



**WELCOME
TO PRAGUE!**

Agenda

STUDENT LIFE TIPS AND TRICKS

WELCOME WEEK ACTIVITIES BY FSV UK

ACTIVITIES BY FTVS UK

ERASMUS STUDENT NETWORK (ESN)

ALUMNI EXPERIENCE

QUESTIONS & ANSWERS



FACULTY
OF SOCIAL SCIENCES
Charles University



Erasmus Student Network
Charles University Prague



Faculty
of Physical Education
and Sport





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MAREK JAKLOVSKÝ



Student life coordinator

Slovak studying/working/living in Prague

Working part-time in International Office

Last year master student → IR/Security Studies

Loves hiking, nature & technologies





IO MISSION

The role of the International Office is **not only** to manage your administrative documents...

But also to help you with anything you need.



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MY MISSION

To help students:

**Fit in well in
Czech Republic**

**Organize cultural
and social activities**

Meet new people



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FROM STUDENTS

OUR TIPS FOR YOU!

TO STUDENTS



Prague has a lot to offer

Museums

Galleries

Theatres

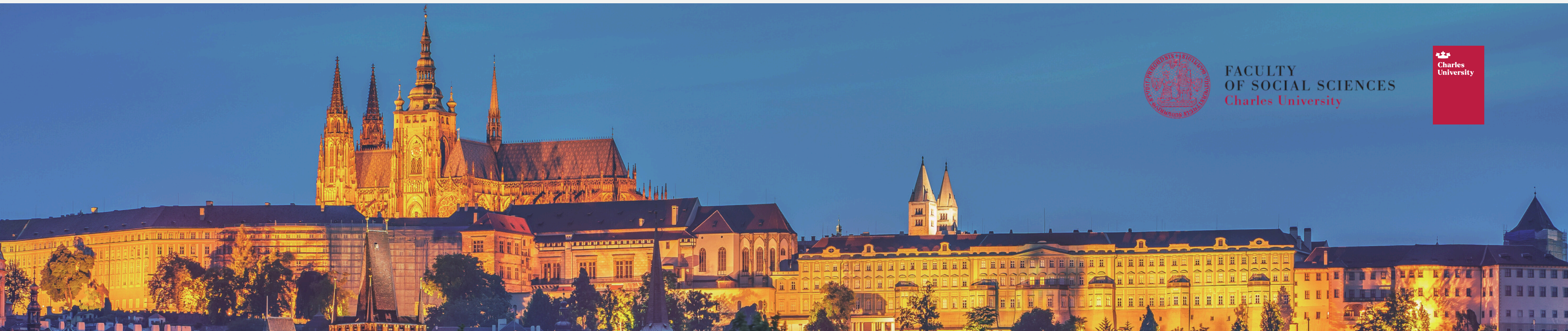
Excursions

Movie festivals

**Czech cultural
heritage**

Expositions

Etc.



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A C T I V E

- AT THE UNIVERSITY
- OUTSIDE THE UNIVERSITY
- ERASMUS GROUPS
- VACATIONS
- GYMS
- PARKS

P A S S I V E

SEVERAL OPTIONS

- FOOTBALL
- HOCKEY



VS



SPORT



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SOCIAL LIFE



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Events

Festivals

Pubs

Night life





GET DISCOUNTS ON:

Travel

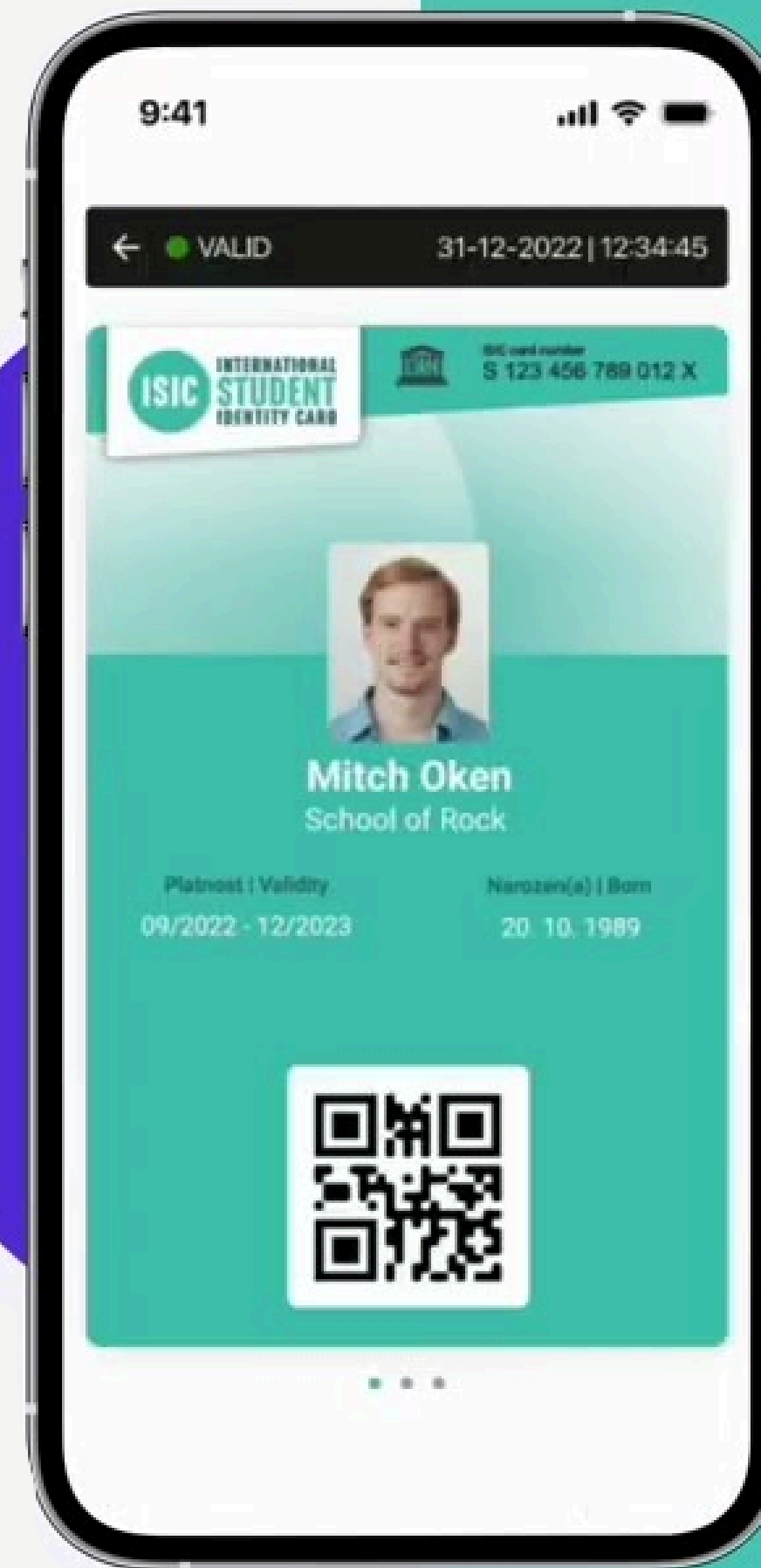
Food and drinks

Books

Groceries

Sports Activities

Cultural Activities



SCAN ME



NATIONAL THEATRE DISCOUNTS FOR ERASMUS STUDENTS

Check out more information about program,
events and discounts [here](#).

