

# How To Survive In Prague

International Student Guide

[www.newton.university](http://www.newton.university)



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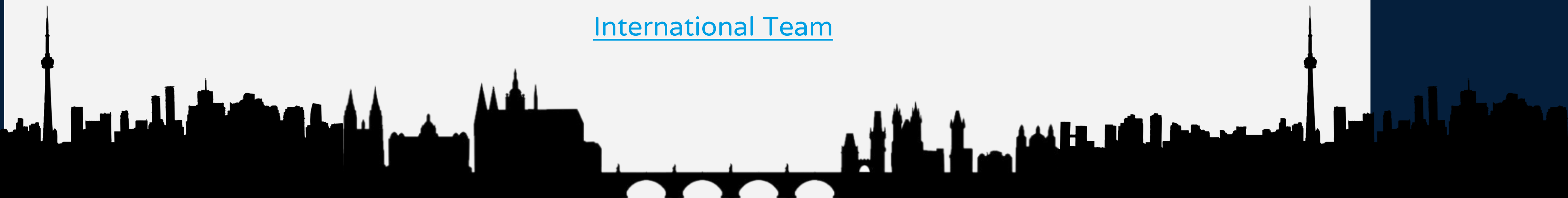
# Welcome to NEWTON University and Prague!

We are delighted that you have chosen [NEWTON University](#) for your [Erasmus](#) & [Study Abroad](#) experience.

We do hope that your semester here will meet your expectations.  
In order to help you to understand University's possibilities,  
and to assistance you in the first days in buzzing  
[Prague](#) we prepared this [guide](#) which will provide  
you with all practical information.

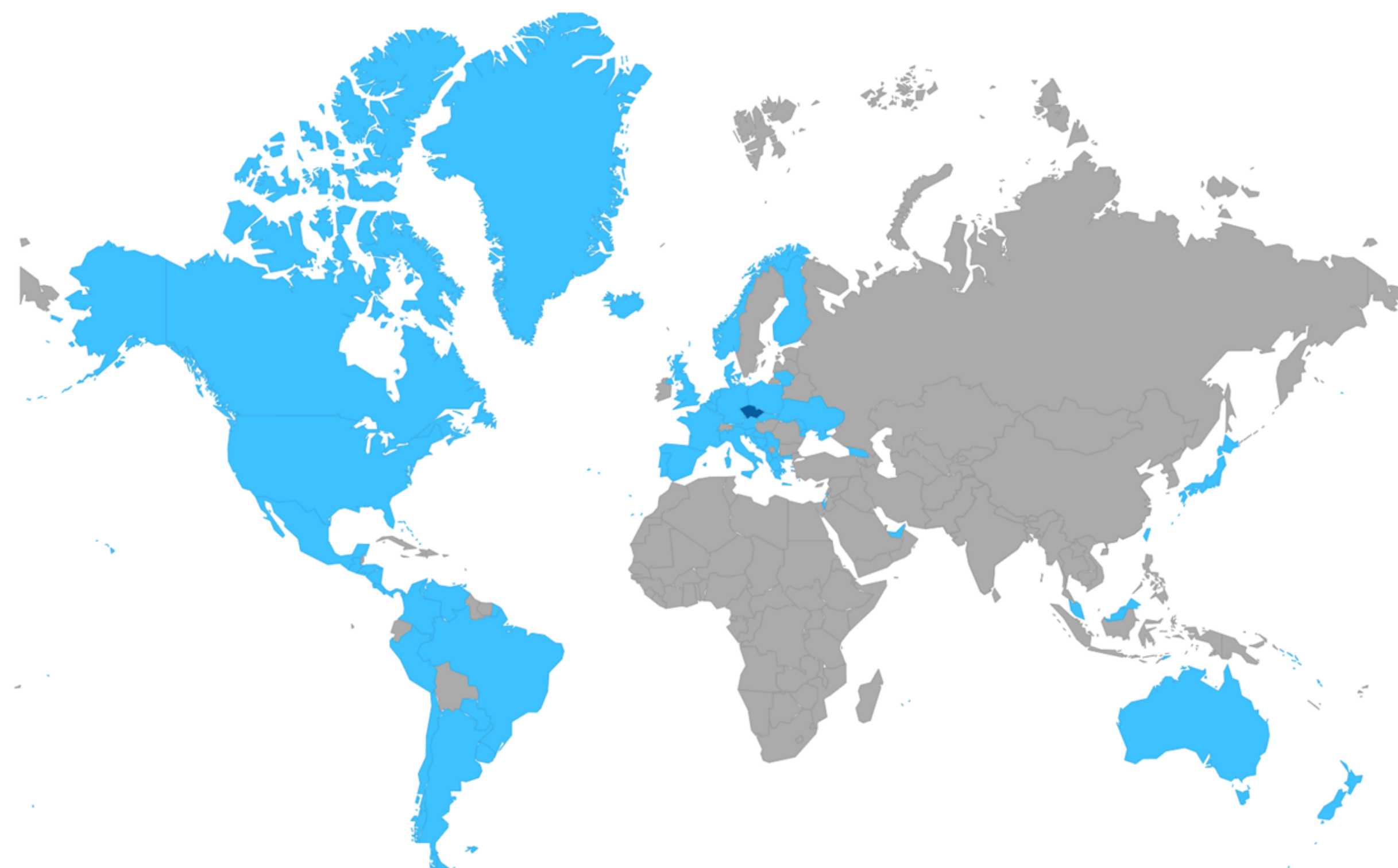
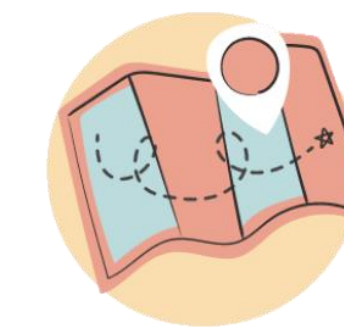
If you have any questions do not hesitate  
to contact us!

[International Team](#)





# Coming to Czech Republic



- Czech Republic
- Eligible Countries/Nationalities for Czech Republic e-visa/visa on arrival
- Countries/Nationalities Required Regular/Paper Visa for travelling to Czech Republic
- Visa Exempt Countries/Nationalities for travelling to Czech Republic

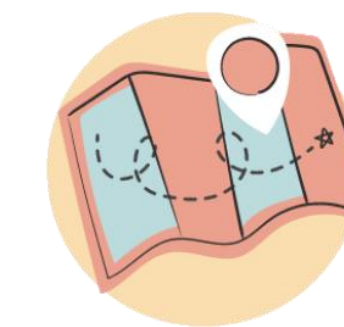
In the Czech Republic, the administration of visas and residence permits is divided between the Ministry of the Interior (MOI), which handles foreign nationals already residing in the Czech Republic (go there if you come to the CR with a single entry visa for the purpose of collecting a residence permit or a long-term visa for the stay of over 90 days - code D), and the Ministry of Foreign Affairs (MFA), which runs the consular service at the Embassy where you will be making your initial visa application (go there if you come to the CR as a tourist with a short-term visa for the stay of up to 90 days – code C).

All detail information about immigrants can be found there:

<https://www.mvcr.cz/mvcren/article/immigration.aspx>



# Coming to Czech Republic

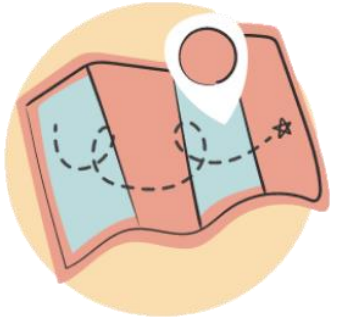


**Students who are EU or EEA nationals** (i.e. citizens of the 27 EU member states and Norway, Iceland, Liechtenstein, Switzerland) **DO NOT require a visa to study here.** It is enough to arrive with a valid passport (or national ID card).

If you intend to stay in the Czech Republic for longer than 3 months, you should request a certificate of temporary residence or a permanent residence permit to be issued.



# Coming to Czech Republic



All EU students are obliged to register with the appropriate Foreign Police Department within 30 days of arrival in case that the length of the intended stay in the Czech Republic is longer than 3 months.

However, it is not necessary if it has been done by the accommodation provider (e.g. Student's residence hall, hostel, hotel etc.).

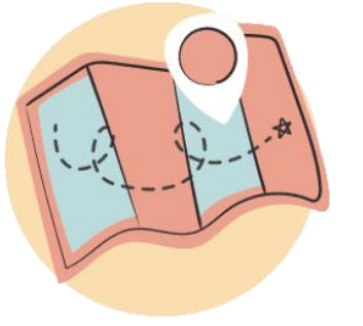
Foreign nationals who hold a long-term residence permit issued by another EU Member State for the purpose of studying under an ERASMUS, a multilateral programme involving mobility measures or an agreement between higher education institutions are entitled to stay in the territory of the Czech Republic without a visa for up to one year after entering the territory, provided that the purpose of their stay in the territory is to study at a higher education institution and their residence permit is valid.

All information about the long-term residence for students can be found here:

<https://www.mvcr.cz/mvcren/article/third-country-nationals-long-term-residence.aspx?q=Y2hudW09Mg%3d%3d>



# Ministry Of The Interior



## MINISTRY OF THE INTERIOR (MOI)

Department for Asylum and Migration Policy,

Responsible for foreign university students with residence in the Capital City of Prague Hládkov

682/9, 169 00 Prague 6 – Střešovice,

Phone: +420 974 820 680

Opening hours:

Monday – Thursday: 8.00 – 16.00 (only for clients with an appointment)

Friday: 8.00 – 12.00 (only for clients with an appointment)

## MOI INFORMATION HOTLINE

(provides general information on the residence of foreigners in the territory of the Czech Republic).

