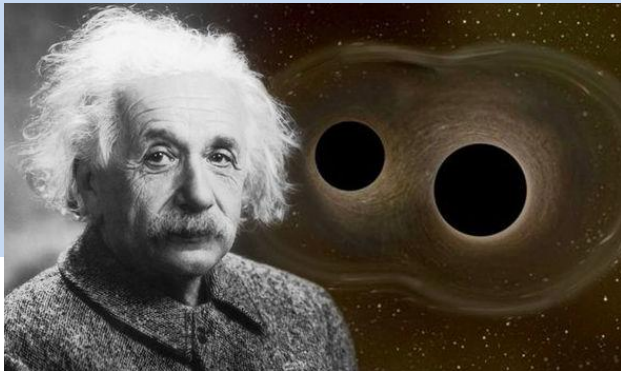


„In the middle of every difficulty
lies opportunity.“



Albert Einstein

INTRODUCTION

1. Tutors/coordinators for 1st and 2nd year

Tutor/coordinator in EP

1st year:

PhDr. Zlata Pražanová, MBA
Centrum of Telemetric Medicine(CENTESIMO)
Main Building, 1st floor
Land line(office): 585632711
zlata.prazanova@upol.cz



1st and 2nd years:

Běla Erdösová, MD, PhD
Department of Histology and Embryology
Annex building, 3rd floor
Land line (office): 58 563 2254
bela.erdosova@seznam.cz
+420739905557

The documents

Precise information regarding:

- Long-term residence permit
- Long-term visa
- Biometric data
- Health insurance (EU and NON-EU citizens)

All the up-to-date and necessary information will be provided by our excellent registrars.

Theft or loss of documents (pocket-picking, shop-lifting etc.)

- Biometric card – **theft**
 - notification to Česká policie/Czech Police or Městská policie/City Police, - the same if it happens abroad),
 - afterwards to OAMP – **a police record required!**
- Biometric card – **loss**
 - only to OAMP (you will fill in a form specifying if it was a loss or a theft)

In both cases: biometric data will be retaken the same day of the notification at OAMP–Přerov without an appointment (new card - **for a specific fee !**)

Watch your stuff!

If something like this happens - contact a tutor - ASAP!!!

Theft or loss of other documents

(credit card, ISIC, passport, etc.)

Credit card - block your bank account!

ČSOB – 495 800 111

Česká spořitelna – 800 207 207,

ISIC - through registrars,

Passport – through your embassy in Prague, OAMP,

Always carry your biometric card or passport (copy?).

ISIC **is not** ID outside university.

Municipal fee for the waste management

You have received a partially completed form –
“Announcement”

- if you arrived in September 2021 - **272,-CZK** (proportional amount of the annual fee)
- the annual fee for 2022 – **816,-CZK** (may be changed in 2022)

Municipal fee for the waste management

A private apartment:



Announcement of Municipal Fee for the waste management system of collection, transport, sorting, treatment and disposal of municipal waste in the City of Olomouc for persons with residency within the City of Olomouc (Municipality of Olomouc, Economics Department, Office of Municipal Fees)

	beginning of fee obligation	date: ²
	change of data relevant for the fee obligation	date: ²
Reporting ¹	end of fee obligation	date: ²
Reason for fee:	permanent residency of a Czech citizen	
	granted permanent residency of a foreigner	
	granted temporary stay of a foreigner for more than 90 days	
	temporary stay of a foreigner in Olomouc for more than 3 months a foreigner with international protection or temporary protection status	
Surname:		
First name:		
Date of birth:	Personal Identification Number:	
Residential Address: ³	Street/number of the house	
	municipality, postal code:	
	additional contacts (telephone number, e-mail):	
Mailing Address: ⁴	Street/number of the house	
	municipality, postal code	

I declare all data complete and truthful:

Place and date of declaration:

Signature (legal representative):

¹ or the relevant variant

² state the initial date, i.e. the beginning of the residence permission

³ official address as listed in the ID documents

⁴ mailing address

Municipal fee for the waste management

You have received a partially completed form –
“Announcement”

You have two options:

1) to pay by bank transfer and bring the completed announcement and confirmation of payment to the Study Department

Municipal fee for the waste management

2) you will go personally to the office and pay cash in the Municipality Office:

- Palackého 14, 779 11 – First floor (v přízemí)
- Hynaisova 10

You will receive a written confirmation of payment **and you will keep it !!!**



No later than 31 May in the current year

Medical care

How to solve non-acute health problems?

