

The History We Live: A Student's Perspective on the 21st Century



Picture 1

Czech Republic

Chapter 3

Society and Everyday Life



This chapter is based on an oral history project created by students as part of *The History We Live: A Student's Perspective on 21st Century Czech Republic*. Through interviews with grandparents, parents, and members of the current generation, students explored how everyday life has changed across different periods of Czech history.

The aim of this chapter is to compare daily routines, communication, family relationships, responsibilities, technology, education, values, and typical concerns of different generations.

The interviews provide personal memories and authentic experiences that help us better understand social changes from the second half of the 20th century to the present day. By comparing these generations, we can observe how technological development, political conditions, and changing lifestyles influenced people's everyday lives, relationships, and priorities.¹

All interviewees were asked the same set of questions in order to create a clear comparison between generations:

1. *What does / did a typical day in your life look like?*
2. *How do / did you spend your free time?*
3. *Who are / were the most important people in your everyday life?*
4. *How do / did you communicate with friends and family?*
5. *What role does / did technology play in your everyday life?*
6. *What is / was school or work like for you?*
7. *What are / were your main responsibilities?*
8. *What problems or worries are / were typical for your generation?*
9. *What is / was important to you in life?*
10. *What do / did you like most about your everyday life?*

Additionally, as a way to enrich the project and thanks to the openness and willingness of our teachers, we also conducted interviews with several teachers from our school. Their personal experiences and perspectives provide another interesting view on everyday life across generations. You can watch and listen to these interviews by scanning the QR codes included in this chapter.

We would also like to sincerely thank all participating teachers for their time, openness, and willingness to share their memories and experiences with us:

Ing. Michal Gottwald
Ing. Miroslava Zahradníková
Mgr. Michaela Mašková

Mgr. Kateřina Poláčková
Bc. Matěj Macilis
Bc. Vít Lexa

Their interviews became an important and valuable part of this project and helped us create a richer and more authentic picture of everyday life across different generations.



1) Grandparents

This section presents the results of an oral history project conducted by students. The goal was to document the everyday reality of the generation born between 1945 and 1966 in the former Czechoslovakia.

By interviewing their grandparents, students uncovered a world defined by analog technology, strong community bonds, and the unique challenges of a socialist state. These findings highlight a profound shift in human history: the transition from a localized, manual, and offline society to a globalized, digital, and individualistic era.

The following data provides a direct comparison of how technology, social values, and daily duties have evolved over the last 60 years.



Tereza Nohavová questioned Bohdana Píchovcová (*1966)

1. I woke up in the morning and went to school and after school I went home. I did my homework and because my mom didn't want me to be rotten like other teenagers she didn't allow me to go out. When the sun was setting, I went with my friends to our clubhouse that was located next to the small pond. Our group had 20 members and one of my friend's brought a harmonica and another two brought guitars. We were singing, grilling, making jokes and doing other things.
2. I usually hang out with my friends, read books, and play board games with my family and my sisters.
3. The most important person was my mum, dad and my 8 siblings.
4. I was communicating with letters, posting pigeons, and using a rotary phone.
5. Technology wasn't as advanced as today. We only had a box TV and phone booth.
6. I was in the 1st grade of high school. I had school until 4pm. I was going to vocational school.
I had to do projects to prepare for practical exams and I had to do work that my mum told me to do and take care of my younger siblings.
7. We were marrying at a young age because we had a child with the man and we were forced to marry him.
8. I didn't have much time to think about this because I had my 1st child at the age of 17 and because of that I had to marry a man that wasn't nice to my children.
9. I liked spending time with my family and friends.

Kautský Filip questioned Marie Chudobová (*1948)

1. In the morning, we got up at 9 o'clock and had breakfast. Then my husband and I looked around the apartment. After that, I went shopping. When I came back, I watered the flowers and cooked lunch. After lunch, we rested for a while and then did various kinds of work in the garden.
2. I spent my free time cleaning.
3. My grandchildren.
4. We communicated with friends and family by writing postcards and letters.
5. By watching TV programs and listening to the radio.
6. I was satisfied with my job.
7. My main responsibilities were taking care of the household and my husband.
8. In shops, we had to wait in long lines and there was a shortage of goods. There was not much choice.
9. Family and staying healthy.
10. I liked coming home from work and spending time with my family.

Martin Kotlář questioned Alena Šmídová (*1955)

1. On weekdays I wake up early because school starts around 7 or 8. I usually take the bus or walk. After school I go home for lunch. We always eat the main



meal at midday. Then I either do homework, help my mother with chores, or go to after-school activities like pioneer (Pioneer) meetings or sports. Evenings are quiet: reading, listening to the radio, or watching TV if something interesting is on.

