



# **Guide for International Students**

# University

Since 1849 VSB – Technical University of Ostrava has been a leading institution in Central Europe. Today, the University offers Bachelor's, Master's and PhD programmes to over 11,000 students in engineering, IT, technology, economics and business-related branches.

- More than 15 % students come from abroad
- Many foreign academics, researchers and lecturers
- 7 faculties
- High-quality, low-cost, research-driven education
- Excellent job prospects with special visas for grads

## Campus

One of the largest campuses in the Czech Republic is connected by wifi and home to cafés, university canteen, beach volleyball and tennis courts, football pitches, pubs, clubs and all the little spaces for you to relax. Go for a walk in a natural forest or sip a cappuccino with a friend. All without leaving the campus area.



# International Contact Point

The International Contact Point is a service centre for international students and academics, providing help to ensure you're able to enjoy all the benefits of your international experience.

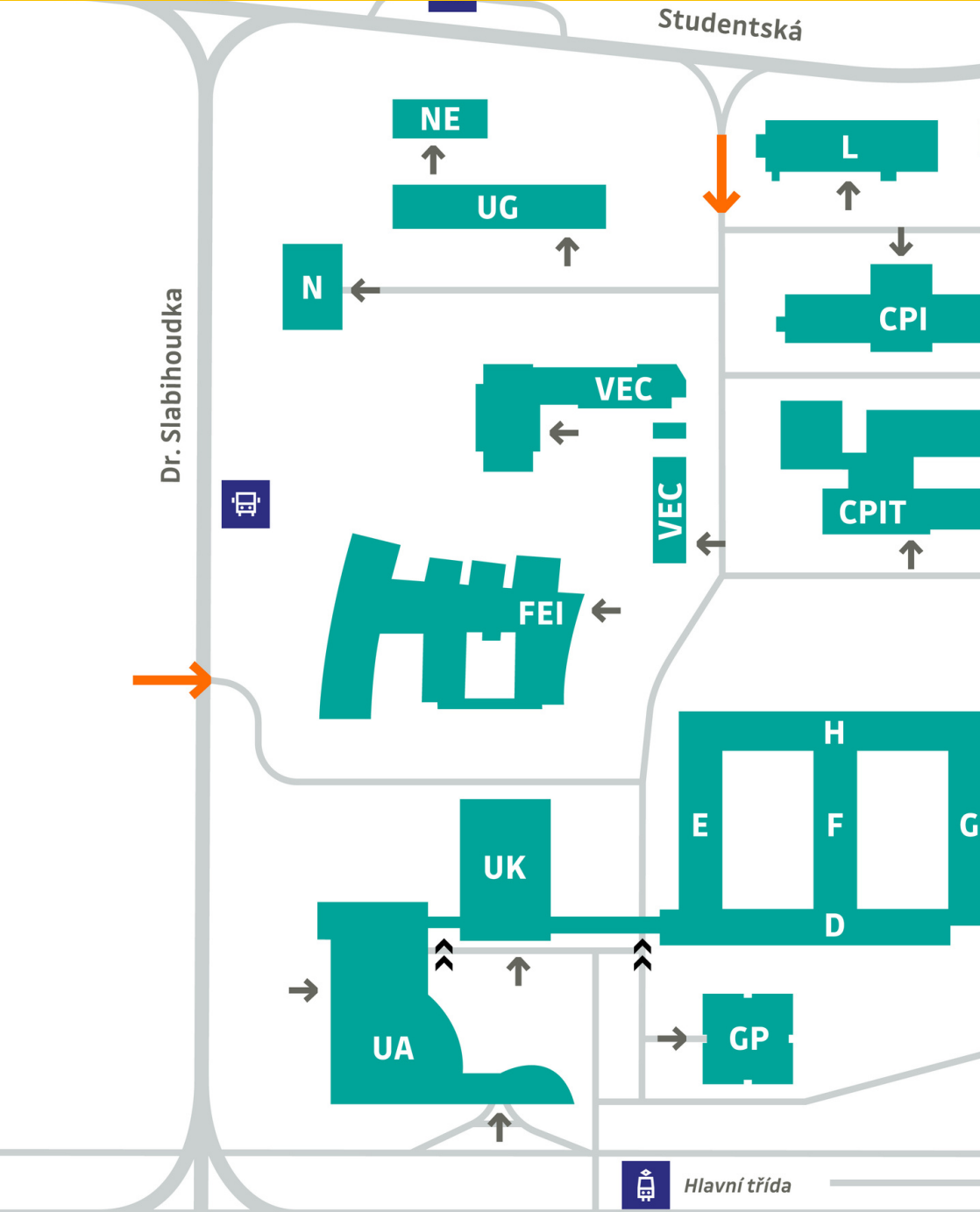
The ICP will help you with:

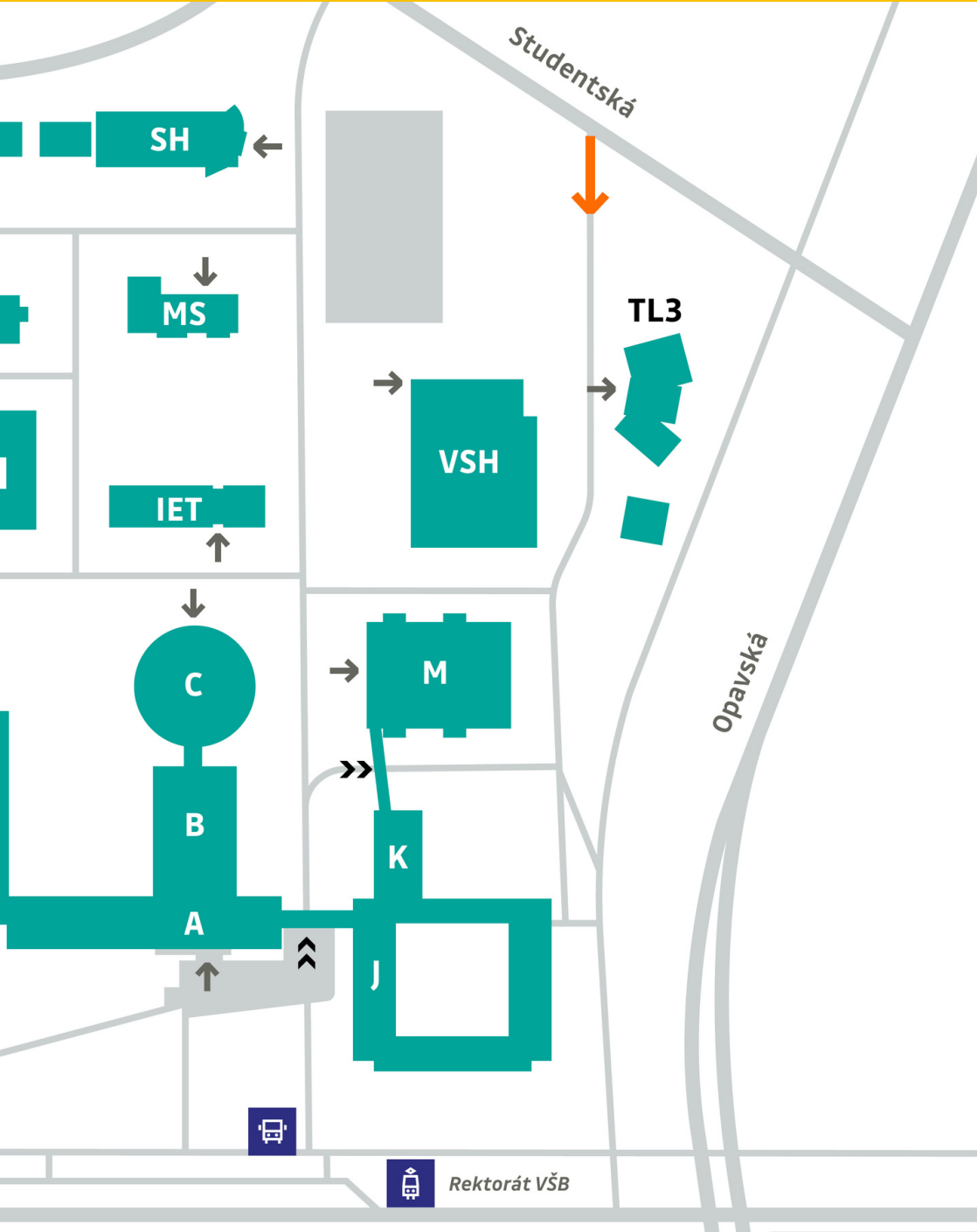
- immigration duties after arrival
- visa & residence permits
- work permits
- ISIC card
- accommodation
- healthcare assistance
- on-campus mental health counselling
- bank account opening
- informational brochures
- life in Ostrava

Besides assistance on specific matters, the ICP helps give students the peace of mind knowing they have a dedicated advocate and single place to go to help solve problems and discover opportunities on both the campus and in the community at large.



