



WHO ARE WE?

We are the student organization for the Palacky English medical and dental programmes



Mihir Patel

PRESIDENT



Omer Kahlon

VICE-PRESIDENT



Ranit Ghosh

TREASURER



Daniel Golias

SENIOR MEMBER



Daniel Pereira

SENIOR MEMBER



Uzair Ahmed

SENIOR MEMBER



Kritika Sethi

SENIOR MEMBER



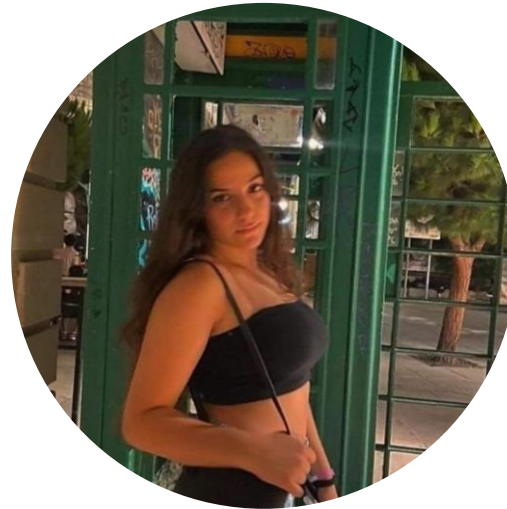
Aria Tamatsukuri

SENIOR MEMBER



Pantelitsa Stavrou

JUNIOR MEMBER



Sotiria Triantafyllidi

JUNIOR MEMBER



Abhinav Jethi

JUNIOR MEMBER

HOW DO WE DELIVER INFO AND HOW CAN YOU CONTACT US?

- 1) Social Media (Facebook, Instagram - @pepa.up)
- 2) Whatsapp, direct messages
- 3) Email: mpatel8096@gmail.com, omerkah12@gmail.com

pepa.palacky@gmail.com

WHAT CAN WE HELP YOU WITH?

- Problems with exam dates
- Social events
- Student support
- General Advice – Revision plans, home/social problems, **ANYTHING!**
- Healthcare at Nej
 - Male: Mihir Patel, Omer Kahlon
 - Female: Umai Aliyeva
 - Can't help with: visa, residency, insurance questions – Ms Jana Osmani

FOOD

- Posts are available on social media with recommendations of places
- Globus (Nej), Billa (Uni + centrum), Albert (Uni + centrum + Santovka) , Lidl (Nej – there are others..... My preference), Kaufland (Uni +Nej).
- Santovka (Shopping mall, post office, leisure)
- Centrum – pubs (lunch menus), Indian, Sushi, Burgers, Pizza
- Delivery services - Damejidlo, Wolt (webistes and apps available), Bolt food
- Menzas – Food Credit via Portal (Hearty, Cheap, Preorder)



TRAVEL!

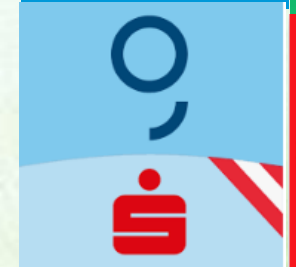
PRAGUE, BRNO, OSTRAVA

Easy to travel to nearby cities via coaches and trains

- Regiojet - ISIC discount (Train and Coach)
- Ceske Drahy - ISIC discount
- Flixbus/Regiojet (check which station!)

APPS

- UPOL App (Schedule + Exams sign up - UPlíkace)
- PUBTRAN/IDOS
- GOOGLE TRANSLATE (offline translation)
- BOLT (scooter and taxi)
- LIDL PLUS
- WOLT/DAMEJIDLO/BOLT FOOD
- REGIOJET/Muj VLAK (Ceske Drahy)
- Vyprano (N1 Basement)
- DPMO
- BANKING



WHICH SPORTS?

WHERE CAN YOU PARTICIPATE?



FOOTBALL

Booking football pitches at Nove Sady



—> David: +420 724 710731

Price: 600kc for 2hrs

- Nove Sady - Pitches
- 11-a-side Team –
English programme
- League —> Mid October
- Tournament —> Summer
- UIMS

57 min ago	duration 27 min
 Bus 26 &	
Neředín, Krematorium	12:59
Velkomoravská	13:11
 Bus 16 &	
Trnkova	13:22
Nové Sady	13:26

42 min ago	duration 27 min
 Tram U &	
Neředín, Krematorium	13:14
Náměstí Hrdinů (plat. B)	13:24
 Bus 16 &	
Náměstí Hrdinů (plat. F)	13:27
Nové Sady	13:41

