



Erasmus+



UNIVERSITY OF OSTRAVA
FACULTY OF SOCIAL STUDIES



INTERNATIONAL STUDENTS GUIDE

ACADEMIC YEAR 2019/2020

◉ OUR REGION

The Ostrava region has the second largest population in the Czech Republic; it is situated near beautiful mountains and natural sites, not far from the border with Poland and Slovakia and with good access to European capital cities. Ostrava is a university city with more than 10% of its population being students. It is often described as a city with the tough industrial past but poetic and young-at-heart present time. It offers a number of cultural sights and events to suit everyone. Thanks to its unique theatres, art galleries, clubs, cafés and nice public greenery accompanied by numerous opportunities for outdoor activities (hiking and cycling trails in the picturesque Beskydy mountains), Ostrava is simply not something to be described but to be experienced. Visit Ostrava and meet a green city with black spirit!

◉ MORE THAN A UNIVERSITY

University of Ostrava is not only an educational and scientific research institution but also a significant member of social and cultural life in the region. At its inception in 1991, its benefit to local society was emphasized – humanities were supposed to bring education into the strongly industrial environment and change the mood of the city. Nowadays, the mission accomplished and the university plays a new role – being aware of its social responsibility, it strives to strengthen its positive impact on the public. Every year, it organizes several events for thousands of people, e.g. *Ostrava Night of Scientists*, which presents science in an entertaining way, the happening *We Are Ostrava!* with the traditional Ostrava University Cup, *Alumni Meetings*, which attract even those who live on the other side of the country, the *Science Café*, which is an informal debate on science over a cup of coffee, the *Representation Ball*, which is not to be missed by Ostrava VIPs; it is also a part of the world-famous music festival debate forum *Colours of Ostrava*.



The Faculty of Social Studies

OUR STORY

The Faculty of Social Studies was established on 1 April 2008, the first academic year started on 1 September. The new Faculty arose from the Department of Social Work, previously a part of the Medico-Social Faculty. Nowadays, the Faculty has two Departments – the Department of Health and Social Studies and the Department of Social Work.

The Faculty offers a wide range of social science degree studies and provides a platform for young researchers to launch their careers. Tuition is closely connected to research, reflecting the up-to-date development in social sciences and keeping up with new fields. Based on this forward-looking strategy, the Faculty cultivates international collaboration with more than 50 universities and hosts frequent guest lecturers in Master's and doctoral degrees.

The aim of the degree programme Social Work is to educate professionals in the field of social work and health and social work.

WHY STUDY AT OUR FACULTY

- We have an elaborated system of practical placements that combines the theoretical and practical part of education.
- Our students participate in research projects guaranteed by our academic staff, getting an opportunity to develop their skills and launch a research-based career.
- We host frequent guest lecturers from our foreign partner universities.
- We organize the annual *Spring School of Social Work* for Master's and doctoral students.
- We offer the doctoral programme Social Work in the English language.
- We are a member of the Association of Educators in Social Work (ASVSP) and the European Association of Schools of Social Work (EASSW)
- We publish the *Czech and Slovak Social Work* journal which has its English version, too (<http://socialniprace.cz/eng/index.php>).

COMMUNITY ENGAGEMENT

The Faculty systematically develops socially responsible activities in order to strengthen its position of professional authority and a partner in social inclusion and social innovations. It cooperates with the Moravian-Silesian Region under the Memorandum on Cooperation in Social Sphere and with the Agency for Social Inclusion under the Memorandum on Cooperation in Making and Implementing Comprehensive Social Inclusion Policies. The Faculty is a member of the Platform for Social Housing, gathering natural and legal persons treating the issue of social housing or of people at risk of homelessness and exclusion from housing. Furthermore, it is a member of the Association of Asylum Homes in the Czech Republic, gathering persons and organizations treating people without a roof or at risk of homelessness and making a professional background for them. The Faculty is also a member of the Regional Platform for Implementation of the Ageing Policy. The Faculty popularizes research and scientific results; the supra-regional importance of the Faculty is reflected in co-organized professional events such as conferences, workshops, spring schools or presentations at the university events. The Faculty cooperates with the ZEBRA student organization when preparing student activities, too.



