

# SURVIVAL GUIDE

FOR INTERNATIONAL STUDENTS



Erasmus Student Network  
CZU Prague



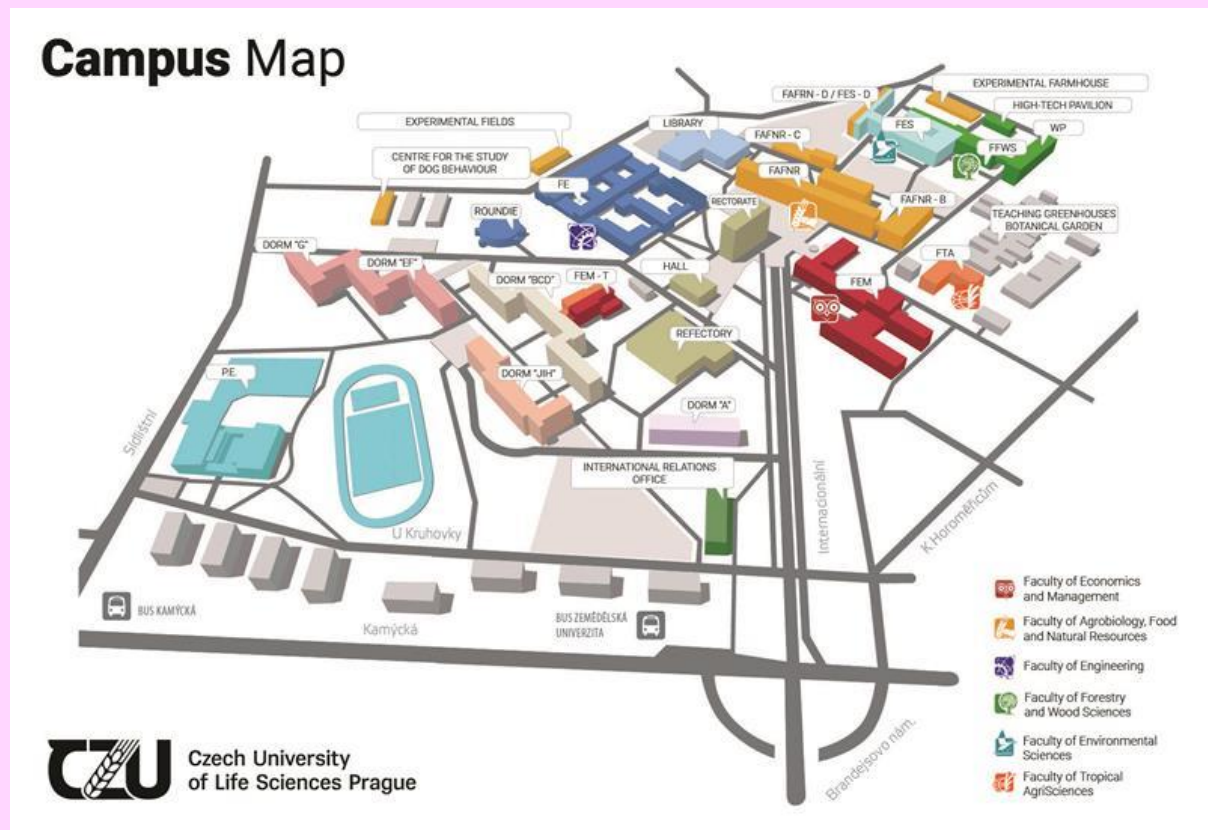
# WELCOME TO CZECHIA!

## MEET THE CZU



CZU Prague is situated on the outskirts of Prague, on a quiet and well-equipped campus that is easily reachable from the city center by public transport. CZU is one of the largest universities in the Czech Republic, offering over 220 Bachelor's, Master's and PhD study programs. 40 study programs are taught entirely in English.

The university has 6 faculties: (Economics and Management, Agrobiology, Food and Natural Resources, Engineering, Forestry and Wood Sciences, Environmental Sciences, Tropical AgriSciences), and 1 institute (Education and Communication). 18,000 students are currently enrolled at CZU Prague.



