

Welcome, Buddy!

Welcome to the Czech Republic and University of Economics, Prague!

We have prepared Big Buddy Book for your better orientation in the city, at school and your opportunities in Prague and the Czech Republic. We hope that this book will help you before your arrival to our country as well as during the first weeks here.



buddy.vse.cz



info@buddysystem.cz



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facebook.com/esnvsepraha

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Buddy System

We are a student non-profit organisation full of volunteers, which will accompany you during your whole stay at the University of Economics, Prague or "VŠE" as referred to by Czech students.

ESN VSE Prague (in English) or ESN VŠE Praha - Buddy System (in Czech) was established in 1998 and has grown since then. Now it has approximately 80 members. It's an independent member of an international student organization Erasmus Student Network (ESN)



ESN is one of the biggest interdisciplinary student associations in Europe, founded in

1990 for supporting and developing student exchange. ESN is present in 430 Higher Education Institutions from 37 countries. The network is constantly developing and expanding. ESN works for the creation of a more mobile and flexible education environment by supporting and developing the student exchange from different levels, and providing an intercultural experience.



You can find us in our office in **RB 548** every day during our office hours:

Monday - Thursday: 11:00-14:20 Friday: 11:00-12:30

Don't hesitate to visit us for more information. Or stop by to get our magazine BuddyUP or current **Calendar of Activities** on ongoing semester.

In the office you can also buy:

Czech SIM card ESNcard



(**ESNcard** is a membership card of ESN that you have to buy in order to register for our events. You can also get a lot of discounts on it.

More info: esncard.org)

You can register for our events through **BuddylS** (you will obtain an info e-mail from us about registration to BuddylS) and also pay "online" through GoPay. If you have any problems, the consultants in the office will help you with registration as well as with the payment.

PRAGUE

WHAT DO WE DO?

Buddy System is here for you mainly to help you with the orientation at school and to make your stay easier, but we also want you to have fun and enjoy your free time! We prepare wide variety of events for you, which will make your time in the Czech Republic full of unforgettable experiences.

As we mentioned before, you can register for the events via **BuddylS** or in our office and you'll find more events and information in **Calendar of Activities**, which you'll get in the Facebook group as well (Exchange/Erasmus at University of Economics, Prague).



ORIENTATION WEEK

Before the semester starts. **Buddy System in** cooperation with International Studies Centre prepares Orientation Week for you. From Monday to Wednesday registrations and necessary information sessions take place. You will get welcome packages with more information. There are also lectures at school and on Tuesday evening first Nation2Nation party starts! On Thursday you can participate in trips around Prague, for example to Clementinum. Jewish museum or Staropramen Brewery. For more information check our website buddy.vse.cz/web/en.



INTERNATIONAL DINNER

Thanks to this event you'll have a unique chance to taste different cuisines from all over the world, including the Czech one of course. You'll cook and bring your favourite or typical national dish, so you can share it with other students and taste what they prepared. International Dinner is very popular and it's amazing experience for every food lover!



ICE-BREAKING WEEKEND

Last weekend before the semester starts the most important event of the semester takes place - The Ice Breaking Weekend!
Come to enjoy a great weekend in the south Bohemia with your future classmates!



For more info contact us on our email info@buddysystem.cz

BUDDY PROGRAM is here to help you enjoy your stay and make everything easier for you! How? You will be paired up with a Czech student aka "Your Buddy" who will take care of you during the whole semester!

CZECH BUDDY

Czech Students volunteer to become "Buddies" so feel free to ask them for as much help as you need.

Your Buddy will:

- pick you up at the airport or train/bus station
- help you accommodate in the dorms
- accompany you during Orientation week
- help you with all the paperwork (accommodation contract, university ID, ticket for public transport etc.)
- give you basic orientation at the school, in the city, around dorms
- take you shopping for the first time
- help you move out at the end of semester

IMPORTANT THINGS YOU SHOULD KNOW ABOUT BUDDY PROGRAM:

Your Buddy will be automatically assigned to you. You don't have to worry about any special registration.

You will get your Buddy's contact information about a month before the semester starts.

Your Buddy will contact you and you should provide him/her your arrival information and exchange phone numbers.

You will also have a Buddy System coordinator who you will contact in case of any problems (Buddy is not responding, cannot pick you up, etc.)

After the end of semester, you will be asked to evaluate your Buddy in a short questionnaire to know that everything went alright.

Final advice:

Try to stay in contact with your Buddy during the whole semester! Hanging out with Czech friends is the best way how to get to know real Czech culture, visit great places only Czech people know and make the most of your experience abroad.

If you have any questions or you haven't find what you are looking for, feel free to contact us on our email info@buddysystem.cz



One part of our organization called **ACTIVITIES** organizes events and trips to well-known places all over the Czech Republic for you. It's also a great way how to get to know more exchange students. Here are some examples:

KUTNÁ HORA TRIP

Kutná Hora is a city situated in the Central Bohemian Region. It was the centre of medieval silver mines and today it is a UNESCO World Heritage Site. On the trip we usually visit Czech Museum of Silver, which includes tour of an original medieval mine, beautiful Saint Barbara's Church, Sedlec Ossuary, which is decorated with bones of 40 000 people and we have a lunch in an Old Bohemian Restaurant.

KARLŠTEJN TRIP

Karlštějn is probably the most famous castle in our country. It was built in 14th century by Charles IV, King of Bohemia and Holy Roman Emperor. The gothic castle holds crown jewels of Bohemia and Holy Roman Empire, holy relics and other royal treasures. You definitely shouldn't miss this fairy tale place.

MORAVIAN TRIP

You don't know Czech Repubic until you have been to Moravia. It's a region of our country that will amaze you with its vineyards, wineries (Czechs don't make only great beer:D), medieval castles, beautiful nature and old traditions. During this two day trip you'll visit for example UNESCO site Chateau Lednice, The Punkva caves, Brno (the capital city of Moravia) and you'll taste wine while listening to live traditional music.

SPORT ACTIVITIES

If you're a fan of sports, Activities organizes also events where you can be more active. For example Sky-diving for adrenalin lovers, Climbing Trip, Ski Trip, Laser tag or Karting. And maybe we can put Beer Rally and Pub Crawl to this category too:D.



You can find all information about our events on Facebook group (Exchange/Erasmus at University of Economics, Prague), in BuddylS or you can ask about anything in our office (RB 548), where you can also pay for the trips.

NATION2NATION



nation2nation



Parties every Tuesday

NATION2NATION parties are a great way to spend unforgettable time with other exchange students, buddies, Buddy System members and other students from VŠE or other schools.

The aim of these events is to present different cultures and their typical meal and drinks in cooperation with foreign students. The parties take place **every Tuesday**, always in a different famous club, so you'll get to know the whole Prague night life.

You can find dates of the parties in the Calendar of Activities and more information on Facebook events and website www.nation2nation.cz.



Best clubs

There's an offer for exchange students to buy a **PERMANENT PASS** to all Nation2Nation parties

for special price.





Doors open at 10 PM

More information in the Buddy System
Office RB 548 or at
n2n@buddysystem.cz.





You can find more info and photos from parties on our website www.nation2nation.cz

INTERNATIONAL RELATIONS department prepares trips to cities such as Krakow, Dresden, Budapest atc. always full of fun, great parties and interesting visits.



You can register for them in our office (RB 548) or via BuddylS. More info about the program will be available approximately one week before the trip. If you have any questions, contact us at: ir@buddysystem.cz.

KRAKOW TRIP

متقرقين المخسمة المه

Trip organized together with International Student Club from Czech Technical University, therefore you will meet other exchange students apart from your classmates! Prepare for exciting weekend including visiting Wieliczka Salt Mine. Auschwitz concentration camp or House of Horror.

