


CONTENT

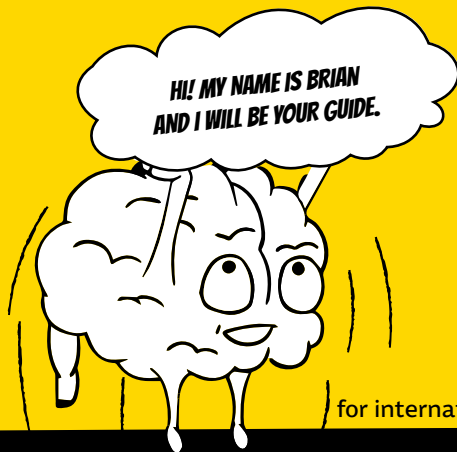
Greetings	2
Welcome to the Czech Republic	4
Welcome to Hradec Králové	10
Transportation in Hradec	14
Sports in Hradec	17
Welcome to UHK	18
Faculty of Education	22
Faculty of Informatics and Management	23
Philosophical Faculty	24
Faculty of Science	25
University merchandising	26
Handy information & basic vocabulary	26
Cultural events at the UHK	46
Student organisations	47
A piece of advice from other international students	54
Notes	56

GREETINGS

It might not yet seem the case, but studying in a foreign country is a big deal. It will change your life. You will gain important skills, new knowledge, contacts and many friends. We won't lie, it can be hard, especially at the beginning. But this little book is here to help you get through it. Welcome to the UHK Guide.

Throughout this guide, you will be accompanied by our little mascot, Brian. Look for his useful tips!


Wherever you find this symbol  with text, it means that there is way more information about a certain topic. You just need to put the text in the search bar at our uhk.cz/en websites.



Brian
The UHK guide
for international students

UHK GUIDE VIDEOS

Just a quick heads up. Since you're studying at the UHK, you have probably heard about the UHK Guide video. Make sure to check out our YouTube channel.

 [University of Hradec Králové](https://www.youtube.com/UniversityofHradecKralove)



WELCOME TO THE CZECH REPUBLIC

General information

The Czech Republic (Czechia) is a landlocked country located in central Europe bordered by Germany, Poland, Slovakia and Austria. The country is divided into thirteen regions, plus the capital city and region of Prague.

Useful facts

The **Czech economy** is based on industry and manufacturing, especially the automotive sector: car production alone makes up to 18% of all exports and employs hundreds of thousands of people across the country.

Czech is the official language, a Slavic language that is mutually intelligible with Slovak, and roughly intelligible with Polish.

While approximately 86% of people in surrounding countries **believe in God**, only 29% of Czechs say the same thing. Czechs also overwhelmingly support legal abortion (84%) and same-sex marriage (65%).



44.7% undeclared
34.5% non-religious
10.5% Catholic
2.1% other Christians
0.7% other religions



Czech



78,866 km²



Czech crown (CZK)



10,652,812



Prague



Unitary parliamentary
constitutional republic

A TASTE OF CZECH LANGUAGE

Hello	Ahoj [uh-hoy] (informal) Dobrý den [dob-ree den] (formal)
Goodbye	Na shledanou [nah skhle-dah-no]
Good night	Dobrou noc [dob-row nots]
Please	Prosím [pro-seem]
Thank you	Děkuji [dye-h-ku-yi]
You're welcome	Není zač [neh-nee zach]
Sorry	Promiň [pro-min] (informal) Promiňte [pro-min-teh] (formal)
How are you?	Jak se máš? [yahk seh mahsh] (informal) Jak se máte? [yahk seh mah-teh] (formal)
My name is...	Jmenuji se... [yme-nu-yi seh ...]
Nice to meet you	Jsem rád, že vás poznávám [ysem rahd, zhe vahs poz-nah-vahm] (masculine speaker) Jsem ráda, že vás poznávám [ysem rah-duh, zhe vahs poz-nah-vahm] (feminine speaker)

I don't know	Nevím [neh-veem]
I don't speak Czech	Nemluvím česky [neh-mloo-veem ches-ky]
Do you speak English?	Mluvíte anglicky? [mloo-vee-teh ang-lits-ky]
What's the time?	Kolik je hodin? [ko-lik ye ho-din]
How much does it cost?	Kolik to stojí? [ko-lik toe sto-yee]

General information

Upozornění/Varování
Nouzový východ
Pozor
Zákaz vstupu
Přestávka/Pauza
Otevřeno
Zavřeno
Sestra
Doktor
Neklepejte
Vyčkejte příchodu sestry

Warning

Exit

Caution

No entry

Break

Open

Closed

Nurse

Doctor

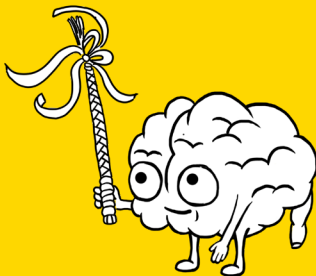
Don't knock

Wait for the nurse

TRADITIONS

Easter

Easter is a popular spring Christian holiday celebrated by many around the world. It is traditional for men to chase women around the village and spank them softly with a whip woven from branches. Don't be frightened, it is to guarantee the women another healthy year and to preserve their youth and beauty.



Christmas

Czech Christmas is associated with many superstitions that usually relate to life, love and the destiny that awaits in the year to come. According to one Czech custom, one is supposed to fast all day to see the "golden piglet" in the evening.

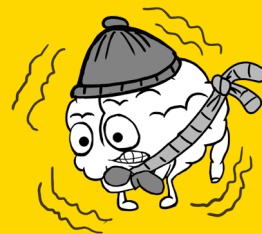
Food

A traditional Czech meal usually consists of two or more courses, starting with soup, followed by the main course. Typical Czech cuisine is very meat- and dumpling-oriented. One of the most popular dishes is beef sirloin in cream sauce (svíčková na smetaně).