51 min ago	duration 23 min
 Tram 7	
Neředín, Krematorium	13:05
Náměstí Hrdinů (plat. B)	13:15
 Bus 14 &	
Náměstí Hrdinů (plat. E)	13:17
Nové Sady	13:28

BADMINTION

- Every Sunday
- 2 hours
- Doubles and Singles
- 100kc each
- 50kc rent a racket
- Badminton Milo, Na Střelnici 37, 779 00 Olomouc, Czechia

Neredin Krematorium [7] or [U] → Bus 18 or 22 → 6/7 min walk



BASKETBALL

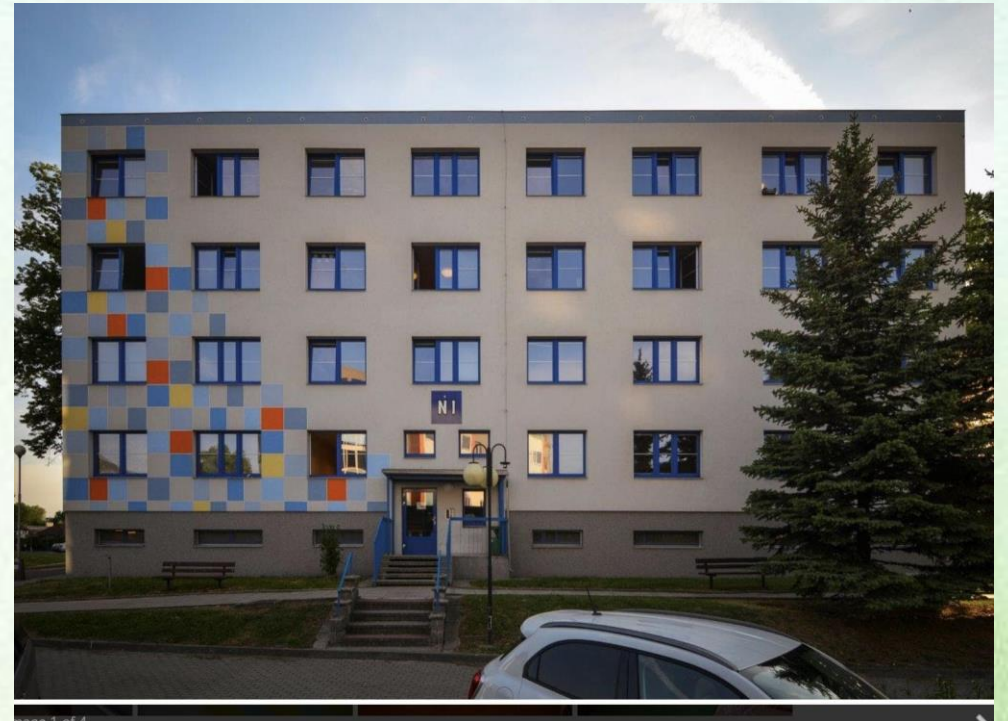
- Every Tuesday 8pm (Gymnasium Slovan, French Section)
- Decide team based on numbers
- Group Chat - Whatsapp
- 60Kc per session
- (600kc for private hire – 10 people)

GYM- NEREDIN

500 Kc per term

Requires ISIC

Basement of N1



EUROGYM

Single entry	Price
1 x one-time entry for CZK 140	140 CZK

I exercise often

Price list of gym passes *	Price
Unlimited monthly access to the gym	1,100 CZK
Half-yearly (6 calendar months for 1000 CZK/month)	6,000 CZK
Annual (12 calendar months for 900 CZK/month)	10,800 CZK

* permanent tariffs are not intended for customers who do not agree to the registration of personal data.

Season tickets for students and seniors *	Price
Discounted monthly access to the gym without restrictions	890 CZK
Discounted half-yearly (6 months for 833 CZK/month)	5,000 CZK
Discounted annual (12 months for 667 CZK/month)	CZK 8,000

* applies to students under 26 and seniors over 60. When using the discount, the staff will ask for a certificate of study or another document confirming entitlement to the discount.

