

Palacky University  
English  
Programme  
Association

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# Contests

- About PEPA
- Tip for university life
- Activities (tutorial, cultural events, sports events, introductory course, fresher's week)
  - Education
  - Cultural events
  - First year



# What is PEPA



Association made from  
students of the English  
programme



Consists of students from 2nd  
year to 6th year



Supporting  
students during  
their university life

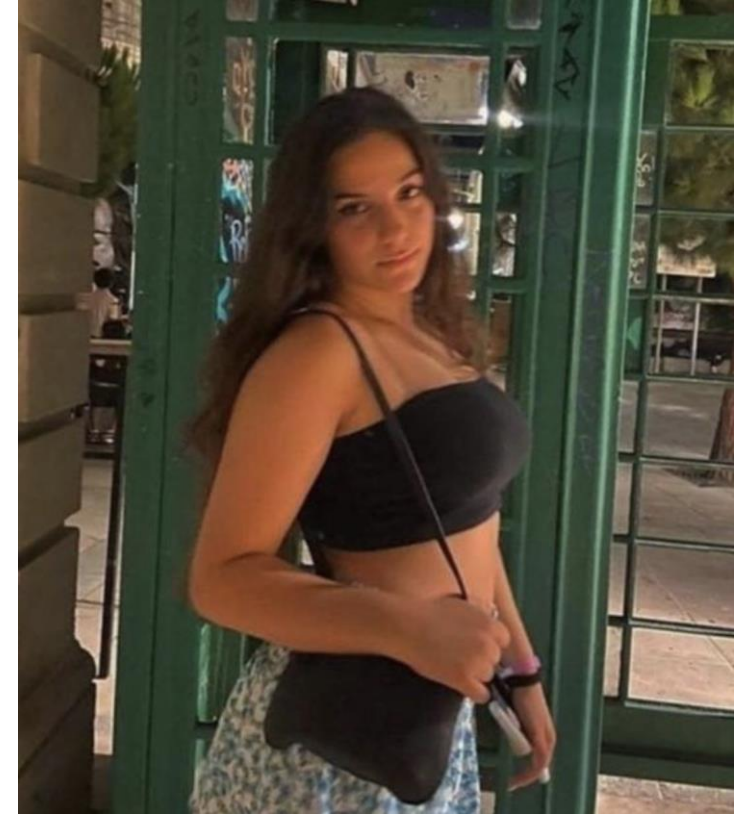
Cultural  
differences  
Feeling homesick  
Language barrier  
Managing study



