



Buddy

GUIDE

2020/2021



CHARLES
UNIVERSITY

Who Is a Buddy?

At Charles University, a “Buddy” is a student who volunteers to be a guide and friend for an international student. They help them with orientation in the new surroundings, organisation of essential formalities, or they accompany them throughout the start of their studies and to the public authorities. Guidance to the student and city life and support in everyday issues are also one of the primary responsibilities.

IN EXCHANGE, OUR “BUDDY” WILL HAVE THE OPPORTUNITY TO IMPROVE THEIR FOREIGN LANGUAGE SKILLS, MEET NEW PEOPLE AND GET TO KNOW NEW CULTURES, AS WELL AS THE INVALUABLE EXPERIENCE OF SEEING CZECH LIFE FROM AN OUTSIDER'S PERSPECTIVE.



How to Start



Register to Broaddy (<http://broaddy.com/>) and get access to the database of international students. To protect students' privacy we do not list their names. However, you can search by nationality, gender, hobbies and other available information.



Once you choose a student, he/she will be automatically informed. If required, you can discuss changes and modifications with the coordinator of the Buddy programme.



If you think you have enough time and you can physically manage it, you can choose several international students. However, if it's your first time as a Buddy, it's definitely better to start with just one or two.



You can also join the Buddy programme CUNI Facebook group (<https://bit.ly/2PY66kt>), throughout which you can keep in touch with other Buddies and exchange experiences, help each other, get up-to-date information about events organised by student clubs, including options for getting directly involved.

Before Arrival

(what to watch out for)

Contact your student as early as possible, tell them a bit about yourself, and mainly find out about their arrival (date, time etc.) and their choice of accommodation (dormitory, private).

Accommodation

The most important thing to do before an international student's arrival is to find out whether they have arranged accommodation and, if they have applied to stay in CU dormitories, they have received an accommodation voucher by e-mail, which they must have if they are to be accommodated in a dormitory.

Documents

You should also check in advance that your student has health insurance and other essential documents.

D-Day

If you can meet your student when they arrive, they'll definitely appreciate it!

If, for some good reason, you are unable to meet them immediately after arrival and at the start of their stay, please inform the coordinator of the Buddy programme in time. Other Buddies may also be able to help out through the FB group.



TIP:

Practical information for international students can be found in the **Guide for International Students and the Supplement to the Guide for International Students (maps, plans)**, which are available on the CU website at <https://cuni.cz/UKEN-633.html>. These contain all the important steps that international students must take before starting their studies at CU.

TIP:

Try to make sure that your student has at least a small amount of cash in Czech crowns on the day of their arrival for minor expenses and a weekly/monthly travel pass (can be bought at the airport). It's also good to show them how to get from the place they live to their faculty, where they register for the study, where and how they can go shopping in the area, where is the student canteen, etc.



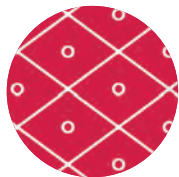


After Arrival

(what they'll need help with)

Accommodation

- If your student has requested accommodation at a dormitory, remind him/her that, as soon as they arrive, they'll need **1)** money to pay for the dormitory and bills (payment for the remainder of month + deposit), **2)** accommodation voucher, and **3)** several passport photos for their dormitory ID card and other documents. The student must then pay the next month (approx. 3,500 CZK) **by the 20th day of the calendar month.** The current pricelist of dormitories can be found on the CU Dormitories and Refectories website at <https://kam.cuni.cz/KAMEN-31.html>.
- If the student doesn't arrive until after 20 September, they'll pay all of these fees at once.
- The same conditions apply to the summer semester; all fees must be paid by 31 January.
- The receptions at dormitories are open round the clock, so that students can arrive at any time of day. Formalities concerning accommodation must then be dealt with at the Accommodation Office (during weekdays and office hours only) – <https://kam.cuni.cz/KAMEN-29.html>



Catering

Students can dine in any of the CU student canteens, where they benefit from low prices and convenient locations in faculty or dormitory buildings. In addition to the canteens, a list of which can be found at <https://kam.cuni.cz/KAMEN-70.html>, there are many other catering facilities, such as dispensary points, buffets and cafés. Canteens offer the option of ordering food online, with a choice of several main courses (including vegetarian), short orders, salads and desserts. Average student prices for the main course at CU canteens vary from 67–75 CZK.