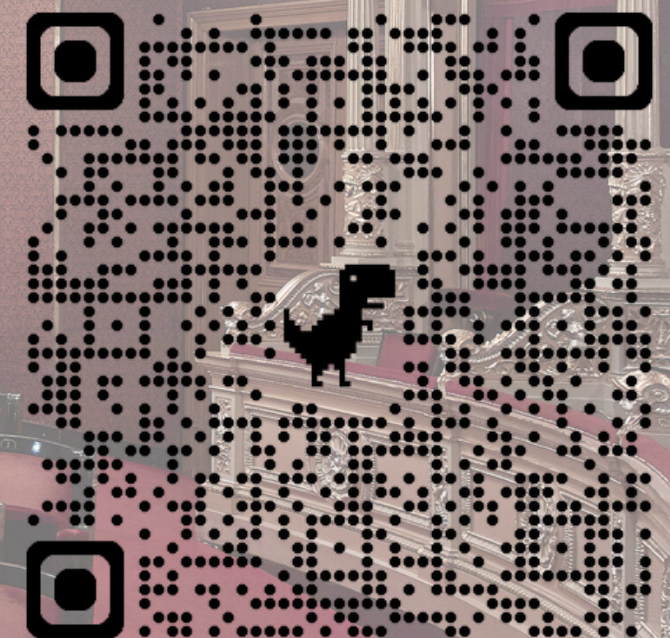
Národní  divadlo



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SCAN





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LOOKING FOR A SPACE FOR A STUDY SESSION?





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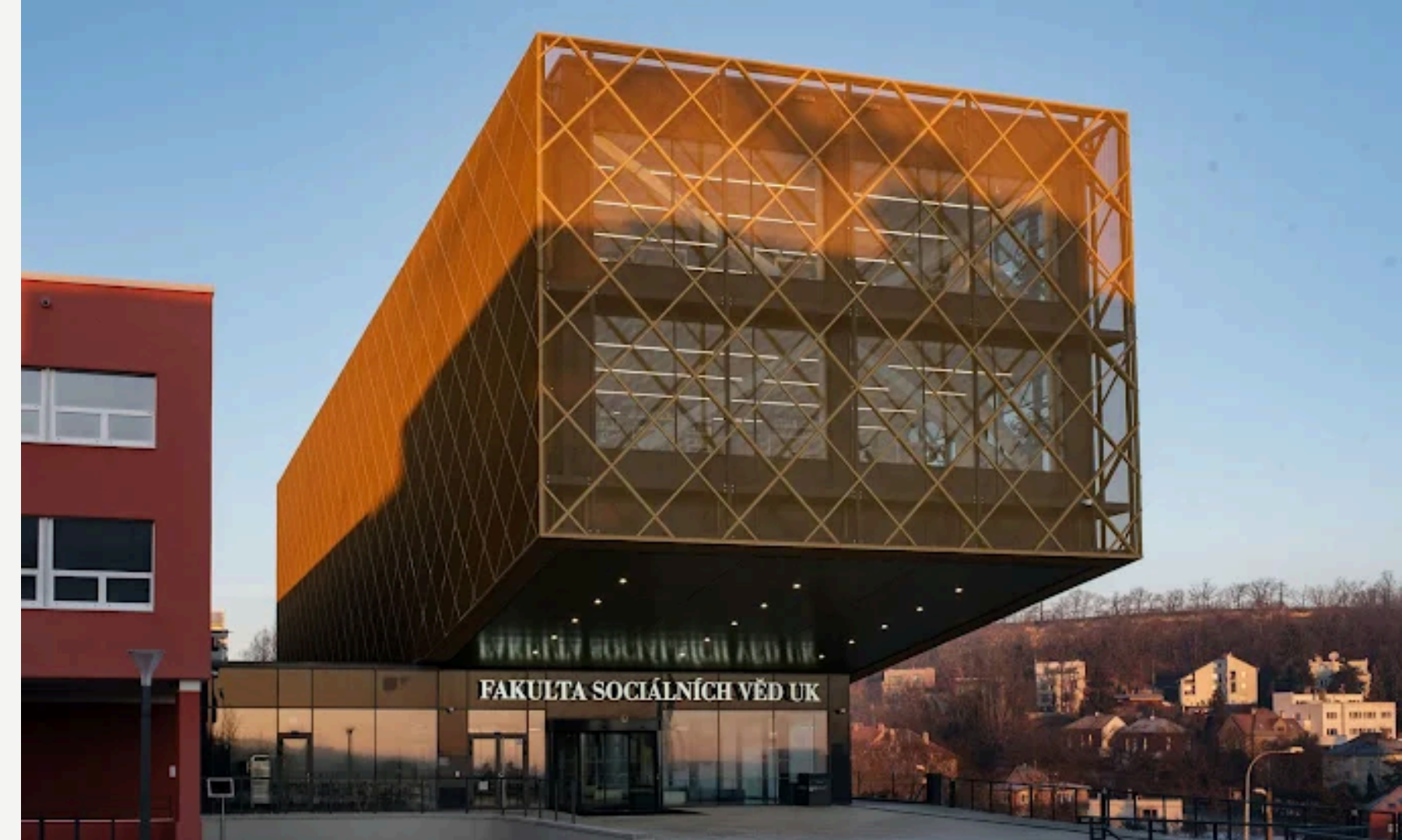
LIBRARIES

Jinonice Faculty Library

Address: U Kříže 8, 158 00 Praha 5-Jinonice

More info about study rooms are [HERE](#)

Beware that Jinonice library gets crowded during exam time. Plan accordingly.



