

Palacký University Olomouc

Life in Olomouc

Guide for Summer Schools' Students



Palacký University Olomouc

A word of welcome from the Rector of Palacký University

Since its foundation in 1573, the university in Olomouc has always recruited students and academics from many European countries. Due to the large number of foreign students we received, our university gradually evolved into a genuinely multilingual academy with Latin, German and Czech being the dominant tongues. Despite the challenges of history and dramatic discontinuities of the past, in the twenty-first century our university still believes that internationalization renders an endless potential to enhance scientific excellence as well as the quality of research and academic training. Under my quidance, Palacký University has strong ambitions to become the most international educational institution in Central Europe in terms of cutting-edge research collaboration, joint and double degree study programs and the number of foreign students. However, internationalization does not only involve headhunting and recruiting students across the globe. In doing so, we also receive important side benefits, namely cultural diversity, plurality of judgment and, above all, much needed dialogue and tolerance. I very much hope that in Palacký University you will find a friendly institution, supportive tutors and an intellectually stimulating academic environment.

Jaroslav Miller Rector of Palacký University

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CZECH REPUBLIC

Welcome to the Czech Republic, a country with a rich history which is often referred to as the heart of Europe. You may have heard that the Czech Republic is the land of beer, or that it has plenty of castles and chateaux and one of the best national ice-hockey teams worldwide. While all that is definitely true, there is a lot more...

In the following pages you will find useful basic information about our country. As this booklet is by no means intended to be a textbook of history or geography, we recommend checking out these webpages for any additional info that might be interesting for you:

- The official website of the Czech Republic: www.czech.cz
- The official website of Czech tourism: www.czechtourism.com
- A site with practical info about various aspects of life in the Czech Republic: www.myczechrepublic.com

For more information for foreign students, detailed tips and contact information, please go to www.upol.cz/en/students/guide/practical-information. For specific information about your programme and contact information, please find the individual department's website on www.upol.cz/en.

Facts about the Czech Republic

- Location: Central Europe
- Area: 78,866 km²
- Bordering on (length of border): Germany (646 km), Austria (362 km), Poland (658 km), Slovakia (215 km)
- Time: Central European Time GMT+1, Central European Summer Time – GMT+2
- Official language: Czech (Slavic language)
- Currency: Czech crown (International code: CZK; Czech code: Kč)
- Population: 10.5 million
- Major cities (population): Praha/Prague (1,240,000), Brno (380,000), Ostrava (300,000), Plzeň/Pilsen (167,000), Liberec (100,000), Olomouc (100,000)
- Political system: Parliamentary republic
- European Union: Czech Republic joined the EU on 1 May 2004
- Member of: NATO, IMF, WB, WTO, OECD, OSCE

Prices

The official currency of the Czech Republic is the Czech crown (CZK). The exchange rates are approximately 25 CZK = 1 EUR and 21 CZK = 1 USD. To give you an example: a lunch special in a restaurant is 4-6 EUR / 5-8 USD / 100-150 CZK, a standard meal 5-10 EUR / 7-13 USD / 125-250 CZK, and a main dish at a high-end restaurant 12-15 EUR / 16-20 USD / 300-500 CZK. The average price of normal beer is 1 EUR / 1.3 USD / 25 CZK. A ticket to the movies is 6 EUR / 8 USD / 150-200 CZK.

As for Olomouc prices, a month's rent at the student dorms is about 100 EUR / 135 USD / 2,500 CZK, a tram ticket about 0.5 EUR / 0.7 USD / 14 CZK, a loaf of bread a bit over 1 EUR / 1.5 USD / 25 CZK, 1 kg of chicken is 2.7 EUR / 3.5 USD / 70 CZK, 1 litre of milk 0.8 EUR / 1 USD / 20 CZK , and a coffee to go 1.5 EUR / 2 USD / 38 CZK.

Generally, you as a student can live here comfortably for as little as 8,000 CZK (approximately 300 EUR) per month. For exchange rates, you can visit, for example, the XE Currency website: www.xe.com

You will need a little more if you plan to rent a car, make weekend trips or travel. Be careful not to carry around large amounts of cash. Bring some extra money for the first days of your stay, e.g. for the deposit for university accommodation, to get your ISIC identity card, to charge up your ISIC card to buy meals in the university's dining halls, make copies, etc.

Electricity

The public electricity voltage in the Czech Republic is 230 V / 50 Hz. Electric sockets are Type F sockets, compatible with cables used in the majority of the European countries (but different than in the UK for example). If a different voltage is used in your country (i.e. 110 V), you will need a voltage converter.

Mobile phones

Czech Republic's international calling code: 00420 or +420.

The Czech Republic is densely covered by the GSM mobile phone network. If you have activated roaming service with your home operator you should be able to use your mobile phone without problems. In June 2017, the European Union roaming regulations were implemented in the Czech Republic. For more information about the tariff changes for travellers, see <code>ec.europa.eu/digital-single-market/en/roaming-tariffs</code>.

If you are from the USA or Canada, please check that your mobile device supports 900 MHz/1800 MHz GSM networks. A cheaper alternative to using roaming is to use the services of one of the local operators. In the Czech Republic we currently have three major mobile phone operators. Check their websites for details (all of them have English versions available).

operator	web sites	Olomouc location
02	www.cz.o2.com	Riegrova 4 or Šantovka shopping centre
T-Mobile	www.t-mobile.cz	Horní náměstí 19 or Šantovka shopping centre
Vodafone	www.vodafone.cz	Ostružnická 15 or Šantovka shopping centre

Emergency numbers

European central emergency number (guaranteed assistance in English)	112
Emergency road assistance	1230, 1240

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WHY OLOMOUC?

Olomouc is a city more than a thousand years old, currently the fifth largest city in the Czech Republic. It is situated in Central Moravia, on the Morava and Bystřice rivers. It used to be an important centre during different historical periods; it was the capital of Moravia until the Thirty Years' War and since 1777 it's the seat of the archbishop. Nowadays, Olomouc is an important industrial town, transport crossroads and centre of education. Thanks to its rich history, there is a wonderful complex of historical memorials, ancient churches, fountains, and romantic streets accompanied by the gorgeous scenery of the city parks.

There are simply a lot of beautiful places in Olomouc which you must see. The highlight is definitely the historical city centre, which is an architectural conservation area and is the second most important one after Prague. The Holy Trinity Column on Horní náměstí (the Upper Square) has been included in the UNESCO World Heritage List since 2000 and it is the highest column in the Czech Republic. You can admire a lot of churches and cathedrals throughout the downtown area, for example St Michael's Church, St Wenceslas Cathedral or St Moritz Church, which has a nice view from its tower.

