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Welcome to Hradec Králové



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University of Hradec Králové



ESN BUDDY SYSTEM
HRADEC KRÁLOVÉ

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The mission of the University of Hradec Králové concerns three essential tasks:

- set up opportunities for full development of the abilities of all interested applicants,
- enable this development through the provision of high-quality educational programmes,
- contribute to the competitiveness of the region as well as to the quality of its citizens' lives.





A WORD FROM RECTOR

DEAR FOREIGN FRIENDS!

The next few pages of this publication aim to help you acquaint yourself with the University of Hradec Králové. Welcome!

During my life I have had the opportunity to study at universities, both at home in the Czech Republic and overseas. Now as professor, dean of faculty and rector of university with international renown I regularly travel abroad – as a part of my role – to visit other universities and institutions and have the privilege to see amazing places and meet a countless number of inspiring personalities. I always find, when I return back home, that I feel enriched and strengthened in my conviction – which is, that by sharing professional knowledge, experience and culture through friendly personal interaction, we can achieve higher goals and elevate ourselves personally.

And now, as rector of the university, I would like to warmly invite you to take the opportunity to visit one of these inspirational places, the University of Hradec Králové! A beautiful, welcoming and safe university, rich in tradition and

young in spirit as the whole of the country. I believe that here in Czechia and Hradec Králové particularly, you will find many places of natural beauty and a fascinating cultural heritage. At the university itself, you will find a comforting atmosphere with friendly colleagues who are ready to develop your ideas while sharing their experiences with you. It is easy to find a study course or research area that interests you here and we will be pleased to be by your side as you undertake your educational journey. We have an excellent track record of international relations, and do our best to help our foreign visitors feel both professionally and personally accommodated.

Ladies and gentlemen, we hope that you too will become a member of our large – and still growing – global family, centred around the University of Hradec Králové.

We would like to congratulate you in advance for your excellent choice!

Yours Sincerely, Josef Hynek



EXPLORE THE CZECH REPUBLIC

ABOUT THE COUNTRY

Czech Republic is a small country located in the heart of Europe.

Borders of this country has changed many times over its 1000 years of existence. Country surrounded by mountains from almost every side it spreads on 78,867 square kilometers. Changing of the landscape varies surprisingly quickly from the plains to the highest peaks of the Czech mountains.

Czech Republic is well known for its natural treasures located all over the country. Starting with Krušné hory and Šumava on the west, following the stream of the Elbe river to the Krkonoše mountains, then back to the middle through the protected area Český ráj and the capital Prague and further to the east through historical cities like Kutná Hora and Brno to the most east parts of the Slovakian borders. Diverse plants and animal species with the

various landscapes are attractive all year round. New and old elements are connected in the architecture and rich history of the Czech towns. You can feel the tension exploring the mysterious old parts and finding new thrill looking at the modern buildings spread through them.

Traditional Czech food consists of two or more courses. Starting with soup, followed by the main course and sometimes desserts. The typical Czech cuisine is mostly meat oriented these days. Come and taste the specialities like Svíčková na smetaně (beef in cream)!

The climate in the Czech Republic varies from season to season. Harsh winters are replaced by the hot summers. Average temperatures vary between -15 to 30 degrees of Celsius in the worst/best case scenarios. Don't forget to bring warm clothes for the winter!



In the Czech Republic, the main currency is the Czech crown. Because of this it might sometimes be difficult to compare prices of goods and services to your home country.

Facts about Czechia

Full name:	The Czech Republic
Population:	10.5 million
Position:	Central Europe
Capital:	Prague
Area:	78.867 km ²
Major language:	Czech
Major religion:	Christianity
Monetary unit:	CZK
International dialing:	+420
Avarage temperetatures:	- 15 to 35°C
Highest peek:	Sněžka - 1602 m

Did you know...?

The word "robot" comes from the Czech language (robota = "work", "hard work" in some dialects) and was first introduced in Karel Čapek's science-fiction play R.U.R. (Rossum's Universal Robots).

The soft contact lens was invented in Czechoslovakia by professor Otto Wichterle in 1961.

The sugar cube was invented in the Czech town Dačice in 1843.

The word "Czech" is an adjective and therefore should not be used as the abbreviated name of the country.

The Bata shoe Organization was founded in Zlín, Czech Republic, in 1894 by Tomáš Baťa and is the largest shoe retailer and manufacturer in the world.

The Czech film Kolja ("Kolya" in English) won the Academy Award for Best Foreign Film in 1996. In 1984 the Nobel Prize in Literature was awarded to the Czech poet Jaroslav Seifert.



HRADEC KRÁLOVÉ

ABOUT THE CITY

There's a small/big city in Bohemia, Czech Republic. It lies on the confluence of the Elbe and Orlice rivers. This city is called Hradec Králové, you could say small by the number of inhabitants, but big because of its culture, industry and education. Connecting the old history of the town originally donated by the king to his wife with new and improving infrastructure, that is Hradec Králové, the city where you will spend your next months.

The story of Hradec Králové goes back to the ancient times. In the middle age the grounding of the Holy Spirit Cathedral was laid down. Located on the big square, Holy Spirit Cathedral belongs with the City Hall and the White tower among the city dominants. From the dowry city, through the military base Hradec has developed to one of the most beautiful cities in the Czech Republic. During its biggest era it was even called the „Saloon of the Republic“.

On your sightseeing tour through Hradec you should definitely stop by the beautiful parks such as Jiráskovy sady, where you can reach the influence of the rivers which the city lies on. On the other hand you can visit the Šimkovy sady, where the famous musical festival „Majáles“ is held in the end of April.