TIP:

It's still not entirely common for staff at dormitories (reception staff etc.) to speak English. Therefore it is better to accompany the student to the dormitory yourself and, if required, help out with translation so that registration goes as smoothly as possible.

Enrolment – registration at the faculty

- Enrolment for study at all faculties takes place in September (winter semester) and February (summer semester). Your student must enrol at their faculty during the set dates to start their studies at CU. It's a good idea to check in advance that they've received all the necessary information about registration by e-mail from their faculty and whether they have all the documents with them. In the ideal scenario, you accompany them to their registration in person to see that everything goes smoothly.
- In September/February the majority of faculties at CU organise an Orientation Week (or at least Orientation Days) for their international students, at which new students can find out important information about how the faculty works, about the organisation and structure of their studies, events during the academic year, and other practical information they may need during their stay.
- The university also organises a Welcome Day for International Degree Students for self-paying students (Bc., Mgr., NMgr., Ph.D.).
- ESN CU (Erasmus Student Network) organises a Welcome Week for exchange students, at which they have the opportunity to get to know each other, go on a trip outside Prague etc.
- The goal of all these events is to help international students with getting to know the new environment, to find out what are the study obligations, to share tips for leisure activities and to meet other students.

Student card – ISIC

- The student card is used for entry to university buildings (dormitories, canteens, libraries etc.) for the entire period for which the student is registered to study at CU.
- Students can choose between a classic student card, which is free of charge, and an ISIC card, which allows them to claim a number of discounts (plane tickets, car hire, public transport, accommodation, restaurants, selected shops, museums, etc.). An annual licence for ISIC card costs 230 CZK.
- To get a student card you need an ID card and confirmation of study from the faculty where the student is enrolled.

ISIC cards are available in the following Card Service Centres:

- CU Point (Celetná 13)
- Faculty of Mathematics and Physics (Ke Karlovu 3)
- Faculty of Law (Nám. Curieových 7)
- Study Dept. of Faculty of Medicine in Pilsen (Husova 3)
- Faculty of Medicine in Hradec Králové (Na Kotli 1147)

List of issue points:

<https://cuni.cz/UKEN-135.html>



Foreign police

- All international students at CU must, following their arrival, register at the Foreign Police (Ministry of the Interior, Department of Asylum and Migration Policy – DAMP MI).
- Students from EU countries (including Schengen and EFTA) who are staying in students dormitories are registered by their dormitory, as they are required to do by law (however, students should check that they really have been registered).
- Students from EU countries (including Schengen and EFTA) who are not staying in students dormitories must visit DAMP – **address Olšanská 2, 130 51 Praha 3** – to register within 30 days of their arrival.
- Students from non-EU countries must register with the Foreign Police within 3 days of their arrival. If they are staying at a dormitory, then they should also be automatically registered by the dormitory. Again, students should check that this actually happens and, should the dormitory refuse to do this for any reason, you should accompany the student to DAMP in person within 3 days of the student's arrival.
- Third-country nationals who are not staying at dormitories must register at the Foreign Police – **address Hládkov 682/9, Praha 6 – Střešovice**, within 3 days of arrival. Appointments must be booked in advance at

TIP:

Before the visit to the Foreign Police, check the Ministry of the Interior for the up-to-date information. Make sure that your student has all the necessary documents, and make back-up copies. Health insurance is particularly important (see separate chapter).

+420 974 820 680 and, due to the fact that all communication is conducted in Czech, the student will definitely require your assistance.

- It's handy to know that students from EU and EFTA countries don't need a visa to study in the Czech Republic. If they plan to stay in the Czech Republic for longer than 3 months, they can apply for temporary or permanent residence.
- Students from non-EU and non-EFTA countries (known as third countries) must have a valid visa or residency permit in order to study in the Czech Republic. They must obtain these documents before their arrival in the Czech Republic from the Czech embassy in their home country. The application procedure for a visa or residency permit lasts approx. 90 days.