Besides the food industry, engineering, and pharmaceutical firms, there are important cultural institutions in Olomouc, such as the Moravian Phil-

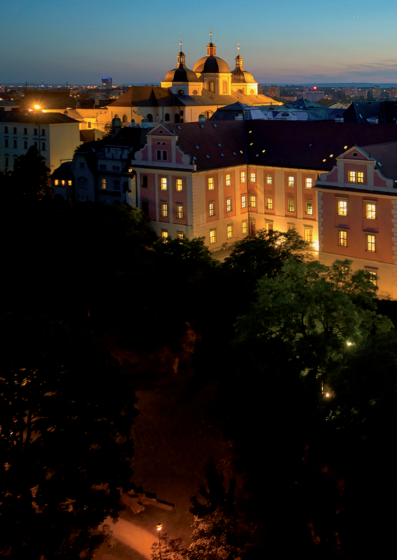
harmonic Orchestra, the Moravian Theatre, the State Deposit Library, the museum, the Archives, and last but not least-Palacký University. The university, together with a great number of other educational institutions. makes Olomouc the top student city in the Czech Republic: every fifth person in the city is a student! The protected historic part of the city is home to over 23.000 students from all over the world, proving every single day that there is a reason why Olomouc is considered the best university city of the Czech Republic and in the top ten of all central Europe. Students are literally all over the place, which only highlights the friendly or even family-like atmosphere of the city, which you will fall in love with at first sight. Dozens of parks, cafés, and mysterious nooks, theatres, diverse music clubs, and a variety of sports centres will be at your fingertips. Add the music, theatre, and film festivals that are held here almost every week, and you can rest assured that the city will stay in your heart for months or even years after your studies in Olomouc are over, and you will always be happy to come back.

Check out YouTube: "Olomouc – University City" – the official spot created in cooperation with Palacký University and Olomouc city. For more information, visit the visitor centre and its official pages:

www.tourism.olomouc.eu, www.olomouc.cz, www.zoo-olomouc.cz.

A great map of Olomouc specifically made for international students is available at www.esnup.upol.cz.





PALACKÝ UNIVERSITY OLOMOUC

History and present time

Although in 2018 Palacký University Olomouc celebrated 445 years, which makes it the second oldest university in the Czech Republic, it is far from an old-fashioned institution. On the contrary, in recent years it has become one of the fastest growing schools of its kind. If we add the genius loci of Olomouc, nearly twenty-five thousand students, and three thousand employees, it is no wonder that Palacký University is truly the beating heart of Central Moravia.

The history of Palacký University began in 1573, originally a Jesuit college, when it was granted all the rights of other European universities. The modern history of the university dates to 1946, when it was restored after World War II under its present name. Over the centuries, the University in Olomouc primarily focused on teaching theology, medicine, mathematics, physics, and cartography. The reputation of the university is evidenced by its alumni, who included, for example, the renowned general of the Thirty Years' War, Albrecht von Wallenstein, the founder of genetics Gregor Mendel or astronomer Karel Slavíček, who worked for the Chinese emperor. The university enjoyed its greatest boom after the Velvet Revolution in 1989, when the number of faculties settled at today's eight.

Palacký University is a public university with eight faculties

- Sts Cyril and Methodius Faculty of Theology (CMFoT)
- Faculty of Medicine and Dentistry (FoM)
- Faculty of Health Sciences (FoHS)
- Faculty of Arts (FoA)
- Faculty of Science (FoS)
- Faculty of Education (FoE)
- Faculty of Physical Culture (FoPC)
- Faculty of Law (FoL)

For more information on programmes and subjects, go to www.study.upol.cz to see for yourself.

Short Programmes, Summer and Winter Schools

Although the semester officially ends in May, summer at Palacký University is full of interesting academic activities involving students from all over the world. The Summer Schools organized by Palacký University generally provide the opportunity to earn ECTS credits.

Short programmes:

Central Europe: Traditions, Crossroads and Challenges

Summer schools:

- Central Europe: History & Culture Architecture & Society
- English Language and Anglophone Culture
- Drama Therapy
- Creative Arts Therapies
- Fine Arts Education
- English Language Training Course
- Music Culture with Emphasis on Educational Aspects
- Summer School of Slavonic Languages
- Summer School of Medical Law
- International Summer School in Refugee Law and Rights

More on www.studuj.upol.cz/en/summer-schools.

INTERNATIONAL RELATIONS OFFICE

Several departments are in charge of UP's international relations. The main agency—the International Relations Office (IRO)—is located at the Rector's Office and is responsible for a large share of the administration of the Erasmus+ programme (i.e., the application process).

Address:

International Relations Office Křížkovského 8, 771 47 Olomouc, Czech Republic E: iro@upol.cz | T: 585 631 113

www.iro.upol.cz

The administration of all other international programmes, such as CEE-PUS, AKTION, DAAD, Freemover, mobility within international agreements of the Czech Ministry of Education, and others, is the responsibility of the departments of foreign affairs (DFA) of the relevant faculty. The faculty DFAs are also in charge of electronic learning agenda, STAG concerning ALL international programmes including Erasmus+, i.e. STAG registration of exchange students, student registration in selected courses, verification of the results at the end of the student placement, and the Transcript of Records, including its submission to the student's home university.



UP ID CARD

Students are required to have an identification card (ID card) in accordance with Act. No. 111/1998 Coll. of the Higher Education Schools. An informational summary related to the usage of the ID card at Palacký University is available at www.cvt.upol.cz (Computer centre/Identification cards). Full-time students can choose either green ISIC cards with international validity, which are subject to a charge www.isic.cz, or the standard blue ID card with the Palacký University logo, which is designated for other types of studies. An ID card is the most important card you will need at UP.

- An ISIC ID card is an international card that provides the holder with a variety of discounts and benefits while also being a university identification card that lets you use all the services that UP provides. All IC users are provided with some benefits at UP such as registration at accommodation and dining facilities, borrowing services at UP Libraries, entrances to rooms and buildings UP. These services are gradually expanded both inside and outside UP (e.g. public transportation, Research Library in Olomouc, etc.).
- Students of combined studies or students with a stay of less than 30 days will receive a standard blue ID card with the Palacký University logo.

A deposit of 200 CZK must be paid for both types of ID cards. The deposit is refundable upon the end of studies. There is an additional licence fee of 250 CZK for ISIC. The ISIC card's international validity is from September to December of the following year. Card validity is pre-printed on the front page of the card. Students can prolong the international validity of the ISIC card for the next academic year by purchasing a validation stamp for 250 CZK.