„The city of universities“ is what you can call Hradec Králové today. Within its walls reside 5 institutions of University of Hradec Králové, Faculty of Pharmacy and Faculty of Medicine from Charles University and also University of Defense. Number of students studying in Hradec Králové is enormous.

Isn't that enough? You can also visit the winter stadium, football stadium, Museum, theatres, cinemas and much more!



HK facts

Full name: Hradec Králové

Population: 93,035

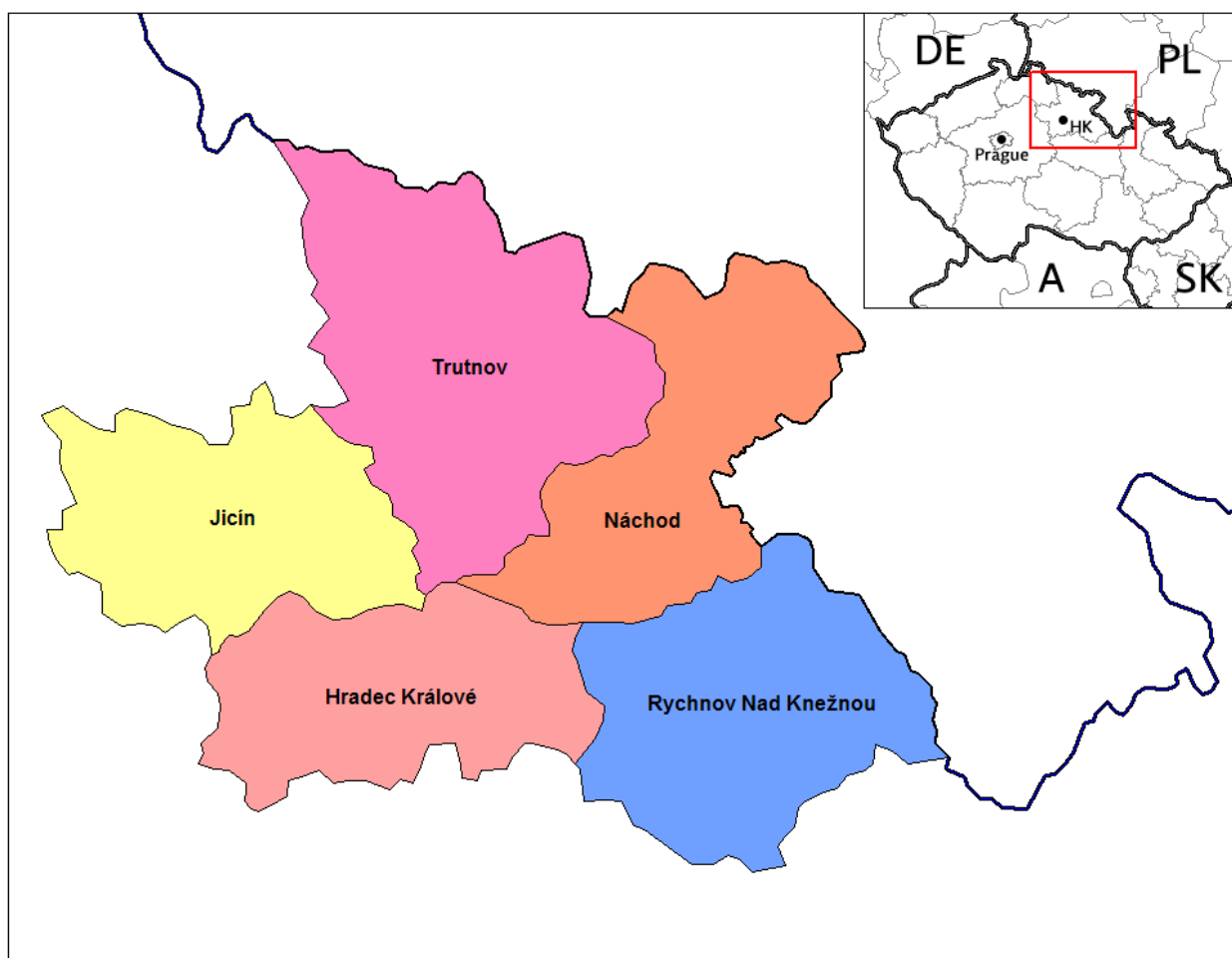
Region: Královéhradecký

Ranking: 8th largest city

Area: 105,69 km²

Postal code: 500 00

Website: www.hradeckralove.org



UNIVERSITY OF HRADEC KRÁLOVÉ



CONTACT INFORMATION

Name and address:

University of Hradec Králové

(Univerzita Hradec Králové)

Rokitanského 62

500 03, Hradec Králové 3

Phone: +420 493 332 508

Fax: +420 493 332 544

E-mail: info@buddyhk.cz

Web: www.uhk.cz



GENERAL INFO

Meet the dynamic and youthful environment of the University of Hradec Králové (UHK) – an institution founded in 1959 that has borne its present name since 2000. The University of Hradec Králové provides high-quality tertiary education within a large scope of study fields that comprise Social Sciences, Humanities, Educational Studies, Natural Sciences and Information Technology Studies. Applicants can choose from dozens of study programmes that cover almost one hundred study disciplines.

The large number of applications submitted to the University every year demonstrates high standard of education at the University, and it confirms its excellent name. The University of Hradec Králové prepares qualified specialists that succeed on the local labour market as well as abroad. In 2010, the University received the Diploma Supplement Label, a certificate issued by the European Commission

UHK facts

Founded: in 1959
 4 faculties
 1 institute
 1 Administrative unit - rectorat
 University library
 Gaudeamus publishing house
 9032 students
 3300 beginners
 550 employees (350 academic)
 66 study programmes

confirming that the University meets all standards of European tertiary education institutions.