2. I spend a lot of time outside with friends walking, talking, going to the local cultural house for dances, or just hanging around the village or town. I also like reading books from the library, especially Czech authors and translated Soviet literature. Music is important too, though we don't have access to everything from the West. If someone gets a record from abroad, it's a big deal.
3. My parents, siblings, and my closest friends from school. Teachers also play a big role because school is strict and they expect discipline. Many of us also spend time with neighbors — people know each other well, and community life is strong.
4. Mostly in person. We meet at school, in the village, or at organized activities. Telephones aren't common in every household, so we don't rely on them much. If someone lives farther away, we write letters. Family communication is mostly face-to-face at home.
5. Technology isn't a big part of daily life. We have a radio and a black-and-white TV, but there are only a few channels. Record players exist, but not everyone has one. There are no computers at school or at home. Most things are done by handwriting, calculating, and researching in books.
6. School is demanding and quite ideological. We learn normal subjects, but also Marxism-Leninism and civics with a socialist perspective. Teachers expect obedience and good behavior. There's pressure to join the Pioneers or other youth organizations. Still, I like some subjects, especially languages and literature. We also have mandatory physical education and sometimes work in brigades.
7. Helping at home with cleaning, cooking, taking care of younger siblings. Schoolwork is also a duty. Sometimes we participate in collective activities like cleaning the village, helping in agriculture during harvest, or school-organized volunteer work. At home, girls are often expected to help more with domestic tasks than boys.
8. We worry about the political situation, even if we don't talk about it openly. After 1968, people are more careful about what they say. Some families have relatives who emigrated, which is sensitive. There's also frustration about limited freedoms, censorship, and the lack of Western goods. On a personal level, we worry about fitting in, school pressure, and what we'll do after finishing basic school whether to go to grammar school, vocational school, or start working.
9. Family, friendships, and feeling safe. Many of us hope for more freedom in the future, even if we can't say it loudly. We value honesty, trust, and small joys: music, books, time with friends. Having opportunities feels important, even if they're limited.
10. The sense of community. People know each other, and life feels predictable. I enjoy spending time with friends, dancing, reading, and the feeling that even small things like getting a new book or hearing a Western song on the radio are special.



Zikmund Jakubův questioned Jana Jakubův (*1948)

1. I came home, put everything down and went to play with friends on the playground. In summer, we just played many random outdoor games, but in winter, we always went ice skating.
2. Parents and sisters, but mostly my friends since I was with them most of the time.
3. Just by talking, since we always agreed on a place to meet at school.
4. Almost none, since around my tenth birthday, we did not even have a TV and just listened to the radio. And then around thirteen, we also got a car.
5. It was mandatory, but since all my friends were there, we were mostly looking forward to it.
6. My duties were mostly to keep my grades up and do homework, but at home, I had to wash the dishes, sweep, and generally help with keeping the home clean. And also, to move coal into the
7. basement when it arrived.
8. Just grades because I did not like learning much.
9. Mostly family and friends.
10. Spending my time with friends, mostly the parts when we played.



David Bednář questioned Marie Tůmová (*1954)

1. In the morning I went to school, after classes I returned home to help my parents and do my homework and, in the evening, I was with my family or talking with my friends.
2. We were hanging out with friends, either listening to music on the radio or dancing.
3. Mostly friends from school and family. We spent lots of time together.
4. We were mainly talking just verbally in school or while hanging out, sometimes sending a letter to each other and later using a landline.





Psst... Listen to This!³



5. Not much, just TV and radio. When we wanted specific music, we had to listen to it from records or cassettes.
6. In school, teachers were really strict. We had to be polite and study hard.
7. Mostly to go to school, but also to help at home with cleaning or cooking.
8. We didn't have nearly as much technology or opportunities as you today, but we were enjoying what we had.
9. Friendship, Family and fun with friends.
10. Hanging out with friends and laughing with them.

Zadražil Lukáš questioned Jarmila Zadražilová (*1958)

1. I used to wake up early to make breakfast and get the kids ready. Then I'd rush to work. After work, the "second shift" started – grocery shopping (often waiting in long lines for meat or fruit), cooking a warm dinner, and doing laundry in an old, non-automatic washing machine.
2. There wasn't much of it, but we loved going for walks, to the cinema, or over to the neighbors for coffee. We spent a lot of time at our cottage or in the garden – growing our own vegetables was both a necessity and a way to relax.
3. My family and of course, our neighbors. Relationships were closer back then; people helped each other more because you couldn't just buy everything ready-made.
4. No mobile phones! We wrote letters and postcards. If someone had a landline at home, it was a luxury. Often, we just walked to a friend's house and rang the doorbell to see if they were home.
5. The TV was black and white with only two channels. In the kitchen, I used a "Remoska" (portable oven), and the biggest tech marvel was the first transistor tape recorder.
6. I worked in a factory. It was stable; you knew you had a job, but you didn't have much to say in things. However, the relationships with colleagues were very friendly.
7. Taking care of a household without modern conveniences. Canning fruit for winter, knitting sweaters (since there was nothing in shops), and raising children.
8. The biggest worry was just getting basic items – from toilet paper to decent shoes. We also struggled with the fact that we couldn't travel freely.
9. Family health, making sure the kids got an education, and having peace and a roof over our heads.
10. The sense of togetherness. The fact that we could make things ourselves and the joy of small things—like finally managing to buy some bananas.

Jan Slabý questioned Jana Janů (*1955)

1. When she came home from school, she had to help. She dried straw, fed the chickens, and sometimes played dodgeball and other games with the children.
2. In the summer she went swimming and played children's games with the other kids; in the winter she went skiing, sledding, and ice skating.



