

Jihočeská univerzita v Českých Budějovicích Faculty of Health University of South Bohemia and Social Sciences in České Budějovice

# **WELCOME GUIDE FOR TEACHERS AND INCOMING GUESTS** 2019/2020



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## ARRIVAL IN ČESKÉ BUDĚJOVICE

#### **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

Airport express: Prague Airport - Prague Main Railway Station (metro line C and connection to SC, EC, IC and EN trains) - The bus line operates daily from 5:30 am till 10:00 pm in an interval of 15-30 minutes. The journey takes about 33 minutes. You buy the ticket directly from the driver. The cost is 60 CZK (Attention: usual Prague Public Transport tickets cannot be used in the AE buses). Your Luggage is free of charge. Follow this sign board

Map of prague public transportation system: <a href="http://www.dpp.cz/en/transport-around-prague/transit-schematics/">http://www.dpp.cz/en/transport-around-prague/transit-schematics/</a>

#### Bus stop:

Terminal 1

Terminal 2 – in front of the Arrival hall

## **Public Transport Ticket Sale**

Public Transport counters in Arrival Halls of Terminals 1 & 2 (from 7 am to 10 pm),

Automats placed at bus stops (cash required),

From a bus driver (cash required).

Actual public transportation information: <a href="http://www.dpp.cz/en/public-transit-to-prague-airport/">http://www.dpp.cz/en/public-transit-to-prague-airport/</a>

Public transportation fares: <a href="http://www.dpp.cz/en/fares-in-prague/">http://www.dpp.cz/en/fares-in-prague/</a>

Prague Main Railway Station: <a href="https://www.cd.cz/stanice/5457076">https://www.cd.cz/stanice/5457076</a>

At the Railway station, you get to the ticket office, where you buy a single ticket to České Budějovice (price 160 - 220 CZK). The journey should not take longer than 3 hours. You can search the train timetable to "České Budějovice" here: <a href="https://www.cd.cz/spojeni-a-jizdenka/#hledej">https://www.cd.cz/spojeni-a-jizdenka/#hledej</a>

Before you arrive to Czech Republic you will be contacted by Buddy (student of the University of South Bohemia, who will help you at the beginning of your stay — see the chapter International Student Club — before your arrival, do inform your buddy about the time of your arrival to České Budějovice. Your buddy will help you to get you to your dormitory after your arrival.

## FROM THE RAILWAY STATION TO THE DORMITORY

#### **Bus/trolley stop**



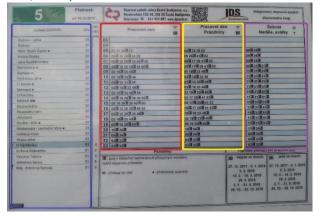
- At each bus/trolley stop there is an informative panel.
- Under the top of the panel there are numbers of bus/trolley lines.
- Underneath there is a screen showing time remaining to arrival of forthcoming bus/trolley and its terminal station.
- And under the screen there are schedules of bus/trolley lines.

## **Bus/trolley lines schedules**

- In the top left corner, there is the number of bus/trolley line.
- In the first column, there is the list of bus/trolley stops. The bus/trolley stop you are standing at is highlighted.

Next three columns illustrate times of arrivals.

- In the second column, there are times of arrival of the bus/trolley on working days.
- In the third column, there are times of arrival of the bus/trolley on working days during school holidays.
- In the fourth column, there are times of arrival of the bus/trolley on weekends and public holidays.



### Routes from train station and bus station to the faculty

The easiest way to get from the main railway station and from the bus station to the Dormitory K5 and as well as to the Faculty building is by public transport. At the bus/trolley stop "Nádraží" you can either

- take the trolley number 5 or 9 to the stop "Vltava střed" (15 min ride) or
- take the bus/trolley number 1, 4, 5 to the stop "Evžena Rošického" (14-18 min. ride).

From both of those stops you can get to the faculty on foot in less than ten minutes.