The University campus “Na Soutoku”, (“At the Confluence”), is situated conveniently in the town centre within walking distance of other university buildings, the Research and Study Library, and the old town with many cozy restaurants and bars. In addition to classrooms and lecture halls equipped with latest technology, the campus includes the University Library and Gaudeamus Publishing House, a textbook shop, and an art gallery.

The University of Hradec Králové consists of five parts: Faculty of Education, Faculty of Informatics and Management, Philosophical faculty, Faculty of Science, Institute of Social Work.

TRADITION

Education of teachers in Hradec Králové has a long history which dates back to 1775, when the teresian education revolution took place. In 1959 the institute was established under the name of the Institute of Education with the purpose of training teachers for both levels of elementary schools.

In 1964, the Faculty of Education was established by merging Institutes of Education in Hradec Králové and Pardubice. In 1992 the University of Education in Hradec Králové was established. In 1993 new faculty has been added. That was the Faculty of Management and Information Technologies which was later in 2000 renamed to Faculty of Informatics and Management. Name of the university was changed to University of Hradec Králové later that year.

In 1997 a new building was built under the name „Building of Common Education“ which won the architecture prize as the Building of the year in 1998. New building of Faculty of Informatics and Management was build in 2008 which was the beginning of the efforts to connect the faculties and build a new university campus.

One by one new faculties were established which made University of Hradec Králové an important institution of higher education.

FACULTIES

- Faculty of Education
- Faculty of Informatics and Management
- Philosophical Faculty
- Faculty of Science
- Institute of Social Work

All of the faculties are spread within the center of Hradec Králové which sometimes require a little walk to take your classes.

ACADEMIC YEAR

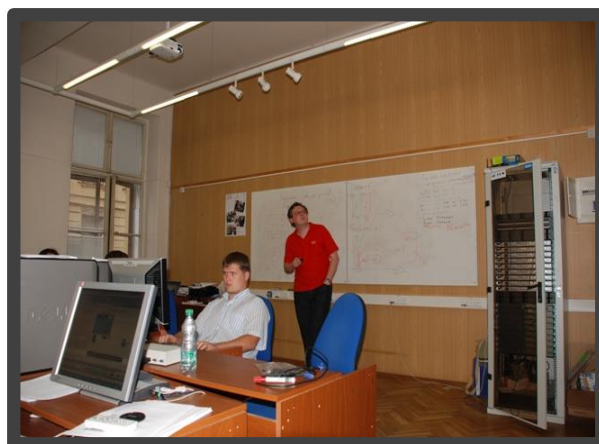
The academic year is organized in 2 semesters.

The winter semester usually starts third week in September and ends in December; the summer semester begins in February and ends in July. Semester is always followed by 6 weeks period of exams.

GRADING SYSTEM

In the Czech universities you can get grades from 1 to 4. 1 is the best possible grade, 4 is the worst possible one. **You need to get at least 3 to pass your exam.**

ECTS	POINTS	CZECH
A	100 – 90	výborně (1)
B	89 – 80	velmi dobře (2)
C	79 – 70	
D	69 – 60	dobře (3)
E	59 – 50	
F	49 - 0	nevyhovující (4)





INTERNATIONAL COLLABORATION

EXCHANGE IN HRADEC KRÁLOVÉ

You can find everything you would possibly need for your stay here:

NAEP

**National Agency for European
Educational Programmes**

www.dzs.cz

info@dzs.cz

If you decide to do an Erasmus+ placement in Hradec Králové, you should contact your home HE Institution for information about application procedure etc. You can also contact your Erasmus faculty coordinator or directly the University of Hradec Králové for some help with finding placement in Hradec Králové.

ERASMUS COORDINATORS

Each faculty has its own coordinator for international affairs. Below you can find a list of the faculties with contact information for their administrative office. Students can contact faculties' coordinators about academic topics. Names of the coordinators are written below.

Faculty of Informatics and Management

Bc. Vendula Pourová

vendula.pourova@uhk.cz

Philosophical Faculty

Mgr. Martina Eliášová

martina.eliasova@uhk.cz

Institute of Social Work

Jana Popeláková

jana.popelakova@uk.cz

Faculty of Education

Ing. Petra Nosková

petra.noskova@uhk.cz

Faculty of Science

Mgr. Jana Novotná

jana.novotna.2@uhk.cz





STUDY EXCHANGE IN HRADEC KRÁLOVÉ

NECESSARY FORMALITIES

VISA (NON EU CITIZENS)

Foreign citizens who are subject to visa requirement are obliged to apply for a visa prior their entry into the Czech Republic at the authorized Czech diplomatic mission/consular post. If there is no Czech diplomatic mission or consular post in the applicant's country, an application for a visa may be submitted to the nearest Czech diplomatic mission consular post.

For EU citizens visa is not required! It could take 2 months to get a visa, so don't forget to apply on time!

More information about visa requirements you can find on this web page:
http://www.mzv.cz/jnp/en/information_for.aliens/general_visa_information/index.html

RESIDENCE PERMIT

As a student in the Czech Republic, you are obliged to obtain a residence permit if staying more than 90 days. If your application is OK, you will receive a residence permit for the purpose of studying in the Czech Republic. Students have to apply for a residence permit on-site in the Czech Republic.

A residence permit in a Member State for the purpose of studying is mandatory for all international students. Non EU countries: It is obligatory for students from non EU countries to have a residence permit/visa before coming to the Czech Republic - it doesn't matter how long they will study here. Students must apply for a temporary residence permit at the Czech embassy, consular or diplomatic mission at home or in the nearest country.