## ESN

### WHAT IS ESN?

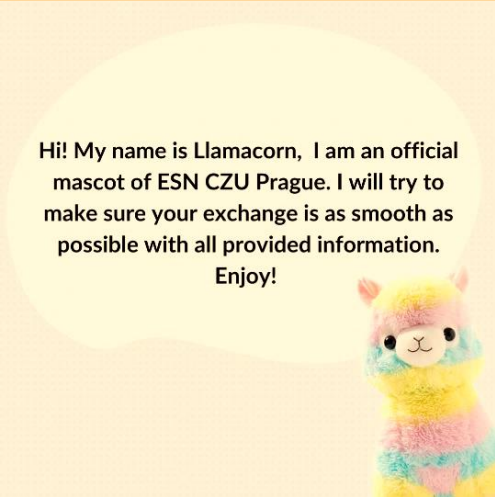


Erasmus Student Network, also known as ESN is a non-profit organization full of open-minded people who love to travel, meet new people but also to educate themselves out of (online) classes at their universities. We are here for you. Our big passion is to organize events, trips and much more for incoming international students. We are here for you. Students helping students is our main mission. It's not just us, there are other 4 sections in Prague and the next 14 in the Czech Republic. **Overall there are 537 sections in 42 countries.**

*Note: Where to find us? Our office is located in the campus, JIH Dormitories, room 151*

### HOW CAN WE HELP YOU?

We are organizing a lot of trips to different locations around Czechia (for example Karlovy Vary, Cesky Krumlov, Karlstejn, Ceske Svycarsko). Other offline activities such as Beer pong tournaments, Country night presentations and such are organized. But due to covid19 related government restrictions we need to adapt. Therefore welcome week and different activities will be done online.



Hi! My name is Llamacorn, I am an official mascot of ESN CZU Prague. I will try to make sure your exchange is as smooth as possible with all provided information.  
Enjoy!



### Welcome week

Join us for online activities, get to know each other and ESN members as well. The welcome week will take place from 4th till 10th February. Various online activities will be introduced in advance to you. Stay tuned on our Facebook page and Instagram and do not miss any events and important information.

FB Page: [LINK](#)

Instagram: [LINK](#)



### Welcome pack

Every year, ESN prepares so-called welcome pack for all international students!

The welcome pack includes several useful things for your stay in Prague such as Vodafone SIM card, face mask, disinfection, wine and beer opener and different interesting booklets etc.

The most important part of the welcome pack is the ESN card which is the membership card of the Erasmus Student Network. It is a proof of membership in an ESN section, and it will provide you with various discounts! For more information you can visit <https://esncard.org>

The price of the pack is 300Kč(11,5€).

## BUDDY PROGRAM



We are sure it is not easy to come to a new country alone. That is why we introduced the Buddy program. Imagine having someone to pick you up at the airport, guide you through your first days/weeks and basically having someone who will be always ready to answer all your questions.



### Who is a buddy?

Buddy is a volunteer who takes care of international students during their first days in Prague. This does not necessarily mean that after a few days you settle down, you will never hear from them again. Often a buddy relationship is a lifetime friendship.

### How to request a buddy?

1. First, you need to register yourself on the website [HERE](#) and create your own profile. You can personalize your profile, select your hobbies and interests, add a short introduction about yourself and then wait to be chosen by one of the buddies.
2. You should receive an email from your buddy shortly after you were chosen.

If you have any further questions about the buddy program don't hesitate to contact us on the e-mail : [buddy@esn.cz](mailto:buddy@esn.cz)



# HAVE A BEER AND CZECH THIS OUT

## ISIC

- **Where to get it:**

The card will be created immediately on the spot at Card Center (SIC building – library) after Erasmus student completed all necessary documents, this includes:

- Check personal data in the University information system (UIS)
- Format of the digital photo 3.5 x 4.5 (JPEG)

But firstly you have to confirm the approvals in the UIS

- **How to activate it:**

To activate the card, Erasmus student have to go to the **CASH DESK** and pay the card fee if you wish to use UEP and pay the deposit at the same time. Highly recommend students bring cash for the payment as card payments are only possible for accommodation related payments.

The card will be activated the next day of the payment

- **Top-up ISIC card:**

Student can insert money with the minimum amount of 100 CZK via the EUP (University Electronic Wallet) in order to top-up the balane of the card

- **Where and how to use the discounts:**

ISIC card primarily consists of payments for meals at Menza, dormitory payments, payment for printing, library services, vendor machines, coffee machine, as well as the possibility to pay at CZU cafeterias and restaurants on the University premises, etc

## ACCOMMODATION

- **West dormitory**

We highly recommend to Erasmus students to stay at CZU external dormitory - West

The dormitory is placed approximately 35 minutes from the CZU campus. The prices begin at 6.090 CZK. See the website [LINK](#)



There are 5 types of rooms :

