



2022-2023 Spring Exchange Report
Prague University of Economics and Business, Czech Republic
LAI, Ching Yee (Year 3 Marketing & Management)

Table of contents

1. Monthly Activity Log	3
2. Visa Information	6
3. Orientation activities	8
4. International Services & Activities	8
5. Accommodation	9
6. Course Registration	9
7. Teaching & Assessment methods	10
8. Sports & Recreation Facilities	10
9. Finance & Banking (including currency / expenses)	11
10. Social Clubs & Networking Opportunities	11
11. Health & Safety	12
12. Food	12
13. Transportation	12
14. Climate	12
15. Communication	13
16. Cautionary measures	13
17. Items to bring	14
18. Other notes (if applicable)	14
19. Last words	14

1. Monthly Activity Log

February

Week 1:

I arrived in Prague on the 1st Feb. (Usually, you are accompanied by an exchange buddy. After the arrival, I went to the mini market which is just near the dorm to buy the daily necessities. The prices are higher in the mini market compared to the chained supermarkets so please go to [Kaufland \(2 stops away from dorm\)](#) or [Lidl \(near the school and the high street\)](#) to get all the things you need. Then, I visited the Old Town Square and went for a short trip in Český Krumlov, which is a very well-known beautiful small town in the CZ.

Week 2:

This was a week for orientation activities, however, most of them were online lectures and there was only one face-to-face opening ceremony. And I spent some time to explore Prague. I also joined the [N2N party](#) and it was really good as I finally met some HK people and new friends from other countries.



Week 3,4:

The school officially started and I got sick :/ so I spent most of the time in the dorm and remember to bring more medicines (esp. panadol) if you are weak. /_\

March

Week 5:

After finishing the 1st presentation in class, I went for a trip in Germany and Austria with the new friends I met online who were also on their exchange. We went to Munich, Königssee, Hallstatt and Vienna. Although the schedule was very tight but it was one of the best memories in my exchange. The views were stunning and the people were amazing <3

Week 6,7:

After 2 party nights, I got sick again :O so please be careful with the weather >< And I spent my time watching The Glory on Netflix. Nice.

Week 8:

I joined another party held by N2N with my roommates and it was really nice. I also played the badminton with the new friends met.

Week 9:

This was an Innovation Week in VSE, there were different arrangements in different classes. My classes were like giving out bonus points for final grades if you

attended the special activities **but the attendance were not mandatory**. Therefore, I had a long trip with my roommates in the Southern Italy including Naples, Matera, Vatican and Rome.

April

Week 10:

I had one mid-term in this week so I spent some time on revision. After the mid-term, it was Easter holiday, so I went to the Easter market in Wenceslas Square (Václavské náměstí) with my friend. I tried some grilled pork and potato pancake. And I also started find internships 😊

Week 11:

Before the end of Easter break, my friend visited me and we had a day trip in Kutná Hora to visit Sedlec Ossuary (aka "skeleton church"). Then, I went to Amsterdam with my friend to see the flowers in Keukenhof! It was a 2-day trip but I had so much fun!

Week 12:

There was another presentation so I spent some time on the powerpoint stuff. After the presentation, I had an unexpected solo trip in Budapest, it was my first time travelling alone but it was quite exciting as I had to ask different people to help me take photosahaha.

Week 13,14:

There were a lot of deadlines as the end of semester was approaching, I spent almost all of my time on projects, term papers and powerpoints. And also assessment tests for interns 😊 I had a little fun time in watching Evil Dead Rise alone :p And there was also another semester-closing Boat arty, which was super nice as well, we traveled along the Vltava River.

May

Week 15,16:

This was the final exam period, I spent most of my time on revision. After that, I had some rests and explored a bit around prague. I had quite a lot of me-time in the rivers and gardens.

Week 16-17:

I spent another 10 days in Northern Italy and I visited Venice (Venice itself, Murano and Burano), Milan (Milan city centre and Lake Como), Cinque Terre (La Spezia + All 5 villages) (五漁村), and Florence (Florence city centre). My tripmates were super fun :p

Week 18:

I spent another 4 days in Malta and it was a really unique place which is not like any other European countries. The sea was just perfect.

June

Week 19-20:

I took a rest and then went to Paris for the last trip. Paris is better than I expected.

Week 20:

It was the last week of my exchange journey and I kept exploring Prague.



