



Zdravotně  
sociální fakulta  
Faculty of Health  
and Social Sciences

Jihočeská univerzita  
v Českých Budějovicích  
University of South Bohemia  
in České Budějovice

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# WELCOME GUIDE

## FOR INCOMING STUDENTS

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## CONTACTS:

### Faculty Erasmus+ Coordinator

#### Jana Ředinová

Address: International Office

J. Boreckého 1167/27, 370 11 České Budějovice

Room: 088 – 2nd floor – Main building of the FHSS

Phone number: +420 389 037 517

E-mail: [zahr@zsf.jcu.cz](mailto:zahr@zsf.jcu.cz) or [redinova@zsf.jcu.cz](mailto:redinova@zsf.jcu.cz)

Responsibilities: Nomination and administration of your stay, courses you study, practical placement, official confirmation before your arrival and on your leave.



### Welcome Officer for incoming students

#### Eliška Klimešová

Address: International Office – Rectorate

Studentská 1410/23, 370 05 České Budějovice

Room: 020 - groundfloor - Aula JU

E-mail: [klimesovae@jcu.cz](mailto:klimesovae@jcu.cz)

Phone number: +420 389 036 027

Responsibilities: Orientation Week, Accommodation at dormitories, Visa service if needed.



### Your Buddy

- ♥ is here to assist you with formalities and help you settle in upon arrival and throughout your stay.
- ♥ To get your Buddy, simply fill out the [online form](#).
- ♥ Buddy can support two students if they are studying the same program during the same period. If you are coming with a friend, only one of you needs to apply – one.
- ♥ Please be patient – it may take some time to match you with the right Buddy.

The earlier you apply, the better your chances of being matched with a Buddy

## ACADEMIC YEAR 2026/2027

### Winter semester:

Orientation week: 14 – 18 September 2026

Classes: 21 September – 19 December 2026

Exam period: 4 January – 14 February 2027

Winter holidays: 21 December 2026 – 3 January 2027

### Summer semester:

Orientation week: 8 – 12 February 2027

15 February – 16 May 2027

17 May – 30 June 2027

Summer vacation: 1 July – 30 September

## ARRIVAL AND TRANSPORT

Students coming for a study mobility are strongly recommended to **arrive 1–2 days before the Orientation Week (OW)** and to take part in the programme. During **Orientation Week** you will receive many useful practical and academic information about studying and living in České Budějovice, and it is also a great opportunity to meet both international and Czech students.

Please **always inform the FHSS Erasmus+ faculty coordinator** about the date and expected time of your arrival.



### **By Plane to Prague – Václav Havel Airport (PRG)**

[There are information centres at Prague Airport of the Prague Public company – at each terminal.](#)

#### *From the Airport to the Railway station*

##### **1. Bus Lines:**

**119:** Prague Airport – takes you to „Nádraží Veleslavín“ (**metro line A**) - 15 min

**100:** Prague Airport – takes you to „Zličín“ (**metro line B**) - 18 min

#### Where to buy tickets

Tickets are valid on metro, tram, bus, ferry and train lines in the area of Prague. Short-term tickets for Prague (from 30 minutes to 3 days) can be purchased in following ways:

- ♥ In information centers and selling points at most of the metro stations
- ♥ In yellow ticket vending machines at metro stations and some surface transit stops
- ♥ In newspaper shops in the whole area of Prague
- ♥ In the mobile application PID Lítačka (paid by credit/debit card, Masterpass or Apple Pay, ticket needs to be activated before your travel)
- ♥ Inside every tram (only by contactless credit/debit card)

#### **How to use the tickets**

If you are using a paper ticket, it must be validated immediately after boarding the bus or trolleybus.

Insert the ticket into the yellow validation machine inside the vehicle.

