

## ABSTRACT

**The aim:** The aim is to investigate the quality of life and education of physiotherapy students at three international universities: Charles University, Prague; Savonia University of Applied Science, Kuopio and University of Milan, Milan.

**Methods:** A descriptive cross-sectional study was made using a questionnaire survey. It took place in two phases – 1<sup>st</sup> for representatives, 2<sup>nd</sup> for students. The questionnaires were compiled in English combining existing ones. The version for representatives was created as a WORD document, students responded online via SURVIO.cz portal. Data were analysed using averages, t-test and ANOVA F-test, Fischer's exact test and Pearson's correlation coefficient.

**Results:** Students show difficulties in some aspects of quality of life. 50% of students report moderate/high levels of stress, more often Italians and women. The Covid-19 pandemics negative effect on mental health and physical activity is reflected in total by 78% and 71.7% of students, respectively, however Finn students considered pandemics effect negligible. 53.3% of students sleep 7 or more hours.. In total, 93.3% of students find nutritional education important but only 23.3% consider it sufficient. The study also provides data on the quality of education, where the biggest problems are with practical lessons, according to students from Italy and non-first years from Prague also with theoretical ones. The least known methods are the Brunnstör and Perfetti approach, the most well-known are biofeedback, breath. exercises, manual therapy and stretching.

**Conclusion:** The study informs about the quality of life and education of physiotherapy students of three universities. Covid-19 has a negative effect on mental health, sleep, physical activity, and employment of students except from the Finns, where the situation is better on a long-term basis.

**Key words:** students, physiotherapy, stress, nutrition, sleep, physical activity, physiotherapy methods