



FACULTY
OF SOCIAL SCIENCES
Charles University



ORIENTATION DAY

WELCOME TO PRAGUE

6 FEBRUARY 2023





Institute of Sociological
Studies



9:30 - 10:00

Gathering

10:00 - 10:05

Welcome Speech

10:05 - 10:15

TO-DO List



10:15 - 10:35

Cultural Shock

10:35 - 10:55

Czech can be fun

10:55 - 11:00

Scavenger Hunt



11:00 - 11:10

Czechia Fun Facts

11:10 - 11:15

ESN CU Prague

11:15 - 11:30

What's next?



Institute of Economic Studies



Erasmus Student Network
Charles University Prague



FACULTY
OF SOCIAL SCIENCES
Charles University



WELCOME TO FSV UK

BY ZUZANA KASÁKOVÁ, THE VICE DEAN OF INTERNATIONAL AFFAIRS





hello

Greet your neighbor
on the left.

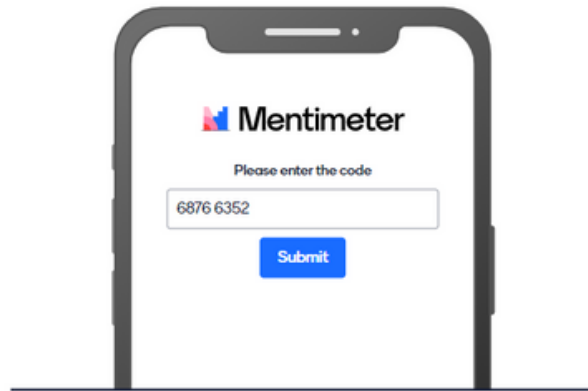
Ask **WHERE** she/he is
from.

And remember it!

LET'S GET TO KNOW EACH OTHER

Go to

www.menti.com



Enter the code

6876 6352



Or use QR code



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TO DO LIST

BY MAGDALENA, ERASMUS+ COORDINATOR



CONFIRMATION OF ARRIVAL

DO YOU KNOW WHEN AND WHERE YOU WILL
GET YOUR CONFIRMATION OF ARRIVAL?



CONFIRMATION OF ARRIVAL



ALL EXCHANGE STUDENTS NEED THE CONFIRMATION OF ARRIVAL

Your home university form



check instructions of your home university coordinator

CU Mobility Certificate

Prepared for everyone

The image shows a sample of an Erasmus+ Mobility Certificate. At the top left is the Erasmus+ logo. To its right is the text 'MOBILITY CERTIFICATE Winter Semester 2022/2023 (26.9.2022 – 10.2.2023)'. Below this, there are fields for 'Name of the student:', 'Sending University:', and 'Host University:'. The 'Host University' field is filled with 'Charles University, Faculty of Social Sciences, CZ PRAHA07'. Below these fields is a box labeled 'Part 1 CERTIFICATE OF ARRIVAL'. Underneath the box, there is a statement: 'We hereby confirm that the student has started his/her period of mobility as part of the Erasmus+ program in our institution on .../.../... (day/month/year)'. At the bottom, there is a field for 'Name and Function of the authorized person at the host institution:' which is filled with 'Magdaléna Čápková, Erasmus+ Program Coordinator'.



CONFIRMATION OF ARRIVAL



THIS AFTERNOON - check the email from your coordinator and your assigned time slot

HOLLAR BUILDING, room 215

Address: Smetanovo nabrezi 6, Prague 1



All Erasmus+ Students (Magdalena)
Inter-Faculty and Inter-University (Marie)

CU STUDENT CARD & TRAVEL PASS

DO YOU KNOW THE TIME SLOT WHEN YOU CAN
PICK UP YOUR STUDENT CARD? AND WHERE?

CU STUDENT CARD



Check the email from your IO Coordinator and follow the instructions!

Bring your ID/passport with you and a good mood. They will take a photo of you.





CU STUDENT CARD & TRAVEL PASS

REGULAR CU CARD



ISIC CU CARD



Buy the **travel pass**
24 hours after you
get your student card

HOW MUCH DOES IT COST?

Student discount **under 26 years**

| | |
|-------------------|----------|
| Monthly/30 days | 130 CZK |
| Quarterly/90 days | 360 CZK |
| Annual/365 days | 1280 CZK |

Price for **26+ years (even a student)**

| | |
|-------------------|----------|
| Monthly/30 days | 550 CZK |
| Quarterly/90 days | 1480 CZK |
| Annual/365 days | 3650 CZK |

WHERE CAN I BUY IT?

[Ticket offices](#) at any of the major metro stations (Můstek, Hradčanská, Anděl)



TRAVEL PASS CONTROLLERS

*"Dobry den,
kontrola jizdenek."*

REMEMBER

Always bring a **valid
travel pass** and **CU
Student Card**



**Trams in Prague never stop
for pedestrians!
Wait until they pass!**



REGISTRATION AT FOREIGN POLICE



DO YOU STAY IN PRIVATE
ACCOMMODATION?



REGISTRATION AT FOREIGN POLICE



EU/EFTA nationals must register **30 days** upon arrival



All citizens from third countries within **3 days**



Olšanská 2,
Praha 3



Office hours:

Monday, Wednesday: 8:00 -17:00

Tuesday, Thursday: 8:00 -15:00



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EUROPEAN HEALTH INSURANCE CARD REGISTRATION



Are you an EHIC holder?



Register your card at a Public Health Insurance company.