For more information go to www.isic.cz/en or www.alive.cz.

ID cards are issued at the UP Computer Centre (CVT) www.cvt.upol.cz, located at the Armoury (1 Biskupské Sq.), opposite the entrance to the Coffee Library, on the 2nd floor. You need a passport photo, 200 CZK (blue ID card)/450 CZK (ISIC card) and a completed application form cvt.upol.cz/en/identificationcards.

MEDIA AT UP

Žurnál Magazine

English version of Palacký University Žurnál is published twice a year. The magazine summarizes important events and activities at Palacký University in Olomouc. You are welcome to download the PDF version of the magazine at www.zurnal.upol.cz/en/zurnal-magazine.

Palacký University YouTube channel

The official UP YouTube channel primarily serves for posting and sharing UP-related reports and spots, which are created with the help of the UP students or staff. It features, for example, reports from UP Student television as well as about 130 spots and videos! For more, go to: www.youtube.com/user/Palacký University. Be sure to check the official UP promo video, which is available on YouTube also in English: "Olomouc – University City".

Facebook UP

Facebook (facebook.com/univerzita.palackeho). Although the university Facebook page is in Czech, it is still very useful to subscribe to it as it provides a ton of tips and news so that you do not miss out on any fun events.

Helena v krabici Student magazine (Helena in the Box)

Helena v Krabici is an unincorporated association and an online and printed magazine by Palacký University students. Right now, it has two dozen permanent members on the editorial staff who work on presenting news about university life, Olomouc, and the world of culture. If you would like to join the team, please email the editorial staff at: helenavkrabici@gmail.com. More information at www.helenavkrabici.cz.

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ACCOMMODATION

The university provides housing to students if required. The dormitories are situated within a ten-minute walk or 20-minute tram ride to the main building of the University. There are some single rooms available, however most students share rooms with one or two other students.

How to get to Envelopa

After arriving to Olomouc, you should check in at the dorms. Almost all the dorms are within the two main areas, Envelopa and Neředín. If you are travelling to Envelopa from the railway station, take tram No. 2, 3, 4 or 6

(direction to the centre) and get off at the second stop (Žižkovo Náměstí). From the main station it is also possible to reach Envelopa taking tram No. 1, 5 or 7 (direction Trnkova, Nová Ulice or Neředín) and get off at the second stop (Envelopa). The dorms are about a 3-min walk along 17. listopadu Street. To find your dorm, follow the signs.

How to get to Neředín

To reach the Neředín area, take tram No. 2 or 7 (one goes every 7-8 minutes) and get off at the very end. The dorms are open even at the weekends, so you can move into your room almost any time. If the accommodation office is closed, ask for the key at the front desk, but make sure that you notify them of your arrival in advance.



DINING

Beverages and snacks are available at any time at the dorms front desks, but when you get really hungry, have a meal at one of the UP dining halls. The dining halls serve high quality Czech and international cuisine at very low prices. There are always at least 7 options of ready-to-serve and quickly prepared meals to choose from. UP students and employees pay from 28 to 68 CZK per meal and outsiders 55 to 91 CZK. Soups (15 CZK) and salads (11–19 CZK) are also available. The prices are subject to change. For an updated price list please check: www.skm.upol.cz/en. The dining halls are open throughout the semester, but only on weekdays. During weekends you are on your own. Please remember that you can order meals only with a valid ID card.

Topping up your account via ID card

Before ordering a meal, you first need to top up your ISIC card either at the cash office of the UP Main Dining Hall (on the left of the main entrance to the hall, far end of the corridor), at any snack bar at the dorm front desks, the snack bar of the Neředín Dining Hall, or the fast food bar in the Main Dining Hall (upstairs).

Ordering meals

There are several ways to order a meal: through the website, in person using the terminals in each dining hall, and now also via the Android or iOS application. In order to access the system, it is necessary to nkow the username and password to Portal UP.

What to order?

It is important to distinguish between different types of food in the dining halls. Breakfast is usually served between seven and nine o'clock in the morning. You can place an order in any snack bar: simply go and order one of the options. Breakfast cannot be requested in advance.

Lunch is the main meal in the Czech Republic. Traditional lunch is served from 11am to 1pm, but in the dining halls it is served until 2:30pm. Lunch needs to be ordered at least one day in advance (by 2:15pm)! An order for quickly prepared meals can be placed during opening hours, but their number is limited. Fast food cannot be ordered in advance. It is available in the main UP and Neředín dining halls. Simply come and choose (please keep in mind that not all staff speak English).

Arranging Dining online

Once you are logged on www.portal.upol.cz, click on Canteen. If you want to switch to the English version of the site, click on the UK flag in the upper right corner. Translations are usually provided one or two weeks in advance.

Android and iOS applications

First, install the application Mobile ordering Kredit and then enter your user name nad password.

Students and employees will use the same user name and password as they use to log into Portal UP. Other diners will get their user name and password at a canteen cashdesk. First, install the application Mobile ordering Kredit and then enter your user name nad password.

Students and employees will use the same user name and password as they use to log into Portal UP. Other diners will get their user name and password at a canteen cashdesk.

Download MobilKredit2 for Android or MobilKredit for iOS.

User terminals

Food ordering terminals are in every dining hall. The system is user-friendly. Select a language and place your ISIC card against the terminal, then select the date, dining hall, and meal. By swiping the card once more you log out of the system.

Typical Czech meals you should try

Vepřo-knedlo-zelo	Roast-pork with dumplings and sauerkraut		
Svíčková	Sliced beef sirloin with vegetable cream sauce, cranberries, and whipped cream, served with dumplings		
Smažený sýr	Fried cheese with potatoes		
Bramboráky	Potato pancakes		
Ovocné knedlíky	Fruit dumplings, topped with sugar and cream		
Palačinky	Crêpes served with fruit or jam		
Koláče	Fruit-filled pastry		
Czech beer & Moravian wine	World-famous, an important part of the culture		



UNIVERSITY FACILITIES

THE UP LIBRARY Zbrojnice (Armoury)

The UP Central Library, or the Armoury, is the largest library at UP, located across from the UP Faculty of Arts and the Rector's Office. Biskupské náměstí 1, T: +420 585 631 730.

Aside from the tens of thousands of books and other publications, the library at the Armoury is a good place for studying. It has wired connection for laptops, wireless connection, vending machines, computer labs, a clubroom with comfortable sofas, a microwave oven, and a coffee and tea pot. At the entrance to the library there is also a seating area with a vending machine. Library services are available only for holders of valid ID cards.