DRESDEN TRIP

Trip to historical city Dresden where you can discover its architectural beauty such as rococo palace Zwinger or Lutheran church Frauenkirche, try fine German beer and taste typical German dish.

BUDAPEST TRIP

Visiting beautiful Hungarian capital is a must in Europe! You will have time to explore magnificent city center including Jewish quarter, Buda castle or The great synagogue as well as visiting Széchenyi Spa baths and wine bar.





CHANG



Let's participate in **SOCIALERASMUS** and help local community!



COUNTRY PRESENTATIONS

A chance for you to present your own country to Czech students and fellow exchange students!
Friendly meetings at school, usually 4 times per semester. If you are interested in presenting, contact

exchange+@buddysystem.cz



Do you want to practice some foreign languages or help others with learning languages you already know, all of that in a friendly atmosphere in a pub? Then come to Buddy Café Lingea!



HARTENBERG CASTLE

Hartenberg is a castle, that went through some fires and its owner has been trying to renovate it ever since. And we would like to go and help him! Are you in?

PRAGULIC

Homeless people know
Prague the best, since they
spend most of the time in
the streets. However, they
know it from a different
point of view.... Join us for a
tour of Prague guided by a
former homeless men and
especially our favourite
former male-prostitute
Karim, who's going to show
us Prague's underworld.



COOKING 4 HOMELESS

Time to do something for the ones in need! Let's cook something delicious and then hand it to the homeless people.



The name says it all - hug it out!
A simple hug can brighten
someone's day and it doesn't
cost anything! Fun guaranteed!







BEFORE YOUR ARRIVAL

What to do before your arrival:

- Fill in the Online Application Form for VŠE
- ✓ Receive a Letter of Acceptance from VŠE
- ✓ Organise Medical Insurance
- ✓ Organise a Visa (if needed) can take 2-3 months!
- ✓ Register for Courses

VISAS

For more information about visas please refer to the Exchange office (OZS). http://ozs.vse.cz/english/exchange-programme/campus-in-prague/visa/

HEALTH INSURANCE

The university doesn't offer any type of health insurance, so you need to arrange it on your own before your arrival to the Czech Republic. The individual students have to verify that their insurance is officially acknowledged in the Czech Republic. Otherwise you have to get health insurance with the Czech insurance company.

Check our website for more information.





You can also check the webpage of the Foreign Police for the latest news:

www.mvcr.cz/mvcren

WHERE DO YOU STAY?

If you are coming to study at VŠE in Prague you will most likely want to live in a dormitory. It will help you find new friends and if you need to borrow anything, there are high chances someone will be able to help you.

In dormitories, there is a space reserved for all international students who fill in an application, but keep in mind deadlines!



DORMITORIES

There are three main VŠE dormitory locations: Jižní město (Prague 4), Jarov (Prague 3) and the Roosevelt dormitory is near Holešovice (Prague 7).

There are two different dormitory blocks for exchange students Jarov III. F and Jarov III. G. They are located in Prague 3, about 20 minutes from the University of Economics by a direct tram line 9 – tram stop Střážní (closer to Jarov III. G) or Chmelnice (closer to Jarov III. F). Both blocks are about 25 minutes by a tram far from the city center.

Address: Kolej Jarov III. F V Zahrádkách 1953/67 130 00 Praha 3

Phone: 224 092 213



APPLICATION AND PAYMENT

After you apply for dormitory accommodation you should receive an email with instructions on how to pay the advance payment to ensure a place will be reserved for you. The rent is paid at once on the beginning of the semester (1st week of courses) and is usually around 300€, but always check the current prices. You can pay rent via cash in dormitory after arrival, or by bank transfer.



WHERE DO YOU STAY?

EQUIPMENT

In the dormitories there are mostly twin rooms (two beds in one room) which share a toilet, bathroom and kitchen and a balcony with another twin room (4 people per one bathroom/kitchen in total). Single-bed rooms are available as well, you can apply for it in the application.

Blankets, pillows, and bed linens are provided (possible to change bed linens twice a month). The rooms are equipped with a bed, a table, a chair and a closet for each tenant. There is also a fridge and a double hotplate in each kitchen, however there are no kitchen utensils or plates so you will need to bring your own, or buy some.

Some other equipment can be borrowed for a minimum fee or even for free from the reception e.g. iron, vacuum cleaner, balls (volleyball, basketball), hand pump etc.

Washing machines are available in each dormitory. For doing laundry, you need to sign for a specific time into laundry sheet at the reception and then pay 30CZK fee per 3hours and leave your dormitory ID at the reception. You can borrow a clotheshorse for one day as well.

Internet connection is available in all rooms, however WIFI signal can be weak in some parts so you might need a cable to connect to a network.

You can rent a study room in each dormitory, go to a gym, play table tennis or play a piano.

LIVING SOMEWHERE ELSE

If you don't want to live in one of the dormitories and want to find your own place, try Facebook groups for finding and offering accommodation for students in Prague.

In this case, either you or the landlord is obligated to notify the foreign police ("Oddělení pobytových agend") about you living in Czech Republic. Address: Olšanská 2, 130 51 Praha 3



For more info about services provided go to: http://suz.vse.cz/eng/

STUDY AT UNIVERSITY OF ECONOMICS

The university is located at Winston Churchill Square (nám. Winstona Churchilla) at Žižkov, which is close to the Main Railway Station (Hlavní nádraží) and the city center as well.

How to get there:

- Metro (Hlavní nádraží / Muzeum) + walking (cca 10 min)
- Tram to stop "Husinecká" tram 5, 9, 26
- Bus stop "Náměstí W. Churchilla" bus 135

The University complex consist of three interconnected buildings.

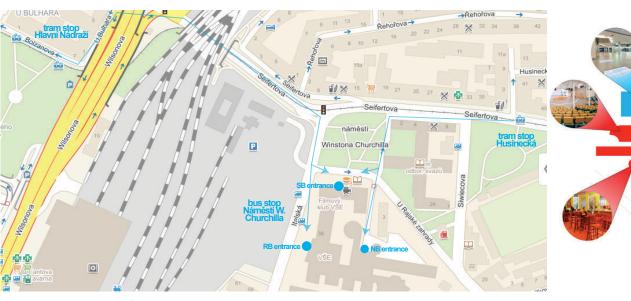
NB - Nová Budova ("new building"), SB - Stará Budova ("old building"),

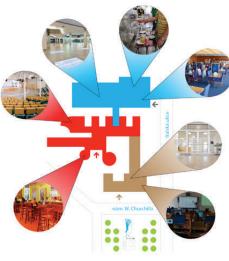
RB - Rajská Budova ("paradise building")



The first building you see from the Winston Churchill Square is the **Old Building (SB)**.

From here you can get to the **New Building (NB)** either by passing along a corridor or through a separate entrance, which is to the left of the SB. There is another corridor connecting the New Building and the **Rajská Building (RB)**.





OLD BUILDING (SB)

This building has 4 floors. On the ground floor, there is a gym, a computer classroom and an office for student IDs. On the mezzanine floor there is a library and a study room. On the upper floors there are classrooms, administrative offices and more computer labs.

RAJSKÁ BUILDING (RB)

This is the newest building of the University. It is located behind the New Building. There are atriums and lecture rooms. You can find nice Café with great sandwiches on the first floor. On the fifth floor you will find the office of the International Studies Centre and also the office of Buddy System (RB 548).

Another very important place is next to the Rajská Building. Here you will find a canteen and, on the third floor, the Academic club, which has a beautiful view of Prague. On this floor a small gym and fitness centre can also be found.

NEW BUILDING (NB)

Newly renovated info centre is just to the left of the entrance. You are always welcome to come and ask any questions at the info centre if you get lost or if you are looking for people at the University. Right behind the info centre you will find a small hidden buffet and also lockers. Lecture rooms occupy the biggest part of ground floor. Here, you will also find two biggest and most comfortable auditorium, which are called Vencovského Aula and Likešova Aula.



