



# ESN

Erasmus Student Network  
**VSB - TU Ostrava**

# SURVIVAL GUIDE



Hello,

I am really happy you've chosen Ostrava as a destination for your Erasmus. It is a beautiful vibrant city with fascinating industrial history. With my team from ESN - VSB TU Ostrava we will do our best to make your stay unforgettable. We have prepared many interesting events and if the pandemic situation doesn't get worse, there will be a lot of trips, parties, and excursions so you will meet new friends, discover some interesting places, and of course have some fun. Here, we have prepared important information you need to know before your arrival. Please, read it carefully, there is a lot of important information.

So here we go...

You can start by checking out our website [ESN VSB - TU Ostrava](#).

For ESN VSB - TU Ostrava Team,

Zdeněk Nevím

President, ESN VSB - TU Ostrava

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## How to survive first day in Ostrava in 5 minutes

### 1. Don't forget to bring!

- ✓ LAN cable for the internet connection in your room (long enough).
- ✓ Warm clothes as the winter and spring in the Czech Republic are strong – average temperatures below zero! A good jacket and winter boots are a must!
- ✓ CZK in cash as we don't use € (you can also withdraw from an ATM, but do not exchange it at the airport/train station in Prague as they have a bad exchange rate).
- ✓ You can pay by credit card almost everywhere in the city
- ✓ Travel or health insurance for travelling abroad.
- ✓ Face masks to cover your face (it should have minimal efficiency 94 % - FFP2, KN95, ...) - coronavirus precaution can change during the semester, we'll let you know about all the changes on our [Instagram](#), [Facebook page](#) or [Facebook group](#) for international students

#### Recommended:

- ✓ At least 2 photos 35x45mm (passport type of photo)
- ✓ Formal clothes (smart casual) for exams or other occasions
- ✓ 2nd mobile phone for Czech SIM card

### 2. Orientation Days (OD)

Before Orientation Days you **can't** use university canteen (Menza) and Internet in your room at dorms – because before OD you don't have university login Student ID.

[Orientation days will be held](#)

**from 31<sup>st</sup> January to 6<sup>th</sup> February 2022.**

- ✓ A chance to solve all the necessary stuff you cannot survive without! E.g. student ID, long-term public transport fare, SIM card, bank account, schedule of classes etc.
- ✓ ESN is going to show you shortly the activities prepared for you in this semester at the **Welcome Ceremony which will be held on 1<sup>st</sup> February at 1PM in room UA1**
- ✓ Great opportunity to explore the campus.
- ✓ You will be introduced to all the important people at our university.

- ✓ You are going to meet other EXCHANGE students of course and as you know, the first week is very important for making new friendships.

Please decide whether you want a regular student card (for free) or international student card [ISIC](#) (180 CZK ≈ 7€, valid for one year). ISIC also brings you more discounts and benefits, as for example amazing **discount of 75% for intercity public transport within the Czech Republic**. For 50 CZK (2€), you can *use it also as a transportation card* in Ostrava (ODISka) so you don't need to do complicated registration (highly recommended!).

Consider bringing a second phone for your Czech SIM card. We have special ESN deal for SIM card. It will be possible to buy it during Orientation days. So, don't forget to bring some money.

You can also buy [ESNcard](#) which gives you discounts not just for ESN trips and events but much more. It will also be possible to buy it during Orientation days. ISIC is not the same card as ESNcard, there are different discounts on both cards.

The Czech phone number is a must for setting your Czech bank account. You will have a chance to set up the bank account in the first days of your stay in Ostrava. We will recommend you bank that is foreigner friendly and will not charge you for having the bank account.

Official program of the Orientation Days will be announced soon. All the events will be published on our [Facebook page](#), [Instagram](#) and on our [webpage](#).

Also don't forget to join the [official Facebook group](#) for all international students. That is the place with the most important information regarding your stay.