Riegrovy sady

2. Visa Information

The visa procedure really takes a lot of time, do start earlier

All info is subjected to changes so please double check with the authorities

Things you need for visa application:

1. Confirmation of Study (*Issued by VSE*)
2. Binding Preliminary Agreement on Accommodation (*Issued by VSE*)
3. Bank statements of the most recent 3 months with balance >30000HKD
4. CNCC (Criminal Record Check)
5. 2 passport-sized photos
6. Valid passport
7. Visa application form
8. Insurance proof (*To be bought at a later stage*)

Steps:

1. Send an email to the **Czech Embassy** for the **CNCC Request Letter**
2. Get the **CNCC Request letter** from the **CZ Embassy** and take this letter to the **HKPF** to apply for the **CNCC** (Need appointment)
3. When the **CNCC** is ready, it is sent from the **HKPF** to the **CZ Embassy** **directly**, and you will be informed by the CZ Embassy at that time
4. Gather all documents needed (**exclude insurance at this stage**) and make an appointment for **Visa application** in the CZ Embassy through email
5. Go to CZ Embassy to hand in all the documents, application form and fees and wait for a month for the Visa approval
6. When the Visa is approved, you will be informed to buy the insurance and you should buy the insurance at this stage (**Do not buy the insurance before the visa approval**)
7. Take the proof of the insurance (insurance contract and proof that you have paid for it already, insurance policy and general insurance terms and conditions - **all in Czech language** to the CZ Embassy to collect the VISA 😊

Points to note:

- The Confirmation of Study and Binding Preliminary Agreement on Accommodation are sent from VSE to HKUST in hard copies so you will have to wait. In my case, these were sent in Oct and I received them in Nov.
- **Do not wait until** you have received the above 2 documents to start.
- You should start earlier to apply for the **CNCC**.
- In my case, I started the CNCC application in late Aug - early Sep, I get the CNCC in Oct/Nov so I could start the Visa application in Nov and got the Visa before Feb.
- The CZ govt. requires certain insurance plan - **Comprehensive medical insurance** from foreigners from **VZP insurance company** - (plan must be having the name "Comprehensive")
<https://www.pvzp.cz/en/products/foreigners-medical-insurance/foreigners-comprehensive-medical-insurance-plus/> (or exclusive one)

3. Orientation activities

3.1 Online orientation activities through Microsoft Teams

1. Orientation Sessions

We would like to share the links for the upcoming presentations organized by the Exchange Team below:

Culture Shock - online

Description: Culture shock, its phases and how to survive it

When: Monday, February 6, 2022: 10:00-11:30 CET.

Lecturer: Kateřina Půbalová (Department of Managerial Psychology and Sociology)

Please join in this [MS Teams Session](#).

Czech Language - online

Description: Basics of the Czech Language – Crash Course

When: Tuesday, February 7, 2022: 10:00-11:30 CET.

Lecturer: Petra Zlámaná, Petra Sůvová (Department of Slavic Languages)

Please join in this [MS Teams Session](#).

Library Session - online

Description: What should you know about the VSE library, its services, online book ordering, e-resources, reservation of study rooms

When: Tuesday, February 7, 2022: 11:45-12:15 CET

Lecturer: Václav Šubrt (Centre of Information and Library Services)

Please join in this [MS Teams Session](#)

History of Czech Lands - online

Description: Learn the most important facts about the Czech History

Where: Wednesday, February 8, 2022: 10:00-11:30 CET

Lecturer: Rudolf Chalupský (Department of English)

Please join in this [MS Teams Session](#)

3.2 Offline orientation

The offline activities are mainly organised by the ESN. You can register to be a ESN member to join their activities like short trips, wine-tasting and parties.



4. International Services & Activities

Just send an email to the international office if you have any difficulties.

exchange@vse.cz

5. Accommodation

5.1 Registration

- VSE will send you the email to guide you how to register for the dormitory after the acceptance
- You have to first pay a deposit of **5000CZK**
- Then choose your preferred room
- After few weeks, pay the full amount before moving in

5.2 Location

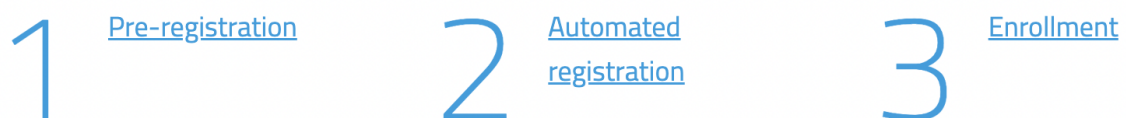
- Almost all of the exchange students live in **Eislerova Dormitory** (aka Jarov 3F in the past) so it is easy to meet new friends
- The dormitory is located in **Chmelnice**, take the **Tram 9** to get back to school (Within 30 mins)

5.3 Price and details of the room

- The price for a twin room is around 13000hkd for the whole exchange period
- The flats are like those in hall 8,9 - one flat with 2 bedrooms and 4 people
- There are a small kitchen and a private toilet for the whole flat
- You can also change your bedclothes every 2 week for free with your student card
- Laundry services and other special rooms reservation like study room can be booked on ISKAM

6. Course Registration

There are 3 stages in the course registration.



