Diploma thesis "Difficulties concerning adaptation resulting from entry and release from prison and postpenitentiary care" in the first part deals with adaptation difficulties, which meet incoming men during entry into a prison. At the same time my work deals with description of the prison system in Czech Republic, architecture of detention facilities and hygienic conditions in these facilities. The integral part is description of the "second life" of condemned and concomitant circumstances connected with execution of punishment. The next part deals with the description of the pre-release process. In the second part I put my focus on adaptation difficulties concerning release from prison. I describe the first steps after release and difficulties which meet prisoners after release. Next is the description of the postpenitentiary situation in Czech Republic, with reflexion on present situation. These facts are supported by the description of my mentor activity in therms of program "Šance." Part of thesis is also a questionnaire inquiry.