If your inquiry is of complex legal nature or requires a complex legal solution or even assistance, please contact an organization providing complex counseling

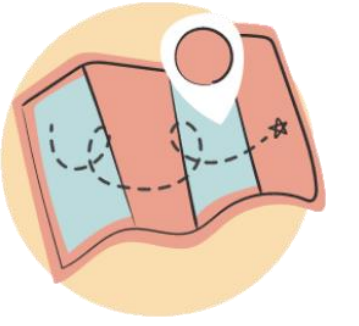
(NGO or attorney):

+420 974 832 421, +420 974 832 418,

e-mail: [pobyty@mvr.cz](mailto:pobyty@mvr.cz)



# Foreign Police



## FOREIGN POLICE

Olšanská 2, 130 51 Prague 3

Phone: + 420 974 820 317, Fax: +420 974 820 783

E-mail: [krpa.ocp.opa.podatelna@pcr.cz](mailto:krpa.ocp.opa.podatelna@pcr.cz)

### Opening hours:

Monday, Wednesday 8.00 – 17.00

Tuesday, Thursday 8.00 – 15.00

Friday 8.00 – 12.00



# Czech Facts



## FACTS AND FIGURES

**Official name:** Czech Republic

**Language:** Czech

**Area:** 78,866 sq km

**Currency:** Czech Crown / CZK

**Population:** 10.66 million

**Capital:** Praha / Prague (1.3 million)

**Other major cities:** Brno (385,000),  
Ostrava (303,000),  
Plzeň (170,000),  
Liberec (102,000),  
Olomouc (100,000)

**Membership:** European Union, Schengen Area,  
NATO, OECD, WTO

**Religion:** every citizen enjoys freedom of religion, more than  
50 % of the population describe themselves as agnostic or  
atheist

**Climate:** seasonal variations with warm summers, chilly  
autumns and cold winters (average temperatures: January -  
4 °C; July 24 °C)



# Communication



The international **dialling code** of the Czech Republic is **+420** (00420).

Same as in other European countries, mobile phones operate on the frequencies of 900 MHz and 1800 MHz. Although other states may use a different frequency, like 1900 MHz in the United States, newer phones work in any network.

There are several mobile operators in the Czech market, like **O2**, **Vodafone**, **T-Mobile** or **U:fon**, offering postpaid packages as well prepaid cards for those who want to use their phone without a contract.



# Communication



Recommendation: If you're considering buying a prepaid sim card, make sure that your phone is not blocked by another operator.

If you need to quickly find a phone number, taxi or other information and **you do not have access to the Internet or time to search**, just call **11 88**, where they will find the requested information for you. The operators speak English, Russian, French and Slovak.

If you would like to check the other operators offers check the links bellow:

**O2:** <http://www.o2.cz/osobni/tarif-a-mobil-promlade/>

**T-Mobile:** <https://www.t-mobile.cz/tarify>

**Vodafone:** <http://www.vodafone.cz/tarify/tarif-promlade/>



# Did you know that about NEWTON?



**18**

years we've been rising to the top of higher education

**1858**

current students across our undergraduate, graduate and postgraduate programmes

**6x**

winner of the Faculty of the Year student award

**2674**

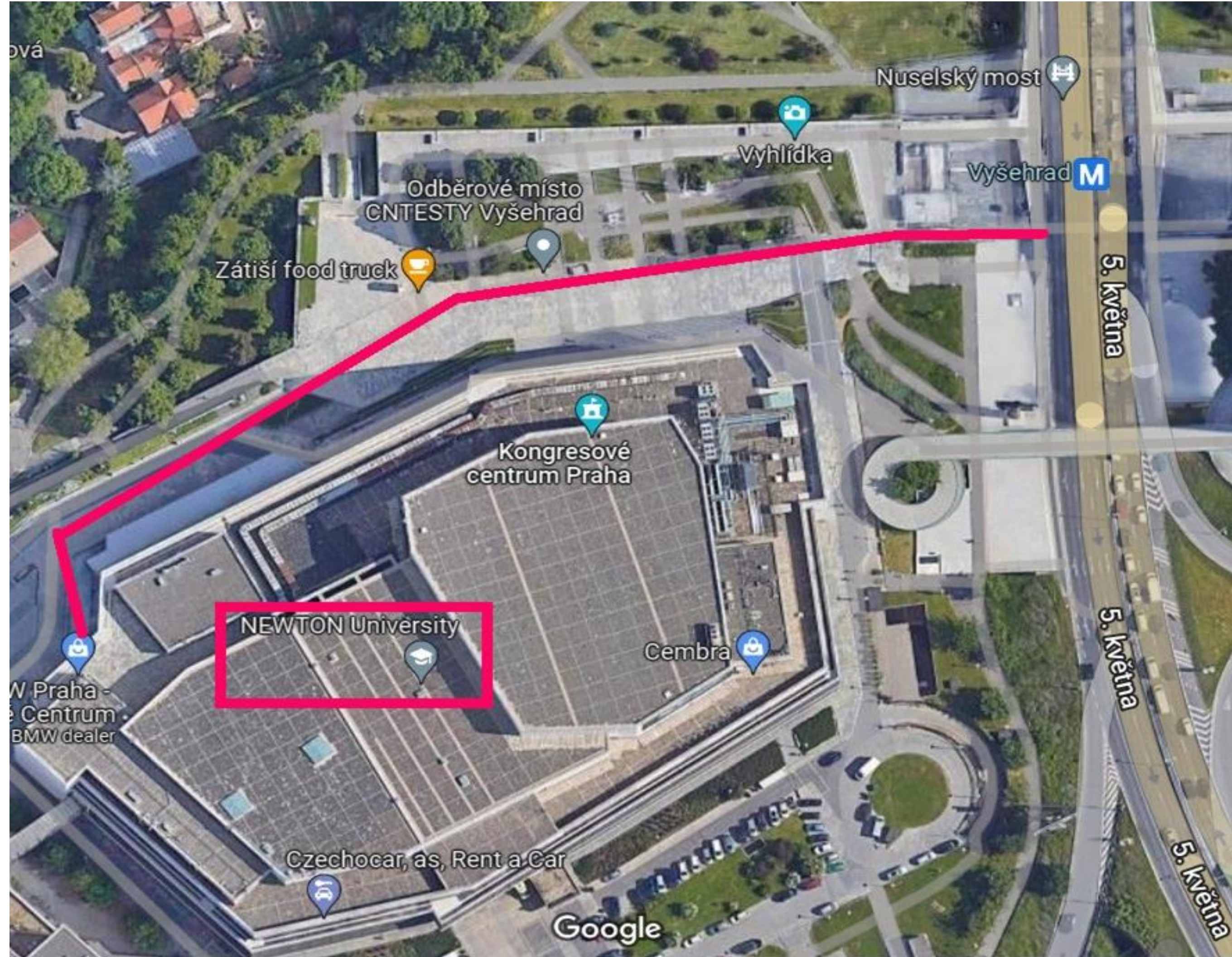
graduates since 2004

Prague Congress Centre





# How to get to the campus?



NEWTON's campus is located in Prague, the capital of the Czech Republic.

It's considered one of the most beautiful cities in the world, and is the fifth most visited city in Europe. Known as 'the city of a hundred spires', the historic centre is a UNESCO world heritage site.

## Address:

Congress centre Prague,  
entrance 6,  
5. května 1640/65, Nusle,  
140 21 Prague 4, Czechia

The easiest way to get to the University is to use underground C (red colour) and leave at the **VYŠEHRAD** stop.

You have to head to the entrance 6 and take the elevator to 4th floor. See you at NEWTON!





# How does NEWTON look like?



If you would like to see the classrooms  
and the whole interior of the campus, you are  
welcomed to visit our website and see the virtual  
tour:

<https://www.newton.university/videoprohlidka-nu>

Except for 10 classrooms you will be able to use  
common relaxation and study area.





# Your schedule



The way of communication at NU is mainly based on Moodle e-learning platform where all the lectures and materials are available.

Moreover, to see your daily and weekly schedule, to view current courses with details and to register for exams you will use My College App:

<https://nove.moje-studium.cz/en/index>





# Public Transport



The best way of commuting in Prague is **public transport**. The system is very well organized and consists of three metro lines, tram network and buses.

Metro connects the far located districts with the city center so even if you live in the suburbs, you are able to get to the main square within 20 minutes.

Remember to **validate your ticket** before getting into the vehicle! The czech controllers remain unimpressed by begging and pleading even if you are only a tourist!