DEPARTMENTS

DEPARTMENT OF HEALTH AND SOCIAL STUDIES

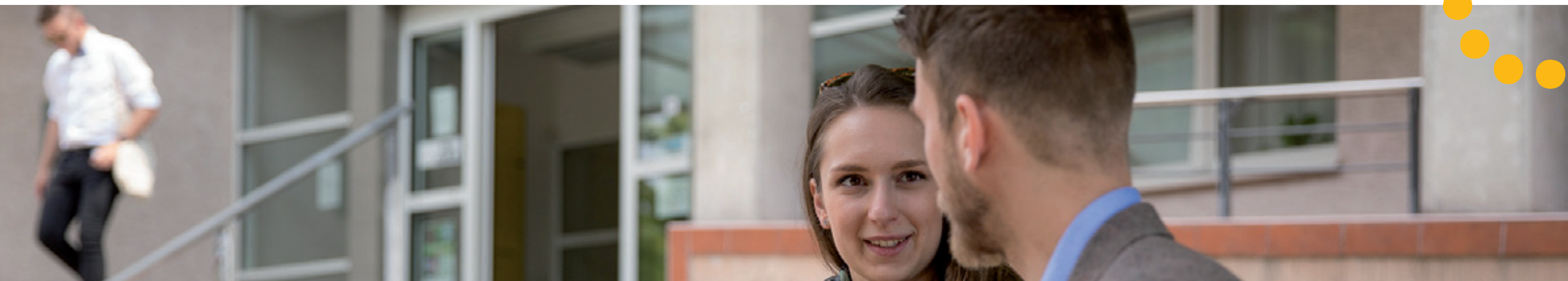
The multidisciplinary team of the Department of Health and Social Studies represents a broad range of disciplines and research interests, focusing on health and social work issues and on social sciences; the emphasis is put on sociology and scientific research methodology. The Department cooperates with the Centre of Project Support when conducting research on informal caregivers, provision of social work in health care, etc. The Department also cooperates with regional professional organizations in terms of practical education of students and closely cooperates with the Faculty of Medicine, University of Ostrava. The Department provides education in a wide range of subjects from the sphere of humanities (psychology, philosophy, sociology, research methodology, etc.), from the border of health and social work, rehabilitation, long-term and palliative care, and integrated health and social work. The unique Bachelor's study programme Health and Social Care and the follow-up Master's study programme Health and Social Care and Rehabilitation are offered at the Department. The interdisciplinary focus and staff qualification are open to both interdisciplinary and team collaboration.

HEAD OF THE DEPARTMENT: Mgr. Iva Kuzníková, Ph.D.

DEPARTMENT OF SOCIAL WORK

The programme Social Work combines research-based education and training in skills, which are essential for effective and ethical social work. The aim of the degree programme is to enhance quality and effective social work provision and to ensure that the up-to-date development in social work is fully reflected in both the theory and practice. The programme trains highly qualified and competent professionals who apply their knowledge and develop social work as a discipline. The programme is based on the principles of social work as a profession and on the requirements of practical social work, up-to-date development in social work research, contemporary legislation which stipulates the minimum qualification of social workers (cf. Sections 100 and 109 of Act No. 108 Coll., on Social Services), and the Minimum Standards for Education (in the Bachelor's degree) set by the Czech Association of Social Work Educators.

HEAD OF THE DEPARTMENT: Mgr. Kateřina Cilečková, Ph.D.



SCIENCE, RESEARCH AND INTERNATIONAL RELATIONS

CENTRE OF PROJECT SUPPORT

The Faculty incorporates basic and applied research; its research is supported by the European Research Institute for Social Work (ERIS) which is one of the university research centres. The Faculty actively directs research at contemporary social issues, mainly at social exclusion – a serious threat to social integrity and cohesion. The emphasis is put mainly on the following target groups:

1. Persons excluded from housing – the emphasis is put on tools to overcome the adverse housing situation, to reach and maintain a suitable dwelling;
2. Persons in adverse life situations who are at risk of social exclusion due to their age or health state (mainly the elderly, the underage, persons with a health disability) – the emphasis is put on the role of social work and social services.

The Faculty actively participates in local communities transformation, mainly by means of the practical application of the research. The Faculty treats health-related and social issues of the Moravian-Silesian region, in which it is deeply rooted.

Projects, that the Faculty participates in, gain international awards – the pilot project Rapid Re-housing for the City of Brno gained the prestigious FEANTSA Award for the best project to end homelessness in 2017; it gained SozialMarie, the Prize for social innovation, in 2018 and in the same year, it won the prestigious competition in social innovation, organized by the Austrian foundation Unruhe.



