



Student Handbook 2025



Charles University in numbers

17	faculties in 3 cities (Prague, Plzeň, Hradec Králové)
More than 54 300	students (33 900+ of whom are women)
More than 9 000	employees
More than 11 400	international students
More than 6 000	doctoral candidates (PhD students)
More than 4 000	academic staff
More than 1 100	research staff
Almost 1 000	study programmes
More than 350	international study programmes
More than 900	students with specific needs
17	dormitories
10	dining halls
More than 70 000	applications to all study programmes (2024)
More than 2 000	students arrived at CU under the Erasmus+ Programme (in one year)
More than 9 000	graduates per year
More than 1 100	lifelong learning courses
246th place	in the QS World University Rankings

You are at the right place!



Professor Milena Králičková
Rector of Charles University

M. Králičková



Dear students,

By enrolling at Charles University, you have become part of the largest, oldest and most varied academic community in the Czech Republic. I appreciate the fact that you chose our university, which offers a huge variety of subjects and therefore numerous possibilities for knowledge and later opportunities. **I sincerely welcome you!**

We enter this academic year with a new university slogan: **Bridging centuries, creating the future since 1348**. This claim expresses both the impressive history and tradition of the University and its leading position in our educational space. Now every one of you is part of this future, part of a vast team including students, academics, and scientific researchers.

Charles University is not just a school: it is a concept, it is a community, and it is a driving force. Together, we look to uphold human rights, justice, equal opportunities, sustainable development, as well as health and education. We conduct cutting-edge research, including some unique fields. Help us build a community that **makes the world a better place**.

You will have the opportunity to study and travel (including to other European universities, such as Sorbonne and Heidelberg, within the 4EU+ partner alliance). Challenges will arise, but we are responsible and care for your psychosocial well-being – we care about each and every one of you. Support is always within reach and you are never alone.

I hope you are able to fulfil all your dreams while studying at our school.

Welcome to university life!

You met the admission requirements at Charles University and — by enrolling in your studies — you have officially become a university student. **What's next?**



↑ more information ↑

What happens after you enrol?

You can find the **most complete information** about your studies at the faculty website. Find out who your student advisor is – they will assist you with specific questions. After the enrolment, you need to order your Charles University student **ID card** via the Student and Employee Identity Card Portal or obtain it at the Card Service Centre.

What are the benefits of your student ID?

Your ID is official proof of your affiliation with Charles University. You can also obtain an ISIC or Alive licence, which entitles you to many student discounts both in Czechia and abroad. This useful card has its own barcode and can be topped up with credit. It can be used for payment in dining halls or faculty copy centres. Additionally, you can use it as a library card or to get a discount on your transit pass.

How do I get my login credentials for Charles University systems?

Whether you need to order your student ID card in the Student and Employee Identity Card Portal or register for courses in the Study Information System (SIS), you can log in to any university system using the personal number sent to you. The password for logging in is the same as the one you used to access SIS during the admission process.

Is it hard to connect to the internet and Wi-Fi?

Charles University is part of the eduroam (Education Roaming) Wi-Fi network, which includes many universities and various educational and cultural institutions, bureaux as well as train stations and healthcare facilities, all around the world. One connection is all you need to access any eduroam network! All Charles University students can activate their connection at → cas.cuni.cz after setting up their password using the → personalnumber@cuni.cz; detailed instructions for connecting and setting up your computer or phone can be found at → eduroam.cuni.cz/en.

Study basics 101

- Make sure you always meet all the requirements to enrol in the next semester.
- Keep track of your credits!
- Double-check exam dates, including resits!
- Make sure you fulfil the conditions for repeated enrolment in subjects.
- Complete your state final examination (or defence of your final thesis)!
- Keep in mind that extending the maximum study duration allowed is not an option.

Supercharge your student experience

- Apply for a Buddy or find a local friend. Czechs are nice people!
- Sign up for the Onboarding Course for International Students in SIS.
- Follow the student newsletter and faculty/university websites to keep up with developments!
- Join a student association, sport club, choir, or orchestra. Have fun!
- Keep in touch with your student advisor and professors. Don't ghost them!
- If in doubt, ask for advice or help at the faculty or rectorate. It's free!

Termination of studies...

means you will lose all benefits connected with them. This applies in the following cases: when you complete your studies, if you decide to discontinue them, or if your studies are terminated for failing to meet academic obligations. All situations related to studies are covered in the Higher Education Act, internal regulations of Charles University and individual faculties, especially the Study and Examination Regulations of Charles University and the faculty-specific Organisation Rules.

