



University of South Bohemia

Faculty of Health and Social Studies

WELCOME GUIDE FOR EXCHANGE STUDENTS 2008/2009



Contents:

Contact persons	3
General Practical Information	3
1. Arrival in České Budějovice	3
2. Public transport	3
3. Currency	4
4. Working Hours	5
5. Public holidays	5
6. Phone in the Czech republic	6
7. Use of Computers	8
8. Accommodation	8
9. Identification card	10
10. Catering	10
11. Costs of Living	10
12. Practical training at hospital	10
13. Structure of School Education in Czech Republic	11
14. Academic year 2008/2009	13
15. Grading system	13
16. Useful and Interesting Web pages	14
17. Sports and Leisure	15
18. Maps	16, 17

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GENERAL PRACTICAL INFORMATION

1. ARRIVAL IN ČESKÉ BUDĚJOVICE

If you intent to get to Prague by plane, you will have to take a bus nr. 119 from the Prague airport “Ruzyně letiště” to take to “Dejvická” station (see enclosed map nr. 1)

– it takes about 20 minutes (you should get a ticket from the machine at the station for 26,- CZK – enables you to travel within the Prague Public transport for an 75 min.) There you get to the Tube station (the very last station of a A – line (green) and you will go to the station called “Muzeum” where you change train – go to the C – line (red) and go to the station called: “Hlavní nádraží” - which is a main Railway station. (Tube map is enclosed)

At the Railway station, you get to the ticket office, where you buy a single ticket to České Budějovice (about 220-CZK) Train to České Budějovice goes basically regularly every hour. The journey should not take longer than 2 and a half hour. You will be picked up from the station in České Budějovice, by either teacher or student who will take you directly to the Students Residence to accommodate you.

2. PUBLIC TRANSPORT

Public Transport within České Budějovice – you can chose and the choices are:

- To get a ticket every time you use a public transport for 12,-CZK one way
 - To buy a month from 105,- to 189,-CZK depending on the number of zones you want to you
- Public Transport for
- To buy a three months ticket from 400 to 600,-CZK

You will be shown where the office is when you get to České Budějovice. To get a student ticket you will need a letter from the International Office, that you are an International student studying at the University of South Bohemia (This Letter will be sent to you before you come to the Czech Republic).

3. CURRENCY

In the Czech Republic, there are Czech Crowns (CZK) are used as an official currency 1 CZK = 100 Hellers. Notes come in 5000, 2000, 1000, 500, 200, 100 and 50 CZK denominations and coins in 50, 20, 10, 5, 2, and 1 KCZ. All old notes from the days of the united Czechoslovakia ceased to be a legal tender in the Czech Republic in October 1993, so beware of being offered Czechoslovak currency.

The Czech crown is freely convertible on world currency markets; exchange rates could be found at: <http://www.xe.com/ucc/> The Czech currency is floating and could increase or decrease at any time. All banknotes and coins are pictured at the filled named: “Czech Currency”

How to exchange money?

Banks charge 2-3% commission for cash exchange; they are generally open Mon- Fri. 8 a.m. – 5 p.m. At any other time or on weekends you can use some Bureau de change offices in the centre of Prague. Chequepoint - several locations throughout the centre mostly in the best tourist locations. They charge up to 9% commission for cash or cheques!!! Open 24 hours a day!!!

Exact change - generally the same service as Chequepoint.

E-travel - Open 24 hours a day!!! (2-4% commission)

Note: ask for net rate before you decide to change to avoid misunderstandings from the visibly 'best' rates on the shopping window boards.

Traveller's' cheques - Thomas Cook and AMEX travellers' cheques can be converted to crowns free of charge at the American Express and Thomas Cook offices. Most banks charge 1-2% commission for travellers' cheques, most hotels charge about 5%. ATM: You can find them close to any bank in the centre of Prague, in most tourist routes and on the airport as well. VISA, EC/MC and Maestro cards are welcome there.