INTERNATIONALIZATION

International mobilities form an integral part of all types of studies. They are arranged by the Faculty coordinator and the Department coordinators. The Faculty has 51 interinstitutional agreements in 20 European countries. The Faculty collaborates with European universities of social work within the programme Social Work and Social Economy (SOWOSEC) and with the European Research Institute for Social Work (ERIS). Foreign academicians visit the Faculty regularly to give lectures in all fields of study as agreed with the head of the Department and the guarantor of the subject. They also participate in the implementation of the Spring School of Social Work and other events. The Faculty staff travels to lecture at partner universities, too. Students can apply for foreign study stays via (e.g.) the Erasmus+ programme and vice versa, the Faculty hosts foreign students.

SOWOSEC

Social Work and Social Economy – cooperation of European social work universities

The Faculty of Social Studies, University of Ostrava, closely cooperates with European universities of social work within the programme Social Work and Social Economy (SOWOSEC). Their representatives meet on a regular basis and discuss the SOWOSEC's current issues. The accreditation extension of the study programme Management of Social Work Organisations by means of the Joint Degree is one of the outcomes – students may complete a part of their study plan in cooperation with foreign universities. Universitatea Babes-Bolyai of Cluj-Napoca, Romania, is a mobility partner while Debreceni Egyetem, Hungary, Fachhochschule Campus Wien, Austria, Hochschule München, Germany, Trnava University in Trnava, Slovakia, and Uniwersytet Śląski w Katowicach, Katowice, are programme partners.

Mgr. Šárka Dořičáková from the Faculty of Social Studies, University of Ostrava, is the guarantor. For further information, see sozialwirtschaft-europa.eu.

THE EUROPEAN RESEARCH INSTITUTE FOR SOCIAL WORK

The aim of the collaboration of the Faculty of Social Studies, University of Ostrava, and its partner universities is to intensify social work research based on partnership agreements and on the *European Research Institute for Social Work (ERIS)*. The ERIS was established at the University of Ostrava with the aim to implement high-quality funded research projects of its partners and to produce European-funded teaching and learning materials for social work and social care programmes. The partners are the Catholic University of Eichstätt-Ingolstadt (D), the University of Hertfordshire (GB), the Catholic University of Lille (F), the University of Kuopio (Fin), the Trnava University in Trnava (SK), and the Catholic University of Applied Sciences of North Rhine Westphalia (D).

The International Spring School of Social Work for students and young academicians is held annually in April; it provides Master and doctoral students with an opportunity to present their theses in front of European academia and to get feedback from academicians as well as students from various European countries. It also extends the knowledge of European social work and contributes to the European research network. The conference has been organized by the ERIS and the Faculty of Social Studies since 2007.

For further information, see <https://eris.osu.eu/>.

HEAD OF THE INSTITUTE: prof. PaedDr. Oldřich Chytil, Ph.D., *University of Ostrava, Czech Republic*

CONTACT PERSON: Pavla Nemethová



FACILITIES

UNIVERSITY LIBRARY

Bráfova 3, 701 03 Ostrava
Tel. No.: +420 597 091 204 (book loans)
E-mail: pujcovna@osu.cz
In case of questions, contact zeptejteseknihovny@osu.cz.

University Library = the place (not only) to study.
REGISTRATION is free of charge for both employees and students (including the Erasmus+ students) of the University of Ostrava.

BOOK LOANS:

CIRCULATION SERVICES: You can borrow as many as 25 items; the standard loan period is 1 month but you can extend the loan 3 times.

ONSITE LOANS: Documents not to be taken away.

SHORT-TERM LOANS: Items from the study rooms can be borrowed overnight or over the weekend; they can be borrowed 2 hours before closing time and returned 2 hours after opening times on the following working day.



ONLINE CATALOGUE: katalog.osu.cz

You can look the items up by means of a basic or an advanced search, by keywords, by the author or the title of the item.

Request = the item is available; you can request items online. You must collect the requested item within the following 7 days at the Loan Department, Main Library.

Reservation = the item is borrowed but if you make a reservation, you get a message as soon as it is returned.

INTER-LIBRARY LOANS (ILL) is free of charge for students and employees of the University of Ostrava; it enables you to request items that are not available in the collection of the University Library or other Ostrava libraries. Order via katalog.osu.cz (tab. ILL).

TRAININGS, COURSES, EXCURSIONS, INFO-LESSONS

CENTRE FOR INFORMATION TECHNOLOGY

The mission of the Centre for Information Technology (CIT) is "To be a partner providing information support, information systems and infrastructure in order to implement the strategic goals of the University of Ostrava."