Other libraries in Olomouc

- Research Library in Olomouc (Bezručova 3, www.vkol.cz)
 Mon-Fri 8.30am to 7pm | Sat 9am to 1pm
- Municipal Library of Olomouc (nám. Republiky 1, www.kmol.cz)
 Mon, Tue, Thu, Fri 8am to 6pm | Sat 8am to 12noon
- Library of the Olomouc Museum of National Art and History (nám. Republiky 823)
 Mon-Fri 9am to 11am

Public computer labs

The most versatile IT centre is the high-capacity venue on the ground floor of the Armoury (over 100 well-equipped computers and a printer). Likewise, there are computer labs available at the faculties. Remember to always carry your ISIC; you'll need it for logging in.

Copy and print services

With the ISIC card you can make copies and print out documents at computer labs and faculty libraries. The ISIC card also serves for the payment for these services. You can charge (or top up) the card at designated charging terminals (usually in every computer lab with a printer or at the library desks). Also, there are copy centres in the city centre, which accept any electronic storage device to make copies and print. On average, rates range from 1 to 2 CZK per A4 page.

British Centre

The British Centre offers specialised services in English language teaching and learning, language exams and international certificates.

Address and contact:

Křížkovského 8, Olomouc

T: +420 585 631 874 | E: bc@upol.cz

www.knihovna.upol.cz/en/branches/british-centre

Confucius Institute — the Centre for Chinese Language

Have you ever wanted to learn Chinese or calligraphy? The experienced team of tutors and graduates of the Department of Asian Studies offers lectures and training in various aspects of China and Chinese culture.

Address and contact:

Address and contact.

Křížkovského 8, Olomouc

T: +420 58 563 1256 | E: konfucius@upol.cz

www.konfucius.upol.cz

Access to the internet: Connecting to the dorm network

In the dorms you can ask the KolejNet – IT staff at dorms for help (more information and contacts on <code>skm.upol.cz/ubytovani/zakladni-informace/#c14110</code>). The main data you need to have to be able to connect to the internet are your Portal ID and birth identification code. The Portal ID is listed in the automatically generated e-mail from Erasmus+ online application system. With it, you can login to the UP Portal and connect to the KolejNET in dorms, library, canteen, rooms etc.

Free WiFi connection

You can also connect without login to the wireless network called EDUROAM – read the instruction here *cvt.upol.cz/en*.

Instruction www.eduroam.cz/en/start.

An overview of the rules, the office hours of administrators, news, and other information are available at *skm.upol.cz/ubytovani/zakladni-informace/#c14110*.

If you experience difficulties logging in or get your access blocked, please contact the UP Information Centre:

E: stag-help@upol.cz | T: +420 585 631 842

address: UP Library = UP Central Library (the Armoury), Biskupské nám.

Setting a Wi-Fi password

Before you can connect to the wireless network around the whole university, you need to set a Wi-Fi password through the Portal. Log in to the Portal. Click "Edit my profile" in the upper right corner. After setting up a password, you can access the internet.

Wired connection

Besides the wireless connection, you can also connect your laptop to the internet with a cable. To connect the cable to the designated outlets you need to have your own UTP cable with an RJ-45 connector. The network you want to connect to at the UP is called EDUROAM. To connect to the WiFi you need to make a few adjustments on your PC. Instructions in English on how to connect are at the front desk of the Central library. Please ask the staff. Remember you have to have your computer protected (an installed and updated antivirus programme, downloaded and installed service packs of Windows, MS Office, etc.). It is mandatory to have computers protected.

Internet connection problems

If you have problems with the connection, try asking Czech colleagues for help or check the Portal data again for incorrect login details. Consult the faculty network administrator only after all of your previous attempts have failed. Accurate and updated contact details of the administrator are available at the Portal, section: Instructions and Help – UP computer network – Network technical support.

If the network has not been working sufficiently for an extended period of time, you can also contact the CVT help-line at E: stag-help@upol.cz, T: +420 585 631 842.

In case of problems with the dorm network, please contact the Kolej-NET support at *skm.upol.cz/ubytovani/zakladni-informace/#c14110*.

COUNSELLING AT UP

Special Needs Centre

If you need assistance because of a physical disability, please contact the Support Centre for Students with Special Needs. The centre is at the Faculty of Education. Counselling is available on personal request. If need be, counselling can take place outside the Centre's premises.

Address and contact:
Faculty of Education, Žižkovo nám. 5, Olomouc
T: +420 585 635 323 | +420 775 124 696
E: lucia.pastierikova@upol.cz
www.cph.upol.cz

Psychological counselling

Study abroad is often described as an unforgettable and entirely positive experience. A little known fact, however, is that it is also a time of major changes and a lot of stress. At some point of your stay, you are likely to feel down, lonely, anxious, homesick, lost in your new environment, etc. If Skyping with your family back home or hanging out with new friends does not help and you have been feeling out of place for a longer period of time, do not be afraid to ask for professional help. Contact the Counselling Centre of the Department of Psychology and Psychopathology, FoE, UP. Likewise, students can get psychological help at the UP FoM. Contact the Study Department for more www.pdf.upol.cz/kps/poradna.





MEDICAL CARE

There is a basic health care centre in Envelopa (J. L. Fischer Student Dormitory, Šmeralova 10), with a general practitioner and a dentist. While the physicians do speak basic English, we recommend bringing a Czech-speaking friend along.

- MD Ševčíková, GP, T: +420 585 224 204, E: jarkasevcik@volny.cz
- MD Davidová, dentist. T: +420 585 220 463

For other medical specialists and services, visit the main Olomouc healthcare centres such as:

- Clinic Olomouc, třída Svobody 32, www.poliklinikaolomouc.cz
- Olomouc University Hospital, I. P. Pavlova 6, www.fnol.cz
 Map of OUH: www.fnol.cz/pdf/fnol cz mapa.pdf

Pharmacies

There are a number of pharmacies in the centre of Olomouc. While basic medicine and vitamins or tea are available over counter, for more specialized medicine you will always need to have a prescription. If you need special medication, either bring enough for the entire duration of your stay or note down the chemical composition of the drug as the commercial names of medicine vary depending on the country. A good idea is to bring along an empty container when you go see the Czech doctor. It will help them to find a substitute.

English speaking pharmacists can be found in all the shopping malls of the city (Galerie Moritz, Šantovka, Globus).







TRANSPORT IN THE CZECH REPUBLIC

Public Transport Information System (IDOS)

If you want to check the available trains, coaches, buses, and trams in one place, use the Internet Timetable Information System, or IDOS. The system provides timetables of all forms of public transport, from international connections to Olomouc trams. It is also available in English and German. More information at www.idos.cz.