4. WORKING HOURS

Visiting hours in most of Czech monuments are from 9 or 10 a.m. till 5 or 6 p.m. A number of museums, galleries and castles are closed on Mondays, so check ahead. The National Museum is closed on the first Tuesday of the month. The State Jewish Museum is closed on Friday afternoons and on Saturdays.

Shops in Prague are generally open Monday to Friday from 9 a.m. to 6 p.m. or later and from 9 a.m. to the noon on Saturday. Banks open from 8 a.m. to 5 or 6 p.m. Monday to Friday. Food stores are opened from 7a.m. and many of them stay open till the evening on Saturdays. There are also some hypermarkets that are open non-stop. Many tourist shops in the centre are open daily till 8 p.m. Czech Post http://www.cpost.cz/jetspeed/?js_language=en

Post offices in Czech Republic are generally open between 8 a.m. and 6 p.m..

5. PUBLIC HOLIDAYS

State holidays

- 1st January – Independent Czech State
- 8th May – Liberation Day
- 5th July – Slavic Apostles St. Cyril and St. Methodius
- 6th July – Burning of Jan Hus
- 28th September - Czech Statehood Day
- 28th October – Independent Czechoslovakia Day
- 17th November – Fight for Freedom and Democracy

Other holidays are:

- 1st January – New Year´s Day
- Easter Monday
- 1st May – May Day
- 24th December – Christmas Eve
- 25th December - Christmas Day
- 26th December - Boxing Day

Important days

Important days for the Czech Republic are the 12th March (the day of the entry of Czech Republic to NATO) and the 5th May (Czech National Uprising in the end of World War II).

6. PHONE IN THE CZECH REPUBLIC

There are three operators of mobile-phones in the Czech Republic:

- O2 <http://www.cz.o2.com/mobile/cz/home/index.html>
- T-Mobile <http://t-mobile.cz/Web/English/Default.aspx>
- Vodafone <http://www.vodafone.cz/en/>

TELEFÓNICA O2 a.s. (Inc.) <http://www.cz.o2.com/home/en/aboutUs/index.html>

provides public telephones, telephone services for businesses and households, offers mobile telecommunications services. Telefónica O2 operated about 8 millions public and mobile phones.

Payphone distribution

Public pay phones are situated not just in the Republic's capital, but also in regional and district towns and in villages with more than 100 inhabitants. At present, two types of payphone are used, for phone cards and coins.

Prices

The price for one tariff impulse dialled from a public payphone is – coins 4.00 Czech crowns (CZK)

Calling from a payphone – 50 credit phone card CZK 3.50

Calling from a payphone – 100 credit phone card CZK 3.20

Phone cards for CZK 175 and CZK 320 can be bought in newsagents, tobacconists, at the post office, in department stores, hotels, travel agents, etc.

Tariff zones

For coin operated payphones and phone cards, the impulse rate will remain the same for 2001. The length of the time interval between two time impulses varies for local and long distance calls and for calling in peak and off peak hours.

Important telephone numbers and addresses

112 - emergency call

155 Emergency services

158 Police

150 Fire

156 Metropolitan police

1230, 1240 Emergency breakdown services

12 444 General information

1180 Telephone number information for Prague and the Czech Republic 1181

Information on telephone and fax numbers from abroad, services and rates for international dialling tel. to the Czech Republic 00420

X Card

This is a pre-paid phone card for the most efficient phoning in the Czech Republic to and from abroad.

What advantages does this service have?

Only the X card enables you to phone from any place – from any private phone or public phone box.

- You can phone from the Czech Republic abroad or from abroad to the Czech Republic. The number of countries where the X card can be used keeps growing.

- When abroad you will appreciate the fact that you do not need coins or the local phone cards.

- Even from abroad you will be able to call with the help of a Czech operator.

- You always know how much you have to pay for the call in crowns, the amount is subtracted from the card's account after you are connected with the phone number.

- The card's number can be shared among family and friends. One X card can be used by them all whenever they need.