### 3. Buddy system ESN VSB - TUO

!!! If you want someone who can help you at the beginning or to get your first Czech friend / buddy, register using [this link](#) !!!

#### What is buddy and buddy system?

Buddy is a student, who wants to help you in his free time. He can give you some information before arrival, help you during your first days with accommodation, translation from Czech and basically anything you may need. And hopefully, you could become friends...

This system is not only for getting a buddy. It should help us, Erasmus Student Network VSB-TUO, to let you know about events we organize for all international students at our university and try to help you with any problems related to your study and stay in Ostrava.

Buddies are not assigned automatically, so don't worry if you don't have a buddy immediately after registration.

#### 4. How to get to Ostrava

Since Czech Republic is small it is easy to get everywhere with public transportation, we will give you a few tips about how to get to the Ostrava from the biggest cities.

##### **From Prague airport (Praha, Letiště Václava Havla)**

First you need to take a bus from the airport to the main train station. Most convenient option is the [shuttle bus](#) going straight to the main train station (Praha, hl.n.). After this you need to take a train going to Ostrava-Svinov.

Most convenient options are: [Czech railways - CD](#) (national, blue trains), [RegioJet](#) (yellow trains) or [Leo express](#) (black trains).

##### **From Brno airport**

If you arrive at the Brno airport you can take a [shuttle bus](#) to the train station (hlavní nádraží), where you need to take a train going to Ostrava-Svinov.

Most convenient options are: [Czech railways - CD \(national\)](#), [RegioJet](#), [Leo express](#) or [Flixbus](#).

##### **From Katowice, Wroclaw, Krakow or Vienna airport**

Since these cities are not in Czech Republic, connections are more complicated but there are still plenty of them. First try to always get yourself to the main train station or main bus station of the city, then it is easy.

Most convenient options are: [RegioJet](#), [Leo express](#), [Flixbus](#) or you can search connections through [Omio](#).

From the Ostrava-Svinov you should take the bus number 37 going to the direction Studentské koleje. You will arrive just in front of the dormitories. Sometimes, especially during the weekends, this bus goes only to the station Studentská which is around 300 metres from the dorms by foot.

Read carefully actual Coronavirus restrictions, crossing the borders can be limited!  
Most information about coronavirus situations are here [Ministry of Health of the Czech Republic](#) and here [Government website for Covid info](#).

## 5. Weather

Be ready for the winter and spring!!! Good winter shoes, jacket, hat, and scarf are the essentials. No jokes about the Czech winter! Average temperatures are below zero and winter is going to last for a very long time. Also, do not forget about the snow and ice! Just a jumper is not enough! Spring is normally pretty warm but be ready for everything.

## 6. Price level

Here are the **prices of some goods** so you can get idea about the price level:

- ✓ beer in a pub - around 1,20€,
- ✓ beer in a shop - less than 1€,
- ✓ 1200g Czech bread - around 1,40€,
- ✓ 500g toast bread - 0,80€
- ✓ 1 kg cheese - 6€
- ✓ 1kg salami - 6-7€
- ✓ lunch in student restaurant at the campus - around 2€

## 7. Money

Just few important tips:

- ✓ We don't use EURO!
- ✓ Not every shop accepts credit or debit cards!
- ✓ 1€ ≈ 25 CZK



## 8. Useful Apps for Android & iOS

- [Android](#) & [iOS](#) app **IDOS** for all public transport in Czech Republic (for Ostrava choose option Ostrava + ODIS).
- [Android](#) & [iOS](#) app **nextbike** for cycling all over the city. First 15 minutes for free each time!
- [Android](#) & [iOS](#) app **MobilKredit** for ordering food at all university canteens.
- [Android](#) & [iOS](#) app **Záchranka** with emergency number and place locator for saving lives.