National Technical Library (NTK)

METRO A STOP –
DEJVICKÁ

FREE ENTRY

LONG OPENING HOURS

BIG CAPACITY

Address: Technická 2710/6, 160 80 Praha 6e

More info about individual/team study rooms are [HERE](#)



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Library of the Czech Academy of Sciences

Address: Národní 1009/3, 110 00 Staré Město



Coffee Shops

"Maybe this coffee will help me
be more productive"

Coffee:





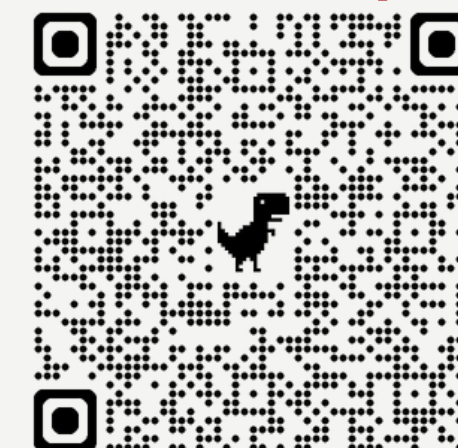
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SmetanaQ Café

Cafedu

*Map of Other
Coffee Shops*




SCAN ME

PARKS



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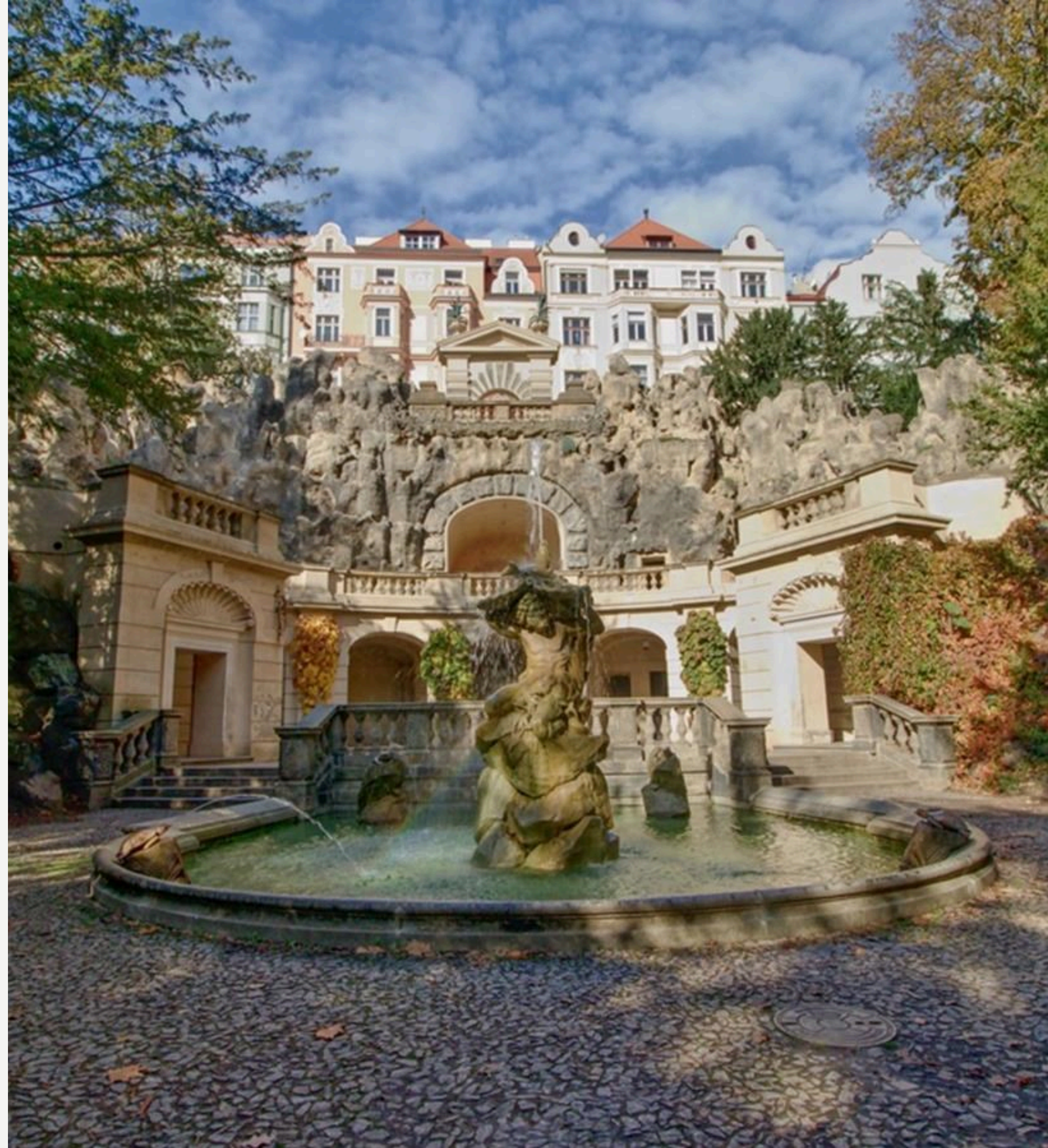
RIEGROVY SADY

PARKS

GRÉBOVKA



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PARKS

STROMOVKA



PLACES TO EAT

Prague has affordable restaurants to offer

ISIC discounts apply to some of the restaurants

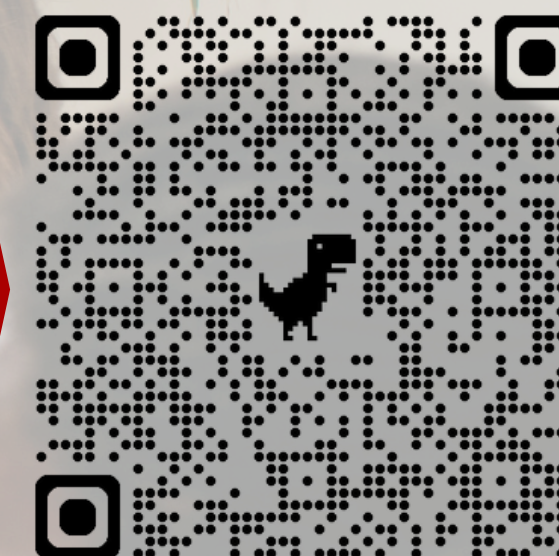
Options for vegans and vegetarians

BEWARE

Overpriced restaurants in city center

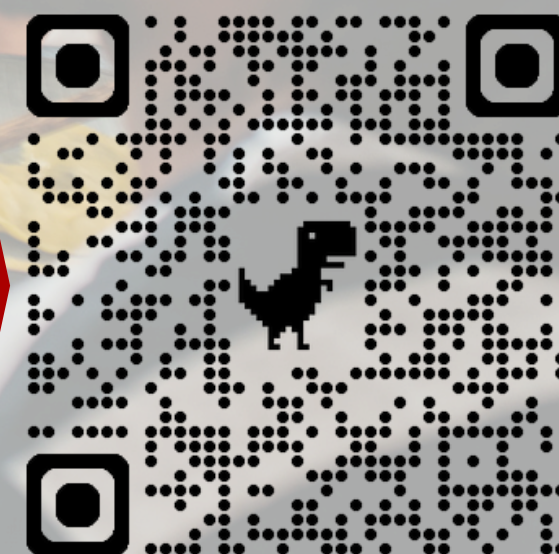
RESTAURANTS

SCAN



ISIC DISCOUNTS

SCAN



For Additional Tips



***CHECK OUT THE
“HONEST GUIDE”
YOUTUBE CHANNEL***





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CANTEENS

*CLOSEST TO FACULTY OF
SOCIAL SCIENCES*

Menza Arnošta z Pardubic: Voršilská 1, Prague 1

Menza Albertov: Albertov 7, Prague 2

Menza Právnická (Faculty of Law): Nám. Curieových 7, Prague



FINANCES

Exchange & Banks

Czech banks

International banks

Reliabale exchange offices

Current rate: 1 Eur = 24.30 Czk

Beware of scam exchange rates!!