WHERE YOU CAN GET YOUR RESIDENCE PERMIT?

ADDRESS:

Department for Asylum and Migration Policy
(Odbor azylové a migrační politiky)
Ulrichovo náměstí 810/4
Hradec Králové

Phone: +420 974 539 813

OFFICIAL HOURS

Monday and Wednesday:

8:00 – 17:00

Tuesday and Thursday

8:00 – 11:30

Friday

8:00 – 11:00

(by appointment)

Within three days of arriving to Hradec Králové, you need to confirm your residence permit at the Office for Foreigners.

FULL APPLICATION MUST HAVE:

- **Application form**
- **Copy of your residence permit/visa** (only non EU citizens) and the original as proof
- **Copy of a valid Identity card or Passport** (first page) and the original as proof
- **Copy of your Acceptance letter and the original** (as proof that you are enrolled in a recognized educational institution)
- **Copy of your European health insurance card** (and the original as proof) or other health insurance policy, but it has to be translated into Czech language

→ **Declaration of finances** (as proof of sufficient resources during the period of residence)

→ **Declaration of temporary residence:**

*** If you are staying in a private accommodation:** confirmation from your private accommodation – Signed or bring a copy of your lease contract

*** If you are staying in the Student dormitories,** they will take care of that.

HEALTH INSURANCE

All international students must have a health insurance during their stay in the Czech Republic. Students from EU countries need a Health Insurance Card and its photocopies.

Students from countries outside the EU must bring a document confirming that they have insurance in their home country along with their passport.

TRAVELLING TO HRADEC KRÁLOVÉ

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BY PLANE

You can fly to our Capital city Prague. Also, you can fly to one of our neighbour countries: Germany (Frankfurt, Munich, Berlin), Austria (Klagenfurt, Vienna), Poland (Warsaw, Cracow) and Slovakia (Bratislava, Košice). From there you can take a train, a bus or a taxi. But we recommend to fly to Prague.

BY TRAIN

You can go to Hradec Králové by train from all major surrounding cities. Hradec is not one of the important railway junctions, so you will probably need to switch some trains to get there. You can check the connections here:

www.thetrainline-europe.com

www.idos.cz

BY BUS

As stated before Hradec Králové is not one of the main transportation junctions. You can find more information at:

www.studentagency.eu

www.idos.cz



From airports

Czech Republic

Prague (PRG) -> Hradec Králové

- 141 km; 1 h 35 mins by CAR

Germany

Frankfurt

- 627 km; 5 h 49 mins by CAR

Munich

- 497 km; 4 h 43 mins by CAR

Berlin

- 447 km; 4 h 28 mins by CAR

Austria

Klagenfurt

- 600 km; 6 h 44 mins by CAR

Vienna

- 281 km; 3 h 39 mins by CAR

Poland

Warsaw

- 524 km; 6 h 22 mins by CAR

Cracow

- 405 km; 4h 25 mins by CAR

Slovakia

Bratislava

- 284km; 3h 28 mins by CAR

Košice

- 550km; 7h 12 mins by CAR



ACCOMMODATION

STUDENT DORMITORY

Students from University of Hradec Králové are provided with accommodation at the university dormitory Palachova. It is situated in the southern part of the city. There is a convenient bus connection to faculties and the city center.

Dormitory is divided to a several parts marked from A to G. There are three flats on each of seven floors consisting of two rooms. Kitchen and sanitary facilities are shared for each flat. There is a fridge with a freezer and an electric stove of two hotplates in the kitchen, but it is not equipped with kitchenware. Each student is provided with a desk, a bed with a pillow, a duvet and bed linen. **Internet is accessible at the whole dormitory.**

At the dormitory grounds there is a playing field. Fitness room, table-tennis, piano, TV, internet room and laundry are situated at the dormitory basement. Laundry is the only paid-for service.

You have to pay the rent for the whole semester in one single installment; you can pay when you arrive in the dorm by credit card or in cash. The full amount is near 12000 CZK for 5 months.

PRIVATE ACCOMMODATION

A bit more expensive and probably more comfortable way of staying in Hradec Králové is renting a private room or a flat. From our experience, it only pays off if you share a flat with more people and you should take into account that you won't be in touch with other international students if you live out of the dormitory. Renting a private room will cost you from 5000 – 7000 CZK per month.

You can check the website below where you can find lots of student's rooms and apartments:

www.flat.real-estates.cz
www.hradec.foreigners.cz
www.forstudents.cz

CONTACT INFORMATION

Dormitory Palachova

(Palachovy koleje)

Jana Palacha 1137

500 12, Hradec Králové

Telephone: +420 493 336 000

E-mail: koleje@uhk.cz

TEMPORARY ACCOMMODATION

If you are looking for a place to stay a couple of days or a week, you can book a hotel. You can find some links to temporary accommodation below:

Hotel Černigov

Riegrovo náměstí 1494
500 02, Hradec Králové
www.hotelcernigovhradeckralove.com
info@hotelcernigovhradeckralove.com

Hotel Garni

Na Kotli 1147
502 96, Hradec Králové
recepce@hotelgarni.cz
Tel.: +420 495 763 600



UNIVERSITY LIBRARY

The Library Information System of the University of Hradec Králové consists of the University of Hradec Králové Library and 5 faculty libraries.

To access the library you will need an active ISIC card.

University library is located in building A also known as the „Building of Common Education“ (Budova společné výuky).