## 9. Accommodation at the university dorms

### Accommodation office

In case of any problem write directly to: [accommodation@vsb.cz](mailto:accommodation@vsb.cz)

If you arrive after opening hours, your buddy will help you to accommodate, probably you will have room just for one night and the following morning you will go to the office for your contract and keys to your regular room. Don't start unpacking everything before signing the contract!

If you change the room during the semester – **let your buddy know** this change!

### Price list

You already got an information about payment of the deposit (**5000 CZK ≈ 200€**)

**You need to have your ID card (only for EU citizens) or passport with you!!!**

You don't need your own bed sheets as it is provided by dorms and changed every 3 weeks for free, or for 50 CZK ≈ 2€ anytime. You need just your own towels, bath towels, or if you need to buy something more you can visit one of many stores like TESCO or IKEA.

### Incoming post and post office

Post is located at the campus - next to pizzeria. **Incoming post for students (letters or package arrival announcements) are in the individual letter boxes. Students will find a letter box in the ground floor of each building, usually near the reception.** The letter boxes are identified by room number.

Please, do not state the address of ESN VSB-TUO as your address for your post!

## Internet at the dorms

### Wifi password

- To be able to use wireless networks at VSB-TUO, you have to set up a wifi password. Log into **Change WiFi Password settings**: [innet.vsb.cz/en](https://innet.vsb.cz/en) → [User account](#) → [Change WiFi password](#)
  - For logging into settings use your university ([LDAP](#)) [username and password](#).
- Write your new password into the **WiFi password** editbox.
  - Don't use the same password as for your edison/email (don't use LDAP password).
- The number of cover characters \* doesn't match the actual number of characters of your password!
- Write the text from the [captcha](#) picture and click on **Save**.
- You can display current password through the **Show password** button.

### Wireless network - WIFI at VSB-TUO

- Delete the previous profile eduroam network from your system if you have any, you can use [direct link](#) for download assistant tool or on the page <https://cat.eduroam.org/> choose "**download your eduroam installer**";
- choose organization VSB-Technical University of Ostrava,
- choose installator for required operating system,
- after running installator enter your VSB login, syntax login@vsb.cz and enter your [wifi password](#).

### Configuring the connection for Windows 10 at the dormitory (Ethernet)

<https://idoc.vsb.cz/xwiki/bin/view/tuonet/pripojeni-pevne/studenti/pripojeni-koleje/>

#### 1. Setting properties of TCP / IP protocol

- To assign an IP address from a DHCP server you must have an Ethernet adapter with the following settings:
  - **For protocol TCP/IPv4 and IP version 6 you must have selected Obtain an IP address from a DHCP server and Obtain DNS server address automatically.**

Note: The device will not connect to a network if your IP address is set manually, for example from home, you will need to change settings as above.

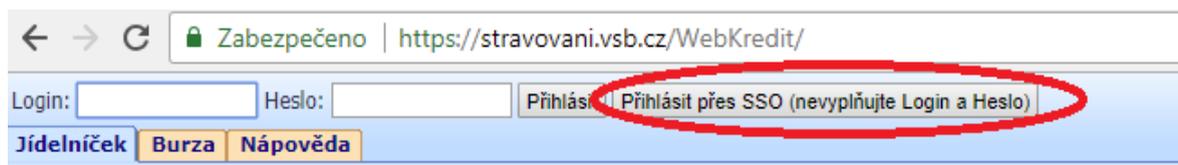
[How to connect to internet - all manuals](#)