For more facts about Czechia, "Czech" out the Geography Now! Czech Republic (Czechia) YouTube video.

WEATHER

The climate of the Czech Republic varies from season to season. During summer, the temperature can rise to 35°C. Winters (December–March) can be mild or harsh with temperatures below 0°C. Do not forget to bring a warm coat!



PRICES

(EUR 1 = CZK 26.3, USD 1 = CZK 22.2)

Two-course lunch in a restaurant (one person)	CZK 100–150
Dinner with drinks (one person)	CZK 200–300
Beer or soft drink	CZK 30–50
Monthly rent/person (2-bedroom apartment in university halls of residence)	CZK 3,200
Monthly rent/person (3-bedroom apartment in university halls of residence)	CZK 2,900
Monthly rent/flat (2-room apartment)	CZK 10,000–15,000

WATCH MORE
UHK GUIDE #1
STUDY IN THE CZECH REPUBLIC!



WELCOME TO HRADEC KRÁLOVÉ

The city is situated at the confluence of river Elbe and Orlice rivers, approximately an hour's drive from Prague. The capital of the Hradec Králové region, it is also known as a university town and has a population of just under 100,000.

BEST BARS AND PUBS



To the city!

It does not really matter what kind of music you like, which books you read, if you're a fan of classical or alternative theatre, if you prefer Hollywood blockbuster movies or more worldly cinematography – in Hradec, there are things for everyone to do.

Sights

White Tower
Wooden Church of Saint Nicolas
Cathedral of the Holy Spirit
Gočár's staircase
City fortification

Museums and galleries

East Bohemian Museum
Gallery of Modern Art
Petrof Museum

Theatres

Klicpera Theatre
Drak Theatre
"Dobré divadlo"

Cinema

Bio Central
Cinestar
Open-air cinema Širák
Etienne cinema

Libraries

University Library UHK
Research Library
Hradec Králové City Library

Classical music and concerts

Hradec Králové Philharmonic
Petrof Gallery
Adalbertinum
ALDIS Congress Centre

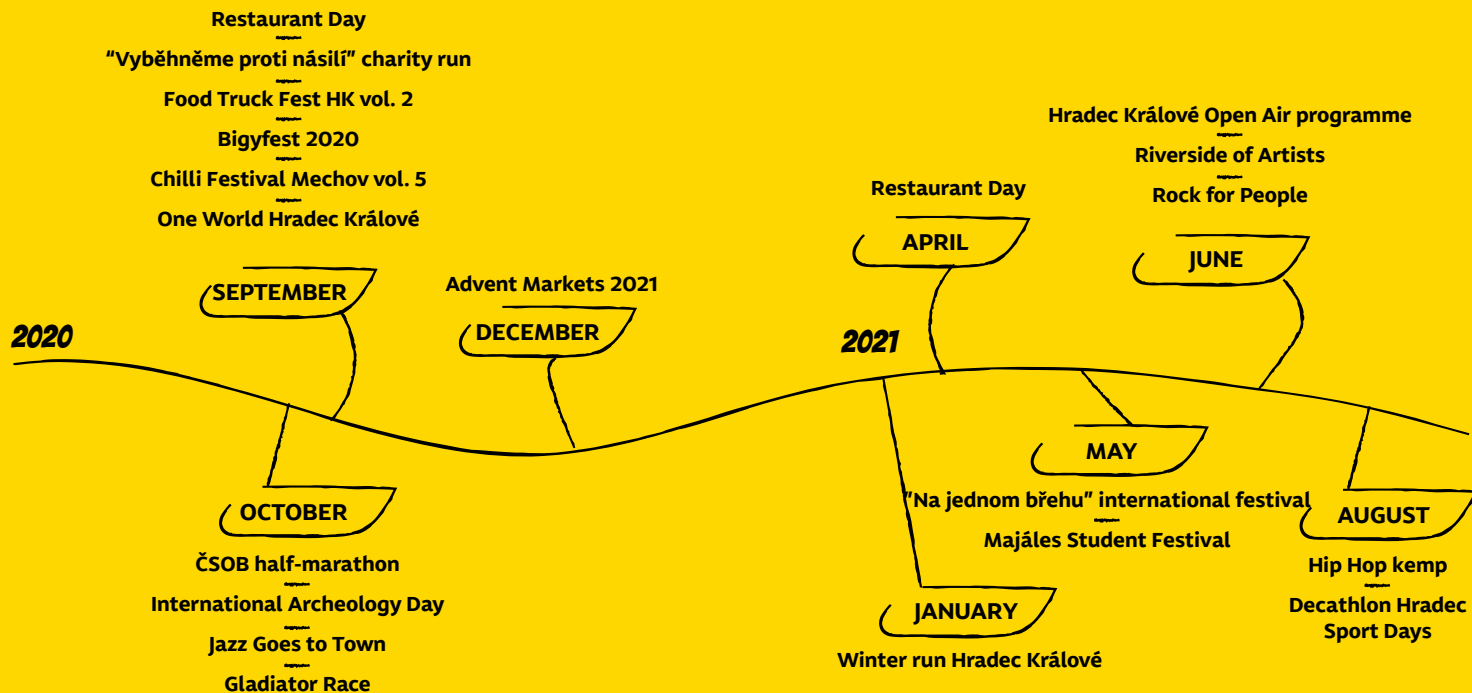
Clubs

La Fabrique
Denoche
AC club
Club No. 4

Others

Observatory and planetarium
HK

MAIN CULTURAL EVENTS IN HRADEC KRÁLOVÉ



You can find other events at hkinfo.cz.

TRANSPORTATION IN HRADEC

Thanks to the wide network of bicycle routes, the best way to travel around the city is by **bike** or **scooter**. There is more than **80 km** of bicycle routes in Hradec. If you do not want to buy a bike, you can use the **Nextbike** service.

