

Current Pandemic Situation in the Czech Republic

Online “Informal” Meeting for Incoming Students

March 3, 2021

Starting at 10:00 AM (CET)



FACULTY
OF SOCIAL SCIENCES
Charles University



INTRODUCTION

**CURRENT PANDEMIC SITUATION
IN THE CZECH REPUBLIC**

New **State of Emergency**, starting February 27

- The Czech government has declared **the new state of emergency from Feb. 27 for 30 days until March 28**
- A new pandemic law
- New **tougher restrictions, starting March 1**

CNN: [How the Czech Republic slipped into a Covid disaster, one misstep at a time](#)

Respirators/Medical mask



- The obligation to wear a respirator, nano-filtered face mask or a medical mask
- A **respirator** is mandatory in selected places - especially public transport and shops
- The fabric/home-made masks are not acknowledged at present
- *Other: In a company, employees need to wear a mask the whole time unless they are alone*

Free Movement

- The tightening also applies to daytime movement.
- Please, stay in your apartment/dormitory room and avoid contact.
- Only necessary trips, such as **shopping, office, doctors** and trips to **nature** and **sports**, are allowed.
 - Walks and jogging will be possible only in the municipality where people live during the day.
- The night curfew **between 9 p.m. and 5 a.m.** is to remain valid.

Free Movement

- It is also **forbidden to leave one's district of permanent residence** or domicile (i.e., your place of stay), without a fundamental reason (i.e., such as a trip to a doctor)
- Prague counts as a district.
- People can do essential shopping within their districts only.

Free Movement



What is open/closed

- Only **food stores, drugstores, pharmacies, opticians, and florists** are allowed to remain open.
- Office hours of **FSV International Office** are cancelled until further notice. But we are always here for you online.
- *Other: schools, kindergartens and children's groups are closed*

You may be subject to police check!

What to do when/if..

- **If I go shopping, have an appointment with a physician or need to visit a public authority, do I need a special document or pass?** NO, you do not need any special document, if you stay within one district.
- **Can I leave the place of my residence for any other reason, e.g. going for a walk, dog-walking etc.?** YES. During daytime (between 5a.m. and 9p.m.) you can go for a walk within the entire municipality (your town or village), however, NOT THE DISTRICT.
- **Can I go jogging?** YES, jogging is allowed during daytime (between 5a.m. and 9p.m.) within the entire municipality (your town or village), however, NOT THE ENTIRE DISTRICT. Contact with persons who do not share the same household should be avoided.

What to do when/if..

- **Can I travel between districts within a city?** YES. All districts of a city ("městská část") together are subject to the same rules as a single non-city district ("okres").
- **Can I visit my friends/friends' relatives, if they live in the same district?** NO, unless you need to take care of their essential needs, provide essential care or accompany them during a visit to a health care facility or a public authority. The purpose of these measures is to limit mobility of people in order to prevent spreading of the virus as much as possible.
- **What documents do I need when I have to travel out of my district (to visit a healthcare facility, public authority)?** You will need an officially acknowledged form or your [written declaration](#) on word of honour in which you will state the place, time and destination of your travel. You can use a template of a declaration on word of honour or write it in your own in hand. If you live in a dormitory, you can ask at the reception for getting it printed. The police may check for non-compliance.

What to do when/if..

- **Can I go for a trip outdoors and cross district borders? Staying out in nature does no harm, right?** NO. This is not possible; you are only allowed to visit natural areas within the territory of the municipality where you live. You cannot visit other places even within your district.
- **What are the penalties/sanctions, if I do not respect the measures?** These are government-mandated crisis measures, the obligations are stipulated in the Crisis Act. A penalty of up to CZK 20 000 can be imposed for violating the measures.
- **I have been vaccinated, or I have already had COVID-19. Do the restrictions apply to me as well?** Yes, the restrictions apply to everyone.

What to do if I am covid-positive

10 things you can do to manage your COVID-19 symptoms at home

If you have possible or confirmed COVID-19:

- 1. Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis. 
- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately. 
- 3. Get rest and stay hydrated.** 
- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19. 
- 5.** For medical emergencies, call **112** and **notify the dispatch personnel** that you have or may have COVID-19. 
- 6. Cover your cough and sneezes** with a tissue or use the inside of your elbow. 
- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. 
- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask. 
- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding. 
- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions. 

