



Faculty of Physical
Culture



Palacký University
Olomouc

Guide for International Students/Guests

**Faculty of Physical Culture
Palacký University Olomouc**



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We would like to thank the Department of Development and Environmental Studies for their valuable help with the preparation of this information guide.

Transportation

Below you can find detailed instructions on how to get to Palacký University from Prague Airport or Vienna Airport.

How to Get to Olomouc

From Prague Airport to Olomouc

- 1) At Prague Airport (Václav Havel International Airport), get a shuttle bus to take you to Prague Main Train Station (in Czech language it is “Hlavní nádraží”) - look for [Airport Express](#). The ticket costs 60 CZK and you can buy it either inside the airport or from the driver. It takes about 40 minutes to get from the airport to the train station. The bus stop is only in front of the Arrivals’ terminal. You can also take a taxi, but be aware that the price could be more than ten times higher than on the bus.
- 2) At the Main Train Station (photo below), buy a train ticket to Olomouc (the journey should take about 2 hours 20 mins). We recommend a company called [RegioJet](#) (yellow trains) or [LeoExpress](#) (black trains), both of them are cheap and comfortable but you can also go by any other train. The tickets for all trains are available online or at the ground floor of the Main Train Station.

From Vienna Airport to Olomouc

- 1) There is a direct connection from Vienna International Airport to Olomouc. In this case it is again recommended to use the companies [RegioJet](#) or [LeoExpress](#), although this time it is possible to travel by bus only. The travel should take approximately 3 hours.



Prague Main Train Station



Olomouc Main Train Station



How to Get to the Faculty of Physical Culture UP

From Olomouc Main Train Station to the Dormitory

Once you get off the train/bus in Olomouc (unless you want to go by a taxi) go outside the station where you will see lots of trams and buses.

- 1) Buy a tram/bus ticket (costs 14 CZK) in one of the yellow ticket machines and take the **tram number 2 or 7**, which go directly to our campus. Get off at the final stop, **Neředín - krematorium**.
- 2) **Please do not forget to mark your ticket once you get on the tram/bus in the small yellow boxes near the entrance, otherwise it is not valid!**

Transport connections can be found through this website: <https://jizdnirady.idnes.cz/olomouc/spojeni/> or here: <https://www.dpmo.cz/en/information-for-passengers/timetables/>.

We also recommend uploading **IDOS** application to your smartphones (from Google Play for androids and/or AppStore for iOS). It has a bus/train/local public transport schedules for the entire Czech Republic. For internet search, you can use <http://www.idos.cz>.

- 3) Continue a few metres uphill and you will be able to see the faculty buildings on the left side.
- 4) In case you are accommodated in the dormitories, find the reception and the office of the dormitories in this building (see the photo below):
<https://www.google.com/maps/place/Univerzita+Palack%C3%A9ho+-+Ne%C5%99ed%C3%ADn/@49.594405,17.215107,166m/data=!3m1!1e3!4m5!3m4!1s0x0:0x710048e436503ca8!8m2!3d49.5942352!4d17.2149606?hl=cs-CZ>

There is a map and other useful information at our websites:
<https://skm.upol.cz/en/accommodation/neredin-campus/#c17252>.



Dormitories Reception



Accommodation

Dormitories

It is possible to stay in our dormitories as international guests. If you are interested, please visit our websites: <https://skm.upol.cz/en/accommodation/hotel-accommodation/>.

Hotels

We have a good experience with the following hotels, which are right in the city centre:

- [Hotel Trinity](#)
- [Hotel V Ráji](#)
- [Hotel Long Story Short](#)
- [Miss Sophie's](#)
- [Pension U Jakuba](#)



Palacký University Olomouc

Palacký University was established in 1573 and is the second-oldest university in the Czech Republic. It currently comprises of 8 faculties and offers degrees in a wide range of disciplines, including medicine, natural sciences, humanities, social sciences and law.