We recommend VZP

Praha 1 - Na Perštýně

Na Perštýně 6, 110 00 Praha 1

Praha 1 - Lazarská

Lazarská 3, 110 00 Praha 1

Praha 2 - Vinohrady

Škrétova 12, 120 00 Praha 2



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IMPORTANT DATES



START OF THE CLASSES



**END OF REGISTRATION
PERIOD IN SIS**

DON'T FORGET



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CULTURE SHOCK & WELL BEING

BY ANNA-MARIE POSPÍŠILOVÁ

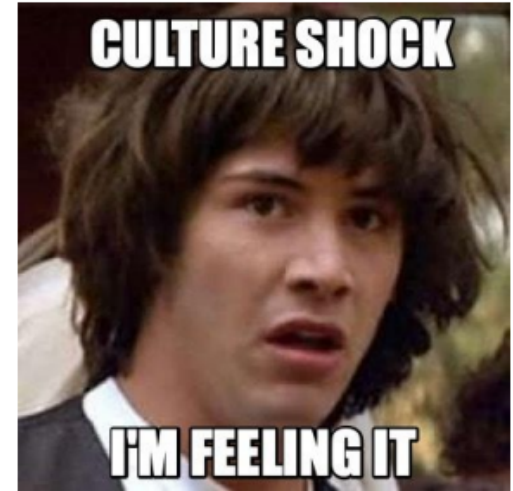


Culture Shock & Mental Health Support



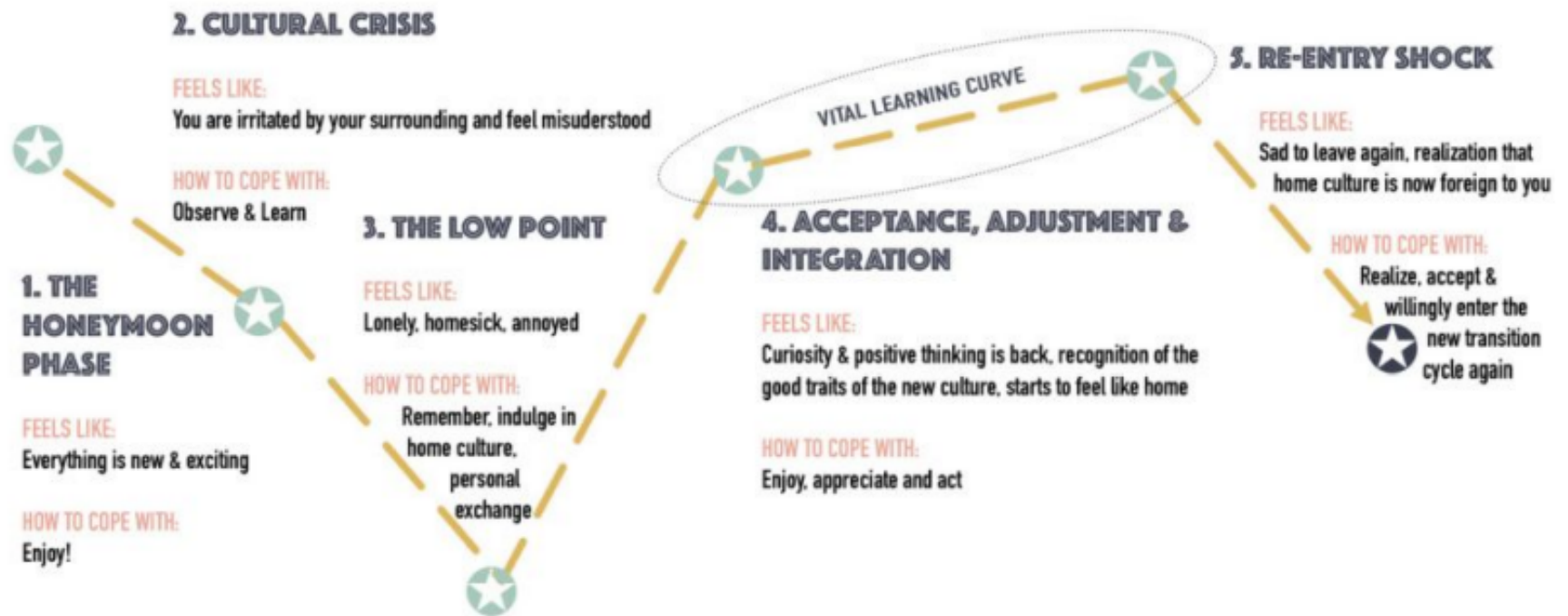
Mgr. Anna-Marie Pospíšilová
6.2.2023

culture shock



... the impact of moving from a familiar culture to one that is unfamiliar
... it includes the shock of a **new environment**, meeting **lots of new people** and **learning the ways of a new country**

THE 5 PHASES OF CULTURE SHOCK



How does it manifest?

- worsen mental health
- feelings of **helplessness**
- **dependance** on persons of the same nationality
- unreasonable **outburst of anger**
- refusing to study the language
- a strong **desire to go back** home



DOBRY
DEN

Know your W H Y !

Make clear for yourself what did you come here for & remember it



How can you help yourself?

- keep in **touch with home**
- have **familiar things** around you
- find a supplier of **familiar food**
- eat healthy & move it
- make friends with both **international and local** students
- investigate the **ESN** and **students' societies** and **dorm activities**
- follow **CU social networks** to keep up



Mental Health Support at Charles University





Mental Health Support at CU

“When in doubt, it's still better to ask for help rather than wait until the situation overwhelms you”



Mental Health Support at CU

- Prevention is 
- Talk to your coordinator 
- Not only psychological Support
 - at the Faculty
 - at Centrum Carolina
- Support Group at Centrum Carolina



Home > Counselling services

Psychological Counselling for all CU students and employees - Carolina Centre

Legal counselling

Coaching

Mindfulness basics

Rules for the provision of counselling services

Counselling Centres At The Individual CU Faculties

Career Counselling

Sexual and gender based violence

Spiritual support

Emergency services outside of Charles University

Groups for English speaking students

Counselling services

We provide services to help get you through the challenges you may face in emotional, interpersonal, and academic/career-choice situations. You can choose the service in the list on the left. The services are free of charge for students and employees of Charles University.