STUDIES AT THE FACULTY OF SOCIAL STUDIES

DEGREE PROGRAMMES

BACHELOR'S DEGREE PROGRAMMES

Social Work – full-time and combined (part-distance) studies

Graduates are trained to be qualified social workers.

Health and Social Care – full-time studies

Graduates are qualified for non-medical health care professions without direct supervision. The areas of application include preventive care, diagnostics, rehabilitation and social work.

MASTER'S DEGREE PROGRAMMES

Social Work – full-time and combined (part-distance) studies

Graduates are trained to treat theoretical and practical issues by applying a range of theoretical knowledge and practical skills related to social work and social work research.

Two specializations are expected to come into being:

- Family social work
- Development and management in social work

Health and Social Care and Rehabilitation – combined (part-distance) studies

Graduates acquire interdisciplinary knowledge and skills in the field of health and social work, are able to identify, propose and implement multidisciplinary solutions to health changes in both short-term and long-term patients (after injuries or with chronic diseases).

DOCTORAL DEGREE PROGRAMME

Social Work – full-time and combined (part-distance), in Czech or English

The doctoral degree expands and deepens students' knowledge of social work theory and methods, incorporating related fields and social sciences research methodology.



EXCHANGE PROGRAMMES

COURSES IN WINTER SEMESTER

Course	Semester	Credits	Language
Theoretical Self-understanding in Social Work	Winter	7	English
Sociology	Winter	7	English
Integrated Health and Social Work	Winter	5	English
International Project Management	Winter	7	English, German
Professional Practice Learning – Winter	Winter	5	English
Social Problems and Functions of Social Policy in Modern Societies	Winter	7	English



Course title:	Theoretical Self-understanding in Social Work
	DEPARTMENT OF SOCIAL WORK
Course code:	ATESP
Annotation:	The aim of the course is to present and analyse the main traditions of self-conception in social work and the prerequisites for the development of social work as a science. The diversity of social work theory and practice is presented as an intellectual challenge to social work theory. When attempting to answer it, the emphasis is placed on comparative approaches and research. Attention is paid mainly to the possibilities and perspectives in the development of social work as a science.

Course title:	Sociology
	DEPARTMENT OF HEALTH AND SOCIAL STUDIES
Course code:	ASOCI
Annotation:	Students should be able to: define and discuss the process of globalization; review and analyze its historical milestones; compare and contrast various dimensions of globalization and particular examples; apply the critical sociological perspective to global phenomena, including social and cultural issues.
Course title:	Integrated Health and Social Work
	DEPARTMENT OF HEALTH AND SOCIAL STUDIES
Course code:	AINTE
Annotation:	The aim of the subject is to present the historical, theoretical and empirical discourse of integrated health and social work and the application of the concepts of long-term care and coordinated rehabilitation.

Course title:	International Project Management
	DEPARTMENT OF SOCIAL WORK
Course code:	AMEPR
Annotation:	The aim of the course is to provide students with knowledge and skills relevant for certain areas of social work (e.g. for chosen social work organizations); in groups, the students make a project proposal that aims at solving a social problem. The course is conducted in the English and German language. Students apply the knowledge of social policy, social work and the EU funds, gained from lectures and self-study.

Course title:	Professional Practice Learning – Winter
	DEPARTMENT OF SOCIAL WORK
Course code:	AOPXW
Annotation:	The aim of the course is to enable students to verify the social work theory and acquire main professional skills as well as to support their professional development. The emphasis is placed on the development of critical thinking and analytical skills, primarily on the ability to analyse the functioning of institutions from various points of view and to make improvement proposals.

Course title:	Social Problems and Functions of Social Policy in Modern Societies
	DEPARTMENT OF SOCIAL WORK
Course code:	ASOFU
Annotation:	Students learn to view and analyse macro-social problems from a critical perspective, starting from the sociological interpretation of social processes. The theoretical background is provided in relation to social policy. Students refresh their knowledge of the concepts of sociological thinking, sociological theories of society and social policy systems, all of that with immediate application to macro-social problems. Students attempt at analysing concrete examples of poverty and social exclusion.