IF YOU SIGN UP FOR A NEXTBIKE ACCOUNT WITH YOUR UNIVERSITY E-MAIL ADDRESS, YOU WILL RECEIVE CZK 160 AS CREDIT!

All trolley and electro bus timetables are available at the website of the **Public Transport Company of Hradec Králové Inc.** or in the IDOS mobile app. For more information visit dpmhk.cz/en

Main Railway Station and Public Transport Terminal

You probably arrived via the Main Railway Station. Less than 300 metres north from the station, you will also find the Public Transport Terminal (Terminál HD). The terminal is divided into red and blue sections. Red bays serve the municipal links, for example, links to the "Palachovy koleje" Halls of Residence or directly to UHK, while from the blue section you can take a trip out of town.

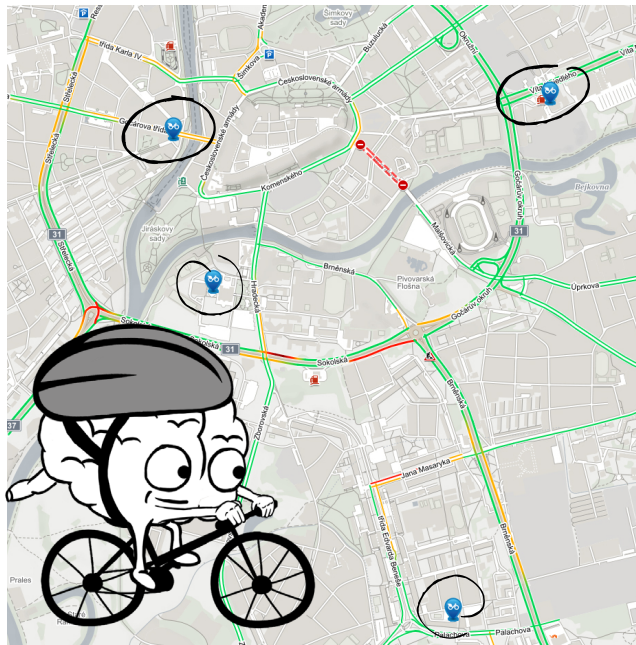
City card

It can work as a time ticket or an electronic wallet. Additionally you can use it as an ID Card for the Research Library, at the Flošna swimming pool, in wellness at the city spa and in the Hradec Králové City Library.

Get your city card at the Infocenter HK (Eliščino nábř. 626), at the Public Transport Terminal (Nádražní Street) or directly in the building of the Public Transport Company of HK (Pouchovská 153).

Nextbike

Official stations of Nextbike in cooperation with the UHK:

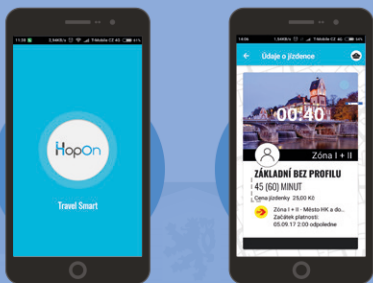


The complete map of all stations can be found at nextbikeczech.com/hradec



Simple • Fast • Seamless

Seamless Mobile Ticketing for Public Transit
in Hradec Králové



Free
download



SPORTS IN HRADEC

The beautiful environment of the city forests is ideal for runners, in-line skaters, cyclists, horse riders and walkers. There are several multi-purpose sports halls and a swimming pool in Hradec, Flošna, saunas, many natural pools, City Spa, golf and several minigolf courses, shooting ranges, climbing walls and, rope centres and skateparks. Search for more at ic-hk.cz/en

IMPORTANT PHONE NUMBERS

Municipal Police	156
State Police	158
Emergency Medical Service	155
Fire and Rescue Service	150
Emergency Centre	112
Taxi services in Hradec Králové	
Metro TAXI	+420 720 444 000
TAXI Sprint	+420 777 337 711

WELCOME TO UHK

The University of Hradec Králové is a young yet well established institution with history dating back to 1959. The University comprises four faculties:

Faculty of Education

Faculty of Informatics and Management

Philosophical Faculty

Faculty of Science

There are about **6,500** Czech and **500** international students studying in more than **150** programmes. We offer undergraduate, graduate and postgraduate education. The distinct appearance of the University is shown in the **Na Soutoku** campus.

University Rector

Prof. Ing. Kamil Kuča, Ph.D.



UHK BUILDINGS



R Rectorate (Rokytanského 62)

B Philosophical Faculty
(nám. Svobody 331)