Route on foot from bus stop" Vltava střed" to the Faculty of Health and Social Sciences/Dormitory K5

(10 minutes)

Route on foot from bus stop "Evžena Rošického" to the Faculty of Health and Social Sciences/Dormitory K5

(6 minutes)



## PUBLIC TRANSPORT IN ČESKÉ BUDĚJOVICE

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

- To get a ticket every time you use a public transport for 16 CZK/60 minutes
- To buy a month ticket costs from 190 CZK (for students younger than 26 years), a month adult's ticket 380 CZK, the charge can be higher depending on the number of zones you want to use Public Transport for
- To buy a three months ticket from 510 CZK (for students younger than 26 years) to 1 020 CZK for students older

You will be shown where the office is when you get to České Budějovice. To get a student ticket **you will need one photo (passport photo size)** and 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. There is a charge of 50 CZK for the first ticket.

#### **CURRENCY**

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 at: <a href="http://www.xe.com/ucc/">http://www.xe.com/ucc/</a>.









## 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 exchange 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.

## **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. If you visit a castle (<a href="http://www.zamky-hrady.cz">http://www.zamky-hrady.cz</a>), you have in mind, the beginning of the last tour is 1 hour or 1, 5 hours to the end of opening hours.

The National Museum (<a href="http://www.nm.cz">http://www.nm.cz</a>) is open daily from 10 a.m. to 6 p. m. The Jewish Museum in Prague (<a href="http://www.ngwishmuseum.cz">www.jewishmuseum.cz</a>) is closed on Saturdays and on Jewish holidays. The National Gallery (<a href="http://www.ngprague.cz">www.ngprague.cz</a>) is open daily except Mondays from 10 a.m. to 6 p. m.

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 8 a.m. and many of them stay open till the evening on Saturdays. There are also some hypermarkets (for example Tesco) that are open non-stop. Many tourist shops in the centre are open daily till 7 p.m.

#### Czech Post http://www.cpost.cz



Post offices in Czech Republic are generally open between 8 a.m. and 6 p.m., on Saturdays between 8 a.m. and 12 a.m.

Cost of Stamps of standard letters and postcards:

within Czech Republic 19 CZK
 to European countries 39 CZK
 to Non-European countries 45 CZK

## **PUBLIC HOLIDAYS**

State holidays		Other holidays	
1 January 8 May 5 July	Independent Czech State Liberation Day Slavic Apostles St. Cyril and St. Methodius	1 January 19 April – 22 April 1 May 24 December 25 December 26 December	New Year's Day Easter Labour Day Christmas Eve Christmas Day Boxing Day
6 July 28 September 28 October	Burning of Jan Hus Czech Statehood Day Independent Czechoslovakia Day		
17 November	Fight for Freedom and Democracy		

## **Important days**

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

## PHONE IN THE CZECH REPUBLIC



O<sub>2</sub>: http://www.cz.o2.com/welcome/en/index.html

- **T-Mobile:** https://www.t-mobile.cz/web/en

- Vodafone: https://www.vodafone.cz/en/

If you intent to buy a SIM card **your cell phone needs to be unblocked**. A SIM card together with a starting prepaid credit costs between 200 - 2000 CZK.



vodafone

**O2 Trick** = pre-paid phone card enables you to make calls, send SMS messages, or even send email from public payphones to mobile and fixed-line networks in the Czech Republic as well as abroad. Shops offer chip O2 Trick cards in denominations of 180 CZK.

#### O2 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. To use the Xcall services simply dial 970 00+ the country code without the zeros + the area code without the zeros + the phone number. For example, for calling to Germany: dial 970 00 + 49 (country code) + the phone number in Germany. For example:  $970\ 00 + 49 + 978\ 654\ 321$ .

## Important telephone numbers and addresses

155	Emergency services	12 444	Prague information service - general information about Prague
158 150	Police Fire	1180	Telephone number information for
156	Metropolitan police	1101	Prague and the Czech Republic
112	Single European emergency phone number	1181	Information on telephone and fax numbers from abroad, services and rates for international dialling tel.
1230	Emergency breakdown services	1212	Tourist in need

## **Country codes**

Austria	+43	Norway	+47
France	+33	RSA	+27
Finland	+358	Slovakia	+421
Germany	+49	Spain	+34
Great Britain	+44	Sweden	+46
Greece	+30	Switzerland	+41
Italy	+39	USA	+1
Netherlands	+31	to the Czech Republic	+420

## 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 should 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 <u>Czech Embassy or consulate</u> 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.