Students are **not** involved in the 2nd stage: Automated registration.

For the 1st stage - Pre-registration, you will be assigned a timeslot to choose the courses you want to enroll, put all the courses you need in in pre-registration stage. If you forget to pre-reg, you will not be able to enroll in any courses afterwards.

Then, in the 2nd stage, the system will automatically put you into the course, if you cannot get into the course in the automated registration, you have to register manually in the 3rd stage - Enrollment.

The process is pretty similar to that in UST and there is also add-drop period.
<https://exchange.vse.cz/students/accepted-students/course-registration/>

7. Teaching & Assessment methods

I took 4 courses and *hopefully* get 14 credits transferred back to UST:

1. **2OP320 - Human Resources Management in International Context**
 - Light workload, only 1 final exam and a few simple tasks after some lessons
 - Require strong participation in class
 - Overall very easy
2. **3PA669 - Corporate Learning and Development**
 - A lot of theories
 - Light workload with just 1 seminar paper and 2 exams
 - Attendance matters if you want to get good grades
3. **3PO633 - Foundations of Entrepreneurship**
 - Heavy workload
 - 3 presentations in one semester
 - Attendance is necessary for both lectures and seminars
 - Need some participation in class
4. **3SG205 - Foundations of Business Strategy**
 - Heavy workload
 - Presentations every week (Prof. randomly draw 2 grps to present)
 - Attendance matters if you want to have better grades
 - One final exam and one final presentation on business strategies

8. Sports & Recreation Facilities

- There are gym room and treadmills in the dormitory, you can either pay every time you when you make a reservation or buy a monthly pass (but you still have to book a timeslot)
- ESN also holds sports days sometimes

9. Finance & Banking (including currency / expenses)

Banking:

- I only brought 500EUR cash from HK and I mainly use 2 debit cards everywhere:
 1. **Revolut Debit Card** (Cover almost all currencies like CZK/HUF)
 2. **HSBC World Debit Card** (Only popular currencies like EUR/GBP/USD)
- Since Revolut has a better exchange rate for the non-popular currencies, I normally transfer HKD from my **HSBC** account to **WISE**, and then **WISE** will transfer EUR to my **Revolut** account, and I exchange the EUR to CZK in **Revolut** if needed
- I did not open any local bank accounts in CZ, the above 2 cards were enough for me but some of my friends opened accounts in KB Bank/Raiffeisen Bank

Expenses:

ITEMS	AMOUNT (local)	AMOUNT (HKD)	LENGTH	TOTAL
Normal				
VISA	/			HKD \$1,109.00
Insurance (required by czech gov.)	7,425.00 Kč			HKD \$2,394.00
Return Flight	/			HKD \$8,198.00
NCR	/			HKD \$459.00
Pre-clothes				HKD \$1,400.00
Pre-simcard				HKD \$300.00
Pre-con				HKD \$1,315.00
Accomodation				HKD \$13,000.00
Meals	3,000.00 Kč	HKD \$1,056.46	5	HKD \$5,282.30
Transporation	620.00 Kč	HKD \$218.34		HKD \$218.34
Daily expenses	6,000.00 Kč	HKD \$2,112.92	5	HKD \$10,564.60
TOTAL				HKD \$33,675.64

- The red parts were paid before departure
- <40000HKD is enough **excluding** travel expenses
- Travelling expenses may be around 35000HKD

10. Social Clubs & Networking Opportunities

- Just follow ESN and N2N on instagram, they have everything
 ESN: <https://www.instagram.com/esnvseprague/>
 N2N: <https://www.instagram.com/nation2nationcz/>

11. Health & Safety

- For health, just bring more medicines to play safe
- Prague is generally SUPER SAFE
- Lights are always on and many people on the street/trams even at 2-5am

12. Food

- You may often visit supermarkets - Lidl and Kaufland
- You can find some chinese and korean food in the Vietnamese supermarket near the dormitory - LINK86 (but a bit more expensive)
- Trying traditional czech cuisines in school canteen is not recommended 😊

13. Transportation

- **Tram 9** is the most important - this is for school, dormitory, high street and supermarkets.
- Download an app called **PID Lítačka**



https://exchange.vse.cz/wp-content/uploads/Litacka-guide_2020_09.pdf

- a. Buy your transportation pass/ tickets with your ISIC card on this app
- b. One pass covers all transportation methods like bus/tram/metro
- c. Directly show the pass(QR code) on this app to the patrol when they come to check if you have bought the tickets

14. Climate

- Cold in Feb to March
- Wear more and heattech if you are not used to cold weather
- I always wore my long-sleeved heattech and heattech leggings

15. Communication

- The ESN welcome pack included a simcard from Vodafone with some student discounts but I did not use it at all.
- I bought 2 simcards in Hong Kong from 3UK but only 12GB of data is allowed outside UK



- Therefore I started the Vodafone Student Unlimited Data plan, the monthly fee is around 235HKD and it also includes data roaming in other European countries
- Have to pay a deposit of 5000CZK for the subscription
- When you leave, you need to cancel the plan and you should tell them one month before you leave from Prague



#jetovtobě Unlimited

The best unlimited data plan for students, which will give you freedom in everything you need on your mobile phone.