CONTACT INFORMATION

Library of University of Hradec Králové

(Knihovna univerzity Hradec Králové)

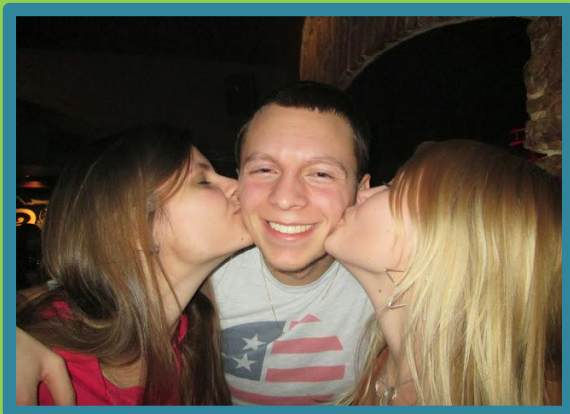
Hradecká 1227

500 03, Hradec Králové

Telephone: +420 493 331 333

E-mail: knihovna@uhk.cz

Web: www.arl.uhk.cz



LIVING IN HRADEC KRÁLOVÉ

MOVING AROUND HRADEC KRÁLOVÉ AND CZECH REPUBLIC

BY BUS

There are 26 regular bus lines in Hradec Králové and they drive more or less often during the day. The city bus is the only means of public transportation in Hradec Králové and it is for a reasonable price. The easiest way to buy a ticket is to buy it in the bus or in a news stand. The cost of this ticket is 18 CZK. The easiest way of riding the bus is to buy a **CITY CARD**.

You can find the connections here:

www.idos.cz

CITY CARD

City card is mainly used for the public transportation in Hradec Králové and also the neighbor city Pardubice. In public transportation you can always buy ticket directly in the bus, but this card saves your time and also money.

The ticket bought through the city card costs less.

There are three possible ways of using the city card.

- **Electronic card** is used to deposit certain amount money to the card. Every time you pay with the card, value will be withdrawn from your credit.
- **Time fare** is a service for a certain price that will allow you to use the public transportation freely for a time period.
- **Combination** is a good way of using the card to its full potential.

More information about the city card can be found at:

www.dpmhk.cz



BY TRAIN

You can go around the Czech Republic and neighbouring countries by train. Usually you can get a group discount, if more people travel. **Check train connections to Hradec Králové, around the Czech Republic and to neighbour countries here:**

www.idos.cz

BY TAXI

Taxis operate 24 hours a day and they are a very popular public transport, especially after a good party. They are not particularly expensive if people share fares. Usual price is around 100 – 150 CZK for the taxi. Some taxis can be found below:

www.100taxi.cz

www.maxi-taxi.sluzby.cz

BY BIKE

A very convenient way of travelling in Hradec Králové is riding a bike. As there are really few hills in the city and quite good infrastructure for cyclists, you don't have to be afraid to cycle.

It is, however, more convenient during spring and summer. It is advised to get some second-hand bike and a good wheel lock.

CARPOOLING

Lately carpooling became quite popular among students. It's the sharing of a car journeys so that more than one person travels in a car and it is a good way to save some money, contribute to environment and meet people. Check for carpooling offers in Czech Republic and some neighbouring countries at:

www.blablacar.com

www.carpooling.com

FREE TIME

TOURIST INFORMATION OFFICE

Studying in a foreign country means that you will be a tourist sometimes. For tourist information and promotional material about the Czech Republic you can visit the Tourist Information Centre.

WALK AROUND THE „SALON OF THE REPUBLIC“

- **HOLY SPIRIT CATHEDRAL**
- **WHITE TOWER**
- **FORMER BREWERY**
- **ŽIŽKA'S GARDEN**
- **MUSEUM OF EASTERN BOHEMIA**
- **MASARYK'S SQUARE**
- **ULRICH'S SQUARE**
- **JIRÁSEK'S GARDEN**
- **REMNANTS OF THE FORTIFICATION SYSTEM**

TOURIST INFORMATION CENTER

Gočárova 1225
500 02, Hradec Králové
Telephone: +420 495 534 482
E-mail: icko@ic-hk.cz
Web: www.ic-hk.cz



FOOD AND DRINKS

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DRINKS

- **CAFÉ NA KOLE** (best coffee)
- **CROSS CAFÉ** (coffee and desserts)
- **DOBŘÁ ČAJOVNA** (best tea room)
- **LOCALIS** (great coffee)
- **PIVOVARSKÁ BRÁNA** (several kinds of beer)
- **BAR NO. 1** (more than 100 kinds of rum)

FOOD

- **ZDRAVÁ BAŠTA** (healthy food)
- **SANTA MARIA** (best Italian food)
- **MEXITA** (Mexican and Italian food)
- **ROYAL MAHARAJA** (Indian food)
- **IL TORO** (pizzeria)
- **U DVORA** (Czech food)
- **CHOOSY** (best burgers and sandwiches)

LATE NIGHT SNACKS

- **ALANYA** (kebab)
- **KFC**
- **MCDONALD'S**
- **MAXIM** (burgers)

SHOPPING CENTERS

- **EUROCENTER** (www.eurocenter.cz)
- **OC FUTURUM**
(www.futurumhradec.cz)
- **OC ATRIUM**
(www.ocatrium.amadeus-real.cz)

LEISURE AND SPORT

CITY PARKS (jogging, walking, etc.)

HRADEČNICE (skating, cycling)

AQUA CENTER (spa, swimming)

Address: Eliščino nábřeží 842

SQUASH CENTRUM (squash, fitness)

Address: Hradecká 1770

SILVER POND (camping, paintball)

Address: Malšova Lhota

Web: www.stribrny-rybnik.cz

ADRENALIN PARK

Address: Malšova Lhota

Web: www.lanovypark.cz

CULTURE

.....