# Public Transport



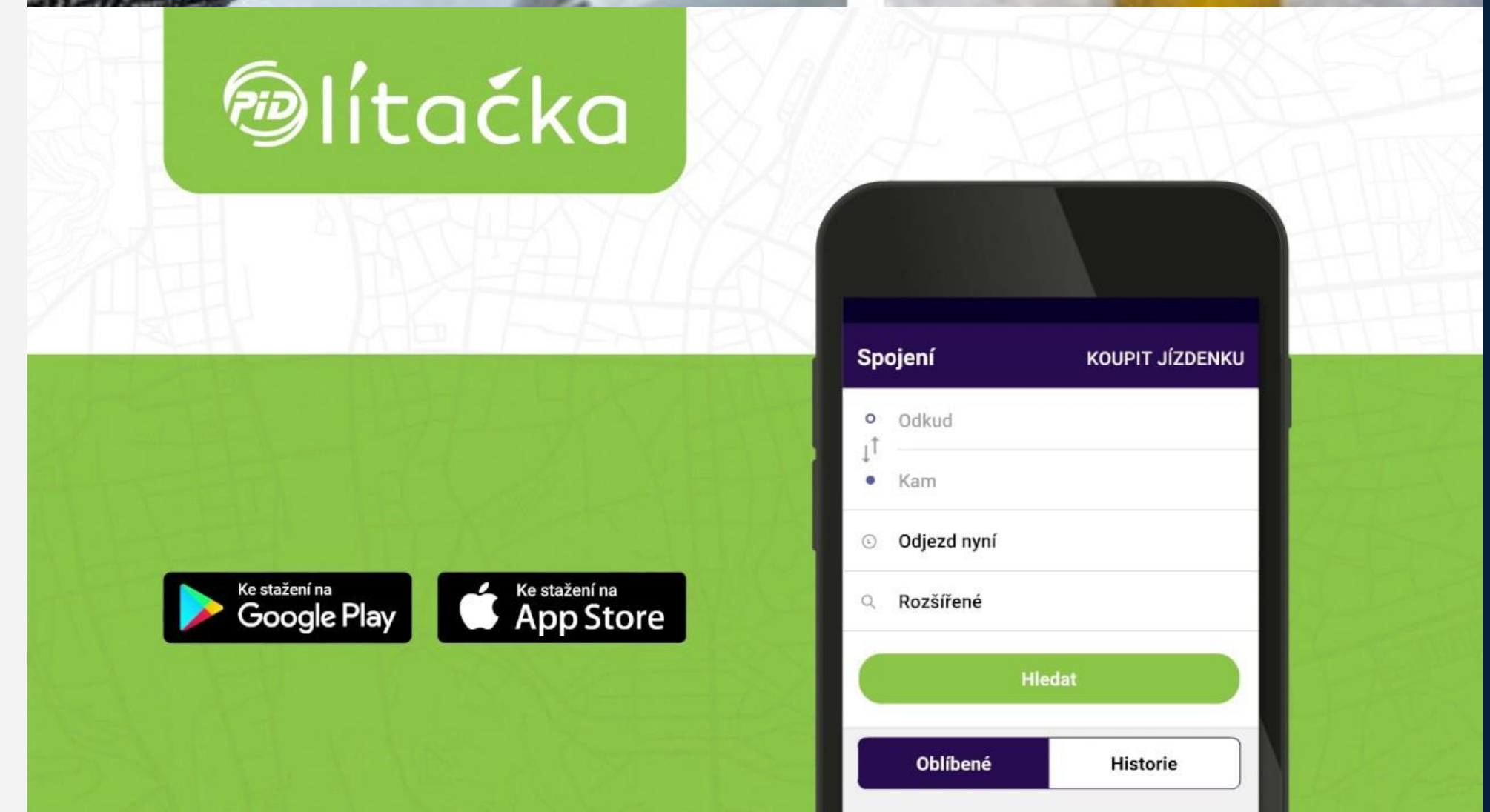
You can buy the paper tickets in a **ticket machine**, which is located in every metro station or directly in a tram (through the small device where you're able to pay by card).

Even though it's not expected, if you buy a **paper ticket**, Prague public transport **doesn't provide any discounts for students**. Those apply only to seniors.

If you buy a reduce-priced ticket, you are going to be fined in case of control!

To make it more convenient and economical, you are entitled to buy a monthly ticket or semester pass. Remember that you need a valid student card and the confirmation from a local university to get a discount.

**Long-term tickets** can be bought at several bigger stations (for ex. Main Railway Station – Hlavní Nádraží) or through the application **PID-Lítačka**.





# Public Transport



If you do not have your ticket, either you must pay a **fine of 1000 CZK** (if paid right on the spot) or they will ask you for your ID and take down all of your personal data. If you cause trouble they will call the police, so it is recommended that you cooperate.

In case you only just **forgot** your personal long-term **ticket** at home, inform the conductors about this (do not pay anything!) and take this ticket to the Na Bojišti 5 address where you will pay a fine of only 50 CZK.





# Public Transport



In PID Lítačka app you can check the **timetable**.  
If you don't want to download the app, you can also  
check the route on this website:

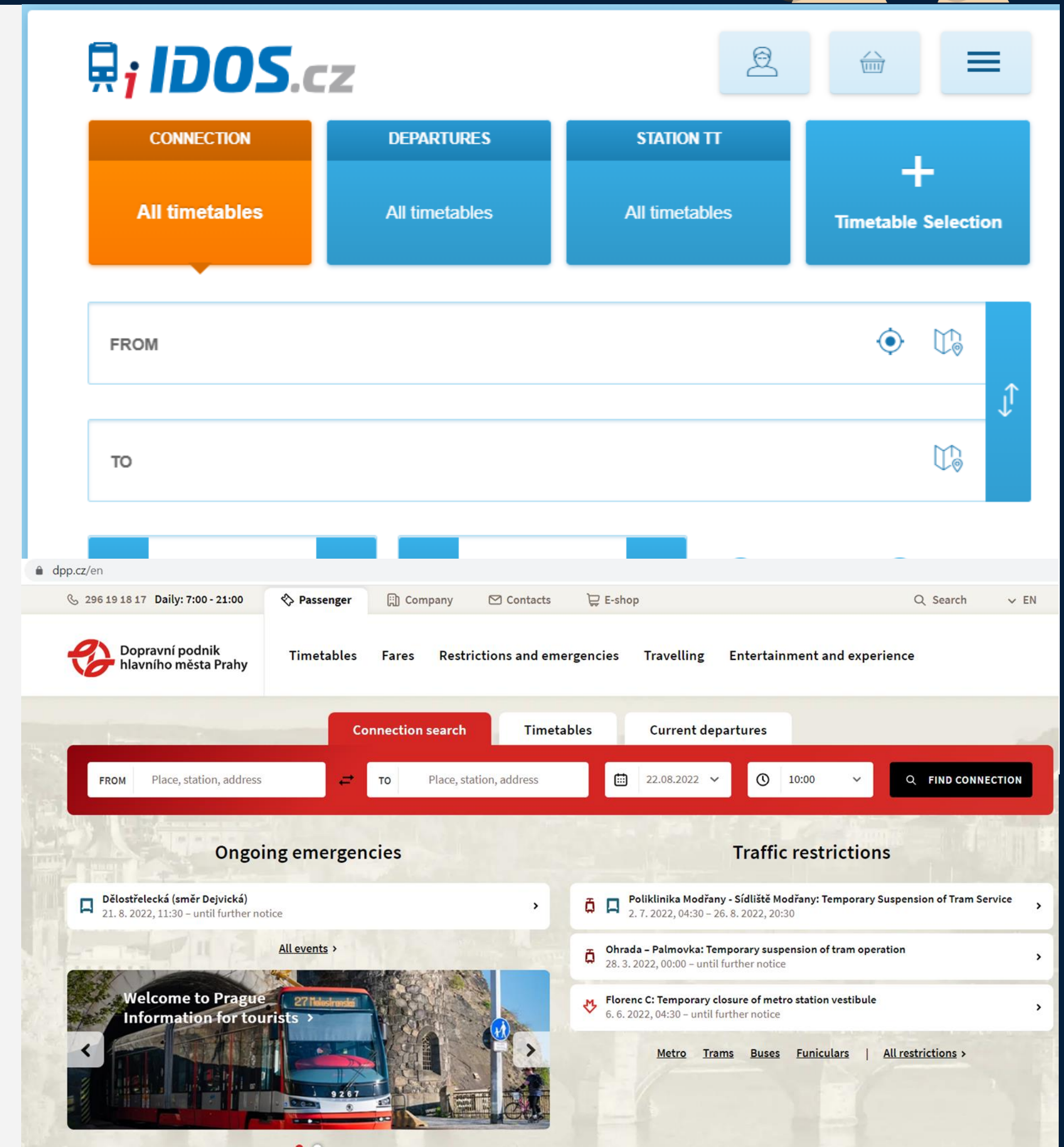
<https://idos.idnes.cz/>

It works in Czech, English and German and is valid for all  
Czech Republic, not only for the capital city.

For further information about the transport check the  
website of Prague main transport company:

<https://www.dpp.cz/en>

(this website includes a route planner and links for  
the mobile app which you can also  
use for navigation)





# Public Transport



In case you lose your long-term ticket, you can get a duplicate at the Municipal Transportation Centre. Their address is Na Bojišti 5 (near the metro station I. P. Pavlova).

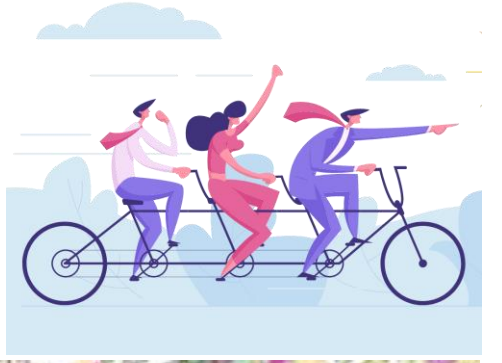
During rush hour the metro runs every 2–3 minutes, trams and buses about every 5–10 minutes.

