

Note The text marked "" are rewritten answers of the respondent.

Text marked / bold / - means questions

text marked / italic / - means additional things

Hi all this is our next part of the podcast which we do with interesting people in order to introduce you to a specific sport, people who do such a sport and their normal life outside of sport.

Today I focused on a very special person in my life, he is Pavel, a person who probably knows me best of all, so he is probably the best person to talk about the project, sports and life as such.

so Hi Paul

Pavel has been living in Scotland for many years where he found 1st / or 2nd home, it depends how to take it, he would like to introduce himself to us all or I should say it myself, who you are, what you like to do, what interests you, does not care, maybe what do you think about the project as a whole?

How are you, I'm glad you accepted the invitation to this podcast.

"Hello Everyone, I'm Paul, I've been living in Scotland for a long time, where I came on the recommendation of Luke, and where I found a new life. Like most foreigners, I had to catch up here and work out. I started in Bageteria/baker kiosk/ at the station. and then through the lifeguard in the training center, I moved to IT support in the offices.

In Edinburgh we have about 50 swimming pools, training centers around the country.

At the moment I am doing somehow as much as possible, within the pandemic I try to live as much as possible, I go for a lot of running, 4x5 per week.

About the Train Time project, I think it's a great thing, because people will always look for someone for sports, a buddy, moreover now that there are and will be limited possibilities, sports in any context and concept will always be useful and interesting for both people. as well as for organizations to create and offer activities. "

I should probably explain how I know Pavel and I have been for over 30 years, we started together in the first class where my moms sat us next to each other on the bench and since then we have been going together continuously. In this is also the relevance with this podcast, where, as I have already stated, the point is to show people certain possibilities of support, communication, sharing opinions and help in creating a project.

Something from history

Why do we have him here. Pavel is a very good example of a child and teenager who was a bit addicted to sweets, games and unhealthy lifestyle. When he was smaller, he was relatively fat and the sport was only marginal for him. I dare say for sure

In a way, I brought you to sports, and with my stubbornness and madness, I probably forced you to do something and somehow go into sports, or do you have it - did you have it differently?

"You said it exactly, I still like it sweet, but it already looks a little different than when I was little. Yes, I used to watch sports from TV :) Like I had nothing against sports, but I probably didn't quite like it and I didn't see it in it probably the very great essence of life. "

People probably wouldn't know you, Paul understood a different way of life when he was little so he didn't have much interest.

"Sport means a lot to them, in the sense that it helped me get where I am, I'm much more stubborn, I have a great family, I can look at myself and tell myself somewhere I'm heading my life and it's not just a daily rush to work, and thinking about installments, responsibilities and, perhaps, the unhealthy way of life. "

I think that with my stubbornness, I got him in the sport a bit.

"Probably yes, you helped me with sports. We went out a lot, playing football on the field and so on, I didn't just spend that time at the computer anymore, but I also had other content and ideas."

So in general, what do you do for sports nowadays / recently, what does sport mean to you in general, how does it help you? why should people or should not do sports and how should they do it if they already decide to do it?

He mentioned that sport helps you both physically and mentally, so here maybe if you could explain it mainly to people who are starting or can't swing and start with something.

For athletes, it is a brainstorming podcast with another view of the sport.

"Sport should be important for almost everyone, it's a form of relaxation, escape from problems, clearing the head and looking at things, questions and topics with a view. Now I mainly specialize in running, I used to go to the gym, 4/5 a week and for the last 10 years it's been running, you're tired, you're putting on your shoes and you're running, so you want to get rid of stress, swear, relax.

So how do you start, people read about it, do they have problems, like running where you can lose weight, being outside, etc.?

"That's exactly how you can run anywhere, be outside. I started on the belt in the gym, then outside in September 2007 we ran to a park in Edinburgh. It was difficult, 5 km to do, it took me a long time and I was tired."

And the stamina, 1/2 they go jogging, but then they let it go, are they tired, etc.?

running hurts, and it's hard and the beginning is difficult because of the capacity of your lungs, it can discourage you, you get stuck and why would you do it further. so there is the important will in running and doing something. "

So what is important for the beginning, a lot of people I know try it, they run 10 / 20x, run out but they have no feeling from the freedom, the well-being, the freedom?

"As I said at the beginning it hurts, it's about the will again, to get used to it, to run again and again and it will pass in time"

How about equipment, can you recommend something to us?

"A person to get somewhere and run as and where he wants, so equipment is definitely important, it's really good to go to special stores at the beginning where you do an analysis, it is available almost anywhere today and based on your analysis is then In the case of shoes, this is definitely important

because they are the main thing you use when running, I have a problem with the hip joint turned on so my right foot is turned to the right and the stability shoes compensate for this.