3. Her parents and brothers.
4. Orally, or by letter to people who lived far away.
5. They only had a television, a record player, and a radio.
6. She attended primary school in her hometown, and for lower secondary school she had to take the bus.
7. In the summer she helped in the apiary extracting honey, etc., and dried hay.
8. She had to help her parents and help the family.
9. Family. Because there is nothing more important than family.
10. When she had free time and could rest.



Summary of the Grandparents' Generation

1) How did a typical day look?

Structure: Early wake-up calls for school or vocational training (often including Saturdays).

Afternoon: Immediate return home to assist with household chores or small-scale farming (feeding livestock, drying hay).

Evening: Family time, homework by the radio, or watching the limited TV broadcast if the household owned a set.

2) How was free time spent?

Outdoor Activities: Unstructured playgrounds, local ponds, ice skating in winter, and long walks.

Creativity: Reading books, listening to vinyl records or cassettes, and playing instruments (guitar/harmonica) around campfires.

Socializing: Local community dances ("Cultural Houses") or simple visits to neighbors for coffee.

3) Who were the most important people?

Family: Parents and siblings (families were often larger, sometimes with 5–8 siblings).

Community: Schoolmates and neighbors. Due to the lack of digital distractions, physical proximity defined the strength of social bonds.

4) How did you communicate?

In-person: The primary method. One would simply walk to a friend's house and ring the doorbell.

Postal Service: Writing letters and postcards was the only way to reach people in other cities.

Telephone: Landlines were a luxury; public phone booths were the standard for urgent calls.

5) What was the role of technology?

Minimal & Analog: Black-and-white TVs with only two channels, radios, and record players.

Domestic Tech: Simple appliances like the "Remoska" (portable oven) or non-automatic washing machines. Computers and mobile phones were non-existent.

6) How was school or work?

Strictness: Teachers demanded absolute discipline and obedience.

Ideology: Political pressure through youth organizations (Pioneers) and mandatory socialist education.

Stability: Employment was guaranteed by the state, but there was little freedom to choose a career path based on personal passion.



7) What were your main duties?

Labor: Chopping wood, moving coal, cooking, and deep cleaning.

Childcare: Older siblings were almost always responsible for raising the younger ones.

Self-sufficiency: Gardening and preserving food (canning) to compensate for the lack of goods in shops.

8) What problems were typical for your generation?

Scarcity: Long queues for basic goods (toilet paper, tropical fruit, quality shoes).

Politics: Lack of freedom, censorship, and the inability to travel to Western countries.

Social Pressures: Early marriages, often due to unplanned pregnancies and social expectations.

9) What was important in life?

Core Values: Family health, trust among friends, and having a safe home.

Hopes: A desire for a better future for their children and a silent hope for more freedom.

10) What did you like most about everyday life?

Togetherness: The strong sense of community, laughter with friends, and the genuine joy found in "small wins," like finally being able to buy a bunch of bananas.



2) Parents

This section focuses on the generation of parents who grew up during the late socialist period and the years following the political changes of 1989. Through interviews with their parents, students explored a generation standing between two worlds — a childhood shaped by limited technology and traditional face-to-face communication, and an adulthood influenced by the rapid development of computers, mobile phones, and the internet.

The interviews reveal how everyday life gradually changed during the transition from socialism to modern democratic society. While many aspects of life remained centered around family, friendships, and shared responsibilities, new opportunities, technologies, and social freedoms slowly became part of daily reality.

Compared to their grandparents' generation, parents experienced greater personal freedom, the beginnings of digital technology, and changing social expectations. At the same time, many similarities remained, especially the importance of family relationships, personal communication, and spending free time together outside the online world.

The following interviews provide a closer look at the everyday experiences, values, responsibilities, and challenges of the generation born mainly between the late 1970s and 1980s.



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David Šafřata questioned Drahomíra Šafřatová (*1978)

1. I went to work in the morning, cleaned and shopped in the afternoon, and enjoyed the evening off.
2. I went out and cleaned.
3. Family and friends.
4. I had to go to the house to tell someone something or make arrangements in advance.
5. Television, few programs, otherwise music on the radio.
6. Lots of rules at work.
7. Help with cleaning or taking out the trash.
8. There were few clothes to choose from and there was a lot of waiting for everything.
9. Having a good time with everyone.
10. Spending time with friends or family.

Daniel Fořt questioned Martina Fořtová (*1987)

1. I got up to go to school and after school I most often spent time with friends.
2. I mostly spent my time outside with friends.



3. The most important people in my life were friends.
4. I communicated with family and friends mostly in person.
5. Technology played a minimal role in my life; I only used SMS and only occasionally.
6. During this period school was not important to me.
7. My main duty was to take care of my younger brother.
8. For my generation, the biggest concern was probably to be independent and responsible not only for ourselves.
9. For me, the most important things in life were safety and love.
10. What I liked most about my everyday life was contact with family.



Filip Malý questioned Filip Malý Sr. (*1978)

1. In the morning, I got up and went to school. From school, I went to the dormitory, where I stayed for the rest of the day. 2. Once a week we had "leave" (time off), so we used to go to the pub for a beer.
2. I used to go out with friends.
3. Most of the time it was the same group of friends, but it was always changing.
4. By word of mouth and through letters.
5. Computers were just starting out back then and I loved it. I had two wealthy friends in high school who could afford to buy a 386 and a Pentium, so we played games together and explored how they worked.