Pantelitsa Stavrou  
VICE-PRESIDENT



Aria Tamatsukuri  
PRESIDENT



Sotiria Triantafyllidi  
TREASURER



## Senior members



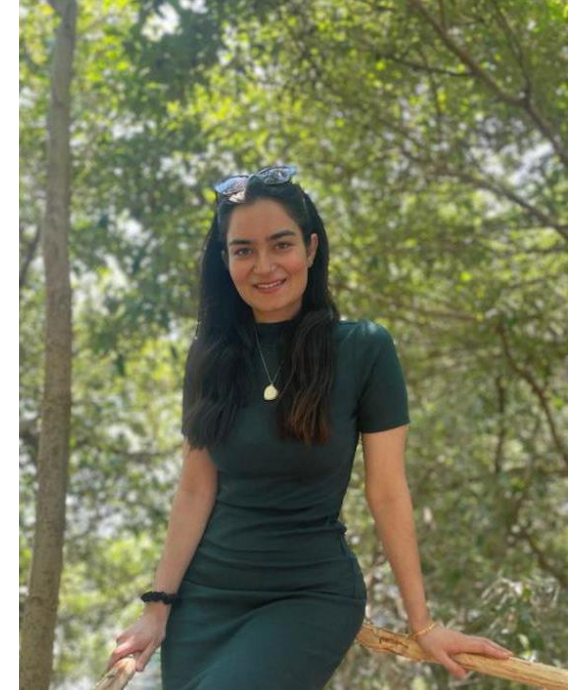
Omer Kahlon  
6TH YEAR GM



Mihir Patel  
6TH YEAR GM



Daniel Pereira  
6TH YEAR GM



Kritika Sethi  
6TH YEAR GM

## Senior members



Soteris Nicolaides  
5TH YEAR GM



Abhinav Jethi  
4TH YEAR GM



Kate Taylor  
5TH YEAR GM



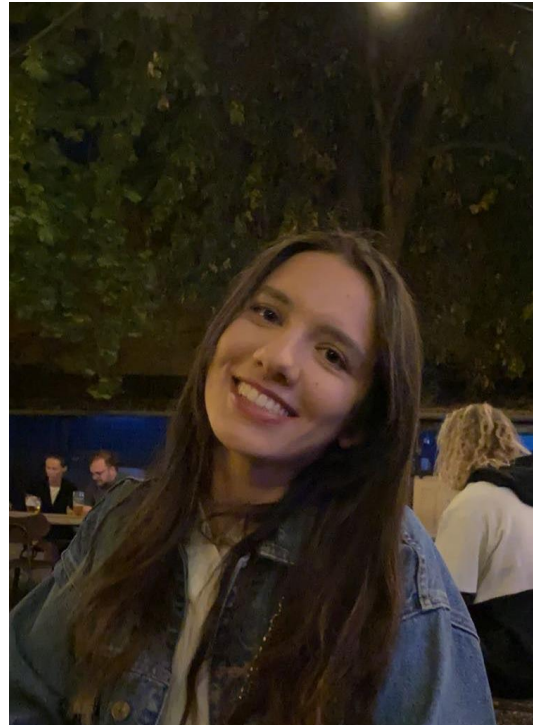
Uzair ahmed  
6TH YEAR GM



## Junior members



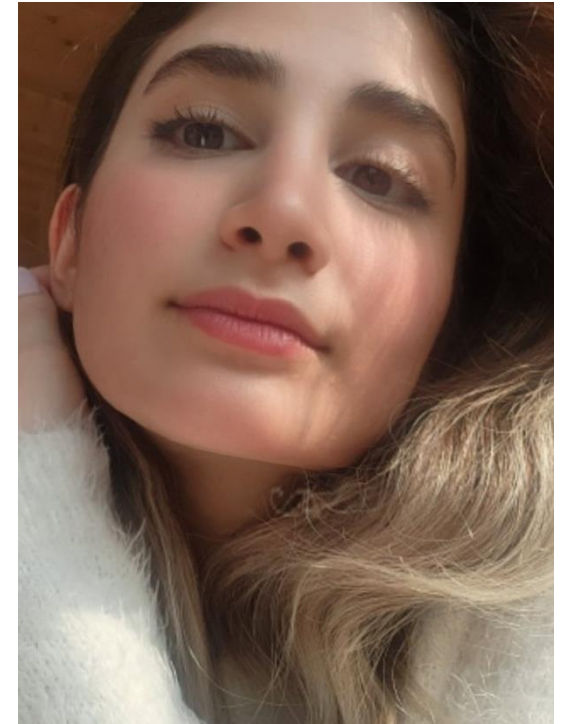
Abdullah Hatem  
Ahmed  
3RD YEAR GM



Munisa Ozod  
2RD YEAR Dentistry




Jessica Yousef  
2RD YEAR Dentistry



Tabassom Javanian  
3RD YEAR Physiotherapy



# What can we help you with?

- Settling in, adjusting, new environment
  - Fresher's events- PEPA Instagram and Facebook pages
  - 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
- 





# Educational support

## First year talk

- Explain the detail of first year
- How to prepare, plan, etc

## Calculation/ Anatomy Tutorials

- Preparation for credit tests and finals
- Tip from upper years

# Societies

- Student Led
- Mostly educational:
  1. Clinical Skills
  2. Surgical Skills
  3. Paediatrics
  4. Cardiology
  5. Diagnostic Imaging
  6. Dental Society
  7. Dermatology
- They will run frequently throughout the year-timetable

# Cultural event



## Sports tournaments

Soccer  
Badminton  
Volleyball



## Cultural celebration

Halloween  
Diwali  
New year



## Med ball

# How do we deliver info and how can you contact us



Facebook page



Instagram

@pepa.up



What's app



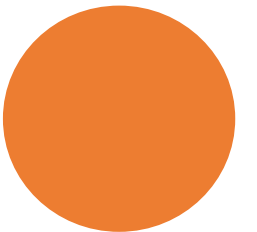
Email

pepa.palacky@gmail.com



# Medical Hotline

- Students should contact PEPA first for whether they should go to the emergency or contact doctor.
- Points of contact:
  1. In dorms: Sotiria Triantafyllidi (+357 96 582929)
  2. Outside dorms: Aria Tamatsukuri (+420 778 049 642) and Pantelitsa Stavrou (+357 97 614268)
  3. Mental Health: MHS (@mhs.up on insta)



# 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 - Foodora, Wolt (webistes and apps available), Bolt food
- Menzas – Food Credit via Portal (Hearty, Cheap, Preorder)



# Travel

- Easy to travel to nearby cities via coaches and trains
- Regiojet - ISIC discount (Train and Coach)
- Leo Express – ISIC discount
- České Dráhy - ISIC discount
- Flixbus/Regiojet (check which station!)