MUSEUMS

MUSEUM OF EASTERN BOHEMIA

Address: Eliščino nábřeží 465

Website: www.muzeumhk.cz

PANENKÁRIUM

Address: Úzká 210

Website: www.panenkarium.cz

GALLERY OF MODERN ART

Address: Velké náměstí 139/140

Website: www.galeriehk.cz

THEATRE

KLICPERA'S THEATRE

Address: Dlouhá 99

Website: www.klicperovodivadlo.cz

THEATRE DRAK

Address: Hradební 632

Website: www.draktheatre.cz

CINEMA

BIO CENTRÁL

Address: Vodičkova 791/41

Website: www.biocentral.cz

CINESTAR

Address: Brněnská 23A

Website: www.cinestar.cz

SUMMER CINEMA „ŠIRÁK“

Address: Orlické nábřeží

Website: www.letnikinosirak.cz

FESTIVALS

MAJÁLES (music festival full of Czech and Slovakian bands held in April)

Website: www.hradec.majales.cz

THEATER EUROPEAN REGIONS (outdoor theater festival held in June)

ROCK FOR PEOPLE (biggest music festival in Hradec Králové held in July)

Website: www.rockforpeople.com

HIP HOP KEMP (for the fans of hip hop there is this festival held in August)

Website: www.hiphopkemp.cz

CELEBRATIONS FOR THE QUEEN ELIZABETH

(traditional historic celebrations held in September)

Website: www.slavnostikralovnyelisky.cz

VINE FESTIVAL (degustation of wine held in September)

NIGHTLIFE

NOX (student & Erasmus club)

Address: Ignáta Hermannna 227/2

LEVEL (music club)

Address: Úzká 138

Website: www.levelclub.cz

SUNPARK (music club with pool)

Address: Letiště 38

Website: www.sunparkhk.cz

MATY'S BAR (student's bar)

Address: Palachova 1133

AC CLUB

Address: Heyrovského

Website: www.aclub.wz.cz

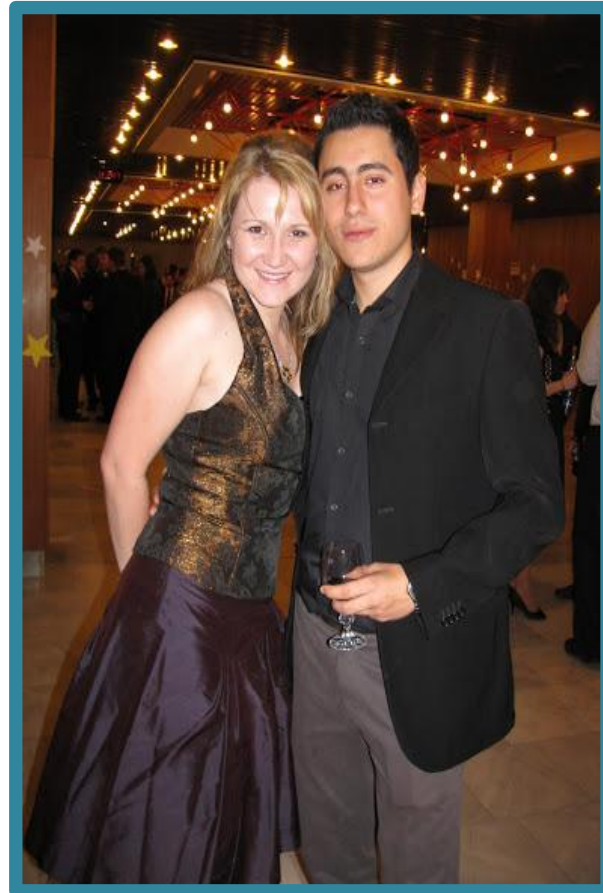
COUNTRY CLUB LUCIE

Address: Nár. mučedníků 209

Website: www.cclucie.cz

NOTE!

Many cultural and other institutions in Hradec Králové offer special season tickets for students at reduced prices. Just ask them at the entrance.





ERASMUS STUDENT NETWORK

ESN BUDDY SYSTEM HK

Erasmus Student Network or shortly ESN is one of the biggest non-profit interdisciplinary student organizations in Europe, which was founded in 1989. Its aim is to support and develop student exchange and provide an inter-cultural experience. On the other side, it also offers so-called "internationalization at home" to those students who cannot access a period abroad. We work by the principle "students helping students". ESN is present in 37 countries and has 455 sections all over Europe. There are around 13.500 volunteers who annually help and offer services to 160.000 exchange students. You can find more about ESN at:

www.esn.org

ESN Buddy System HK was established in 2003, as a group of few people with a vision of helping exchange students. In 2008 it became part of ESN network and joined this big organization. The mission of ESN Buddy System HK is to help with the integration of Erasmus and other foreign students into the local environment.

We have more than 20 active members in Hradec Králové, more than 20 buddies and we help around 100 exchange students per semester.

All our members and buddies are volunteers, who don't get any salaries or pay for their efforts!

ESN Buddy System HK is also a part of ESN Czech Republic together with another 15 sections.



BUDDY SYSTEM

Being a stranger in a foreign country, lost and not knowing anyone is not the best feeling in the world. That's why we have our buddies. Who is a buddy?