If you need advice, help or informations about our services you can write to: counsel@ruk.cuni.cz

[Rules for the provision of counselling services](#)

Support at Charles University in connection with the current situation in Ukraine - student counselling, accommodation, help at faculties



If you need psychological help due to the **crisis situation in Ukraine**, you can contact us: counsel@ruk.cuni.cz, **we will try to arrange a meeting as soon as possible.**



Free calls for people affected by the conflict in Ukraine
Offers therapeutic line **Sluchátko** (Headphone)
In Ukrainian on Thursday from 9:00 to 11:00
In English on Wednesdays from 9:00 to 18:00
You only pay the normal charges to your telephone company
The offer also applies to front-line staff and volunteers



Mental Health Support outside CU

- **Emergency Crisis Centre**
 - VFN (Ke Karlovu 11, building D1, ground floor)
 - +420 605 851 658 (8am-3pm)
 - SOS Centrum (Varšavská 37)
- **InBáze free psychological counseling**

LET'S GET STARTED

Go to

www.menti.com



Enter the code

5850 7859



Or use QR code



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LEARNING CZECH CAN BE FUN

BY EDITA FRANTESOVA - CZECH LANGUAGE TEACHER



How are you?
Jak se máš?

Please
Prosím

Thank you
Děkuji

Hello
Dobrý den

1 beer please
1 pivo prosím

Hello
Ahoj

Learn
Czech

Good bye
Nashledanou

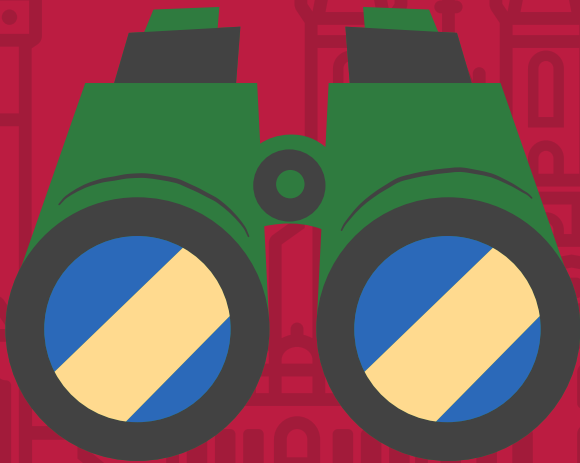


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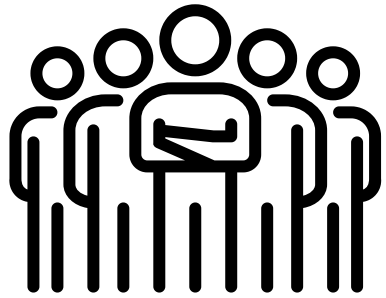


SCAVENGER HUNT

BY MAGDALENA, EXCHANGE COORDINATOR



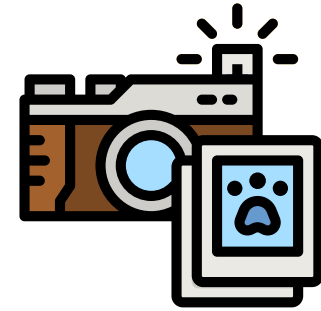
SCAVENGER HUNT



MAKE FRIENDS



EXPLORE



TAKE PICTURES



WIN



SCAVENGER HUNT



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WHO?

PUT TOGETHER A
GROUP OF AT
LEAST 5 PEOPLE



SCAVENGER HUNT



Czech menu

BREAKFAST

Don't believe much time on breakfast. Spread some butter on a **rožek** (white bread roll) and put ham, cheese or jam on it. If you fancy something sweet, get a **štroudek** (though here with various fillings) or a **štrůbek** (a roll in the shape of a flower).

FAST SNACK

There is no best time for a **šmítek**. Ham, potato salad, baked egg, tomatoes, and pickles on **štrůbek** (a slice of white bread). Czech is best!

DRINKS

Beer is the #1 choice in Prague.

WHERE?

Local mood walk

We rarely hang out in the center – noise and crowds kill our vibe. Prague is so much more than the Old Town – let us prove it to you!



CZECH-ONLY ARCHITECTURE

Start at the **štyl** (from stop and walk along the Vitava street). Look at the three **castles** – they are examples of custom in architecture, a unique light around the world.

THE OTHER CASTLE

The mythical princess Libuše predicted the glory of Prague from the **valley** (near the **Old Castle**). See the **Old Castle** and the **Old Castle** (near the **Old Castle**) – they are examples of custom in architecture, a unique light around the world.

POSTMODERN ADVENTURE

The massive **Nauše bridge** (built in 1973) over the valley, was the pride of traffic engineers at that time. Note that the metro goes under the bridge but with its own height and only on high fence. The bridge became an infamous suicide spot. Now the fence is unclimbable. A great quest is to find the hidden part **Zvonice** (meaning 'the last garden'). Stay close, take a chance to have a word with **Radu**.

DOWN THE STAIRS

While descending the **Nauše steps** (near the **Old Castle**) imagine a couple cars rolling off the road and going down the stairs, due to drunk driving or faulty navigation systems. Yes, that happened. Also, look for the original **wooden house** (which has been standing here for a century).

NUŠE STYLE

You end up at **Štefík Square** (the heart of the **Nauše district**, which was a separate city just 100 years ago and was known for the crude manners of its people. These days it's safe, but still don't expect to see many people smiling. Nonetheless, there's a lot to do here! Depending on your mood, have a coffee in the backyard of the **Cafe Zahrad** or a wine at **Elvny** or a craft beer at the bar **Nebeček**.