# Map of the Campus





# Important contacts

## Emergency numbers

- Universal emergency phone number: 112
- Emergency: 155
- Police: 158
- Municipal police: 156
- Firemen: 150

## Department for Asylum and Migration Policy (OAMP)

- long-term residence permits
- visa/permit extensions
- reporting change of address, name etc.

Address:

OAMP Ostrava

Výstavní 55

702 00 Ostrava – Vítkovice

Opening hours:

Monday and Wednesday 8:00 am – 5:00 pm

Tuesday and Thursday 8:00 am – 12:00 am

Ask an employee from the International Contact Point to accompany you to the Department for Asylum and Migration Policy.

## ***Visa/long-term residence permit extension***

If you want to extend the validity of your current visa/long-term residence permit, it is necessary to submit the following documents to OAMP, before your current visa expires:

- Application form
- Passport
- Confirmation of studies – in Czech language (Study Office)
- Confirmation of accommodation – in Czech language (Accommodation Office at the dormitories)
- Proof of funds – in Czech language (bank account statement)
- Complex healthcare insurance – in Czech language
- Stamp ("kolek") for 2 500 CZK (Post Office)
- 1 photo



# Important contacts

## Hospitals

### **Fakultní nemocnice Ostrava**

17. listopadu 1790, 708 52 Ostrava–Poruba

+420 597 371 111

fno@fno.cz

Emergency Pharmacy: +420 597 374 165

### **Městská nemocnice Ostrava**

Nemocniční 898/20a, 728 80 Ostrava

+420 596 191 111

mnof@mnof.cz

### **Vítkovická nemocnice**

Zalužanského 1192/15, 703 00 Ostrava–Vítkovice

+420 595 633 111





## **Doctors**

### **General Practice (GP)**

Please contact the International Contact Point to arrange an appointment with a GP.

### **Dentist**

Dental Emergency

Závodní 2885/86, 703 00 Ostrava-Vítkovice

+420 771 153 858

### **Psychologist**

Please check the International Contact Point website to book an appointment or write an email to [VSBTUConsultations@gmail.com](mailto:VSBTUConsultations@gmail.com).



# Important contacts

## Insurance companies near the Campus

### **Zdravotní pojišťovna Ministerstva vnitra České republiky (ZP MV ČR)**

Hlavní třída 683/108, 708 00 Ostrava - Poruba

+420 596 206 249

info@zpmvcr.cz

### **Všeobecná zdravotní pojišťovna České republiky (VZP ČR)**

Hlavní třída 686/102, 70800 Ostrava – Poruba

+420 952 222 222

info@vzp.cz

### **Revírní bratrská pokladna (RBP)**

17. listopadu 1790/5, 70800 Ostrava – Poruba

+420 596 960 534

exp-ovaporuba@rbp-zp.cz

### **UNIQUA pojišťovna**

Českobratrská 1403/2, 70200 Ostrava

+420 792 332 429

agentura.ostrava@uniqa.cz

# ***Insurance***

## **Students from EU and other selected countries**

We advise all students from EU, Bosnia and Herzegovina, Cuba, Japan, Macedonia, Montenegro, Turkey, Republic of Tunisia and Serbia to register at a Czech insurance company after their arrival in the Czech Republic. The registration is free of charge and it is required by Czech hospitals and doctors.

If you don't register with a Czech insurance company, you will have to pay every time you want to see a doctor or go to hospital here. Then, you will have to bring the bills to your insurance company in your home country and get it reimbursed. However, if you don't want to deal with that and don't want to pay every time you see a doctor here, we recommend to do the registration.

## **Non-EU students**

All non-EU students (except nationals from countries mentioned in the first paragraph) who enter the Czech Republic and who will stay here for more than 90 days must arrange medical insurance in the scope of comprehensive healthcare within 90 days from entry to the territory of the Czech Republic. This medical insurance in the scope of comprehensive healthcare must be arranged exclusively with Pojišťovna VZP, a. s.