Philosophical Faculty
(Víta Nejedlého 573) **E**

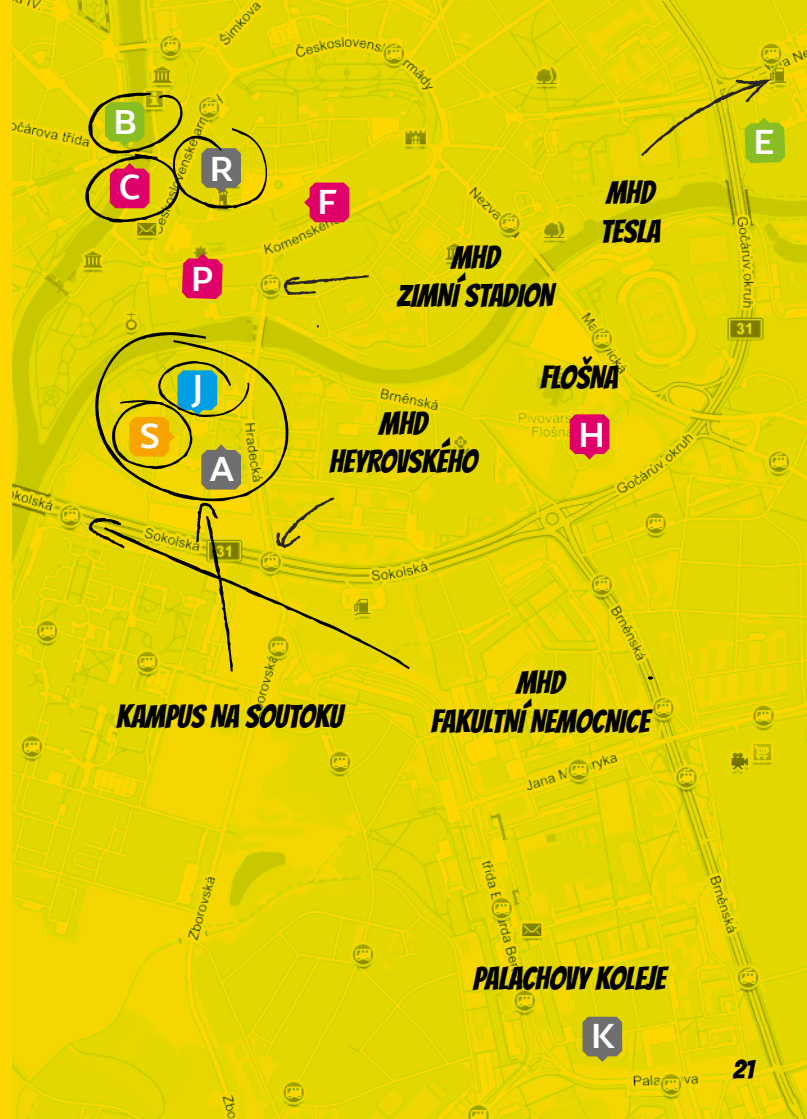
Faculty of Education
(nám. Svobody 301) **C**

J Faculty of Informatics and Management
(Hradecká 1249/6)



S Faculty of Science
(Hradecká 1285)

Common education facility
(Hradecká 1227) **A**



Dean's office: Building C, nám. Svobody 301,
Hradec Králové



Dean of the Faculty of Education
doc. PhDr. MgA. František Vaníček, Ph.D.

International office

Building C

Mrs Petra Nosková

Tel.: +420 493 331 141

E-mail: petra.noskova@uhk.cz

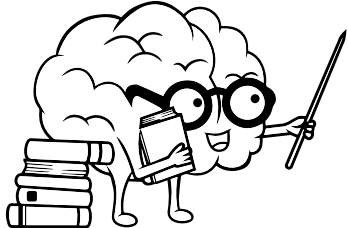
Mrs Lucie Martinková

Tel.: +420 493 331 115

E-mail: lucie.martinkova@uhk.cz

Web

uhk.cz/en/pdf



Dean's office: Building J, Hradecká 1249/6,
Hradec Králové



Dean of the Faculty of Informatics and Management
prof. RNDr. Josef Hynek, MBA,

International office

Building J

Mrs Kristýna Havlíčková

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E-mail: kristyna.havlickova.2@uhk.cz

Mrs Monika Hebková

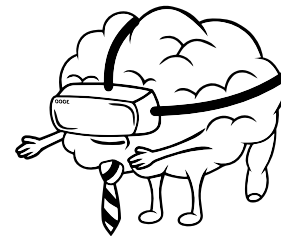
Tel.: +420 493 332 209

E-mail: monika.hebkova@uhk.cz

Web and social networks

uhk.cz/en/fim

 [fim.uhk.en](https://www.facebook.com/fim.uhk.en)



Dean's office: Building E, Víta Nejedlého 573/4,
Hradec Králové



Dean of the Philosophical Faculty
Mgr. Jan Prouza, Ph.D.

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Mr Tomáš Herčík

E-mail: tomas.hercik@uhk.cz

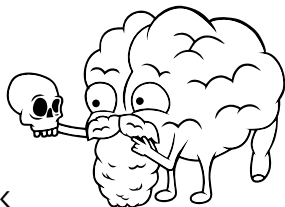
Mr Josef Ležák

E-mail: josef.lezak@uhk.cz

Web and social networks

uhk.cz/en/ff

 [PhilosophicalFacultyUHK](https://www.facebook.com/PhilosophicalFacultyUHK)



Dean's office: Building S, Hradecká 1285,
Hradec Králové



Dean of the Faculty of Science
doc. RNDr. Jan Kříž, Ph.D.

International office

Building S

Mrs Pavla Holubová

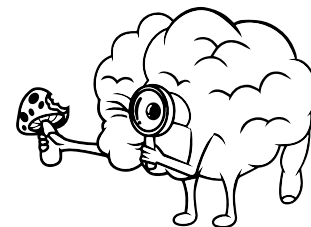
Tel.: +420 493 332 817

E-mail: pavla.holubova@uhk.cz

Web and social networks

uhk.cz/en/prf

 [fos.uhk.en](https://www.facebook.com/fos.uhk.en)



HANDY INFORMATION & BASIC VOCABULARY

Academic year

At UHK, each year has two semesters – winter (September–February) and summer (February–June). The teaching period is 13 weeks long and is followed by the exam period (around 6 weeks).

Subjects

Czech students have obligatory, semi-obligatory and voluntary subjects. Your study plan is different and individual. Just remember to submit your preferences to the international office in time!

Lectures

Some subjects can have non-obligatory lectures given by a guarantor (associate professor or professor). These are important to attend if you want to pass the particular subject.

Seminars

Subjects usually have seminar classes. These are more practical and are designed to further your knowledge gained at lectures. They are also **obligatory**, so make sure to show up!

Credits

UHK uses a credit system to control the students' fulfilment of study obligations. You gain credits for successfully passing a subject.

Pre-exam

There are some conditions that you must meet in order to be permitted to take the final test in a subject. It can be in the form of an essay, a presentation or other format.