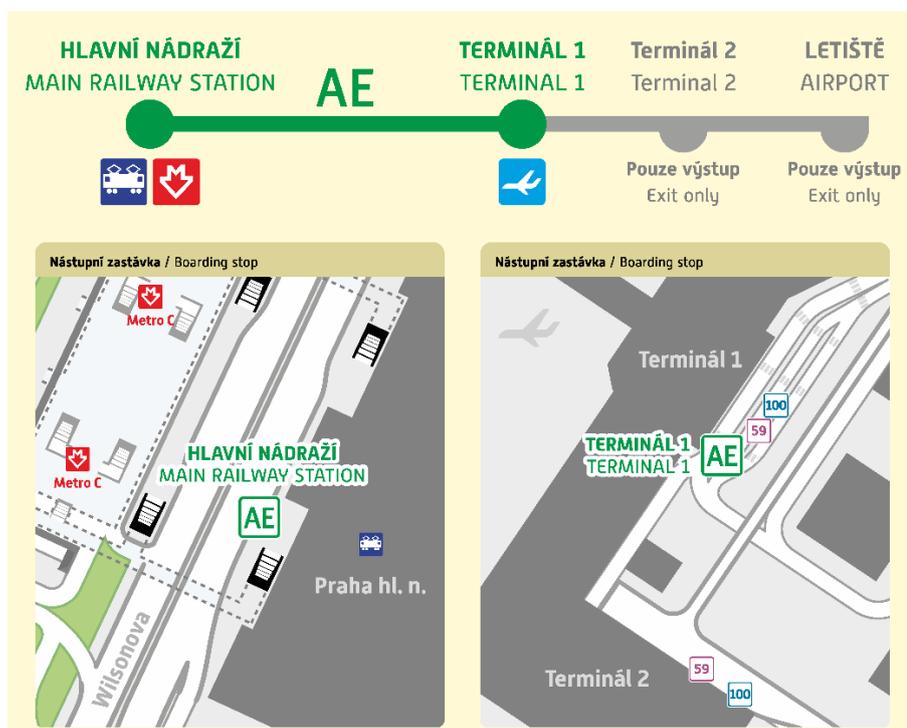
**If the ticket is not validated, it is considered invalid and the passenger may be treated as travelling without a valid ticket.** Each ticket must be validated only once; when changing between lines or individual means, do not validate the ticket again. **Avoid the Penalty!**



## 2. Airport express:

Special bus line that ensures direct connection of air, railway, and public transport by low-floor buses (with extended luggage storage space), operating continuously throughout the day.

- ♥ Interval: 20 – 30 minutes, at night 60 minutes.
- ♥ Journey time: 40 minutes
- ♥ Fare: Tickets are purchased from the driver (including card payment) - CZK 200,
- ♥ Luggage: free of charge
- ♥ Recommended sources: [Actual public transportation information](#) and [Public transportation fares](#)



### Prague Main Railway Station

#### [Orientation map of the Station](#)

Before arriving at **Prague Main Railway Station (Praha hlavní nádraží)**, it is a good idea to look at the **station orientation map**, so you know where to go. The station is large and often very busy.

Please be aware that, as in many large railway stations, be aware of pickpockets, and keep an eye on your personal belongings.

At the station you can buy a **train ticket to České Budějovice** at the ticket office or ticket machines. The ticket usually costs **approximately 235–290 CZK**, and the journey takes **about 1.5–2 hours**.

You can check the train timetable to **České Budějovice** [HERE](#).

Before arriving in the Czech Republic, you will be contacted by your **Buddy** – a student from the **University of South Bohemia** who will help you during your first days. Please inform your buddy about your **expected arrival time in České Budějovice**. Your buddy can help you find your way to the dormitory after arrival.

## By Plane to Vienna International Airport (VIE)

Another possible way to reach České Budějovice is to fly to Vienna International Airport (Austria) and continue by train or long-distance bus.

This option may be convenient for some international students, depending on available flight connections.

### By Train

From **Vienna Airport (Flughafen Wien)** it is possible to travel to **České Budějovice** by train with one transfer, usually in Linz or Vienna main station.

- ♥ travel time: approximately 4–5 hours
- ♥ several connections available daily
- ♥ tickets usually start from about €10–€20 depending on the connection and booking time

Train tickets and timetables can be checked at: <https://www.oebb.at> and <https://www.thetrainline.com>

### By Bus (FlixBus)

A convenient option is also the FlixBus long-distance bus, which connects Vienna or Vienna Airport directly with České Budějovice.

- ♥ travel time: about 4–5 hours
- ♥ ticket prices usually start from about €15–€20 when booked in advance
- ♥ Bus tickets and schedules can be found at: <https://www.flixbus.com>

Some FlixBus routes run directly from Vienna Airport to České Budějovice

## From the Railway Station in České Budějovice to the Dorm

[Public transport in České Budějovice](#) is operated by **buses and trolleybuses** and provides an easy way to travel around the city.

### Where to Buy Tickets

Short-term tickets can be purchased in following ways:

- ♥ In information centres and selling points
- ♥ In yellow ticket vending machines
- ♥ In newspaper shops

### Bus/trolley stop

At each bus or trolleybus stop there is an information panel.

At the top of the panel you can see [the numbers of the bus or trolleybus lines](#) that stop there.



## Reading Bus and Trolleybus Timetables

At many bus and trolleybus stops you will find an **electronic screen** showing the **time remaining until the next bus or trolleybus arrives** and its **final destination**.

Below the screen you will usually find the **printed timetable for the bus or trolleybus line**.

### How to read the timetable

In the **top left corner**, you can see the **number of the bus or trolleybus line**.

The **first column** shows the list of stops on the route. The stop where you are currently standing is **highlighted**.