**At night** the system of public transport changes operation, metro closes around midnight and starts running again at approximately 5:00 in the morning, but night trams and buses usually run every 30 minutes between midnight and 5:00 a. m.; all night trams meet at the Lazarská stop.

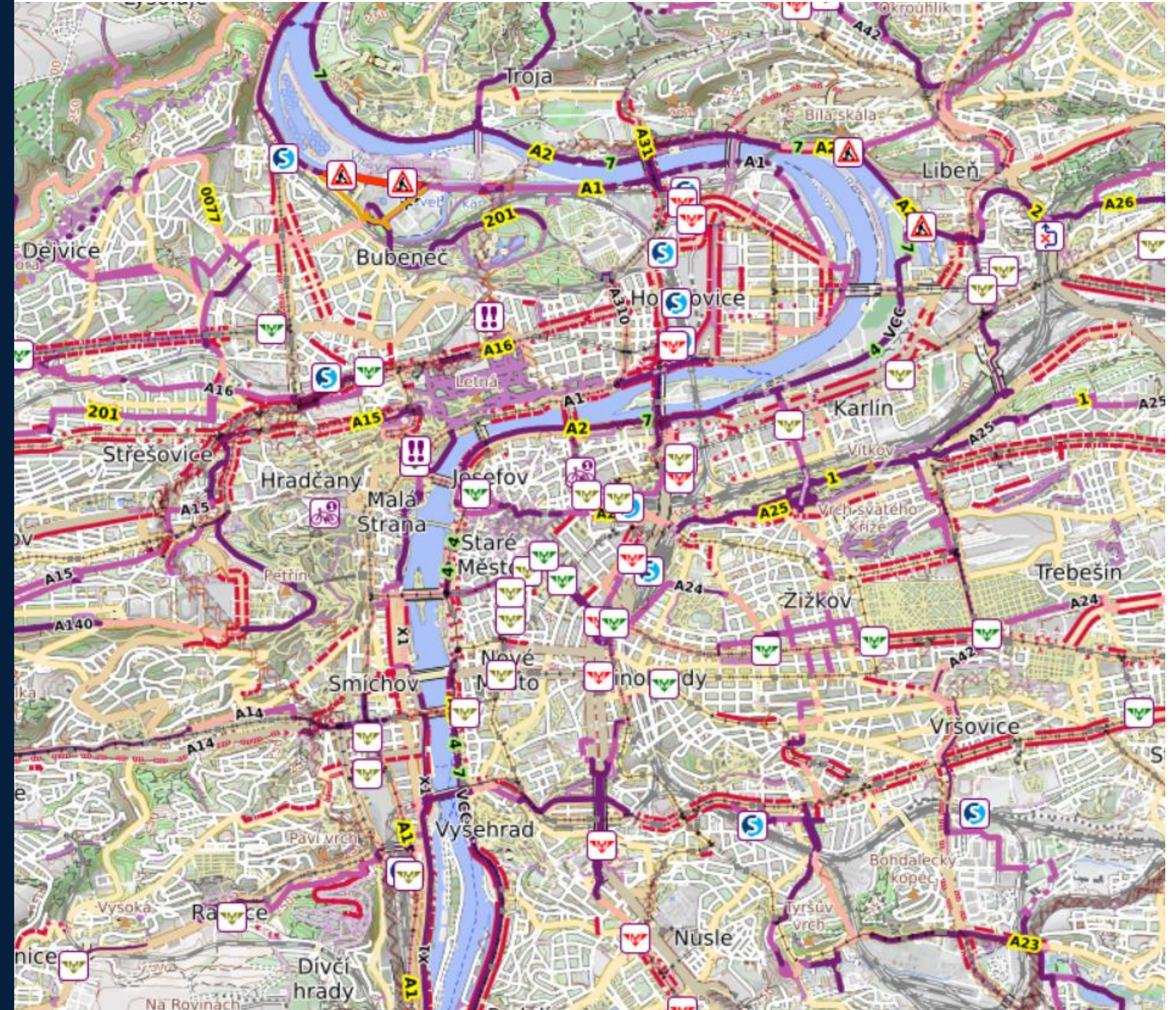




# Bikes in the city

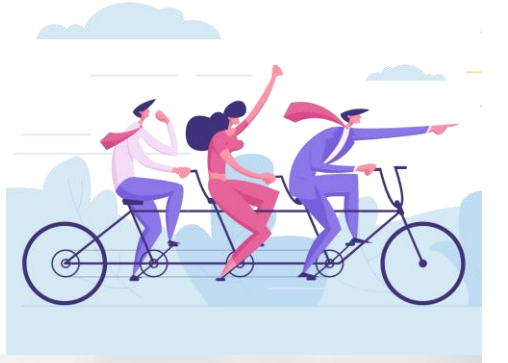


Cycling in Prague is a popular leisure activity and a not so common meaning of transport for commuting. However, number of cyclists has been rising recently and there's still more and more cycling paths. If you want to check them all visit the page: <https://mapa.prahounakole.cz/>





# Bikes in the city

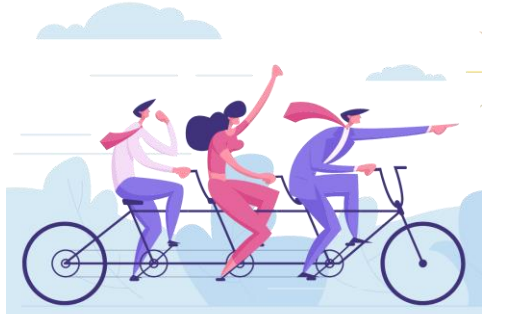


If you want to ride a bicycle in the city center occasionally and not worry about maintenance, try **Rekola**. It's a Czech bikesharing company, providing more than 1000 pink bicycles spread around the city (as of 2021). The shortest subscription is for half hour and costs 24 CZK (~1 EUR). You can also choose one month subscription which costs 195 CZK, that is slightly less than 8 EUR.





# Bikes in the city

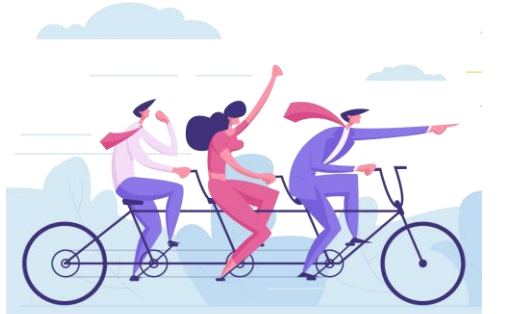


**Nextbike** bikesharing started operation in Prague in 2020.  
1000 blue bikes are spread in the city center and even some outer parts of the city. They all have derailleur, small storage space and even a GPS. They're heavier than Rekola bikes.  
First 20 minutes of the ride cost 24 CZK (~1 EUR).





# Bikes in the city



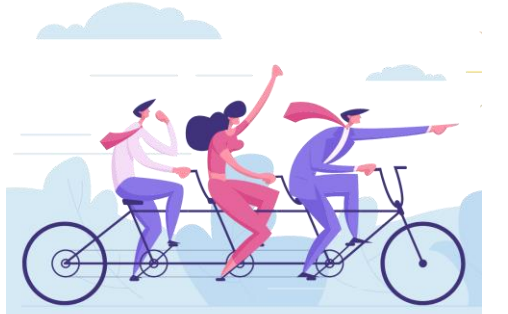
American bikesharing company **Lime** is operating fleet of around 1000 electric bikes and more than 500 e-scooters in Prague. They are available in the broader center of Prague since autumn 2018. Company charges 25 CZK (1 €) for unlocking and then 4 CZK (15 cents) per minute.

To rent a scooter or an e-bike, you need to download Lime app. Most of the scooters don't have suspension system, so they are not a good choice for cobbled roads or crossing the tram tracks.





# Bikes in the city



Company **Bolt** is operating fleet of more than hundred e-bikes in Prague since summer 2022. They're not ideal for the cobble streets in the city center.

They offer scooters as well.

There are 500 virtual stands that were chosen by Bolt within the city districts, where one can park their scooter.

The price per minute is 2.50 CZK (2021).





# Money and expenses

Although the Czech Republic is in the European Union, it does not use the euro. Czech currency is the Czech crown (CZK), usually called the koruna. Prague is inexpensive compared to other European capital cities, particularly given the high standard of living.

The average cost of living for a student in Czechia is approximately 400-700 EUR (9800-17,200 CZK) per month for accommodation, food and transport, depending on your spending habits.  
(expenses for August 2022)

## ACCOMMODATION:

Student dormitory: around 150 EUR per month  
Private room in a flat: from 250 EUR per month  
Private flat: from 450 EUR per month

## FOOD AND DRINKS:

Lunch in a student's canteen: around 60 CZK / 2.3 EUR  
Pizza in a pizzeria: from 130 CZK / 5,3 EUR  
Restaurant meal: from 170 CZK / 7 EUR  
Beer at a pub around 50 CZK / 2 EUR  
Dairy products: 20–30 CZK / 0.8–1.2 EUR  
Loaf of bread: from 25 CZK / 1 EUR

## ENTERTAINMENT:

Cinema ticket: 100–200 CZK / 4–8 EUR  
Theatre ticket: 100–500 CZK / 4–20 EUR  
Museum admission: from 50 CZK / 2 EUR





# Money and expenses

In majority of places in Czech Republic you're allowed to pay by card, but there are some exceptions (some bars or older dormitories don't have a terminal).