6. I enjoyed being with my friends at school, but I hated school itself.
7. To keep my word when I say something. And not to fail my classes.
8. To find a girlfriend and not to be bullied.
9. I didn't realize it at the moment, but now I know it was the certainty that your family loves you.
10. To feel free.

Jáchym Schaffelhofer questioned Milena Schaffelhoferová (*1978)

1. In the morning, I got up and went to light the boiler so we would have heat. Then I went to let the animals out, had breakfast, and took the bus to school. When I came home from school, I had to do my homework. After that, I had to help with the animals, and only then could I go and play with my friends.
2. I liked playing with my friends or going to clubs and activities. I also enjoyed watching TV, reading books, and knitting with wool.
3. Parents, siblings, friends, neighbors, and teachers.
4. We sent each other letters and postcards, left notes on the table, and visited each other.
5. Almost none. I used a computer for the first time in high school.
6. I liked school. I enjoyed going there.
7. I mainly helped at home with the animals and in the fields. For example, I helped hoe sugar beet, plant potatoes, and pick fruit.
8. I would say it was the availability of goods, for example clothing.
9. To choose the right school and job.
10. I liked the fact that people talked to each other more in person and met more often, and that people were reliable because, due to the absence of technology, agreements were kept.

Jan Růžička questioned Jan Růžička Sr. (*1978)

1. I got up in the morning, went to school, then stayed outside until it got dark, then had dinner, read a book, and went to bed. Later, in the morning I took the bus to school, came home at five, ate, went to see a friend, then had dinner, watched TV, and went to bed.
2. I spent time outside, read, went to the pub, and later also went on "čundr."
3. Probably my parents, of course. Both positively and negatively. Later, my friend Pavel meant a lot to me, and also Marek.
4. I communicated just fine... normally by talking, since there were no phones or internet. Although my sister and I didn't have a particularly close relationship.
5. A big one. I was always very into technology... in high school, even though I didn't know much about computers, I was still the best in the class.
6. School didn't bother me, work didn't bother me... however, the job I actually didn't mind going to was probably the fourth one.





7. The usual – dishes, taking out the trash, cleaning... it was easier because there was no recycling, so everything went into one bin. But there were no dishwashers.
8. There were no computers, so people probably drank a lot more alcohol back then.
9. I don't know that I'd say honor or conscience... unfortunately not. Maybe freedom could be mentioned, but it wasn't the right direction.
10. Ice cream, nature, scouting, books.



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Tomáš Novák questioned Michaela Nováková (*1980)

1. School, preparing for school, helping in the household, embroidery and crocheting, and watching TV.
2. Dancing, embroidery and crocheting, spending time with friends outside.
3. Parents, siblings, friends, classmates, and family.
4. In person or through a landline phone.
5. Technology was not so important.
6. Good company and enjoying education.
7. Keeping my room tidy, drying the dishes, taking out the trash, and taking care of the cats.
8. Searching for some information and dealing with too much authority.
9. Family and friends.
10. Dancing and friends.

Nikolas Ondříček questioned Stanislava Ondříčková (*1981)

1. In the morning the alarm clock rang at 7 and I woke up; I had breakfast and went to school. Then I came home from school and did my homework and then I went out with my friend who lived one floor higher. When the weather was nice, we went outside with other friends. After that I had dinner and I watched tv with my parents.
2. I spent my free time with friends or by reading a book or listening to music.
3. Family and friends
4. In person because there weren't phones and we didn't have a landline.
5. No role.
6. We had a very good group of friends in school, so I didn't mind going to school.
7. My duties were studying and getting good grades.
8. I had no worries, only problems with first love.
9. My friends and I have good grades in school.
10. I enjoyed spending time with my friends.



Tomáš Novotný questioned Jana Bártová(*1984)

1. In the morning the alarm clock rang, and my parents pulled me out of bed, I had breakfast and went to the school bus. Then I came home from school and did my homework and then I went out with my friend, and I had to be home by 7pm.
2. I spend my free time riding my bike with my brother or riding my motorcycle.
3. Family, my boyfriend, and friends.
4. By letter, by postcard, and by going to the phone booth.
5. Radio and television.
6. The school was educational and the part-time job was good.
7. My duties were studying, cleaning, and sometimes cooking.
8. I had no worries.
9. My family and especially my grandmother, with whom I spent my free time.
10. I enjoyed spending time with my grandmother.



Summary of the Parents' Generation

1) How did a typical day look?

Morning: School, work, or commuting by bus and public transport.

Afternoon: Homework, helping at home, spending time outside with friends.

Evening: Watching TV, listening to music, visiting friends, or relaxing with family.

2) How was free time spent?

Outdoor Activities: Riding bikes, hanging out outside, camping, hiking, and sports.

Entertainment: Watching television, listening to cassette tapes or CDs, playing early computer games, and going to the cinema.

Socializing: Spending time with friends in person, dancing, going to pubs, or attending clubs and school events.

3) Who were the most important people?

Family: Parents, siblings, grandparents, and close relatives remained central figures in everyday life.