Further information about the insurance could be found at: <a href="https://www.jcu.cz/study-at-usb/practical-info/medical-insurance/health-insurance">https://www.jcu.cz/study-at-usb/practical-info/medical-insurance/health-insurance</a>

## **MEDICAL AID**

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's urgent, we recommend to make an appointment in advance on the phone. Don't forget to take the **insurance card, number or any document proving your insurance.** 

#### **Emergency cases**

If you are faced with an urgent need for medical attention at a time when doctors' offices are not open, you should go to the one of the followings emergency service:

primary treatment of minor conditions

First Aid Medical Service (Nemocnice České Budějovice, a.s. - Hospital of České Budějovice)
- Building G access from the street Gen. Svobody

Phone.: +420 386 355 555, emergency for adults: +420 387 878 001 MON-FRI 6.00 pm – 10.00 pm, SAT, SUN, public holidays: 9.00 am – 9.00 pm

- Emergency conditions, such as injuries, heart attacks, loss of consciousness, bleeding, etc., are primarily treated in the hospital.
- Hospital emergency service from 3.30 pm 7.00 am in all departments that provide acute and inpatient care
- Dental emergency

First Aid Medical Service (Nemocnice České Budějovice, a.s.) - Building G access from the street Gen. Svobody

MON-FRI: 4.30 pm – 9.30 pm SAT, SUN, public holidays: 8.00 am – 6.00 pm.

Phone.: +420 387 878 570

In case you need assistance, contact your "buddy" from the International Students Club.

## 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 eduroam, world-wide roaming access service.



#### **ACCOMMODATION**

There are 6 dormitories:

- Dormitories K1-K4 street "Studentská"
- Dormitory K5 (called "URAN") street "J. Boreckého"
- Dormitory K6 street "Na Sádkách"

## **Dormitory K5**

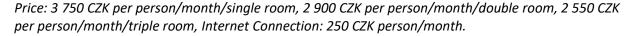
International students of the Faculty Health and Social Sciences are usually accommodated at the Dormitory K5. The building of

> our Faculty is next door. Sometimes they can

accommodated within the Campus at the students Residence. The incoming academics and other international guests could be accommodated at this dormitory and the international office helps with the booking if it is required.

Description: There are single, double and triple bedrooms. Each bedroom has its bathroom and toilet and is fully furnished with a

possibility of internet connection. Common kitchens are located on each floor.





- some of the web pages are in Czech language, so if you don't speak Czech, you can use Google translator for quick translation
- see the links bellow and browse the offer
  - Koleje pedagog
  - **AZ Student Program**
  - **Grand Reality**
  - Byty České Budějovice
  - Airbnb

Best locality for flat according to the distance from the main faculty building in J. Boreckého street:

Faculty of Health and Social Sciences has several buildings in Budějovice. Closest housing area VLTAVA (south part), ČTYŘI DVORY; from campus, ŠUMAVA and MÁJ around 10-20 minutes. Dormitory K5 is next to the main Faculty building in J. Boreckého.



## What does typical flat in České Budějovice look like?

- flats are usually used by several students, for example flat with 3 rooms is usually inhabited with 6 students, flat with 2 bedrooms with 4 student or so
- the rent per month per student in a flat is usually between 2000 to 4000 CZK, depending on location, occupancy and size of the flat
- besides renting a flat/room in blocks of flat you can also rent a flat/room in family houses all around České Budějovice. The family usually live downstairs and they rent the 1st floor to students. Sometimes they rent the whole house to students. These flats/rooms are usually very nice, mostly with garden to use, and generally far from University (but exceptions can be found)

## **Hotels and pensions**

- <u>Tripadvisor</u>
- Booking.com
- Hotel.cz

## **USB** IDENTIFICATION CARDS

From 2003, when the **rector's decision on the APPLICATION AND IMPLEMENTATION OF THE SINGLE IDENTIFICATION AND ACCESS SYSTEM TO JU** entered into force, each new entrant student is required to apply for the **student's identification card**.