You can withdraw the money, but remember that your bank will probably take some provision for that. Some banks offer travel modes which enable you to make withdrawals more economically. When looking for cash machines try to avoid dark blue ATM bank (as they are dedicated to tourists and the commission there is higher), but rather choose some of international or local Czech banks.

- Československá obchodní banka, a. s.



- Česká spořitelna, a.s.



- Komerční banka, a.s.



- UniCredit Bank Czech Republic and Slovakia, a.s.



- Raiffeisenbank a.s.





# Money and expenses

You can pay by card almost everywhere. For your own assurance, you can call your bank and check how much is the commission, because some foreign banks add it to the payment.

In case you need to exchange some cash, check this map where all safe and trustworthy places are mentioned.

Try to avoid changing money in random exchange points, because there is a lot of scammers who may seem to offer you a very good course exchange, but in the end you may end up with old Belarusian banknotes instead of Czech crowns!





# Money and expenses

In their videos **Honest guide** always give a handful of advice. When it comes to scammers they recorded several videos and are on the track to break the gang of those Prague thieves.





# Money and expenses



Take a look at Czech money and try to remember their colours in order not to be deceived.

It's easy to get distracted when you are holding a bilion of 1000 units denomination!

But in reality it's just 40 euro.





# Accommodation

NEWTON doesn't have its own student accommodation, but we do cooperate with an independent student accommodation provider to offer housing.

One of the options is to book the room in those modern dorms:

Small rooms: 14.500, – Kč (around 550 euros/month)

Medium rooms: 16.500, – Kč (around 660 euros/month)

Big rooms: 17.000, – Kč (around 680 euros/month)

[Kinskych Residence - Accommodation In Prague \(accommodationprague.net\)](https://accommodationprague.net)





# Accommodation

You can try to apply for a room in one of **Charles University Dormitories**.  
It's the cheapest option of accommodation but the conditions are not the best. Unfortunately,  
there're no actual photos of dormitories' rooms on the internet.

Usually the toilets and sanitariums are shared and located on the corridor.  
The list of all the dormitories dedicated for Erasmus students is located here:

<https://cuni.cz/uken-365.html#4>

In case you would like to apply, please find the person who deals with the applicants from your  
country here:

<https://cuni.cz/UKEN-607.html>

For general questions you can write to:  
zahran@ruk.cuni.cz, int@cuni.cz





# Accommodation

Private accommodation can be found in Prague through various flatshare and real-estate websites.

- [Expats.cz](https://expats.cz)
- [Flatio.cz](https://flatio.cz)
- [Foreigners.cz](https://foreigners.cz)
- [Forstudents.cz](https://forstudents.cz)
- [Spolubydlici.cz](https://spolubydlici.cz)
- [Sreality.cz](https://sreality.cz)
- [Student-room-flat.com](https://student-room-flat.com)
- <https://west.czu.cz/en>





# Accommodation

For a room in a shared flat it is now typical to pay 8,000-10,000 CZK per month.

A three-room flat (two rooms and a kitchen) in Prague you will pay  
about 17-25,000 CZK,  
depending on the location.

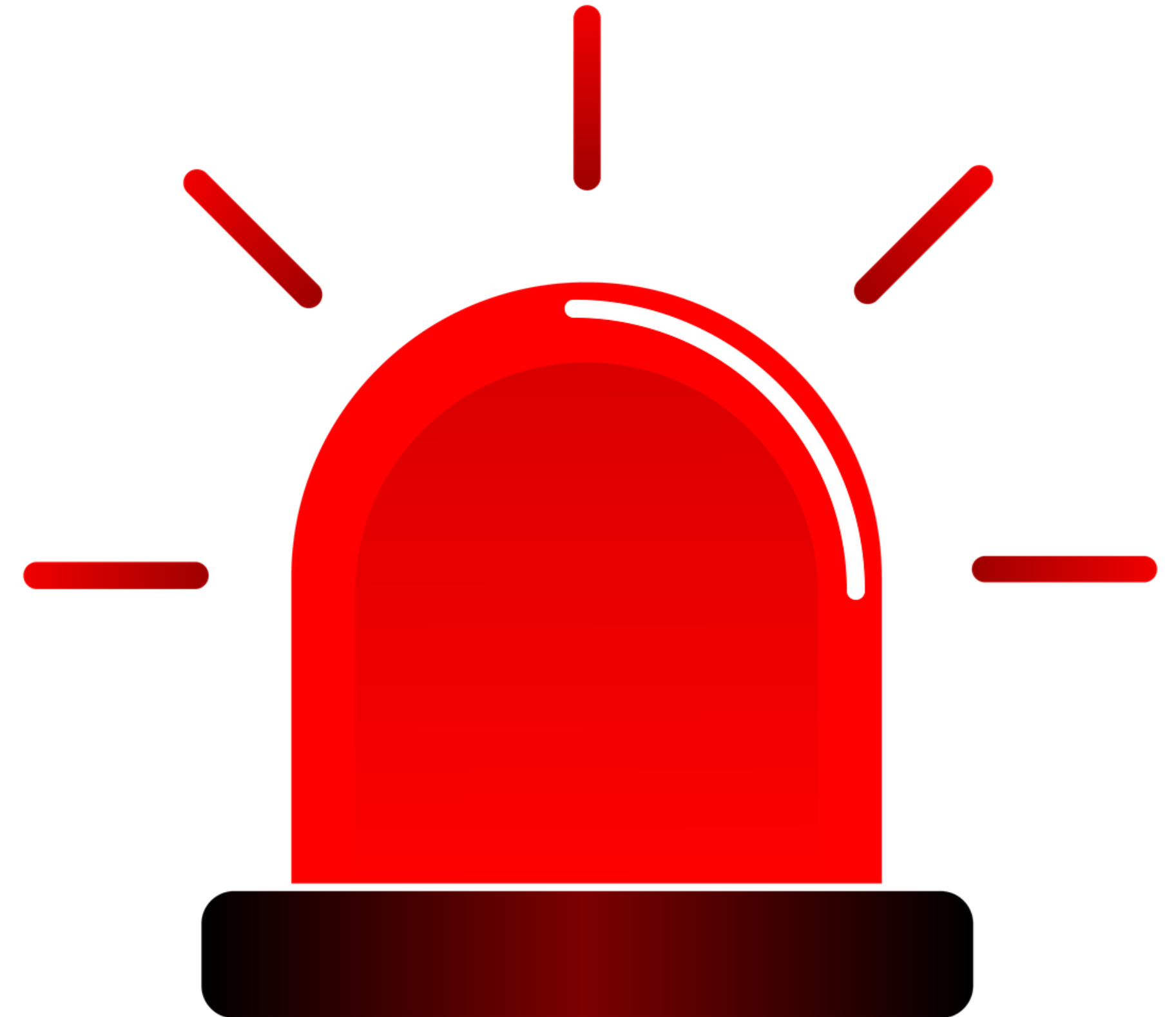
It can be more expensive if you live in the city centre. You can contact  
various rental agencies (be careful about their service fees), check the  
[ESN Prague Facebook](#) group or [Oh My Prague](#) group where other  
Erasmus+ students might look for/offer accommodation.





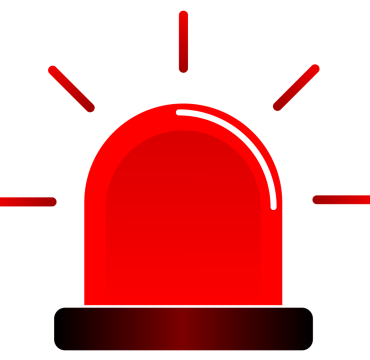
# Medical Care in Prague

In case of an EMERGENCY call 112





# Medical Care in Prague



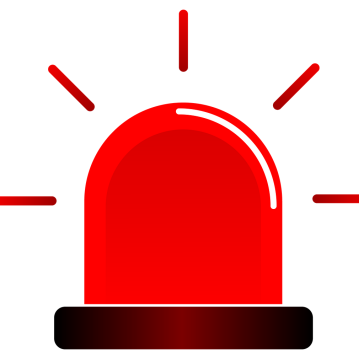
There are many hospitals and clinics in Prague. If you have valid medical insurance which covers your stay in the Czech Republic, standard medical treatment is available free of charge from the Czech Health Insurance fund, in conjunction with your health insurance policy at home.

The **European Health Insurance Card (EHIC)** can be used in the Czech Republic to cover urgent care – however given the additional health risks associated with travel during Covid times, we are recommending that even EU citizens get some additional private health insurance (either within the Czech Republic, or from your home country intended for travel abroad).





# Medical Care in Prague



## FAKULTNÍ NEMOCNICE V MOTOLE

V úvalu 84, Prague 5

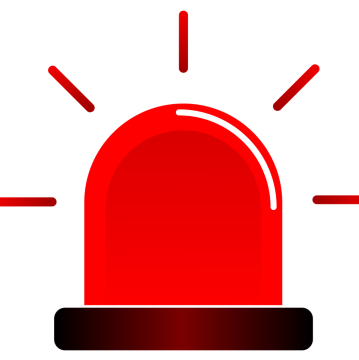
Phone: (+420) 224 431 111

The foreigners' department at the FN Motol teaching hospital, one of Central Europe's biggest medical facilities, offers consultations in English, German, French, Russian and Spanish. Despite being part of the Czech public healthcare system, Motol also treats patients who don't have Czech health insurance on a private basis.





