



# Student Handbook 2024



**Charles  
University**

# Charles University in numbers



<b>17</b>	faculties in <b>3</b> cities (Prague, Plzeň, Hradec Králové)
More than <b>52 600</b>	students ( <b>32 000+</b> of whom are women)
More than <b>8 800</b>	employees
More than <b>11 000</b>	international students
More than <b>6 400</b>	doctoral candidates (PhD students)
More than <b>3 900</b>	academic staff
More than <b>1 000</b>	research staff
Almost <b>1 000</b>	study programs
More than <b>300</b>	international study programmes
More than <b>900</b>	students with specific needs
<b>17</b>	dormitories
<b>8</b>	dining halls
More than <b>69 000</b>	applications to all study programmes (2023)
More than <b>700</b>	foreign academic and research staff
Almost <b>900</b>	partner institutions under the Erasmus+ Programme
More than <b>2 000</b>	students arrived at CU under the Erasmus+ Programme (in one year)
More than <b>8 000</b>	graduates per year
More than <b>1 000</b>	lifelong learning courses
Ranked in the top <b>1.5</b>	percent in the QS World University Rankings

## You are at the right place!

Dear students,

Welcome to the oldest, largest, and - by many measures - the best university in Czechia. According to the prestigious QS survey, **we rank among the top 250 universities in the world**, while Leiden places us in 200th spot globally.

I am very happy that you chose Charles University for your studies. On offer is an incredible variety of fields and **many different opportunities**. By enrolling at CU, you become part of a vast team that includes students, academics, and scientific researchers. We wish you an **amazing start**.

Charles University is not just a school: it is a concept, it is a community, and it is a driving force. Together, we look to uphold human rights, justice, equal opportunities, sustainable development, and lay the grounds for a **better future**.

You will have the opportunity to **study and travel** (including to other European universities, such as Sorbonne and Heidelberg, within the 4EU+ partner alliance). Challenges will arise; after all, what would be the point of an education without them? But we are responsible and care for your psychosocial well-being — **we care about each and every one of you**. Support is always within reach, for example, at CU Point.

I hope you are able to fulfil all your dreams while studying at our school.



Professor Milena Králíčková  
Rector of Charles University

*M. Králíčková*





# Welcome to university life!

You met the admission requirements at Charles University and — by enrolling in your studies — you have officially become a university student. **What's next?**



↑ more information ↑

## What happens after you enrol?

You can find the **most complete information** about your studies at the website of your respective faculty. Find out who your student advisor is and they will assist you with specific questions. You can obtain your Charles University student **ID card** after enrolling in your programme at the following **distribution points**: **in Prague**, at the central CU Point (Celetná 13), as well as at the Faculty of Mathematics and Physics (Ke Karlovu 3) and at the Faculty of Law (náměstí Curieových 7). **In Hradec Králové**, you can get your student ID at Na Kotli 1147 and in **Plzeň**, at alej Svobody 76.

## What are the benefits of your student ID?

Your ID is official proof of your affiliation with Charles University. (You can also obtain an ISIC licence, which entitles you to many student discounts both in the Czech Republic and abroad). This useful card has its own barcode and can be charged with credit. It can be used for payment in dining halls or faculty copy centres. Additionally, you can use it as a library card or to get a discount on your transit pass. Most importantly, you cannot enrol in courses without your student ID and student number. It serves as access to the Study Information System (SIS), for which you will receive a password at the ID distribution centre.

## Is it hard to connect to the internet and Wi-Fi?

Charles University is part of the eduroam (Education Roaming) Wi-Fi network, which includes many universities and various educational and cultural institutions, bureaux as well as train stations and healthcare facilities, both in the Czech Republic and abroad. One connection is all you need to access any eduroam network! All Charles University students can activate their connection using the format → [personalnumber@cuni.cz](mailto:personalnumber@cuni.cz). You can set your password at → [cas.cuni.cz](https://cas.cuni.cz); detailed instructions for connecting and setting up your computer or phone can be found at → [eduroam.cuni.cz/en](https://eduroam.cuni.cz/en).

## Study basics 101 - A few important tips on how to succeed

- Make sure you always meet all the requirements to enrol in the next semester.
- Keep track of your credits!
- Double check exam dates, including resits!
- Make sure you fulfil the conditions for repeated enrolment in subjects.
- Complete your state final examination (or defence of your final thesis)!
- Keep in mind that extending the maximum study duration allowed is not an option.