COURSES IN SUMMER SEMESTER			
Course	Semester	Credits	Language
Communication	Summer	5	English
Critical Social Work	Summer	5	English
Community Social Work	Summer	4	English
Family Social Work	Summer	4	English
Long-term Health and Social Care	Summer	5	English
Global Sociology: Social Issues and Cultural Consumerism	Summer	4	English
Professional Practice Learning – Spring	Summer	5	English

Course title:	COMMUNICATION
	DEPARTMENT OF SOCIAL WORK
Course code:	AKOMU
Annotation:	The aim of the course is to present the concept of interpersonal communication as a dynamic process of interaction and particular influences on it. Another aim is to treat specific communication phenomena such as manoeuvring, manipulation, persuasion or communication problems and to strengthen students’ skills of active and empathic listening, healthy assertiveness, and conflict resolutions.

Course title:	CRITICAL SOCIAL WORK
	DEPARTMENT OF SOCIAL WORK
Course code:	AKISP
Annotation:	The subject presents various views of social work, mainly the structural, radical, critical, anti-oppressive, constructionist and postmodern, and their practical application. It treats the history of critical social work, its leaders, values and ethics. The issues of participation, empowerment, advocacy, equality, diversity, solidarity and social justice are discovered by students who are assessed by means of participatory and radical methods of the critical social work, namely by the world and proactive café, the citizens’ jury, the participatory action research, photovoices, open letters, petitions, demonstrations, and the critical approaches in community work. Leadership and social movements are treated, too.

Course title:	COMMUNITY SOCIAL WORK
	DEPARTMENT OF SOCIAL WORK
Course code:	AMETK
Annotation:	The aim of the course is to familiarize students with the theory of community work, its history and evolution models, to provide students with essential knowledge of community work stages and with skills in community social workers. Attention is paid to the method of community planning, too. Practical examples form an integral part of the course.

Course title:	Family Social Work
	DEPARTMENT OF SOCIAL WORK
Course code:	ASPSR
Annotation:	The course focuses on understanding the family, its historical development and contemporary problems of Czech families. It presents the theoretical background for family social work, stages, methods and techniques of work. The practical seminars focus on model situations and their reflection.
Course title:	Long-term Health and Social Care
	DEPARTMENT OF HEALTH AND SOCIAL STUDIES
Course code:	ALTHS
Annotation:	The course deepens students’ knowledge of long-term care specifics, of the target group of people with a long-term disease, and of the need for a combination of health and social care; it presents information on long-term care subjects and objects, based on the knowledge from clinical disciplines, mainly from geriatrics, paediatrics and internal medicine.

Course title:	Global Sociology: Social Issues and Cultural Consumerism
	DEPARTMENT OF HEALTH AND SOCIAL STUDIES
Course code:	AGLOS
Annotation:	The course reflects the social issues of the contemporary global society and applies sociological approaches to the interpretation of recent processes of globalization and cultural change. It focuses on globalization, its historical forms and institutional structure, complexity and links to culture and reflexive modernization. The course consists of two parts: the theoretical one where approaches to the global society and global issues are introduced; and the one which focuses on concrete global issues that have both local and global impacts. The course also focuses on various types of globalized social issues – cultural, political, economic and environmental.

Course title:	Professional Practice Learning – Spring
	DEPARTMENT OF SOCIAL WORK
Course code:	AOPXS
Annotation:	The aim of the practical placement in both state and non-state social service organizations is to get to know the common practice of social workers dealing with various target groups, to verify the theoretical rudiments of social work, and to acquire relevant professional skills. The sub-aims are: to gain insight into a concrete department; to understand clients, their problems and living conditions; to develop social work methods and techniques; to acquire job skills in the context of the concrete workplace; to support professional development, critical thinking and analytical skills in the context of the workplace.



ADMISSIONS PROCEDURE

HOW TO APPLY

Degree Study

Degree-seeking applicants must complete an online application (e-application): <https://portal.osu.cz/eprihlaska?plang=en>.

The application period lasts from 1 November till the end of February for Bachelor's and Master's degrees offered in the following academic year. Applicants for PhD studies have a different deadline, depending on the Faculty. Applicants must pay the application fee in order to have their applications processed; payment instructions are stated at the end of the application. The Study Department of the relevant Faculty processes the applications and contacts the applicants with details on entrance examinations, documents needed and the notification of acceptance.

Applicants with foreign education must have it recognized in terms of equivalency to Czech education. This process is known as nostrification and ought to be initiated as soon as possible; for further information, see <http://www.osu.eu/foreign-transcripts/>.

Applicants with special needs should contact the international office for more information about provided services.

EXCHANGE STUDENTS

Erasmus+

Please contact your university Erasmus coordinator to start the application procedure.