# Medical Care in Prague



## ÚSTŘEDNÍ VOJENSKÁ NEMOCNICE PRAHA

U vojenské nemocnice 1200, Prague 6

Phone: (+420) 973 208 333

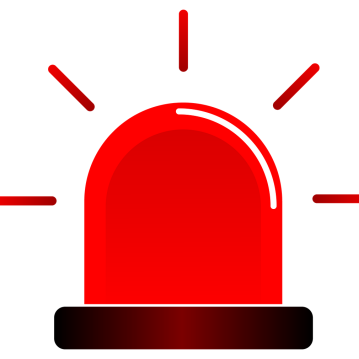
Open to civilians as well as soldiers, the "Central Military Hospital" is generally considered one of the Czech Republic's best and has frequently treated former President Václav Havel.

ÚVN's facilities include a 24-hour emergency room and, according to the US Embassy, an English-speaking staff member is always available.





# Medical Care in Prague



## NEMOCNICE NA HOMOLCE

Roentgenova 2, Prague 5

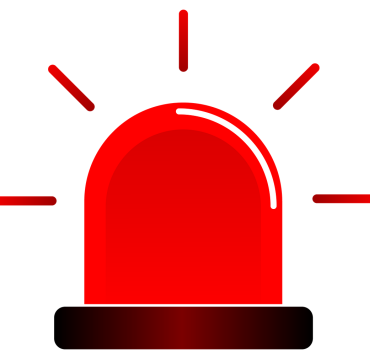
Phone: (+420) 257 271 111

"Homolka" offers treatment to expats with Czech health insurance, European Health Insurance Card-holders and to foreigners with no insurance. According to Na Homolce's website, the hospital's staff includes speakers of English, German, French and Russian.





# Medical Care in Prague



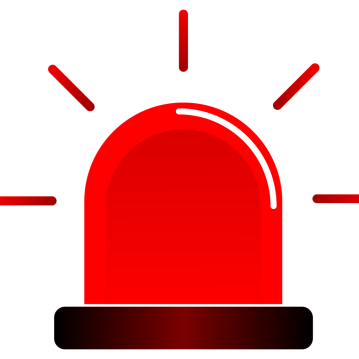
## PRAGUE WOMEN'S HEALTH CENTER

Kartouzská 6, Prague 5

Phone: (+420) 251 614 686

Affiliated with the Fakultní Thomayerova nemocnice teaching hospital, the PWHC's multilingual staff provides obstetrics and gynecology services to patients with or without health insurance. A 24-hour emergency service is also available and all major credit cards accepted. English, Russian and German spoken.





## **Městská poliklinika Praha**

Spálená 12,

tel.: 222 924 268

Mo–Th: 19.00–6.00

Fr: 16.00–6.00

Sa, Su + holidays: non-stop

## **Všeobecná fakultní nemocnice (only dental surgery)**

U nemocnice 2,

tel.: 224 962 723, 224 962 725, 224 963 138

Mo–Fr: 17.00–7.00

Sa, Su + holidays: non-stop

## **Fakultní Thomayerova nemocnice s poliklinikou**

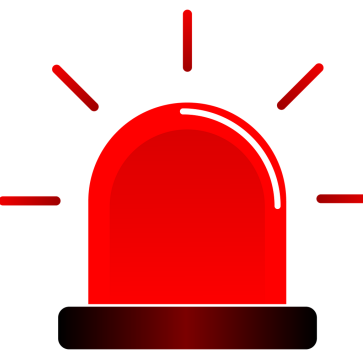
Vídeňská 800, tel.: 261 083 546, 730 578 741

Mo–Fr: 17.30–22.30

Sa, Su + holidays: 7.30–22.30



# Medical Care in Prague - Pharmacies open 24h (Pohotovostní lekárny Praha)



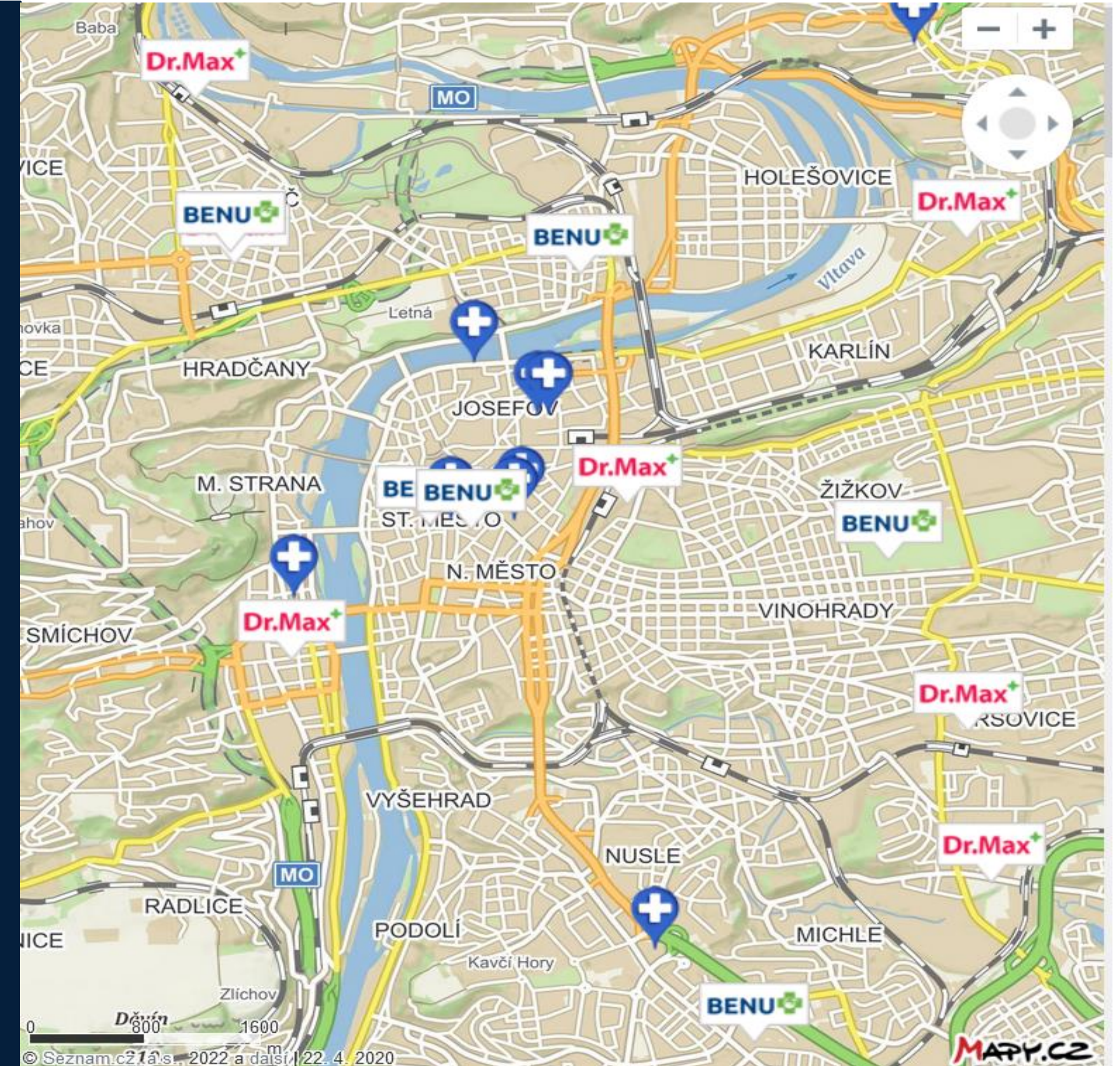
**Lékárna Dr. Max Vítězné nám Praha 6**  
Vítězné náměstí 997/13 Praha 6 Bubeneč

**Benu lékárna Fr.Křížka Praha 7 Holešovice**  
Fr. Křížka 22, Praha 7 - Holešovice (Poliklinika Holešovice)

**Lékárna nemocnice Na Františku Praha 1**  
Na Františku 8, Praha 1 Staré Město

**Lékárna EUC poliklinika Šustova Praha 4**  
Šustova 1930/2, Praha 4 Chodov

**Lékárna Thomayerova nemocnice Praha 4**  
Vídeňská 800, Praha 4 Krč (Thomayerova nemocnice)





# Food in Prague



In many places in town (especially close to the faculties or dormitories)  
you can pop in student canteens called MENZA.  
They offer various kinds of food in cheap prices.

On following link you are able to check what's the actual menu  
(unfortunately only in Czech language): <https://agata.suz.cvut.cz/jidelnicky/index.php?clPodsystem=2#>

If you're looking for some inspirations, check the video about food from The Honest Guide:





# Food in Prague



If you want to try typical czech cuisine and feel the atmosphere of 90' you should visit one of those places. They are canteines, but the food is good quality and often you can get a czech beer in competitive prices too!

## 1. Havel'ska Koruna

<https://www.havelska-koruna.com/>



## 2. Jidelna Svetozor

[restaurant in google maps](#)

## 3. Restaurace u Houmra

<https://www.uhoumra.cz/index.php>





# Food in Prague



If you are interested in trying some typical czech food, here are some tips:

## 1. Knedlin

A place where you can find typical czech knedlíky in sweet and salty flavours.