Xcall – the cheapest means of phoning abroad

Xcall is a new service that enables you to phone abroad at the cheapest rates for selected countries. For unrivalled prices you can call on working days from 5 p.m. to 7 a.m. and 24 hours a day over the weekend and public holidays. To use the Xcall services simply dial 052 + the country code without the zeros + the area code without the zeros + the phone number. For example, for calling to Germany: dial 052 + 49 + the area code without the zeros + the phone number in Germany.

7. USE OF COMPUTERS

All International students have an access to the computer within the University of South Bohemia. The access is enabled by using the guest identification card which will be given to each international student by his/her arrival to České Budějovice.

8.A - ACCOMMODATION – Prague

The primary tasks of Hostels and students' hall are strictly define by Statute of Charles University in Prague, Organization rules hostels and student's hall, following internal instruction of University. Firstly is it service of accommodation and catering service for students and staff of University, alternatively for another University. On the base of capability possibilities can provide (conformable with internal instruction) these services to another persons and subject. With the view of troublefree operation are on Hostels and student's hall individual leading department.



Web pages:

<http://kam.cuni.cz/KAM-18.html>

<http://www.czechcampus.com/Campus/Home.aspx?mid=prague&kolej=prague-kazp>

9.A - COSTS OF LIVING- Prague

Price cca 217,50/night = 261 Euro/month.

Discount for ISIC 25% from basic price.

8. ACCOMMODATION – České Budějovice

International students are usually accommodated within the Campus at the students Residence. Dormitories K1 – K4, are situated in the Campus of the University of South Bohemia in „Čtyři Dvory“ (part of České Budějovice) in Studentská street. To get to the Campus by public transport you can use bus line Nr. 3, 7 and 15 to the station called: „Jana Opletala“ to get to K3, K4 and Bobík. If you want to get to K1, K2 or Menza, you will go by the same bus lines to the station: „Branišovská – univerzita“.

Dormitories K1, K2 a K3 - There are Double bedrooms with a sink. For all rooms, common bathroom facilities and toilets are on each floor. Common kitchens are available on each floor. All accommodations are fully furnished with a sink. At each room, there is a possibility to telephone and internet connection. Costs: 1.800,- CZK per person/month. Dormitory K4 - Double bedrooms are fully furnished and there is a bathroom and toilet within 2 rooms. At each room, there is a possibility to telephone and internet connection. Common kitchens are located on each floor. Costs: 2.100,- CZK per person/month.

To get to K5 dormitory, which is situated on the border of „Vltava“ estate housing in Borecká street you should take public transport lines nr. 1, 5, 8, 15, or 17 and get to the stations: "U Parku" or "U výměníku". Dormitory K5 - There are double and triple bedrooms. Each bedroom has its bathroom and toilet and is fully furnished with a possibility to telephone and internet connection. Common kitchens are located on each floor. Costs: 2.100,- CZK per person/month/ double room and 1.980,-CZK per person/month/triple room. Standard equipment of each room at the Dormitories is a refrigerator. Students have an access to study rooms, TV rooms and laundries, which are available on each floor. Bed sheets, quilts and linens are provided – you do not need to bring in sleeping bags! Amenities: fitness studios and other sport facilities Erasmus incoming students must apply for the accommodation – fill in the housing form and send it to zahr@zsf.jcu.cz at least 2 months before their arrival.



9. USB IDENTIFICATION CARDS

Shortly after arriving to České Budějovice – international exchange students receive the University Identification Card which enables them and access to the lectures halls, internet classrooms, students' hall etc. situated in the campus. There is required a 150,- CZK deposit to get a Identification card, which will be returned after returning the card before departure.