COVID-19 information hotline (dial **1221**) is also available in English from anywhere in the Czech Republic on weekdays from 8 a.m. to 7 p.m. and on weekends from 9 a.m. to 4:30 p.m.

If you find out that your results are positive, please, inform your coordinator at the Faculty of Social Sciences (Erasmus+ students should also inform the European Office)

**TRAVELLING TO THE CZECH REPUBLIC
UNDER NEW RESTRICTIONS**

New Regulations

- Protective measure - restriction of crossing the state border of the Czech Republic, with effect from 1 March 2021 until further notice
- In EN (download [here](#))
- [Conditions for entry of persons to the territory of the Czech Republic in accordance with the Ministry of Health Protective Measure](#) (download PDF)

New Regulations

Rules for entry and return to the Czechia (as of 5th February 2021)

for travels exceeding 12 hours



	PUBLIC HEALTH PASSENGER LOCATOR FORM	TEST BEFORE THE DEPARTURE TO CZECHIA	TEST AFTER THE ARRIVAL TO CZECHIA	LIMITATION OF THE FREE MOVEMENT/ SELF-ISOLATION	MOUTH AND NOSE PROTECTION
GREEN COUNTRY	NO	NO	NO	ACCORDING TO THE PES ¹	ACCORDING TO THE PES ¹
ORANGE COUNTRY	YES	ANTIGEN (max 24 hours) or PCR (max 72 hours before the departure)	NO	ACCORDING TO THE PES ¹ (employees and students have to submit a negative test result before entering the workplace or school)	ACCORDING TO THE PES ¹ + 10 days after the arrival obligation to wear a respirator FFP2 or a surgical mask outside
RED COUNTRY	YES	ANTIGEN (max 24 hours) or PCR (max 72 hours before the departure)	PCR (within 5 days after the arrival)	SELF-ISOLATION UNTIL THE SUBMISSION OF THE NEGATIVE TEST RESULT (employees and students have to submit a negative test result before entering the workplace or school)	ACCORDING TO THE PES ¹ + 10 days after the arrival obligation to wear a respirator FFP2 or a surgical mask outside
DARK RED COUNTRY	YES	PCR (max 72 hours before the departure)	PCR (no sooner than 5 th day after the arrival)	SELF-ISOLATION UNTIL THE SUBMISSION OF THE NEGATIVE TEST RESULT (no sooner than 5 days after the arrival) (employees and students have to submit a negative test result before entering the workplace or school)	ACCORDING TO THE PES ¹ + 10 days after the arrival obligation to wear a respirator FFP2 (strongly recommended) or a surgical mask outside

There are exceptions from these rules, particularly for the international transport and regular cross-border movement (cross-border workers, pupils and students, persons having rights of custody or rights of visitation).

¹ PES - anti-epidemic system of the Czech Republic

- Green country - country with a low risk of COVID-19 transmission
- Orange country - country with a medium risk of COVID-19 transmission
- Red country - country with a high risk of COVID-19 transmission
- Dark red country - country with a very high risk of COVID-19 transmission

Country that is not on the list of countries is considered as a country with a very high risk of COVID-19 transmission.



ATTENTION: It is not possible to travel to the countries with an extreme risk of COVID-19 transmission. List of countries with an extreme risk is available on the website of the Ministry of Health.

● Orange country entry	● Red country entry	● Dark red country entry
1. Obligation to undergo an antigen test 24 hours or less or a RT-PCR test 72 hours or less prior to departure to the Czech Republic.	also belong to this category.	1. Obligation to undergo a RT-PCR test 72 hours or less prior to departure to the Czech Republic.
2. Obligation to fill in the electronic Public Health Passenger Locator Form (www.prijezdovymformular.cz), which serves as a high-risk country arrival announcement to your locally competent regional public health authority (hygiene station), prior to the entry to the Czech Republic.		
3. If requested, obligation to submit a document confirming the filling in of the above mentioned electronic locator form at the border control or residence check.		
4. Obligation to wear a respirator**	4. Obligation to undergo a RT-PCR test on own expense within 5 days from the entry and to submit the result without delay, at the latest 14 days from the entry, to your locally competent regional public health authority.	4. Obligation to undergo a RT-PCR test on own expense at the earliest on the 5 th day from the entry and to submit the result without delay, at the latest 14 days from the entry, to your locally competent regional public health authority.
	5. Self-isolation* until the result of the RT-PCR test undergone in the Czech territory is submitted.	5. Self-isolation* until the result of the RT-PCR test undergone in the Czech territory is submitted.
	Obligation to wear a respirator** outside of home for the duration of 14 days.	Obligation to wear a respirator** outside of home for the duration of 14 days.