**Raiffeisen Bank
International**



Revolut



KB

GROCERIES & ACCESSORIES

Better prices in groceries markets

Private markets usually more expensive



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TRAVELING TIPS



**Cards widely accepted
but carry cash.**

**Trains/buses: (RegioJet, Leo
Express) = comfy + cheap.**

**If you buy time-based tickets,
validate once.**

**Český Krumlov:
About 2.5-3 hours from Prague**

**Brno: Cool cafés, wine cellars, less
touristy**



ISIC STUDENT MONTHLY PASS

Price: 130 CZK / month (vs. 550 CZK adult)

Students 18-26 with valid Czech-issued ISIC

How to activate:

Register ISIC in PID Lítačka app / e-shop

Buy discounted pass online through PID Litačka app

Alternative: In-person at PID counter

Tip: Online registration recommended – faster & avoids chip issues



Join the WhatsApp Group!





WELCOME WEEK

& ACTIVITIES DURING THE SEMESTER

Organised by:

The Faculty of Social Sciences (FSV UK); By International Office (IO)

The Faculty of Physical Education & Sport (FTVS UK)

The Erasmus Student Network (ESN CU Prague)

FSV UK students clubs



MOMENTS SHAPING MODERN CZECH HISTORY



Jinonice - Room C117

12. 2. 10:30 - 12:00

CULTURE SHOCK - WORKSHOP

HOW TO DEAL WITH A NEW ENVIRONMENT?

JINONICE, ROOM C322

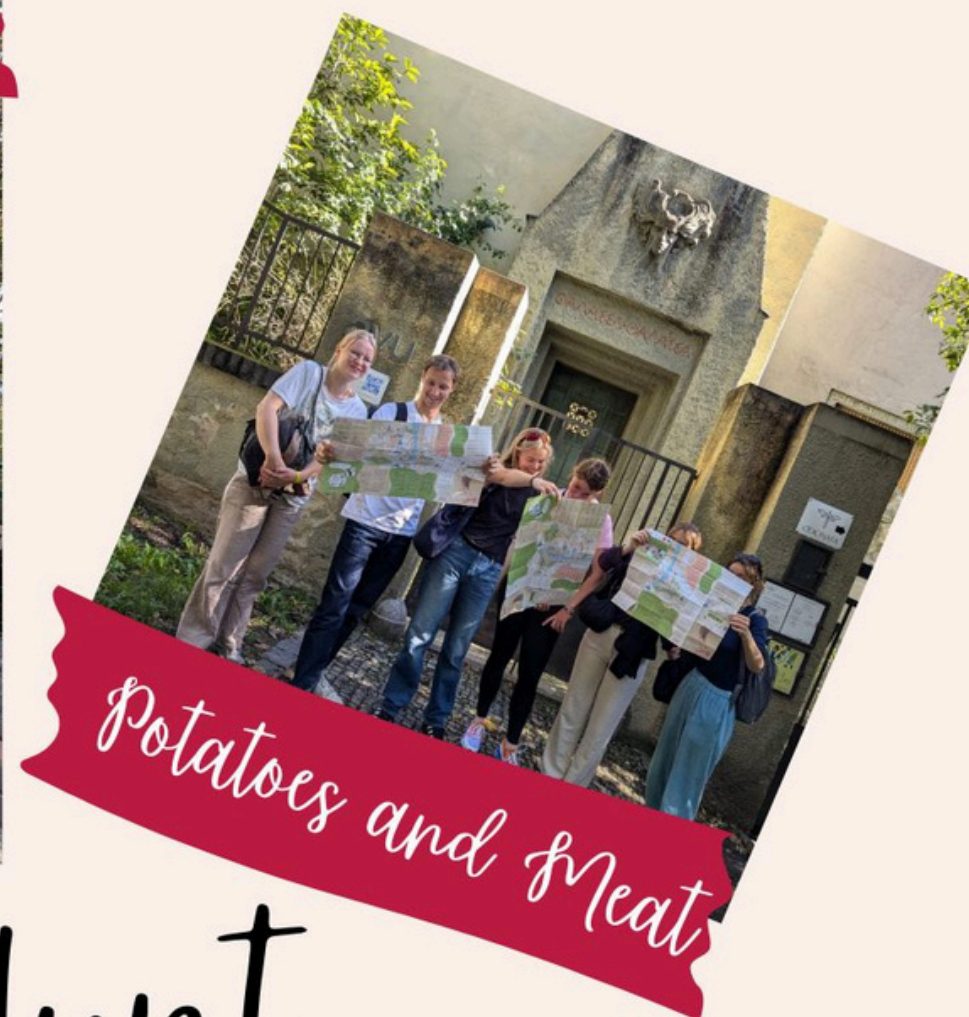
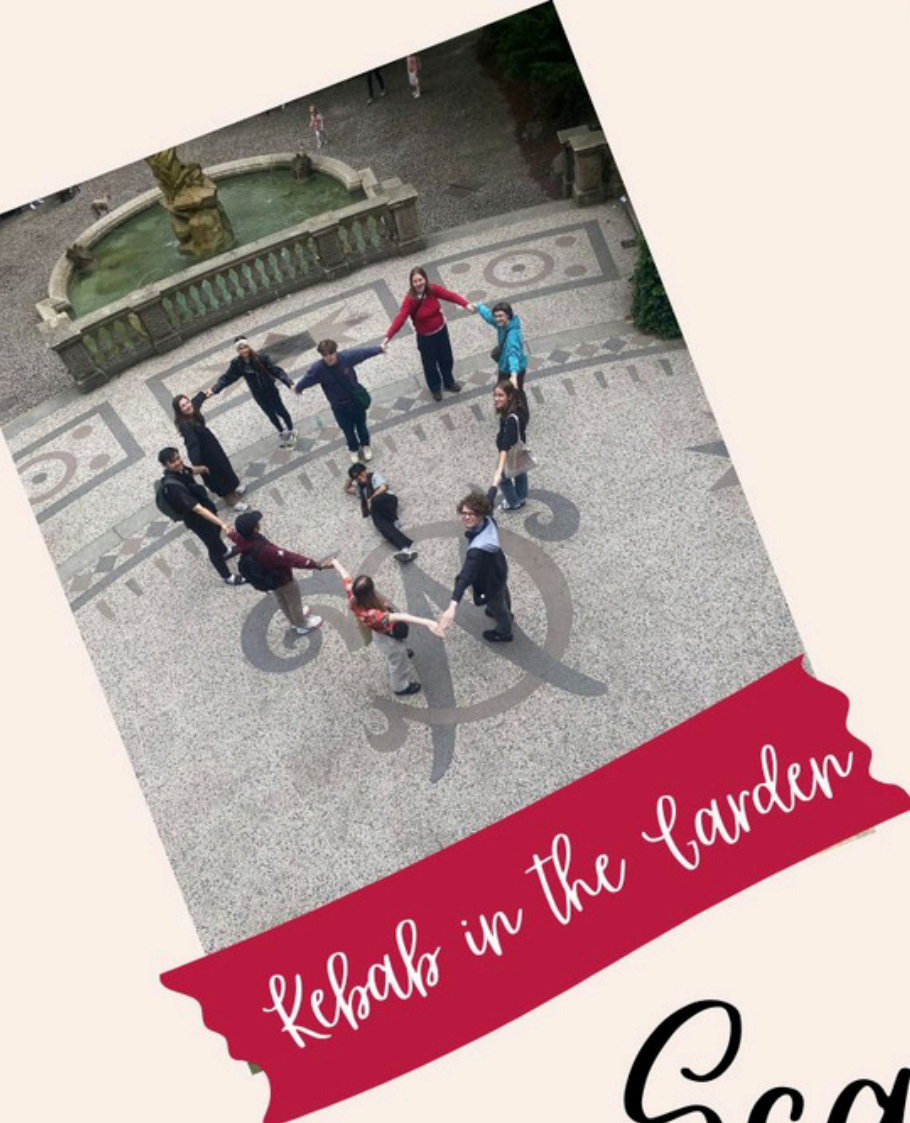
12.2. 14:00 - 16:30