If you have any questions or you haven't find what you are looking for, feel free to contact us on our email info@buddysystem.cz 13

FACILITIES AT THE UNIVERSITY OF ECONOMICS:



CANTEEN

Canteen, called "menza" is great and a cheap option to eat at university. It offers a selection of various meals every day, mostly czech cuisine, including a vegetarian menu. Menu can be found at

www.vse.cz/menza/index-en.php

AK (ACADEMIC CLUB)

The fancy restaurant Academic Club is located on the 3rd floor above the canteen. Access is by elevator from the entrance hall in front of the canteen. The club is open Mon-Fri from 9:00 – 21:00 and offers an extensive range of meals, cocktails, desserts, hot and soft drinks. Smoking is not allowed inside the club, but you can smoke outside on the terrace.

ITALIAN CAFETERIA

Is the other possibility where you can get soup, two different pasta and five pizzas each day. At the same place you can find also Healthy food cafeteria which offers three healthy food a day (sometimes including gluten-free food).

The prices vary from 35-70 CZK per one meal. You can get a soup, salad or a desert for additional price. Pizza costs usually around 60 CZK. At the cash desk, you have to show your student card and then pay by cash (no cards accepted). You can put money on your card, but you have to do it separately for each

CAFE DEŠTNÍK

In Cafe bar Deštník, you can get the best quality coffee in school. This restaurant also provides daily discounted menus, burgers and sandwiches, and also drinks. However you can expect higher prices than in cafeterias. www.vse-destnik.cz

KITCHEN AND DINING ROOM

In the corner of main **RB** hall you can find two microwave ovens so you can warm up your home-made meal, sit down there and enjoy your meal or you can also buy some snacks or beverages from a vending machines there.



GYM

As a student, you can register and use gym in second floor of RB, next to AK. Usually later in the day, you can use well equipped gym for a fair price, one of lowest in Prague.

Card "STANDART" with 10 entries into gym costs 400 Kč. "ALL INCLUSIVE" card, with unlimited entries during semester is 1000 Kč.

HOW TO REGISTER TO GYM:

To register, you will have to find "Posilování" in section "Register the course" under "Personal management" on ISIS (Integrated Study Information System – see info on page 16). After that, you will have to pay fee.

Fee is paid by transaction to account: 1828862/0800 With variable symbol with following structure: 2KKKCCCCCC

KKK = code of course, you picked (201,202...) CCCCCC = your student ID. If it's shorter than 6 digits, it starts with 1 or more zeroes. (Example: for ID 55923, the code will be 055923).



FACILITIES AT THE UNIVERSITY OF ECONOMICS:



LIBRARY

You are welcome to use both the Central Economic Library and the Study room. You will need a university ID card to visit the Library or the Student room. Our library contains a collection of more than 800,000 volumes and 1,000 periodicals in Czech, English, German, French, Russian and Spanish. Most of the books or textbooks can be borrowed for one semester. However, books marked with a yellow label can be borrowed only for one week. The late-return fee for the short-term loans is 50 CZK per day.

You register to the library by bringing the student card to library, filling provided form and paying fee - 20 CZK, to have access to entire library for a whole year.

More information and an online catalogue can be found at the library website ciks.vse.cz

The main university Library is open:

Mon 9:00 – 18:30 Tue 8:00 – 18:30 Wed 8:00 – 18:30 Thu 8:00 – 18:30 Fri 8:00 – 17:30

THE STUDY ROOM

In room behind library is also reading area, great for studying in quiet. You can also use copy-machine, and computers. You can leave your coats and luggage at library lockers with a key from reception.

The Study room is open:

Mon 9:00 – 19:00 Tue 8:00 – 19:00 Wed 8:00 – 21:00 Thu 8:00 – 19:00

Fri 8:00 – 18:00

RESTING AREA (READING POINTS)

In the corner of main RB hall, and in corridors of SB, you will find large sitting areas perferct for rest and study. In these areas are also various vending machines, in case you get hungry between lectures and don't have much time.

PRINTING AND COPYING

To use any of the copiers or printers in our university you need to use your ID Card. Printing and copying costs about 1.50 CZK per page. You can recharge your card in the ID room in the Old Building SB22 or in the library in the mezzanine.

Where you can print:
Black and white copying
SB 019 (PC classrooms)
SB 100B (PC classrooms 1st floor)
CIKS Library
Colour copying
SB 100B (PC classrooms 1st floor)



USEFUL CONTACTS AT UNIVERSITY OF ECONOMICS:

EXCHANGE OFFICE

For specific help, you can contact in exchange office in school:

Room: RB547 - fifth floor of RB

Visiting hours:

during Orientation week:

available on InSIS (see for changes)

during semester:

Mon & Tue 10:00 – 12:00, 13:00 – 15:00

Wed & Thu 10:00 – 12:00

E-mail: exchange@vse.cz

INTERNATIONAL STUDIES CENTRE

www,ozs.vse.cz/english/about-isc/quic k-navigation/

STUDY AND EXAMINATION RULES:

www.vse.cz/english/study-rules.php

INTEGRATED STUDY INFORMATION SYSTEM (InSIS)



For signing in, you will need login and password. You can get forgotten password in exchange office, or via vc.vse.cz

InSIS provides many resources, which most are rarely used. Here are the essentials, you will use throughout the school year.

CONTENTS:

Dashbord

most information not related for Exchange students Only thing, you will need most of time is STUDENTS PORTAL

 Personal Management
 Sign for new, register extra courses – for example gym

STUDENT'S PORTAL

It's the most important thing for you as a student, through the semester. It contains necessary information about your schedule, handing and receiving assignments and many more.

- Message box your university email, for communicating with classmates, lecturers etc.
- Documents here, you will access document server, where will lecturers send you assignments, materials to study etc. You can easily access new documents, or search old ones under "Document tree"
- Tasks this is rarely used

MY STUDIES:

Main source of information about your studies.

- Registration/ Enrollment: Regular and intensive courses, pre-registration and changes in registration Should register courses before start of semester
- Extra-sem. Courses: Registration for Extra-semestrial Courses are available from the beginning of semester

Registration for Examinations

At the end of semester, you will have to register for individual exams for most of the courses.

Lecturer will usually mention, when the registrations will be opened. Check it more often during end of semester.

Personal Timetable

COURSEWORK SUBMISSION

- Submitting papers, essays and seminar papers
- The submitting process takes 3 confirmations for a single file to be successfully send. Make sure you completed the submitting process all the way.
- Keep an eye on the deadlines, either in this section, or via email.

MY SCHOOLMATES:

Contains contact information to all classmates from your courses. You can also send bulk emails to the entire class.

MY LECTURE SHEET

- Points from every activity
- Checking progress of studies
- Study Details



WELCOME TO THE CZECH REPUBLIC

The Czech Republic is a landlocked country in Central Europe with estimate population of 10 541 000 residents. The capital and largest city, Prague, has over 1.2 million residents. The Czech Republic includes the historical territories of Bohemia, Moravia, and Czech Silesia.

GOVERNMENT AND POLITICS

The Czech Republic is a pluralist multi-party parliamentary representative democracy, with the Prime Minister as the head of government. The Parliament is bicameral, with the Chamber of Deputies (200 members) and the Senate (81 members). The president is a formal head of state with limited and specific powers, most importantly to return bills to the parliament.

FOREIGN RELATIONS

The Czech Republic has an established structure of foreign relations. It is a member of the United Nations, the European Union third most atheistic and NATO. All countries with diplomatic relations with the Czech Republic have embassy located in Prague, and some of them have consulates across the country.