Other	Price
Towel loan	20 CZK
Returning a soiled towel (from blood, make-up, etc.)	100 CZK

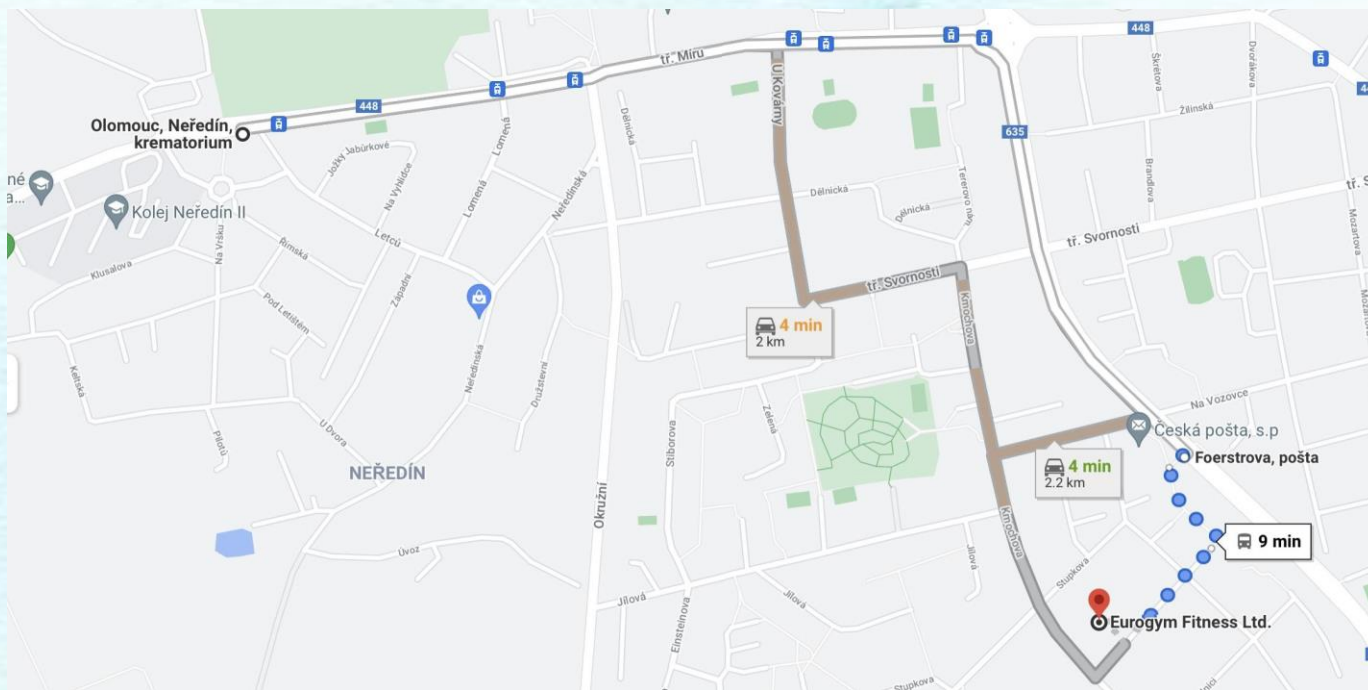
I exercise irregularly

One-time inputs	Price
5 x one-time entry for CZK 125	625 CZK
30 x one-time entry for CZK 115	3,450 CZK
60 x one-time entry for CZK 115	6,900 CZK

Single tickets for students and seniors *	Price
5 x discounted one-time entry for CZK 115	575 CZK
20 x discounted one-time entry for CZK 110	2,200 CZK

* applies to students under 26 and seniors over 60. When using the discount, the staff will ask for a certificate of study or another document confirming entitlement to the discount.

EUROGYM



Neredin krematorium [Bus 26] to Foerestrova
Posta → 5 min walk



5 min walk from Uni

SPORTS FACULTY

REGISTRATION FEE FOR AC BALUO

SERVICE	BASIC	BENEFICIARY*
Annual registration fee - ADULTS	1250 Kč	950 Kč

FEES

FEES	PRICE
Exceeding the base time per pool (60 minutes +15 minutes)	20 CZK for each 15 minute started
Baluo Card Loss	150 Kč

FITNESS CENTER

SERVICE	DURATION	BASIC	BENEFICIARY*
One-time fitness entry - for registered members	90 min.	100 CZK	80 Kč
10 fitness entries (valid for 3 months)	90 min.	900 Kč	720 Kč
Individual fitness lessons 1 vs. 1 person *	90 min.		300 CZK
Individual fitness classes 1 vs. 2 people *	90 min.		400 CZK
Individual fitness classes 1 vs. 3 people *	90 min.		500 CZK
Fitness for STUDENTS UP from 7:00 a.m. to 3:00 p.m.	90 min.		70 Kč
Fitness pass	moon		750 Kč
Annual fitness pass (+AC BALUO registration included)	year		7500 Kč