Further information at

Ministry of Foreign Affairs:

<https://www.mzv.cz/jnp/en/index.html>,

Ministry of the Interior:

<https://www.mvcr.cz/mvc/en/>

Health insurance and healthcare services

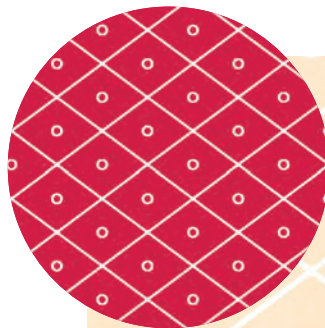
- Students from EU countries must obtain a European Health Insurance Card (EHIC) in their home country before their stay in the Czech Republic.
- Citizens of EU countries who are temporary resident in the Czech Republic are entitled to free essential, emergency healthcare.
- Healthcare services covered by European health insurance can be claimed only from healthcare institutions (doctor, hospital) that have a contract with the public health insurance system. If no European Health Insurance Card is presented, doctors are entitled to request payment in cash for services provided.
- A referral from a GP is always required for specialist examinations.
- Hospitalisation is also based on a referral from a GP or a specific specialist. Emergency admission to hospital is free of charge and paid for by the insurance company. However, even in this case, health insurance must be presented.
- Non-EU students must prove that they have a valid private health insurance. It is therefore important to check that the student's health insurance includes the Czech Republic and also covers special costs such as emergency examinations, hospitalisation, repatriation etc.

- In Pilsen, Prague and Hradec Králové there are also a number of private clinics specialising in foreign (English-speaking) patients. However, it should be taken into account that these clinics charge commercial, generally high, prices

Further information at

<https://cuni.cz/UKEN-366.html>

- In all big towns, there is also a large network of pharmacies, many of which are open round the clock. Bear in mind that many pharmacies dispense not only prescription drugs, but also sell other nonprescription drugs and health supplements. Prescriptions are usually valid for 14 days, but it may be shorter for specialist medication (opiates, antibiotics).



Important Contacts

Healthcare facilities

Basic addresses for a GP, gynaecologist or dentist in Prague:

Prague Municipal Health Centre

<https://www.prahamp.cz/>

tel.: +420 224 949 035

Spálená 12, 110 01 Praha 1

Na Homolce Hospital (foreign pavilion)

<http://www.homolka.cz/en/>

tel.: +420 257 272 144, +420 257 272 146

Roentgenova 2, Praha 5

Canadian Medical

<https://www.canadian.cz/en/>

tel.: +420 222 300 300

Na Poříčí 1041/12, 110 00 Praha 1
(and other clinics in Prague)

Affidea Praha – Chodov

<https://www.affidea-praha.cz/>

tel.: +420 267 090 811–14

Šustova 1930, 148 00 Praha 11–Chodov
(in the same building as Poliklinika Jižní Město II)

A detailed overview of healthcare facilities for foreigners can be found in [the Guide for International Students – useful information for international students](#) on the CU website:

<https://cuni.cz/UKEN-633.html>.

Emergency Medical Clinic in Pilsen

EUC Klinika Plzeň, Denisovo nábřeží 4,

301 00 Plzeň tel.: + 420 378 218 300

Emergency medical service for adults

Francouzská 2–4, 326 00 Plzeň – Slovany

tel.: +420 377 243 000, +420 378 014 310

Emergency dental service of EUC Klinika Plzeň

Denisovo nábřeží 4, 301 00 Plzeň,

tel.: +420 378 218 171–174

Emergency Medical Clinic in Hradec Králové

University Hospital / Emergency Service

<http://eng.fnhk.cz/emergency>

Sokolská 581

Hradec Králové; tel.: +420 495 831 111

Emergency dental service: Sokolská 581,

Hradec Králové; tel.: +420 495 831 111

Important numbers:



International calling code for the Czech Republic:

00420

**Contact
persons at the CU
Rectorate**



CU POINT
Bc. Zuzana Haniková
zuzana.hanikova@ruk.cuni.cz



STUDENT AFFAIRS DEPARTMENT
Mgr. Lukáš Nachtigal
lukas.nachtigal@ruk.cuni.cz

Student clubs and associations at CU

ESN CU – organises many social, cultural and sports events for both Czech and international students and assists international students during their time in Prague.