The following columns show the **departure times** for different days:

- ♥ Working days (school period)
- ♥ Working days during school holidays
- ♥ Weekends and public holidays

## How to Get to Dormitory K5

The easiest way to reach Dormitory K5 and the Faculty of Health and Social Sciences from the main railway station or bus station (Nádraží) is by public transport.

From the stop “Nádraží” you can take:

1. **Trolleybus No. 5 or 9** to the stop “**VLTAVA STŘED**” (approximately 15 minutes ride)

You can follow the walking route from the stop “**Vltava střed**” to the Faculty of Health and Social Sciences / Dormitory K5 on the map below. (10 minutes)



2. **Bus/Trolleybus No. 1, 4 or 5** to the stop “**EVŽENA ROŠICKÉHO**” (approximately 14–18 minutes ride).

From both stops it is possible to reach the faculty building and Dormitory K5 on foot in less than 10 minutes.

Route on foot from bus stop “**EVŽENA ROŠICKÉHO**” to the Faculty of Health and Social Sciences and Dormitory K5 (6 minutes)

## Public Transport in České Budějovice

Public transport in České Budějovice is operated by buses and trolleybuses and provides an easy way to travel around the city.

### Ticket Prices

If you use public transport occasionally, you can buy a short-term ticket:

- ♥ 30 CZK – valid for 60 minutes

For longer stays, students usually buy a season ticket:

- ♥ Monthly student ticket (under 26 years) – from 210 CZK
- ♥ Monthly adult ticket – from 420 CZK
- ♥ Three-month student ticket (under 26 years) – from 560 CZK
- ♥ Three-month adult ticket – from 1 120 CZK

The final price may vary depending on the number of transport zones included in the ticket.

### Student Transport Card

After arriving in České Budějovice, we will show you where the public transport office is located.

To obtain a student transport card, you will need:

- ♥ one passport-size photo
- ♥ a confirmation from the International Office that you are an international student at the University of South Bohemia

You will receive this confirmation during your first meeting at the International Office.

The fee for issuing the transport card is 50 CZK.

## MONEY TALK

In the Czech Republic, there are Czech Crowns (CZK) are used as an official currency

1 CZK = 100 Halers. Notes come in 5000, 2000, 1000, 500, 200 and 100 CZK denominations and coins in 50, 20, 10, 5, 2, and 1 CZK.

The Czech crown is freely convertible on world currency markets; exchange rates could be found [HERE](#).



### How to exchange money?

- ♥ **Exchange Offices** Many exchange offices in tourist areas advertise 0% commission, but always check the final exchange rate before completing the transaction. Always check the displayed exchange rate and final amount before confirming the transaction.
- ♥ **Banks** Some banks offer currency exchange services, usually during their opening hours: typically Monday–Friday, approximately 8:00–17:00. However, banks often offer less favourable exchange rates than exchange offices and may charge additional fees.
- ♥ **ATMs** Many international students prefer to withdraw Czech crowns directly from ATMs using their bank card. ATMs are widely available in airports, city centres, shopping centres and near banks. When withdrawing money, you may be offered dynamic currency conversion. It is usually better to decline this option and withdraw in CZK, as the exchange rate is often more favourable.

## LANGUAGE ISSUE

The official language of the Czech Republic is Czech, and while many people can speak English, not everyone will. It helps to learn a few useful Czech phrases before you arrive. This can make your experience easier and even bring a smile to people's faces when they see you trying to speak their language.

CZECH	PHONETICS	ENGLISH
Dobrý den	Doh-bree den	Good day / Hello
Ahoj	Ah-hoy	Hi / Bye (informal)
Na shledanou	Nah skh-leh-dah-noh	Goodbye
Prosím	Pro-seem	Please / You're welcome
Děkuji	Dyeh-koo-ye	Thank you
Ano / Ne	Ah-noh / Neh	Yes / No
Omlouvám se	Ohm-loo-vahm seh	I'm sorry
Promiňte	Pro-min-tyeh	Excuse me
Mluvím anglicky	Mloo-veem ang-glits-kee	I speak English
Nemluvím česky	Neh-mloo-veem ches-kee	I don't speak Czech
Můžete mi pomoci?	Moo-zhe-teh mee po-mo-tseh?	Can you help me?
Kolik to stojí?	Ko-leek to stoy-ee?	How much does it cost?
Kde je toaleta?	Gdeh yeh to-ah-leh-ta?	Where is the toilet?
Nerozumím	Neh-roh-zoo-meem	I don't understand
Můžete to zopakovat?	Moo-zhe-teh to zo-pah-ko-vat?	Can you repeat that?
Jak se jmenujete?	Yak seh ymeh-noo-yeh-teh?	What is your name?
Jmenuji se...	Ymeh-noo-ye seh...	My name is...
Těší mě	Tyeh-shee mye	Nice to meet you

## TIME AND PUNCTUALITY IN THE CZECH REPUBLIC

In the Czech Republic, **people usually take time quite seriously**. Being on time is considered polite and respectful. If a meeting, class or appointment is scheduled for 10:00 a.m., it normally means exactly 10:00 a.m., not later. Arriving a few minutes early is common and appreciated.