- fever
- runny nose
- cough
- pain of different origins
- conjunctivitis
- allergies
- vomiting or diarrhea after a dietary mistake



Source: <https://www.google.com/search?q=urgentn%C3%AD+p%C5%99%C3%ADjem+p%C5%99%C3%ADjem&tbn=isch&ved=>
Downloaded: 13.9.2022

Usually do not require immediate ambulance transport to the emergency room.

Medical care

How to solve non-acute health problems?

- 1) Keep essential medicines handy
- 2) Take the medication you are used to or purchase medication from a pharmacy (CAUTION for allergies)
- 3) Don't overestimate, but don't underestimate the symptoms either.
- 4) Prevention is essential:
 - sleep
 - regular meals
 - appropriate clothing
 - sports and entertainment
 - hygiene-especially hand hygiene



Source: <https://www.google.cz/search?q=hypochondr&sxsrf=Ali>
Downloaded: 10.9.2022

Medical care

Basic diagnoses and medications -in Czech

- fever – **horečka**:
- runny nose – **rýma**: *nasal drops – (nosní kapky)*
- cough – **kašel**: *syrup, cough tablets – (sirup nebo tablety proti kašli)*
- pain of different origins – **bolest různého původu**: *painkillers (tablets, suppositories – (tablety, čípky)*

Medical care

Basic diagnoses and medications -in Czech

- conjunctivitis – **záněť spojivek**: *eye drops, ointments*
– (*oční kapky, masti*)
- allergies – **alergie**: tablets, ointments - (*tablety, masti*)
- vomiting or diarrhea after a dietary mistake or because of infection - **zvracení nebo průjem po dietní chybě nebo v důsledku infekce**: tablets – (*tablety*)

Medical care

Where to get over-the-counter medicines?

Main Pharmacy FNOL - University Hospital Olomouc



Source: <https://www.bing.com/images/search?view=de>
Downloaded: 10.9.2022

Medical care

General practitioners for English program students

Contact:

Only !!!! through the tutors (dr. Pražanová, dr. Erdösová)

Specialists:

Depends on type of Health Care Insurance - as part of insurance or direct payment.

Ask the tutors (dr. Pražanová, dr. Erdösová) for help.

Medical care

Acute condition, situation, injury, sudden illness

Emergency Income Department



building A



155

112

Medical care - regular use of medication

If you suffer from any **health problems**, **chronic illness** and take **medications regularly** don't be afraid to admit it during a medical examination at the Occupational Medicine Clinic at FNOL

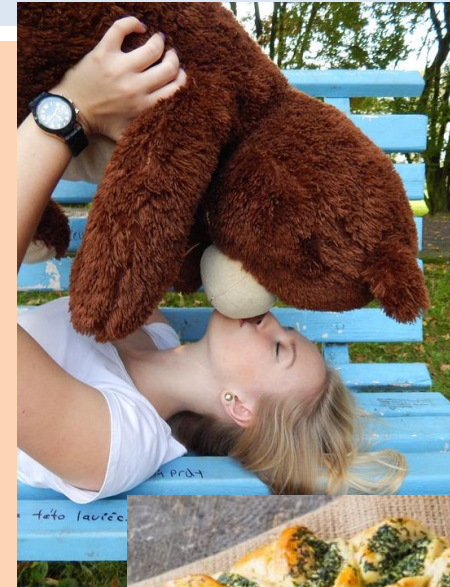
Make sure:

- that you have a sufficient supply
- that you have contact with your specialist
- that you have the option of having your medicine prescribed by your specialist
- that the medicine can be sent from your home country



Packages, shipments

How to receive your **beloved Teddy Bear**
Mom's great cake, **favorite book**
or **warm clothes** without any problems?



Packages, shipments

Follow those instructions

- 1) the content of the consignment **must not** be marked as a gift (it is subject to customs clearance and must be paid) but as personal belongings, things needed for study
- 2) request that the accompanying documentation will be sent electronically from the sender (from parents, relatives) to you
- 3) wait for notification - delivery of the shipment to the customs office, will be probably in Czech language –
DO NOT IGNORE IT!