Transport in Olomouc

The main railway station in Olomouc (Hlavní nádraží, Hl. n.) is a public transport hub. If you plan to travel by train more frequently, we suggest getting a special railway discount card, for example the In-karta. Ask for more information at the railway station. Other railway operators offer discounts as well; check their websites www.regiojet.cz, www.le.cz.

Public Transport in Olomouc

Olomouc has a dense public transport network of tram and bus lines. The major operator is Dopravní podnik města Olomouce (Olomouc Public Transport Company, DPMO). For information about connections, tickets, fares, etc., please see their website www.dpmo.cz. Departure times are also available at www.idos.cz.

Buses and Coaches

The main coach (bus) station in Olomouc is not too far from the main railway station (the stop Autobusové Nádraží Podchod of tram No. 4, the second stop after the main railway station in the direction of Pavlovičky). Although the majority of long-distance (inter)national lines stop at the main coach station, beware that Student Agency coaches (and others) stop close to the main railway station, so double check and plan your trip carefully.

Regional buses in Olomouc stop either in front of the main railway station or at Tržnice, which is closer to the city centre and has a small bus station, too. The free shuttle bus No. 60 to Olympia Shopping Mall also stops at Tržnice and the main railway station.

Tickets

You need a valid ticket to use public transport. You either need to buy a ticket from a ticket machine or other vendor or purchase one from the driver. You will also need to validate the ticket by inserting it for a stamp inside the automatic machine, which is inside the vehicle. The tickets are the same for both trams and buses. The fares are as follows:

- 14 CZK single ticket: Valid within all parts of Olomouc for 40 minutes (60 mins at the weekend).
- 23 CZK discounted 24hrs ticket, 46 CZK full price 24hrs ticket: The discounted ticket is for students up to 26 and is valid only if you have your ISIC card with you!
- 175 CZK/350 CZK students/adults monthly pass: The monthly pass is valid for 30 days from the day of purchase.
- 450 CZK/900 CZK students/adults 3-month pass: The 3-month pass is valid for three months from the day of purchase.

Where to buy single/daily tickets

- yellow self-service ticket machines, installed at the stops
- from the driver, which is a little bit more expensive (20 CZK for a single ticket) and you need to have the exact change
- by SMS to 90206 with 'DPMO' typed in the message
- at newspaper stands, selected shops or supermarkets
- at tourist centres

With your valid ticket you can ride any combination of buses and trams to complete your trip. Buses and trams run on average from 4:30am to 11:30pm, depending on the particular line. Night transportation is covered by buses No. 50, 51 and 52, which run in three different circuits around the city, about once an hour.

How do I get the public transport student card?

Unless you wish to buy a single ticket every day, you can get one of two options. Apply for them at the Public Transport Company Centre (Dopravní podnik) at the main railway station or the city centre. Ask for "měsíční průkaz" [me-yes-each-knee proo-kaz] (1-month pass) or "čtvrtletní průkaz" [ch-tv-rt-let-knee proo-kaz] (3-month pass). Present a valid ID card and have a passport photo ready to give them. You will be asked to pay

175 CZK or 450 CZK respectively on the spot. The offices are at:

- ČD railway station (hall): when you enter it is on your left hand side, the DPMO sign in red.
- Legionářská 1 (corner of Náměstí Hrdinů and Palacký St.)

Ticket inspection

Inspectors check tickets on buses and trams on a random basis. Be aware that they do not wear any kind of uniform; they look like regular passengers until the tram pulls away from the stop. They are obliged to prove their identity with a special ID. If you do not have a valid ticket, you will be fined 800 CZK if you pay on the spot or within 3 working days, or 1,000 CZK if later.

Taxi

Taxis usually wait in front of the main station and at the "bar district" in the city centre. For a complete list of taxi companies, see tourism.olomouc.eu/services/transport/taxi/en.



SPORTS

Czechs are fond of sports and fitness, and love to spend their free time hiking, running or simply outdoors. There are a great variety of sports activities to choose from in Olomouc. The first thing to catch your eye will be the concrete courts right next to the dorms; simply find a ball and a few sports enthusiasts and you can go play basketball, football or volleyball. The lawn by the river just begs for a game of Frisbee (or studying and barbecuing). Bikers, in-line skaters, and die-hard joggers find paradise in the vast Olomouc parks network and on bike paths outside the city which easily connect Olomouc with natural and cultural beauties like Svatý Kopeček, Poděbrady lake and many destinations.

Besides the numerous university sports facilities, you can also join a local gym for a membership fee—Sportcentrum Best (address: Dolní Hejčínská 36), Help Fitness Club (address: Jeremenkova 40B), Omega (address: Legionářská 19) or FitCentrum Gambare (address: Herrmannova 1, Olomouc).

At the Regional Centre Olomouc there is the Help Fitness Prestige gym, and another sports venue is the Koruna Club (address: Pekařská 1, Olomouc) with squash courts. There are also lots of places to play tennis, miniature golf, and paintball. The same applies to bowling. If you love water, check out the Swimming Pool www.olterm.cz/plavecky-bazen/aktuality or the Aquapark water park www.coufalovi.cz, www.tanecni-olomouc.cz, www.tk-mango.cz or try one of the Latin dance halls for more information. You can also join the Facebook group Salsa/Bachata/Zouk/WCS in Olomouc. Before you start exploring the city, have a look at what the university sports centre has to offer.

Akademic Sports

The contact point of the Akademic Sports is situated next to the main entrance of the Palacký University Sports Hall (next to the bike shop). You can buy membership cards for sports programmes there as well, which start at the beginning of each semester, and have a limited number of spots, so make sure you sign up asap! If you have any questions about the sports programmes, please check the Facebook page of the Akademic Sports www.ascup.upol.cz.



Rent a bike or bikesharing REKOLA

You don't have to wait for a tram. Register and rent a pink bike anytime you want. Ride for as long as you need. Discover the city with bikesharing www.rekola.cz/en.

BAJKAZYL

Bajkazyl Olomouc is the Olomouc branch of the Prague Bajkazyl, a bike shop and bar. They offer full bicycle service, reconstruction, sale, and rental of retro bicycles, it also sells and repairs bike accessories and parts. Bajkazyl is committed to promoting the bike community in Olomouc and help the bicycle become a more popular means of transport in cities, which is why it also cooperates with the Faculty of Arts. More information at www.bajkazylolomouc.cz.