## Supercharge your student experience

- Apply for a Buddy or find a local friend. Czechs are nice people!
- Follow the student newsletter and faculty/university websites to keep up with developments!
- Join a student association, sport club, choir, or orchestra. Have fun!
- Keep in touch with your student advisor and professors. Don't ghost them!
- If in doubt, ask for advice or help at the faculty or rectorate. It's free!

## Termination of studies...

means you will lose all benefits connected with them. This applies in the following cases: when you complete your studies, if you decide to discontinue them, or if your studies are terminated for failing to meet academic obligations. All situations related to studies are covered in the Higher Education Act, internal regulations of Charles University and individual faculties, especially the Study and Examination Regulations of Charles University and the faculty-specific Organisation Rules.

# Reliable sources

At university, you will need access to a wide range of academic literature. Luckily, Charles University libraries offer not only books, journals, and other texts for your use but also a wide range of online electronic resources, accessible from anywhere.

**It's easy to get started!**

**UKAŽ** → Everything in One Place



You can search for both **books and journals** at CU libraries, as well as electronic journals, e-books, articles, final theses (dissertations) and other academic information available at Charles University all in one place: our central discovery service **UKAŽ** ([ukaz.cuni.cz/en](http://ukaz.cuni.cz/en)).

**UKAŽ** enables the **direct management** of your user account: tracking and extending loans, making requests (reservations) for books, exporting citations, saving search records for later, and much more. All you need to do to become a **registered user** is fill out an e-application.

If you're more interested in specific databases available online (electronic information resources, e-resources, or ER), you'll appreciate the **CU eResources Portal**. You'll find an overview of available databases there, which you can filter alphabetically, by field of study or by faculty. Records from the portal can also be found in **UKAŽ**. Most e-resources can be accessed from home through UKAŽ and the eResources Portal – the only thing you need is a valid password for the CU Central Authentication Service, or "CAS."

→ Where to look: [ukaz.cuni.cz/en](http://ukaz.cuni.cz/en), [eresources.cuni.cz](http://eresources.cuni.cz)

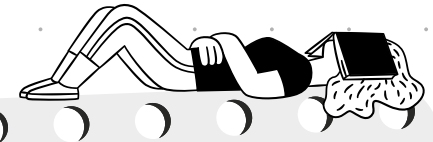
## → STUDY ROOM

You can find a calm and comfy place to study at Centrum Krystal - José Martího 2/407, Prague 6 – Veleslavin. Every day, 7.00-22.00, eduroam, wifi, 20 study places.


## → HOW TO REGISTER FOR LIBRARIES

To take advantage of all the services of Charles University libraries and manage your user account, you will need to register online. Registration for all CU libraries is done by filling out an e-application. You need to have one of the CU identification cards (you'll log in using your personal CU number found on your card and a valid password for CAS).

→ Where to look: [library.cuni.cz/e-application](http://library.cuni.cz/e-application).



**"CUNI"** → Button in Databases

If you come across this icon →  or a link with the text **"CUNI link"**, feel free to click on it. This service will determine if you can access the full text of a specific article or book. Upon clicking, a list of links will appear where the document can be opened. If the text isn't available for Charles University, a link to a list of libraries at CU will appear. Choose your library and express your interest in the document — the library can either purchase it or obtain it from another library in the Czech Republic or abroad. Don't hesitate to ask.

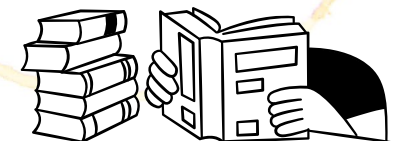
- If something isn't working or you have a question about electronic information resources, write to: [admin-eiz@cuni.cz](mailto:admin-eiz@cuni.cz)
- You can find more information at [library.cuni.cz/services/electronic-resources](http://library.cuni.cz/services/electronic-resources), on our Wiki, [link.cuni.cz/library-wiki](http://link.cuni.cz/library-wiki) or read a Practical Guide to the ER at CU: [hdl.handle.net/20.500.14178/2503](https://hdl.handle.net/20.500.14178/2503)

## → FACULTY AND OTHER UNIT LIBRARIES

At Charles University, you have access to numerous libraries that offer a wide range of services — printed books, copying, group and individual study rooms. In some, you can borrow board games, in others anatomical models! Each faculty has at least one library covering specific subjects. All of these can be used with a CU card and a completed e-application. A list of libraries, their contacts, and websites can be found at the Charles University Central Library's website.