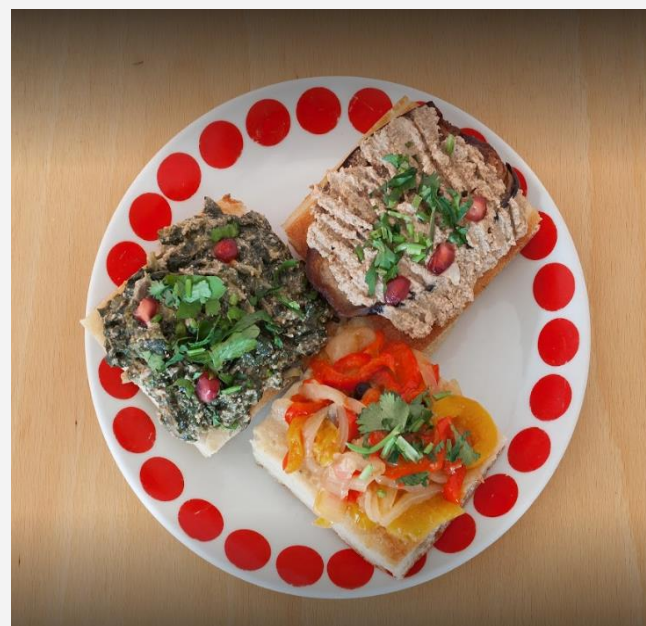
[https://www.tripadvisor.com/Restaurant\\_Review-g274707-d20893682-Reviews-Knedlin-Prague\\_Bohemia.html](https://www.tripadvisor.com/Restaurant_Review-g274707-d20893682-Reviews-Knedlin-Prague_Bohemia.html)



## 1. Polevkarna

Here you can eat healthy and nutritious food, especially soups which are the speciality of this restaurant

<https://www.polevkarna-soup.com/>



## 3. Sisters bistro

Here you will be able to try chlebičky – small sandwiches ideal for lunch!

<https://www.sistersbistro.cz/en/>





# Food in Prague



If you have your ISIC card, you will find some places that offer discounts for students.



## 1. Pizza Einstein

offers two pizzas in the price of one

<https://www.pizza-einstein.cz/>

## 2. 360 pizza

offers 15% discounts

<https://360pizza.com/cs/shipping/courier>



## 3. Bageterie Boulevard

Offers 10% discount on the entire receipt

<https://www.bageterie.com/>





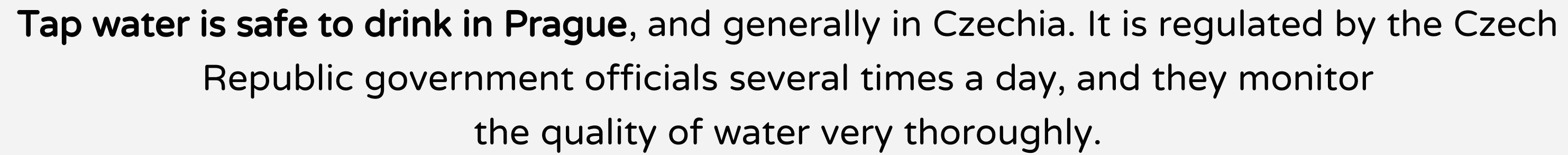
# Food in Prague



Would you like to cook for yourself?  
Are you looking for the fresh market to buy vegetables and fruits?  
The best option for you is **Trh na Naplavce** which is opened  
every Saturday from 8AM to 2PM

<https://www.farmarsketrziste.cz/en/trh/naplavka>







# Where to study?



National Technical Library



The whole list of Charles University libraries is available here:

<https://library.cuni.cz/libraries/>

Moreover you can visit and use the city libraries:

<https://prague-stay.com/lifestyle/review/119-education-in-prague/219-libraries-in-prague/1258-prague-city-library>

Libraries have a student Wi-Fi (eduroam) as well as their own public internet.





# Where to study?



If you're a coffee person and at the same time you like to **study/work** in a **cafes**, you will have an opportunity to check many of places like that. Prague is filled with numerous caffs decorated in various styles, so everyone is going to find something for oneself! For the start, you can check out those places:

## Cafedu

It's a place located just behind the National Museum. It is dedicated for early birds (opens at 7:30 AM) but also night owls (closes at 10 PM). For a small fee you are able to reserve yourself a space in a quiet studying room, with the access to the internet and some beverages in the package.





# Where to study?



## Ronin Coffee

Is especially quaint during summer, when you can enjoy the little garden in the backyard. Indoor space is really modern, but if you plan to focus, remember to take some headphones, because music may be distracting you sometimes!



## La Boheme Cafe

Opens at 8:30 AM and is waiting for the people who value quiet and peaceful time within the walls full of books. Nice atmosphere guaranteed! (Wi-Fi is not provided there).





# Where to study?



## Kavarna Misto

A unique and spacious café in the Bubenec district with artisan coffee and good small bites to eat ranging from cakes to daily soups/salads. Misto is a very cool place with lots of room to study. You're also around the corner from the Hradcanska metro stop to get to the town.



## Cafe NONA

If you don't mind the view on the buzzing street while studying, the café of the New Stage of the National Theatre is ideal for you.





# Leisure in Prague

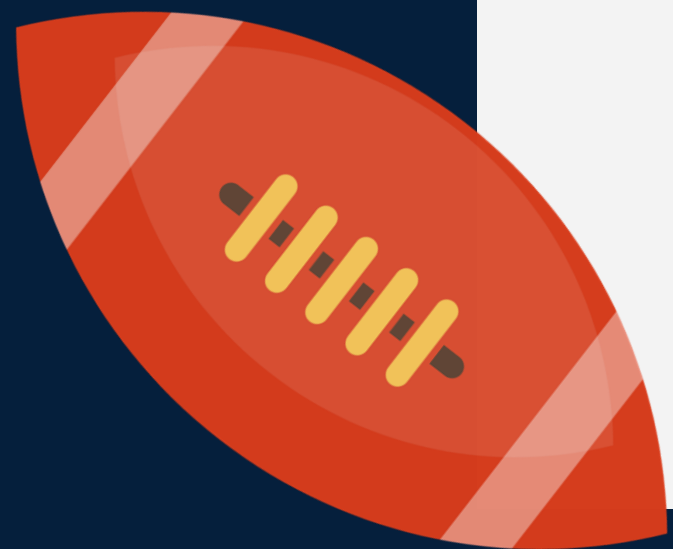


If you are looking for some places where you can spend your extra energy, many **GYMS** which are widespread in all Prague are waiting for you. Membership is for around 1000 CZK per month.

**CrossFit Committed** is a popular choice for crossfit fans in Prague. It offers month-to-month memberships and a personal trainer by your side throughout the class to provide help and support. Located near the metro station Vltavská, it's within easy reach of the city centre.

**Hammer Strength Fitness**, close to the metro station Českomoravská, offers a wide range of equipment, lots of space and good opening times. You can buy one-time entry for 110 – 180 CZK depending on the time of day.

**World Class Fitness**, located in the centre of Prague, is another popular choice.





# Leisure in Prague



When it comes to more specific sport classes, you can choose among wide offer, because city is full of opportunities. Here are some examples:

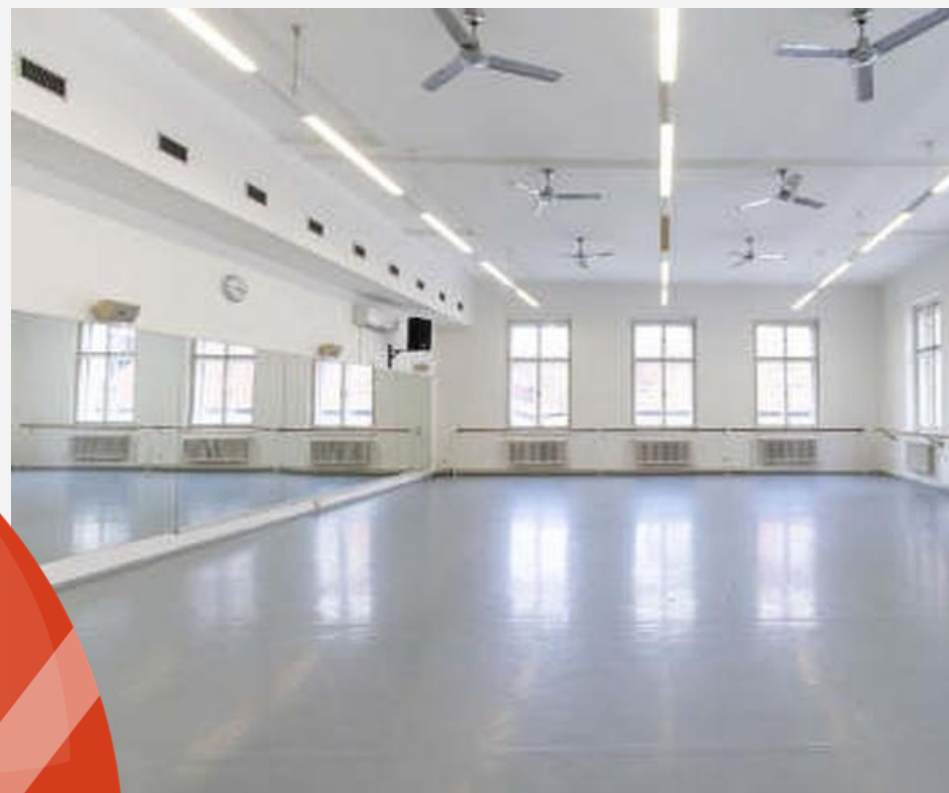


## DANCE STUDIOS

**Voila Studio at Jiřího z Poděbrad and Mustek**

Offers street dance, ladies dance, latino, jazz/contemporary/ballet, orient/afro dance

<https://www.tsvoila.cz/rozvrh-present.php>



**Dance Perfect at Národní 25**

offers ballet, zumba, jazz dance, pilates, MTV/street dance, Hip-hop, Dancehall, Contemporary Dance

<https://www.danceperfect.cz/cz>





# Leisure in Prague



## YOGA

### **Yoga Movement** at Na Zatlance 1151/8

Created for everyone – complete beginners, those who do yoga on and off and for experienced yogis looking to push their practice forward. You don't need your own mat – the studio offers eco friendly and non-slippery yoga mats for all participants.