Exam

Can be written, oral or practical. You will receive an A, B, C, D, E or F based on your performance. F is, of course, unsuccessful. Keep in mind that you have a maximum of **3 attempts** for each exam.

Important
dates

Academic Year Calendar

Winter semester

Start of studies	29 September 2020
End of studies	18 December 2020
Christmas holidays	19 December 2020 – 3 January 2021
Examination period	4 January – 5 February 2021

Summer semester

Start of studies	8 February 2021
End of studies	7 May 2021
Examination period	10 May 2021 – 30 June 2021
Summer holidays	1 July 2021 – 31 August 2021

Note: May vary across faculties

DO NOT FORGET!

Attend the orientation lecture

Arrange your Learning agreement

Change your password in the University system

 Get your student card

Submit your study plan

Pay for your accommodation

Get a Czech bank account

Like your faculty and the University social networks

Participate at the ESN Welcome party

Enjoy each day of your stay!

STAG

IS/STAG is an information system designed for electronic management of the **STudy AGenda** at UHK, which covers functions from the admissions procedure until the award of a degree. It serves for **managing study programmes, subjects, study plans and student mobility, enrolling for subjects and exams, writing assessments**, recording Bachelor's and Master's dissertations, **setting timetables**, and many more useful functions.

Logging into STAG

The system is available at stag.uhk.cz – sign in with your login details. The username is the first 5 letters of your surname and 2 letters from your given name + 1 digit (e.g. surnana1).

You will find more information about various **IT problems at our IT user guides.**



IT user guides

UHK STUDENT CARD

One of the first essential things for life at the University is a **UHK Student Card**, which comes in the form of an ID chip card (hereinafter referred to as an ID Card).

Your ID Card will give you access to a range of services: printing, copying, borrowing books, proving identity, access to the University buildings and lockers.

ID Cards are being handed out at the **UHK Service Center**

in the Common education facility (Building A in the campus). The card costs CZK 150, while the UHK student card with an ISIC licence costs CZK 300. More detailed information is available at our website.



ID Cards

WHY ISIC?

The *International Student Identity Card* is simply your ticket to the international students' world. With ISIC, you get discounts for books, food, festivals, services, clothes, games, electronics and more.

You will learn more at isic.org

UHK SERVICE CENTER

Your first steps at the University will probably lead through the **Service Center** in the Common education facility (Building A).

Service Centers help with everything that might bother you: copying, printing, logging into the system, forgotten password, topping your ID Card with credit, etc.

Service Centers can be found at Buildings A, E, C and J.

Tel.: +420 493 331383
E-mail: centrum.sluzeb@uhk.cz, karty@uhk.cz

You can visit the Service Center from Monday to Friday, eventually even on Saturday.



UHK Service Center

LOGGING INTO THE UNIVERSITY NETWORK AND WI-FI CONNECTION

You get your logging information at the orientation lecture or sooner.

The Wi-Fi network at UHK is connected to the international **eduroam** (name of the wi-fi) project, which is covered by the **CESNET** association in the Czech Republic.



Eduroam

Setting up client devices

Automatic configuration for mobile phones can be carried out using the Eduroam CAT (Configuration Assistant Tool).
cat.eduroam.org

For authentication, enter your username in the form `username@uhk.cz` (caution, this is not your e-mail) and valid password to the particular user account (the same as your password to the study system).

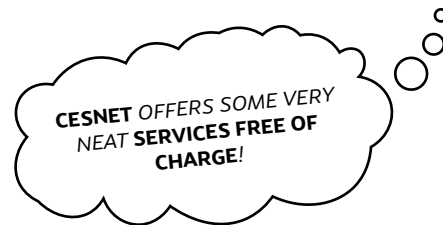
Connecting at University Halls of Residence

You must have a valid user account in the UHK domain in order to connect. After accepting the rules, you will receive instructions for setting up a network connection in Windows. If you have trouble connecting, contact the network administrator.

At reception, you also have the possibility to purchase a cable for connecting to a PC and a socket.



Rules for Operating Information and Communication Technologies



Upload, share and safely synchronise up to 100 GB of data at owncloud.org

An on-line tool for complicated calculations available at metacentrum.cesnet.cz



Fast sharing and short-time data storage (up to 500 GB) at filesender.org

On-line meetings and seminars in your browser at cesnet.cz/services

WEB CONFERENCE

PHOTOCOPYING AND PRINTING

There are several self-service **photocopiers** at the University. You can also scan documents and it **send them to your e-mail address**. In order to be able to use these services, you will need a valid **ID Card with sufficient credit**.

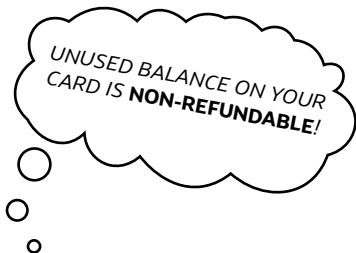
For **printing** from a university PC, you simply send your documents to the **YSoft SafeQ na forkys3.uhk.cz printer**. Then sign in to any printer at the University with your ID Card and it will start printing. If you need any help, contact the Service Center.



Eduroam

TOPPING UP YOUR ID CARD

You can top credit up on your ID Card at top-up points. The minimum amount of credit is CZK 20 and the maximum amount is CZK 1,500. Prices for photocopying and printing can be found in the Service Center's current price list.



INTRANET UHK - INTRANET.UHK.CZ

Personalised internal websites, which serve as an information portal, contain tools and links with other applications at UHK. They contain information such as **changes in teaching, news, consultation hours of teachers** and other useful things.