Palacký University is located in the historical city of Olomouc. The quaint city has a long and interesting history and is surrounded by beautiful nature sites. The city of Olomouc is also well-known for its high density of university students. With over 22,000 students in a city of 100,000 inhabitants, Olomouc has the highest density of university students in Central Europe. Students certainly appreciate the affordable cost of living in Olomouc in comparison with other Czech cities.

Learn more about the university at: <https://www.upol.cz/en/university/basic-information/>.

Faculty of Physical Culture

The Faculty of Physical Culture is its second youngest faculty of the University, founded in 1991. The number of students each year reaches two thousand in throughout all degrees, full-time and part-time study programmes and in certified and lifelong study programmes.

The Faculty Institute of Active Lifestyle focuses on physical activity and health viewed from various aspects and in all stages of life. Much professional respect is enjoyed thanks to success of its research teams in projects competitions. Every year grant projects on national and international level are realized here. The campus of this faculty is built on the outskirts of Olomouc and it offers all the student services in one place, such as dormitories, library, canteen, snack bar and café.

The BALUO Application Centre is the first institution of its kind in Central Europe, creating the base for development and innovation of industrial production designed to promote physical activity among whole population and the base for the development of a healthy lifestyle. It is a vision and implementation of a unique model for activity and performance enhancement that will fuel sport excellence, build a healthier population and develop role models to inspire physical literacy.

Find more about the Faculty of Physical Culture at our websites: <https://ftk.upol.cz/en/about/basic-information/> and about BALUO AC here: <https://www.acbaluo.cz/en/>.



Internet Connection

Throughout the whole university there is a Wi-Fi connection available for free for the students and guests.

Name: upol

Password: studujup2020

!! We also recommend downloading **Student Guide UPOL** application to your smartphones (from Google Play for androids and/or AppStore for iOS). In addition, in the application **Czech Republic – Land of Stories**, you can find all the interesting touristic sights in the Czech Republic that are definitely worth visiting during your stay.

Important Numbers & Contacts

FIRE BRIGADE: 150

AMBULANCE: 155

POLICE: 158

EUROPEAN EMERGENCY NUMBER: 112

In case of any questions or doubts regarding your stay, do not hesitate to contact the staff of Palacký University.

International Relations Office:

Jitka Martincová (jitka.martincova@upol.cz)

Support Centre for Students with Special Needs:

Žižkovo náměstí 5

771 40 Olomouc

tel.: +420 585 635 323

mobile: +420 775 124 696, 739 245 678

e-mail: lucia.pastierikova@seznam.cz

web: www.cps.upol.cz



Healthcare

Students' doctor

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

MD Ševčíková, GP, tel.: +420 585 224 204, email: jarkasevcik@volny.cz
MD Davidová, dentist, tel.: +420 585 220 463

Hospital

For other medical specialists and services, visit the city's hospital. You can get to the hospital from the city centre by trams number 1, 4 and 6.

Fakultní nemocnice Olomouc

I. P. Pavlova 185/6, 779 00 Olomouc
tel.: +420 588 441 111
fax: +420 585 413 841
e-mail: info@fnol.cz



Survival Czech

Dobrý den	Good morning/afternoon
Na shledanou	Goodbye
Prosím	Please
Děkuji	Thank you
Promiňte ...	Excuse me ...
Ano	Yes
Ne	No
Můžete mi prosím pomoci?	Can you help me, please?
Hledám...	I am looking for...
Taxi	Taxi
Nemocnice	Hospital
Knihovna	Library
Škola	School
Obchod	Shop
Náměstí	Square
Nádraží	Train station
Kde najdu informace?	Where can I find information?
Kde je náměstí?	Where is the square?
Kde je koupelna, prosím?	Where is the bathroom, please?
Kolik to stojí?	How much does it cost?
Mohu platit kreditní kartou?	May I pay by card?
Kde je zastávka tramvaje/autobusu?	Where is a bus/tram stop?
Máte přístup k internetu?	Do you have internet access?



Cost of Living

The cost of living in the Czech Republic is generally much lower than in other European countries. The Czech currency is the **Czech crown**, not the Euro.