Further information at <https://esncuprague.cz>

AIESEC CUNI Praha – the largest international, non-profit and non-governmental organisation managed by students. Focus on the development of young people.

Further information at <https://aiesec.org>

IFMSA – International Federation of Medical Students Associations. International organisation for medical students, to which all CU medical faculties are affiliated. Further information at <https://ifmsa.cz/>

Buddy contacts for student clubs:

<https://cuni.cz/UK-10226.html>

Up-to-date list of all student clubs at CU:

<https://cuni.cz/UK-8518.html>

<https://cuni.cz/UKEN-93.html>

Counselling services at CU

If your student gets into a situation where a friendly chat over a coffee isn't enough and they need expert assistance, they can contact specialised centres according to the type of problem. Many advisory centres operate at CU – psychological, social, and legal. The psychological counselling is also available in English.

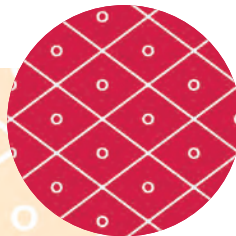


TIP:

It is always important to request assistance in time and not underestimate any problems. You must bear in mind that your student is in a strange environment and may be experiencing difficulties with their studies or lack of success, separation from their loved ones or cultural differences more intensely than it may seem at first glance.

List of advisory centres:

<https://centrumcarolina.cuni.cz/CCENG-33.html>



Spiritual and pastoral services

Catholic Theological Faculty

Regular faculty services take place at 12.00 every weekday in the faculty chapel.

For further information, please contact the faculty chaplain:

kaplan@ktf.cuni.cz, or via the website:
<https://www.ktf.cuni.cz/KTFENG-80.html>

Protestant Theological Faculty

Faculty services: <http://www.martinvezdi.eu/>

Hussite Theological Faculty

Encompasses a number of religious groups and groupings – e.g. the Evangelical Church of Czech Brethren, the Jewish Community etc. all of these groups organise their own meetings. For further information, please contact Doc. ThDr. Jan Blahoslav Lášek at lasek@htf.cuni.cz.

Churches holding services in English:

St. Clement's Anglican Episcopal Church,
11.00 every Sunday at Klimentská street, Praha 1.

St. Thomas's Church, services in English at 18.00 every Saturday and 11.00 every Sunday, Josefská 8, Praha 1.

Jewish community:

<https://www.kehilaprag.cz/en>

Muslim community:

<http://www.praha-muslim.cz/home.htm>



Facts about CU

From history... to the present

- Founded on 7 April, 1348 by King of Bohemia and Holy Roman Emperor Charles IV. One of the oldest universities in Central Europe. At the time of its founding it had four faculties, and now has 17. The newest faculty is the Faculty of Humanities, which was founded in 2000. Charles University is the largest university in the Czech Republic and one of the few in the country that is regularly ranked in the top 1–2 % of universities worldwide in prestigious ranking lists. Charles University is associated with prominent personalities such as Jan Hus, Bernard Bolzano, Jan Jesenius, Jan Evangelista Purkyně, Albert Einstein, Franz Kafka, T. G. Masaryk, Jaroslav Heyrovský and many more. CU currently has 48,000 students, approx. 9,000 of whom are international students. It has contracts and agreements with prestigious universities from all over the world. It offers over 180 degree programmes in English (and other languages).
- The University is led by the **Rector**, who is elected by the Academic Senate of the University and appointed by the President of the Czech Republic. The Rector's term in office is four years, and he/she can be elected for a maximum of two consecutive terms.
- A further university body is the **Academic Senate**. This autonomous body approves

the University's budget and important documents and regulations. Its membership comprises students and representatives of the University's academic community.

