

# 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 like 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.

So here we go...

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

For ESN VSB - TU Ostrava Team,

Ondřej Matoušek

President, ESN VSB - TU Ostrava

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## [How to survive first day in Ostrava in 5 minutes](#)

### Stay in touch with us

In order to stay in touch with us and have all the up-to-date information, we strongly recommend you to:

- ✓ follow our Instagram: [@esnvsbtuo](#)
- ✓ follow our Facebook: [ESN VSB - TU Ostrava](#)
- ✓ check out our webpage: [www.esnvsb.cz](#)
- ✓ join our [official WhatsApp community](#)



[Linktree](#) with all important links

## 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, also avoid EuroNet ATMs).
- ✓ You can pay by credit card almost everywhere in the city.
- ✓ Travel or health insurance for travelling abroad.

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
- ✓ Your national flag for Flag Parade
- ✓ Good hiking shoes if you want to join our hikes
- ✓ Some traditional food or sweets from your country you would like to share (e.g. during a [FILLUP](#))

## 2. Orientation Days (OD)

Before Orientation Days you **can't** use the 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 9<sup>th</sup> September to 15<sup>th</sup> September 2024.

- ✓ 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 this semester at the **Welcome Ceremony which will be held on 10<sup>th</sup> September at 14:00 (2 PM) in the [Main Campus in Poruba](#) in the auditorium [C4](#).**
- ✓ We will meet **in front of dormitories at 13:00 (1 PM)** to guide you to the venue.
- ✓ Great opportunity to explore the campus.
- ✓ You will be introduced to all the important people at our university.
- ✓ You are going to meet other INTERNATIONAL 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 an international student card [ISIC](#) (250 CZK ≈ 10€, valid for one year). ISIC also brings you more discounts and benefits, for example, an amazing **discount of 50% 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 a special ESN deal for SIM cards. It will be possible to buy it during Orientation days. So, don't forget to bring some money.

You can also buy an [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 up your Czech bank account. You will have a chance to set up a bank account in the first days of your stay in Ostrava. We will recommend a bank that is foreigner friendly and will not charge you for having the bank account.

The official programme of the Orientation Days will be announced soon. All the events will be published on our [Instagram](#) and on our [webpage](#).

### 3. Buddy system ESN VSB - TUO

!!! If you want someone who can help you at the beginning or get your first Czech friend/buddy, register using [this link](#) ( <https://esnvsb.cz/find-buddy> ) !!!

#### What is a buddy and buddy system?

Buddy is a student, who wants to help you in their free time. They 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, ESN VSB-TUO, to let you know about events we organise 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 the 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 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. The 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.

The 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 (line R8, Regiojet train).

The most convenient options are [RegioJet](#), [Czech railways - CD](#) (national), or [FlixBus](#).

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

Since these cities are not in the 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.

The most convenient options are: [RegioJet](#), [Leo Express](#), [FlixBus](#) or you can search connections through [Omio](#), [Rome2Rio](#) or [IDOS.cz](#).

### Transportation in Ostrava

From Ostrava-Svinov you should move to the terminal **Svinov mosty** (around 250 meters) take the bus number **54** going in the direction **Poruba, Studentské koleje**. You will arrive just in front of the dormitories. You can also take bus 37 from in front of Svinov train station, which goes only to the station **Poruba, Studentská** which is around 300 metres from the dorms by foot. On Sunday afternoon, it goes to **Poruba, Studentské koleje**.

## 5. Weather

Be ready for winter and cold spring!!! Good winter shoes, a jacket, a hat, and a 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! Be ready for sun and snow as well. The temperatures can go from 30 °C in September to -15 °C in December.

## 6. Price level

Here are the **prices of some goods** so you can get an idea about the price level (converted from CZK to €):

- ✓ beer in a pub - around 1,80 - 2 €,
- ✓ beer in a shop - less than 1€,
- ✓ 1200g Czech bread - around 1,80€,
- ✓ 500g toast bread - 1,50€
- ✓ 1 kg cheese - 8€
- ✓ 1kg salami - 6-7€
- ✓ lunch in student restaurant at the campus - around 3-4€

## 7. Money

Just a 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 the Czech Republic (for Ostrava choose option Ostrava + ODIS).
- [Android](#) & [iOS](#) app **Moovit** for all city public transport.



- [Android](#) & [iOS](#) app **Nextbike** for cycling all over the city. First 15 minutes for free each time!
- [Android](#) & [iOS](#) app **MobilKredit 2** for ordering food at all university canteens.
- [Android](#) & [iOS](#) app **Mapy.cz** for the best maps especially for tourists in the Czech Republic and other countries.

## 9. Accommodation at the university dorms

The university dorms are the best option for you. There are other students and student life, the dorms are in the university campus, where you can find everything you might need.

For all the information needed, you can visit the webpage of the [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 a 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** about this change!

You can find the current prices of accommodation in the [price list](#).

You already got information about the payment of the deposit (8 000 CZK ≈ 330 €)

**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 Čkalovova 713/47. **Incoming posts for students (letters or package arrival announcements) are in the individual letter boxes. Students will find a letter box on 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** edit box.
  - Don't use the same password as for your Edison/email (don't use the 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 the current password through the **Show password** button.

### Wireless network - WIFI at VSB-TUO

- You can keep using the eduroam profile from your university if it works.
- Delete the previous profile eduroam network from your system if you have any, you can use [direct link](#) to download the assistant tool or on the page <https://cat.eduroam.org/> choose "**download your eduroam installer**",
- Choose the organisation 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](#).