← **List of libraries, contacts, and websites**





# The pure excitement of sport

The ancient Greeks emphasised the importance of balance between mind and body. After a long lecture or a tough exam, you may want to hit the track or cool off in the pool. Whether you aim to stay fit, or challenge yourself, or explore a new sport, **CU offers a wide range of options.**



## → PRAGUE

→ The **CU Sports Centre** in Hostivař, spanning nearly seven hectares, is situated on Bruslařská Street in Prague 15. It boasts a wide array of sports facilities, including an indoor swimming **pool**, a multipurpose **hall** for indoor sports, a **gym**, a **sauna**, outdoor **athletic fields**, **tennis** courts, **football** and **softball** fields, and more. While these facilities primarily serve the physical education needs of Charles University students, they are also open to extracurricular activities through affiliated clubs.

→ Additionally, the Faculty of Physical Education and Sport at Charles University **rents** out specific sports facilities, providing opportunities for **tennis**, **basketball**, **football**, or **table tennis**. The Centre for Sports Activities for Physically Challenged Students at the Faculty of Physical Education and Sport offers **special equipment** and **assistants** for selected sports.

→ The same faculty's **boathouse** on Vodácká Street (in Prague's Troja) features a whitewater slalom course and a climbing wall.

For the latest public entrance fees and pool hours, please call:  
→ tel.: 272 082 235 ←

## → HRADEC KRÁLOVÉ

→ In Hradec Králové, two faculties — the Faculty of Medicine and the Faculty of Pharmacy — encourage students to explore activities such as **yoga**, **ice hockey**, **skating**, **weight training**, **tennis**, and **floorball**. They also offer options like **canoeing**, **lacrosse**, and **wall climbing**. As in other locations, the faculties' departments of physical education can provide guidance. Further activities are organised by faculty or university sport clubs and student associations.



## → PLZEŇ

→ The Faculty of Medicine in Plzeň, Charles University, offers numerous sports opportunities, including **squash**, **volleyball**, **floorball**, **futsal**, **football**, **aerobics**, **tennis**, **basketball**, and even **badminton**.

## → OTHER LOCATIONS

→ For individual or organised stays, CU offers several sports and recreational centres, including **Albeř**, **Dobronice**, **Horní Poříčí**, **Špindlerův Mlýn**, and **Pec pod Sněžkou**.



↑ more information ↑



**The Rector's Sports Day at Charles University is a hugely popular event always held in May.**





Charles University aims for sustainability in its dormitories and canteens: it focuses on recycling as well as cutting down energy and water waste.

Easily find the address of the **nearest canteen**, where you can get **delicious** and **healthy** food at a **reasonable price**.

### Canteens in Prague:

- Faculty of Law Canteen → Náměstí Curieových 7, Prague 1
- Arnošt of Pardubice Canteen → Voršilská 1, Prague 1
- Budeč Canteen → Wenzigova 20, Prague 2
- Kajetánka Canteen → Radimova 35/12, Prague 6
- Troja Canteen → Pátkova 3, Prague 8
- Jednota Canteen → Opletalova 38, Prague 1

### Canteens in Plzeň:

- UniMeC Canteen → alej Svobody 76, Plzeň
- (this canteen is not operated by Charles University Dormitories and Refectories, but directly by the Faculty of Medicine in Plzeň)

### Canteen in Hradec Králové:

- Na Kotli Canteen → Na Kotli 1147, Hradec Králové

← Find out more about dormitories and canteens online!



Charles University offers **accommodation for its students** at 11 residence halls **in Prague**, three **in Plzeň**, two **in Hradec Králové**, and one **in Brandýs nad Labem**. You probably already know where you will be living during your studies, but do you know where you will find your fellow students?

### Residence Halls in Prague:

- Jednota Dormitory → Opletalova 38, Prague 1
- Budeč Dormitory → Wenzigova 20, Prague 2
- Švehlova Dormitory → Slavíkova 22, Prague 2
- Jižní Město Dormitories → Vltava Dormitory → Chemická 953, Prague 4
- Jižní Město Dormitories → Otava Dormitory → Chemická 954, Prague 4
- Na Větrníku Dormitory → Na Větrníku 1932, Prague 6
- Hvězda Dormitory → Zvoníčková 5, Prague 6
- Kajetánka Dormitory → Radimova 35/12, Prague 6
- Komenského Dormitory → Parléřova 6, Prague 6
- 17. listopadu Dormitory → Pátkova 3, Prague 8
- Hostivař Complex Dormitory → Weilova 2, Prague 10