ONLY 30 SEATS ARE AVAILABLE



**ENROLL
NOW!**





Scavenger Hunt

WINTER
SEMESTER 24/25



SCAVENGER HUNT BY THE IO



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STUDENT CLUBS

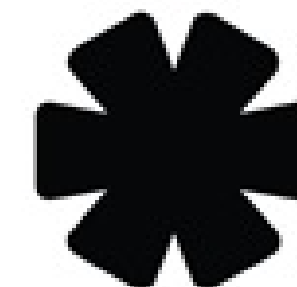
CHECK OUT MORE ON STUDENT CLUBS:



Institute of
International Studies
<https://www.facebook.com/imsfsvcuni/>



Miroslava –
Institute of Sociological
Studies
<https://www.facebook.com/iss.fsv.cuni.cz.en>



Institute of
Communication Studies
and Journalism
<https://www.facebook.com/studenti.iksz/>



Institute of Political
Studies
<https://www.facebook.com/ipsfsvuk>



Institute of
Economic Studies
<https://www.facebook.com/eklub.iess.cuni/>



Student club of English
study programmes
<https://www.instagram.com/fsv.uk.circle/>



THANK YOU!



Sport-cultural activities at Faculty of Physical Education and Sport

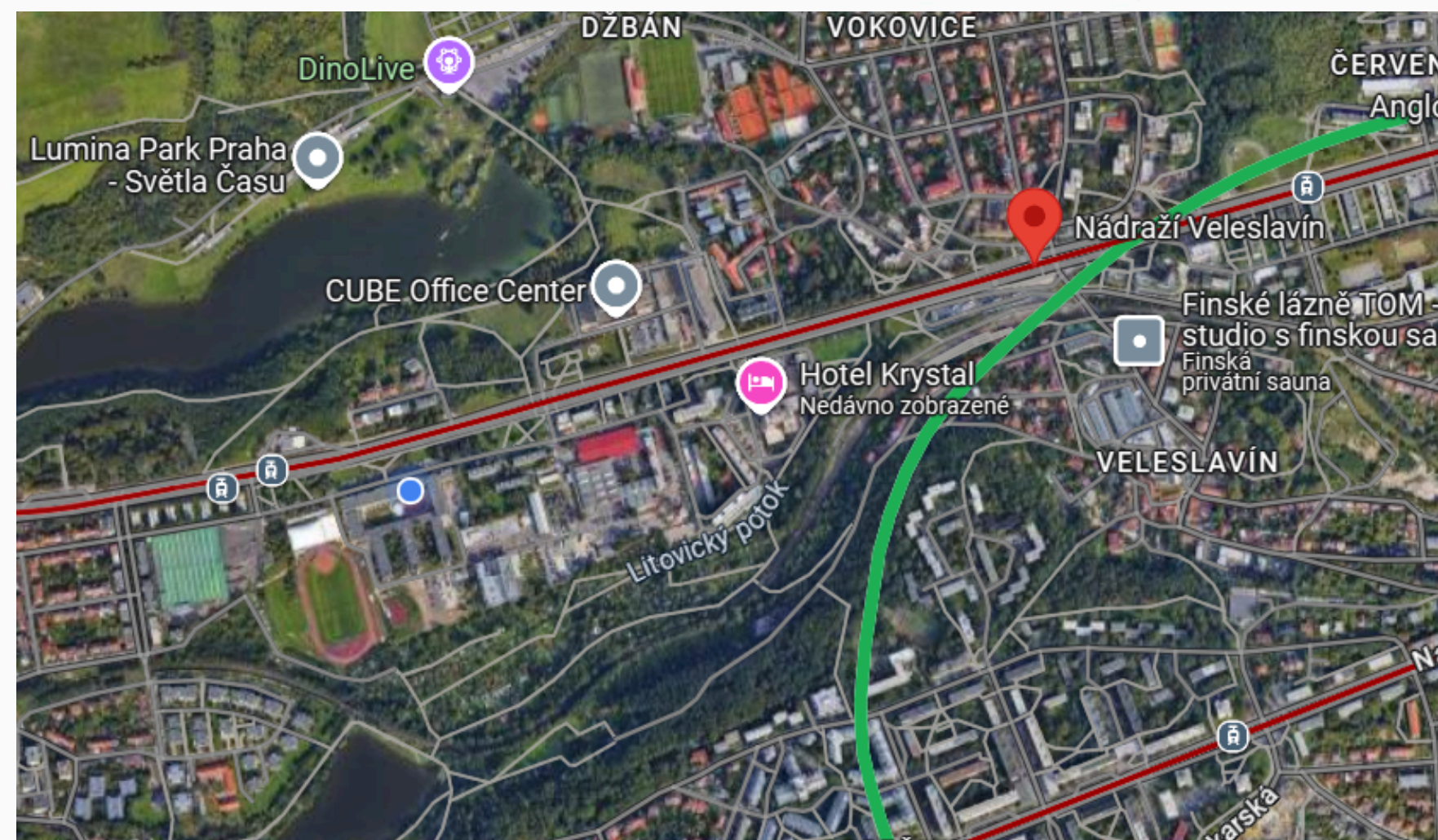
Welcome Week 2025/2026 Summer semester

Regular and irregular semester activities



Where is Faculty of Physical Education and Sport (FTVS)?