Reliable sources

- At university, you will need access to a wide range of academic literature. Luckily, Charles University libraries offer not only books, journals, and other texts for your use but also a wide range of online electronic resources, accessible from anywhere.
- It's easy to get started!**

UKAŽ → Everything in One Place



You can search for both **books and journals** at CU libraries, as well as electronic journals, e-books, articles, final theses (dissertations) and other academic information available at Charles University, all in one place: our central discovery service **UKAŽ** (ukaz.cuni.cz/en).

UKAŽ enables direct management of your user account: tracking and extending loans, making requests (reservations) for books, exporting citations, saving search records for later, and much more. All you need to do to become a **registered user** is fill out an e-application.

If you're more interested in specific databases available online (electronic information resources, e-resources, or ER), you'll appreciate the **CU eResources Portal**. You'll find an overview of available databases there, which you can filter alphabetically, by field of study or by faculty. Records from the Portal can also be found in **UKAŽ**. Most e-resources can be accessed from home via UKAŽ and the eResources Portal – the only thing you need is a valid password for the CU Central Authentication Service, or 'CAS.'

→ Where to look: ukaz.cuni.cz/en, eresources.cuni.cz

→ STUDY ROOM

You can find a calm and comfy place to study at Centrum Krystal – José Martího 2/407, Prague 6 – Veleslavin. Open 24/7, eduroam, wifi, 20 study places.



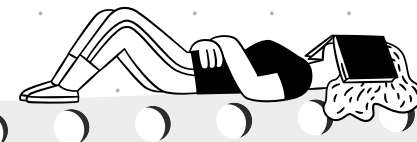
↑ You can also use the **Study Club Celetná** for your studies

→ HOW TO REGISTER FOR LIBRARIES

To take advantage of all the services of Charles University libraries and manage your user account, you will need to register online. Registration for all CU libraries is done by filling out an e-application. You need to have one of the CU identification cards (you'll log in using your personal CU number found on your card and a valid password for CAS).

→ Where to look: library.cuni.cz/e-application

"CUNI" → Button in Databases



If you come across this icon →  or a link with the text **"CUNI link"**, feel free to click on it. This service will determine if you can access the full text of a specific article or book. Please note: resources marked "Only for..." are only available to members of respective faculties or units of CU. Upon clicking, a list of links will appear where the document can be opened. If the text isn't available for Charles University, a link to a list of libraries at CU will appear. Choose your library and express your interest in the document – the library can either purchase it or obtain it from another library in the Czech Republic or abroad. Don't hesitate to ask.

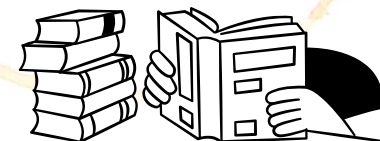
- If something isn't working or you have a question about electronic information resources, write to: admin-eiz@cuni.cz
- You can find more information at library.cuni.cz/services/electronic-resources/, on our Wiki, link.cuni.cz/library-wiki or read a [Practical Guide to the ER at CU](#)
- You can also follow news from the world of electronic information resources on Facebook [@eizuk](https://www.facebook.com/eizuk). And don't forget to check the social media and websites of CU libraries for up-to-date information about the library you plan to visit.

→ FACULTY AND OTHER UNIT LIBRARIES

At Charles University, you have access to numerous libraries that offer a wide range of services – printed books, copying, group and individual study rooms. In some, you can borrow board games, in others anatomical models! Each faculty has at least one library covering specific subjects. All of these can be used with a CU card and a completed e-application.



← **List of libraries, contacts, and websites**



The pure excitement of sport

Ancient Greeks emphasised the importance of balance between the mind and the body. After a long lecture or a tough exam, you may want to hit the track or cool off in the pool. Whether you aim to stay fit, challenge yourself, or explore a new sport, **CU offers a wide range of options.**



For the latest public entrance fees and pool hours, please call:

→ tel.: +420 272 082 235 ←

→ PRAGUE

→ The **CU Sports Centre** in Hostivař, spanning nearly seven hectares, is situated on Bruslařská Street in Prague 15. It boasts a wide array of sports facilities, including an indoor swimming **pool**, a multipurpose **hall** for indoor sports, a **gym**, a **sauna**, outdoor **athletic fields**, **tennis** courts, **football** and **softball** fields, and more. While these facilities primarily serve the physical education needs of Charles University students, they are also open to extracurricular activities through affiliated clubs.