### Residence Halls in Plzeň:

- Bolevecká Dormitory → Bolevecká 34, Plzeň
- Heyrovského Dormitory → Heyrovského 5, Plzeň
- Šafránkův pavilon → alej Svobody 31, Plzeň

### Residence Halls in Hradec Králové:

- Jana Palacha Dormitory → Palachova 1137, Hradec Králové
- Na Kotli Dormitory → Na Kotli 1147, Hradec Králové

### Residence Hall in Brandýs nad Labem:

- Nová Dormitory → Kralovická 1425, Brandýs nad Labem



# Popular places to eat

We have not rested on our laurels but throughout the year continued to improve our canteens. Jednota, **a fully refurbished canteen**, recently opened on Opletalova Street (between the main train station and Masaryk station), and we also have a new food distribution point in Jinonice.

**The offering of both vegetarian and vegan meals in our canteens** and distribution points is now standard, and is constantly expanding. The interest in meatless dishes, not just among students, is steadily growing. Meatless meals reduce CO<sub>2</sub> emissions and thus align with the principles and goals of sustainability to which Charles University is committed. Treat yourself to a tasty and healthy meal, which you can also take away in **reusable, eco-friendly containers!**



Did you know that opting for plant-based proteins instead of beef in chilli reduces the amount of greenhouse gasses 12-fold? **Each such swap saves an amount of CO<sub>2</sub> emissions equivalent to charging your phone 700 times!**

*"The goal of our canteens is to provide attractive food based not only on quality taste but also on nutritional and dietary values. We've undergone a truly revolutionary change: of course, you can still enjoy Czech classics, but we also host weeks featuring cuisines from various regions, such as Italian, Greek, or Mexican cuisine," says Petr Svoboda, the head of Charles University canteens. The canteens also produce their own sandwiches, desserts, and lemonades.*



↑ Information about ↑ dining not only in canteens but also in distribution points or buffets can be found [here](#).

## PRÁVNICKÁ CANTEEN

**Náměstí Curieových 7, Prague 1**

In all canteens, including this one, you will find vegetarian and vegan meals in addition to meat-based options and dishes from international cuisines. These are prepared by flying chefs, who have a rotating schedule across all the canteens. You can look forward not only to pizza, but also gyros and quality sushi.

## TROJA CANTEEN

**Pátkova 3, Prague 8**

This canteen has been making its own pizza for two years now. Given that this Italian delight has become a great success, there are plans to expand its production to other canteens.



## U ROTLEVŮ CAFÉ

**Kamzíkova 4, Prague 1**

The café is located just a few steps from the historic halls of the Carolinum! It offers seating not just after your matriculation, but throughout the year — with a peaceful garden area available in summer, just a short walk from the Old Town Square. You can choose from a selection of drinks, desserts (including gluten-free options), salads, or lunch menus.

## ARNOŠT OF PARDUBICE CANTEEN

**Voršilská 1, Prague 1**

Just a short walk from the National Theatre and within walking distance of several faculties, you can enjoy Czech and international cuisine, as well as vegan food. Here, it is standard to have the option to take your meal away or to dine without a prior reservation. You can drop in any time of the day. There is also a cold kitchen available, offering sandwiches, desserts, and more.



## NA KOTLI CANTEEN

**Na Kotli 1147, Hradec Králové**

Even in this Hradec Králové canteen, you'll find many options — the local salad offerings have been expanded and, once again, vegan dishes are available. After all, who other than local medical students should prefer a balanced and healthy diet, right?