TEST POOLS

SERVICE	DURATION	BASIC	BENEFICIARY*
Relaxing swimming without a trainer	60 min.	90 Kč	80 Kč
10 entries for relaxing swimming without a trainer (validity 3 months)	60 min.	810 Kč	720 Kč
1x Individual swimming lessons	60 min.	350 Kč	300 CZK
5x Individual swimming lessons	60 min.	1600 Kč	1400 Kč
10x Individual swimming lessons	60 min.	3000 CZK	2500 Kč
1x Individual swimming lessons for 2 people	60 min.	600 CZK	500 CZK
5x Individual swimming lessons for 2 people	60 min.	2600 Kč	2300 Kč
10x Individual swimming lessons for 2 people	60 min.	4800 Kč	4000 CZK
Camera footage of the swimming method, including video	90 min.	1100 Kč	1000 CZK
Individual training with analysis of swimming method	90 min.	1000 CZK	900 Kč
Individual training with camera recording (video complete)	120 min.	1700 Kč	1500 Kč

OMEGA

- Racket sports (Tennis, [indoor and clay] Badminton)
- Fitness - Gym
- Fitnesses classes
- Massages
- Cross-fit
- <https://www.omegasport.cz>



OMEGA SPORTS CENTER

Nereditin Krematorium [7] or [U] →
Palackeho → 10 Min walk to OMEGA
sports



ACADEMIC SPORTS CENTER

LOCATION

U Sportovní haly 38, 779 00 Olomouc
Palacky University Sports Hall

- Sports Card
- Valid for whole semester
- Can do Many sports through the week
- <https://ascup.upol.cz> → Contains sports program
- Archery



Ceník Akademik Fitness

platný od 1. 2. 2022

POSILOVNA	JEDNORÁZOVÝ VSTUP BEZ REGISTRACE	VSTUP S REGISTRACÍ A KREDITEM	
		VEŘEJNOST	STUDENTI A ZAMĚSTNANCI UP
Vstup dopolední 8:00 - 10:00 h.	70 Kč	60 Kč	50 Kč
Vstup odpolední 14:00 - 21:30 h.	80 Kč	60 Kč	50 Kč
Měsíční neomezený vstup (1x denně /osoba)	X	620 Kč	520 Kč

Ceny jsou vč. DPH.

SAUNA	JEDNORÁZOVÝ VSTUP BEZ REGISTRACE	VSTUP S REGISTRACÍ A KREDITEM	
		VEŘEJNOST	STUDENTI A ZAMĚSTNANCI UP
Vstup do sauny	130 Kč	110 Kč	100 Kč

Ceny jsou vč. DPH.

Provozní doba Akademik Fitness

	Posilovna		Sauna	
PO	8.00 - 10.00	14.00 - 21.30	14.30 - 21.30	Společná
ÚT	8.00 - 10.00	14.00 - 21.30	14.30 - 21.30	Společná
ST	8.00 - 10.00	14.00 - 21.30	14.30 - 21.30	Společná
ČT	8.00 - 10.00	14.00 - 21.30	14.30 - 21.30	Ženy
PÁ	8.00 - 10.00	14.00 - 21.30	14.30 - 21.30	Společná
SO		14.00 - 20.00	14.30 - 20.00	Společná
NE		14.00 - 20.00	14.30 - 20.00	Společná

SOCIETIES

SOCIETIES

- Student Led
 - Mostly educational:
1. Clinical Skills (Hamaad 6th yr Medic) - [@clinicalskills_soc](#) – instagram / PEPA Clinical Skills Society - FB
 2. Emergency Medicine + Surgical Skills (Saghana 6th yr medic) -
 3. Paediatrics (Evangeline + Prat + Nam 6th yr medics) - [@pepapaedsoc](#) – instagram / PEPA Paediatrics Society - FB
 4. Obstetrics and Gynaecology
 5. Cardiology – [PEPA Cardiology Society](#) FB
 6. Diagnostic Imaging - [@pepadiagnosticimaging.society](#)
 7. Dental Society - [@puidss_upol](#)
- They will run frequently throughout the year- timetable
 - Social Media

CHARITIES

- Charities: Caritas + PB food bank + Rotary Club
- Food bank
- Fundraising ideas → come to me if you're interested/ideas
- Previously donated money from a cupcake sale to Bolivia
- We are very open to ideas so please don't hesitate to come forward

EVENTS

Freshers Week

Halloween

Diwali Dinner

Christmas Markets

Purim?

Med and Dent Ball

STUDENT SUPPORT

STUDENT SUPPORT

- Settling in, adjusting, new environment
- Freshers events- PEPA instagram and facebook pages
- Building a home away from home and making friends
- Education system, revision plans and exams
- The Buddy System – upon request*
- Educational and external stressors and pressure
- Extracurricular activities, hobbies and events throughout the year

WHO'S HERE FOR YOU?

