**Practical Information**

**Definition of a post-doc at Charles University**

You will find **practical information** regarding location of university compounds, statutory deductions and discounts-benefits on these websites.

**How to get to Prague, Plzeň and Hradec Králové**

Practical Information Regarding Social Insurance

Practical Information Regarding Healthcare

Recognition of Foreign Diplomas and Degrees

Counselling

Useful Links

Discounts and Benefits

Practical Guide for a Happy Life in Prague

**Other Important Links**

You will find links to Staff Welcome Centre (practical information while coming to Czech Republic from abroad), European Centre (help with grants and management of science) and other links.

- Staff Welcome Centre
- Staff Welcome Centre Leaflet
- European Centre
- Open Science Support Centre
- University Alliance 4EU+
- University Peer Communities
- Bibliometrics and Scientometrics at Charles University
- Science at Charles University
- News on Distant Learning
- Questionnaire for postdocs leaving