RELIGION

The Czech Republic has one of the least religious populations in the world, being the country with the population by percentage. Historically, the Czech people have been characterized as tolerant and even indifferent towards religion.

CLIMATE

The Czech Republic has a temperate continental climate, with warm summers (20 to 30 °C) and cold, cloudy and snowy winters (-10 to -15 °C). The temperature difference between summer and winter is relatively high, due to the landlocked geographical position.

As for you electronics, type E sockets are used in the Czech republic so bring an adapter if you need one, or you can buy one after you arrive.





Got questions? Contact us on our email www.info@buddysystem.cz

WELCOME TO THE CZECH REPUBLIC

MONEY AND PRICES

The currency in the Czech Republic is the Czech Crown (CZK). There are 5000, 2000, 1000, 500, 200, 100 bank notes, and 50, 20, 10, 5, 2 and 1 coins in circulation. Foreign currencies can be exchanged in banks or exchange offices. Generally said, there is quite dense network of "bankomats" (ATM machines) in the Czech Republic, especially in Prague. Almost all these terminals accept both international VISA and EuroCard - MasterCard. It's a good idea to check the labels on every particular terminal before using it. Also beware of the thieves when you are manipulating with your credit card.

EuroCard-MasterCard, VISA and American Express cards are accepted in major shops - especially in tourist areas of the city.











PRICES

supermarkets and shops Beer (0.5l) 8 - 25 CZK Water (0,5l) 10 CZK Bread 15 – 25 CZK Frozen pizza 40 - 60 CZK

restaurants and bars

Beer (0.5I) 30 – 50 CZK Water (0,5I) 30 CZK Meal (menza) 38 - 60 CZK Meal (restaurant) 100 - xxx CZK

There are many action sales every week in every supermarket.

Also there is a huge range of products from different producers so the price can be very variable and you can always choose the best product for you.







Got questions? Contact us on our email www.info@buddysystem.cz

31 PUBLIC HOLIDAYS

There are 12 days of bank holidays in the Czech Republic. The public holidays are on fixed days and do not "slide". So if a bank holiday is a Saturday or Sunday, it is a Saturday or Sunday and most people don't have a day off of work (the preceding Friday and the following Monday are normal business days). On most bank holidays, many shops are closed but usually the large supermarkets remain open. It's best to check online on the website of the particular store or to shop for groceries the day before.

January 1st New Year's Day; Restoration
Day of the Independent Czech State
One Monday in March or April Easter
Monday
May 1st Labour Day
May 8th Liberation Day
July 5th Saints Cyril and Methodius Day
July 6th Jan Hus Day

September 28th St. Wenceslas Day
October 28th Independent
Czechoslovak State Day
November 17th Struggle for Freedom
and Democracy Day
December 24th Christmas Eve
December 25th Christmas Day
December 26th The Second Christmas
Day; St. Stephen's Day



EMERGENCY TELEPHONE NUMBERS

Emergency numbers are the same via all phones, including mobiles. They are free of charge.

Emergency: 112 (international, foreign languages spoken)
Emergency: 155 (local, usually

Czech spoken only)

Police: 158

Fire brigade: 150

Other important numbers:

Municipal Police: 156

Emergency road service: 1230, 1240

Tourist in need: 1212

Telephone directory enquiries (CZ): 1188 International directory enquiries: 1181





HEALTH CARE

To obtain treatment under the provisions of the European regulations, it is important to contact a medical institution (doctor, dentist, hospital) which is covered by contract with the public health insurance system (most of them are).

If you live in the dorm at JAROV, there is also a doctor available on the campus. For more information http://suz.vse.cz/eng/#school-doctors.

PUBLIC HOSPITAL:

Fakultní Thomayerova nemocnice Vídeňská 800. 140 59 Praha 4 Phone: 261 081 111 www.ftn.cz

Nemocnice Milosrdných sester Vlašská 336/36. 118 33 Praha 1 Malá strana Phone: 257 197 111 www.nmskb.cz/

Fakultní nemocnice Motol V Úvalu 84. 150 00 Praha 5 Phone: 224 431 111 www.fnmotol.cz/

POLICLINICS/HEALTH CENTRES:

Clinicum a.s. Sokolovská 810/304, 190 00 Praha 9 Vysočany Phone: 266 006 111 www.poliklinika-vysocany.cz/ Fakultní nemocnice Královské Vinohrady Šrobárova 1150/50, 100 34 Praha 10

Phone: 267 161 111 http://www.fnkv.cz/

Ústřední vojenská nemocnice U vojenské nemocnice 1/1200. 169 02 Praha 6 Phone: 973 208 333 www.uvb.cz/

Nemocnice Na Františku + policlinic Na Františku 847/8, 110 00 Praha 1 Phone: 222 801 111 www.nnfp.cz/

Poliklinika Pod Marjánkou Pod Marjánkou 1906/12, 169 00 Praha6 - Břevnov Phone: 257 271 111 www.poliklinikamarjanka.cz/ Všeobecná Fakultní Nemocnice Na Bojišti 1771/1,

120 00 Praha 2-Nové Město Phone: 224 964 521

http://www.vfn.cz/

Nemocnice Na Homolce Roentgenova 37/2. 150 00 Praha 5 Phone: 257 271 111 www.homolka.cz/

Nemocnice Na Bulovce Budínova 67/2. 180 81 Praha 8 Phone: 266 081 111 www.bulovka.cz/





HOSPITALIZATION

In urgent cases visitors can go to the hospital with the EHIC directly. In other cases the practitioner issues a recommendation for access to the hospital.

Every insured person (or his/her legal representative) is obliged to pay the regulation charge to the health care provider for the medical treatment. Payments are only for treatment in the emergency, including dental emergency.

CHARGE AMOUNTS: cca. 90 CZK

for emergency care that was provided by the first aid medical service including first aid medical service provided by a dentist or for hospital emergency services provided on Saturday, Sunday, and holidays, and on working days between 17.00 and 7.00 unless the insured person is subsequently admitted to hospital.

MEDICAL TRANSPORT

Transport to the hospital is covered by the insurance system and is provided free of charge. In the event of urgent medical transport or in case of treatment by an emergency service doctor it is also necessary to present your European Health Insurance Card, or Provisional Certificate.

MEDICINES

If the doctor decides to prescribe medicines he will issue a prescription. He should also give you a copy of "Potvrzení o nároku"(Certificate of Entitlement). Medicines are available at the pharmacies. For some drugs and medicines a compulsory payment is charged - there are groups which are fully, or partially covered by the insurance, and also those not covered at all.



DENTAL CARE

Standard dental care is generally covered by the health insurance system, with only some extra dental work and materials as extras.

ACTIONS	AVERAGE PRICE*	MIN. PRICE*	MAX. PRICE*	
Dental filling	1280,-	330,-	3900,-	*Always check before how
Dental implant	17 000,-	8000,-	28000,-	much will the treatment
Treatment of				cost.
periodontitis	5400,-	300,-	8700,-	* All prices are in CZK
Dental hygiene	1000,-	750,-	1500,-	* The prices depend on the
Diagnodent	200,-	150,-	250,-	complexity of the procedure
Tooth extraction	5000,-	2000,-	10 000,-	and may differ in each clinic



BANK ACCOUNT

Opening a bank account in the Czech Republic is a fairly straightforward process. If you are a student from a country in the EU you will be asked for:

- ID card of an EU member state (or sometimes passport)
- and other form of identification (either a birth certificate, driving license or a residence permit)

For students from outside the European Union the essential document is your passport. Your other form of identification will be the same as for EU students. It is always best to use documents with photographs.

As well as two forms of identification you will also need to make an initial deposit. This will vary from bank to bank but will be somewhere between CZK 200 and CZK 2,000.