## 10. University canteen & other food possibilities

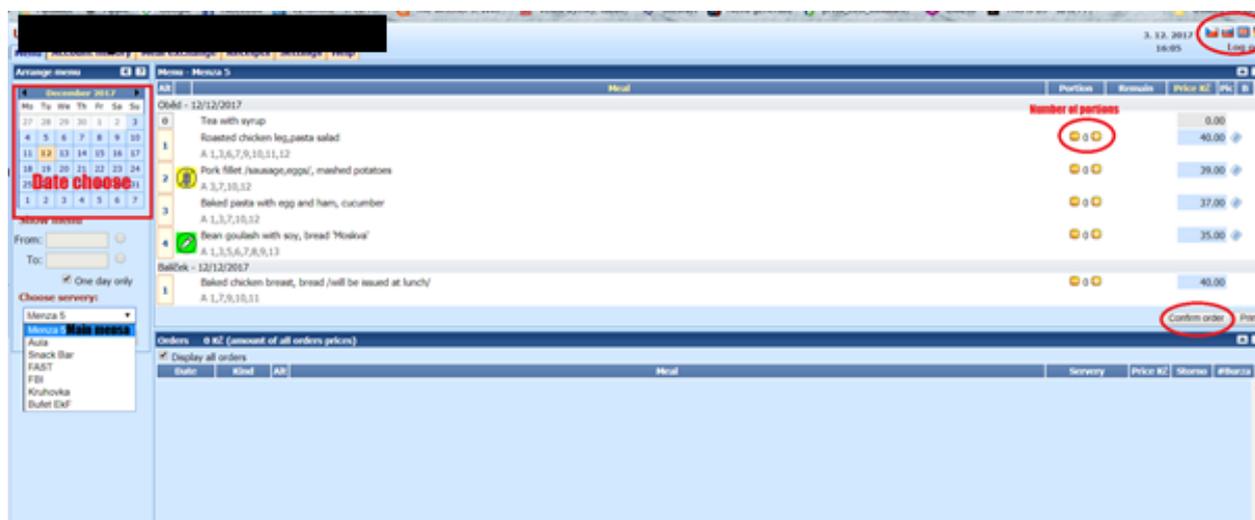
### Canteen

There is the main canteen (Menza 5) at the university campus, less than 5-minute walk from the dorms. You can also find many shops and buffets at the university campus and dorms.

At the beginning you need to top up your ISIC card or students card, you will need it for paying in Menza, shopping at dorms, buying pizza at dorms, and also for using printers at school or in the lobby of receptions A/B,C,E. You can charge your money in Menza on the left side of the first floor. There is cash (Pokladna). You can also charge it via the internet: at [this webpage](#). Then you can choose your food on [internet page](#) where you'll fill your login and your password like in EDISON or in application for [Android](#) or [iOS](#). When you open the application, you need to select VSB - Technical University of Ostrava from the list and to fill out your university login.



If you ordered food, you must pick it up at the place of ordering. Just give them your ISIC/student card, and they will serve you what you have ordered.



In the city centre there is a smaller canteen which serves especially to students of the Faculty of Economics. If you are a student of the Faculty of Civil Engineering, you need to order food in cafeteria in your faculty a DAY before.

		Ordering		Menza is opened	Serving	
		Before till	At the serving date			
			from			till
M5 - lunch	Mon-Thu Fri	without limit	0:00	14:00 13:30	Mon - Fri 11:00 - 14:15 11:00 - 13:45	
M5 - package	Mon-Thu Fri	day before till 13:30	you can't		Mon - Fri 11:00 - 14:15 11:00 - 13:45	
FBI, FAST	Mon Tue - Fri	Fri 13:30 day before till 13:30	you can't		Mon - Fri 11:30 - 13:30	
M5 - Snack	Mon - Fri	without limit	0:00	14:20	Mon - Fri 10:30 - 14:30	
Aula - Snack	Mon - Fri	without limit	0:00	13:20	Mon - Fri 11:00 - 13:30	
Kruhovka (budova C)	Mon - Fri	without limit	0:00	13:50	Mon - Fri 10:00 - 14:00	
EkF	Mon - Fri	without limit	0:00	13:25	Mon - Fri 11:00 - 13:30	

## Food delivery

If you prefer meal from restaurants and other places, you can use food delivery services. There are a lot of them, but the most used companies are: [Dáme jídlo](#), [Wolt](#) and [Bolt Food](#) (you can download their app there). On page [Rohlík.cz](#) you can shop mostly food, but also some stuff for your home (cleaning supplies, hygiene products etc) and they will bring your purchase to your address in a few hours.