→ Additionally, the Faculty of Physical Education and Sport at Charles University **rents** out specific sports facilities, providing opportunities for **tennis**, **basketball**, **football**, or **table tennis**. The Centre for Sports Activities for Physically Challenged Students at the Faculty of Physical Education and Sport offers **special equipment** and **assistants** for selected sports.

→ The same faculty's **boathouse** on Vodácká Street (in Prague's Troja) features a whitewater slalom course and a climbing wall.

→ HRADEC KRÁLOVÉ

→ In Hradec Králové, two faculties — the Faculty of Medicine and the Faculty of Pharmacy — encourage students to explore activities such as **yoga**, ice **hockey**, **skating**, weight **training**, **tennis**, and **floorball**. They also offer options like **canoeing**, **lacrosse**, and **wall climbing**. As in other locations, the faculties' departments of physical education can provide guidance. Further activities are organised by faculty or university sport clubs and student associations.

→ PILSEN

→ The Faculty of Medicine in Pilsen, Charles University, offers numerous sports opportunities, including **squash**, **volleyball**, **floorball**, **futsal**, **football**, **aerobics**, **tennis**, **basketball**, and even **badminton**.

→ OTHER LOCATIONS

→ For individual or organised stays, CU offers several sports and recreational centres, including **Albeř**, **Dobronice**, **Horní Poříčí**, **Špindlerův Mlýn**, and **Pec pod Sněžkou**.



↑ more information ↑



The Rector's Sports Day at Charles University is a hugely popular event always held in May.

Charles University offers **accommodation for its students** at 11 residence halls **in Prague**, three **in Pilsen**, two **in Hradec Králové**, and one **in Brandýs nad Labem**. You probably already know where you will be living during your studies, but do you know where you will find your fellow students?

Residence Halls in Prague:

Jednota Dormitory → Opletalova 38, Prague 1
 Budeč Dormitory → Wenzigova 20, Prague 2
 Švehlova Dormitory → Slavíkova 22, Prague 2
 Jižní Město Dormitories → Vltava Dormitory → Chemická 953, Prague 4
 Jižní Město Dormitories → Otava Dormitory → Chemická 954, Prague 4
 Na Větrníku Dormitory → Na Větrníku 1932, Prague 6
 Hvězda Dormitory → Zvoničkova 5, Prague 6
 Kajetánka Dormitory → Radimova 35/12, Prague 6
 Komenského Dormitory → Parlérova 6, Prague 6
 17. listopadu Dormitory → Pátkova 3, Prague 8
 Hoštiřský Complex Dormitory → Weilová 2, Prague 10

Residence Halls in Pilsen:

Bolevecká Dormitory → Bolevecká 34, Pilsen
 Heyrovského Dormitory → Heyrovského 5, Pilsen
 Šafránkův pavilon → alej Svobody 31, Pilsen

Residence Halls in Hradec Králové:

Jana Palacha Dormitory → Palachova 1137, Hradec Králové
 Na Kotli Dormitory → Na Kotli 1147, Hradec Králové

Residence Hall in Brandýs nad Labem:

Nová Dormitory → Kralovická 1425, Brandýs nad Labem

**Housing Assistants
will help you solve
issues at the dorms.**



Find easily the address of the **nearest canteen** where you can get **delicious** and **healthy** food at a **reasonable price**.

Canteens in Prague:

Faculty of Law Canteen → Náměstí Curieových 7, Prague 1
 Arnůš of Pardubice Canteen → Voršilská 1, Prague 1
 Budeč Canteen → Wenzigova 20, Prague 2
 Kajetánka Canteen → Radimova 35/12, Prague 6
 Troja Canteen → Pátkova 3, Prague 8
 Jednota Canteen → Opletalova 38, Prague 1
 Malostranská Canteen → Malostranské nám. 2/25, Prague 1

Canteens in Pilsen:

UniMeC Canteen → alej Svobody 76, Pilsen
 (this canteen is not operated by Charles University Dormitories and Refectories, but directly by the Faculty of Medicine in Pilsen)

Canteen in Hradec Králové:

Na Kotli Canteen → Na Kotli 1147, Hradec Králové

Other catering facilities:

U Rotlevů cafe → Kamzíkova 4, Prague 1
 Distrubution point HTF → Pacovská 350, Prague 4
 Distrubution point Hvězda → Zvoničkova 1927/1
 Centrum Krystal → José Martího 407/2
 Distrubution point Jinonice → U Kříže 10, Prague 5
 Distrubution point LF Hradec Králové → Šimkova 870, Hradec Králové



← **Find out more
about dormitories
and canteens online!**

**Charles University
aims for sustainability in its
dormitories and canteens:
it focuses on recycling
as well as cutting down
energy and water waste.**



Popular places to eat

The offering of both vegetarian and vegan meals in our canteens

and distribution points is now standard, and is constantly expanding. The interest in meatless dishes, not just among students, is steadily growing. Meatless meals reduce CO₂ emissions and thus align with the principles and goals of sustainability to which Charles University is committed. Treat yourself to a tasty and healthy meal, which you can also take away in **reusable, eco-friendly containers!**



PRÁVNICKÁ CANTEEN

Náměstí Curieových 7, Prague 1

In all canteens, including this one, you will find vegetarian and vegan meals in addition to meat-based options and dishes from international cuisines. These are prepared by chefs, who have a rotating schedule across all the canteens. You can look forward not only to pizza, but also gyros and quality sushi.

TROJA CANTEEN

Pátkova 3, Prague 8

This canteen has been making its own pizza for two years now. Given that this Italian delight has become a great success, there are plans to expand its production to other canteens.



ARNOŠT OF PARDUBICE CANTEEN

Voršílská 1, Prague 1

Just a short walk from the National Theatre and within walking distance of several faculties, you can enjoy Czech and international cuisine, as well as vegan food. Here, it is standard to have the option to take your meal away or to dine without a prior reservation. You can drop in any time of the day. There is also a cold kitchen available, offering sandwiches, desserts, and more.



U ROTLEVŮ CAFÉ

Kamzíkova 4, Prague 1

The café is located just a few steps from the historic halls of the Carolinum! It offers seating not just after your matriculation, but throughout the year — with a peaceful garden area available in summer, just a short walk from the Old Town Square. You can choose from a selection of drinks, desserts (including gluten-free options), salads, or lunch menus.

NA KOTLI CANTEEN

Na Kotli 1147, Hradec Králové

Even in this Hradec Králové canteen, you'll find many options — the local salad offerings have been expanded and, once again, vegan dishes are available. After all, who else than local medical students should prefer a balanced and healthy diet, right?



↑ Information about dining not only in canteens but also in distribution points or buffets can be found [here](#).

Did you know that opting for plant-based proteins instead of beef in chilli reduces the amount of greenhouse gasses 12-fold?

Each such swap saves an amount of CO₂ emissions equivalent to charging your phone 700 times!

"The goal of our canteens is to provide attractive food based not only on quality taste but also on nutritional and dietary values. We've undergone a truly revolutionary change: of course, you can still enjoy Czech classics, but we also host weeks featuring cuisines from various regions, such as Italy, Greece, or Mexico," says Petr Svoboda, the head of Charles University canteens. The canteens also produce their own sandwiches, desserts, and lemonades.

Charles University Rectorate
Ovocný trh 560/5, Prague 1

Catholic Theological Faculty

1. Thákurova 676/3, Prague 6

Protestant Theological Faculty

2. Černá 646/9, Prague 1

Hussite Theological Faculty

3. Pacovská 350/4, Prague 4

Faculty of Law

4. nám. Curieových 901/7, Prague 1

First Faculty of Medicine

5. Kateřinská 32, Prague 2 (Dean's office – the faculty also has workplaces in five Prague hospitals)

Second Faculty of Medicine

6. Šimůnkova 4/1596, Prague 8
7. Budínova 2, Prague 8
8. U Vojenské nemocnice 1200, Prague 6
9. V Úvalu 84, Prague 5
10. Plzeňská 130/221, 311
11. U Nemocnice 3, Prague 2
12. Bruslařská 10, Prague 15

Third Faculty of Medicine

13. Ruská 2411/87, Prague 10
14. Ruská 2200/91, Prague 10
15. Šrobárova 48/49, Prague 10
16. Šrobárova 1150/50, Prague 10

Faculty of Medicine in Pilsen

17. Alej Svobody 31, 76, 80, Pilsen
18. Bolevecká 30-32, Pilsen
19. Lidická 4, 6, 8, Pilsen
20. E. Beneše 13, Pilsen

Faculty of Medicine in Hradec Králové

21. Šimkova 870, Hradec Králové
22. Nezvalova 265, Hradec Králové
23. Na Hradě 91, Hradec Králové
24. Zborovská 2089, Hradec Králové
25. Sokolská 851, Hradec Králové
26. Záměstí 683, Hradec Králové