Get more info here!



justit.cz/more-info

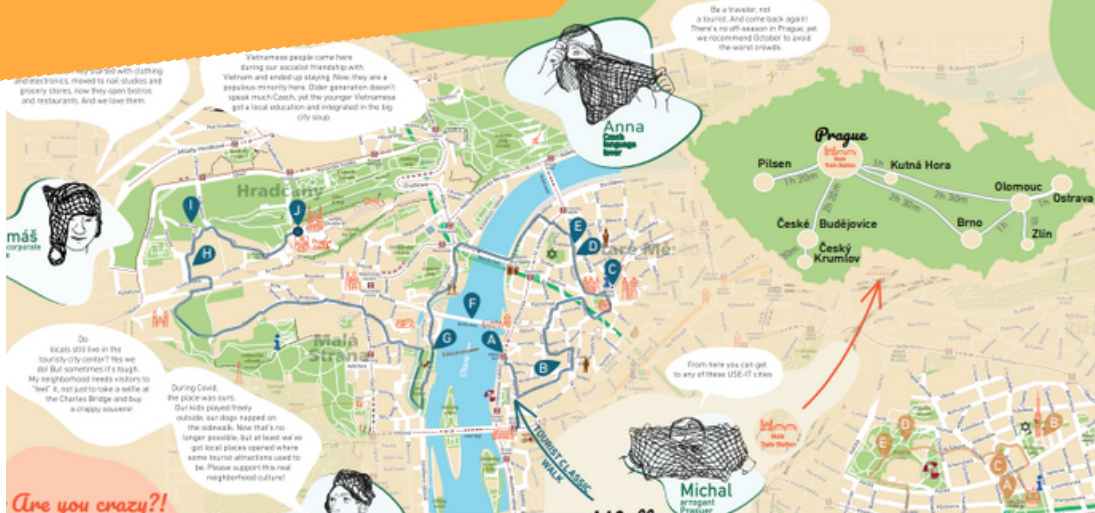


Terka
slightly
surprised

Support us!
Listen to our music
Share your feedback
See the map of public
events

Scan the QR to
download this map

Useful traveler apps
Download this map
Share your feedback
Find us on social media



Bohemian walk



Did you know that Bohemia is the name of a region in Czechia? This is where the term comes from. Even though the authors of the word (French) referred to Roma people, who they believed were coming from Bohemia. Despite the word's origins, we still like to relate to it, to think of ourselves as artistic, romantic and a bit wild. That's what this walk is all about!

EAT & PRAY

The **Farmery** market started the open market trend in Prague. Enjoy the food and view of the Church of the Most Sacred Heart of Our Lord built in 1928-1930 by the Slovenian architect Juhász Pálffy. He used the building was inspired by Noah's Ark.

LOVE IT OR HATE IT

The **Zikora TV Tower** was built in 1979-1980 on the grounds of a former Jewish cemetery. The giant Babes crawling the tower are an addition by the controversial artist David Čerňák. Sometimes on the tower's appearance heavily differs. The tower has an observation point, a restaurant, and even a 3-room hotel with a city view from the south.

THE DEMONSTRATION SQUARE

Can you imagine 5000 people at **Serepské square** in 1988. It hosted the first legal demonstration against

Tourist classic walk



Bring in Prague and not seeing **THE Bridge**, **THE Old Castle** seems ridiculous, right? Let us give you an alternative path without (much) chateaux. Take a deep breath while looking **panorama** our starting point, and let the day begin!

CHAPEL OF A BURNED PRIEST

Creep around the alleyways to appear in front of **Babinec chapel**. Signs, on the right of **Barbara Martin Luthar's** prison can be seen against the grand Church. He did so in Czech of Latin, which was revolutionary, so he was in at the stake for **heresy** in 1716. The sanctuary he preached in now a memorial and a graduate

OLD TOURIST SQUARE

Our medieval astronomical clock is on the wall of **Old Town Hall**. Tourists adore it and take a picture of the moving figures as if they were real, when we look at folklore the mythical clockmaker I was blinded by authorities so that he could't see the clock for another city. As revenge, he did the machine for 100 years.

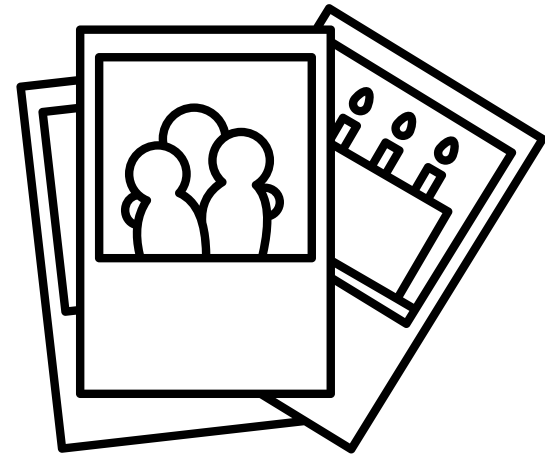
JEWISH TOWN

Most of Prague's former Jewish ghetto was dem

CHOOSE A WALK FROM THE MAP AND FOLLOW THE ROUTE WITH YOUR GROUP

SCAVENGER HUNT

HOW?



TAKE PICTURES DURING THE WALK AND SHARE THEM WITH US ON INSTAGRAM
WITHIN THE 12.02.