10. CATERING – České Budějovice

Students' Hall offers breakfast, lunch, packed lunch and dinner. Students can choose from 3 meals for lunch and 3 different meals for dinner every weekday. There was built an electronic ordering systems students can choose their meals for the next day via computer. Student's Hall is opened Mon - Fri

Breakfast 6:30 – 8:30 costs: 11,-CZK

Lunch 11:00 – 14:30 costs: 17,-/21,-/25,-CZK

Dinner 17:30 – 19:00 costs: 17,-/21,-/25,-CZK

Baguettes served any time costs: 14,-/17,50 CZK

International students will be introduced to the system after their arrival.

During the weekend students can either cook meals themselves or they can get meals in a restaurants for average price of 160,-CZK a lunch

11. COSTS OF LIVING- České Budějovice

Basic costs for food and accommodation are between 6.205 – 7.000,-CZK per month

Accommodation 1.705 - 2.500,-CZK

Food 2.500,- CZK

Other expenses 2.000,-CZK

Basic costs: 6.205 – 7.000,-CZK

12. PRACTICAL TRAINING AT HOSPITAL - Prague

Uniforms will be provided. Students just need to bring in white socks and white comfortable shoes! Please contact the coordinator (Zuzana Freitinger Skalická), if you have (or not) dosimeter!

13. STRUCTURE OF HIGHER SCHOOL EDUCATION IN CZECH REPUBLIC

Higher education:

Higher education is provided by university type and non-university type institutions. The non-university higher education institutions mainly offer Bachelor study programmes. Higher education institutions of university type offer Bachelor, Master and Doctoral study programmes. Higher education institutions offer courses in the Humanities, Social Sciences, Natural Sciences, Engineering, Medicine and Pharmacy, Theology, as well as in Economics, Veterinary Medicine, and Agriculture, Teacher Training and Arts. The majority of higher education institutions are public institutions. There are also 14 private higher education institutions. Public institutions are financed by the state budget by the Ministry of Education, Youth and Sports. The private higher education institutions could be partially financed by the State. In addition, the Czech higher education system includes 4 state higher education institutions. There are three military higher education institutions and a Police Academy. These institutions are financed by the Ministry of Defence and the Ministry of the Interior. All higher education institutions provide accredited study programmes which are assessed by the Accreditation Commission. Important partners of the Ministry of education in all decisions concerning higher education are the Czech Rectors' Conference and the Council of Higher Education Institutions.

University level studies:

University level first stage: Bachelor studies (Bc. = "Bakalar"): The Bachelor study programmes usually take three to four years, covering all main disciplines, except in Medicine, Veterinary Medicine, Pharmacy, Architecture and Law. It is conceived either as an independent course whose graduates are fully qualified for particular professions or as the first stage of longer studies whose graduates can continue towards the Magistr degree. This cycle leads to the academic degree of "Bakalar" (Bc.) or "Bakalar umeni" (BcA.) in the field of Arts which was introduced in January 1999. Students must sit for a final state examination, part of which is also the defence of the

Bachelor thesis.

University level second stage: Master studies (Mgr. = "Magistr"): The Master study programmes in the Humanities, Education and Social Sciences, Natural Sciences, Pharmacy, Theology, Law and Art last for five years and lead to the title of Magistr (Mgr). In Economics, Agriculture and Chemistry, studies last for five years and lead to the academic degree of "Inzenyr" (Ing.). In Engineering, studies last between five and five-and-a-half years

and also lead to the degree of "Inženýr" (Ing.). In Architecture, Veterinary Medicine and Medicine, studies last for six years. Graduates in Medicine obtain the degree of "Doktor medicíny" (MUDr) and of "Doktor Veterinární medicíny" (MVDr) in Veterinary Medicine. According to the 1998 Act, graduates of Master programmes in Architecture are awarded the title of "Inženýr architekt" (ing. arch.) and graduates in the Arts the academic degree of "Magistr umění" (MgA). The new Act enables holders of the title of Magistr to sit for a State Rigorosum examination in the same field and defend a dissertation to acquire the academic degree of Doktor followed by the name of the field "Doktor práv" (JUDr), "Doktor filosofie" (PhDr), "Doktor přírodních věd" (RNDr), "Doktor farmacie" (Phar.Dr.) and "Doktor teologie" (ThDr).