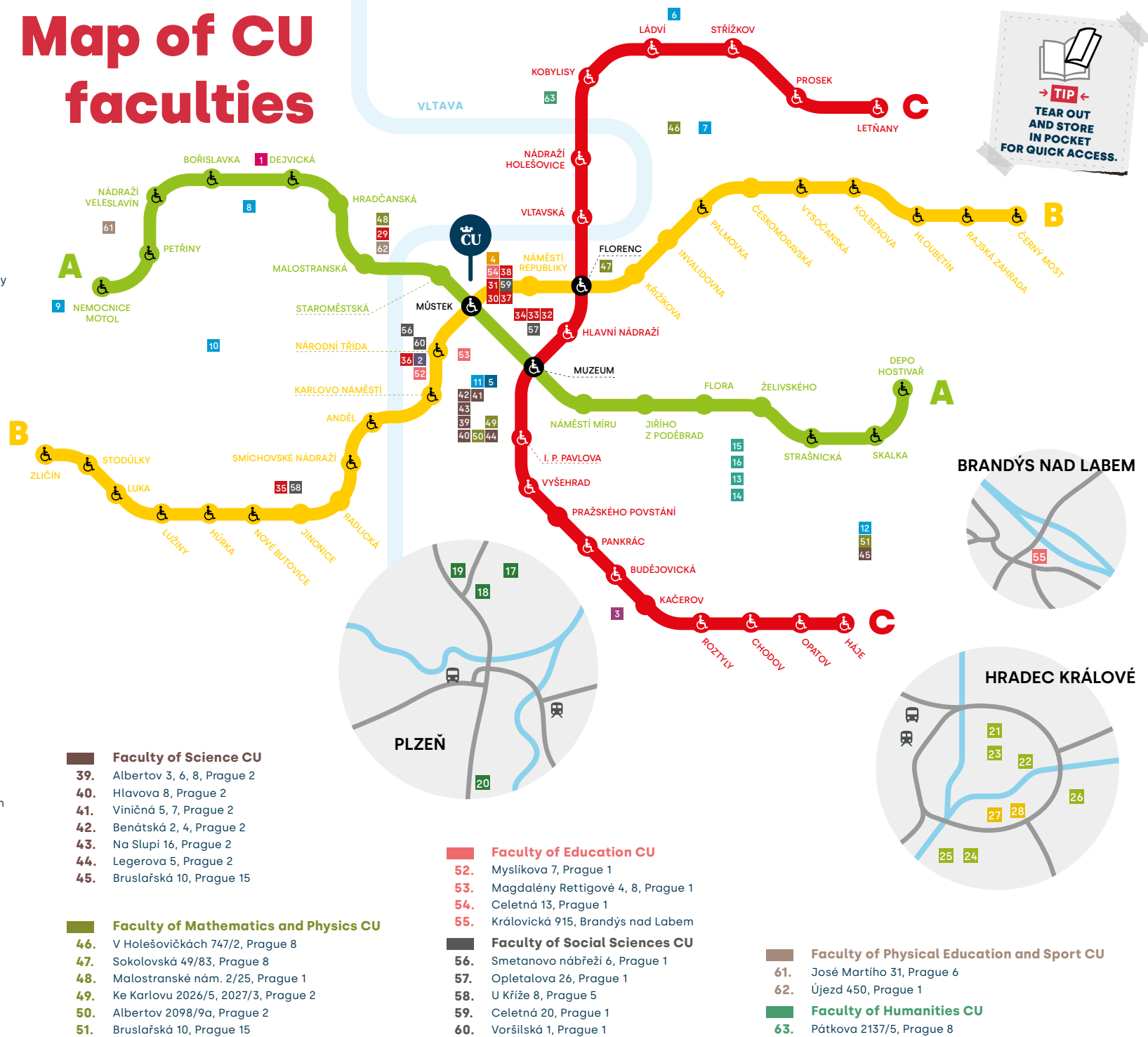


**Charles University Rectorate**  
Ovocný trh 560/5, Prague 1

**Catholic Theological Faculty CU**

1. Thákurova 676/3, Prague 6
- Protestant Theological Faculty CU**
2. Černá 646/9, Prague 1
- Hussite Theological Faculty CU**
3. Pacovská 350/4, Prague 4
- Faculty of Law CU**
4. nám. Curieových 901/7, Prague 1
- First Faculty of Medicine CU**
5. Kateřinská 32, Prague 2 (Dean's office – the faculty also has workplaces in five Prague hospitals)
- Second Faculty of Medicine CU**
6. Šimůnkova 4/1596, Prague 8
7. Budínova 2, Prague 8
8. U Vojenské nemocnice 1200, Prague 6
9. V Úvalu 84, Prague 5
10. Plzeňská 130/221, 311
11. U Nemocnice 3, Prague 2
12. Bruslařská 10, Prague 15
- Third Faculty of Medicine CU**
13. Ruská 2411/87, Prague 10
14. Ruská 2200/91, Prague 10
15. Šrobárova 48/49, Prague 10
16. Šrobárova 1150/50, Prague 10
- Faculty of Medicine in Plzeň CU**
17. Alej Svobody 31, 76, 80, Plzeň
18. Bolevecká 30-32, Plzeň
19. Lidická 4, 6, 8, Plzeň
20. E. Beneše 13, Plzeň
- Faculty of Medicine in Hradec Králové CU**
21. Šimkova 870, Hradec Králové
22. Nezvalova 265, Hradec Králové
23. Na Hradě 91, Hradec Králové
24. Zborovská 2089, Hradec Králové
25. Sokolská 851, Hradec Králové
26. Záměstí 683, Hradec Králové
- Faculty of Pharmacy in Hradec Králové CU**
27. Akademiika Heyrovského 1203, Hradec Králové (Additional facilities are also used in collaboration with the Faculty of Medicine in Hradec Králové)
28. Botanická ulice, Hradec Králové
- Faculty of Arts CU**
29. Josefská 6, Prague 1
30. nám. Jana Palacha 1/2, Prague 1
31. Celetná 13, 20, Prague 1
32. Hyberská 3, Prague 1
33. Jindřišská 27, Prague 1
34. Panská 7, Prague 1
35. U Kříže 8, Prague 5
36. Voršílská 1, Prague 1
37. Na Příkopě 29, Prague 1
38. Revoluční 26, Prague 1