## 11. Public transport in Ostrava

Everyone who lives and studies in Ostrava and uses public transportation should pay the transportation fee. Plastic cards called ODISka are used for transportation in Ostrava. As you also need to have your student card (ISIC/VSB Student card), the best option is to buy a 2in1 combination of ISIC + ODISka or VSB Students card + ODISka (**230 CZK or 50 CZK**). You can buy it in the main university building (green Rectorat building - A). If you want to buy ODISka separately, this card will cost you **130 CZK ≈ 5€ + 20 CZK ≈ 0.80€**. After the validation of your student status you need to buy a long-term ticket (5 months) for Ostrava zone (město Ostrava). You can buy the long-term ticket online on [this website](#).

For long term fares (student under age 26) are basically 3 options:

- month ticket **250 CZK ≈ 10€**
- 3-months ticket **550 CZK ≈ 21€**
- 5-months ticket **600 CZK ≈ 23€**

Before you will have your ODISka, you can buy ticket by **tap&ride** with your bank card! You can use your **contactless** card to buy a ticket on board. But it depends on your settings of card because not all foreign cards work.

The public transport in Ostrava is very convenient as it consists of 3 types of transports – buses, trams and trolleybuses and it goes frequently through all day and in longer intervals during the night.

### [Connections of public transport in Ostrava](#)

If you are 26 or more, you no longer have student discounts, so you have to count with higher prices of travelling and entrances to some places like ZOO, exhibitions etc. Under 26 years old, you have 75% discount for public transportation within Czech Republic.

#### *Bike sharing*

Nextbike bike sharing offers you an opportunity to take a bike to move around. To use the bike sharing, you just download the app, register with your name and payment card (registration fee 50 CZK will be given to you as a credit) and then you can rent a bike in the app. First 15 minutes are free for you, next 45 minutes cost 24 CZK and after every 30 minutes cost another 24 CZK (maximally 150 CZK per day). You can also buy a credit for one month (31 days) for 149 CZK (with ISIC for 99 CZK) or for one year (365 days) for 899 CZK. This long term credits gives you a 30 minutes ride for free, after you pay the standard rate. You can rent a bike for free more than once per day.

Find more details at <https://en.nextbikeczech.com/ostrava/> as well as links for the app.

If you have problems paying by the mobile app, try it by the web browser on laptop.

#### *Shared scooters*

Beside the shared bikes there are also two types of shared scooters - [Bolt](#) and [Lime](#). For both companies you need to download their app, add your debit card, scan QR code from scooter and ride. Prices are listed in apps.

#### *HoppyGo*

If you would like to rent a car, you can use [HoppyGo](#). This company is ESN partner and you can use special code to get some discount. You can find more about this partnership [here](#).

## 12. Free time

ESN VSB-TUO is going to arrange many events for you such as excursions and trips, sport activities, regular parties etc.!

## FILLUP

Language and cultural program with three main regular activities: Gatherings (National evening), CatchUp (language learning in a group) and Tandems (language learning one by one).

**FILLUP gathering** is perfect activity if you are interested in learning about new cultures. Nations are presenting fun facts and extraordinary things about their country, their habits, food and drinks, typical games etc. FILLUP gathering is very popular among exchange students and we are sure you will enjoy it! For presenting your own country, you can already pack some typical food and drinks, or other things related to your culture (e.g. native clothing, flag).

Also there is a chance to improve your language skills by the CatchUp program. It is based on the idea of students teaching students. It means native speakers (it could be you) teach their native language. It is usually one hour per week and languages vary (mainly Czech, English, French, Spanish, German, Chinese, Turkish etc.). We are recruiting new teachers so think about it and let us know if you are interested.