MICROSOFT OFFICE 365

All UHK students have the opportunity to use the MS Office 365 package **free of charge**. It contains:



Office 365

Outlook – Practical e-mail client

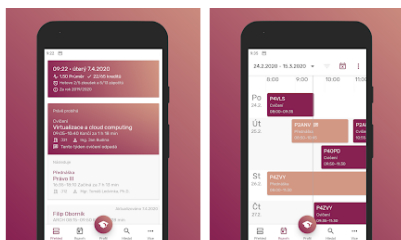
OneDrive – 1,000 GB on-line file storage provider – editing documents on-line in Word or Excel

SharePoint – Sharing documents on-line

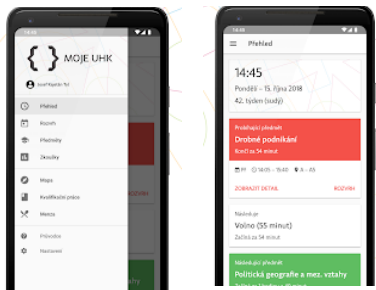
MS Teams – On-line communication app

MOBILE APPLICATIONS

There are two university **mobile applications** to help you get organised. Both are **free** and offer a number of useful features thanks to the connection to STAG. It's up to you which will fit you better!



MOJE UHK



SCHOLARSHIPS

Scholarship	Conditions	Amount and dates
	Weighted average grade from 1.0 to 1.5	CZK 3,000 – CZK 60,000
Outstanding Academic Achievement	Uninterrupted and un-closed studies with at least 60 credits gained in a year.	Commencing from the second academic year.
	Successful completion of at least 4 subjects.	
Extraordinary	Can be awarded for: outstanding academic achievement, outstanding scientific, research, development, artistic or other creative results, outstanding sport achievements, important activities carried out in favour of the UHK.	Various amounts during the whole year.
	Or as a support for mobilities.	
Accommodation	Full-time students who have not been charged with a payment of a fee for study.	Currently CZK 17.71 per day.
	Permanent address outside of the municipalities listed in paragraph 1 of the Comprehensive Information of Student Registers.	Gets paid out 2x a year (for periods from 1 Jan till 30 Jun and from 1 Sept till 31 Dec)
Difficult Social Situation	Officially confirmed by the Czech Social Security Administration.	Granted individually.

MEDICAL CARE

What to do when you fall ill? You could technically go back to your country for a medical check from your doctor, but that would not be very economical, would it? Instead, you can get a medical check in Hradec. Just remember to bring your **passport, health insurance card and student card** (ISIC).

MUDr. Petra Hošková

Ground floor of A2 block at Na Kotli 1147 dorms (closest bus stop is Hotel Garni)

Tel.: +420 495 263 067

Opening hours:

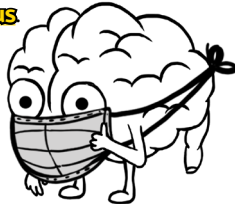
Mo, We, Th, Fr: 7:00 AM – 1:00 PM

Tu: 12:00 AM – 6:00 PM

Other medical facilities are the **University Hospital Hradec Králové** (Sokolská 581) with the Department of Emergency Medicine (visit only in very serious cases) and **Health the Centre III** (tř. E. Beneše 1549/34).

Adherence to stricter hygiene rules

The coronavirus pandemic challenged all aspects of our society. This includes the UHK. Not everything has returned to normal yet, so please be patient in case of any perplexities. It is vital to abide by all regulations issued by the deans or Rector. Important information is being published on our social networks and website. uhk.cz/coronavirus



ACCOMMODATION IN HK

Do not oversleep! If you want to stay at the dorms, you need to **apply before you arrive** to Hradec! The application is usually offered to international students beforehand.

University Halls of Residence

Palachova dorms (referred to as “Palachárny”) is a complex of 7 entrances with a capacity of 869 places. Typical flats have 2/3 bedrooms, kitchen, toilet and bathroom. The kitchens are fitted with a fridge, a freezer and an electric cooker. For a small fee you can use the washing machines and dryers located in the basement of entrance E. Directly at the dorms you can play a bit of table tennis or improve your piano skills.

The following services are also offered:

- Bedding rental (included in the residence fee),
- Rental of a set of dishes (only a whole set can be borrowed)
 - service charged according to the price list,
- Iron rental – service charged according to the price list.

Students are obliged to follow the **UHK Halls of Residence Rules**, which are published on the UHK website and hung on the walls of the halls of residence at the reception and by every entrance.

IMPORTANT note: the accommodation period ends sooner than the semester (at the end of the examination period). Therefore, it is possible that you will have to look for alternative accommodation.



Halls of Residence

Tel.: +420 493 336 000, +420 493 336 103
E-mail: koleje@uhk.cz

Private accommodation

You might want to arrange your own private accommodation. It pays to share a flat with more people, so make sure you ask around for some flatmates.

WHERE TO EAT

Or how to avoid starvation without ruining your wallet.

Small snacks and refreshments directly in the university campus:

Staffim coffee (relax zone Building J)

Buffet at Building A

Kafekára (ground floor at Building A)

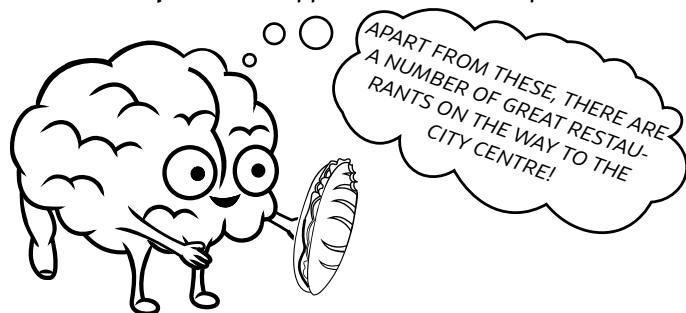
Snack machines all over the campus

Lunch for students:

University Canteen Na Kotli (Na Kotli 1147)

School lunchroom Hradecká (opposite the UHK campus)

Kampus Bistro (opposite the UHK campus)



UNIVERSITY LIBRARY

The UHK University Library is located in Building A. Look up individual titles via the Advanced Rapid Library ARL library catalogue – arl.uhk.cz

An indispensable part of the library's offer are e-sources – expert databases and e-books. Browse through the scientific databases with **EBSCO Discovery Service** (EDS).