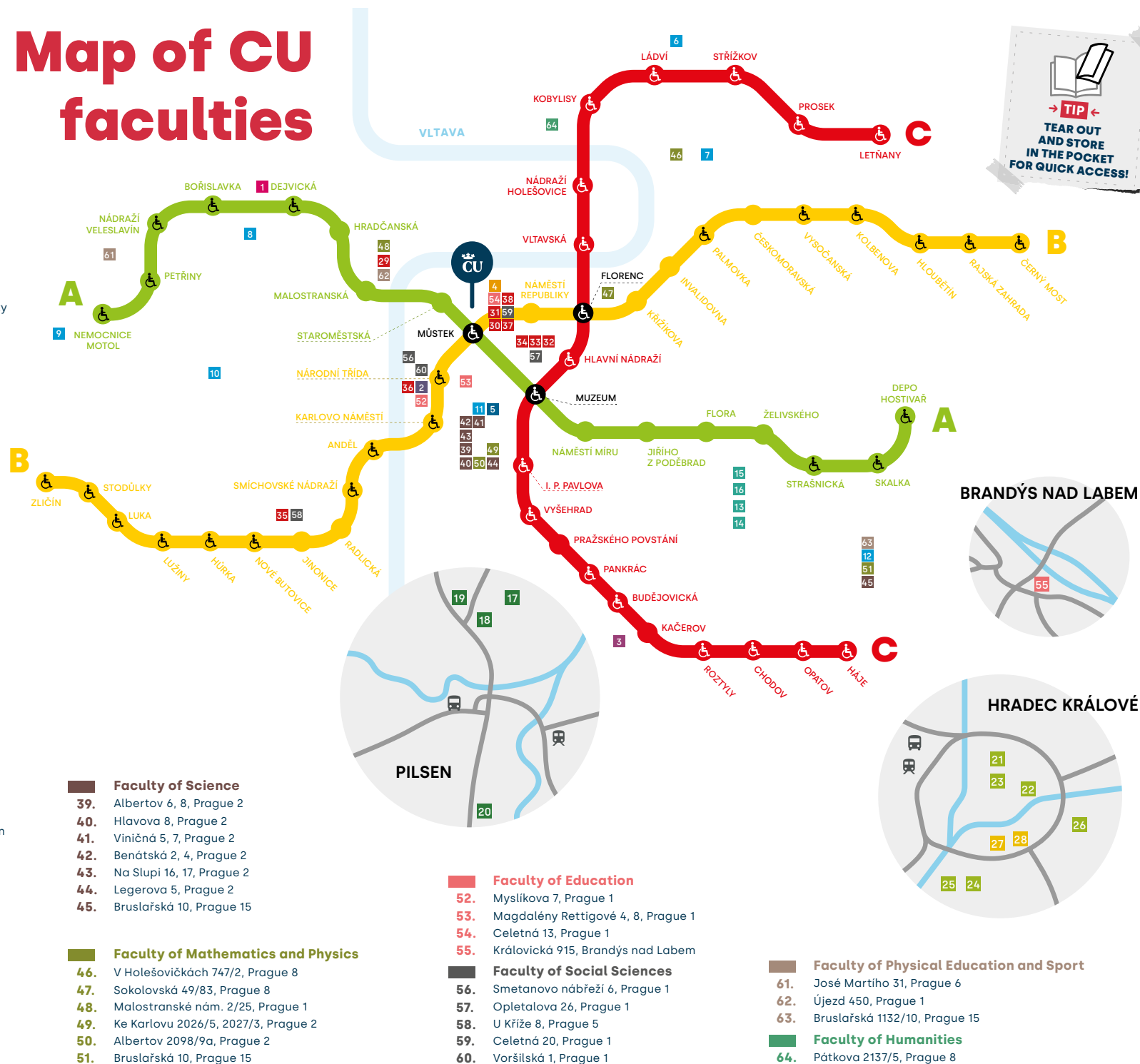
Faculty of Pharmacy in Hradec Králové

27. Akademika Heyrovského 1203, Hradec Králové
(Additional facilities are also used in collaboration with the Faculty of Medicine in Hradec Králové)
28. Botanická ulice, Hradec Králové