Bottle of water (1l)	20 CZK	0,75 €
Bread	15 CZK	0,55 €
Butter	35 CZK	1,30 €
Milk (1 l)	13 CZK	0,50 €
1kg of potatoes	15 CZK	0,55 €
1 kg of rice	45 CZK	1,65 €
1 kg of pasta	30 CZK	1,10 €
1 kg of tomatoes	40 CZK	1,50 €
Lunch/Dinner out	200 CZK	7,40 €
Shower gel	50 CZK	1,85 €
Shampoo	70 CZK	2,60 €
Cinema	150 CZK	5,55 €

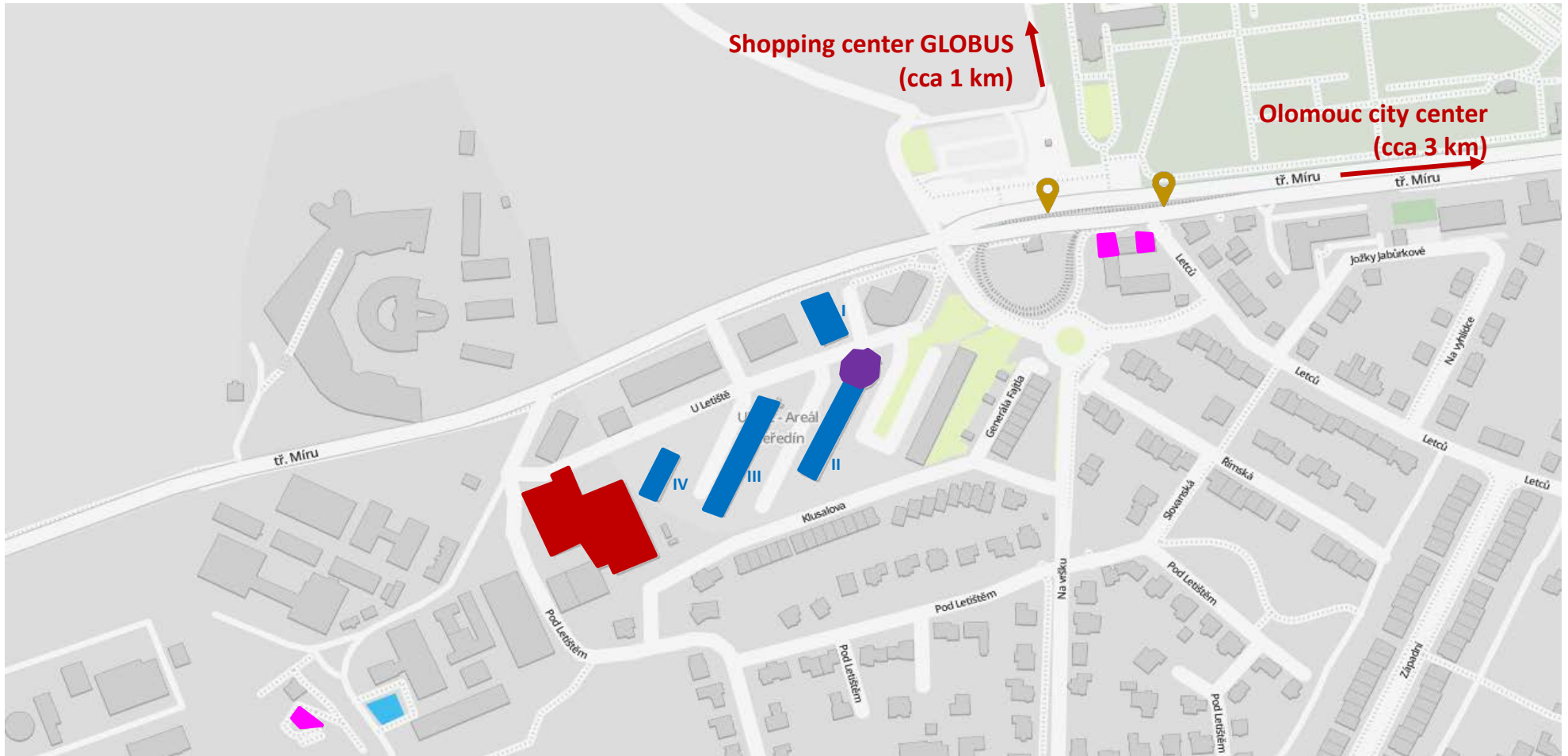
You can consult the [Numbeo](https://www.numbeo.com/) website to calculate the living costs city by city.