In case you'll miss some book in the library, use the **inter-library borrowing service** (MVS).

Aside from the thousands of titles you can borrow, there are also books for sale in the University publishing house, Gaudeamus, **including study literature!**

Tel.: +420 493 331333

E-mail: knihovna@uhk.cz



INFORMATION, COUNSELLING AND CAREER CENTRE



IPaKC UHK

It is a combination of five interconnecting sections: Contact Point and Information Service, Social Counselling Centre, the Psychological and Therapeutic Support, "Augustin" Support for Students with Specific Needs and the Career Centre.

More information and advice if you need to resolve difficult life situations is available on the websites of the Centre.



Information, Counselling
and Career Centre

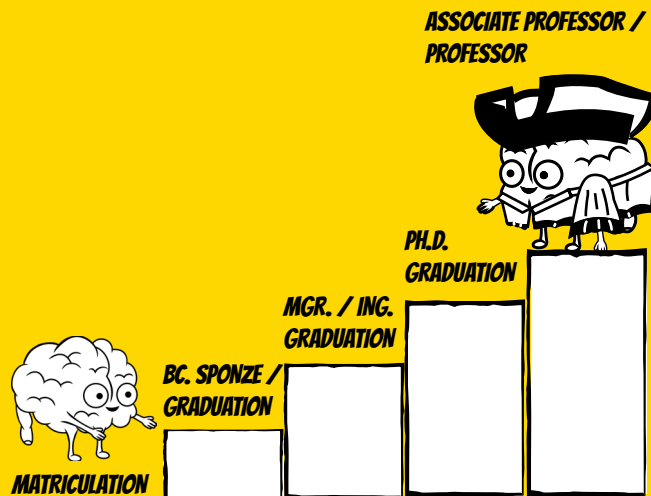
Web: uhk.cz/ipakc
Tel.: +420 493 331389
E-mail: poradna@uhk.cz

WARDROBES AND CLOSETS FOR CLOTHES STORAGE

It surely is not an issue during the summer, but winters are harsh, and in order to survive you have to wear a jacket or coat. There are closets and wardrobes where you can store your winter wear for some time **for free** so you don't have to drag it around your classes. You'll find them at Buildings A, J and S.

ACADEMIC CEREMONIES

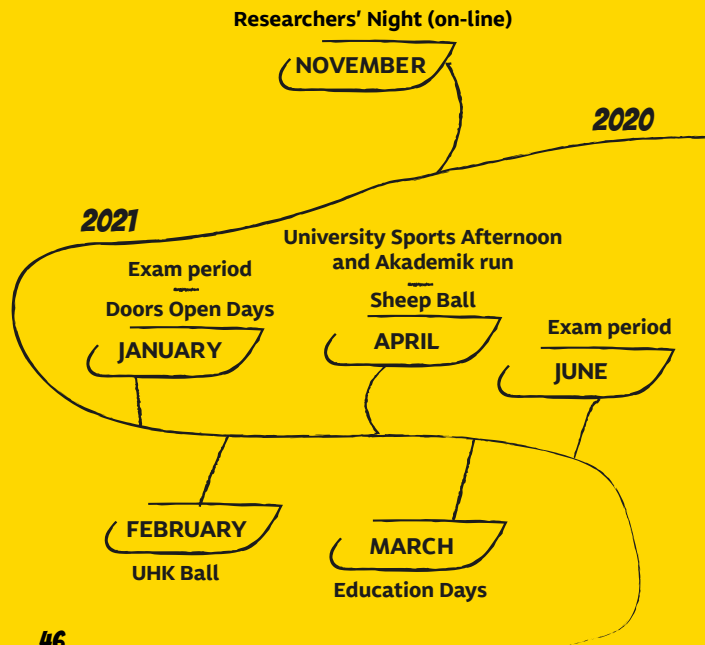
While studying at the University you become a member of the Czech academic community. The community has certain social rules and there are some celebratory events, at which you are expected to **dress formally**.



CULTURAL EVENTS AT THE UHK

The University of Hradec Králové is not only an educational institution but also a centre of rich cultural life.

For painters, designers and their expositions, there are **Gallery T** and **Gallery P**. If you are into singing you can express yourself in the **Mixed Choir of the UHK**. If you spend a lot of time playing a musical instrument, be sure to check out our **Chamber Orchestra**.



STUDENT ORGANISATIONS

Some students at the UHK are tired of just going to seminars and home right after. They become members of a number of student organisations and organise lectures, trips, discussions, film screenings, exhibitions, parties and many other activities. If any of the organization is of interest to you, you can read more about them on our website!



Student Organisations

AIESEC

International non-profit organisation run by students. Mediates volunteer and professional traineeships all around the world.



Academic Film Club UHK

Movie screenings with debates in Bio Central cinema are free for all UHK students!



DeskoUHKáčko

Holds regular board-game sessions for all UHK students. Tens of board-games to borrow and play for free.