You will be able to open various types of account. The most common are detailed below:

BASIC ACCOUNT:

This is a standard you to deposit money into your account, withdraw cash from an ATM and pay bills.

BANKS IN CR:

Česká spořitelna www.csas.cz **GE Money Bank** http://www.gemoney.cz

Bank opening hours are generally 8am to 5pm, Monday to Friday. Most banks have ATMs which are accessible 24 hours a day.

CURRENT ACCOUNT:

This is the most common type of account which allows account in the Czech Republic. You have all the functions of a basic account with the added bonus of being able to use a debit card for payment in shops. You will also be able to set up options such as an overdraft.

> Komerční banka www.kb.cz Airbank www.airbank.cz

SAVINGS ACCOUNT:

This type of account is used purely to save money. No payment card or cheque book is included. You may withdraw cash but that are more restrictions in place.

Some banks offer special student accounts with various advantages and incentives. To open an account as a student you will also need to provide proof of your student status.

ČSOB – Československá obchodní banka

www.csob.cz mBank www.mbank.cz



For more info see: http://www.prague.eu/en/practical



TELECOMMUNICATIONS

The country code for calling the Czech Republic is +420. You then dial the nine-digit number. There are no area codes.

If you use your phone **A LOT**, it might be also worth checking out some of longer term tariffs for duration of your stay.

PROVIDERS:

Vodafone www.vodafone.cz

Most people in the Czech Republic use mobile phones, so landlines, and phone boxes are becoming less common. Phone boxes can be found all over the Czech Republic although their use is decreasing due to mobile phones. Phones can also be found at train stations and major post

T-Mobile www.t-mobile.cz

If you have a mobile it might be worth buying a Czech SIM card. The biggest mobile telephone network providers are O2, T-Mobile and Vodafone. Pay as you go SIM cards and top up vouchers can be bought directly from their high street shops and tend to be cheaper than in many western European countries (you will be also

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www.o2.cz

ESN VŠE Praha - Buddy System has a deal with Vodafone, so we offer you a SIM card with special tarif. You can buy it together **with ESNcard and N2N Card** during Orientation Week or then in our office (RB 548). We'll send you more information to your email and we will post it into the facebook group.





More information about Vodafone student deal will be provided before the start of the semester.

TRANSPORTAITION IN THE CZECH REPUBLIC



EUROLINES

coaches will take you comfortably and securely to more than 70 European cities! They offer wi-fi connection for free (not just in the Czech Republic, but also abroad), sockets, comfortable seats, air conditioning and toilet, one carry-on luggage and 2 pieces of luggage for free or for example magazines for free. There's a special offer for ESNcard holders you can travel across Europe forless money and get 20% discount on coach tickets! More info: http://esncard.org/disco unt/eurolines-bus-coach

es

STUDENT AGENCY BUSES

are worth considering if you are travelling to the Czech Republic from Europe as they also offer services from a range of European countries including the UK, Germany, France, Austria, Holland, Slovakia, Sweden, Norway and Italy. They also operate within the Czech Republic so you can get for example to Brno quite cheaply and comfortably.

These buses are yellow, include WIFI (only in the Czech Republic) and usually equipped with your own screen on which you can watch movies, series or listen to music. You get also some magazines and drinks during the ride and it is possible to buy some food as well. Tickets are possible to buy online or in kiosks at the station called "Student Agency".

There are also standard buses going to all cities in the Czech Republic for which you can buy tickets online, at a bus station or directly in the bus.

The main bus terminal is located in Prague at **FLORENC** - close to the city center. It has direct access to the Metro - lines B and C, station Florenc.



TRANSPORTAITION IN THE CZECH REPUBLIC

AIRPORT

The Czech Republic's main international airport is Václav Havel Airport in Prague. Some of the budget airlines such as Ryanair and Wizzair also offer flights to Brno, the Czech Republic's second biggest city.



TRAINS

Alternatively you could take a train, which can be a bit cheaper, and fit for long distance travel. There are more train companies in CR. The Czech Railway company operates everywhere including going abroad and you can find all info or buy tickets here: www.cd.cz . Comfort varies from different trains, usually the ones for longer distances are comfortable, equipped with WIFI and a dining car. The ones for shorter distances are basic and can be overcrowded in rush hours/days (Friday evening, Sunday afternoon)



There are also yellow trains called "Regiojet" (from company Student Agency) which operate only in the Czech Republic and Slovakia. You can get here free drinks, magazines, access to WIFI and you can buy food very cheaply (a piece of cake for 10 CZK). Their timetable and ticket prices can be found on:

https://bustickets.studentagency.eu/

There is another train company LeoExpress, for which you can find all info here:

www.le.cz

Be aware that the train companies are different, so they use different train tickets. Therefore, tickets of The Czech Railway Company are NOT valid in Regiojet trains and vice versa! You will be asked to pay the ticket again if you have the wrong one.

TRANSPORTAITION IN THE CZECH REPUBLIC



DRIVING IN THE CZECH REPUBLIC

When driving you always need to carry with you your valid drivers' license, a form of identification such as an ID card or passport, the vehicle registration document and a certificate of insurance, also known as the 'green card'. The green card is usually valid for a period of three months and shows that you have full liability insurance. If you will not be able to show any of these documents when asked by the officer, you will be given a penalty.

It is also necessary to carry a first-aid kit and a warning sign such as a red triangle.

If you bring your own car to the Czech Republic it should be marked with letters identifying its country of origin. Also, there is a zero tolerance policy on drinking while under the influence of alcohol.

To rent a car you must be at least 21 years old and have held your license for at least one year. Rented cars will have a motorway sticker.

Speed limits

Built up areas - 50km/h (30mph) Open country - 90km/h (55mph) Motorway - 130km/h (80mph)



TAXI

If you want to take a taxi on the street - ask for the price first, so they don't try to rip you off! Another possibility is also to call a taxi in advance. Unfortunately, taxi drivers tend to charge more for services, when they know you are foreigner or when you are not careful enough.

You can also use Liftago Taxi, which is a form of "Uber" in the Czech Republic. You can simply download app "Liftago Taxi" and choose a driver close to you and pay either by card online or by cash in the car.



Always check the actual legislation concerning driving http://www.mvcr.cz/mvcren/article/third-country-nationals-is-my-lice nse-valid-in-the-cr-may-i-do-i-have-to-replace-it-with-a-czech-drivin q-license.aspx

TRANSPORTAITION IN THE CZECH REPUBLIC

PUBLIC TRANSPORTATION IN PRAGUE

Public transportation in Prague is very comprehensive and it is working very well.

The system consists of three lines of Metro (the underground), trams and city buses. It's easy to get anywhere - maps everywhere, schedules at each station, high frequency. You can also download an App with scheldues and routes ("MHDapp")

Passengers must have their ticket before entering the transportation area of the Metro or transport vehicle. Tickets are available at each subway station, at some tram/bus stops and at some newsagents or you can have the tickets sent via the mobile phone (works so far only with Czech numbers).

AT NIGHT there is a night public transportation that usually runs every 20-30 minutes and is provided by night trams and busses. The Metro goes only until 1 am.

If you want to buy tickets via the mobile phone, just sent the right **SMS** text to a number 902 06. For this you need to have the "premium sms service" enabled.

DPT32 - 90 minutes ticket for 32 CZK

DPT24 - 30 minutes ticket for 24 CZK

DPT110 - 24 hours (1 day) ticket for 110 CZK

DPT310 - 72 hours (3 days) ticket for 310 CZK

Prices of all tickets and passes for public transportation in Prague can be find here: http://www.dpp.cz/en/fares-in-prague/

For most of you will be best to get longer Pass for all public transports in Prague. These prices are with student discount - otherwise they cost twice as much, so be sure to have confirmation of study with you when you are buying them.