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CULTURE AND SOCIAL LIFE

Remember to check out these popular websites—www.upol.cz and www.zurnal.upol.cz—which post invitations to UP-related events and an events calendar. Information about the programme is also available directly on the website and Facebook pages of the relevant theatres, cinemas, establishments, and sports centres. Lastly, there are also the web pages of the city of Olomouc www.olomouc.eu and commercial sites www.olomouc.cz, www.ol4you.cz or i-olomouc.com.

Palacký University Art Centre - Konvikt

Even if you are not an art student, you should have a look around the Art Centre of UP at least once. The stunning Baroque building of the former Jesuit college is the artistic hub of UP. It houses five art departments and most of the space is used for instruction as well as for a variety of artistic activities. The chapel hosts classical and other concerts, and the corridors are decorated with the work of students from various art disciplines, whose workshops are on the ground floor. In the attic there is a theatre where you can see the shows produced by the student Konvikt Theatre (www.divadlokonvikt.cz) and a movie theatre plays the movies of the Pastiche film club, among others (www.pastichefilmz.org). There is also a music hall, where the UP chamber choir Ateneo rehearses every week. Konvikt also holds a variety of cultural festivals—PAF (www.pifpaf.cz), AFO (www.afo.cz) and many others. Address: Univerzitní 3, websites www.upol.cz/en/art-centre.

THEATRES AND CINEMAS

Moravian Theatre Olomouc

For those interested in traditional theatre, there is the Moravské Divadlo Olomouc (Moravian Theatre Olomouc) located on Horní Náměstí. You can choose from ballet, classical drama or opera. Performances are held almost daily. Prices start at 55 CZK and the most expensive ticket is 230 CZK (these prices include the 50 percent student discount you can get with an ISIC card). More information at www.moravskedivadlo.cz.

Tramtarie Theatre

If you prefer alternative theatre or want more fun, we recommend the independent Divadlo Tramtarie (Tramtarie Theatre). You can choose one of their entertaining plays and just enjoy. The actors of this theatre are professionals who are simply keen on playing, many of them students of the university. You will find this small theatre at Slovanský Dům (Slavic House) above the Billa supermarket, not far from the swimming pool and the centre

www.divadlotramtarie.cz

Na Šantovce Theatre

The Na Šantovce Theatre puts on high quality shows not only for adults but also for children. Besides the shows of visiting theatre groups it also hosts concerts, lectures, theatre Saturdays, and many more fun events. The venue is inside the Šantovka shopping mall in Olomouc, on the top floor

www.divadlonasantovce.cz

Pastiche Filmz

If you fancy cinema, you should consider joining the university film club. Every week they put on an independent movie at a small cinema at Konvikt. Sometimes this art house dedicates a week to a particular director and you can see a selection of his/her masterpieces.

www.pastichefilmz.org

Cinestar Olomouc

The best place to see the latest blockbusters is the CineStar multiplex. This cinema is in the Olomouc City shopping mall, which is basically a part of the Globus shopping mall. You can reach it directly by bus No. 27 from the city centre or get off at Hřbitovy (tram No. 2, 5 or 7) and walk from there. Tickets are cheaper on Mondays, but remember to bring your ISIC card, as you will get a student discount. For information about what is on and ticket booking visit their website.

cinestar.cz/olomouc





Metropol

Metropol Cinema is near the city centre, behind the Koruna Department Store (U Sv. Mořice tram stop). Metropol is a traditional single-auditorium cinema that shows both new flicks as well as less commercial movies; it also holds film club nights.

www.kinometropol.cz

Premier Cinemas - Šantovka Mall

The multiplex is in the new Šantovka shopping mall (Polská 1). www.olomouc.premierecinemas.cz

CLUBS & PUBS

Doga

If you live in the Envelopa dorms, there is no other way to start than with Doga Pub, which is on the ground floor of the J. L. Fischera Dorm. In addition to hard and soft drinks of all kinds, the pub also features a jukebox, darts, billiards, table football, and serves a great pizza.

S-club

"Esko" is just a stone's throw away, off the main road, opposite the new building of the Faculty of Science. Re-opened after reconstruction, S-Cube is a platform for Czech and foreign concerts, club nights, theatre shows, films, and workshops. It often hosts punk and metal gigs and also the biggest drum'n'bass party in Olomouc. www.scube-ol.cz

15minut Music Club

The most popular among the top three student nightclubs, 15minut is on Komenského Street. The place guarantees a great atmosphere only students can have until the wee hours of the morning. Fifteen also rents out space for your student or departmental parties free of charge! www.facebook.com/klub15minut

U Mě Doma

Located in the Masné Krámy Arcade on Dolní Square, U Mě Doma is a music venue and art gallery in one. The paintings inside are by the founder

of the club, Libor Schubert. There is no entry fee and the DJs are great. You will have fun, dance, and you can even buy a painting if it strikes your fancy. www.rave.cz/klub/u-me-doma

Varna and Belmondo

If you dig classic discos, these two clubs are highly popular, especially with the Olomouc youth. Varna is in Riegrova Street and Belmondo, which partly specializes in R&B and hip hop, is across from the Theresian Gate.

Metro Chill Out Club

Focusing on electronic music, the small Metro Club is well-hidden in a passage opposite the Gallery Moritz Mall. Underground par excellence. www.metrochilloutclub.cz

Black Stuff

Black Stuff is a piece of Ireland in Olomouc, offering a plethora of different kinds of whiskey, exotic beers, and nachos, among other delights. www.blackstuff.cz

Vertigo

The oldest student club in Olomouc is right across from the UP Arts Centre (Konvikt). This venue, which is said to have a better vibe the fuller it is, is frequented especially by art students and intellectuals.

www.klubvertigo.cz

Jazz Tibet Club

The dramaturgical concept of Jazz Tibet Club is among the best Olomouc has to offer. This non-smoking venue and quality eatery regularly presents the very best of jazz, folk, blues, Olomouc bands, and foreign artists. www.jazzclub.olomouc.com

Ponorka

A legend among legends. An establishment where the same regulars have been sitting, drinking, and eating for twenty years. President Václav Havel and singer Karel Kryl used to frequent this place. If there is anything even deeper than the underground, it is Ponorka (the Submarine)! It is on třída 1. máje 8.

WINE BARS

Kaštánek, U Dvou strašidel, U Dómu and others. All three wine bars are between the Faculty of Education and the U Dómu tram stop. They all also sell bottled wine as well.

TEAROOMS

Dobrá Čajovna (Havelkova 7), Čajovna Wabi (Šemberova 64/13), Té&Café Kratochvíle (Sokolská 36), etc. Fancy a wide range of teas and possibly shisha? All three Olomouc tearooms have an extraordinary setting and much more.