#FSVHUNT2023



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Vyton tram stop



Cubist houses



Sts. Peter and Paul Basilica



Nusle Bridge



Tracenka park

#FSVHUNT2022
@fsv_charlesuni



Bratri Synku Square

SCAVENGER HUNT 2022





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CZECHIA (FUN) FACTS

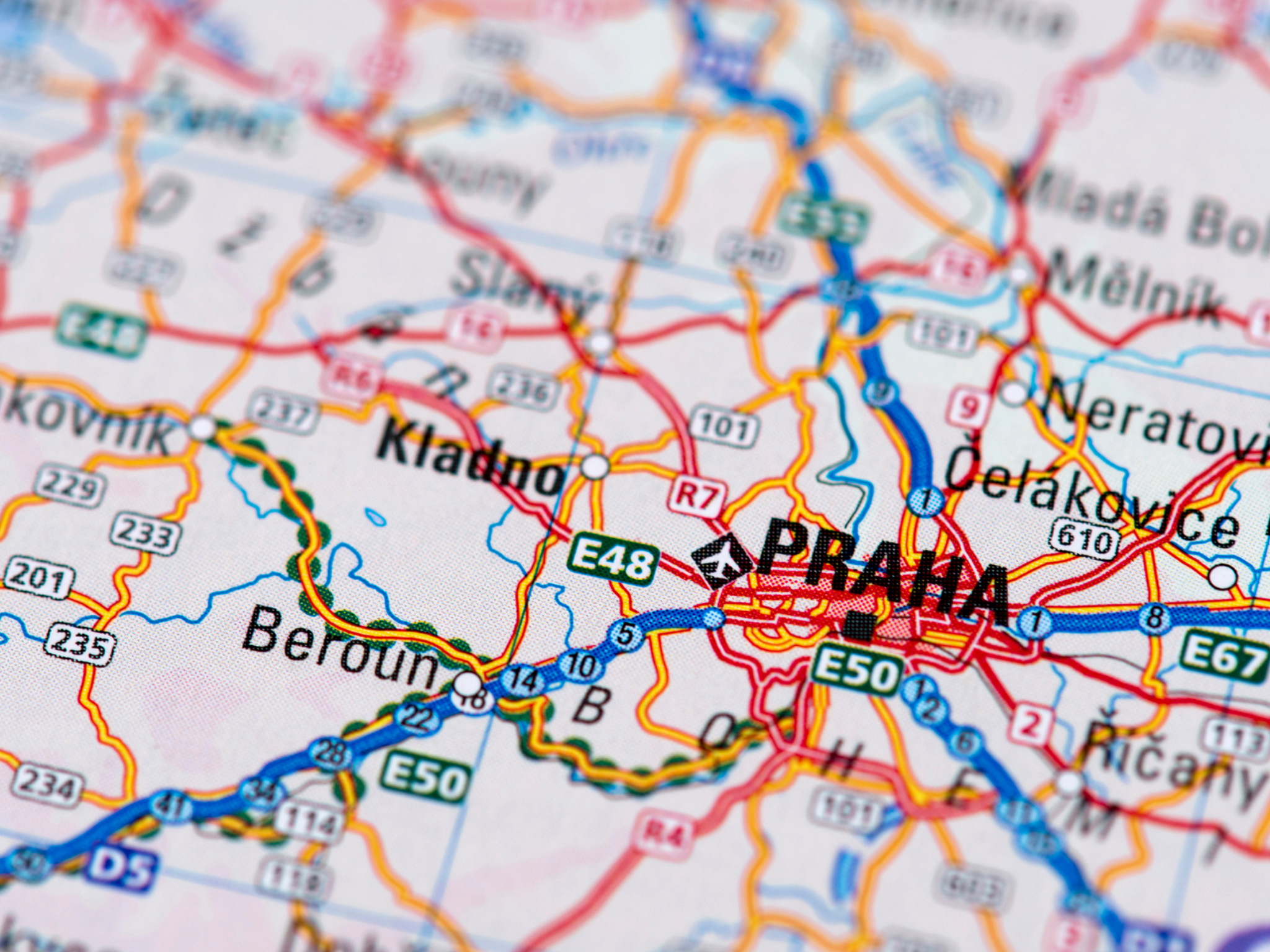
BY MARIE & MAGDALENA



HOW WELL DO YOU KNOW CZECHIA

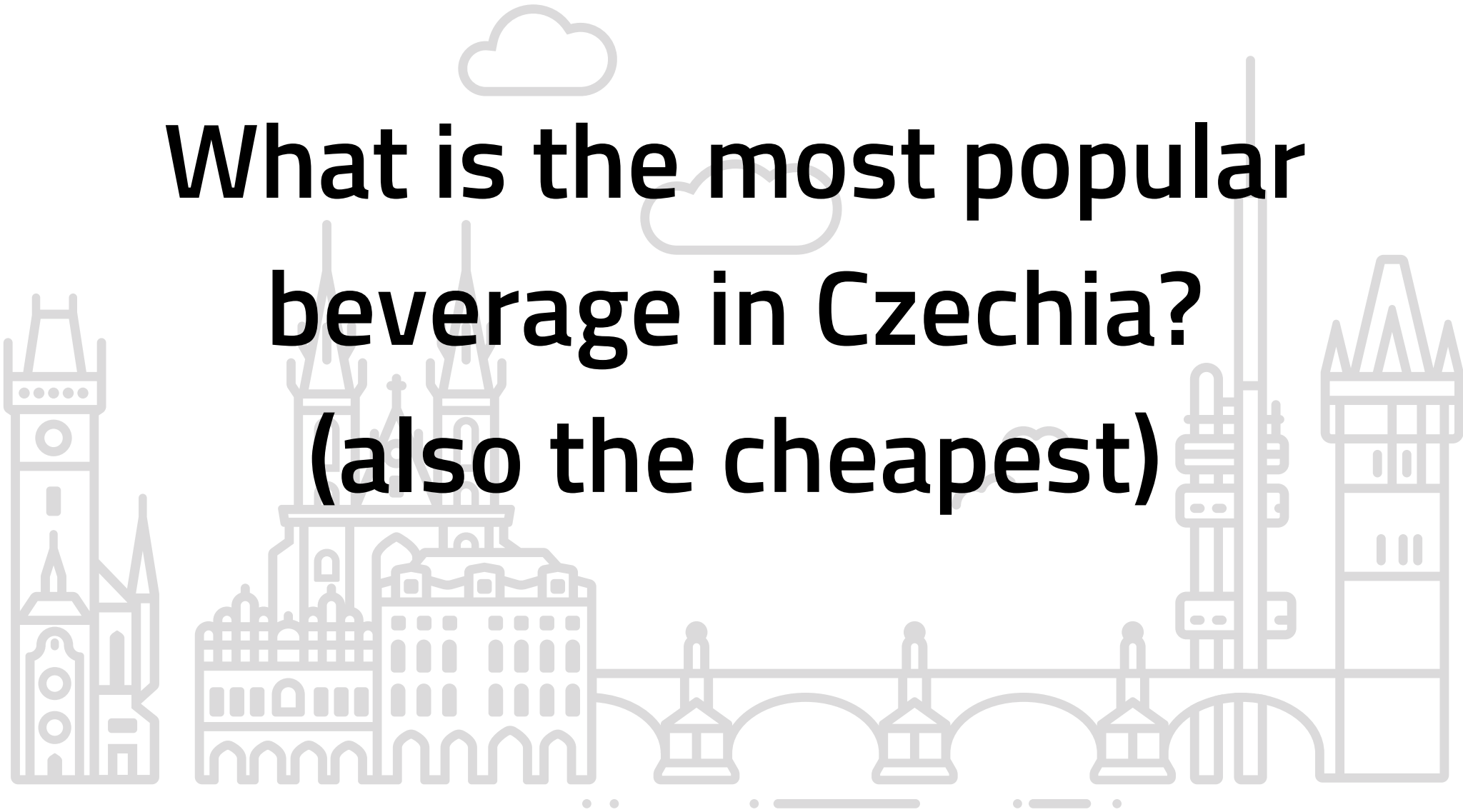
**What is the capital of
Czechia?**





HOW WELL DO YOU KNOW CZECHIA

**What is the most popular
beverage in Czechia?
(also the cheapest)**





DRINK WISELY ;)

HOW WELL DO YOU KNOW CZECHIA

