

Almost half of the Czech population supports a three-month compulsory military training for secondary school students

Prague, September 30, 2025
Press release

The Solvo Institute has conducted its largest study to date, comparing the resilience of Czechs, Germans, Swedes, and Slovaks. Czechs are less resilient than Swedes but stronger than Slovaks and Germans.

The **SOLVO** Institute presented the results of its international study on the resilience of populations in the Czech Republic, Slovakia, Germany, and Sweden at a conference. On average, Czechs scored 102 points on the resilience index. This is higher than Germans (100) and Slovaks (97), but lower than Swedes (104). The greatest weakness of Czechs remains mental health – 30% of the population is on the verge of depression.

“Resilience is a topic we encounter everywhere. It is and will be part of everyday life,” said **Anna Shavit**, lead researcher of the Individual Resilience study and the moderator of the panel Social Resilience: Trust in Institutions.

“To increase both the physical and mental resilience of our society, we need to rethink our individual compass, which in today’s times of prosperity has been reoriented toward values that do not make us resilient individuals,” added **Olga Chabr Grillová**, the moderator of the panel Personal Resilience: Physical and Mental Health.

“Solvo’s data has moved the debate on national resilience to a higher level. The panel showed that the key lies in social cohesion and the ability to adapt quickly,” said **Jakub Landovský**, the moderator of the panel Resilience in Crisis: Adaptability and Cohesion.

“Certainty about a better tomorrow is no longer a given. If we want to withstand even in difficult times, we must increase our resilience,” said **Ivana Tykač**, the founder of the Solvo Institute.

Key Findings

- **Mental health:** A third of Czechs (30%) are on the verge of depression according to the WHO index. In Slovakia it is 21%, in Germany 24%, and in Sweden 27%.
- **Trust in institutions:** Swedes have the highest trust (51%). Czechs average 44%, Slovaks only 37%.
- **Sports and health:** 44% of Czechs exercise at least three times a week. Swedes are similar (46%). In Germany it is 37%, and in Slovakia 31%.
- **Material security:** Czechs would, without income, endure longer than most Europeans. 22% could cover expenses for more than half a year. In Sweden, only 12%.


- **Outlook on the future:** 55% of Czechs believe today's children will live in a worse world than we do. In Slovakia, as many as 69% think so.

About the Research

The study was conducted in the Czech Republic, Slovakia, Germany, and Sweden. It included **1,235 respondents in the Czech Republic** and **1,000 in each of the other three countries**, aged 16–75. A total of 4,235 people responded.

Media contact:

Klára Urban

 +420 739 351 748

 klara.urban@solvo.institute.cz