Faculty of Arts

29. Josefská 6, Prague 1
30. nám. Jana Palacha 1/2, Prague 1
31. Celetná 13, Prague 1
32. Hybernská 3, Prague 1
33. Malé nám. 1, Prague 1
34. Panská 7, Prague 1
35. Celetná 20, Prague 1
36. Voršílská 1, Prague 1
37. Na Příkopě 29, Prague 1
38. Revoluční 26, Prague 1

Map of CU faculties



Learn Czech with experienced teachers

Teaching Czech as a foreign language is our specialty at the **Institute for Language and Preparatory Studies of Charles University (CU ILPS)**, a dedication we've upheld for nearly 70 years. We offer diverse Czech courses with varying lengths, intensities, and focuses. As the only full member of the Association of Language Testers in Europe (ALTE) in the Czech Republic, we provide internationally recognised exams

Experience our **advanced teaching methods** and resources that adapt seamlessly to your language level. Enhance your pronunciation through **specialised phonetics lessons** and enjoy **interactive learning** with online tools and whiteboards that bring excitement to your learning journey.

for Czech as a foreign language. We offer **Czech courses for all levels from A1 to C1**. Tailored to your needs, you can choose **study periods from two weeks to one year**. Choose **from in-person or online classes** with flexible scheduling. Our course types range from intensive and individual to evening classes, exam preparation, summer courses, and beginner options.



Placement tests to determine the right language group for you. You can study **in person at our Prague centre** in Voršilská Street, in the Krystal centre near Nádraží Veveř metro station, or online.



→ LANGUAGE — STUDY — CAREER ←

→ Want to **assess your language skills in Czech or English**? Our internationally recognised exams are ideal for academic, work, residency, or citizenship purposes both in the Czech Republic and overseas. We're a proud **member of ALTE**, ensuring top-notch language testing quality.



HOW JOEY FROM THE SWAMPS BROUGHT BENEC TO PRAGUE

*"By pure coincidence I found the song **Joey from the swamps** (Jožin z bažin) on the internet and I unexpectedly developed a strong liking for the song. This journey eventually led me to an internship at the Institute of Language and Preparatory Studies at Charles University, where I have been working for nearly a year," says Bence Bolla, a graduate in Czech Studies from Budapest.*

CU Point

**INFORMATION, ASSISTANCE,
DEVELOPMENTAL AND SUPPORT SERVICES
FOR STUDENTS ALL IN ONE PLACE**



A **successful student is a satisfied student**: that is a principle embraced by Charles University. At CU Point, we provide a comprehensive range of services for students (and not just), fostering academic, professional, and personal development.

CU Point includes

the CU ID Card Centre, Carolina Centre, International Student Hub, Volunteer Centre, Career Centre, Resilience Centre, and Information Centre.

- **CU Onboarding course** will help you adapt to the new environment, navigate your academic responsibilities, and keep track of important things happening around you.
- Join us for the **International středa, mezinárodní Wednesday** events happening every week at Kampus Hybernská plus once a month in Hradec Králové and Pilsen. Organised by our Student Ambassadors.
- Join our team of **Student Ambassadors**! Represent CU on a global scale and help others to make their stay here truly memorable.
- Get a **Buddy**, your trusted local guide, and explore the city and university together! Ask **Housing Assistants** for help when facing difficulties at the dorms.



- Not sure where to ask? We are the place where you'll **find answers to all your questions** and get your **student ID card** (and ISIC).
- We ensure your studies run smoothly; we **support you** in challenging life and psychological situations – from fulfilling academic obligations, to helping with your career and personal growth.
- We support student activities within student associations and volunteer initiatives. Want to get involved and try something new? **Let us know!**
- We hold dozens of **seminars and other events** each year, whether it's about developing theoretical knowledge and practical skills, strengthening mental and physical resilience, or taking care of your well-being.
- **Sustainable development**, equal opportunities, and a safe environment are our key values.
- Most of the **CU Point services** can be found at Celetná Street 13, right in the centre of Prague. You can find out when and where to reach us on our website.

CU Point
Celetná 13
Prague 1

Phone: +420 224 291 850
E-mail: info@cuni.cz
[Web ↓](#)



Want to stay informed?
Follow us on Instagram
or subscribe to our newsletter

We are here
for you!

Helping students in need

Should you find yourself in a difficult financial situation, don't hesitate and contact us for help. We can provide information about scholarships available at CU and contacts to foundations where it is possible to apply for financial aid.



