

**Abstract:**

Long-distance migration is a phenomenon primarily associated with birds, which are also the most extensively studied group in this context. Many bird species from temperate regions undertake twice a year challenging journeys between their wintering and breeding grounds. Transcontinental, long-distance migrants fly several thousand kilometers, which is major strain on their bodies. It can be assumed that alongside the evolution of long-distance migration, set of similar adaptations known as migratory syndromes, may arise in phylogenetically unrelated migrants, distinguishing them from sedentary relatives. These adaptations include morphological traits such as wing shapes, physiological adaptations like metabolic rate or haematological traits, and certain reproductive parameters or life history traits. This thesis reviews existing knowledge on migratory syndromes in birds, particularly passerines. The study focuses mainly on describing adaptations associated with long-distance migration at both interspecific and intraspecific levels.