Friendships: Friends and classmates played an increasingly important role during teenage years and early adulthood.

4) How did you communicate?

Face-to-face: Most communication happened in person at school, outside, or during visits.

Written Communication: Letters, postcards, and notes were still common.

Telephones: Landlines and public phone booths were widely used. The first mobile phones also appeared.

5) What was the role of technology?

Developing Technology: Television, radios, cassette players, CDs, and early computers became more common. Also, the arrival of the first home computers, video games, mobile phones, and SMS communication.

6) How was school or work?

Changing Environment: School was often seen as a social space where friendships were formed. Schools and workplaces still had strict rules and expectations, although society gradually became more open after 1989. Compared to previous generations, people had more freedom in education, travel, and career choices.

7) What were your main duties?

Household Chores: Cleaning, washing dishes, taking out the trash, cooking, and helping parents.

Responsibilities: Studying, caring for younger siblings, helping with animals, or gardening, and learning independence.





8) What problems were typical for your generation?

Social Pressure: Fear of bullying, fitting in, and pressure connected with school or relationships.

Transition Period: Growing up during social and technological changes brought uncertainty, but also many new opportunities.

Limited Choices: Some goods, information, and entertainment were still not easily accessible during childhood.

9) What was important in life?

Relationships: Family, friendships, love, and trust.

Personal Values: Freedom, safety, reliability, independence, and finding one's own path in life.

Future Goals: Choosing the right school, job, and building a stable future.

10) What did you like most about everyday life?

Freedom: Spending time outside without constant supervision or digital distractions. Personal

Contact: Real-life friendships, shared experiences, and stronger face-to-face communication.

Simple Joys: Music, nature, hobbies, games, and time spent with friends and family.



3) Our Generation

This section presents the perspective of today's generation — students growing up in a world shaped by digital technology, social media, globalization, and constant access to information. Through their own reflections, students described their everyday routines, communication habits, values, responsibilities, and concerns.

Unlike previous generations, young people today live in an environment where technology plays a central role in nearly every aspect of life. Smartphones, social networks, online communication, and digital entertainment have become a natural part of everyday reality. At the same time, this generation faces new challenges, including stress connected with school performance, social pressure, mental health, and uncertainty about the future.

Despite these differences, the interviews also show many similarities across generations. Family, friendships, personal happiness, and the need for safety and understanding remain important values for young people today, just as they were for their parents and grandparents.

The following interviews provide an authentic insight into the everyday life of the current generation and highlight both the opportunities and challenges of growing up in the 21st century.

Vítězslav Podrázský (*2010)

1. I usually wake up, get ready, and go to school. I spend most of the day in classes. After school, I go to the gym, relax, play games, and go to bed around midnight.
2. In my free time, I hang out with friends, watch series, listen to music, or scroll through social media. Sometimes I go outside, and sometimes I just relax.
3. The most important people in my life are my family and my close friends.
4. I mostly communicate through apps like WhatsApp, Instagram, Snapchat, or Discord. With my family, I usually talk face to face.
5. Technology plays a big role in my life. I use my phone for communication, school, etc.
6. School can be stressful, especially during exams, but it's important for my future.
7. My main responsibilities are going to school, studying for tests, going to the gym, and helping at home. I also try to think about my future.
8. Many of us worry about our future, finding a good job, and financial stability. Social media pressure and mental health are also big issues.
9. Being happy, having people around me, and improving myself are very important to me.
10. I like spending time in the gym, having fun, and enjoying everyday life.

Tomáš Rybář (*2009)

1. My day starts at 6:00 AM. After my morning routine, I head to school. I usually play video games in the afternoon and then hit the gym at 6:00 PM. After my workout, I have a protein shake, play some more games, and go to bed at 10:00 PM.
2. I spend most of my free time at the gym. When I'm not working out, I enjoy playing video games or watching TV.



3. The most important people in my life are my family. They are the center of my world, the people I trust the most, and they are always there for me no matter what.
4. I communicate with my friends and family mostly through Instagram, but I also use other messaging apps to stay in touch.
5. Technology plays a major role in my life. I use it constantly for school, gaming, and music. It helps me stay connected and keeps me stimulated throughout the day.
6. I don't like to stress about school too much because I want to keep my cortisol levels low. However, it is very important to me because I have great friends there and it's a perfect place to socialize.
7. It's hard to pin down my main responsibilities because they change so frequently. I handle things as they come; it really depends on the context.
8. I think my generation deals with unnecessary amounts of stress and the problem of comparing ourselves to others, which is often fueled by social media.
9. What is truly important to me is my family, money, good food, the gym, and gaming. These things keep me motivated and happy.
10. What I like most about my everyday life is the way home while listening to music and the gym.



Václav Votruba (*2009)

1. I wake up at 5AM and go to school. Then I play games or exercise. I even study.
2. Exercise, video games and going out with my friends.
3. My family and my friends. Now especially my classmates.
4. My phone. Mostly Messenger and Discord.



5. Technology is a huge part of my life. I use my phone for communication, entertainment, schoolwork, and even fitness tracking. I can't imagine a normal day without the internet.
6. Just annoying at this point, I guess.
7. Homework, good grades and generally getting through school smoothly
8. I guess depression and our faces are glued to screens.
9. My family and friends. My routine. My PC. Bee Swarm Simulator.
10. The way everything can happen at any time. One time it can be a calm basic day, and another a crazy adventurous one.