Monthly / 30-day
Quaterly / 90-day
5 monthly / 150-day

260 CZK 720 CZK 1200 CZK



All the maps of public transportation in Prague can be downloaded here: www.dpp.cz/en/transport-around-prague/transit-schematics/

FOOD AND CUISINE



While your stay in Prague you should definitely try some of the Czech national dishes.

Here are some tips for places and where you can get real Czech food. In the city center (only 15 minutes away from school by tram) you can find LOKÁL DLOUHÁ that offers traditional Czech cuisine and of course great fresh beer. This restaurant is favorite among both tourists and Prague people. Prices are little bit higher compared with other places but at least beef tartar is totally worth it!

In case you prefer places near to university go to Bořivojova street (5 minutes walk away from school) where is traditional Czech pub **U HOUDKŮ**. There you get special student menu consisting of soup, main dish and drink for 90 crowns (3,5 euros).





Czech Republic is known for quality (and also consumption record) of beer. To get a real Czech experience you should try some of our beer brands.

If you are in Prague in spring or summer season you should go to **LETNÁ BEER GARDEN** where you can enjoy your beer while sitting outside and having a wonderful view at the city of Prague at the same time.

If you would like to taste several kinds of beers including some specials then visit beerhouse **ZLÝ ČASY** that offers 48 different kinds of beers from small Czech breweries at the same time. In case you get hungry during the evening there is a plenty of food to order too.

Where ever you get in Prague, be sure there will be a lot of places to go get beer. Especially near university! The price for one beer is between 1 and 2 euros.



FOOD AND CUISINE



COFFEE, COFFEE!

After a great lunch or a long party there is always time for coffee. Fortunately in the last years many new coffee places have appeared and there are three of them you should not miss.

On your way from dormitories to school you can stop for your first coffee a day at **COFFEE BREAK AND CAKE** which is located right next to Husinecká tram stop. It is a very small but cozy place that is opened every weekday already from 7:30 am.

To taste one of the best coffees in Prague you do not have to go that far. Only two tram stops away from school you find **EMA ESPRESSO BAR** that is known for its delicious coffee as well as for pleasant atmosphere. Our tip is definitely their cappuccino and typical Czech cottage cheese bun.

For diligent students, there is new cafe **CAFEDU**, opened near Muzeum stop. This "student" cafe if usually filled with students, and it is an ideal place to meet up and work outside of school. That's because this cafe doesn't only offer great coffee and refreshments, but for a membership fee, it also offers unlimited, 24 hour access to a quiet study in the upper floor for a whole semester. It's perfect if you live further away from school, need place to study while your roommate is having a party, or just need some quiet space.

The last (but not least) is traditional CAFE LOUVRE that was established more than 100 years ago and was attended by Franz Kafka or Albert Einstein. It is a very pleasant and old school place that is ideal for having breakfast. Even it is situated in the city center the prices are not so high.





CULTURE AND LEISURE TIME

Prague is considered to be one of the cultural and historic centers of Europe. Various monuments, museums and galleries are found in almost all parts of Prague. The most important ones we introduce in this chapter. If you want to relax after you study, we also offer places where locals go to enjoy their free time.



MONUMENTS AND SIGHTS

Prague is completely crowded by monuments and other interesting places. If you want to see during your stay as much as possible, you should browse the sites like www.tripadvisor.com or www.yelp.com and search for the most recommended places to visit. If you want to see only the most important historical and cultural sites, definitely do not miss the following ones:

PRAGUE CASTLE

Prague Castle (Pražský hrad) is a castle complex in Prague, Czech Republic, dating from the 9th century and the official residence of the President of the Czech Republic.

WENCESLAS SQUARE

Wenceslas square is the central square of the city district Nové Město (New Town). On the top of it, there is a statue of St. Wenceslas on horseback, and then you can see the building of the National Museum behind his back.

LESSER TOWN (Or Little Quarter)

This Prague district (**Malá Strana** in czech) is one of the historic parts with the most unique atmosphere. It is situated on the slopes just below the Prague Castle, in opposition to the larger towns of Prague on the right bank, to which it is conjoined by the Charles Bridge.

CHARLES BRIDGE

This bridge connect both banks of the river Vltava, built in the 14th century. This bridge represented a major bridge construction at the time, because it was the only firm connection of both banks. The bridge is decorated by a continuous alley of 30 statues and statuaries, most of them baroque-style, originally erected around 1700 but now all replaced by replicas



VYŠEHRAD

Vyšehrad is a historical fortress built in the 10th century. Vyšehrad is located on a cliff above the right bank of the Vltava. The Basilica of St Peter and St Paul is the main dominant od Vyšehrad, then you can find there the Vyšehrad Cemetery, containing the remains of many famous people from Czechhistory, among them Bedřich Smetana, Karel Čapek, Jan Neruda and Alphonse Mucha. It also contains Prague's oldest surviving building, the Rotunda of St Martin from the 11th century.

OLD TOWN SQUARE

Old Time Square is a very important historical square where the Prague orloj, a medieval astronomical mechanic clock. is located. It is an oldest one still working astronomical clock in the world. Then do not miss other monuments such as the gothic Church of Our Lady before Týn, the baroque St. Nicholas Church or the Jan Hus Memorial.

During Christmas and Easter, there are organised markets on this square.

PRAGUE WALK

All these places (except Vyšehrad, which is located outside the historic center) can be combined into one longer walk or two shorter, during which you will see many other interesting places in Prague and certainly will help you to discover the local atmosphere. If you want to see more, you can extend the trip of the Art Nouveau Municipal House on Náměstí Republiky. Just turn from the Old town square to Celetná Street and walk to the end. Along the way you will pass even the famous cubist House of the Black Madonna. Then easily return from Náměstí Republiky to the Wenceslas Square by the street Na Příkopě.



GALLERIES AND MUSEUMS

THE NATIONAL GALLERY

The National Gallery is located into six houses or palaces -Convent of St Agnes of Bohemia, Salm Palace, Sternberg Palace, Schwarzenberg Palace, Kinský Palace and Trade Fair Palace. Each of them has its own focus and offers permanent collections as well as temporary exhibitions. For more information: http://www.ngprague.cz/en

NATIONAL MUSEUM

The National Museum is famous especially for its

main building on the top of the Wenceslas Square, but it has three more buildings in the centre of Prague. The National Museum is a general museum, its collections include departmens of a wide range of disciplines, regularly organizes various exhibitions also suitable for visitors of all ages. See more: http://www.nm.cz



For more information check the website Prague.eu, where you can find many interesting things about the city and useful tips.

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NATIONAL TECHNICAL MUSEUM

Technical enthusiasts can't certainly skip the National Technical Museum. You can view the most interesting and, in many cases, rare and unique exhibits of our collections in the Museum's permanent and shorter-term exhibits there. For more information: http://www.ntm.cz/en

MEETFACTORY

MeetFactory is a non-for-profit international center for contemporary art, it is a very unique project of a famous Czech artist David Černý. It is a place where a variety of forms and forms of art meet, such as exhibitions, concerts and workshops. Often these are underground or alternative art. Meetfactory is located in the industrial building in Smíchov. See more: http://www.meetfactory.cz/en/

ZOO AND THE DISTRICT OF TROJA

In Prague, there is also located one of the largest zoos in Central Europe. After devastating floods in 2002, the zoo has undergone extensive renovations and since that time it has became very modern and progressive. Breeding of a wild Przewalski's horse or a favourite gorila pavillion are the great pride of the Prague Zoo. Zoo is situated on the outskirts of Prague in the district of Troja. Troja definitely worth a visit, and preferably in good weather. You can also visit a botanical garden in Troja or Troja Castle.



People in Prague love to go out into the parks. Throughout Prague there is a significant amount of small and large parks, and from spring to autumn people of all ages together meet there to drink, play all sorts of games and sports, walk their dogs and do other activities.