"I come from a large family and my parents cannot afford to support me financially while I study. The Carolina Centre gave me advice on where to apply for help. When I was writing my thesis my laptop broke, they lent me one I could use instead," CU student Jana says.

Additional Counselling for Students

Students who find themselves in financially challenging situations can utilise socioeconomic counselling to gain information about support from various foundations and can also subscribe to information about part-time job opportunities within or outside of Charles University.

Carolina Centre
Celetná 13
Prague 1

E-mail: centrumcarolina@cuni.cz
Web: centrumcarolina.cuni.cz/en

Phone:
+420 224 491 850
+420 224 491 896

→ STUDENTS WITH SPECIAL NEEDS ←



If you are among students with **special needs** (including those with psychological difficulties, specific learning disorders, or hearing, physical, visual, or other disabilities), you can access various services, the details of which can be found at the **Carolina Centre's website**. It is advisable to register by October 31 of the current year (but it can be done at any time during your studies). The brochure "Guide to Studying with Special Needs

at Charles University" (available for download on the Carolina Centre website) contains many useful tips and information about studying or the current state of accessibility in the main buildings and facilities of Charles University. If you decide to **study abroad**, you can also receive a scholarship for additional expenses associated with your studies through the Erasmus+ programme.

Psychological First Aid

For first-year students, it sometimes takes a while to get into the groove, to find a comfortable learning style, organise tasks, or learn how to cope with occasional setbacks or failures. Don't worry, at Charles University we've got your back. You are not alone!



APPS

→ Don't Panic
→ Psychological First Aid
Download for Android and Apple



"My girlfriend broke up with me before the examination period. When the stress and anxiety of exams were added to it, I lost my footing and felt like I couldn't handle it. Psychological counselling at CU Point Counselling Services helped me through this difficult time," says Adam, explaining how he found help.

COUNSELLING ROOMS AT CU FACULTIES

Various specialised counselling centres at individual faculties of Charles University also offer help. Their services are primarily intended for students and persons from the faculties concerned, but sometimes they can also be used by people from other parts of CU by appointment. Counselling is free of charge.

List of faculty counselling centres in the Counselling Services section

ukpoint.cuni.cz/IPSCEN-313.html



CU POINT COUNSELLING SERVICES

These counselling services are for students across Charles University, regardless of faculty. You can reach out to them for anything that is troubling you, whether it is a matter relating to your studies, finances or interpersonal relationships. Our experts will do their best to provide support and help. Consultations are one-on-one and services are free.

Information and online booking of appointments

ukpoint.cuni.cz/IPSCEN-311.html

E-mail: counsel@ruk.cuni.cz



→ CRISIS AND PSYCHOLOGICAL SUPPORT OUTSIDE CU ←

E-MAIL SUPPORT

BLUE LINE

Web: www.modralinka.cz/english

E-mail: help@modralinka.cz

(you will receive an answer within 72 hours)

CRISIS SERVICE CENTRE

Crisis Intervention Centre, Psychiatric Hospital Bohnice

The centre offers immediate help without the need for an appointment (24 hours).

Adresa: Ústavní 91, Prague 8-Bohnice

Tel.: 284 016 666

→ FURTHER HELP FOR STUDENTS WITH PSYCHOLOGICAL DIFFICULTIES ←

Nevypust duši, z. s.

Website in Czech focused on mental health issues. Some information is available in English.

Tel.: 777 215 288 (working days 9–17 h)

E-mail: info@nevypustdusi.cz

Web: www.nevypustdusi.cz

Baobab, z.s.

Support for people suffering from psychological difficulties

Adresa: Pujmanové 1219/8, Prague 4 – Krč

Tel.: 731 146 433 (working days 9–15 h)

Web: www.baobab-zs.cz

Dostuduj.fit

The team of Fokus Praha, z.ú., provides support to people over the age of 16 who are experiencing psychological discomfort and are studying or living in Prague.

Tel.: 778 971 470

E-mail: info@dostuduj.fit

Web: www.dostuduj.fit

MEDICAL CARE AND HEALTH INSURANCE

CU students can find necessary medical care at our partner

AGEL – the biggest healthcare provider in Central Europe. Services of both general practitioners and dentists are available.

→ cuni.cz/UKEN-1621.html



Students coming to Czechia from non-EU countries are obliged to have comprehensive health insurance for the entire duration of their stay. In cooperation with Pojišťovna VZP (PVZP), Charles University offers a tailored product to ease the insurance process and provide high-quality, reliable health care coverage. All that with a student discount and additional benefits.