**What is the most popular
type of meal?**



35mm FILM



1

1A



2

2A



3

3A

35mm FILM



1

1A



2

2A



3

3A

YES,

DUMPLINGS / KNEDLÍKY IN ALL WAYS POSSIBLE

AND...

SMAŽÁK/ FRIED CHEESE

HONZOVY BUCHTY/ FILLED SWEET BUNS BRAMBOROVÝ SALÁT A KAPR/ POTATO SALAD AND CARP



VEPŘOVÉ MASO/ PORK MEAT

KOLÁČE/ PIES

ZÁKUSKY/ DESSERTS



LET'S STOP, I AM GETTING HUNGRY

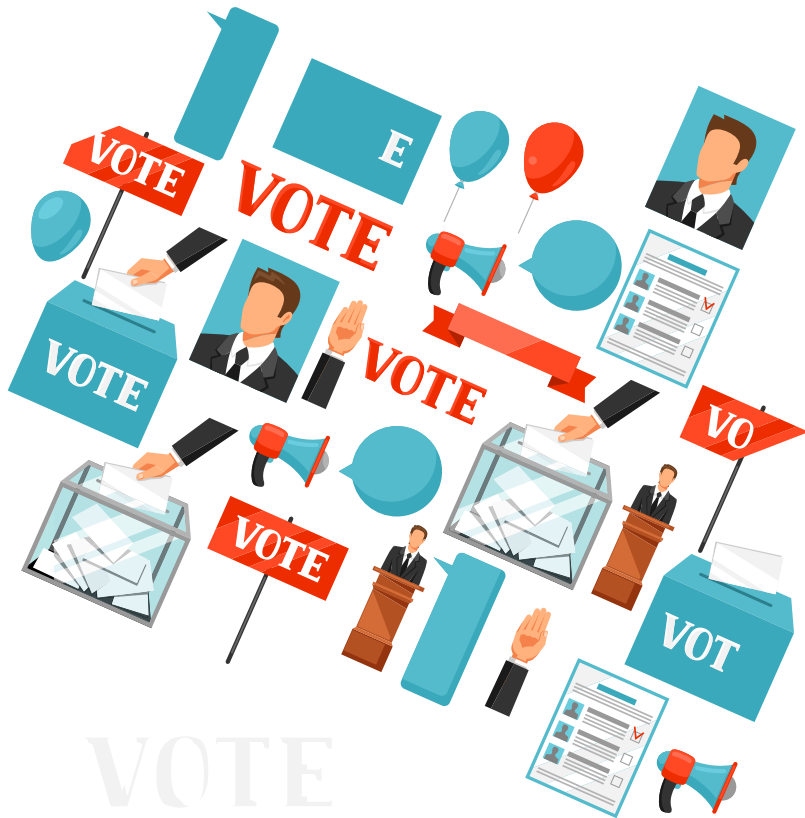
HOW WELL DO YOU KNOW CZECHIA

TRUE or FALSE



HOW WELL DO YOU KNOW CZECHIA

WE LOVE TALKING ABOUT POLITICS



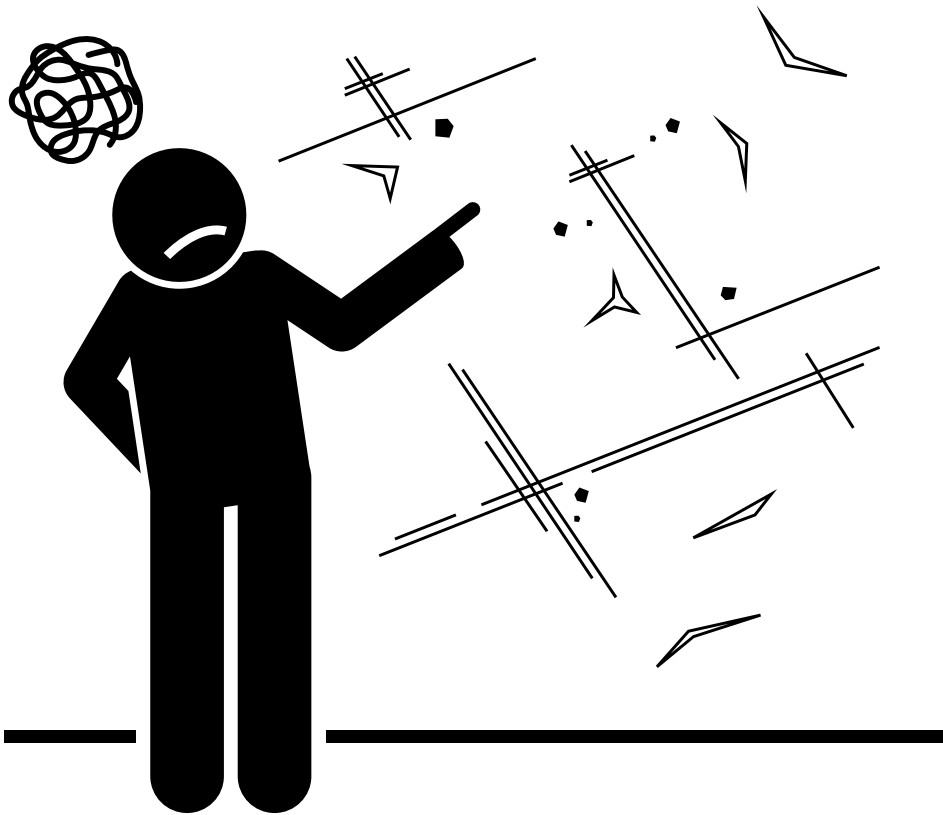
HOW WELL DO YOU KNOW CZECHIA

WE LOVE TALKING ABOUT POLITICS

SURE, ESPECIALLY IN THE PUB.