# Useful app

- UPOL App (Schedule + Exams sign up - UPlikace)
- 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







# Sport teams, Fitness

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

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

# Football team

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

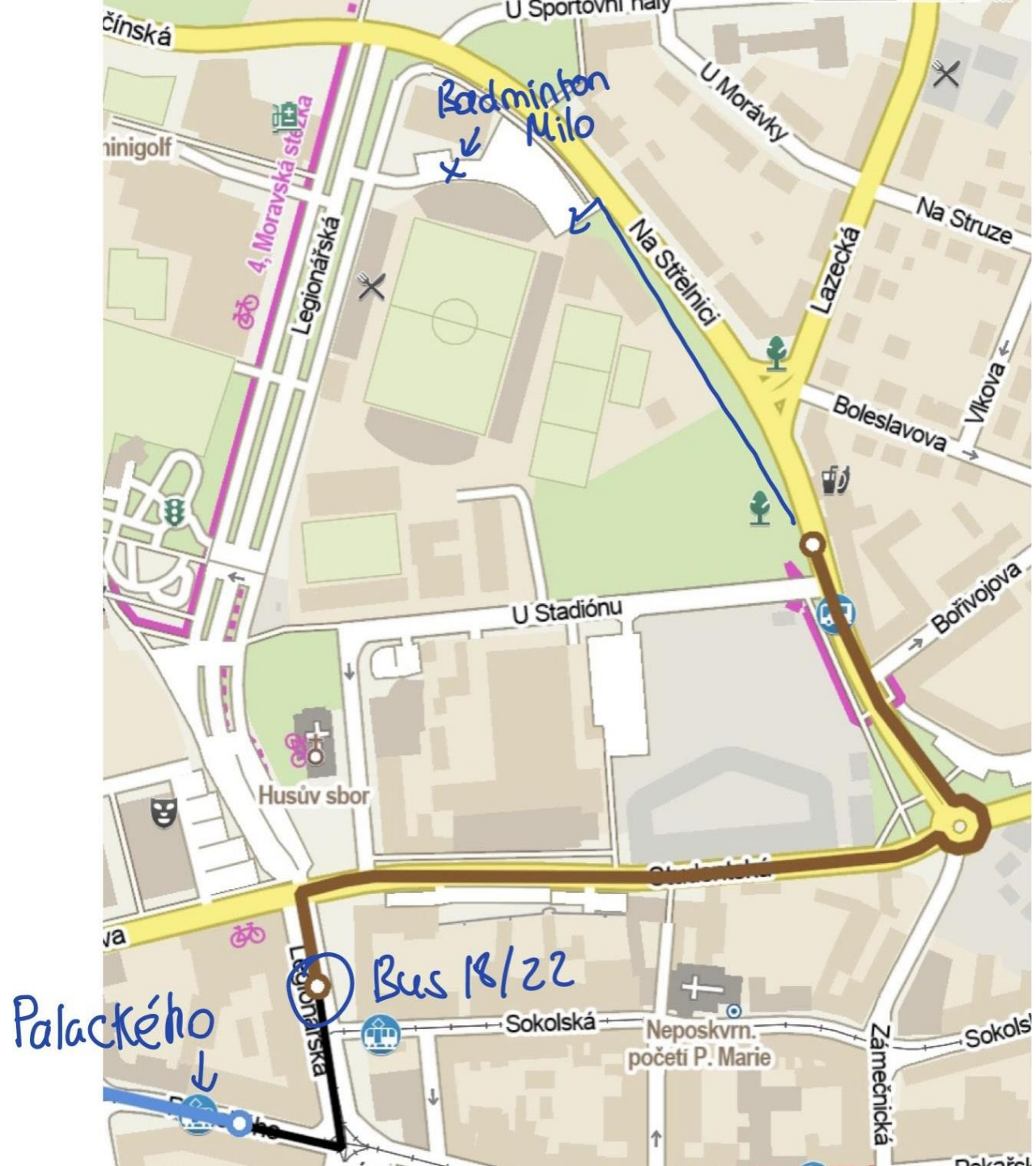
Booking football pitches at Nove Sady

Price: 600kc for 2hrs

# Badminton

- 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**





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# Basketball

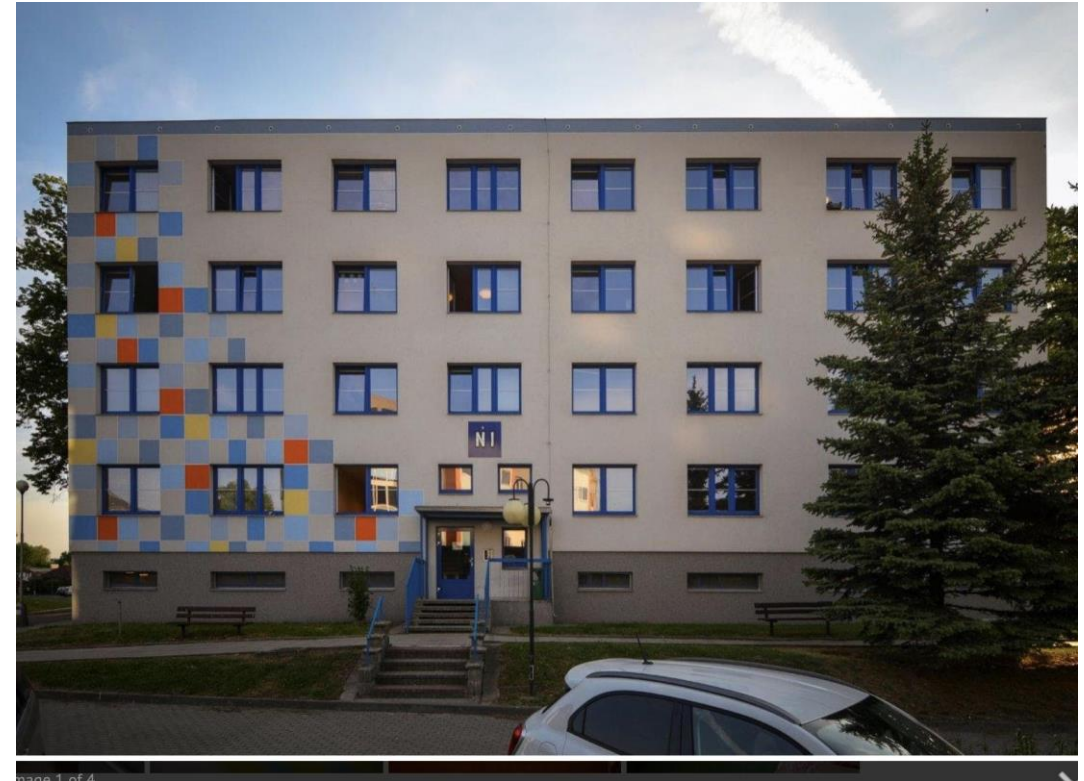
- Every Tuesday 8pm (Gymnasium Slovan, French Section)
- Decide team based on numbers
- Group Chat - Whatsapp
- 60Kc per session
- (600kc for private hire – 10 people)





# Gym - Neředín

- 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.

## 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.



- 5 min walk from Uni

# Sports Faculty

## REGISTRATION FEE FOR AC BALUO

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

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





# Academic Sports Center

- Sports Card
- Valid for whole semester
- Can do a variety of sports through the week