He/she is a Czech volunteer student, who "adopts" an exchange student, makes sure he/she feels like at home and helps him/her through the first steps of living in Hradec Králové. The goal of the buddy system is to help Erasmus students to establish a social and academic network in Hradec Králové. The Buddy Programme is designed especially to introduce Erasmus students to the city, places to go out and to integrate them in our way of life. Before your arrival, your buddy will answer your questions that concern your well-being in the city and how to come here. When you arrive, he/she will help you with formalities like residence permit, help you open a bank account etc.



ESN BUDDY SYSTEM HK EVENTS

ESN Hradec Králové organizes various events and activities for foreign and Czech students.

SEMESTER EVENTS

- **WELCOME WEEKS** – official kick-off to an unforgettable Erasmus Exchange at the University of Hradec Králové.
- **TRIPS** – go for a trip around Czech Republic, Austria, Poland and other places.
- **SURVIVAL WEEKEND** – will you be able to survive a weekend in „wilderness“?
- **BABY BALLOON PARTY** – “buy” yourself a date, for a good cause.
- **RESPONSIBLE PARTY** – party hard, but party responsibly as well.

WEEKLY EVENTS

- **Erasmus Wednesday theme parties** – have a break between your study & go for a theme party.
- **Language evenings** – learn a few words in every language and teach your own language at the same time.
- **COUNTRY PRESENTATIONS** – tell us something about your country.

ALL YEAR EVENTS

ESN CARD

ESN Card offers international student's discounts for taxi, rent a car, various sporting activities, bars, restaurants and free/cheaper entries to events organized by ESN Hradec Králové.

You can get it at the ESN Hradec Králové office and it's valid all over Europe. Check the list of discounts on the ESN Hradec Králové page and the ESN Card page for other countries:

www.esncard.org

SOCIALERASMUS

Erasmus is an opportunity to get to know new cultures and education systems which could be an inspiration for life. The aim of the SocialErasmus project is to allow international students to benefit the most from the local community and conversely enrich the locals through the international background of the students. It also promotes a social attitude amongst international students all over Europe. International students are invited to volunteer in the framework of the SocialErasmus project in three main areas: education, charity and environment.

ESN Hradec Králové organizes for example Walking dogs, where students go to an animal shelter and take pets (dogs) for a walk.

CONTACT INFORMATION

ESN Buddy System HK

Hradecká 1249

500 03, Hradec Králové

Telephone: +420 493 332 216

E-mail: info@buddyhk.cz

Web: www.buddyhk.cz



We also organize Erasmus in Schools, where Erasmus students go to primary and secondary schools and actively participate in the classes of geography, sociology or languages and present certain topic to pupils. With the Baby Balloon party we “sell” ESNers and Erasmus students on an auction (for a date in cinema, restaurant, spa etc.) and all the money is given to the people in need (for example, families with low income). Join us in our SocialErasmus activities.

SECTIONBOX

Sectionbox is a web application originally developed by ISC VUT Brno.

Thanks to their work this system is spread in nonprofit organizations similar to ESN in four countries and helps them to perform their volunteer work.

The idea is registering international students in one place and keeping their information for later communication.

How does it work? The process is actually very easy.

- Registration to Sectionbox
- Getting an e-mail with your personal code
- Assigning a buddy

You need to use Sectionbox for registering to our events and trips during the semester.

PICK UP AND BUDDY

After registering to the Sectionbox system you will be contacted by your assigned buddy. First you need to agree on the arrival information and where the buddy should pick you up (if you requested it). Generally buddies are there for you when their help is needed. As stated before the relationship should be friendly and buddies are not paid for their help, so you should treat them with respect. If your buddy is not available you can always contact us at:

info@buddyhk.cz

SURVIVAL WEEKEND

Traditional event organized by ESN Buddy System Hradec Králové for international students from all around the Czech Republic every semester.

ESN Buddy System HK is the only one Section in Czech Republic that organize such an event.

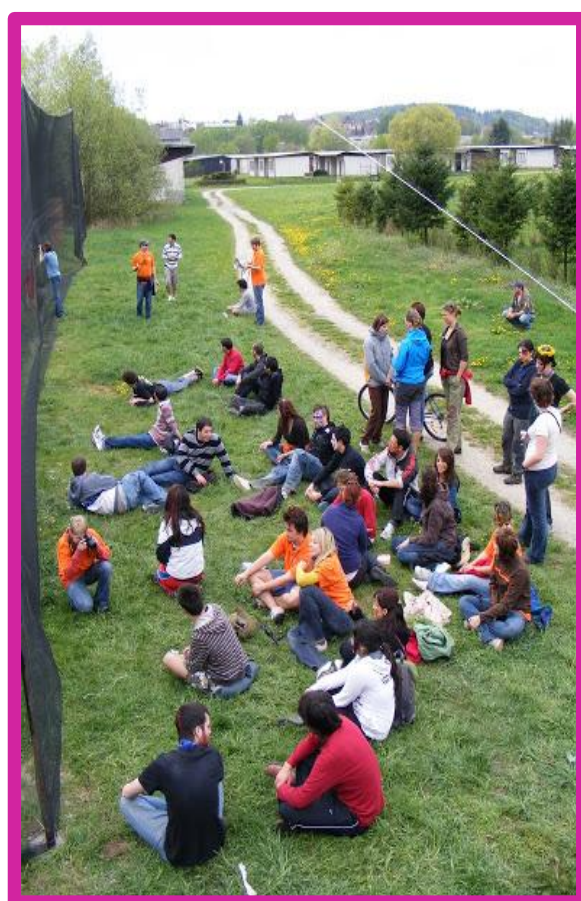
Usually 70 – 100 participants are transported out of the city to survive in wilderness. This weekend has always a topic which you can find on our website before the event starts.