→ cuni.cz/UKEN-2105.html



Sustainability...



Green transformation, social justice, and economic stability are all important topics at Charles University and around the world.

The joint effort for sustainable development, which means harmony between societal progress and the environment, is based on the 17 UN Sustainable Development Goals. These comprehensive goals aren't limited to just taking care of nature and the environment. They also include questions about whether you're **eating healthily**, receiving a **quality education**, are provided access to modern technology, are not wasting resources, or whether you're **living well** in your city. Sustainable development affects all of us and every aspect of our lives. That's why we at Charles University have created a **Sustainable Development Strategy** and an **Action Plan** to help us achieve our shared vision. Join us in making the world a better place to live!



REUSABLE FOOD CONTAINERS

In order to reduce and prevent waste production, Charles University proudly offers reusable cups and food containers. You can pick them up at any canteen, just ask for a REkelímek or REkrabička. Together with plant-based meals this measure supports our sustainable development.

If you like giving things a second chance, head to the Gratis Market, where you can offer or take your clothes, books and household items for free.



COMPETITION

We annually announce the **Student Grant Competition for all students to support sustainable development at Charles University**. Show us that even a small change can contribute to a better world. You can submit projects related to innovations in student life, the academic environment, or the popularisation of sustainability.



... and safety for everyone

Equal treatment and **equal opportunities** are principles that Charles University clearly upholds, striving to help all students overcome any obstacles they may encounter. We've developed a methodology for addressing inappropriate behaviour, outlining what is considered inappropriate and how the university deals with it.

What else can be done for improvement? We're implementing measures to **balance academic** and **family life**, and we're also focusing on **gender balance** and the culture of the environment so that everyone at the university feels welcome — and safe. The Equal Opportunities Plan sets out a series of measures that Charles University has committed to in the coming years. These include **preventing bullying or sexual harassment** and eliminating prejudice and unconscious bias. Within the Charles University academic community, everyone is expected to treat each other with consideration and respect.

CARL AND GERTY CORI PRIZE

Learn about the Charles University Award for Contribution to Equal Opportunities — Carl and Gerty Cori Prize. It is awarded for significant activities that contribute to improving equal opportunities. **More info here** →



Our study environment matters – and we have the opportunity to influence it together.

Relationships built on **respect, consideration, and solidarity** are not a given; they are created by how we treat each other. If you ever experience inappropriate behaviour or find yourself in a difficult situation, you are not alone.

Charles University's ombudsperson, **Kateřina Šámalová**, offers confidential support to all students and staff.

"Sometimes all you need to do is calmly discuss things with an independent person. I will help you to find your way around what is happening and together we will find a possible way forward," she says. You can contact her by email (ombudsmanka@cuni.cz), anonymously via the [online form](#) or through the rectorate's registry office. Everyone has the right to feel safe in an environment where discrimination, bullying, humiliation or abuse of power is prohibited. And **each of us can help** to make this happen.

→ If you find yourself in a situation where your interests or legal rights are threatened due to inappropriate or unequal treatment, you can **turn to the ombudsperson**. We are here for you.



→ Learn more
about sustainability
at Charles University



For inquiries or ideas, contact
→ sustain@ruk.cuni.cz ←



Connect online!

More people than ever use social media! At CU you'll find lots to love across its social networks. **Don't miss out and be sure to follow and share!**



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Connect with our thriving community! Join over one hundred thousand of our followers on the professional network LinkedIn. Remember to also **follow individual faculties** at their own accounts online.

WE LOOK FORWARD TO MEETING YOU!

International Středa, Mezinárodní Wednesday:

→ ukpoint.cuni.cz/IPSCEN-267.html

Series of regular gatherings where international and local students from across the faculties mingle.



CU Onboarding course for international students:

→ ukpoint.cuni.cz/IPSCEN-296.html

How to navigate the university structures and make the most out of all the available opportunities? How to find support when needed? This course offers answers and useful resources so you can easily adjust to the new environment, focus on studies, and enjoy your stay here. Look for the course in SIS under the code JZO001, organised by the Faculty of Social Sciences (yet available to all).



CU Student Ambassadors on Instagram:

→ www.instagram.com/ambassadors_cu

Freshest news from the student community and student associations including event invitations. Informal channel for our global citizens.



CU@CU

CU Point, International Student Hub team:

→ ukpoint.cuni.cz/IPSCEN-310.html