Non-Erasmus+

Please consult our list of student exchange agreements. If your university is listed there, contact your International Department for details on visiting the University of Ostrava. If your university is not listed there, contact the Faculty where you wish to study.

Individual Courses

If you wish to attend individual courses, you will be considered a free mover. In this case, e-mail the relevant Faculty to request for approval and admissions procedure details.

VISA INFORMATION

In order to enter the Czech Republic as a student, you might need to apply for a visa at the Czech embassy in your home country. There are two options:

- Schengen (short-stay) visa for study or scientific research stays shorter than 90 days.
- Study (long-term) visa for stays longer than 90 days.

It is the applicant's responsibility to arrange for everything.

Visa requirements

For general visa information, see the website of the Ministry of Foreign Affairs http://www.mzv.cz/jnp/en/information_for.aliens/general_visa_information/index.html.

For information on the visa for citizens of EU, Iceland, Liechtenstein, Norway, and Switzerland, see http://www.mzv.cz/jnp/en/information_for.aliens/general_visa_information/residence_of_eu_citizens_and_nationals_1.html.

For information on the visa for citizens of non-Schengen countries, see http://www.mzv.cz/jnp/en/information_for.aliens/long_stay_visa/study_long_term.html.

In order to apply for the visa, you need the following documents from our university:

- Decision on Admission;
- Certificate of Accommodation in Student Dormitories (you receive it only under the condition that you provide your arrival information).

ARRIVAL INFORMATION

There are several means of transport to take to Ostrava but train is the most convenient and typical. Anyway, if you wish to make use of any other (bus, plane), contact pavla.nemethova@osu.cz.

PRAGUE AIRPORT

After landing in Prague, you have to get to the city centre. We recommend you to use the public transport; there are two options:

- AE buses take you directly to *Praha hlavní nádraží* (Prague Main Train Station), from which you can make use of a number of connections.
- If you intend to stay in Prague, look for bus No. 119 which will take you to the nearest metro station.

Consult the Prague Airport website for up-to-date information.

Tips for travelling in the Czech Republic:

- Do not carry large amounts of money on you, use cash machines (*bankomaty*); they are available also at the Prague airport.
- The Czech currency is called *koruna* (abbreviation *Kč*; code *CZK*).
- You may purchase tickets for public transport at the welcome counter in the arrival hall (Terminals 1 and 2) at the Prague airport, or from vending machines in the arrival hall, or from the AE bus drivers (tickets are 60 CZK, cash only). Tickets for the Prague public transport start at 32 CZK.

TRAINS TO OSTRAVA

It takes about three hours to get from Prague to Ostrava; schedules are available on www.idos.cz (there is an English version, too). Tickets may be bought online (and subsequently printed), sent to your phone or bought directly at the train station. There are three companies operating in the Czech Republic to choose from:

- *České dráhy* (ČD; Czech Railways): The leader who provides e.g. the comfortable Pendolino train.
- *RegioJet* (RJ): A private company offering quality service for cheap prices; any of their trains is comfortable.
- *LEO Express*: Another private company offering quality for cheap prices; comfortable.