This applies especially to university classes, meetings with teachers, medical appointments, and official offices. If you know you will be late, it is polite to inform the person you are meeting in advance.

Public transport in Czech cities also runs according to fixed timetables. Buses and trams usually arrive and leave on time, so it is good to check the schedule and plan your journey accordingly.

### *Working Hours and Opening Times*

Opening hours of museums, monuments and tourist sites are usually between 9 or 10 a.m. and 5 or 6 p.m. Many museums, galleries and castles are closed on Mondays, so it is always a good idea to check the opening hours before you go. If you plan to visit a castle, keep in mind that the last guided tour usually starts about one hour to one and a half hours before closing time.

**The National Museum in Prague** is open daily from 10 a.m. to 6 p.m. The Jewish Museum in Prague is closed on Saturdays and on Jewish holidays.

**The National Gallery** is open daily except Mondays from 10 a.m. to 6 p.m.

Shops are generally open Monday to Friday from 9 a.m. to 6 p.m. or later. Many shops are also open on Saturdays, usually until noon or early afternoon. Banks are typically open from 8 a.m. to 5 or 6 p.m., Monday to Friday. Food stores usually open around 8 a.m., and many stay open until the evening, including on Saturdays. Large supermarkets and some hypermarkets (for example Tesco) may be open 24 hours a day.

Good tips for you:

- ♥ don't be late for classes
- ♥ check Monday closing times
- ♥ public transport is punctual.

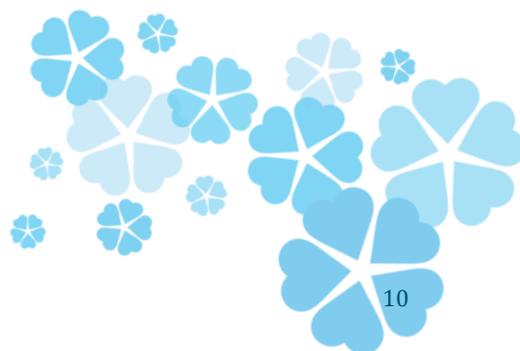
## PUBLIC HOLIDAYS

### *State holidays*

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

### *Other holidays*

1 January	New Year's Day
10 April – 13 April	Easter
1 May	Labour Day
24 December	Christmas Eve
25 December	Christmas Day
26 December	Boxing Day



## STAYING CONNECTED: SIM CARDS AND MOBILE INTERNET

There are three main mobile network operators in the Czech Republic

[O2](#)



[T-Mobile](#)



[Vodafone](#)



### *Where to buy a SIM card*

SIM cards are widely available and easy to purchase. You can buy them in:

- ♥ official operator stores (O2, T-Mobile, Vodafone)
- ♥ electronics shops
- ♥ supermarkets and hypermarkets (e.g. Tesco)
- ♥ kiosks and convenience stores
- ♥ Prague Airport and major train stations

Most SIM cards work immediately after inserting them into your phone. Make sure your phone is unlocked so it can accept SIM cards from different operators.

### *Prices*

A basic prepaid SIM card usually costs about 200–500 CZK, often including some starting credit or a small data package. More extensive tourist packages with larger data allowances may cost around 500–800 CZK, depending on the operator and data volume.

You can then top up your credit online, in mobile apps, at ATMs, or in many shops and kiosks.

### *Mobile internet*

All three operators offer prepaid data packages that allow you to use mobile internet for navigation, messaging apps, and social media. Data packages typically include several gigabytes of data and are usually valid for 30 days.

### *EU students*

Students from EU countries can usually continue using their home SIM card in the Czech Republic under EU roaming rules, often without additional charges.

Free Wi-Fi is also widely available in cafés, restaurants, university buildings, dormitories, and many public places.

## Country codes

Austria	+43	Netherlands	+31
France	+33	Norway	+47
Finland	+358	RSA	+27
Germany	+49	Slovakia	+421
Great Britain	+44	Spain	+34
Greece	+30	Sweden	+46
Italy	+39	Switzerland	+41
		USA	+1

to the Czech Republic +420

## HEALTH AND TRAVEL INSURANCE

### *Students from EU countries*

Students from EU countries plus Iceland, Liechtenstein, Norway and Switzerland are entitled to the provision of necessary and urgent health care free-of-charge.

It is necessary to have a [European Health Insurance Card](#).

It is highly recommended to have a supplementary travel health insurance. It must be arranged by the student before the student leaves the country of origin.