- Other important bodies include the **University's Research Board, Board of Trustees and Internal Evaluation Board**. The University's budget is monitored by the **Bursar**.
- Every faculty is headed by a **dean**, who is elected by the faculty senate and appointed by the Rector.

Further information at <https://cuni.cz/UKEN-1.html>

Calendar for the Academic year 2020/2021

Winter semester: 1. 10. 2020 – 14. 2. 2021

Christmas holidays: 23. 12. 2020 – 3. 1. 2021

Summer semester: 15. 2. 2021 – 30. 9. 2021

Summer holidays: 1. 7. 2021 – 31. 8. 2021

Libraries

Charles University has a total of 19 central libraries and around 400 libraries at individual institutes, departments and other units.

Central Library of CU: <https://library.cuni.cz/>

Carolinum Press

The University's publishing house, which publishes specialist literature, study materials and documents, professional journals, scientific almanacs and fiction. Many publications are also available in electronic form.

The University's bookshop is located at Celetná 18, and the e-shop is at <https://karolinum.cz/en/>.

Students at CU (ISIC card holders) get a discount.

CU Point – Centre for Information, Counselling and Social Services

CU Point is a contact centre for students, staff, applicants and graduates. Its main activities include answering questions concerning study at CU, issuing of student cards, administration of the Alumni Club, organisation of training seminars and public events (Orientation Day, Information Day, Advent at CU, etc.), operation of special counselling centres (psychological, social, legal) and the sale of university merchandise.

<https://ukpoint.cuni.cz/IPSCEN-1.html>



Sport at CU

<https://cuni.cz/UKEN-97.html>

Hostivař Sports Centre

Bruslařská 1132, Praha 15, Hostivař

The centre includes 13 tennis courts, an indoor swimming pool, sauna, solarium, gym, indoor halls for various sports (judo, aerobics, ball games). Student discounts apply.

Contact: <https://cuni.cz/UK-672.html>

FTVS Sports Club

José Martího 31, Praha 6, Veleslavín

Offers space and facilities for a number of sports – from athletics to basketball, floorball, gymnastics, hockey, judo, swimming, tennis, climbing wall etc.

Sports Centre for Disabled CU Students

Regata boathouse in Praha 4, Podolí

Provides special aids, assistants and specialist accompaniment for selected sports for all CU students with special needs. Offers courses and sporting activities in e.g. skiing, yachting, canoeing, cycling, table tennis, gym, conditioning and so on.

FTVS boathouse

Vodácká 789/8, Praha 7, Troja

Includes a slalom canal, gym and climbing wall. Offers courses in rafting, canoeing, water rescue, etc.

Faculties outside Prague also offer a number of sports facilities for both individual and team sports

Faculty of Medicine in Hradec Králové
and Faculty of Pharmacy in Hradec Králové:

Joint centre of both faculties – Department of Physical Education <https://portal.faf.cuni.cz/KTV/?lang=en-gb>

Faculty of Medicine in Pilsen:

Institute of Physical Education <http://www.lfp.cuni.cz/oddeleni/39-institute-of-physical-education.html>

CU sports and recreation centres

CU students and staff can utilise any of the CU sports and recreation centres, so you can try taking your student to the mountains or water for the weekend! Centres are located at: Albeř, Dobronice, Horní Poříčí, Patejdlova bouda, and Pec pod Sněžkou.

Further information at

<https://rekreace.cuni.cz/main>

University sports clubs (VSK) at CU

- VSK IURIDICA (Faculty of Law)
- VSK Medik Praha (Third Faculty of Medicine)
- TJ Slavia LF UK (Faculty of Medicine in Pilsen)
- VSK Humanita Praha (Faculty of Arts, Faculty of Social Sciences, Faculty of Humanities)
- VSK Přírodní vědy UK Praha (Faculty of Science)
- VŠSK MFF UK (Faculty of Mathematics and Physics)
- VŠSK UK PedF Praha (Faculty of Education)
- Vysokoškolský sportovní klub FTVS UK (Faculty of Physical Education and Sport)

Sporting events at CU

Sporting events organised by CU: Rector's Sports Day, University Marathon, Ice Hockey Battle, Czech Academic Games and more. Additionally, every faculty organises its own sporting events.