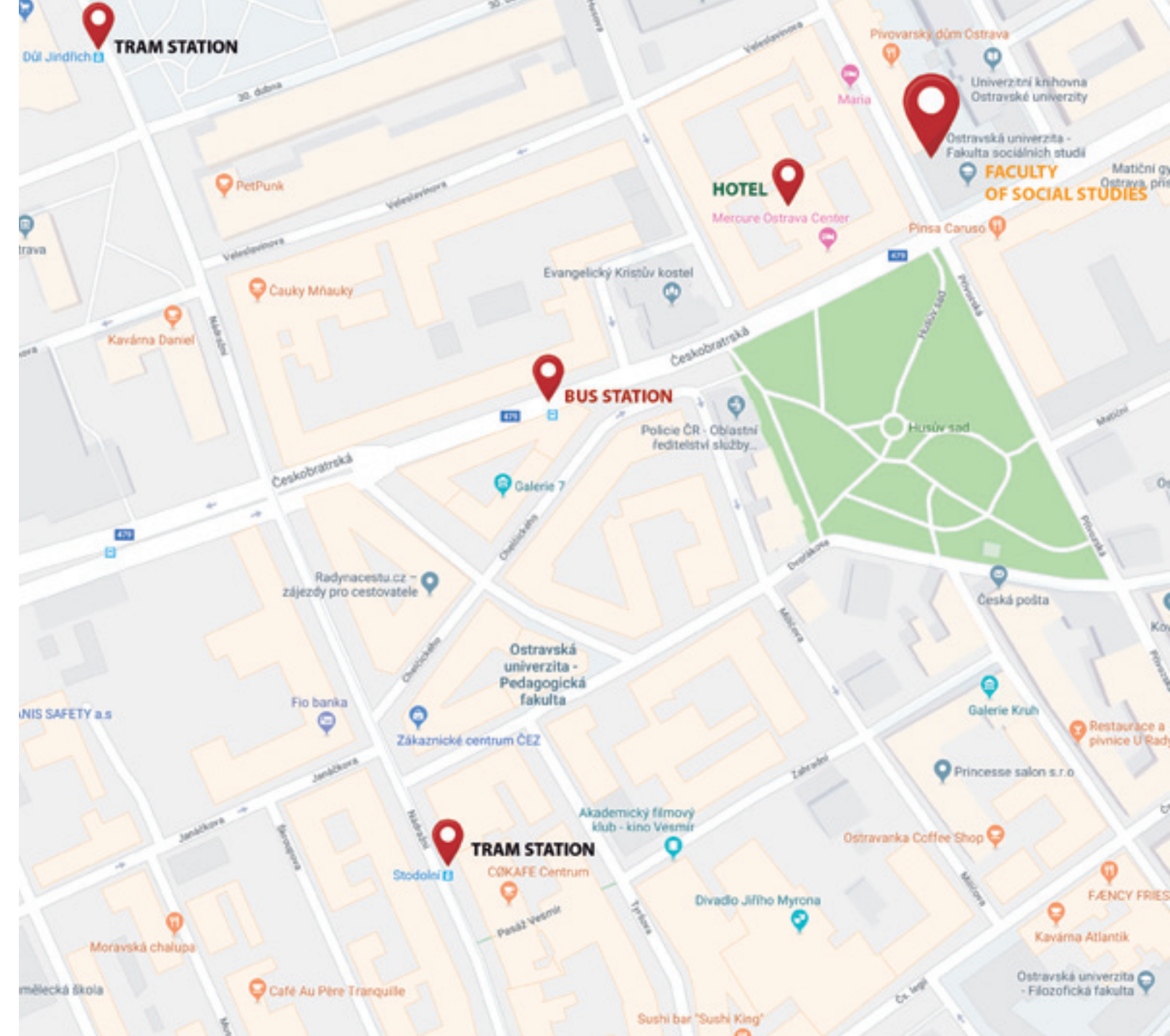
Tips when going by train:

- The Czech expression *hlavní nádraží* means the main train station. It is abbreviated as *hl. n.* Buy your ticket to *Ostrava – hlavní nádraží*.
- Seat reservation: If you choose the Pendolino train or the private operators, your ticket comes with a carriage and seat reservation (which is extremely convenient). Look for two things: *vůz* (carriage) and *místo* (seat).
- The three-hour journey from Prague is pleasant with wi-fi and food service. If you wish to buy some refreshments before the journey, there is a grocery shop at the Prague Main Train Station.

ARRIVAL IN OSTRAVA

Public transport in Ostrava

You can go by bus, tram or trolleybus in the city of Ostrava. The stops near the Faculty of Social Studies are called *Husův sad* (bus, trolleybus), *Stodolní* and *Důl Jindřich* (tram).



Faculty of Social Studies, GPS 49°50'23.3"N, 18°17'20.4"E (49.839794, 18.288993)

From *Hlavní nádraží* (Main Railway Station) to the Faculty:

- Trolleybus No. 102 takes you from *Hlavní nádraží* (Main Railway Station) to *Husův sad*; a 10-minute ticket is 16 CZK.
- Trolleybus No. 108 takes you from *Hlavní nádraží* (Main Railway Station) to *Husův sad*; a 30-minute ticket 20 CZK.
- Trams No. 1, 2 or 8 take you to *Stodolní* in about 5 minutes; the ticket is 16 CZK.

From the Ostrava-Svinov Railway Station to the Faculty:

- The tram / bus stop near the railway station is called *Svinov mosty – horní zastávka / Svinov mosty h. z.*
- Bus No. 49 takes you to *Sad B. Němcové / Sad Boženy Němcové* where you change for trolleybus No. 102 heading for *Husův sad*; the ticket is 20 CZK.
- Trams No. 8 or 9 take you to *Stodolní* in about 18 minutes; the ticket is 20 CZK.