WHAT CAN WE LOOK FORWARD TO?

(Let's remain covid-negative, but mind-positive :D)

Workshops & Events Organized by FSV IO

- FSV IO plans to organize a few online workshops. You are highly welcome to join them!
- We do not want to talk all the time. **We want to know more about you, we want you to get to know each other and we want to share our interests and culture together!**
- Follow our [FSV websites](#) and Facebook group [Exchange Students \(FSV UK\)](#)
- What can you look forward to?

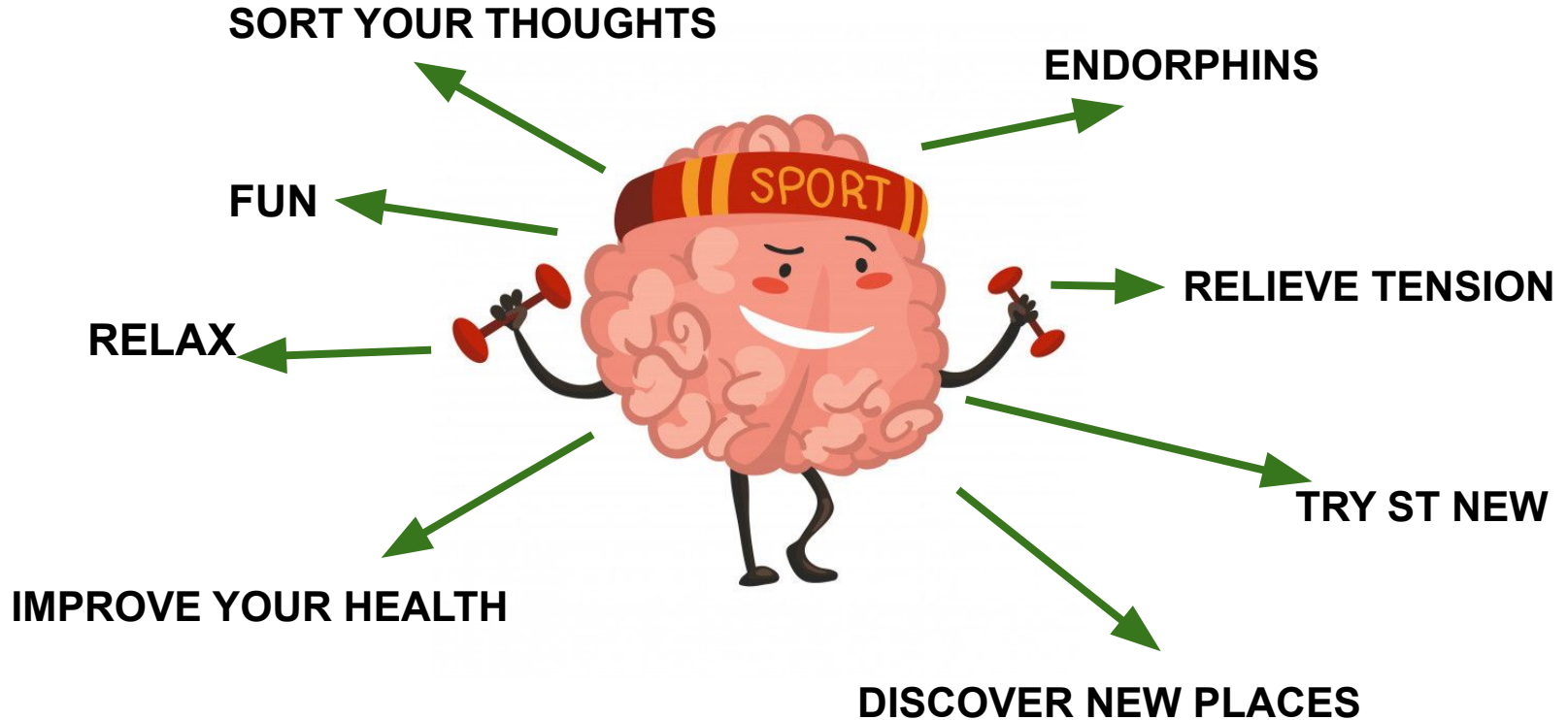
NO SOCKS, NO SUMMER!