### *Students from non - EU countries*

Students from non-EU countries, staying in the Czech Republic longer than 3 months, have to contract an insurance with an insurance company, which is licensed to operate the insurance in the territory of the Czech Republic according to a special legal regulation, i.e.:

National insurance companies and insurance companies from non-EU countries that were provided by the Czech National Bank with a license to carry on insurance business;

Insurance companies from other EU countries, whose operations in the Czech Republic are based on the right to set up branch offices or are based on the freedom to provide services temporarily.

It is recommended to consult [the Czech Embassy or consulate](#) and verify whether the insurance meets the requirements for an application for a visa or residence permit for stays longer than 90 days.

Travel medical insurance must cover the cost of emergency medical care, including medical evacuation or, in the event of death, repatriation of remains to the country that has issued the applicant's travel document or to the applicant's country of residence. The insurance policy must not exclude coverage for injuries and damage caused by the applicant's intentional acts, injuries and damage caused by fault or contributory fault on the part of the applicant, and injuries and damage caused by the consumption of alcohol, narcotic and psychotropic substances by the applicant. The minimum coverage is 60 000 EUR per one insured event without any coinsurance or co-payment.

Students from Turkey, Croatia, Macedonia, Serbia and Montenegro do not need to have that type of travel health insurance, but only need the form E111 from their home insurance company.

## EMERGENCY AND MEDICAL AID

### Important telephone numbers

<b>155</b>	Medical Emergency Services	156	Metropolitan police	12 444	Prague information service - general information about Prague
<b>158</b>	Police	112	Single European emergency phone number	1180	Telephone number information for Prague and the Czech Republic
<b>150</b>	Fire	1230	Emergency breakdown services	1181	Information on telephone and fax numbers from abroad, services and rates for international dialling tel.
				1212	Tourist in need

With your health insurance, you are entitled to visit any general practitioner or dentist. If you have eye problems or any other problem, you should first visit a general practitioner, who will examine you and then, if necessary, arrange for you to see a specialist. Unless it is urgent, we recommend making an appointment in advance on the phone.

Do not forget to take the insurance card, number or any document proving your insurance.

### Emergency cases

If you need urgent medical attention outside of regular doctors' office hours, you should visit one of the following emergency services:

Primary treatment for minor conditions

#### First Aid Medical Service

Location: Hospital of České Budějovice Building G, access from Gen. Svobody Street

Phone: +420 386 355 555, Emergency for adults: +420 387 878 001

Hours: MON-FRI: 6:00 PM – 10:00 PM and SAT, SUN, Public Holidays: 9:00 AM – 9:00 PM

**Emergency conditions** (e.g., injuries, heart attacks, loss of consciousness, bleeding, etc.)

Emergency conditions are primarily treated in the hospital.

Hospital Emergency Service

Hours: 3:30 PM – 7:00 AM across all departments providing acute and inpatient care.

### Dental emergency

#### First Aid Medical Service

Location: Hospital of České Budějovice Building G, access from Gen. Svobody Street

Phone: +420 387 878 570

Hours: MON-FRI: 4:30 PM – 9:30 PM SAT, SUN, Public Holidays: 8:00 AM – 6:00 PM

In case you need assistance, contact your "buddy" first if he or she is not available, contact Faculty coordinator.

## ERASMUS STUDENT NETWORK USB



[ESN USB](#) is a team of students of the University of South Bohemia, who helps international students within the international programmes such as for example Erasmus to adapt in our country.

- ♥ ESN USB provides buddies for students from abroad, organizes student welcome/final parties, excursions to cultural treasures all over the Czech Republic, sports activities etc.
- ♥ The aim is to help international students with their arrival to the Czech Republic and mutual enriching of knowledge and experience with other people.
- ♥ Further information about the activities of ESN USB could be found [here](#)

### Buddy programme

Buddies are students from the University of South Bohemia who volunteer to help incoming international students adapt to life in České Budějovice and at the university.

All buddies speak English, and some also speak German, Spanish, French, Russian, Polish or Italian.

Their role is to assist international students during their stay and help with practical matters such as arrival in České Budějovice, accommodation, orientation on campus and in the city, and basic administrative tasks.



**In many cases, your buddy may meet you at the train or bus station in České Budějovice** (sometimes even at Prague Airport) and help you find your way to the faculty and your accommodation.

**IT IS HIGHLY RECOMMENDED TO apply for your Buddy.** You can do it easily by filling the form [here](#).

### USE OF COMPUTERS/INTERNET



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 at his/her arrival to České Budějovice. Within the student residences, there is a possibility to use the internet for a charge as there are internet connections at each room.

The University of South Bohemia is part of Edu roam, world-wide roaming access service.