# Important contacts

## Banks near the Campus

### **Raiffeisenbank**

Tesco, Sjízdná 5554, 708 00 Ostrava-Poruba  
+420 596 966 432  
companysales@rb.cz

### **Fio banka**

Hlavní třída 682/110, 708 00 Ostrava-Poruba  
+420 224 346 447  
ostrava.hlavni@fio.cz

### **Česká spořitelna**

U Soudu 6198/33, 708 00 Ostrava-Poruba  
+420 800 207 207  
csas@csas.cz

### **Equa bank**

Hlavní třída 701, 708 00 Ostrava-Poruba  
+420 222 010 840  
klientske.centrum@equabank.cz

### **ČSOB**

Hlavní třída 703/82, 708 00 Ostrava-Poruba  
+420 230 059 512  
info.ov-poruba@csob.cz

# Transport in Ostrava

## Public Transport

You can use buses, trolley buses or trams.

It's easy to pay for public transport in Ostrava – just use your contactless bank card in the vehicles. Simply enter the vehicle, tap your card on the yellow payment terminal next to the door, wait until it beeps, and that's it. Don't forget to tap your card (wait for the beep) every time you enter a vehicle.

If you prefer not to use your bank card, that's no problem – just go to one of our turquoise ticket machines, where you can buy a credit ticket. It's a prepaid card that you can use to tap and ride – just like you would use a bank card.

The third option is to download the “MojeDPO” phone app, and buy online tickets using the app.

Another option is to ask for an ISIC card with the ODISka application on it at the Card Centre at VSB-TUO.

## Bike Sharing

You can also use bike sharing as a way to go around the city. Simply sign up once and rent bikes via the Nextbike app. Furthermore, if you use your university email, you will obtain 200 CZK as a bonus credit that will surely come in handy. Also, you have 30 minutes for free if you return the bike to one of the stations in the university campus.

# Where to look for a job?

As one of the largest technical universities in the Czech Republic, over 3,000 graduates each year find excellent work opportunities both globally and locally. These websites might help you find the best job opportunity just for you:

- **VSB-TUO** – job opportunities at our university
- **EURAXESS** – job opportunities in research
- **JOBS.cz** – one of the biggest job portals in the Czech Republic
- **EURES** – European cooperation network of employment services

## Career Centre at VSB-TUO

It is always necessary to work on and develop ourselves and our potential. Use the opportunity which our university offers you. The Career Centre aims at personal development of students and graduates in order to succeed at the job market. They provide soft skills workshops and personal or professional consultancy and cooperate with a large number of companies not only from the Moravian-Silesian region. The Career Centre also organises Kariéra PLUS, the biggest job fair in the region, every year in March.

[www.vsb.cz/kariernicentrum/en](http://www.vsb.cz/kariernicentrum/en)

# Alumni

It does not have to end with your diploma. The Alumni Network at VSB-TUO brings together graduates of the VSB-TUO, regardless of age, profession or field of specialisation. Whether you graduated decades ago or just now, you will always be a VSB – Technical University of Ostrava Alumni. So go ahead, register at the Alumni Network at the VSB-TUO website and join thousands of others.

You can enjoy a variety of benefits, find your friends and classmates, get invitations and visit events and activities organized by the university.

[alumni.vsb.cz/en](http://alumni.vsb.cz/en)

# Erasmus Student Network

ESN VSB-TUO is a student organisation of volunteers which helps international students at VSB-TUO. They prepare orientation days for incoming students, organize trips, hiking, parties and sporting and educational events. The events are attended by people from all around the world as well as local students and they get together, make friends, have fun, learn about other cultures and get better in foreign languages.

ESN Buddies can help with the pick-up when you arrive, making ISIC cards, cards for the public transport and much more.

[esnvsb.cz](http://esnvsb.cz)

# Get active in the Campus!

We keep in mind that students' lives are not only about learning. That is why you can find numerous top-quality facilities for various sports activities in the VSB-TUO campus. There are gyms, tennis and badminton courts, a climbing wall and also courts for basketball and volleyball. Visit the Fitness Centre of the Institute of Physical Education or Aerobic Hall at the dormitories.

Group lessons (in the Aerobic Hall)

- Tabata
- Functional Training
- Circuit Training
- Yoga Exercise
- Vinyasa Yoga

Season tickets for the Fitness Centre as well as for Group lessons can be purchased at the Reception of the Institute of Physical Education (in the afternoon).