RIEGROVY SADY

Park situated right next to the school building at Sir Winston Churchill Square is a favorite place where students go during their pause. You can visit a summer cinema there.

STROMOVKA

Stromovka Park, originally royal deer park, is a popular place for active and passive recreation of Praguers.

Many various festivals take place in Stromovka during the spring and summer.

PETŘÍN

Petřín hill and park is a landmark on the border of Smíchov district and district Újezd. At its peak, there is a Prague alternative to the Eiffel Tower, the Petřín Tower. A cable car regularly runs on top of the hill, you don't have to buy a ticket if you have a prepaid fare of the public transport.

LADRONKA

Perfect place for jogging or just walking around, Ladronka is also a place, where people from the district Prague 6 go out with their dogs!

LETENSKÉ SADY

Available directly from the tram stop Sparta, or from Čechův most – then you have to go uphill.



If you want to go to the cinema, you can choose from several chains of multiplexes. But if you want something more authentic, we recommend you to visit one of Prague's smaller and more traditional cinemas. These cinemas have mostly only one screen but they will offer you less commercial films than are offered in the multiplex. These cinemas have always a unique atmosphere and what's more, the films are usually screened in their original language or with English subtitles.

MULTIPLEXES	TRADITIONAL CINEMA	S
Cinema City	Aero	Ponrepo
www.cinemacity.cz/en	www.kinoaero.cz/en	www.nfa.cz/en/ponrepo-cinema/program
Cinestar	Biooko	Lucerna
www.cinestar.cz	www.biooko.net/en	www.kinolucerna.cz/klient-263/kino-68
	Světozor	Atlas
	www.kinosvetozor.cz/en	www.kinoatlas.cz/klient-181/kino-52



If you are a real movie fan and you spend some time in the Czech Republic during the summer, you can visit also a film festival. The biggest and very well-known one is an International Film Festival in Karlovy Vary which is organized during the first week in July. kviff.com/en/homepage

If you are looking for something more local, there is also smaller but also very interesting festival, which takes place in Uherské Hradiště. Ifs.cz/news/

Film festivals are popular also in Prague, so film events are organized there too. There is a list of the biggest and best-known festivals in Prague:

FEBIOFEST

This festival presents a wide spectrum of contemporary and retrospective examples of high-quality film including alternative, film-school and amateur works to a diverse viewing public. Febiofest is the largest film festival in the Czech Republic together with the festival in Karlovy vary. www.febiofest.cz/en

ONE WORLD

is a festival of documentary film and it is a largest festival in this area in the world. www.oneworld.cz/festival

FESTIVAL DU FILM FRANCAIS

organized by Institut français a Prague presents new films every year in November. www.festivalff.cz/?lang=fr





As well as film festivals, people in Prague love going to music festivals. Among the students, these are the most popular:

MAJÁLES

originally purely student festival takes place at the turn of April and May, full of local and international bands

BACKTOSCHOOL

a series of concerts at the beginning of the winter semester. This festival is aimed at students, and is free

UNITED ISLAND OF PRAGUE the

biggest music festival with a long tradition, which brings the number of foreign artists. Takes place all around Prague around June and July.

ŽIŽKOVSKÁ NOC club festival taking place in Žižkov, the headquarters of the University of Economics, around March.



Prices are mostly acceptable, and many clubs are open all night on weekends as well as weekdays. One of most famous clubs are:

- Nebe
- Karlovy lázně
- P.M. Club
- Retro and many more...



TRAVELING AROUND **CZECH REPUBLIC**

If you want to see during your stay more of Czech Republic, you should browse the sites like www.tripadvisor.com, www.czechtourism.com/home/, www.czech.cz/en/Home-en or coolczechquide.com/en-US/. If you want to see only the most interesting historical and cultural sites, nature sites or fun definitely do not miss the following ones:



Central Bohemian region is spread around Prague. Website: www.middleczech.kr-stredocesky.cz/en/

CZECH GRAND CANYON

Velká Amerika It is a limestone quarry Morina municipality in the district of Beroun in Czech Republic, near Karlštein. Size of refraction is about 750 x 150 m. Quarry depth is measured in the range of 67-80 meters.

KONOPIŠTĚ CHATEAU

Konopiště was built as a Gothic fortress by bishop Tobiáš of Benešov. With time, the castle was subject Renaissance and Baroque styles. Archduke František Ferdinand d'Este, the successor to the Austrian-Hungarian throne, bought the castle in 1887 and turned it into a magnificent residency of the future emperor. Website:

www.zamek-konopiste.cz/en/

KARLŠTEJN CASTLE

One of the most famous Czech castles, Karlštejn was built in the years 1348–1367 for Emperor Charles IV. as to reconstructions in the Late an imperial rural residency. It acquired its contemporary appearance during a reconstruction at the end of the 19th century in the spirit of purism, masterminded by Josef Mocker, a prominent Czech architect.

Website:

www.hradkarlstein.cz/en/





If you want to see during your stay more of Czech Republic, you should browse the sites like www.czechtourism.com/home/, www.czech.cz/en/Home-en or coolczechguide.com/en-US/.

SOUTH BOHEMIA

Website: http://www.jiznicechy.cz/en-CZ/main-page.html

LIPNO TREETOP WALKWAY

Offering an incredible view of the Šumava Mountains, educative and founded as a guarding castle interactive stops, great adrenalin sports entertainment for children and the longest dry toboggan in the possession there were Czech Republic, all this and much more can be found in Lipno - The Lipno Treetop Walkway – a unique attraction in the whole country. Website:

www.stezkakorunamistromu.cz/en/ in the country.

HLUBOKÁ CASTLE

The chateau was originally in themid-13th century Bohemian kings. In several aristocratic families. The important ones included eg. Pernštejns, who founded in 1490 the nearby pond Bezdrev, the second largest

Website:

www.zamek-hluboka.eu/

FOREST BOUBÍN

Boubín is a unique forest reserve in the heart of the Sumava. Some trees that are up to 400 years, but the forest itself is older than the human race.

NORTH-WEST BOHEMIA

MÁCHA'S LAKE

Mácha's Lake is particularly popular in the summer season. It offers its visitors the biggest and most popular lake of the Liberec Region.

BOHEMIAN PARADISE

Bohemian Paradise rightly takes its name because the beautiful corner of land that lies between the towns of Turnov, Jičín and Mladá Boleslav can not be rivalled anywhere else in Bohemia. Romantic valleys and a manifold of so called rock cities are mixed with meadows and timbered houses. Website: www.cesky-raj.info/en/

KARLOVY VARY - SPA TOWN

Karlovy Vary (Carlsbad) is the largest and most famous of the Bohemian spas. It was founded around 1350 by Holy Roman Emperor and King of Bohemia Charles IV. Thanks to its specific spa architecture, colonnades with hot springs and imposing hotels you can feel the town's atmosphere everywhere.

Website: https://www.karlovyvary.cz/en

PILSEN

Pilsen is the fourth largest city in the Czech Republic. It is located in western Bohemia. It is an important industrial, commercial, cultural, and administrative center.

Website:

www.pilsen.eu/citizen/



If you want to see during your stay more of Czech Republic, you should browse the sites like www.czechtourism.com/home/, www.czech.cz/en/Home-en or coolczechguide.com/en-US/.

NP KRKONOŠE / GIANT MOUNTAINS

This park extends along the area of the highest mountains of the Czech Republic and also includes some of their foothills. Characteristics of the natural environment: deciduous and mixed forests at the foot of the mountains, autochtonous and secondary mountain spruce forests, dwarf-pine growths and herb-rich alpine meadows, glacial cirques and lichen tundra on the highest ridges. Max. altitude 1.602 m.