Join us in the unforgettable Survival Weekend!

NOTE!

You should get the link for registration to Sectionbox in the first e-mail from our Erasmus coordinators. If not, look to our websites:

www.buddyhk.cz





USEFUL INFORMATION

GENERAL

- The phone code for the Czech Republic: +420
- Time zone: CET (UTC + 1)
- Electric current: 220 V, 50 Hz
- Units of measurement: metres, kilometers, grams, kilograms
- Temperatures: degrees of Celsius

IN THE CZECH REPUBLIC YOU WILL GET A FINE IF YOU:

- drink on the street,
- pee on the street,
- make too much noise in the night time (10 pm to 6am),
- take drugs,
- smoke on the bus/train/tram stop,
- smoke in indoor places if not in the dedicated places (even discos/pubs).

TRAFFIC INFO

Speed limits:

- Inside settlements: 50 km/h
- Outside settlements: 90 km/h
- On motorways: 110 km/h
- On highways: 130 km/h

Lights are compulsory 24 hours per day! Winter tires are compulsory from November 1 until March 31. It is also obligatory to fasten all seat-belts in car, for all passengers.

Useful phone numbers:

Police: 158

Emergency medical service: 155

Fire brigade: 150

Common european emergency: 112



MEDICAL FACILITIES

Students from the EU countries need a Health Insurance Card and two photocopies of the document. Students from countries outside the EU must bring a document confirming that they have insurance in their home country, along with their passports. International students can arrange their insurance in Czech Republic as well, which cost approximately 1000 CZK (per month) otherwise they pay for necessary medical treatment.

However, we strongly advise obtaining insurance with insurance company in your home country, which offers arrangements for time spent abroad. Later you may ask for reimbursement of medical expenses in your home country – please check the details at your insurance company.

HOSPITAL

Fakultní nemocnice Hradec Králové
(Hospital of Hradec Králové)
Sokolská 581

Phone: +420 495 831 111

FIRST AID UNIT

Pohotovost
(Urgent medical care)
Sokolská 581

Phone: +420 495 831 111

CHEMISTS/PHARMACIES

Chemists/Pharmacies are usually open from 7 a.m. until 7 p.m. The night pharmacy is also available.

NEMOCNIČNÍ LÉKÁRNA

Pharmacy in the hospital
Sokolská 581

National holidays 2015

- *January 1 – Restoration Day of the Independent Czech state/New Year
- *April 6 – Easter Monday
- *May 1 – Labour Day
- *May 8 – Liberation Day
- *July 5 – St Cyril and Methodius Day
- *July 6 – Jan Hus Day
- *September 28 – St Wenceslas Day
- *October 28 – Foundation of the Independent Czechoslovak state
- *November 17 – Struggle for Freedom and Democracy Day
- *December 24 – Christmas Eve
- *December 25 – First Christmas Holiday
- *December 26 – Second Christmas Holiday

COSTS OF LIVING IN HRADEC KRÁLOVÉ

MARKETS

- Bread (1 kg) 20 – 25 CZK
- Milk (1 l) 20 – 25 CZK
- Cheese (100 g) 20 – 30 CZK
- Eggs (12) 30 – 40 CZK
- Butter (250 g) 35 – 45 CZK
- Yoghurt (0,2 l) 8 – 15 CZK
- Apples (1 kg) 30 – 40 CZK
- Juice (1 l) 30 – 45 CZK
- Water (1,5 l) 4 – 10 CZK
- Pack of cigarettes (Marlboro) 89 CZK

RESTAURANTS

- Pizza 100 – 150 CZK
- Hamburger 80 – 170 CZK
- Coke (0,33l) 25 – 35 CZK
- Beer 20 – 40 CZK
- Coffee 20 – 40 CZK

TRANSPORTATION

- One-way ticket 18 CZK
- Taxi start 150 CZK
- Taxi 1km 14 CZK
- Gasoline (1 l) 36 – 38 CZK

UTILITIES (MONTHLY)

- Basic (Electricity, Heating, Water, Garbage) for 85 m² 3500 CZK

Rent per month

- 1 bedroom (Centre) 5000 CZK
- 1 bedroom (Outside of the centre) 3500 CZK

Czech quickie

Good morning	Dobré ráno
Good afternoon	Dobré odpoledne
Good evening	Dobrý večer
Hello!	Ahoj!
Goodbye	Nashledanou
See you	Uvidíme se
Thank you	Děkuji
Please	Prosím
Excuse me	Promiňte
How are you?	Jak se máš?
I am fine	Mám se dobře
I am not well	Necítím se dobře
Yes	Ano
No	Ne
Maybe	Možná
I don't understand	Nerozumím
I don't know	Nevím
Shop	Obchod
Train station	Železniční stanice
Train	Vlak
Bus station	Autobusová zastávka
Bus	Autobus
Post office	Pošta
Cheers!	Na zdraví!
Beer	Pivo
Milk	Mléko
Coffee	Káva
Water	Voda
Toilet	WC

How much does it cost?	Kolik to stojí?
What is your name?	Jak se jmenuješ?
I don't speak Czech.	Nemluvím česky.
Do you speak English?	Mluvíš anglicky?

Č is pronounced ch

Š is pronounced sh

Ž is pronounced like the soft g in garage

J is pronounced like y in yellow



Pre-departure checklist!!!

- ✓ Have you received a letter of acceptance from us?
- ✓ Have you informed us about the date of your arrival?
- ✓ Have you applied for a residence permit in case you are from a non-EU country?
- ✓ Is your passport or ID-card valid until your return home?
- ✓ Have you arranged insurance in your home country?