Do Not Forget

If you plan to come in the winter semester, bring warm clothes (the average temperature in January is -3 °C, but can also reach -12 °C and lower).



Campus Vicinity Map



 Dormitories I-IV 

 Accommodation office 

 BALUO Application Center    

 Bus stops 

 Bistro/Bar    



Map of Olomouc



WHAT TO SEE IN OLOMOUC



Fort Science

Interactive Science Centre Of Palacký University Olomouc

- 10 interactive exhibits
- 4 main exhibition
- digital planetarium
- quizzes, puzzles & logical tasks
- a giant model of the brain and the eye
- gyroscope - trainer for pilots and astronauts
- science as arts
- chemistry experiments

Entrance: Adult 95 CZK

<https://www.pevnostpoznani.cz/english/>



Svatý Kopeček

“The Holy Hill” is a popular excursion and pilgrimage site which is only eight kilometres from the centre of Olomouc City. The Church of the Visitation to the Virgin Mary is the most prominent feature of the location which offers the most spectacular viewpoint of Olomouc region.

Free Entrance

<http://www.svatykopecek.cz/FixPage.asp?ID=143#mid>



Veteran Museum

This unique museum offers a historical exhibition of authentic vintage cars and motorcycles (Mercedes Benz, BMW, KdF) mostly from the 1930s and large amount of accompanying period artefacts.

Entrance: Adult 50 CZK

<http://www.veteranmuseum.cz/en>



ZOO Olomouc

Beautiful ZOO full of animals from all over the world, which is situated in the area of Svatý Kopeček and therefore is very easy to reach by bus.

Entrance: Adult 110 CZK

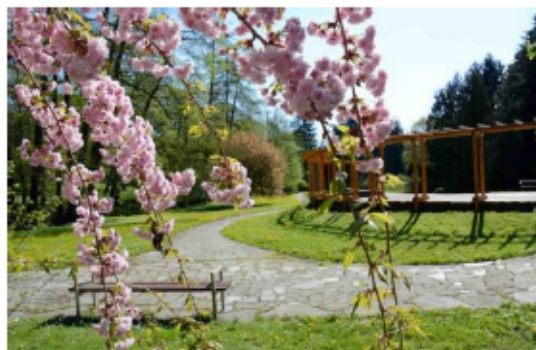
<https://www.zoo-olomouc.cz/mapa-zoo>

Botanical Garden, Rose Garden & Garden of the Senses

These unique historical parks, four exhibition halls, greenhouses, botanical garden and Rosarium are situated in the heart of Olomouc. The botanical garden in Berzuč Parks offers the greatest variety of foreign plants and Rosarium nearby provides a beautiful place to relax and enjoy the summer weather.

Free Entrance

<https://www.flora-ol.cz/vystaviste-flora-olomouc-en>



Cinemas in Olomouc

There are two big and modern cinema complexes in Olomouc (CineStar in OC Olomouc City and Premiere Cinemas in OC Šantovka) and one smaller but very cosy cinema right in the city centre (Kino Metropol). Olomouc also has a Summer Cinema, where you can watch movies under a starry sky.

<https://letnikinoolomouc.cz/>



Church of St. Michael

One of the most beautiful Baroque churches (built in 1707) in Olomouc has a free access to the tower, from which you can enjoy a magnificent view of the whole Olomouc.

Free Entrance

<http://www.svatymichal.cz/en/>



Poděbrady Olomouc

This natural outdoor swimming spot is very popular for relaxing atmosphere and wonderful nature.

There is also a nice pub where you can enjoy the view while having a couple of beers.

Free Entrance

<http://www.olomouckepodebrady.cz/>