Hoang Cuong Nguyen (*2010)

1. My day usually starts with checking my phone. I go to school, spend time with friends, then do homework, scroll social media, and relax with music or videos.
2. I spend most of my free time online, watching videos, gaming, or chatting. I also like hanging out with friends or watching shows.
3. My girlfriend and family are the most important. I talk to my girlfriend every day and she means a lot to me.
4. Mostly through messaging apps and social media. We use group chats, memes, and voice messages, but also talk in person.
5. Technology is a big part of my life. I use it for school, fun, and staying in touch. I cannot imagine a day without it.
6. School can be stressful but also normal. Some classes are interesting, but there is pressure to get good grades and think about the future.
7. My main responsibilities are school, homework, and helping at home. I am also expected to think about my future.
8. We worry about mental health, social media pressure, and the future. Things like money and climate change also matter.
9. Being happy, having real friends, and choosing my own path are important to me. I want a meaningful and balanced life.
10. I like small moments with friends the most. Laughing together and sharing experiences makes everyday life special.



Psst... Listen to This!⁶



Martin Cipín (*2010)

1. I usually wake up around six, go to school, and in the afternoon, I have training or homework. In the evening, I watch something on my phone or text my friends and then go to bed.
2. I mostly play sports, play video games, watch series, or hang out with friends. Sometimes I just relax and listen to music.
3. My family and close friends. Also, my classmates, because I spend a lot of time with them at school.
4. Mostly through messaging apps and social media. At home, of course, we talk in person.



5. A big one. I use my phone for communication, entertainment, and school. The day would be very different without technology.
6. It's a responsibility, but also a place where I see my friends. Some subjects are more interesting than others.
7. Going to school, studying for tests, helping at home, and going to practice.
8. Stress from school, pressure to perform, relationships with peers, and sometimes spending too much time on social media.
9. Health, family, friends, and doing things I enjoy.
10. Probably spending time with friends and the feeling when I succeed at something — like in sports or at school.



Matyáš Kašpar (*2010)

1. I usually wake up and go to school, except on weekends, I get home at 6pm and then proceed to procrastinate scrolling stuff on my phone. After I get bored of it and realize I actually have to do something, I start helping at home a little. Then I do stuff for school and prepare my school bag. I do my usual hygiene and go to sleep around 1am.
2. I spend my free time procrastinating on my phone or gaming.
3. My friends and family are the most important people in my daily life.



4. I mostly communicate through online chats (mainly Instagram) or phone calls.
5. It is a huge part of my life because I use it for school, entertainment, and communication.
6. School always feels very boring and stressful, but it's also where I meet my friends.
7. My main responsibilities are studying and helping me with the home.
8. We worry about school, social media and some about their future.
9. Friendship, personal freedom, and finding something I enjoy doing are important to me.
10. My free time that I barely get on school days.

Marek Pražák (*2009)

1. In the morning, it's a total battle with my alarm, which I snooze at least five times. Then school, where I try to survive and not fall asleep, scrolling TikTok in between. After school, it's either practice or hanging out with people, and in the evening, I end up on my phone or watching a series again. I usually go to bed much later than I should.
2. I spend a lot of time on TT, listening to music, or playing games. I like meeting up with friends outside or at someone's place, just hanging out.
3. My closest friends, who I talk to about absolutely everything. Family is obviously the foundation, but friends are the ones who understand me the most right now.
4. With friends, almost exclusively through messages on IG or Snap. We send each other voice notes. Calling is more like a punishment unless it's urgent. With family, it's a mix of talking in person at home and texting on WhatsApp.
5. A big one. Without my phone and the internet, I'm basically lost. I have school, entertainment, music, and contact with the world there. It's the first thing I pick up in the morning and the last thing at night.
6. School is just a boring evil. Some subjects are fine, but most things seem useless to me. A lot depends on the teachers—when someone is fair, it's survivable, but the pressure for grades is crazy sometimes.
7. Mainly school and studying for tests. At home - cleaning, taking out the trash, or going grocery shopping when my parents make me. And if I do a sport, I show up for practice.
8. Mental health, a ton of stress from school and from what we're going to do in the future. Also, social media—you're constantly comparing yourself to others and feeling like you're missing out. And we also deal with relationships and how others see us.
9. Freedom, having people around me I can trust, and mostly just being okay. I want to do something I enjoy, not just what others expect of me. Traveling and experiences are worth more than having expensive things.
10. Those moments when I switch off and just laugh with my friends. And also, that feeling when I get home and know I'm done for the day.

Daniel Hrubý (*2009)

1. A typical day in my life starts early in the morning. I usually wake up around 7 a.m., have breakfast, and get ready for school/work. During the day, I attend classes/work on my tasks, meet classmates/colleagues, and complete assignments. In the afternoon, I come home, relax for a while, and finish any homework or unfinished work. In the evening, I



spend time with my family, have dinner, and maybe watch TV or use my phone before going to bed around 10 or 11 p.m.