If you have any questions regarding teaching/learning languages, national evenings etc. write to our FILLUP manager: [fillup@esnvsb.cz](mailto:fillup@esnvsb.cz)

## Pubs & Clubs:

If you like beer, you will feel like in heaven. People often make jokes because beer is cheaper than water. Price for half litre is close to 1,2€. And we are considered as a beer nation – so be welcomed and enjoy!

In the area of dorms there are 3 bars: **Vrtule, T2 and KlauD Shisha bar**.

The most popular street in Ostrava is Stodolní – many pubs and clubs at one street.

**But be careful, you can be robbed! It happens often in the clubs on the Stodolní street. Don't leave your jackets on the tables nor on the hangers in the bars! Be careful about your purses and bags, they can be easily pickpocketed.**

Of course, there are also other options how to spend your free time – cafés, ZOO, sport events, exhibitions etc.

## Sport:

During the week, you can play sports at courts of our university - you can use tennis court, football pitch, gyms (fitness, workouts), sport hall etc.

University launched a new [reservation system](#) for the facilities, sign in (Přihlásit) and you'll get the student prices for all the facilities.

You can also ask our sport manager for help: [sport@esnvsb.cz](mailto:sport@esnvsb.cz)

### 13. Our Partners

If you want to save money e.g. in pubs or entertainment centres, get your ESNcard in our office and use all the [discounts](#) from our partners. We also have partners in Ostrava. To find more information visit [this link](#).

With ESNcard you can also get discounts for our trips, events and merch.

### 14. Contacts

First, read this paper, then search at [www.esnvsb.cz](http://www.esnvsb.cz) or [www.vsb.cz](http://www.vsb.cz) or [www.google.com](http://www.google.com) and if you have further questions then ask your buddy!

Your faculty coordinator, with whom you are already in touch, can help you with official study matters.

You can also contact faculty buddy coordinator, HR (head of buddy coordinators who can give you some information, but he/she is not your buddy) or anyone else from ESN VSB-TUO, who might help you.

Function	Name	Contact
HR, ESN VSB-TUO	Martin Václavík	Email: <a href="mailto:hr@esnvsb.cz">hr@esnvsb.cz</a>
Buddy coordinator HGF (Faculty of Mining and Geology)	-	Email: <a href="mailto:hr@esnvsb.cz">hr@esnvsb.cz</a>
Buddy coordinator FS (Faculty of Mechanical Engineering)	Radek Páleník	Email: <a href="mailto:fs@esnvsb.cz">fs@esnvsb.cz</a>
Buddy coordinator EkF (Faculty of Economics)	Michaela Scheidelová	Email: <a href="mailto:ekf@esnvsb.cz">ekf@esnvsb.cz</a>
Buddy coordinator FEI (Faculty of Electrical Engineering and Computer Science)	Radek Chocholouš	Email: <a href="mailto:fei@esnvsb.cz">fei@esnvsb.cz</a>
Buddy coordinator FAST (Faculty of Civil Engineering)	Martin Václavík	Email: <a href="mailto:fast@esnvsb.cz">fast@esnvsb.cz</a>
Buddy coordinator FBI (Faculty of Safety Engineering)	-	Email: <a href="mailto:fbi@esnvsb.cz">fbi@esnvsb.cz</a>
Buddy coordinator FMT (Faculty of materials science and technology)	Jana Šloufová	Email: <a href="mailto:fmt@esnvsb.cz">fmt@esnvsb.cz</a>

## 15. Useful links

- ✓ [ESN VSB-TUO Webpage](#)
- ✓ [Official Facebook group](#) of International students at VSB
- ✓ [Official fan page](#) of ESN VSB-TUO
- ✓ [Instagram](#) ESN VSB-TUO
- ✓ [Dorms](#)
- ✓ [University VSB-TU Ostrava](#)
- ✓ [University canteen](#) (Menza)
- ✓ [Library](#)
- ✓ [EDISON](#) university portal related to study affairs