# Map of CU faculties



**TIP**  
→ TIP ←  
**TEAR OUT AND STORE IN POCKET FOR QUICK ACCESS.**



# Learn Czech with experienced teachers

Teaching Czech as a foreign language is our specialty at the **Institute for Language and Preparatory Studies of Charles University (UJOP CU)**, a dedication we've upheld for nearly 70 years. We offer diverse Czech courses with varying lengths, intensities, and focuses. As the only full member of ALTE in the Czech Republic, we provide internationally recognised exams for Czech as a foreign language.

Experience our **advanced teaching methods** and resources that adapt seamlessly to your language level. Enhance your pronunciation through **specialised phonetics lessons** and enjoy **interactive learning** with online tools and whiteboards that bring excitement to your learning journey.

We offer **Czech courses for all levels from A1 to C1**. Tailored to your needs, you can choose **study periods from two weeks to one year**. Choose from **in-person or online classes** with flexible scheduling. Our course types range from intensive and individual to evening classes, exam preparation, summer courses, and beginner options.



Placement tests to determine the right language group for you. You can study **in person at our Prague centre** in Voršilská Street, in the Krystal centre near Nádraží Veleslavín metro station, or online.



## → LANGUAGE — STUDY — CAREER ←

→ Want to **assess your language skills in Czech or English**? Our internationally recognised exams are ideal for academic, work, residency, or citizenship purposes both in the Czech Republic and overseas. We're a proud **member of the Association of Language Testers in Europe (ALTE)**, ensuring top-notch language testing quality.



↑ [ujop.cuni.cz/UJOPEN](http://ujop.cuni.cz/UJOPEN) ↑

## HOW JOEY FROM THE SWAMPS BROUGHT BENCE TO PRAGUE

*"By pure coincidence I found the song **Joey from the swamps** (Jožin z bažin) on the internet and I unexpectedly developed a strong liking for the song. This journey eventually led me to an internship at the Institute of Language and Preparatory Studies at Charles University, where I have been working for nearly a year,"* says Bence Bolla, a graduate in Czech Studies from Budapest.



# CU Point

**INFORMATION, ASSISTANCE,  
DEVELOPMENTAL AND SUPPORT SERVICES  
FOR STUDENTS ALL IN ONE PLACE**



A **successful student is a satisfied student**: that is a principle embraced by Charles University. At CU Point, we provide a comprehensive range of services for students (and not just), fostering academic, professional, and personal development.

### CU Point includes

the CU ID Card Centre, Carolina Centre, Volunteer Centre, Career Centre, and Information Centre.

- We are the place where you'll **find answers to your questions** and get your **student ID card** (ISIC).
- We ensure your studies run smoothly; we **support you** in challenging life and psychological situations, from fulfilling academic obligations, to helping with your career and personal growth.
- We support student activities within student societies and volunteer initiatives.  
Want to get involved and try something new?  
**Let us know and ask us!**



- We are behind dozens of **seminars** and **other events** each year, whether it's about developing theoretical knowledge and practical skills, strengthening mental and physical resilience, or taking care of your well-being.
- **Sustainable development**, equal opportunities, and a safe environment are very important to us.
- Most of the **CU Point services** can be found at Celetná Street 13, right in the centre of Prague. You can find out when and where to reach us at our website.