José Martího 31, Prague 6, 162 52, metro station Nádraží Veleslavín, tram station Nad Džbánem



Welcome Week activities 9.2.-13.2. at FTVS – what we offer

- Ice-breaking games 9.2. 18:00 (Creative Hub)
- Orienteering and kahoot/practical tips for Prague 10.2. 14:00-15:30 (Creative Hub)
- Walk / Hike in Divoká Šárka park 11.2. 11:00-15:00
- Czech Course 12.2. 9:00-10:30 (FTVS, H3)
- Tour de Prague´s historical sport sites 12.2. 14:00-15:30
- Volleyball 13.2. 10:00-12:00 (FTVS, airhall outside)
- Gym session Evropská 13.2. 13:00-15:00 (next to FTVS main entrance)
- Registering for activities through [google forms](#) – will be open on 29th January



Regular activities during semester starting 16th February at FTVS campus

- Mondays 18:00-21:30 Gym F (Blok H, FTVS campus) for Open sports evening
- Tuesdays 20:00-21:30 Air-inflated hall (outside, FTVS campus) for volleyball
- Tuesdays 20:00-21:30 Gym F for Basketball (FTVS campus)
- Tuesdays 18:00-19:00 Yoga and Pilates (FTVS, TC1-1)
- Thursday 19:00-21:00 Air-inflated hall (outside, FTVS campus) for martial sessions (grappling, self-defense)
- Friday 18:00-21:30 Air-inflated hall for volleyball
- **Some halls are still being confirmed to availability, so they may be subject to change**



Irregular activities (approx. once a month)

- Day trips (hikes, castles, bikes, nature etc)
- International dinner (at FTVS campus, culture sharing through food)
- Dancing classes
- Other cultural/sports events (pub quiz, board games etc)
- All scheduled events with registration forms will always be shared in due time via Whatsapp group



How to join the Whatsapp group?

- Join the FTVS Whatsapp community [HERE](#)
- Activities will be shared in the general channel („Activities and events FTVS CU“)
- You can also join specific sub groups for activities



Thank you for your attention

MĚNÍME
SVĚT POHYBEM



MOTION
IS OUR PASSION

Natálie Wolfová

natalie.wolfova@ftvs.cuni.cz

Andrea Duchoňová

andrea.duchonova@ftvs.cuni.cz





**Charles
University**

Faculty of Physical Education and Sport

**MĚNÍME
SVĚT POHYBEM**



**MOTION
IS OUR PASSION**

www.ftvs.cuni.cz

Erasmus Student Network Charles University Prague

Welcome to Prague!

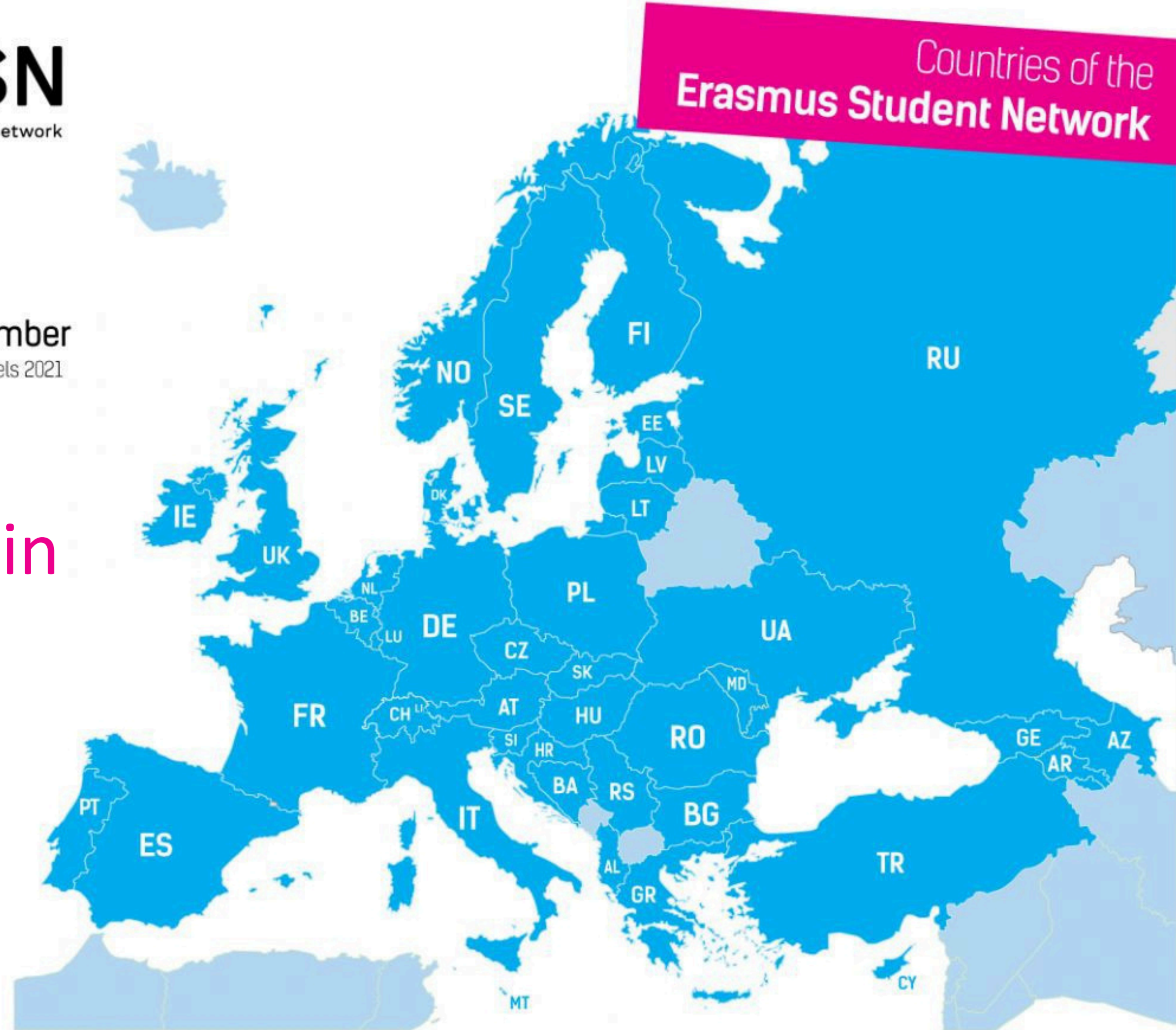




ESN is the key student volunteer organisation in Europe.