2. In my free time, I like to relax and do things I enjoy. I often listen to music, watch movies or series, and spend time with my friends. Sometimes I read a book or play sports. On weekends, I like going out, meeting friends, or just resting at home.
3. The most important people in my daily life are my family and close friends. My family always supports me and helps me when I need advice. My friends are important because I can talk to them about everything and we have fun together.
4. I usually communicate with my friends and family in person, especially at school or at home. When we are not together, I use my phone to text or call them. I also use social media and messaging apps to stay in touch.
5. Technology plays a very important role in my daily life. I use my phone and computer for school/work, communication, and entertainment. I search for information online, watch videos, and stay connected with others through social media.
6. School/work is an important part of my life. I have different subjects/tasks every day, and some are more interesting than others. Sometimes it can be stressful, especially during exams or deadlines, but I try to do my best and stay organized.



7. My main responsibilities include attending school/work regularly, completing my assignments on time, and helping at home. I also try to manage my time well and take care of my personal duties.
8. Typical problems for my generation include stress, pressure from school or work, and worries about the future. Many young people also struggle with mental health issues and low self-confidence. Social media can sometimes create unrealistic expectations and comparisons. Another common problem is financial stress and finding stable jobs.
9. What is most important to me in life is health, family, and happiness. I believe that having good relationships and supportive people around me is very important. I also value education, personal growth, and having goals to work towards. For me, it is important to live a meaningful and balanced life.
10. What I like most about my everyday life is spending time with people I care about. I enjoy simple moments, like talking with friends, laughing, or relaxing after a long day. I also like learning new things and improving myself. Even small daily routines can bring comfort and stability to my life.



Psst... Listen to This!⁵



Summary of the Our Generation

1) How did a typical day look?

Morning: Waking up early, getting ready for school, and often checking the phone or messages.

Afternoon: Attending classes, meeting classmates, doing homework, going to training, the gym, or relaxing after school.

Evening: Gaming, watching series, listening to music, chatting with friends online, scrolling social media, and going to bed later than planned.

2) How was free time spent?

Digital Entertainment: Playing video games, watching series, scrolling social media, watching videos, and listening to music.

Sports & Hobbies: Going to the gym, exercising, sports training, and other personal hobbies.

Socializing: Hanging out with friends, chatting online, sending memes or voice messages, and spending time in online communities.



3) Who were the most important people?

Family: Family members are seen as a source of support, trust, safety, and stability.

Friends: Close friends and classmates are very important because teenagers spend a lot of time with them and can share their feelings and experiences.

Relationships: For some students, romantic partners are also an important part of everyday life.

4) How did you communicate?

Messaging Apps: Communication often happens through Instagram, Snapchat, Discord, Messenger, WhatsApp, and other apps.

Online Interaction: Group chats, memes, voice messages, texting, and social media are part of everyday communication.

Face-to-face: In-person communication is still important, especially at school, with close friends, and at home with family.

5) What was the role of technology?

Communication: Technology helps students stay connected with friends and family throughout the day.

School & Information: Phones and computers are used for schoolwork, searching for information, and organizing daily life.

Entertainment: Technology is also used for gaming, music, videos, series, social media, and relaxation.

6) How was school or work?

Stressful: School is often connected with exams, grades, pressure, and worries about the future.

Social: School is also a place where students meet friends and classmates every day.

Important for the Future: Even if some students find school boring or annoying, they understand that education is important for their future.

7) What were your main duties?

School Duties: Going to school, studying for tests, completing homework, and trying to get good grades.

Home Responsibilities: Helping at home with cleaning, taking out the trash, shopping, or other small household tasks.

Personal Responsibilities: Attending training, going to the gym, managing time, and thinking about future plans.

8) What problems were typical for your generation?

School Pressure: Stress from exams, grades, homework, and expectations to perform well.

Social Media Pressure: Comparing ourselves to others, feeling judged, and spending too much time online.



Mental Health & Future: Anxiety, low confidence, worries about money, jobs, relationships, climate change, and finding a meaningful future.

9) What was important in life?

Relationships: Family, friends, love, trust, and having supportive people around.

Personal Well-being: Happiness, health, balance, freedom, and feeling mentally okay.