**CU Point**  
**Celetná 13**  
**Prague 1**

**Phone: 224 291 850**  
**E-mail: [info@cuni.cz](mailto:info@cuni.cz)**  
**[Web ↓](#)**



**Want to stay informed?**  
**Follow us on Facebook**  
**or subscribe to our newsletter**

**We are here**  
**for you!**



# Helping students in need

The **Carolina Centre** is located at 13 Celetná Street: should you find yourself in a difficult financial situation, don't hesitate and contact the centre for help. The centre can provide information about scholarships available at CU and contacts to foundations where it is possible to apply for financial aid.



*"I come from a large family and my parents cannot afford to support me financially while I study. The Carolina Centre gave me advice on where to apply for help. When I was writing my thesis my laptop broke, they lent me one I could use instead,"* CU student Jana says.

## Additional Counselling for Students

Students who find themselves in financially challenging situations can utilise socioeconomic counselling to gain information about support from various foundations and can also subscribe to information about part-time job opportunities within or outside of Charles University.

**Carolina Centre**  
**Celetná 13**  
**Prague 1**

**E-mail:** [centrumcarolina@cuni.cz](mailto:centrumcarolina@cuni.cz)  
**Web:** [centrumcarolina.cuni.cz/en](http://centrumcarolina.cuni.cz/en)

**Phone:**  
**+420 224 491 850**  
**+420 224 491 896**

## → STUDENTS WITH SPECIAL NEEDS ←

If you are among students with **special needs** (including those with psychological difficulties or hearing, physical, visual, or other disabilities), you can access various services, the details of which can be found at the **Carolina Centre's website**. It is advisable to register by October 31 of the current year (but it can be done at any time during your studies). The new brochure "Guide to Studying with Special

Needs at Charles University" (available for download on the CC website) contains many useful tips and information about studying or the current state of accessibility in the main buildings and components of Charles University. If you decide to **study abroad**, you can also receive a scholarship for additional expenses associated with your studies through the Erasmus+ programme.

# Psychological First Aid

For first-year students, it sometimes takes a while to get into the groove, to find a comfortable learning style, organise tasks, or learn how to cope with occasional setbacks or failures. Don't worry, at Charles University we have your back.

**You are not alone!**



APPLY

- Don't Panic
  - Psychological First Aid
- Download for Android and Apple



*"During my studies, I found my anxieties had gotten worse. I turned to the Carolina Centre at CU for psychological counselling. I officially registered as a student with specific needs, and took advantage of the opportunity to slow down the pace of my studies,"* says CU student Pavel, explaining how he found help.

## COUNSELLING ROOMS AT CU FACULTIES

Various specialised counselling centres at individual faculties of Charles University also offer help. Their services are primarily intended for students and persons from the faculties concerned, but sometimes they can also be used by people from other parts of CU by appointment. Counselling is free of charge.

### List of faculty counselling centres in the Counselling Services section

[www.centrumcarolina.cuni.cz/en](http://www.centrumcarolina.cuni.cz/en)



## CAROLINA COUNSELLING CENTRES

These counselling centres are for students across Charles University, regardless of faculty. You can turn to them for anything that is troubling you, whether it is a matter relating to your studies, finances or interpersonal relationships. Our experts will do their best to provide support and help. Consultations are one-to-one and services are free.

### Information and online booking of appointments

[www.centrumcarolina.cuni.cz/en](http://www.centrumcarolina.cuni.cz/en)  
E-mail: [poradny@cuni.cz](mailto:poradny@cuni.cz)



## → CRISIS AND PSYCHOLOGICAL SUPPORT OUTSIDE CU ←

### TELEPHONE SUPPORT

#### BLUE LINE

**Web:** [www.modralinka.cz/english](http://www.modralinka.cz/english)

**E-mail:** [help@modralinka.cz](mailto:help@modralinka.cz)

(you will receive an answer within 72 hours.)

### CRISIS SERVICE CENTRES

#### Crisis Intervention Centre, Psychiatric Hospital Bohnice

The centre offers immediate help without the need for an appointment (24 hours).

**Adresa:** Ústavní 91, Prague 8–Bohnice

**Tel.:** 284 016 666

**Web:** [www.bohnice.cz/krizova-pomoc](http://www.bohnice.cz/krizova-pomoc)

## → FURTHER HELP FOR STUDENTS WITH PSYCHOLOGICAL DIFFICULTIES ←

#### Nevypušť duši, z. s.

Website in Czech focused on mental health issues. Some information is available in English.