HOW WELL DO YOU KNOW CZECHIA

WE LOVE COMPLAINING



HOW WELL DO YOU KNOW CZECHIA

WE LOVE COMPLAINING

"A COMPLAIN A DAY, KEEPS THE DOCTOR AWAY"

HOW WELL DO YOU KNOW CZECHIA

WE HAVE GREAT TASTE IN FASHION



HOW WELL DO YOU KNOW CZECHIA

WE HAVE GREAT TASTE IN FASHION



HOW WELL DO YOU KNOW CZECHIA

**BUT SERIOUSLY
WE ARE COUNTRY FULL
OF...**



BEAUTIFUL NATURE



JESENIKY

HUGE NUMBER OF CASTLES & CHATEAUX



COOL PEOPLE



A word cloud of famous Czech names. The names are arranged in a roughly circular pattern around the central name 'Havel'. The names are: Komenský, Zrzavý, Baťa, Allbright, Králíčková, Zátapek, Jánský, Toyen, Foglar, Wichterle, Čapek, Jágr, Kafka, Masaryk, Gott, Seifert, Ledecká, Karásek, Werich, Navrátilová, Holub, Horáková, Pavel, Forman, and Hašek. The names are in various colors (green, blue, pink, purple) and sizes, with 'Havel' being the largest and most prominent.

Komenský
Zrzavý Baťa Allbright
Králíčková Zátapek Jánský
Toyen Foglar
Wichterle Čapek Jágr
Kafka Masaryk Gott
Seifert Ledecká Karásek
Werich Navrátilová
Holub Horáková Pavel
Forman
Hašek

HOW WELL DO YOU KNOW CZECHIA

The rest is up to you to explore during your stay.

Enjoy



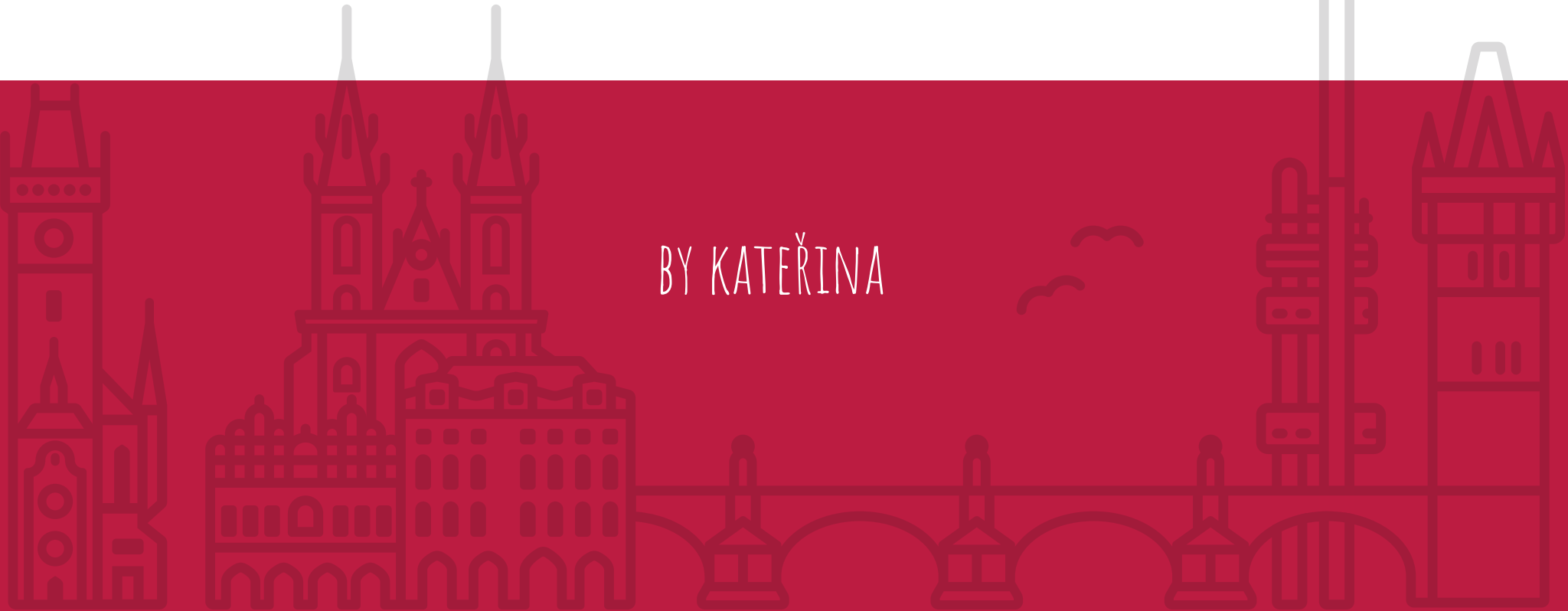


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MEET ESN CU PRAGUE

BY KATEŘINA





WELCOME TO PRAGUE!

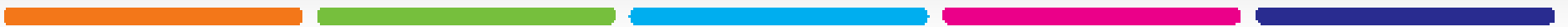
ESN CU Prague

**Erasmus Student Network is the
key student volunteer organisation
in Europe.**

Students helping students



What does ESN CU Prague do?