## ACCOMMODATION

### Dormitories in the Kampus K1 – K4

→ located on the University of South Bohemia campus in the district of **Čtyři Dvory, on Studentská Street**.

#### Getting to the Campus

You can reach the campus by public transport using **bus lines 3, 7, 15 or 53**.

- ♥ For Dormitories K1, K2 and the Menza (student dining hall) get off at the stop “**Vysokoškolské koleje**”.
- ♥ For Dormitories K3, K4 and the Bobík residence hall, get off at the stop “**Jihočeská univerzita**”.

Rooms are available as single or double rooms and are fully furnished.

- ♥ Two rooms usually share one bathroom and toilet.
- ♥ Internet connection is available in each room.
- ♥ Shared kitchens are located on every floor.

**Amenities** Students living in the dormitories can also use fitness studios and other sports facilities available on campus.

#### Dormitories K2 and K3

- ♥ Offer double rooms for students.
- ♥ All rooms are fully furnished and equipped with a refrigerator and a sink. Each room also has internet access.
- ♥ Students share bathrooms and toilets, which are located on each floor. Shared kitchens are also available on every floor for students to use.

### Dormitory outside Kampus K5

located near the Vltava residential area on J. Boreckého Street, close to the Faculty of Health and Social Sciences.

#### Getting There

You can reach the dormitory by public transport using **bus or trolleybus lines 1, 5, 8, 9, 15, 18 or 59**.

The nearest stops are: “**Evžena Rožického**” and “**Vltava střed**”

From both stops, the dormitory can be reached on foot within a few minutes.

- ♥ Dormitory K5 offers single, double and triple rooms.
- ♥ All rooms are fully furnished and include a private bathroom and toilet. Each room also provides internet access.
- ♥ Shared kitchens are available on every floor for students to use.

#### Important Information Before Arrival

All students staying in the dormitories for a longer period are required to pay an accommodation **deposit of 5 000 CZK. The deposit must be paid no later than the day of arrival.**



Please read the following documents before your arrival:

- ♥ [How to apply for an accommodation in Dorms of the USB?](#)
- ♥ [Student Accommodation Code](#)
- ♥ [Dormitory rules](#)

## USB IDENTIFICATION CARDS

### Short stay (up to one month)

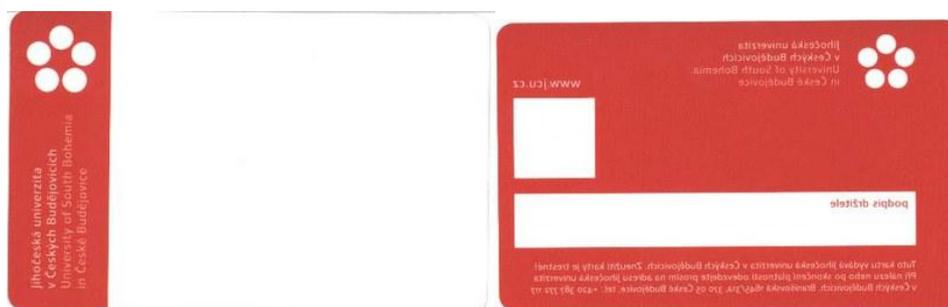
Shortly after arriving to České Budějovice – international exchange students receive the University Identification Card that enables them the access to the lectures halls, internet classrooms, students' halls etc. situated in the campus.

### Long stay (more than one month)

Since 2003, when the Single Identification and Access System at USB was introduced, every newly enrolled student is required to apply for a student identification card. The card allows students to access university facilities and services.

#### *Standard Card of the University of South Bohemia (student)*

This is a chip card applicable only to the University of South Bohemia. Outside of the university, this card can't be used. This card is free of charge. Student needs to fill in the application form and enclose one passport photograph.



#### *International ISIC student identification card*

It is a standard student identification card that can also be used as an international student card outside the university. The card is issued by the University of South Bohemia in cooperation with GTS ALIVE s.r.o., the ISIC licence provider.

The price of the first student card is 250 CZK (180 CZK licence + 70 CZK card production and printing).



## How to apply for student card?

To apply for the card, you must:

- ♥ be officially enrolled as a student at the University of South Bohemia,
- ♥ know your login name and password for the university information systems (IS JU – STAG, IDM, etc.).

### How to Apply

The application for the USB identification card is submitted online. Please visit [this page](#) and follow the instructions:

## CATERING UNIVERSITY SERVICES

Students' Cafeteria offers breakfast, lunch, packed lunch and dinner. Students can choose from 3 meals for lunch and 3 different meals for dinner every weekday. An electronic ordering system was built so the students can choose their meals for the next day via internet.

Students' Cafeteria is opened Monday – Friday:

Breakfast 06:30 – 08:00

Lunch 11:00 – 14:00

11:00 – 13:30

Baguettes are available at the reception desk at the Dormitory

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 restaurants for average price of 250 CZK.