As a recommendation to this I would like to find you to find a shop to test your run and generally your feet to learn about style, current techniques and perform analysis options and shoes. In Scotland we have this shop which is under us <https://www.run4it.com/edinburgh-run4it-shop-runlab>

So shoes, don't spare even CZK 3,000, it will last a year, and then socks and a jacket. "

How do you deal with running in terms of volume or technology?

You've already had some success, you've already accomplished something, haven't you?

" I ran ¾ marathons, I ran a marathon in Warsaw, Edinburgh, Lisbon in less than 4 hours, unfortunately Prague didn't work out. And how to prepare, for example a book, where you have described how many to run, how to structure it, etc., but I did not do it, I run according to taste, mood, I don't care how many I run, I don't have it planned, I have this according to need, before those successful marathons I ran about 600 kms, before the unsuccessful it was less "

How many days did you have 600 kms?

" I ran 600 kms for about 90 days, 200 a month. Me and technology is not quite that, I learned everything here naturally, so I don't have technology, so I'll probably never have a good time. So I run naturally.

"

You always had your head, he didn't go to the teacher to learn something from the book. That is probably a common denominator for us.

"I guess, anyway, I've always been looking for a challenge that I would like to achieve. I didn't study an University either just to have it but to study it in English. "

" I would definitely like to run another marathon, either with someone or according to some specific plan"

So you see that Pavel got somewhere and how it works, for me it's a perfect example of people who should work in this project, that is, they work normally in life and they have sports as a normal part of that life, they are interested in it. Therefore, we have certain levels and implementation options.

“ Running can be very addictive due to the desire to keep improving. ”

So what did the sport give you, how did you change based on the sport, or how else do you think about it?

" When I'm not doing sports, I feel very nervous, when you walk a few kilos you feel better, when you run a marathon you see a certain big challenge, I call it the " Wall "when I run there for about 30 km and now it's about how to overcome it. When I overcome it, it will help me a lot in my life, then I benefit from it at work and in normal life in solving various situations. So stubbornness and stubbornness again. "

As you said, you have been living abroad for a long time, specifically Scotland, so if you could get a little better at this country, culture, mentality and, of course, explain what the country gives you, takes away and why you are here? *Note, I lived there with them and I kind of recommended it to you on earth to live . And this Train Time project is or was / before the pandemic / based on the fact that you are going on holiday to Scotland and here you can meet Paul who offers the activity of going jogging in a park in Edinburgh. There he will show you part of the city, explain the specifics, explain what you need to know, recommend places and you will also meet expats or someone for whom it is a pleasure to go jogging with someone and at the same time meet new people.*

" Yes it's true, your friend was a Scotchman and he recommended it so we went there, so we chose Edinburgh,

Scotland is a beautiful country, mainly north of Edinburgh, set in the mountains. Scots are nice people. The language can be more complicated, going to learn English there is like Czech in Eastern Slovakia. Another disadvantage is the weather, which is probably not completely subtropical :(), which means that those who do not like colder weather will not feel the best here. On one side you have the sea, on the other mountains, previously remodeled infrastructure, railways and there are a lot of trails, bike paths. I don't like the heat so Scotland suits me perfectly in this. "

Sport in Edinburgh is very popular compared to other European countries, the World. Outside of sports, what is the life like there? Both of us did not study, they worked rather and had to adapt differently.

" Nowadays, it will probably be a little more complicated for work unless if you know something and you have good English

Do you think Scotland has any other problems?

" Probably especially the independence is a big topic, the Scots want to become independent. The referendum is to be next year, something like us and the Slovaks. We are close but at the same time distant. "

When do you compare it with the Czech Republic? You Czech, your wife Polish, your child British.

" I live here because I already have it as my home, I have lived there for a productive time in my life. It's the way you do it everywhere. It probably doesn't matter when I'm happy there, so that's the main thing I need. It just depends on how you arrange your free time, what you enjoy, etc. Maybe we will return in the future or we will live somewhere else. "

For our young listeners who may be making decisions or have certain options now. What would you do?

" Going to Scotland was the best decision, you helped me and how you survived there in New Zealand and that you did it. It all motivated me so much. Abroad you are very aware of your relationship, which is different than when I'm at home. Trying to live elsewhere is a challenge to live abroad, is like trying to keep a moving train and somehow get more out of it than you need in your own country. "

How are you with Poland?

" I like Poland, for example Warsaw is great, politics and opinions of politicians is a bit odd though, but the country is nice, it has its advantages.

Ok So on this I would probably close today's Podcast where, as you have seen, we have somehow covered some basic questions about sports, life in another country, work and thinking of a person who has lived abroad for a long time. If you have any questions, of course state them and contact me or Pavel and we will be happy to answer them.

“ Thanks guys, thanks to you Luke and hope you have a great success ,,

Thanks and goodbye

Train Time

It is clear that not all people, whether Czechs or foreigners, have already been to Scotland, so we can take this as another example of the implementation of this project, which, as I have already mentioned, has a far greater scope than just doing sports.