Website: www.krnap.cz/en/



MORAVIA AND SILESIA

Website: http://www.jizni-morava.cz/en

WELLNESS INFINIT MAXIMUS

It is a unique concept of wellness in the Alpine style, which was created by connecting an outdoor area with a large indoor SPA, a private area with massages and baths sensation.

Website: www.infinit.cz/en

LEDNICE-VALTICE AREA, PÁLAVA

Between the 17th and 20th centuries the ruling Dukes of Liechtenstein transformed their domains into one huge park, where the baroque and neo-gothic architecture of their chateaux are married with smaller buildings and a landscape that was fashioned according to the English principles of landscape architecture.

Website:www.en.czech-unesco. org/lednice-valtice-cultural-lands cape/introduction/

MORAVIAN KARST

The largest and most beautiful karst area in central Europe is a place where visitors have their breath taken clean away. The main attraction here is the famous Macocha Abyss, some 138m deep and steeped in terrifying myths and legends. Without doubt the Moravian Karst is one of the natural wonders of the Czech Republic, which will wow every visitor.

Website:

www.moravskykras.net/en/moravian-karst.html, www.jeskynecr.cz,

www.moravskykras.ochranaprirody.cz/en/

BRNO

Brno is the economic and cultural center of the south Moravian region. It is the country's second largest city. Brno's architecture reflects the town's long and rich history, including such outstanding functionalist works as the Brno Trade Fair Grounds (host to more than 50 international trade fairs each year). The city skyline is dominated by Špilberk Castle, which was originally a Gothic palace and

later became a baroque fortress.

Website: www.brno.cz

LEISURE ACTIVITIES



If you plan to travel in Czech Republic by bicycle, you are legally required to have a properly equipped bicycle (functioning brakes, a red rear reflector, a white front reflector, a red rear light, a white front light as well as front and rear fenders). Bicycle helmets are compulsory for cyclists younger than 18, but are recommended for everyone. Riding a bike while under the influence of alcohol can lead to a fine.

Signs indicating a biking trail have a yellow background. Road trails are on roads or well-payed paths, and they are marked with signs similar to road signs for motor vehicles. All signs show a bicycle symbol and trail number, and sign posts also show distances in kilometers to other places along the trail. Off-road trails are those that depart from roads with motor traffic and lead through the countryside and terrain, mostly on paths through fields or forest and are marked with striped signs and with quideposts.

The attractions are wine trails of southern Moravia which makes up a unique network of regional bicycle trails connecting the most interesting wineries with historical monuments. The main Moravian Wine Trail connects Znojmo with Uherské Hradiště and travels through ten winemaking regions.



MOUNTAIN TOURISM

In Czech Republic are plenty of interesting localities for climbing (sandstone, limestone, crystalline rocks - granite, gneiss) with rock walls and towers and various grades of difficulty. Popular tourist routes for mountain tourism can be found in the regions of the Krkonoše Mountains, the Sumava Mountains, the Jizerské Hory Mountains, the Jeseníky Mountains, the Beskydy Mountains and other mountainous. The majority of the rocks suitable for climbing are located in protected landscape areas. Only registered mountain climbers are permitted to climb in these areas independently. Beginners must be accompanied by an instructor.

The most popular climbing places are:

Labe sandstones, location - North Bohemia www.labskepiskovce.ochranaprirody.cz/en/

Czech Paradise, location - North-east Bohemia www.cesky-raj.info/en/

Teplicko-adršpašské rocks, location - East Bohemia www.skaly-adrspach.cz/en/

Moravian Karst, location - South Morava www.moravskykras.ochranaprirody.cz/en/

Czech Karst, location - Central Bohemia www.ceskykras.ochranaprirody.cz/en/

Křivoklátsko, location - central Bohemia www.krivoklatsko.ochranaprirody.cz/en/



You can take advantage of hundreds of kilometers of well-kept cross-country trails, which are very well marked and regularly maintained, as well as of downhill runs of varying difficulty, snow parks, and skating and sledding facilities. Most winter resorts in the Czech Republic are situated in national parks or in protected areas.

Newcomers to the winter sports scene are also looked after in the Czech mountains, of course there are experienced instructors to help first-time skiers.

THE MOST POPULAR PLACES ARE:

Krkonoše Mountains: including Špindlerův Mlýn, Pec pod Sněžkou, Harrachov and Rokytnice nad Jizerou. The Krkonoše cross-country track is something of a novelty in Europe, as it comprises 520 km of maintained trails. Location - North-east Bohemia www.giant-mountains.info/

Jizerské Mountains: Especially for cross-country skiers. It has some 130 km of well-kept trails. Location - North Bohemia www.skijizerky.cz/en/winter/tanvaldsky-spicak-severak-bedrichov.html

Šumava: Zadov, Špičák and Kramolín make up the ski areas of Šumava. Snowboarders have their own area within the confines of Zadov. Location - South Bohamia www.sumavanet.cz

Beskydy: Cross-country skiers travel to Beskydy to take advantage of more than 100 kilometres of trails. Location - Norht-east Morava www.lyzovanivbeskydech.cz



WATER SPORTS AND TOURISM

There are numerous places in the Czech Republic (such as water dams, artificial water reservoirs and lakes) that offer excellent conditions for various water sports. Water sports equipment can be rented from local sport clubs and at campsites.

The most popular water areas are:
Lipno, location - south Bohemia
Orlík, It provides excellent
conditions for bathing, windsurfing,
yachting, rowing and sports angling.
Location - central Bohemia
Slapy offers many opportunities for
bathing, yachting, rowing, water
skiing and windsurfing. Location central Bohemia

The most popular routes are:

Vltava: Lenora – Nová Pec, Vyšší Brod – České Budějovice. The Vltava River is easy to sail on thanks to its water level.

Lužnice: Suchdol – Veselí nad Lužnicí, Tábor – Bechyně.

Otava: Sušice – Písek. The most demanding but romantic route. Traces of gold panning are still noticeable on the banks of this river, which once produced gold.

Sázava: Vilémovice – Pikovice.

If you have any questions or you haven't find what you are looking for, feel free to contact us on our email info@buddysystem.cz 38

CZECH UNESCO HERITAGE SIGHTS

Český Krumlov - Historical downtown Website:

http://en.czech-unesco.org/cesky-krumlov/introduction/

Telč - Historical downtown

Website:

http://en.czech-unesco.org/telc/introduc

tion/

The Pilgrimage Church of St. John of Nepomuk at Zelená Hora

Website:

http://en.czech-unesco.org/zdar-nad-sazavou/introduction/

Kutná Hora - Historical downtown, Church of St. Barbora, Cathedral of Our Lady at Sedlec

Website:

http://en.czech-unesco.org/kutna-hora/introduction/

Lednice-Valtice Area

Website:

http://en.czech-unesco.org/lednice-valtice-cultural-landscape/introduction/

NATIONAL PARKS

Krkonoše

Website: www.krnap.cz/en/

Podyjí

Website: www.nppodyji.cz/?lang=2

Šumava - Soumarsk moorland Website: www.npsumava.cz/en/

České Švýcarsko

Website: http://www.npcs.cz/en,

www.ceskosaske-svycarsko.cz/index-en.

html

Olomouc - Holy Trinity Column

Website:

http://en.czech-unesco.org/olomouc/introduction/

Tugendhat Villa in Brno

Website:

http://en.czech-unesco.org/brno/introducti

Holašovice - Village reservation

Website:

http://en.czech-unesco.org/holasovice/introduction/

Kroměříž - Gardens and castle

Website:

http://en.czech-unesco.org/kromeriz/introduction/

LitomyšI - Gardens and castle

Website:

http://en.czech-unesco.org/litomysl/introduction/

Třebíč - The Jewish Quarter and the Basilica of St. Procopius

Website:

http://en.czech-unesco.org/trebic/introduction/





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