WELCOME WEEK



BUDDY PROGRAMME



Erasmus Student Network
Charles University Prague



EVENTS DURING SEMESTER



SOCIAL ERASMUS

Welcome Week 2022/23

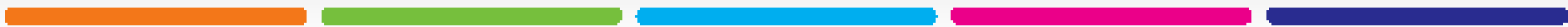
- Two weeks :)
- Starts on February 6th
- Registrations necessary!
 - More info to follow from your IRO coordinators
 - You can join us for a day trip - *first comes to pay, first goes!*
 - Welcome Party
 - International Dinner



Welcome Week Summer Semester 2022/2023



| | Mon 6. 2. | Tue 7. 2. | Wed 8. 2. | Thu 9. 2. | Fri 10. 2. | Sat 11. 2. | Sun 12. 2. |
|-------|------------------------------|---------------------|------------------------------|--------------------|---------------------------------------|--------------|---------------|
| 8:00 | | | | | | Brno | Karlštejn |
| 9:00 | | | | | | | |
| 10:00 | | | | | | | |
| 11:00 | | | | | | | |
| 12:00 | | | | | | | |
| 13:00 | | | | | | | |
| 14:00 | | | | | | | |
| 15:00 | | | Ice skating 2 PM | | | | |
| 16:00 | Speed Friending 4 PM | Sightseeing 3 PM | | City Rally 3 PM | Jump Arena 4 PM | Pilsen | Kutná Hora |
| 17:00 | | | | | | | |
| 18:00 | | | | | | | |
| 19:00 | Czech Evening 7 PM | | Country Presentation 7 PM | | Hangout with ESN CU Prague 7 PM | | |
| 20:00 | | Pub Quiz 7 PM | | | | | |
| 21:00 | | | | Karaoke 8 PM | | | |
| 22:00 | | | | | | | |
| 23:00 | | | | | | | |
| 0:00 | | | | | | | |
| | Mon 13. 2. | Tue 14. 2. | Wed 15. 2. | Thu 16. 2. | Fri 17. 2. | Sat 18. 2. | Sun 19. 2. |
| 8:00 | | | | | | Karlovy Vary | Český Krumlov |
| 9:00 | | | | | | | |
| 10:00 | | | | | | | |
| 11:00 | | | | | | | |
| 12:00 | | | | | | | |
| 13:00 | | | | | | | |
| 14:00 | | | | | | | |
| 15:00 | Sightseeing 3 PM | | | | | | |
| 16:00 | | | | | | | |
| 17:00 | | | | | | | |
| 18:00 | | | | | | | |
| 19:00 | Country Presentation 7 PM | | | | International Dinner 7 PM | | |
| 20:00 | | Pub Quiz 7 PM | | | Hangout with ESN CU Prague 7 PM | | |
| 21:00 | | | | | | | |
| 22:00 | | | | | | | |
| 23:00 | | | | | | | |
| 0:00 | | | | | | | |



ESNcard

- Available for purchase during Office Hours
- Thousands of discounts
- Ryanair
- Flixbus
- Hostels and accommodation
- HoppyGo & Uniqway carsharing
- Pubs, cafés and restaurants
- Discounts for ESN events & trips



Price: 300 CZK

SIM cards for free? Absolutely.

Keep it simple with a Vodafone prepaid card

Enjoy your prepaid value bundle which includes 6 GB of data + unlimited SMS within the Vodafone network for the first month and an extra CZK 200. You also get 50 % off on this bundle for the next 5 months. **Keep it simple, stay online and reach everyone you need.**

We have updated our prepaid bundle from 3 GB to 6 GB.
The new data volume applies also to older cards.



How does it work?



Office location:

Opletalova 1663/38, Prague 1

- *Tram: Hlavní nádraží, Masarykovo nádraží*
- *Metro: Hlavní nádraží (red line)*

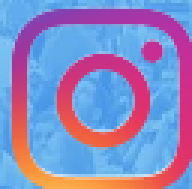
*During Welcome Weeks, we will be in UK Point at
Celetná 13 for easier access (ISIC centre)*

Office Hours will be published at the end of January





Erasmus Student Network
Charles University Prague



@esncuprague



www.esncuprague.cz

linktr.ee/esncuprague



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Charles University

WHAT'S NEXT?

BY EXCHANGE COORDINATORS MARIE

WHAT'S NEXT? TO DO LIST

Collect your Student Card

Meet our Student Clubs

Collect your confir. of arrival

Join the ESN events

Find yourself a friend

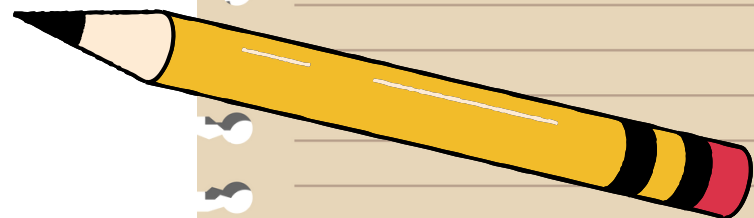
Follow the email info of your IO coordinator

Join their events (e.g. Pubquiz with Miroslava, ...)

Come to the IO during the assigned time slot

Register and **enjoy the trips and other events**

HAVE FUN
from today everyday



TODAY

Typical Czech Dinner with students from the IPS

MEETING POINT: AT 17:15

WENCESLAS SQUARE, NEXT TO THE HORSE STATUTE



Tonight from 7 pm

Pivni jistota pub (Kyjevská 3)

PUB QUIZ

Organised by students from ISS

More details on our FB group





TIME FOR A PHOTO!

ENJOY THE WELCOME WEEK ACTIVITIES



📍 Vyton tram stop



FACULTY
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Charles University



ORIENTATION DAY
 FOR
EXCHANGE STUDENTS

ENJOY YOUR SEMESTER
AT THE FSV UK

A stylized line-art illustration of the Prague skyline, including various towers, spires, and buildings, rendered in a dark red color against a lighter red background.