Pricelist could be downloaded [HERE](#).

## COSTS OF LIVING

Basic costs for food and accommodation are about 12 000 - 16 000 CZK per month

Accommodation 2 500 CZK - 3 750 CZK

Food 6 500 CZK

Other expenses 3 000 CZK

**Basic costs: 12 000 CZK - 13 250 CZK**



## PRACTICAL TRAINING

Before arriving for your practical placement, you will receive the contact details of your **practical training coordinator**. You may contact the coordinator in advance if you have any questions related to your placement. In some cases, students receive a detailed placement schedule before arrival. In other cases, the schedule is provided after arrival, once the placement arrangements are finalized.

The date and location of your first meeting with the placement coordinator will be communicated during the first information meeting with the faculty Erasmus+ coordinator.

### Liability Insurance

All students of the Faculty of Health and Social Sciences who perform practical training at clinical sites are required to have liability insurance. For this purpose, the faculty uses a specific insurance product accepted by all clinical partners. This insurance covers situations where a student may accidentally cause injury to another person or damage to property during the placement and is legally responsible for the damage.

The insurance is arranged by the faculty, and the fee is paid in cash during the first meeting with the faculty coordinator after arrival.

Coverage limit	Annual premium
2 500 000 CZK	300 CZK



### Vaccination and Medical Requirements

Students coming for practical placement in hospitals or clinical facilities must provide proof of vaccination against **Hepatitis B** before starting their placement.

### Uniforms and Lockers

Uniforms are not provided by the faculty. Students must bring their own white socks, white comfortable shoes with white soles, white tunic and white trousers. Students doing practical placement will receive a locker for storing personal belongings. **A deposit of 300 CZK** in cash is required for the locker key. The deposit will be fully returned when the key is returned at the end of the placement.

### Final Evaluation and Feedback

At the end of the practical placement, the student will first have a final evaluation meeting with the placement coordinator at the clinical site. After this evaluation, a final meeting with the FHSS Erasmus+ faculty coordinator will take place.

During this meeting, the student will receive the following documents:

- ♥ [the Original Learning Agreement for Traineeships \(LAT\)](#) with the completed evaluation of the placement
- ♥ [the Confirmation of Study Period](#)

If the home university requires any additional documents, students must send them to the faculty coordinator in advance and already pre-filled (personal details and home university information).

We would also greatly appreciate if students could share their experience from the placement by contributing a short reflection to the **Footprint** section on our website, helping future incoming students learn more about studying and training at the Faculty of Health and Social Sciences, University of South Bohemia.

## STUDIES

To prepare your study plan for the Erasmus mobility at the Faculty of Health and Social Sciences, University of South Bohemia, please follow these steps.

### Step 1 – Explore the Course Catalogue

Start by reviewing the available courses in the Course Catalogue.

- ♥ [Faculty of Health and Social Sciences](#)
- ♥ [University of South Bohemia Course Catalogue](#)

When selecting courses, please remember:

- ♥ At least **75 % of your courses must be from the Faculty of Health and Social Sciences (FHSS)**.
- ♥ The **minimum study load is 20 ECTS** credits per semester.
- ♥ We recommend choosing courses worth around 26 ECTS credits, so you have a small reserve if changes are needed after arrival.

### Step 2 – Check Course Availability

Before completing your Learning Agreement, please send the list of selected courses to the FHSS faculty coordinator.

This allows us to confirm whether the courses will actually be open during the semester of your stay.

Skipping this step may result in multiple revisions of your Learning Agreement later.

### Step 3 – Discuss Course Recognition with Your Home University

After selecting your courses, contact your home university coordinator.

Your coordinator should help you complete Table B – Recognition, which confirms how the courses completed at the University of South Bohemia will be recognised at your home university.

### Step 4 – Complete the Learning Agreement (OLA or STAG)

Your Learning Agreement can be completed in one of two systems:

- ♥ OLA (Online Learning Agreement) - A European online platform used by many universities for digital Learning Agreements.
- ♥ STAG - The study information system of the University of South Bohemia, where Learning Agreements can also be created.

Please check with your home university coordinator which system should be used.

### Step 5 – Changes After Arrival

Changes to the Learning Agreement often happen during the first month after arrival.

Common reasons include:

- ♥ a course is not opened
- ♥ timetable conflicts
- ♥ course content does not meet your study needs

When making changes, you must:

- ♥ mark the course status (added / deleted / unchanged)
- ♥ provide a reason for the change
- ♥ add replacement courses if necessary

All changes must again be approved by:

- ♥ the student
- ♥ the sending university
- ♥ the receiving university

Remember that if your courses change, the recognition table (Table B) at your home university must also be updated.