Further information at

<https://cuni.cz/UKEN-97.html>

Entertainment at CU

Studentský klub Celetná, Celetná 20, Praha 1

Club and café in renovated Gothic cellars that form part of the historic complex of University buildings in the very centre of Prague. Organises concerts, talks, exhibitions, theatrical performances etc. **Further information at** <http://studentskyklubceletna.cz/> + FB

Kampus Hybernská

Joint project of Prague City Hall and Charles University, and the Faculty of Arts in particular. In house no. 4 on Hybernská street you'll find a gallery, the Hlína student café, a bar, cinema, and multifunctional halls, library of things and a community garden. The venue hosts cultural and social events such as e.g. literary festivals, film screenings, courses in foreign languages, dance lessons, workshops, conferences etc.

Further information at <https://www.kampushybernska.cz/en/campus-hybernska/>

ESN partner businesses (discounts apply for holders of ESN card – not ISIC)

Locked in Prague: 1940s- and Operation Anthropoid-themed escape room. 15% discount with ESN card. **Further information at** <https://www.lockedinprague.com/?l=en>

Café Kampus

A pleasant place to eat and drink in the centre of Prague for reasonable prices. Includes a separate

room for private functions. **Further information at** <http://cafe kampus.cz/>

PM Klub

Venue for e.g. ESN Welcome Party. Premises also suitable for e.g. team-building events etc.

Further information at <https://pmclub.net/>

Hradec Králové:

ATP Bar

Student club right on the premises of the Kolej na Kotli dormitory. Open from 18.00–00.00 every (apart from Saturdays). The ideal place to meet people from medicine and pharmacy, as well as other students from UHK, over a glass of wine or a chilled beer.

Maty's Cocktail Bar

Probably the most convenient place for those staying at the Palach Dormitory.

AC klub

Frequent venue for events organised by SČSF and the Medics' Association. A welcoming place where you can play classic pub games (darts, snooker, table football), have a beer at the table, or get your moves on the dance floor.

In the city centre, there are many welcoming cafés; simply walk along Švehlova street towards Masarykovo náměstí (you'll find the excellent Palačinkárna on the corner) and its surroundings. Music and themed parties take place at e.g. the La Fabrique and DeNoche clubs.

Pilsen:

VŠ klub Ucho

Student club in the dormitory building (Bolevec Dormitory). **Further information at** <https://sus.zcu.cz/vs-kluby/vs-klub-ucho>

VŠ klub Pivoňka

Right in the city centre, easy to get to, unique atmosphere. **Further information at** <https://sus.zcu.cz/vs-kluby/vs-klub-pivonka>

Papírna Plzeň

Newly renovated paper mill building. Hosts large-scale parties for medical students such as e.g. “Halving the Medics” (celebration by 4th-year students to mark reaching the halfway point in their studies). **Further information at** <https://www.papirnaplzen.cz/>

Café tips:

Café Regner

Stylish city-centre café. Suitable for small-scale events such as e.g. book readings etc.

Further information at <https://www.facebook.com/Caf%C3%A9-Regner-614284021965760/>

Le Frenchie

French-style café, excellent coffee, sweet and savoury snacks. **Further information at** <https://lefrenchie.cz/>

Pappa coffee

Cosy café where they'll make you an amazing coffee. Vegan and vegetarian food available. **Further information at** <https://pappacoffee.cz/>



Further Tips and Information

Currency

To find out about exchange rates we recommend following the exchange rate list of the **Czech National Bank** at <https://www.cnb.cz/en/>.

Warn your student that many change bureaux (particularly in Prague city centre) either charge high fees or offer poor exchange rates, so they should compare them. The more reliable ones include e.g. Safir Crystal, Celetná 19/594 or Exchange, Kaprova 14/13.