CAFÉS

Olomouc is packed with coffee shops. There is one round every corner in the centre. For instance Café La Feé (Ostružnická 13). Kafe Kodo (Ostružnická 342/40) makes excellent coffee-to-go. A cosy drink-coffee-and-read-newspapers space is also located in the heart of the Faculty of Arts at the Armoury (Coffee Library). But of course, different folks, different strokes, so check them out for yourself...

PIZZA & FOOD DELIVERY

When you get tired of the university dining halls and do not feel like cooking, you can head to one of the many restaurants in the city. Most of them offer daily lunch specials at very reasonable prices (for an overview see for example www.olomouc.cz). If you want to try Czech cuisine, try Drápal (www.restauracedrapal.cz) or U Červeného Volka (Dolní Náměstí 38). At Saint Wenceslas Brewery you will find a pleasant atmosphere, homemade beer, and a beer spa (www.svatovaclavsky-pivovar.cz). There is also vegetarian cuisine at Koza zustala cela and Pan Lilek (also: www.greenbar.cz, element-restaurant.cz) and vegetarian Indian cuisine (www.govinda-olomouc.cz) in the city. Or you can try Nepalese cuisine (www.nepalska.cz). Pizza restaurants are a whole new chapter. Olomouc has so many of them that they compete with each other to offer students better prices and flavours. It is up to you to find out where they have the best or the cheapest pizza. Most of them give ISIC and quantity discounts. Likewise, you can get sandwiches and burgers delivered to your door. Lots of Asian and Doner Kebab restaurants deliver food, too.

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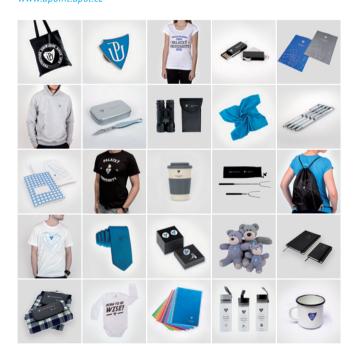


SHOPPING

UPoint – UP information centre and shop

The information centre of Palacký University, shop, reading room, and community centre — all of this is housed at UPoint. Over an area of two hundred square metres, you'll find a designer fashion collection, high-quality souvenirs, books from the University Press, as well as information about the university and the services it provides.

Address: UPoint – UP information centre and shop Dům U Černého psa, Horní náměstí 12, Olomouc www.upoint.upol.cz



Galerie Šantovka

The biggest shopping mall in Olomouc is in the very centre, nearby Tržnice station and the Smetanovy sady park. In addition to a ton of international fashion brands, it also features a multiplex and a theatre.

www.galeriesantovka.cz

Globus & Olomouc CITY Shopping Mall

Globus is one of the biggest and cheapest supermarkets in Olomouc. From the city centre, take bus No. 27 from either the Tržnice or Náměstí Hrdinů stop, which goes all the way to Globus/OlomoucCITY, or take tram No. 2 or 7 to the Hřbitovy stop and walk from there.

www.qlobus.cz, www.occ.cz

Olympia Shopping Mall

This shopping mall offers the widest selection of clothing shops in Olomouc. If you decide to spend a cold, rainy day there, you do not need to worry about food. Thanks to the onsite restaurants, cafés, and fast food joints you can spend hours and hours without ever going hungry. A good place to buy groceries is Albert, a huge supermarket that covers the largest share of the mall. It is at the very back of Olympia. There is a free Olympia shuttle bus, No. 60, which stops in the city centre at Náměstí Hrdinů and Tržnice.

www.olympiaolomouc.cz

Centrum Haná Shopping Mall

In many ways this shopping mall is similar to Olympia. Some of the shops are the same but most of them are different. For groceries and other goods head to the Tesco hypermarket, again the biggest part of the mall. Take tram No. 1, 4 or 6 all the way to the end, the Nová Ulice stop — you will have to walk about 5 minutes to get to the shops.

www.ochana.cz



PLACES TO VISIT

Tips for free-time activities in Olomouc

What is it	Opening hours	Price			
ROSE GARDEN, BOTANICAL GARDEN www.flora-ol.cz					
nice and relaxing area in the park next to the university	9:30-18:00 daily except Mondays	free			
FLORA EXHIBITION GROUNDS WITH GREENHOUSE COLLECTION www.flora-ol.cz					
indoor botanical exhibition in another park, 15 min from the university	9:30-18:00 daily except Mondays	student: CZK 45			
OLOMOUC REGIONAL MUSEUM www.vmo.cz					
near the university, various exhibitions	9:00-18:00 daily except Mondays	student: CZK 30			
MUSEUM OF ART www.muo.cz					
near the university, art exhibitions	10:00–18:00 daily except Mondays	student: CZK 35 Free admission every Sunday and every first Wednesday of the month 6 pm-8 pm			
SCIENCE FORT www.pevnostpoznani.cz					
interactive science centre	Tue-Fri 9.00-17.00 Sat-Sun 9.00-18.00	student: CZK 85			
MINIATURE GOLF www.minigolfolomouc.cz					
outdoor: opposite the Science Fort indoors: in the Olomouc City Shopping Centre	Mon-Fri 10:00-20:00 Sat-Sun 10:00-20:00	student: CZK 70			
INDOOR AND OUTDOOR SWIMMING POOL Address: Legionářská 11					
50m long swimming pools indoors and outdoors, near the city centre	daily 9:00-20:00	CZK 60 / hour			

Trips around Olomouc Svatý Kopeček

It is a historical village, now a town district and a pilgrimage place near Olomouc. It is about 7 km from the centre of Olomouc and serves as a favourite recreational place for Olomouc residents. The altitude of Kopeček itself is 393 m above sea level. There is the Olomouc Zoo and the Basilica of the Visitation of the Virgin Mary, where a great pilgrimage is held every year. In 1995, Pope John Paul II visited Olomouc and Svatý Kopeček.

www.svatykopecek.cz

Poděbrady lake

This natural swimming hole is about 4 km from the city centre. Also featuring the Terasa restaurant, it is an ideal place for outdoor recreation. www.olomouc.cz/firmy/olomoucke-Podebrady-4990

Náměšt na Hané Castle

The Náměšť na Hané Castle is located 14 km west of Olomouc, at the foot of the Drahanská vrchovina. It was built in 1766, as the "Upper Chateau", because the former residence ceased to meet the modern requirements of the time. It is an early Classicist French building, standing in the middle of a circular park. In the chateau you can see a rare collection of meissen china and an exposition of children's prams. There is an imperial chapel in the chateau complex.

