the field of healthy lifestyle, healthy nutrition and access to healthcare.

[John Bok](#) is a political activist, former dissident, Charter 77 signatory and co-founder of the association [Spolek Šalamoun](#). During the totalitarian regime he was investigated by the StB as an "enemy person". During the Velvet Revolution, he organized Václav Havel's security detail and then worked for three years in the state administration. In 1994, he and writer Lenka Procházková founded the association [Spolek Šalamoun](#) for the Support of Independent Justice in the Czech Republic, which is committed to protecting the unjustly prosecuted, improving prison conditions and helping victims of miscarriages of justice.

[Daniel Kaiser](#) is a journalist and author. He is a graduate of the Faculty of Education at the Jagiellonian University in Ústí nad Labem and of German and Austrian Studies at the Faculty of Social Sciences of Charles University. During his studies he worked in the foreign policy department of the President's Office. Afterwards, he worked at Lidové noviny (LN), in the Czech editorial office of the BBC and again at LN. After the purchase of the media group MAFRA by Andrej Babiš in 2013, he left Lidové noviny and since 2014 has been writing for [Echo24](#). He spent several years in Germany and Britain and is the author of a two-volume political biography of Václav Havel: [Dissident](#) and [President](#).

What are the issues that move us as Europeans? What does the future of Europe look like? The event is part of [Ideas Yard: Talking about Europe](#), a series of discussions, which brings together civil society actors, cultural practitioners and experts from all over Europe and opens a dialogue on current issues in the fields of democracy, ecology and sustainability as well as education and innovation.

[Ideas Yard: Talking about Europe](#) is a joint initiative of the [Goethe-Institut](#), the Austrian Cultural Forum Prague, the [British Council](#), the [Embassy of the Kingdom of the Netherlands](#), the [Czech Centres](#), and the [Italian Cultural Institute](#) and the [Polish Cultural Institute](#) in Prague. The project is supported by [EUNIC Global](#).

**Entry:** with a [valid ticket for the book fair](#).

Advance reservation is not required, as long as there are enough seats available. If you are interested, you can reserve your place for this event in advance free of charge on the book fair website. The booking of a seat reservation is free of charge, all you have to do is [register and log in](#) and select the relevant event in the [programme](#).

**Event duration:** 14:00 – approx. 15:30

[Book World Prague 2021 – complete program \(23. – 26. 9. 2021\)](#)

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[Information in Czech \(and German\)](#)