 ESN member
as of GA Brussels 2021

519 local sections in
45 countries.



Your ESN section at Charles University: *ESNCUPrague*



Welcome Weeks

- 2 weeks!
- 9. 2. - 22. 2. 2026
- Evening events in Prague
- Weekend trips around the Czech Republic



Welcome Week Summer Semester 2025/2026



Erasmus Student Network
Charles University Prague



Erasmus Student Network
Charles University Prague

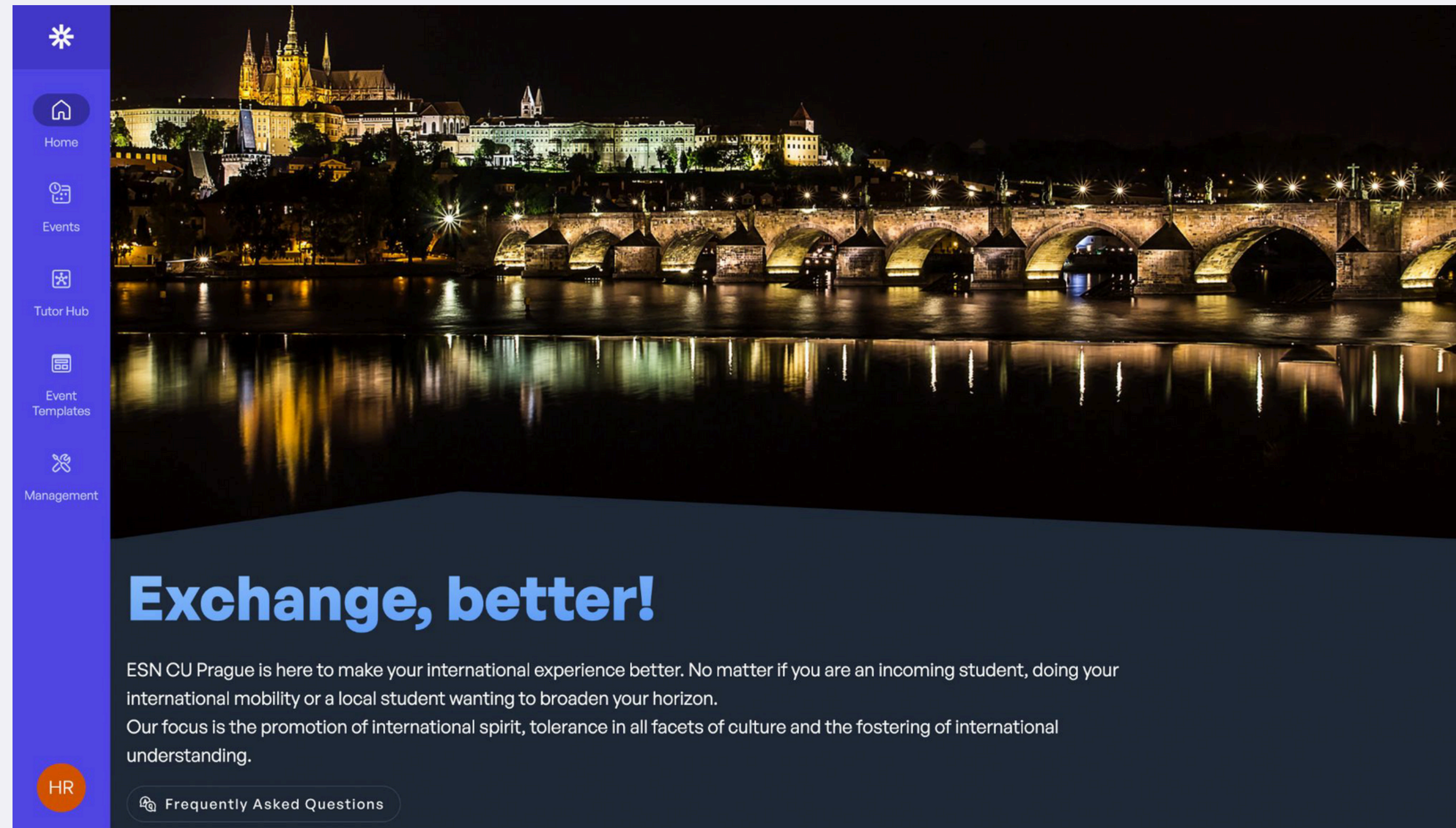
	Mon 9.2.	Tue 10.2.	Wed 11.2.	Thu 12.2.	Fri 13.2.	Sat 14.2.	Sun 15.2.	
8:00						Pilsen	Karlovy Vary	
9:00								
10:00								
11:00								
12:00								
13:00						Český ráj	Kutná Hora	
14:00								
15:00								
16:00								
17:00								
18:00	Country presentation - Czech Republic 7 PM	Sightseeing 3 PM			Board Games 5 PM	Český Krumlov	Brno	
19:00								
20:00		Pub Quiz 7 PM	International Dinner 7 PM					
21:00						Český Krumlov	Brno	
22:00								
23:00								
0:00								



Welcome Week Summer Semester 2025/2026

	Mon 16.2.	Tue 17.2.	Wed 18.2.	Thu 19.2.	Fri 20.2.	Sat 21.2.	Sun 22.2.
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00	Czech lunch 2 PM						
16:00		Sightseeing 3 PM					
17:00							
18:00							
19:00	Country Presentation - Slovakia 7 PM						
20:00		Pub Quiz 8:30 PM					
21:00							
22:00							
23:00							
0:00							

Registration via the ESN App (Website)



cu-prague.esn.world



Registration dates!