University level third stage: Doctoral studies: (Dr. = "Doktor"):

The third and highest level of higher education consists in studies for the Doctorate which takes place under the guidance of a tutor. The programme is aimed at scientific research and independent study. Holders of the Master's Degree may apply. Studies last for three years (four to five years part-time) and lead to the academic degree of Doktor (PhD) or "Doktor Teologie" (Th.D.) in the field of Theology. Studies end with the State Doctorate examination and the defence of a dissertation. At some higher education institutions and institutes of the Academy of Sciences, studies leading to the award of the "Kandidát věd" (Candidate of Science, abbreviated as "CSc") still exist. Participants in these programmes may complete their education and finish the defence of their dissertation by 31 December 2001. The degree "Doktor věd" (Doctor of Science) is the highest scientific degree. It is awarded on the basis of original research work and the public defence of the Doctorate thesis.

Non-traditional studies:

Distance higher education Four distance education centres in Prague, Liberec, Brno and Olomouc have been established. Some non-governmental educational institutions, such as J.A. Comenius and the Open University Fund also offer distance education. The National Centre for Distance Education was established in 1995 as a department of the Centre for Higher Education Studies.

Lifelong higher education Several institutions, centres or institutes of lifelong learning have been established which offer a whole range of educational activities to upgrade qualifications, for requalification and special interest activities. In the sphere of adult education, a number of higher education institutions cooperate with foreign universities in various fields, and more especially in Management and Languages. There are also Universities of the Third Age which have been created in sixteen faculties.

14. ACADEMIC YEAR 2008/2009

Winter semester:

Classes: 29th September 2008 - 16th January 2009

Winter holidays: 20th December – 4th January 2009

Exam period: 19th January - 20th February 2009

Summer semester:

Classes: 23rd February – 29th May 2009

Exam period: 1st June – 30th June 2009

Summer vacation: 1st July – 23rd September 2009

15. GRADING SYSTEM

Institutional grading system:

Basic principles of credit system of the Faculty of Health and Social Studies of the University of South Bohemia:

- Every single subject (1S course) is graded by a certain number of credits, which indicates how demanding the subject is. These credits students obtain by accomplishing all the conditions the particular chair appointed.
- Standard study pace is 30 credits a semester. Minimum required number of credits per semester is 20 credits to be accepted for the next study year.
- Students are given the credits for their performances in tests (written form) or the exams (spoken form). Spoken form of examination is being graded according to the local grade scale described in the box below.
- Tests (written form) are often marked by passed or failed (P or F) marks and are not being marked according to the scale. Minimum requirements to pass the tests are given by the particular chair. ECTS credits: 1 full academic year = 60 credits, 1 semester = 30 credits.

16. USEFUL AND INTERESTING WEB-PAGES

General Information

The Czech Republic <http://www.czech.cz>

Discover Czech Itinerary Planner <http://www.discoverczech.com/>

Region of South Bohemia <http://www.kraj-jihocesky.cz/foreign/eng/index.php>

Town České Budějovice <http://www.c-budejovice.cz/en>

Yellow pages <http://www.zlatestranky.cz/>

“Šumava” National Park http://www.sumava-info.cz/a_ramecek.html

Information about the University

University of South Bohemia <http://www.jcu.cz/>

Faculty of Health and Social Studies <http://www.zsf.jcu.cz>

University Campus <http://kam.jcu.cz/>

Transport

“Ruzyně” Airport http://www.prg.aero/en/site/klient/klient_index.htm

Prague Tube http://www.metroweb.cz/index_e.htm

Public transport in Prague <http://www.dp-praha.cz/en/index.htm>

National timetable IS <http://www.vlak-bus.cz/TTForm.asp?tt=e&cl=E5>

Bicycle Routs http://www.myczechrepublic.com/bicycle_tours/index.html

17. SPORTS AND LEISURE

Swimming Pool

Address: Sokolský ostrov 4

370 01 České Budějovice

Tel.: +420 387 949 411

fitness, 50m long swimming pool, diving pool, toboggan, sun beds, steam, Jacuzzi, swimming lessons.