Double room type standard - price: 6.090 CZK per bed per month

Single room type standard - price: 9.250 CZK per month

Double room type standard - price: 6.090 CZK per bed per month

Double room type premium - price: 7.090 CZK per bed per month

Single room type premium - price: 10.250 CZK per month



**Laundry is available 24/7**



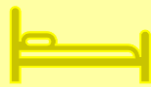
**Study-room**



**Free internet in the lobby**



**TV room**



**4 types of rooms**



**Confirmation of accommodation**

Address: [former hotel Fortuna West, Mrkvičkova 1091/2, 163 00 Praha 6, Czech Republic](#)

▪ **Private accommodation:**

Student can find alternative accommodation beside West dormitory. However, the price depends on the location and student's preferences.

Please also be aware of the outside accommodation as some of the Facebook pages is not trustful



# SURVIVING IN THE CZECH REPUBLIC

## GETTING AROUND



We know that understanding of new public transport gives headaches to every erasmus student while abroad, but in Prague this definitely won't be your problem. City has one of the best public transportation systems in Europe, and it's easy, reliable and super cheap, especially for the students.

### Where to buy ticket?



- **In information centers and selling points** at most of the metro stations
- **In yellow ticket vending** machines at metro stations and some surface transit stops
- **In newspaper shops** in the whole area of Prague
- **Inside every tram** (only by contactless credit/debit card)

But all of these information you can forget by using brand new transportation app which can be used throughout whole Central Bohemia region - [PID Lítačka](#).



Through the app you can buy tickets, monthly passes, find the best route. To activate the student discount, simply enter your ISIC card number when creating the profile. **(You can buy monthly pass with student discount for only.. wait..130kč. Yes, that's just 5€)** All other information and instructions can be found at the following QR code.



For more information, timelines, routes and Covid19 extraordinary measures we suggest you to visit [Prague integrated transportation web page](#).







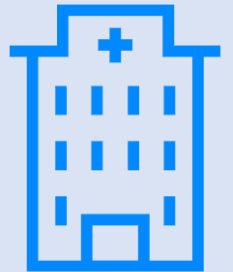
Just one more small reminder to all, please **DON'T CHEAT**. There is high probability that you'll end up being caught and penalized by the controllers.

## HEALTHCARE, PHARMACIES, HOSPITALS



We hope you won't need this information, but life is always unpredictable. **Take care** of you and others in surrounding how much you can and minimize the possibilities of ending up in one of these institutions.

In Prague there are many hospitals, and you can find the on the [following link](#)  
[Motol University Hospital](#) is the closest hospital from the West dormitory.  
[General University Hospital in Prague](#) is in the city center.



24 hours open Pharmacies:

1. the closest one to the West dorm: In Motol University Hospital
2. close to CZU: Dr. Max, street: Vítězného nám. 13
3. online Pharmacy for meds without prescription: [DRmax](#) or [BENU pharmacy](#)

**Insurance alert:** If you are EU citizen please always have EU health insurance card with you, or health insurance policy if you are coming outside of the EU.



## BANKS, ATMS, POSTS, MONEY EXCHANGE



### Most popular commercial banks in Czech Republic :

- ČSOB (KBC group)
- Ceskoslovenska Obchodni Banka
- Česká spořitelna (ERSTE group)
- UniCredit Bank CZ (UniCredit group)
- Raiffeisenbank CZ (Raiffeisenbank group)
- Sberbank CZ (Sberbank group)
- Komerční Banka (KB group)

If your home bank is a part of one of the following bank groups, you don't need to worry a lot about ATM fees. Otherwise it would be good for you to check which of these banks has the best conditions for your withdrawals.

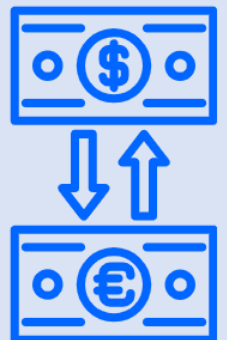
Also using a [REVOLUT](#) or some similar financial service provider is highly recommended.



Prague is credit/debit card friendly city, so whenever you can, use it instead of cash.

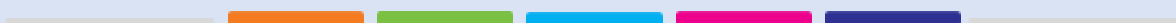
Here in Czechia we are using Czech crowns, so if you have some cash in some other currency we recommend you to exchange it at one of the following offices with best exchange rate and zero commission:

- [eXchange](#) at Kaprova 1 (near Old Town Square)
- [Samiko Exchange](#) at Štěpánská 39 (near Wenceslas Square).