Shortly after arriving to České Budějovice – international guests receive the University Identification Card. It is a chip-free contact card with which you can not only enter the places protected by the access system but also take services at the university (printing and copying, canteen, library).

## Card of the University of South Bohemia (Host/Guest)

This is a chip card applicable only to the University of South Bohemia.

#### Card Appearance:



#### **CATERING**

Refectory offers breakfast, lunch, packed lunch and dinner. International guests can choose from 3 meals for lunch and 3 different meals for dinner every weekday. An electronic ordering system was built so the International guests can choose their meals for the next day via internet. International guests will be introduced to the system after their arrival. Refectory is opened from Monday to Friday:

Breakfast 06:30 - 08:30 40 CZK

Lunch 11:00 – 14:00 (Main Cafeteria in the University Campus)

11:00 – 13:30 (Students' Cafeteria in URAN – K5)

up to 78 CZK

Dinner 17:30 – 19:00 up to 69 CZK

Baguettes are available any time at the reception desk at the Dormitory - 17/23/45 CZK

#### **COSTS OF LIVING**

Basic costs for food and accommodation are about 10 000 to 12 000 CZK per month

 Accommodation
 2 500 - 3 750 CZK

 Food
 5 500 CZK

 Other expenses
 2 000 CZK

 Basic costs:
 10 000 - 11 250 CZK

## STRUCTURE OF HIGHER EDUCATION IN CZECH REPUBLIC

Higher education is provided by university type and non-university type institutions. The nonuniversity higher education institutions mainly offer Bachelor study programmes. Higher education is the highest level of the education system. Since 2001 the three cycle structure has strictly been implemented in higher education (i.e. Bachelor's, Master's 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 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. The main tuition language is Czech, however the range of programmes delivered in foreign languages (mainly in English) is expanding in order to cater for international students.

## **University level studies:**

<u>University level first stage: Bachelor studies (Bc. = "Bakalar"):</u>

Bachelor study programmes are 3 to 4 years in duration (180–240 ECTS credits), 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. Successful graduates may enter the labour market or continue their studies in follow-up Master's programmes in related fields.

<u>University level second stage: Master studies</u> (Mgr. = "Magistr"):

Master study programmes may either follow on from bachelor programmes as follow-up Master's programmes (2 to 3 years; 60–180 ECTS credits), or they may be full programmes (4 to 6 years; 240–360 ECTS credits). Programmes focus on the acquisition and application of theoretical knowledge, and on the development of creativity and talent. Graduates in Master's programmes have to take a final state examination and publicly present and defend a thesis.

Studies in Master's programmes result in the following degrees:

- magistr (Mgr.): Master of Humanities, Sciences, Law, Education, Pharmacy and Theology
- magistr umění (MgA.): Master of Arts

- inženýr (Ing.): Engineer in the field of Economics, Technical Sciences and Engineering, Agriculture, Forestry and Military branches of study
- inženýr architekt (Ing. arch.) Engineer in the field of Architecture;
- doktor medicíny (MUDr.): Doctor of Human Medicine
- zubní lékař (MDDr.): Doctor of Dental Medicine
- doktor veterinární medicíny (MVDr.): Doctor of Veterinary Medicine

Holders of a "magistr" Master's degree can sit a demanding state examination in the same field, and present and defend a rigorous thesis. Upon successful completion the following academic degrees are awarded:

- doktor práv (JUDr.): Doctor in the field of Law
- doktor filozofie (PhDr.): Doctor in the field of Humanities, Teacher Training and Social Sciences
- doktor přírodních věd (RNDr.): Doctor in the field of Natural Sciences
- doktor farmacie (PharmDr.): Doctor in the field of Pharmacy
- licenciát teologie (ThLic.): in the field of Catholic Theology
- doktor teologie (ThDr.): Doctor in the field of Theology, excluding Catholic Theology

## <u>University level third stage: Doctoral studies: (Dr. = "Doktor"):</u>

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.