TAXI

We do not recommend taxi services for two reasons: we are accustomed to the cheap prices and good availability of the public transport and the taxi services have quite a bad reputation due to exorbitant prices, especially for foreigners.

FINANCIAL MATTERS

The Czech Republic boasts low costs of living. Your lifestyle determines how much you spend per month but we recommend to have 250–350 EUR per month to cover the necessary expenses (food, accommodation and transport). Feel free to compare the costs of living in your city and in Ostrava on <https://www.numbeo.com/cost-of-living/in/Ostrava>.

Accommodation in the University of Ostrava Halls of Residence: <https://koleje.osu.eu/>

Type of accommodation	Price in CZK, incl. 15% VAT	
	Month / bed	Night / bed
Four-bed room	2 000	100
Three-bed room	2 250	100
Double room	2 500	100
Single room	2 800	100
1 person in a three-bed room	3 000	100

Another option is accommodation in the Halls of Residence of the Technical University in Poruba, where students who love more international environment prefer to live. Student has to ask for accommodation before July 15 for the autumn/winter semester and before December 15 for the spring/summer semester ! On-line application is here: <https://www.vsb.cz/ubytovani/en/for-students/accommodation-form/>

For students wishing to stay in more luxurious single room or double room There is the newly reconstructed Student Residence KAMPUS PALACE: <http://www.kampuspalace.cz/?lang=en> if you wish to stay there, please kindly book a room as soon as possible as it has become very popular and the number of single rooms is limited.



STUDENT ORGANIZATIONS

Zebra

We are an open student club at the Faculty of Social Studies, University of Ostrava. We are not inattentive of our environs, therefore we attempt at fighting social prejudice and treating taboo issues. We organize events to make people familiar with practical social work – we screen films on human rights, organize interactive workshops, discussions, debates and beneficent events. Neither do we forget our study needs, we share experience and organize self-help study forums in exam periods. Our aim is to create a pleasant atmosphere at the Faculty – see the traditional *Coffee with the Zebra*, open sessions (sometimes with something delicious to eat) or the *September Welcome Drink* for students and teachers. Anyone interested in social issues is welcomed.

Erasmus Student Network

We are a student volunteers club whose mission is to help Erasmus students with practical stuff – accommodation, transport, school system and also with fun and social life.

Stavovská unie studentů Ostrava (SUS)

The Student Union (Stavovská unie studentů Ostrava / SUS / SUSka) is a traditional non-profit student organization whose team consists of thirty students from both Ostrava universities (OU and VŠB-TUO). You can meet them at almost ten events, e.g. *Majáles Ostrava*. Under its wings, there is the student club *StudentOFF*, minigolf at Poruba dormitories or two student media – *Rádio Kolej* and the *Underground* journal.

AIESEC

AIESEC is the world's largest student organization that contributes to the development of young people and gives them international opportunities. Since 1973, it has worked also in Ostrava, it has positively influenced public thinking in the Moravian-Silesian Region and offered students and young people opportunities to develop the region. It enables young people to go abroad for voluntary or professional internships and educates them through public trainings, lectures and workshops by successful experts. It educates primary and secondary school students in foreign languages and cultures, making use of the *EDISON* and *Summer SPEAK!* projects. It also helps local companies to employ interns from the whole world. AIESEC members gain also practical experience in business, marketing or HR. If you are 18 or more, you are interested in new things, English and presentation skills, do not hesitate to contact us.

STUDENT LIFE

Eventful student life

Forget about Black Ostrava, the former industrial character of Ostrava is but an architectural flavour. Ostrava is a university city, living and breathing culture and sport; and it is the University of Ostrava that contributes to that – our students organize the *Majáles*, the *Kolejáles*, the cult run *Orientbier*, they have their own beer with Ginkgo Biloba (hence the name *IQač*), they organize concerts, lectures, workshops and much more for the public. The university keeps students informed about various events in the online *OU@LIVE* journal (students may comment on the university and Ostrava events in the blog section).

The University of Ostrava cares for the well-being of its students also by means of discount vouchers for cultural or sports activities (the *TEP programme*); it also actively seeks internships and job opportunities for them.

Further links

Ostrava Public Transport: <http://www.ostrava.cz/en/turista/sluzby/doprava/mestska-hromadna-doprava>

Weather in Ostrava: <http://www.weather-forecast.com/locations/Ostrava/forecasts/latest>

Ostrava city information: https://www.ostrava.cz/en?-set_language=en

Ostrava videos: <https://www.ostrava.cz/en/turista/prezentace/klipy-film-nova-ostrava>



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