Czech Republic has its own postal service called [Česká pošta](#). There are several branches around Prague so you can quickly drop off your mail at the nearest one.

If you want to send a bigger parcel, you can send them through shipping companies like [eurosender](#).



## GROCERIES



**Supermarkets and Markets** can be found everywhere around Prague, you'll find them easily. But we can try to save you few pennies by telling you which ones are cheaper than others. Here is the list of most popular supermarkets in Prague listed **from the cheapest to the most expensive ones** :



1. Lidl

2. Kaufland

3. Albert

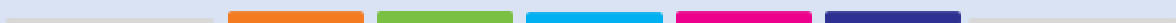
4. Tesco

5. Billa

If you are looking for a bigger **shopping mall** you can find them at the following QR code



Also, if you want to compare Prague's cost of living with your home city or country you can do it [HERE](#).



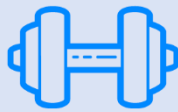
## SPORTS CORNER

Prague offers various sports activities so you will definitely find something of your interest, we will mention the most famous ones:



Bike sharing system: [REKOLA](#)

Nonstop gym: [DRfit](#)



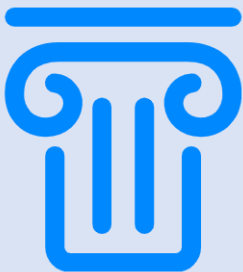
Fitness center: [FormFactory](#)

Open air pool: (website only in CZ) [Koupaliste Sarka](#)



Sauna: [SAUNIA](#)

## CULTURE TIME!



Everything about cultural life in Prague you can find [HERE](#) (unfortunately the page is only in CZ language but with the little help from Google translate you will be able to understand)

But hey don't worry, there is a page in English as well, visit it [HERE](#)



# PRAGUE IN A NUTSHELL

## WHAT TO SEE?



Prague Castle



Petřín Lookout Tower



Charles Bridge



Hilltop Fortress: Vyšehrad



Old Town Square



Lennon Wall



Astronomical Clock



Dancing House



Wenceslas Square



Jewish Quarter: Josefov



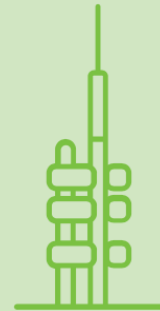
## INTERESTING FACTS

Prague Castle is **THE LARGEST CASTLE** in the world

The narrowest street in Prague is **ONLY 50CM WIDE**

Prague TV Tower is rated **THE SECOND UGLIEST BUILDING** in the world

The locals drink **MORE BEER PER CAPITA** than any other nation in the world



## USEFUL EXPATS WEBSITES



expats.cz

### EXPATS CZ

important daily news for English speakers  
[www.expats.cz](http://www.expats.cz)



prague morning

### PRAGUE MORNING

the biggest English-language newspaper in Prague  
[www.praguemorning.cz](http://www.praguemorning.cz)



PRAGUE.TODAY

### PRAGUE TODAY

important daily news for English speakers  
[www.prague.today](http://www.prague.today)



Prague.eu

### PRAGUE EU

official tourist website for Prague  
[www.prague.eu/en](http://www.prague.eu/en)



## DON'T FALL INTO THE TOURIST TRAP!

In order not to get scammed, we recommend you watch videos made by [YouTube channel Honest Guide](#). The videos are funny and useful at the same time.



**HONEST GUIDE**  
890 tis. odberateľov



Here are some tips for you!

[I WISH I KNEW THIS BEFORE MY TRIP TO PRAGUE](#)

[SCAM ALERT: TOURISTS PAY DOUBLE in PRAGUE](#)

[MOST EXPENSIVE STREET FOOD IN PRAGUE](#)

[EAT CHEAP IN PRAGUE CITY CENTRE](#)



## OH YES, AND THE COVID 19...



### RESTRICTION FOR COMBACTING COVID19

At the moment most parts of the world are fighting with our invisible enemy, so following that Czech government have imposed many restrictions so we can get back to our normal life ASAP. The level of restrictions is changing constantly so to be updated please check the government page [COVID PORTAL](#) regularly. All the necessary information can be found there.

Also, before arriving to CZ check this [PORTAL](#).



### PCR SAMPLING SPOTS

For PCR sampling spots visit this [PAGE](#). There you'll find all the details, addresses, prices of tests etc.

STAY SAFE, WASH YOUR HANDS (even after corona) AND WEAR YOUR MASKS.





**ENJOY  
YOUR  
STAY!**