Monday 2.2. 10:00 events for first week

Wednesday 4.2. 10:00 trips for first weekend

Monday 9.2. 10:00 events for second week

Wednesday 11.2. 10:00 trips for second weekend



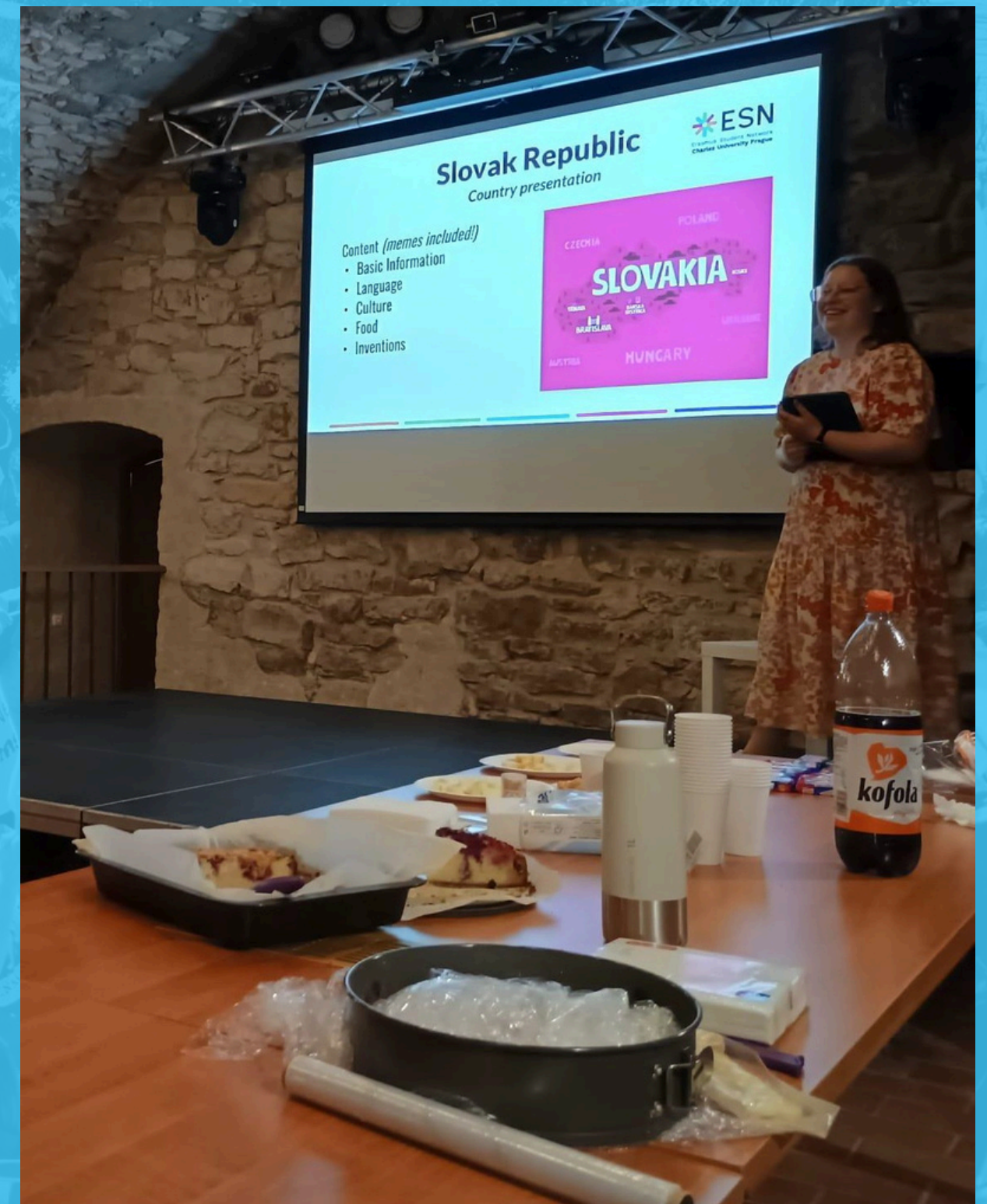


Erasmus Student Network
Charles University Prague



Trips





Culture Evening





Welcome Party





Sports





... and much more!



Duplex 8th of February
- more info soon!

Prague United party



CU Buddy programme

**Find friends from all over
the world!**

Register for free on Broaddy web
app and start helping 10.000+
international students
at Charles University.

broaddy<|



ESNcard

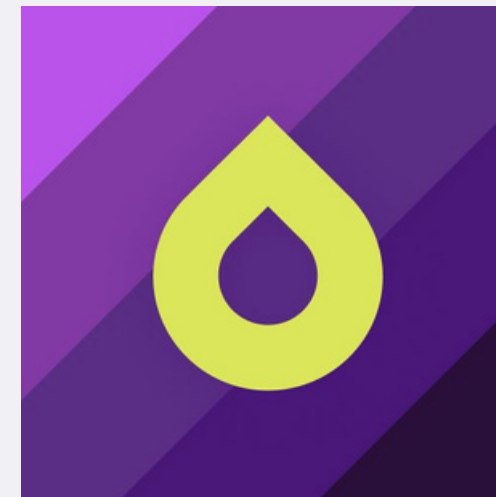
- **Many more advantages with the ESNcard!**
- **Thousands of discounts, see esncard.org**
- **Better prices for our paid events**
- **Gift for you included!**



400 CZK



A SIM card for free?
Absolutely.



The
Economist

ESNcard.org



Questerland - 15 % discount



CryptoCrew - 25 % discount



ESN CU Prague - merch

- price - 200 CZK (8 €)
- ONLY CASH!
- you can buy it during office hours
- limited amount



Office Hours

- Švehlova Dormitory (Slavíkova 1499, Prague 3)
→ **use the side entrance on Křížkovského 2 Street**
- Tram & Metro : Jiřího z Poděbrad
- Bus: U Prdlavky

OFFICE HOURS

Will be announced regularly throughout the semester on our website and social media!



5.2. 15:30-17:00

9.2. 16:00-17:30

13.2. 10:30-
12:00

18.2. 17:00-
~~18:30~~ 17:30-19:00

Office Hours during Welcome Weeks

OFFICE HOURS

Will be announced regularly throughout the semester on our website and social media!



WhatsApp group for this semester



Culture evening group YOUR HELP
NEEDED!



Don't forget to follow us!



@esncuprague

linktr.ee/esncuprague



www.esncuprague.cz



<https://cu-prague.esn.world/home>





Erasmus Student Network
Charles University Prague

info@esncuprague.cz

www.esncuprague.cz



IMPORTANT NOTE

FROM THE INTERNATIONAL OFFICE COORDINATORS



On Friday, 30 January, **another system check will take place** to confirm whether all students completed **the online enrollment via ID verification (or emergency method) and gained their SIS login data (password)**. Should you fail to set up your password for SIS by then, you will be contacted by the IO.

It is most important that you start your ID verification immediately to set up your password. **Without SIS access, you will not be able to register for courses on 5 February from 11:00 AM CET.**

Course registration is online and works on a *first come, first served* basis, which means **the sooner you start, the better chance you have for getting the course you want/need.**

Colleagues from the **ServiceDesk** team are here to help you, but you must start ASAP and provide them with screenshots and precise information.