- *photo challenge*
- *max two photos per student*
- *send to: life@fsv.cuni.cz*
- *deadline: 30 April 2021*
- *winners: three most interesting creations*
- *By sending us your pictures you agree to have it posted on our faculty facebook page and Exchange students FB group*



SPORT IN COVID TIME



BEAT MOUNT EVEREST

- How? **run, walk, cycle**... - measure your distance and **write it down here**.
 - How much time do we have? **27 days** starting today 3rd March - finish 30 March
 - What distance do we need to beat? **8849 km** in total
- 
- A stylized illustration of a mountain range with various shades of blue and white peaks, set against a light background with some clouds.

CU Point Events

View newsletter online if you don't see it correctly

CU Point – Services and information in one place info@cuni.cz February 2021



Dear International Students,

Welcome to the new semester. We hope that you are looking forward to new adventures! In this issue, we would like to ask you to fill in a short questionnaire that will help CU Point to improve international students' support and services. As a thank you, randomly selected participants will win CU merchandise! The survey is available [here](#).

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HOW TO MIND YOUR MIND

4th March 2021 5 PM online

Learn practical tips on how to take care of your mental health

THURSDAY AT 5 PM UTC+01 – 6:30 PM UTC+01

How to Mind Your Mind - Webinar

Free · Online event

14 people responded

Event by UK POINT

Online event

Thursday at 5 PM UTC+01 – 6:30 PM UTC+01

Price: Free · Duration: 1 hr 30 min

Public · Anyone on or off Facebook

This webinar is intended for international students of Charles University.

Go with friends See All

0 GOING 14 INTERESTED

Message Friends

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24

WEDNESDAY, 24 MARCH 2021 FROM 16:00 UTC+01-18:00 UTC+01

Critical Thinking Workshop

Free · Online event

About Discussion Interested Going Invite

Details

3 people responded

Event by UK POINT

Online event

Wednesday, 24 March 2021 from 16:00 UTC+01-18:00 UTC+01

Price: free · Duration: 2 hr

Public · Anyone on or off Facebook

The event is intended for international students of Charles University.

What does it mean to "think critically"? 🤔 Every day we are inundated

Go with friends See All

0 GOING 3 INTERESTED

Message Friends

Privacy · Terms · Advertising · Ad choices · Cookies · More · Facebook © 2021

Source:
<https://ukpoint.cuni.cz/IP-SCEN-25.html>

ESN Events

 ESN CU Prague added an event. 17 February at 20:46 · 🌐



Netflix Party
Erasmus Student Network
Charles University Prague

TUE, 9 MAR AT 20:00 UTC+01

Netflix Party
1 person going

☆ Interested

👍 Like 💬 Comment ➦ Share

 ESN CU Prague added an event. 17 February at 20:12 · 🌐



Online Yoga with Certified Instructor
Erasmus Student Network
Charles University Prague

THU, 11 MAR AT 11:30 UTC+01

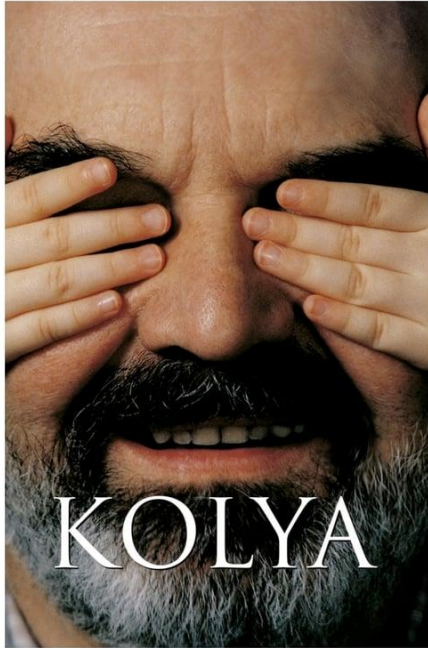
Online Yoga With Certified Instructor

☆ Interested

Source:

<https://www.facebook.com/ESNCUPrague>

Czech Movie on Netflix



Source:

<https://news.expats.cz/movies-tv/the-6-best-modern-czech-films-now-streaming-on-czech-netflix/>

Czech literature

- The Metamorphosis
- War with the Newts
- The Power of the Powerless
- The Unbearable Lightness of Being
- The Blissful Years of Lousy Living
- The Good Soldier Švejk

Franz Kafka
Karel Čapek
Václav Havel
Milan Kundera
Michal Viewegh
Jaroslav Hašek



Czech cartoons

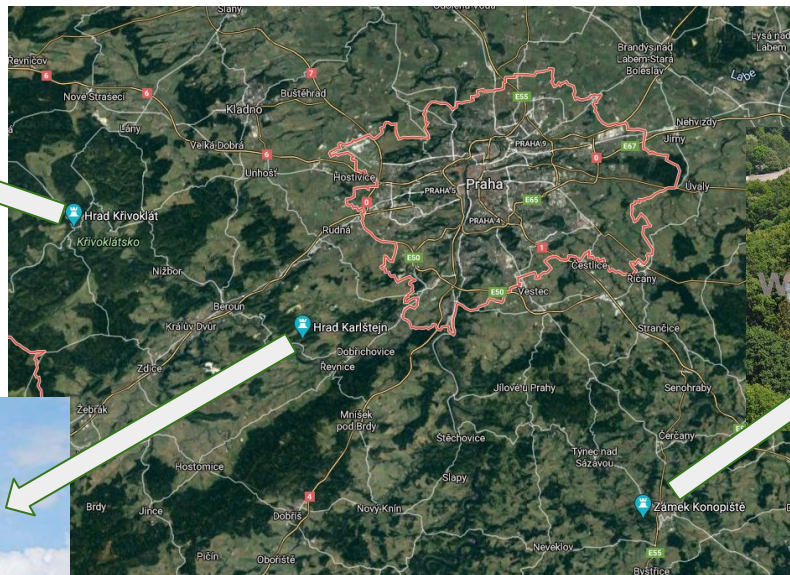
- [Pat a Mat](#)



WHAT TO DO WHEN THIS IS OVER? DISCOVER PRAGUE!

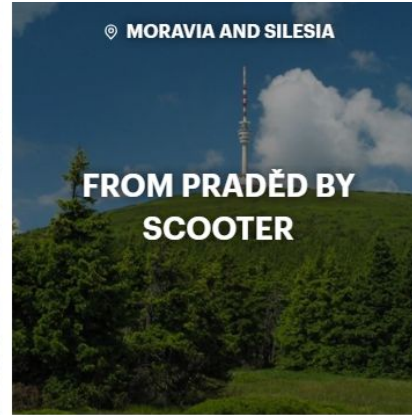
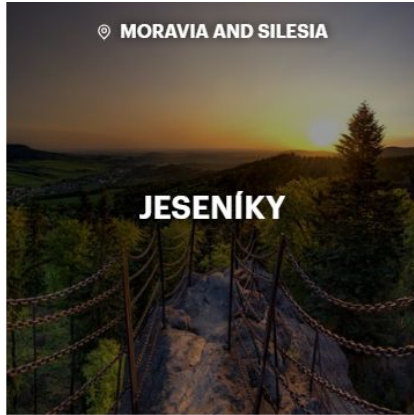
- [Walk along Vltava river](#) (a few kilometers long trails, good for inlines and cycling)
- [Stromovka park](#) (good for inlines)
- [Letná](#) (great view from metronom)
- [Prokopské údolí](#) (nice view of prague)
- Modřanská rokle
- [Divoká Šárka](#)
- [Chuchelský háj and a small zoo](#) with forest animals (for free)
- [walks in the city centre and the historical parts](#)
- [Vyšehrad and its surroundings](#)
- [Grébovka park](#)
- [Karlín](#)
- [Holešovice](#) (old industrial part of Prague, very popular nowadays)
- Hostivař (pond, great area for outdoor sport activities)
- [Petřín](#)
- [Ladronka](#) (great for inlines, ...)
- [Hvězda](#)
- [and much more](#)

WHAT TO DO WHEN THIS IS OVER? VISIT CASTLES! :D



#VisitCzechRepublic

WHAT TO DO WHEN THIS IS OVER? GO HIKING! :D



Q&A