8 entries - 400 CZK

16 entries - 800 CZK





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VŠB TECHNICKÁ  
JUNTVÉDZTA

# Culture for non-Czech speakers

## **Národní divadlo moravskoslezské**

theatre offering opera, drama, ballet, operetta and musical

Divadlo Antonína Dvořáka: Smetanovo náměstí 3104/8A, 702 00 Ostrava

Divadlo Jiřího Myrona: Čs. legií 148/14, 702 00 Ostrava  
[www.ndm.cz/en](http://www.ndm.cz/en)

## **Janáčková filharmonie**

philharmonic orchestra playing classical and popular music

28. října 124, 702 00 Ostrava

[www.jfo.cz/en](http://www.jfo.cz/en)

## **Galerie výtvarného umění v Ostravě**

art gallery with a variety of art collections, cultural and educational events

Jurečkova 9, 702 00 Ostrava

[gvuo.cz/en](http://gvuo.cz/en)

## **Plato Ostrava**

art gallery with contemporary Czech and international art

Janáčkova 22 (former Bauhaus store), 702 00 Ostrava

[plato-ostrava.cz/en](http://plato-ostrava.cz/en)

## **Kino ART**

cinema offering films in Czech, English and many other languages

28. října 124, 702 00 Ostrava

## **Minikino**

cinema offering films in Czech, English and many other languages

Kostelní 3, 702 00 Ostrava

## **Kino Luna**

cinema offering films in Czech, English and many other languages

Výškovická 2651, 700 30 Ostrava-Jih



# Language courses

## University International Office

### English Language Intensive Course

- one week before the semester starts
- free of charge
- for more information contact the International Contact Point

## VSB-TUO Institute of Languages

### Courses with credits

- Czech Language
- English Language
- semester courses
- free of charge
- for more information contact the International Contact Point

### Courses without credits

- English Language
- German Language
- Russian Language
- French Language
- Spanish Language
- 3-month courses (2 lessons a week)
- small tuition fee
- for more information contact Libuše Halfarová,  
[libuse.halfarova@vsb.cz](mailto:libuse.halfarova@vsb.cz)

# Vocabulary

## A bit of Czech language

Hello	Ahoj (informal) Dobrý den (formal)
Goodbye	Na shledanou
Good night	Dobrou noc
Please	Prosím
Thank you	Děkuji
You are welcome.	Není zač.
Sorry	Promiň (informal) Promiňte (formal)
How are you?	Jak se máš? (informal) Jak se máte? (formal)
My name is...	Jmenuji se...
Nice to meet you.	Rád vás poznávám (male speaker) Ráda vás poznávám (female speaker)
I don't know.	Nevím.
I don't understand.	Nerozumím.
I don't speak Czech.	Nemluvím česky.
Do you speak English?	Mluvíte anglicky?
What is the time?	Kolik je hodin?
Warning	Upozornění/Varování
Exit	Východ
Caution	Pozor
No entry	Zákaz vstupu
Break	Přestávka
Open	Otevřeno
Close	Zavřeno

# List of public holidays in the Czech Republic

- New Year's Day 1 January
- Good Friday March or April
- Easter Sunday March or April
- Easter Monday March or April
- Labour Day 1 May
- Victory Day 8 May
- Saints Cyril and Methodius Day 5 July
- Day of Burning Jan Hus 6 July
- Day of Czech Statehood 28 September
- Independent Czechoslovak State Day 28 October
- Struggle for Freedom and Democracy Day 17 November
- Christmas Eve 24 December
- Christmas Day 25 December
- Saint Stephen's Day 26 December



# Czech Traditions

## Easter

Easter is a popular spring Christian holiday. Despite being largely non-religious, Czechs love to celebrate Easter and have many unique customs. In particular, it is traditional for men to chase women around the village and spank them softly with a whip woven from young branches. In return, the women give the men decorated eggs, plum brandy, candy and ribbons for the whips. All of this to guarantee women healthy year and to preserve their youth and beauty.

## Christmas

December 24 is the most enjoyable day of the Czech Christmas holidays. The Christmas tree is decorated with traditional ornaments and preparations are made for most festive dinner of the year. Christmas Eve is associated with many superstitions that usually relate to life, love, and the destiny that awaits in the year to come. According to one Czech custom, one is supposed to fast all day to see the “golden piglet” in the evening.

# Here to help!



**INTERNATIONAL  
CONTACT POINT**

## Contact Us

Barbora Štivarová

[barbora.stivarova@vsb.cz](mailto:barbora.stivarova@vsb.cz)

+420 597 324 222

Office room: C110

Monday – Friday: 8:00 am – 1:30 pm

[www.vsb.cz/icp](http://www.vsb.cz/icp)



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