Doctoral programmes (which normally last 3 years) are intended for graduates from Master's programmes and focus on independent creative work in research, development or the arts. Doctoral studies are completed by way of a state doctoral examination and the public presentation and defence of a doctoral thesis (dissertation) based on original work, which must be published.

Graduates of Doctoral study programmes are awarded the academic degree of:

- doktor (Ph.D.)
- doktor teologie (Th.D.) in the field of Theology

At some higher education institutions and institutes of the Academy of Sciences, studies leading to the award of the "Kandidat ved" (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 ved" (Doctor of Science as "DrSc") 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.

## **ACADEMIC YEAR 2019/2020**

#### Winter semester:

Classes: 30 September 2019 - 11 January 2020

Exam period: 13 January – 14 February 2020

Winter holidays:

27 December 2019 – 5 January 2020

#### Summer semester:

Classes: 17 February – 23 May 2020

Exam period: 25 May - 30 June 20201 - 5 September 2020

Summer vacation: 1 July – 30 September 2020

## **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

## **Local grading scale:**

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

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

#### **General Information**

The Czech Republic <a href="http://www.czech.cz">http://www.czech.cz</a>

Discover Czech Itinerary Planner <a href="http://www.discoverczech.com/">http://www.discoverczech.com/</a>
Town České Budějovice

<a href="http://www.c-budejovice.cz/en">http://www.c-budejovice.cz/en</a>

"Šumava" National Park <a href="http://www.npsumava.cz">http://www.npsumava.cz</a>

## Information about the University

University of South Bohemia <a href="http://www.jcu.cz/">http://www.jcu.cz/</a>

Faculty of Health and Social Sciences <a href="http://www.zsf.jcu.cz/en">http://www.zsf.jcu.cz/en</a>

University Dormitory and Canteen <a href="http://kam.jcu.cz/">http://kam.jcu.cz/</a>

## **Transport**

"Ruzyně" Airport <a href="http://www.prg.aero/en/">http://www.prg.aero/en/</a>

Prague Tube <a href="http://www.metroweb.cz/index\_e.htm">http://www.metroweb.cz/index\_e.htm</a>

Public transport in Prague <a href="http://www.dpp.cz/en/">http://www.dpp.cz/en/</a>

National timetable IS <a href="http://jizdnirady.idnes.cz/vlakyautobusymhdvse/spojeni/">http://jizdnirady.idnes.cz/vlakyautobusymhdvse/spojeni/</a>

## **FREE TIME**

## **Swimming Pool**

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

Address: Sokolský ostrov 4, 370 01 <u>České Budějovice</u>

tel.: +420 387 949 411

Opening hours:

Monday and Saturdays: 10:00 - 21:45

Tuesday - Friday 07:00 - 21:45

Saturdays: 10:00 - 20:45

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



## Fitness "Pouzar"

Address: Dlouhá 35,

370 11 <u>České Budějovice</u>

tel.: +420 385 343 621

web: <a href="http://www.fitnesspouzar.cz">http://www.fitnesspouzar.cz</a>





## Winter/Ice Hockey stadium

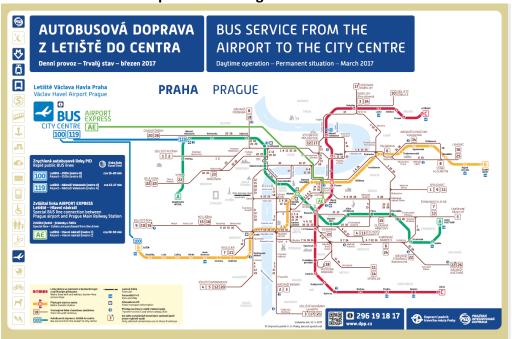
Address: F.A.Gerstnera 8/7,

370 01 <u>České Budějovice</u>

tel.: +420 386 107 111

## MAPS

## Bus service from the airport to the Prague Centre



The map including instructions is available at: <a href="http://www.dpp.cz/en/transport-around-prague/transit-schematics/">http://www.dpp.cz/en/transport-around-prague/transit-schematics/</a>