Transport

Public Transport in Prague – PID

Prague has a dense, very easy-to-use public transport network, so it's definitely worth explaining to your students how it works (buses, trams, funicular, metro lines, interchange, metro operating hours – 05:00–24.00, night lines etc.), types of ticket and fares (basic single = 24 CZK, 90 mins. = 32 CZK, 1 day = 110 CZK, 3 days = 330 CZK, SMS tickets), student discounts (up to 26 years: 1 month = 130 CZK, 3 months = 360 CZK, 365 days = 1,280 CZK), what to watch out for (ticket checks) etc.

Further information at <https://dpp.cz>

Public transport in Pilsen

Prague – Pilsen connection:

- Train: Praha hlavní nádraží – Plzeň hlavní nádraží (several times per day, expresses, EC trains), approx. 90–135 mins. According to train type
- Bus: from Praha Florenc (metro B, C) or Praha Zličín (metro B) – approx. 90 mins.
- Approximate ticket prices (30 mins. = 16 CZK, 60 mins. = 20 CZK, 180 mins. = 34 CZK, 1 day = 60 CZK), where to buy tickets etc.

Further information at <https://pmdp.eu>

Public transport in Hradec Králové

Prague – Hradec Králové connection:

- Train: Praha hlavní nádraží or Praha Holešovice – Hradec Králové (city centre, opposite Hotel Amber), several trains per day
- Bus: Praha Florenc (metro B, C) or Praha Černý Most (metro B) – Hradec Králové (city centre, opposite Hotel Amber), journey time approx. 90 mins.

Public transport in Hradec Králové includes buses and trolleybuses, which cover most of the city. Basic fare 14–18 CZK, 7 days = 90 CZK, 1 month = 230 CZK, 3 months = 600 CZK, 6 months = 980 CZK, electronic City Card also available.

Further information at <https://www.dpmhk.cz/en/>

What is there to see?

What to see in Prague

There is quite a lot to see in Prague. You can start with Prague Castle, Charles Bridge and other popular sights, but in general, it's best to experience tourist spots in small doses. In any case, your student will be spending a whole semester, or even longer, at the University. So you don't have to cram all the essential sights into a weekend. You can start with their interests – whether it's history, architecture, sport, the applied arts, nature, music, food, or show them what you like in the city. That's the best way for international students to absorb the atmosphere. It's essential to not swamp them with information right at the start, but provide space to discover the city for themselves.

A few tips for walks (with good pubs and cafés along the route):

Letná, Stromovka, Vyšehrad, Divoká Šárka, Petřín, Náplavka, obora Hvězda...

Things to do when it's raining...

- National Gallery <https://www.ngprague.cz/en/>
- National Museum <https://www.nm.cz/en/>
- DOX <https://www.dox.cz/en/>
- MeetFactory <http://www.meetfactory.cz/en/>
- Prague City Gallery <http://en.ghmp.cz/>
- Rudolfinum Gallery <https://galerierudolfinum.cz/en/>
- Kino Aero <https://www.kinoaero.cz/en/>

Music:

- FOK Symphony Orchestra <https://www.fok.cz/en/>
- Czech radio Orchestra <https://prso.czechradio.eu/>
- Prague Spring festival <https://festival.cz/en/>
- Strings of the Autumn <http://strunypodzim.cz/en/>
- Rock Café <https://rockcafe.cz/en/>
- Klub Roxy <https://www.roxy.cz/en/>

Theatre:

- National Theatre <https://www.narodni-divadlo.cz/en/>
- Cross Club <https://www.crossclub.cz/en/>
- La Fabrika <https://www.lafabrika.cz/en/>
- Archa Theatre <https://www.divadloarcha.cz/en/>
- Ponec Theatre <https://divadloponec.cz/en/>



TIP:

Prague City Tourism organises Prague walks in English, many of which focus on areas that are less well-known to tourists, such as Karlín, Holešovice and Žižkov. You can also find the Prague for Young Travellers USE-IT map with tips from “locals” for interesting cafés and other interesting spots in a variety of areas of Prague.

Further inspiration at <http://www.praha.eu/jnp/cz/index.html>, <https://www.praguecitytourism.cz/en>



What to see in Pilsen

Obviously, there's the famous brewery. But that's not all! How about the historic Pilsen underground, St. Bartholomew's Cathedral, Náměstí Republiky, the Great Synagogue, the George Patton Memorial Museum, the Techmania Science Center, the Museum of West Bohemia, etc.?