www.zamek.namestnahane.cz

Čechy pod Kosířem Chateau

The classicist chateau is located in the district of Prostějov, in the Olomouc Region, about 10 km northwest of Olomouc, at the western foot of Velký Kosíř Hill. Surrounded by 21.5 hectares of natural park—one of the most valuable plots of historical greenery in Moravia — it is connected with the noble family Silva-Tarouca. A friend of the arts-supporting family was the famous Czech painter Josef Mánes, who regularly frequented Bohemia under Kosíř and worked here between 1849 and 1870.

www.zamekcechy.cz

Olomouc Fort

During the Hapsburg monarchy, Olomouc was an important military stronghold in the north of the vast empire. In the mid-18th century, a solid belt of bastion fortifications was built around the city, and a hundred years later, a number of military forts popped up, built to push the front line away from the city. Many parts of the fortification system have survived to the present day, whether the Korunní Fort and barracks in the city centre or the forts in Křelov, Lazce, and Radíkov, which are open to public. The forts are all accessible by public transport.

www.forty.cz/index.php?c=45

The Kroměříž Archbishop's Castle and Gardens

Kroměříž is one of the most beautiful cities in central Moravia, namely thanks to its Baroque chateau, a former stronghold turned into a comfortable residence by the Olomouc (arch) bishops, and the Castle and Pleasure Gardens. The geometrical Pleasure Garden with its colonnade, rotunda, and greenhouses still retains most of its original Baroque look. The gardens and the castle are on the UNESCO list.

www.zamek-kromeriz.cz

Bouzov Castle

Looming majestically above the town of the same name, the Bouzov Castle is highly popular with film makers for its fairy-tale appearance. According to experts, it is an immaculate illusion of a medieval castle—Bouzov was given its present look only a century ago, when members of the Order of Teutonic Knights remodelled it into a comfortable residence.

www.hrad-bouzov.cz

Dlouhé Stráně pumped-storage hydroelectric power plant

The pumped-storage hydroelectric power plant Dlouhé Stráně is an admirable piece of technical work. It was built from 1978 to 1996 inside the hill Mravenečník in the Jeseníky Mountains, within sight of Mount Praděd. The upper reservoir was built at the top of the mountain and the lower on the river Divoká Desná. According to a 2005 survey by iDnes.cz, the power plant is one of the seven wonders of the Czech Republic. Tours are available upon arrangement.

www.dlouhe-strane.cz

Mladečské Caves, Javoříčské Caves, Javoříčko

Near Litovel there is the Mladeč Karst, whose caves are an important archaeological and paleontological site. The bones of prehistoric animals and evidence of human settlements from the Stone Age have been discovered here. Just over the hill are the Javoříčské Caves, renowned for their exquisite stalactites and stalagmites. These caves are named after the adjacent town Javoříčko, which was burnt down by an SS unit stationed at the nearby castle of Bouzov before the end of the Second World War, due to the fact that the town had supported guerrilla fighters.

www.caves.cz/jeskyne/javoricske-jeskyne

Velké Losiny Handmade Paper Factory and Chateau

Velké Losiny is infamous for its witch trials, from the time of the dreadful inquisitor Henry Francis Boblig. Today, however, it is a small peaceful town with a charming chateau, captivating Renaissance arcades, and a handmade paper factory. The paper mill has been open continuously since the 16th century, which makes it one of the oldest factories in Europe.

www.zamek-velkelosiny.cz

Loštice Museum of Tvarůžky Cheese

Genuine Olomouc tvarůžky cheese is not manufactured in Olomouc but in the town of Loštice, which is west of the Haná metropolis. The original factory for this ripened cheese now houses a museum, where you can sample and buy tvarůžky. A great place to try is the nearby tvarůžky patisserie in the street leading from the square to the church.

www.tvaruzky.cz/muzeum-olomouckych-tvaruzku

Sovinec Castle

The peaks of the Low Jeseníky Mountains hide Sovinec Castle, which, like Bouzov, used to be owned by the Teutonic Knights. In the 20th century, the knights made it their monastic museum, but lost it at the beginning of WWII when the castle was used as a station for a special SS unit. At the end of the war it burned down, and we are still unsure if it had been set on fire by the retreating Germans or by Russians. Later on a part of the castle was restored and is now open to public, for example the tower, which offers a great view of the surroundings.

www.hradsovinec.cz

The Hranice Chasm

The mysterious Hranice Chasm is the deepest water-filled abyss in the Czech Republic. So far, probes have reached a depth of 442.5 metres, but experts believe that the chasm could be as much as 700 metres deep. Another interesting fact is that the abyss was formed by strong gushes of mineral springs from the depths.

www.helfstyn.cz

10 TRIPS AROUND THE CZECH REPUBLIC

Mikulov

A picturesque wine-making town below the Pálava Highlands, with a stunning chateau, Svatý Kopeček, and a historic Jewish quarter.

Ostrava

An industrial city of a rich extraction and mining tradition – Vítkovice area

www.czechtourism.com/t/ostrava/

Slavonice

A small town close to the Austrian border more scenic and less touristy than Telč, which is also worth a visit. czechtourism.com/t/slavonice, www.telc.eu

Český Krumlov

Magical castle grounds from the 16th century, UNESCO heritage. www.ckrumlov.info

Cheb

A unique Roman castle, with a beautiful historic centre: Špalíček, half-timbered houses.

Kutná Hora

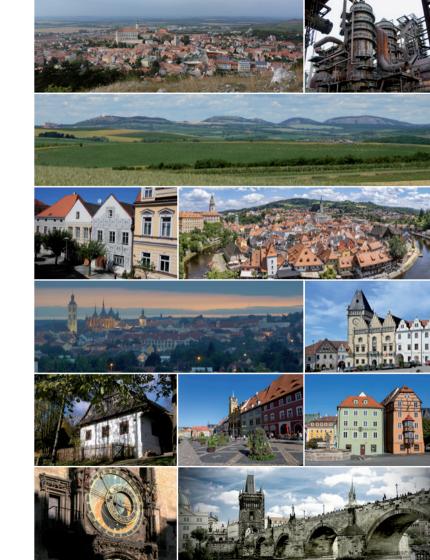
A town that will take you back to the Middle Ages; Church of St. Barbara, stunning panorama.

www.kutnghora.cz

Tábor

Gorgeous centre; the seat of the Hussite movement. www.taborcz.eu

- Veselý Kopec u Hlinska Open-air museum of folk architecture If you like open-air museums, there is another one in Rožnov pod Radhoštěm, which is easily accessible by train. www.vesely-kopec.cz, www.vmp.cz
- Prague Our capital city www.praha.eu





Palacký University Olomouc