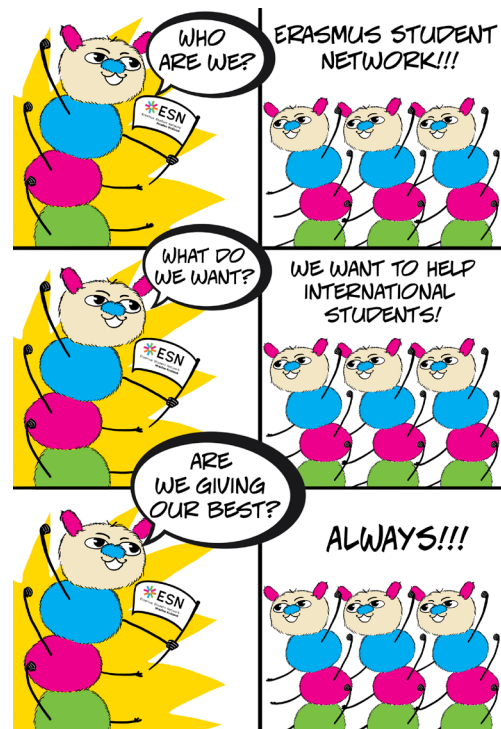




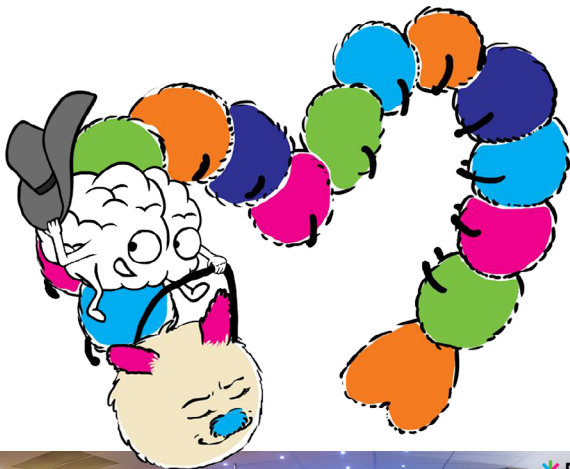
Erasmus Student Network Hradec Králové

The Erasmus Student Network is the biggest non-profit voluntary student association in Europe.

The network is constantly developing and expanding and ESN Hradec Králové is a part of it!



Every member of ESN HK is here for the international students in Hradec Králové. ESN provides information about life in HK and at the University, helps international students to adjust to a new episode of their lives and makes their exchange experience as good and bright as possible.



We are ready and willing to help every incoming student of the UHK!



Web: buddyhk.cz

Student Gaming Academy

A group of gamers and gaming enthusiasts. SGA organises different gaming events and LAN parties at the UHK as well as at Murloc e-sports bar.



University Sports Club HK (USKHK)

To improve your physical condition you can sign up for one of the fitness courses, adventure courses or team sports. USKHK offers a wide range of courses at reasonable prices, a friendly atmosphere and skilled lecturers. You can also become a member of the organising team. USKHK = endeavour, strength and fitness.

Web: uskhk.cz
 Tel.: +420 605 439 025
 E-mail: uskhk.zs@gmail.com



SUPPORT FOR UNIVERSITY SPORT

Do you do any top-level sports? Do you want to represent your university at Czech academic games or other competitions? Visit the uhk.cz/podporasportu website, where you will learn how to obtain a sports scholarship of up to **CZK 15,000** per month. Become a member of a prestigious sports team at the UHK and get other benefits. Our goal is to provide full support to sportsmen and sportswomen studying at the University and thus ensure the continuity of your dual career as an athlete and student.



Top-level sport



Expertise



Academic sport

Web: uhk.cz/podporasportu

University volleyball league

If you want to compete in volleyball, take a look at the website of the league. You can also register a team of students from different universities and institutions!

Web: vysokoskolskaliga.cz

Stay on top of university news.



@universitascz



www.universitas.cz



/universitascz

A PIECE OF ADVICE FROM OTHER INTERNATIONAL STUDENTS

Josefina Lonardi, Argentina



EVEN THOUGH IT CAN BE A LITTLE BIT FRIGHTENING GOING TO A PLACE WHERE YOU DON'T KNOW ANYONE, TRY TO RELAX! TRY TO GO INTERNATIONAL AND DON'T JUST HANG OUT WITH PEOPLE FROM YOUR COUNTRY, IT WILL MAKE THE EXPERIENCE WAY MORE ENRICHING AND YOU WILL HAVE A HOME IN SEVERAL PARTS OF THE WORLD.

ERASMUS IS AN EXPERIENCE FULL OF ENERGY, BUT DON'T FORGET TO ENJOY THE LITTLE THINGS, MEMORIES OF SIMPLE MOMENTS ARE THE MOST ENJOYABLE THINGS THAT YOU CAN GET FROM THE TIME YOU HAVE.

HRADEC KRÁLOVÉ IS YOUR HOME FOR THE SEMESTER, APPRECIATE IT AS THE BEST PLACE TO LEARN, LAUGH AND MEET AMAZING PEOPLE.



Andrés Alejandro Pernía López, Venezuela

Rafaela Gonçalves, Brazil

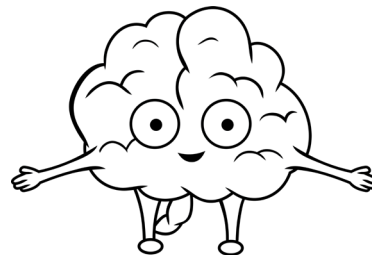


GETTING TO KNOW PEOPLE FROM ALL OVER THE WORLD MAKES YOU FEEL LIKE YOU ARE TRAVELLING EVEN BEING IN THE SAME PLACE. MOREOVER, I HAD AMAZING SUPPORT FROM THE UNIVERSITY FOR EVERYTHING, EVEN BEFORE MY ARRIVAL. I WILL NOT FORGET AND I AM VERY GRATEFUL.

THIS COUNTRY, THIS CITY AND THIS UNIVERSITY ARE GOING TO SURPRISE YOU A LOT. BE OPEN TO NEW PEOPLE AND EXPERIENCE. NEVER MISS A PARTY, A TRIP OR A CLASS. AND DON'T PUT OFF THINGS TILL TOMORROW WHEN YOU CAN DO THEM TODAY.



Ksenia Makurina and Anton Zaytsev, Russia



Notes



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www.uhk.cz/en



[UniversityOfHradecKralove](https://www.universityofhradeckralove.cz)



[uhk_cz](https://www.uhk.cz)