Opened:

Monday: 11:00 - 21:45

Tuesday - Friday: 7:00 - 21:45

Saturdays, Sundays and Bank holidays: 10:00 - 19:45

Swimming pool is always closed about 15 min. before (e.i. 21:30, 19:30).

Fitness “Pouzar”

Address: Dlouhá 35

370 11 České Budějovice

Tel.: +420 385 343 621

Sport centre „Zvonárna“

Address: Dobrovodská 1109

370 06 Suché Vrbné České Budějovice

Tel.: +420 387 410 153

<http://www.zvonarna.cz/en/sportcentrum/index.php>

Winter stadium

Address: F.A.Gerstnera 8/7

370 01 České Budějovice

Tel.: +420 386 107 111

Map Nr. 1 – Dejvická station (Evropská street) Prague

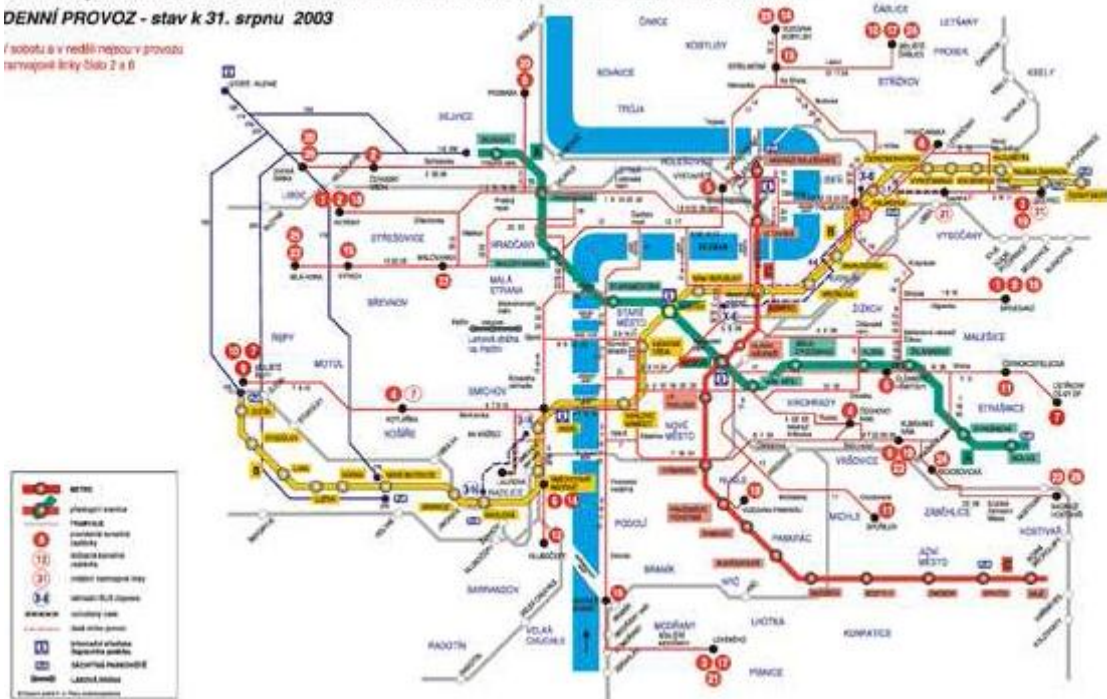


Map Nr. 2 – Tube Map

METRO, TRAMVAJE A ZELEZNICE PRAZSKÉ INTEGROVANE DOPRAVY

DENNÍ PROVOZ - stav k 31. srpnu 2003

(roboty a v režii nepouívají provázit tramvajové linky 2 a 8)



Map Nr. 3 Campus of the University of South Bohemia