Packages, shipments

Folow those instructions

4) confirm that the shipment is for you and that you accept it – ASAP. **If not, the shipment is going to be send back to sender within 21 days.**

- 5) for confirmation you need in electronic form:
- passport scan (page with photo and number, validation, etc.)
 - certificate of study

If you do not know what to do from point number 4, ask for help. Whom?

Your tutor!

Packages, shipments

Confirmation

EMS item number: EG663453984JP 郵便局

送り先住所番号: E07281218

郵便番号: 233-0015 JAPAN

国名: Czech Republic

郵便番号: 77900 Olomouc 9

内容品の詳細な記載: scaff scaff
SKLA VIA K VYCLENI

内容品の数値: 1
内容品の価格: 14,000 Yen

内容品の日本円換算合計 (円): 14,000 Yen

KONTROLA NITG
19-12-2018
Mino Furukawa
DŮVOD DOVOZU

* EG663453984JP *

Packages, shipments

AVIZO – oznámení o příchodu zásilky – do not ignore it, please!!!!

OZNÁMENÍ O PŘÍCHODU ZÁSILKY ZE ZAHRANIČÍ Datum: 07.03.2019

byť č. 10

[Redacted]

MRN	19CZ650000I8KWDLS5
Skladové číslo	B24720219
Podací číslo	CD368132263JP
Druh zásilky	[Redacted]
Odesílatel	[Redacted]
Obsah	[Redacted]
Hmotnost	[Redacted]
Přílohy	[Redacted]
Poznámka	[Redacted]

nocho 32 162 06
metika

How to address your teachers?

- Based on academic degrees or degrees obtained after graduation (Dr.)
- Profesor - professor
- Docent (associate professor) - professor
- Odborný asistent (senior lecturer/assistant professor) - doctor

- **NEVER CALL A TEACHER BY THEIR FIRST NAME**



How not to get into unnecessary trouble

- Do not waste allowed absencies,
- Ask teachers for the specification of rules in the practicals,
- The inner rules can differ depending on the dpt., particularly in the subjects with labs (biology, chemistry),
- Classes are mandatory, substitutions allowed with the excuse beforehand (more complicated in dpt. with labs),

Do not hesitate to **ask**, **ask**, **ask** for help!

Covid-19 protection

The most important rules of prevention:

- **vaccination against Covid 19**
- behave responsibly
- **hand hygiene!**
- try to protect yourself - sleep, food, movement in the fresh air, good mood,
- do not underestimate the symptoms
- according to the current situation :
follow preventive measures - mask, hand washing, 2 meters distance

Covid-19 protection

How to Wear A Face Mask

<https://www.bing.com/videos/search?q=how+to+wear+face+mask+>

Tour the hospital

Orientační plán areálu fakultní nemocnice

1 Hlavní vjezd/vchod Hněvotínská

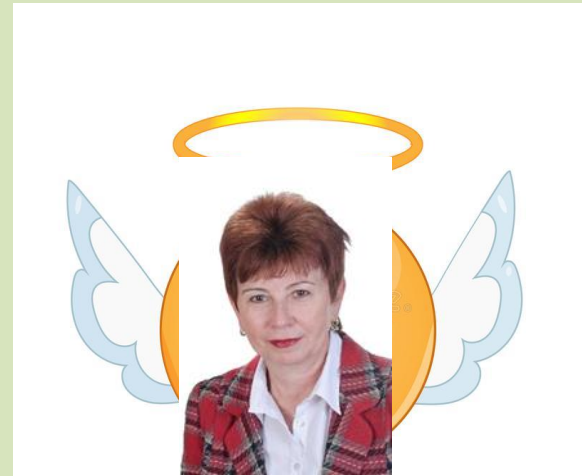
2 Vjezd/vchod I. P. Pavlova

3 Vchod Brněnská



Tour the Hospital

- It starts at **10:30 today**
- It is **NOT** mandatory
- The maximum duration is 60 minutes
- Meeting point - a large staircase in front of the old building
- Guide?
- Try to guess....
- Your Guardian Angel





Thanks for your attention