### **Karma Yoga Studio** at Korunní 25

offers an incredible variety of classes – up to 70 yoga classes per week. Schedule is dedicated for everyone from young yogis to mature yogis and seniors.



### **Jógovna** at Jindřišská 5

is a space not only for your yoga practice, but also for coworking after a morning class or for sitting and sharing with friends. Our wish is that you can leave not only your shoes but also your worries at the front door, so we try to make sure that your inward practice can begin as soon as you enter the studio.





# Nature in Prague

## Letna Park

is dedicated for those who:

- enjoy **picturesque views** (there is a viewpoint here, from which most of the Prague panoramic photos are being taken)
- are **skateboarding** enthusiasts (you can always find somebody to ride with)
- like **hiking** (you have to climb up the big stairs to get there!)
- are fans of having a **beer in the open air** (there's a bar as well as the food stands and food trucks up the hill)





# Nature in Prague

## Kampa Park

is dedicated for those who:

- enjoy **art** (there's a small theatre in the park and photo exhibitions are being shown on the alleys. Here you can also find the sculptures called *Babies* of the famous czech artist, David Černý)
- like to check out local **museums** (the Museum of Contemporary Art in Kampa Park is waiting for visitors everyday from 10 AM to 6 PM)



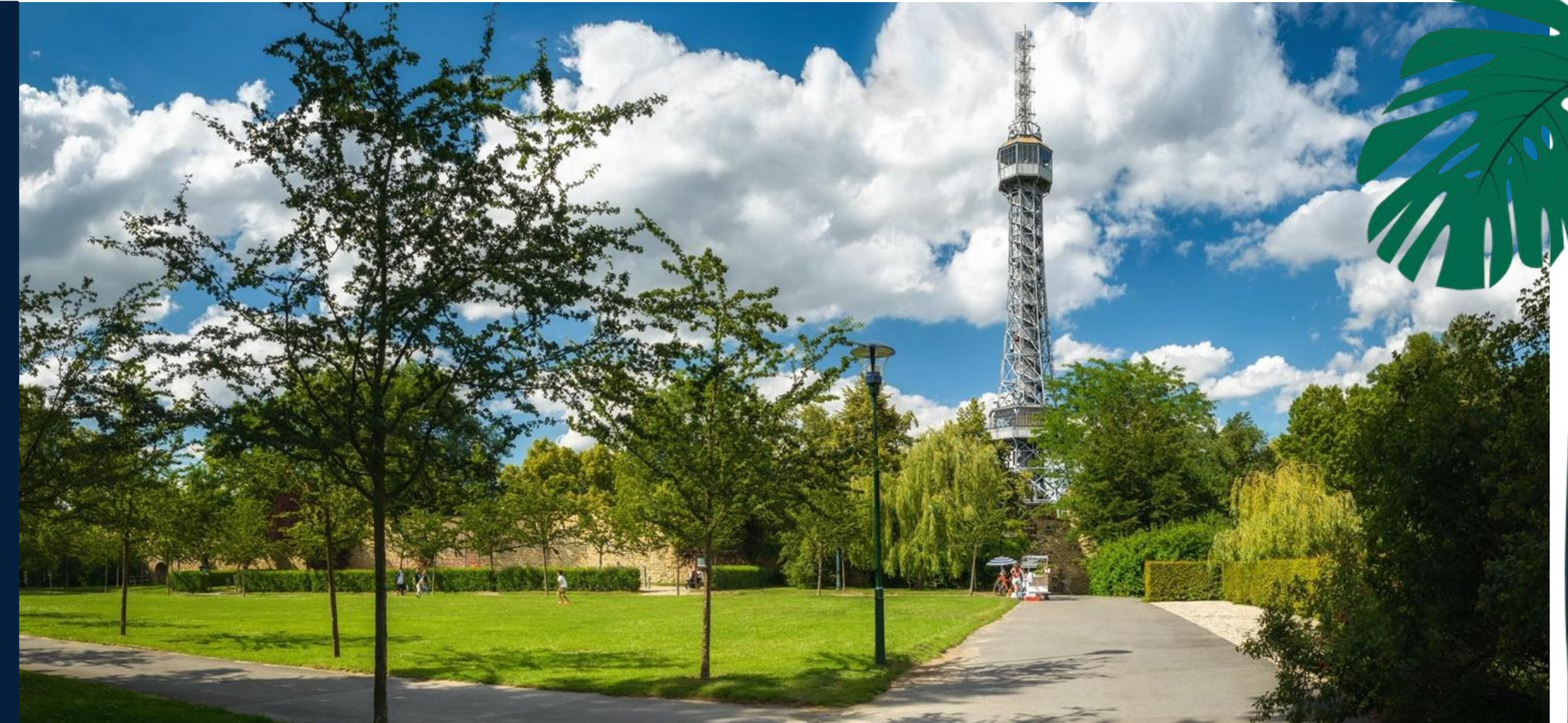


# Nature in Prague

## Petřín Hill

is dedicated for those who:

- are looking for a challenge (walking) and are motivated to reach the top in order to see the **panoramic view** of the whole city and its suburbs from the **Prague Eiffel Tower**
- are interested in astronomy (the astronomical observatory, The **Štefánik Observatory**, has got various shows and events for all the curious visitors)
- love flowers (at the hill you can rest in the Rose Garden)





# Nature in Prague

## Wallenstein Garden and Palace

is dedicated for those who:

- are fond of **art and history** (baroque garden is full of sculptures of antic heroes)
- want to see the headquarter of the **Czech Senate**
- are looking for the entertainment (on the stage some concerts and plays take place)
- are not afraid to meet knights (the tournaments are organised in the yard)





# Exploring Prague

If you would like to get to know Prague more but don't like the idea of booking own guide, there's a nice possibility from the **company Free Walking Tour Prague!**

There are three walking tours available almost everyday in English as well as in Spanish.

The only thing you need is to choose a route and book yourself a place  
(without any charge) on the website:

<https://freewalkingtourprague.eu>

If you are concerned about social issues and want to see **Prague through the eyes of homeless people**, you can support locals by choosing a **tour** with them!

There's several guides who specialise in certain city's areas.

The fee is small, but the act of kindness is great.

<https://pragulic.cz/en/>





# Exploring Prague

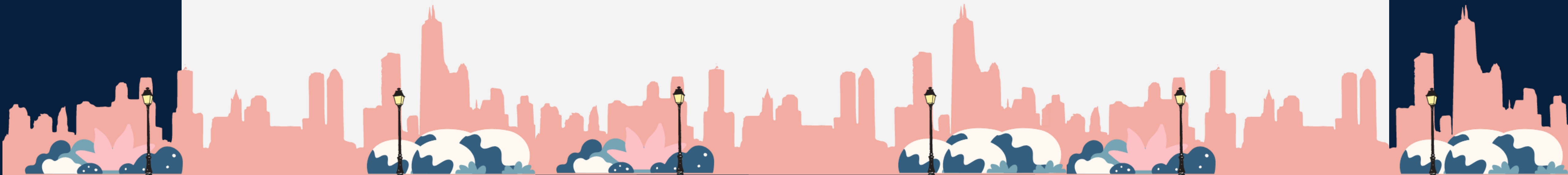
Would you rather discover places on your own?

There's something that can help you not to miss anything!

A **map** is prepared for 24h sightseeing and will take you **past most of the city's major attractions**, landmark public buildings, places of worship, cultural venues, restaurants, and cafes. You'll also learn a few lesser-known tidbits about Prague along the way.

The **walking tour** covers a total distance of approximately 10.4 kilometers (6.5 miles). Depending on how fast you go, you could even make a full day of sightseeing out of it.

<https://www.nomadepicureans.com/europe/czech-republic/free-prague-walking-tour-self-guided/>





# Erasmus Student Network (ESN) CU, Prague

The Erasmus Student Network is a student organization which helps international exchange students to enjoy their stay in Prague.

They organize various social and cultural events for both international and Czech students, mainly trips and excursions around Prague and the Czech Republic. They also assist with various projects and generally help international students handle their first steps in Prague. During the Orientation Week you can join many fun activities such as the Sightseeing tour, Pub Quiz, Welcome party and several one day trips out of Prague.

Throughout the semester you can join them every week at activities like Social Sundays, Film Club, Let's Explore Prague and many more!

For further information see:

<https://www.esncuprague.cz/> or  
<https://www.facebook.com/ESNCUPrague/>





# Contact us!



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