Us

PEPA team members

Dr Zlata Pražanová

Ms Jana Osmani

Dr Běla Erdösová

Finally just remember there is no judgement here, we are all ears and there is always someone willing to listen and help.

HEALTH INSURANCE

Information for **EU CITIZENS – with EHIC**

Students must arrange the Czech health insurance document **personally** in **VZP** (General Insurance Company/ Jeremenkova 1142, Hodolany, 779 00 Olomouc)



Tuesday	8AM–2PM
Wednesday	8AM–2PM
Thursday	8AM–2PM
Friday	8AM–2PM
Saturday	Closed
Sunday	Closed
Monday	8AM–2PM

Only those British students who have had the temporary residence **before the 1st January 2021** can use British health insurance card and document issued on it.

EU Citizens

Všeobecná zdravotní pojišťovna

Pobočka/Expozitura/Územní pracoviště v OLOMOUC
Všeobecná zdravotní pojišťovna OLOMOUC

kód pojišťovny: 11189 - VZP OLOMOUC ev. číslo Potvrzení:
adresa: Lazecká 22A, 77200 OLOMOUC
spojení:
fax:
telefon: 420 952 222 222
e-mail: informace89@vzp.cz

potvrzuje

že pojištěncem dat.nar. 11.04.1995
pojišťovací číslo ve státě Spojené království : UK46293425
číslo pojištění v ČR : 9524614022
druh pojištění : ...4 - pojištění dle mezinárodních smluv
adresa ve státě
adresa v ČR : CZ
má

podle Nařízení Evropského parlamentu a Rady č. 883/2004

podle platné smlouvy mezi Českou republikou a

od 01.03.2015 do 28.02.2019 nárok na:

věcné dávky v rozsahu nutné a neodkladné péče

lékařsky nezbytnou zdravotní péči s přihlédnutím k povaze dávek (nemoci) a předpokládané době pobytu na území ČR. Péče musí být poskytnuta tak, aby se pacient nemusel do státu pojištění vracet předčasně. Toto Potvrzení neopravňuje k čerpání péče na účet české zdravotní pojišťovny, pokud sem pacient vycestoval pouze za účelem jejího poskytnutí.

všechny věcné dávky zdravotní péče v plném rozsahu podle platných právních předpisů České republiky, jako by byl naším pojištěncem.

léčení podle zdravotní pojišťovnou přiložené kopie souhlasu příslušné instituce (zdravotní pojišťovny / nemocenské pokladny) ve smluvním státě s lékařským ošetřením

Náklady poskytnuté zdravotní péče účtujte podle metodiky samostatnou fakturou se samostatnými dávkami.

dne 24.03.2015

razítko a podpis



EHIC

EVROPSKÝ PRŮKAZ ZDRAVOTNÍHO POJIŠTĚNÍ	
CZ	
3 Příjmení	NOVÁK
4 Jméno	JAN
5 Datum narození	01/12/1950
6 Číslo pojištěnce	5012019999
7 Kód ZP	11191 - VZP
8 Číslo průkazu	80203111910000000001
9 Platnost do	30/6/2024

Have this document always with you in case of emergency. You need it anytime you need to see a doctor.

**WE WILL ARRANGE TO TAKE
YOU THERE IN THE COMING
WEEKS**

**COLLECT CONFIRMATION OF
STUDIES FROM MS JANA
OSMANI BEFOREHAND**

1. PASSPORT

2. EHIC

**3. CONFIRMATION
OF STUDIES**

Fresher's week 2022

SEP 21

LONG STORY SHORT

SEP 23

KARAOKE N' AXE THROWING

SEP 24

SHISHA

SEP 25

GO KARTING

SEP 28

ONE DISH MEAL

SEP 30

BOWLING

OCT 1

KATHMANDU DINNER

OCT 2

GARAGE SALE

Follow us on Insta for more updates: @pepaup



Faculty of Medicine
and Dentistry

Palacký University
Olomouc



Event	Price
Axe Throwing and Karaoke	150 Kc
Shisha Night	100 Kc
Go Karting	230 Kc
One Dish Meal	50 Kc
Bowling	140 Kc

Freshers Discount Rate – 550Kc for all above events
(save 120Kc)

Long Story Short and Kathmandu Dinner – food and drinks will be ordered individually.

Payments: contact **Ranit Ghosh** or any other member of the **PEPA team** – Payments can be made by Cash or Bank transfer



QUESTIONS?



PEPA.UP