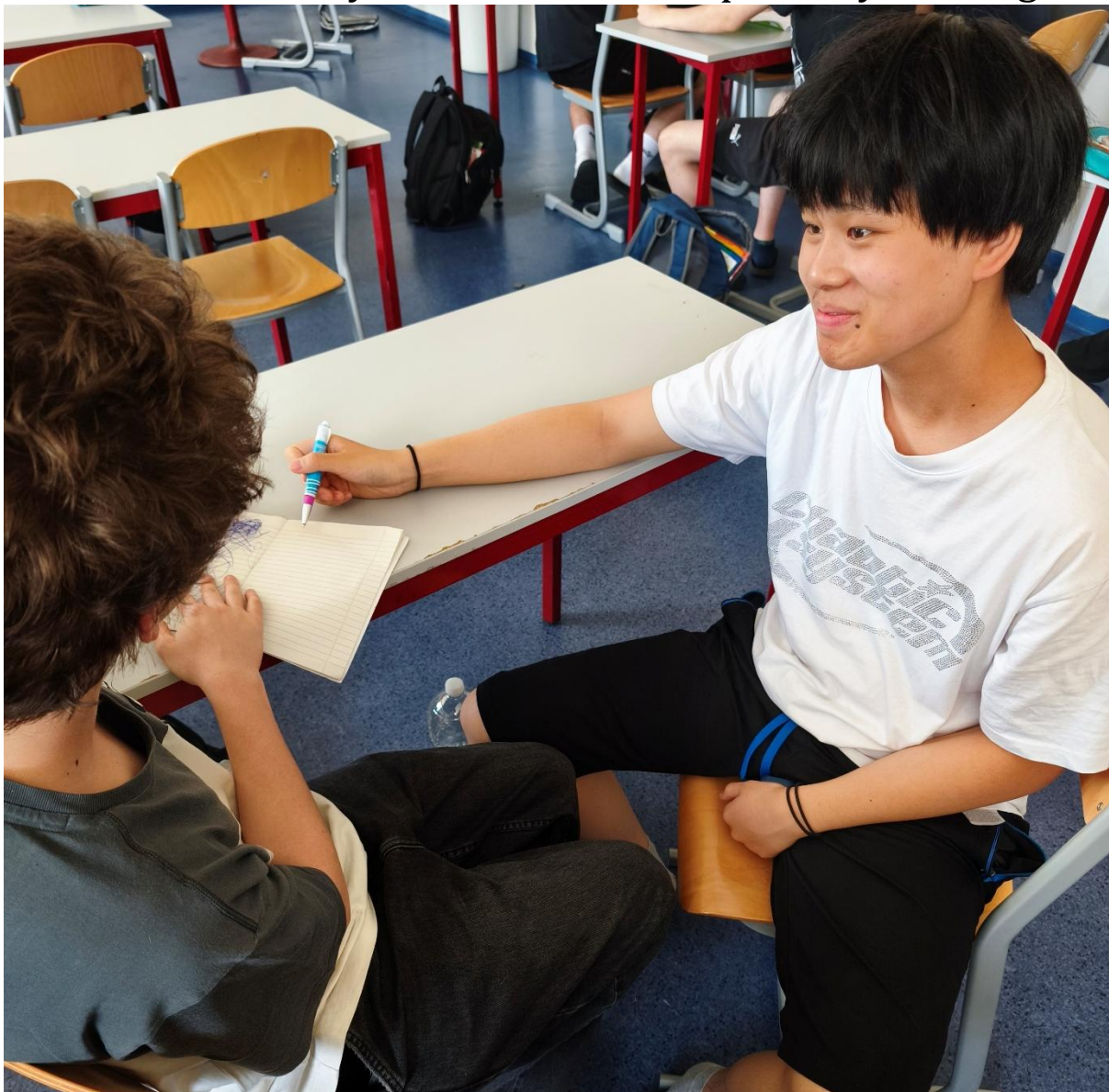
Future & Growth: Self-improvement, success, financial stability, meaningful experiences, and choosing one's own path.

10) What did you like most about everyday life?

Friendship Moments: Laughing with friends, sharing experiences, and feeling understood.

Relaxation: Music, gaming, gym, watching series, scrolling, and resting after a long day.

Freedom & Small Joys: Enjoying routines, hobbies, good food, sports achievements, and moments when the day feels calm or unexpectedly exciting.



Resources

Ethical Note:

All respondents participating in this oral history project were informed about the aim and educational purpose of the project. Participation in the interviews was voluntary, and all participants agreed to the use, processing, and presentation of the collected information within the project outputs, including possible public presentation for educational purposes. All respondents also consented to the publication of their names, years of birth, and interview responses included in this project.

In addition to family interviews, several teachers from our school also participated in the project. They were informed about the purpose of the project and voluntarily agreed to provide interviews, video recordings, and audio recordings for educational purposes and project presentation. The teachers also consented to the use and publication of their names, recorded materials, and responses within the project outputs and related presentations.

Links:

¹All the videos were created by students and teachers at the Secondary Vocational School and Training Centre Sezimovo Ústí (VOŠ, SŠ, COP Sezimovo Ústí). Digital processing, upload to the school SharePoint, and QR code creation: Mgr. Kateřina Osuchová.

²QR Code 1: Interview with Bc. Matěj Macilis [online video]. 2026 [cit. 2026-06-05]. Available via QR code.

³QR Code 2: Interview with Ing. Miroslava Zahradníková [online video]. 2026 [cit. 2026-06-05]. Available via QR code.

⁴QR Code 3: Interview with Ing. Michal Gottwald [online video]. 2026 [cit. 2026-06-05]. Available via QR code.

⁵QR Code 4: Interview with Mgr. Kateřina Poláčková [online video]. 2026 [cit. 2026-06-05]. Available via QR code.

⁶QR Code 6: Interview with Bc. Vít Lexa [online video]. 2026 [cit. 2026-06-05]. Available via QR code.

⁷QR Code 7: Interview with Mgr. Michaela Mašková [online video]. 2026 [cit. 2026-06-05]. Available via QR code.

Pictures

Picture 1: Family tree Factory. *Rodokmen – strom mechový, 5 generací* [online image]. 2024 [cit. 2026-05-26]. Dostupné z: [Family Tree Factory](#)