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 the internet - all manuals](#)

## 10. University canteen & other food possibilities

### Canteen

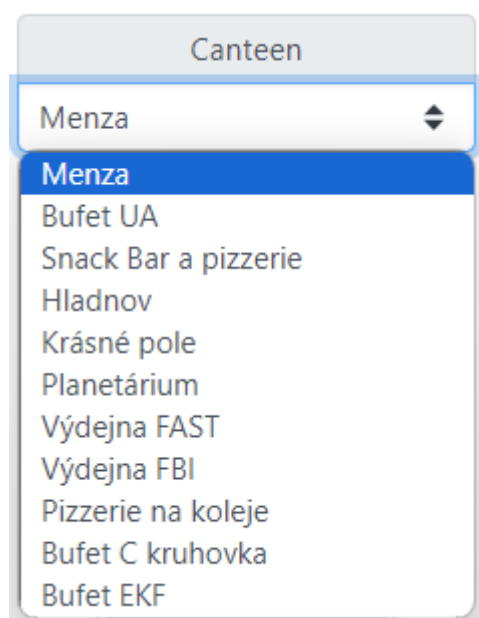
There is the main canteen (Menza 5) at the university campus, less than a 5-minute walk from the dorms. You can also find many shops and buffets at the university campus and dorms.

At the beginning you need to top up your ISIC card or student 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 the [internet page](#) where you'll fill in your login and your password like in EDISON or in the application for [Android](#) or [iOS](#). When you open the application, you need to select VSB - Technical University of Ostrava from the list and fill out your university login.



There are many canteens around the campus. Menza is the main one.



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.

### Food delivery

If you prefer meals from restaurants and other places, you can use food delivery services. There are a lot of them, but the most used companies are: [Foodora](#), [Wolt](#) and [Bolt Food](#) (you can download their app there). On page [Rohlík.cz](#) you can shop mostly for 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 (**250 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 the Ostrava zone (město Ostrava, 77). You can buy long-term ticket online on [this website](#).

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

- month ticket **275 CZK ≈ 11€**
- 5-months ticket **1267 CZK ≈ 50€** (February to June as only option)
- 12 months **1 600 CZK ≈ 64 €** (September to August as only option)

\*these are e-shop prices, prices in a physical shop are 50 CZK higher

Before you have your ODISka, you can buy the 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 card settings because not all foreign cards work.

The public transport in Ostrava is very convenient as it consists of 3 types of transport – 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 a 50% discount for public transportation within the Czech Republic.

### *Bike sharing*

Nextbike bike sharing offers you an opportunity to take a bike to move around. To use bike sharing, you just download the app, register with your name and payment card (a registration fee of 50 CZK will be given to you as a credit) and then you can rent a bike in the app. The first 15 minutes are free for you, the next 45 minutes cost 24 CZK and after every 30 minutes cost another 24 CZK (maximally 150 CZK per day). You can also buy credit for one month (31 days) for 169 CZK (with ISIC for 129 CZK) or for one year (365 days) for 1049 CZK. This long-term credit gives you a 30 minute 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 a 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 the QR code from the scooter and ride. Prices are listed in apps.

### HoppyGo

If you would like to rent a car, you can use [HoppyGo](#). This company is an ESN partner and you can use a special code to get some discounts. 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, sports 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 a 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 through 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 you are in heaven. People often make jokes because beer is cheaper than water. The price for half a litre is close to 2 €. And we are considered 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 on one street.

**But be careful, you can be robbed! It happens often in the clubs on 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 for how to spend your free time – cafés, ZOO, sports events, exhibitions etc.

#### Sport:

During the week, you can play sports at the courts of our university - you can use the tennis court, football pitch, gyms (fitness, workouts), sports 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 Event Coordinator for help: [event@esnvsb.cz](mailto:event@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 the 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.

Position	Name	Contact
HR, ESN VSB-TUO	Aneta Černá	Email: <a href="mailto:hr@esnvsb.cz">hr@esnvsb.cz</a>
Buddy coordinator HGF (Faculty of Mining and Geology)	Kateřina Zmeřkalová	Email: <a href="mailto:hgf@esnvsb.cz">hgf@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)	Aneta Černá	Email: <a href="mailto:ekf@esnvsb.cz">ekf@esnvsb.cz</a>
Buddy coordinator FEI (Faculty of Electrical Engineering and Computer Science)	Lukáš Fulneček	Email: <a href="mailto:fei@esnvsb.cz">fei@esnvsb.cz</a>
Buddy coordinator FAST (Faculty of Civil Engineering)	Mirek Mochnacký	Email: <a href="mailto:fast@esnvsb.cz">fast@esnvsb.cz</a>
Buddy coordinator FBI (Faculty of Safety Engineering)	Tomáš Pitoňák	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

- ✓ [Liktree](#) - all the important links in one place
- ✓ [ESN VSB-TUO Webpage](#)
- ✓ [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

## 16. Last words

Thank you for reading our Survival Guide all the way here. We hope you know now what to expect and packing will be easy for you. If you still have any questions about your stay in Ostrava, do not hesitate to contact us. We recommend downloading this Survival Guide to your phone, so you can come back to it also offline. We are looking forward to welcoming you to Ostrava and we will assure that you will enjoy your time here the most!

Your ESN VSB - TU Ostrava Team