- <https://ascup.upol.cz> —> Includes sports program
- Archery

## LOCATION

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

## 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





# Event for first years

- Presentation during introduction week
  - Tour of Olomouc (tram ticket, central library, ISIC, EHIC)
  - How to use university system
- Fresher's week
  - Opportunity to meet your course mates, seniors as well as students from the Czech program

# FRESHER'S WEEK

18-24 of Sep, 2023  
Palacky University Olomouc

18, SEP, 2023  
19:00~  
Trivia Night

20, SEP, 2023  
18:00~  
Go-Karting

22, SEP, 2023  
19:00~  
Karaoke &  
Axe throwing

24, SEP, 2023  
Mindfulness  
By MHS

19, SEP, 2023  
19:30~  
Nepali Dinner

21, SEP, 2023  
18:00~  
Laser Tag

23, SEP, 2023  
Garage Sale

Follow us insta @pepa.up

Event	Price
Trivia night	120czk
Go karting	230czk
Laser tag	120czk
mindfulness	100czk
Axe throwing	70 czk

- **Fresher's Discount Rate – 550Kc** for all above events (save 90Kc)
- Trivia night and Kathmandu Dinner – food and drinks will be ordered individually.
- Payments: contact– Payments can be made by Cash or Bank transfer





Fresher's Week





Med, Dent & Physio 2023/24



WhatsApp group



PEPA.UP

Thank you for listening!