653 CZK

Monthly

Buy

- ✓ Unlimited calls and SMS
- ✓ Unlimited mobile data
- ✓ HD speed 10 Mb/s
- ✓ All you need is an ISIC card

16. Cautionary measures

- Please be super alert when you are traveling, especially in Venice 😊
There are a lot of pickpockets 😊

17. Items to bring

	ITEMS	AMOUNT	LOCATION	CHECK		ITEMS	AMOUNT	LOCATION	CHECK
IMPORTANT DOCS	HKID	1	Hand-carry	<input type="checkbox"/>	ELECTRONICS	iphone cable	1	Hand-carry	<input type="checkbox"/>
	HKID COPY	2	Hand-carry	<input type="checkbox"/>		macbook cable	1	Hand-carry	<input type="checkbox"/>
	Passport	1	Hand-carry	<input type="checkbox"/>		plug	2	Hand-carry	<input type="checkbox"/>
	Passport copy	2	Hand-carry	<input type="checkbox"/>		萬能插	1-2	Hand-carry	<input type="checkbox"/>
	Insurance	1	Hand-carry	<input type="checkbox"/>		尿袋	1	Hand-carry	<input type="checkbox"/>
	Insurance copy	2	Hand-carry	<input type="checkbox"/>		sim card	2	Hand-carry	<input type="checkbox"/>
	Nomination letter (HKUST)	1	Hand-carry	<input type="checkbox"/>		ipad	1	Hand-carry	<input type="checkbox"/>
	Nomination letter (HKUST) copy	2	Hand-carry	<input type="checkbox"/>		macbook air	1	Hand-carry	<input type="checkbox"/>
	Acceptance letter	1	Hand-carry	<input type="checkbox"/>		電飯煲	1	Luggage	<input type="checkbox"/>
	Acceptance letter copy	2	Hand-carry	<input type="checkbox"/>		捲髮棒	1	Luggage	<input type="checkbox"/>
	VISA	1	Hand-carry	<input type="checkbox"/>					
	Visa copy 2	2	Hand-carry	<input type="checkbox"/>					
Boarding Pass (Return flight)	1	Hand-carry	<input type="checkbox"/>	MISCELLANEOUS	遮	1	Luggage	<input type="checkbox"/>	
Passport photos	~12	Hand-carry	<input type="checkbox"/>		mini lock	1	Hand-carry	<input type="checkbox"/>	
Residence proof	2	Hand-carry	<input type="checkbox"/>		貼身袋	1	Hand-carry	<input type="checkbox"/>	
					頸枕	1	Hand-carry	<input type="checkbox"/>	
					caltor	1	Hand-carry	<input type="checkbox"/>	
				文具	1PACK	Luggage	<input type="checkbox"/>		
				真空袋	6	Luggage	<input type="checkbox"/>		

18. Other notes (if applicable)

Places you may often visit:

- Eislerova kolej - VŠE (Dorm)
<https://goo.gl/maps/6DHqKaRq5puzq1Re8>
- VSE (School)
<https://goo.gl/maps/yAK2NqgeX9j2QbZn6>
- Kaufland (Supermarket)
<https://goo.gl/maps/bKV8in5k9b6D4Rcn7>
- You can also buy some kitchenware here
- Václavské náměstí (City centre)
<https://goo.gl/maps/nuXkCjFbomVd7PVp6>
- There are lots of shops and a shopping mall
- Primark (Fashion, Homeware store)
<https://goo.gl/maps/sKfL45sgkGUBfhNG6>
- You can buy clothes, accessories, bedroom stuff, suitcases

19. Last words

I just really really love Prague, it was my first choice in the exchange application and I never regret about it. These 4 months are the happiest time in my whole life. I tried a lot of new things and had a lot of adventures. Every moment was precious and I do wanna stay here forever, here is my second home <3

Btw you can see more pics in this link ^^ :

<https://docs.google.com/document/d/1SQE13FLdCYVv0hC70cAYWW-X04k3fEFaeTJ43yHZT7c/edit?usp=sharing>