**Tel.:** 777 215 288 (working days from 9-17)

**E-mail:** [info@nevypustdusi.cz](mailto:info@nevypustdusi.cz)

**Web:** [www.nevypustdusi.cz](http://www.nevypustdusi.cz)

#### Baobab, z.s.

Support for people suffering from psychological difficulties

**Adresa:** Pujmanovė 1219/8, Prague 4–Krč

**Tel.:** 731 146 433 (working days 9-15 h)

**Web:** [www.baobab-zs.cz](http://www.baobab-zs.cz)

#### Dostuduj.fit

The team of Fokus Praha, z.ú., provides support to people over the age of 16 who are experiencing psychological discomfort and are studying or living in Prague.

**Tel.:** 778 971 470

**E-mail:** [info@dostuduj.fit](mailto:info@dostuduj.fit)

**Web:** [www.dostuduj.fit](http://www.dostuduj.fit)

### MEDICAL ASSISTANCE

Thanks to the Memorandum of Cooperation between CU and Agel, especially non-Prague students from Charles University who have a doctor in their place of residence can use the company's medical services. These are the offices of general practitioners and dentists. Information can be found [here](#): →





# Sustainability...



Green transformation, social justice, and economic stability are all important topics at Charles University and around the world.

The joint effort for sustainable development, which means harmony between societal progress and the environment, is based on the 17 UN Sustainable Development Goals. These comprehensive goals aren't limited to just taking care of nature and the environment. They also include questions about whether you're **eating healthily**, receiving a **quality education**, are provided access to modern technology, are not wasting resources, or whether you're **living well** in your city. Sustainable development affects all of us and every aspect of our lives. That's why we at Charles University have created a **Sustainable Development Strategy** and an **Action Plan** to help us achieve our shared vision. Join us in making the world a better place to live!



## REUSABLE FOOD CONTAINERS

In order to reduce and prevent waste production, Charles University proudly offers reusable cups and food containers. You can pick them up at any canteen, just ask for a Rekrabička. Together with plant-based meals this measure supports our sustainable development.

## COMPETITION

We annually announce the **Student Grant Competition for all students to support sustainable development at Charles University**. Show us that even a small change can contribute to a better world. You can submit projects related to innovations in student life, the academic environment, or the popularisation of sustainability.



→ Learn more about sustainability at Charles University



For inquiries or ideas, write to → [sustain@ruk.cuni.cz](mailto:sustain@ruk.cuni.cz) ←



# ... and safety for everyone

**Equal treatment** and **equal opportunities** are principles that Charles University clearly upholds, striving to help all students overcome any obstacles they may encounter. We've developed a methodology for addressing inappropriate behaviour, outlining what is considered inappropriate and how the university deals with it.

What else can be done for improvement? We're implementing measures to **balance academic** and **family life**, and we're also focusing on **gender balance** and the culture of the environment so that everyone at the university feels welcome—and safe. The Equal Opportunities Plan sets out a series of measures that Charles University has committed to in the coming years. These include **preventing bullying or sexual harassment** and eliminating prejudice and unconscious bias. Within the Charles University academic community, everyone is expected to treat each other with consideration and respect.

**CORI FAMILY AWARD** This year, the Charles University Award for Contribution to Equal Opportunities — the Cori Family Award — will also be presented for the first time. It is awarded for significant activities that contribute to improving equal opportunities. **More info here →**



Since January 2023, the university-wide **ombudsperson**, Kateřina Šámalová, has been defending the interests of not only students. In an interview with Charles University's Forum magazine, she shared how to reach out if needed: "**Email me at [ombudsmanka@cuni.cz](mailto:ombudsmanka@cuni.cz), or use the anonymous form, or submit a suggestion traditionally via the rectorate's registry office. Usually, I'll get back to you **within 24 hours**, and we can arrange a meeting time. At the meeting, I'll listen to your statement, we'll discuss the aspects of the whole situation together, and outline a solution. I emphasise that it is entirely up to the decision of each submitter how they want their suggestion to be handled.**"



→ If you still find yourself in a situation where your interests or legal rights are threatened due to inappropriate or unequal treatment, you can turn to the **ombudspersons at the faculties of Charles University**.



# Connect online!

More people than ever use social media! At CU you'll find lots to love across the social networks.

**Don't miss out and be sure to follow and share!**



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**WE LOOK FORWARD TO MEETING YOU!**

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