Further information at


<https://www.pilsen.eu/citizen/>

What to see in Hradec Králové

Apart from the historic monuments in the city centre, including the White Tower, Velké náměstí, etc., there's also the Gallery of Modern Art, the Planetarium, the Giant Aquarium and much more.

Further information at

<https://www.hradeckralove.org/>

A photograph of several people's hands holding and clinking beer glasses filled with golden beer and white foam. The background is blurred, showing a social gathering. A large red circle is overlaid on the right side of the image, containing white text.

**BEING A BUDDY
IS NOT JUST
A RESPONSIBILITY,
BUT YOU WILL ALSO
EXPAND YOUR HORIZONS
AND GET TO KNOW
YOURSELF.**

Travelling in the Czech Republic

Czech Railways (<https://www.cd.cz/en>; <https://www.cd.cz/en/typy-jizdenek/vnitrostatni-jizdenky/-28466/>) offer a large discount for students – 75% off standard fares – or the cheaper Flexi tickets. The 75% discount is also offered by bus companies – **Student Agency** (<https://www.studentagency.eu/en/>; <https://www.regiojet.com/prices-and-tickets/75-percent-discount-for-students-and-seniors/>), **Flixbus** (<https://global.flixbus.com/>). So why not make the most of it and take a step out of Prague (Prague, Hradec Králové)? In Bohemia, you can visit the beautiful countryside and national parks (Giant Mountains, Šumava), protected landscape areas (e.g. Czech Paradise), a large number of castles and chateaux, and historic and architectural monuments, so there's plenty to choose from!

SO HERE ARE A FEW TRIED-AND-TESTED TIPS TO START OFF WITH

Close to Prague you can visit classic tourist attractions such as castles **Karlštejn** (<https://www.hrad-karlstejn.cz/en>), **Konopiště** (<https://www.zamek-konopiste.cz/en>), and city **Kutná Hora** with the legendary ossuary in **Sedlec** (<https://www.kutnahora.cz/?lang=2>, <https://www.sedlec.info/en/>). Or go on an excursion into the countryside – e.g. to the park at **Průhonice Chateau** (particularly in spring and autumn – <http://www.pruhonickypark.cz/en/>), to **Svatý Jan pod Skalou** (<https://www.svatyjan.cz/>), **Amerika Quarry** (<https://www.hrad-karlstejn.cz/cs/tipy-na-vylet/14245-lom-velka-amerika>), **Koněprusy caves** (<http://jeskyne.cesky-kras.cz/english/>), and **Točnick and Žebrák castles** (<https://www.hrad-tocnik.cz/en>, <https://www.hrad-zebrak.cz/en>); etc.

In Pilsen you can visit, for example, **Kozel chateau** (<https://www.zamek-kozel.cz/en>), follow the educational hiking trail **In the steps of the Slavic gods** (<https://www.infocesko.cz/content/plzensko-turistika-naucne-stezky-naucna-stezka-cesta-slovanskych-bohu.aspx>) or go on an excursion to **Rabí castle** (<https://www.hrad-rabi.eu/en>).

Slightly longer excursions in Bohemia include **Czech Switzerland** (<https://www.ceskesvycarsko.cz/en>), do **Český Krumlov** (<http://www.ckrumlov.info/docs/en/kaktualita.xml>), or **Karlovy Vary** (say in summer for the famous **film festival** <https://www.karlovyvary.cz/en>; <https://www.kviff.com/en/homepage/>, which could be a fascinating experience for an international student).

Trips from Hradec Králové include **Babiččino údolí** (<https://www.ratiborice-babiccinoudoli.cz/>), **Hrádek u Nechanic** (<https://www.zamek-hradekunechanic.cz/>), or **Hospital Kuks** (<https://www.hospital-kuks.cz/en>), where you can also visit the Czech Pharmaceutical Museum.





**HAVE GREAT
EXPERIENCES**

**AND MAKE NEW
FRIENDS FOR LIFE!**