

Olomouc : A student city from a Foreign student's perspective

- Pratap Moktan



Palacký University
Olomouc *



Little bit about me ...

- ❖ Country of origin – Nepal
- ❖ The only country with a double triangular flag
- ❖ 8 tallest mountains in the world of top 10 falls in Nepal
- ❖ Birthplace of Gautam buddha
- ❖ One of the most multicultural country in the world



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Something more....



- ❖ Physiotherapy 3rd year, in faculty of health sciences
- ❖ One of the youngest faculty – 2008
- ❖ Almost a decade in Czech republic
- ❖ Came here as a worker but later decided to study



How to blend in a new country (Olomouc)....?

- ❖ Learn the language- At least basics
- ❖ Observe and adapt- social norms, mirroring them respectfully
- ❖ Stay open-minded – cultural crashes and shocks
- ❖ Participations in traditions- invitations, outgoing and events
- ❖ Balance and respect the comfort zones
 - ❖ Share your culture
 - ❖ Reach out for help



Ambassador programme

Who are we?

Who can join?

What do we do?

Our purpose and mission.



Derek



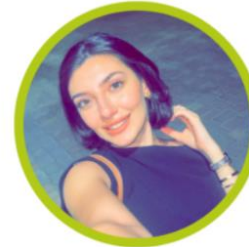
Daria



Julia



Moktan



Jouri



Andy



Naledi



Are you our next
Ambassador?

Life in Olomouc- Challenges faced as an international students and how to tackle

- Language barrier,
 - Spending time with the native speaker
 - Join groups



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Only English - Olomouc

Private group · 3.8K members

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International Students Olomouc

Life in Olomouc- Challenges faced as an international students and how to tackle

- Accommodation
 - University dorms (safest, easiest and cost friendly)
 - Private rentals – some trusted websites
(e.g., *Bezrealitky.cz*, *Sreality.cz*)
Fb groups (*Foreigners in Olomouc* or *Erasmus Olomouc*)
 - Agencies to contact (*Foreigners.cz*), translation of contracts or dealing with the landlords
 - **Shared student flats (check the notice boards)**



FOREIGNERS SERVICES

Erasmus+ Youth Exchanges

🌐 Public group · 401.5K members

SREALITY.CZ

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Life in Olomouc- Challenges faced as an international students and how to tackle

Food

- Supermarkets
- Buffet restaurants
- Kebabs



TurkishKebabEastern · ·

Mardini Kebab

distribution 69 CZK s

★ 4.3/5 (100+) [View Reviews](#)



Life in Olomouc- leisure time

Day time

- Watch games, live
- Do some sports
- Take a quick trip to zoo (bus no.11)
- Take a walk in the park of Olomouc or square
- Go shopping in Santovka
- Get lost in the forest

Bělkovické údolí – a forest valley northeast of Olomouc, good for hiking and mushrooms.





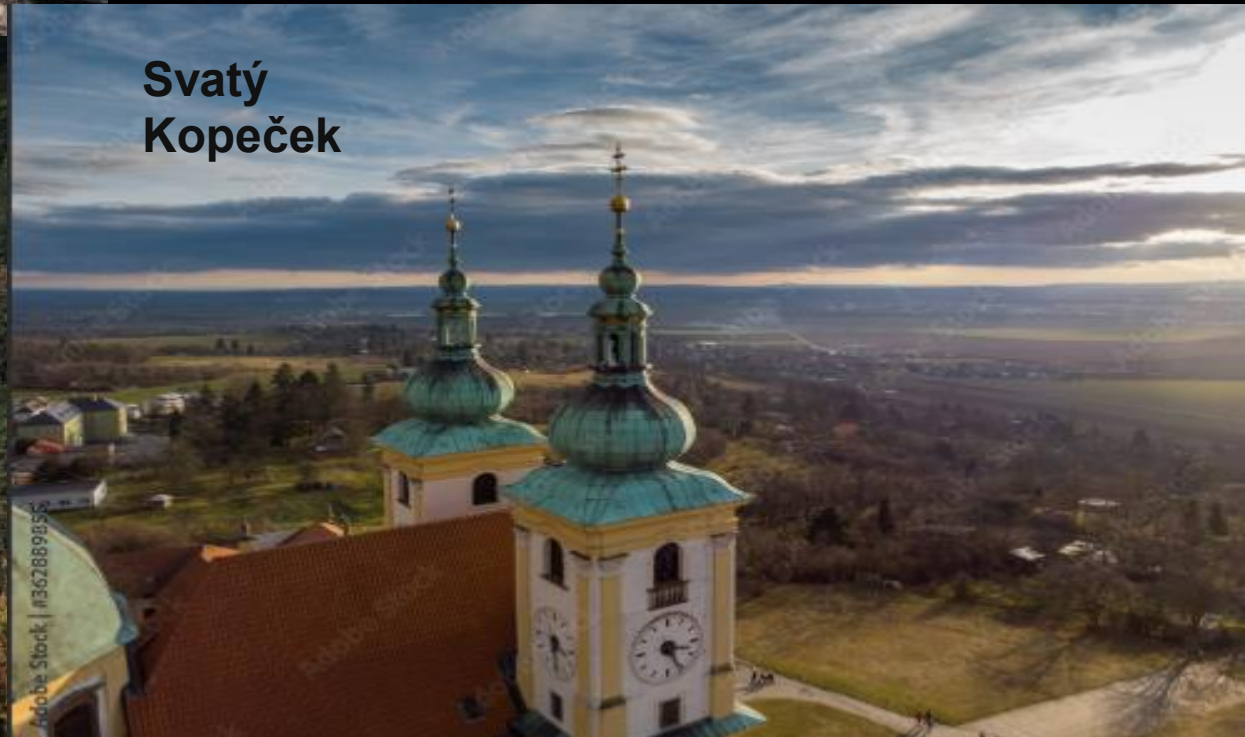
Naklo



Podebrady



Bělkovické údolí



Svatý
Kopeček

Leisure time -Evening

Dinner,
Restaurants recommended-

- 818 restaurant
- Drapal
- Restaurace u cerveneho volka
- Entrée restaurant (Luxurious)

Bars,

- Vertigo
- Bar zaharada
- Bounty rock cafe

Clubs,

- Belmondo
- klub

Karaoke bars,

- Rasputin
- BIA Bla





Coming back to the most frequently asked question.

- Why did you choose Czech republic?







Thank you for your attention!