## Final Steps Before Departure

As your mobility comes to an end, there are a few important administrative steps that need to be completed.

### *Inform the Faculty Coordinator*

Once you know the date of your last exam, please send an email to the FHSS faculty coordinator informing her that you have completed all your academic duties.

Within five working days after your final exam, a final meeting with the faculty coordinator will take place. You will receive an email with the proposed date and time of the meeting.

### *Final Documents*

During the final meeting you will receive the two main documents confirming your Erasmus mobility:

- ♥ [Transcript of Records](#) - A document listing all courses you completed at the Faculty of Health and Social Sciences, including the grades and ECTS credits obtained.
- ♥ [Confirmation of Study Period](#) - A document confirming the exact dates of your study stay at the University of South Bohemia.

These documents are important for the administrative closure of your mobility at your home university.

If your home university requires additional documents, please send them to the faculty coordinator in advance and already pre-filled, so they can be signed during the final meeting.

### *Share Your Experience – Footprint*

We would be very happy if you could share your experience from your stay at the Faculty of Health and Social Sciences.

Students have the opportunity to contribute to the Footprint section on our website, where incoming students share their experiences, impressions and tips for future Erasmus students.

Your short reflection can help future students better prepare for their stay and discover what studying and living in České Budějovice is like.



## Grading system of the University of South Bohemia

LOCAL Grade	ECTS Grade	% of successful students normally achieving the grade	Definition
1	A	10	EXCELLENT
1-	B	25	VERY GOOD
2	C	30	GOOD
2-	D	25	SATISFACTORY
3	E	10	SUFFICIENT
4	FX	-	FAIL
	F		FAIL
P			PASSED the test
F			FAILED the test
HC			HAS NOT COMPLETED the test yet

ECTS credits:      1 full academic year = 60 credits      1 semester = 30 credits

## STRUCTURE OF HIGHER EDUCATION IN CZECH REPUBLIC

Higher education in the Czech Republic is provided by university and non-university institutions. Non-university institutions mainly offer Bachelor's programmes, while universities provide Bachelor's, Master's and Doctoral programmes.

Most higher education institutions are public universities funded by the state through the Ministry of Education, Youth and Sports. In addition, there are also private universities and four state higher education institutions (military universities and the Police Academy).

All higher education institutions offer accredited study programmes, which are regularly evaluated by national accreditation authorities. The main language of instruction is Czech, but the number of programmes taught in English and other foreign languages is increasing, especially for international students.

### *Degree Structure*

Since 2001, the Czech higher education system has followed the three-cycle structure used across Europe.

### **Bachelor's Degree (Bc., BcA.)**

Bachelor programmes usually last 3–4 years (180–240 ECTS credits).

They provide basic academic education and professional preparation.

Studies end with a final state examination and the defence of a Bachelor thesis. Graduates may either enter the labour market or continue to a Master's programme.

### **Master's Degree (Mgr., Ing., MgA. and others)**

Master programmes usually last 2–3 years after a Bachelor's degree, or 4–6 years in long programmes such as medicine or architecture.

Studies focus on advanced theoretical knowledge and professional specialization. Students complete their studies with a state examination and the defence of a Master's thesis.

### **Doctoral Degree (Ph.D.)**

Doctoral programmes represent the highest level of higher education and usually last 3–4 years.

They focus on independent research and scientific work under the supervision of a tutor. Studies are completed with a doctoral examination and the defence of a dissertation.

Graduates are awarded the academic degree Ph.D.

## **USEFUL AND INTERESTING WEB-PAGES AND APPS**

### *General Information*

[The Czech Republic](#)

[Discover Czech Itinerary Planner](#)

[Town České Budějovice](#)

### *Information about the University*

[University of South Bohemia](#)

[Faculty of Health and Social Sciences](#)

[University Dormitory and Canteen](#)

### *Transport*

[Prague Airport](#)

[Prague Tube](#)

[Public transport in Prague](#)

[Public transport in České Budějovice](#)

[National timetable IS](#)

### *Apps worth having in cell phone*

[Mapy.cz](#) - If you download the map of the Czech Republic to your phone, you can use it offline, which will be very helpful for navigating the country without needing an internet connection.

[IDOS](#) - helps you to find the best bus/train connections



## FREE TIME

### *Swimming Pool*

Address: Sokolský ostrov 4, 370 01 [České Budějovice](#)

Website: <https://www.kszcb.cz/plavecky-stadion>



### *Fitness "Pouzar"*

Address: Dlouhá 35, 370 11 [České Budějovice](#)

Website: <https://www.fitnesspouzar.cz/>



### *Ice Hockey stadium HC MOTOR*

Address: F.A.Gerstnera 8/7, 370 01 [České Budějovice](#)

Website: <https://hcmotor.cz/zobraz.asp?t=informace-o-arene>

