

GUIDE FOR NEWCOMERS IN BRNO

Brno, the second biggest city in the Czech Republic, is full of foreign students and international companies. No matter the circumstances you ended up here, we kindly welcome you to our peaceful, open, educated, diverse and friendly place.

As well as in any other city, here also applies that the more you share and contribute, the more you become a citizen.

To make it easier, we prepared some recommendations and tips for you in this brochure. It should help you to manage not only your first days here, but also give you some suggestions on how to develop yourself here and be active in society in the best way possible.

YOURS FAITHFULLY, BRNO FOR YOU TEAM

WHAT IS IT ALL ABOUT?

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AFTER MY ARRIVAL, MY FIRST STEPS SHOULD LEAD TO...

- Registration at the Foreign police department, or in special cases to the Ministry of the Interior, Department of Asylum and Migration Policy within 3 30 working days depends on if you come from the EU or not.
- Make sure you are registered for health insurance which is an essential step for gaining a visa. Health insurance is either commercial or state. if you have a full working contract you are automatically insured by your employer.
- Be aware of the type of residence (visa-free relations, short-term visa, long-term visa, long-term residence permit or permanent residence) and do not forget to renew the validity of your visa or residence permit for the Czech Republic in time! Introduction to the individual types of residence you can find here: www.migrace.com/bx/en/1/2.
- Within one year of arrival in the country you are supposed to complete an integration course (for some nationalities it's even obligatory!) www.vitejtevcr.cz/en/about-courses/. It's free of charge

GENERAL INFORMATION ABOUT YOUR STAY IN THE CZECH REPUBLIC YOU CAN FIND ON OFFICIAL SITES:

- Ministry of the Interior (MOI) current information about the permanent residence, visas, obligations of foreigners, etc. www.mvcr.cz/docDetail.aspx? docid=21667282&doctype=ART
- Be aware that MOI Office doesn't send emails neither you can contact them by email. But they still use the classic approach,
- The post office. So the link below can help you to check if any letter has been issued for you. In this way, you won't miss any letter being issued: <u>www.mvcr.cz/verejne-vyhlasky-oamp</u>.
- Information about integration of foreigners in the Czech Republic www.imigracniportal.cz/. Public Administration Portal of the Czech Republic portal.gov.cz/en.
- General information for foreigners living in the Czech Republic www.cizinci.cz/web/en/basic-information.

But all the rules you should know at the beginning, also including useful links dedicated to Brno, are assumed in these brochures published by the municipality of Brno and Brno expat center... Yes, Brno takes care:)

- www.brnoexpatcentre.eu/im-an-expat/welcome-guide/
- www.brnoexpatcentre.eu/im-an-expat/visa-residence/,
- www.brnoexpatcentre.eu/im-an-expat/registering/.
- <u>socialnipece.brno.cz/sluzby-mesta/publikace-vydane-odborem-socialnim-magistratu-mesta-brna/</u>
- www.cizincijmk.cz/wpcontent/uploads/2020/04/Pristi_zastavka_Ceska_re publika - EN.pdf

Then comes another issue you need to solve and we believe this website could be very helpful for you: www.brnoid.cz/en/. It will help you with online payment and booking for various services provided in Brno. Such as Transportation Pass, Waste Tax, but also Brno Dam Boat Booking, etc

WHERE TO GO FOR HELP?

- For advice on various situations e.g. to find your way around Czech bureaucracy, how to deal with various situations, where you can get help, or accompany you to the right place go to the intercultural workers at Brno City Municipality: socialnipece.brno.cz/komu-pomahame/etnicke-mensiny-a-cizinci/
- For professional social counselling and basic legal advice go to Diocesan charity: <u>celsuz.cz/english/</u>
- For expert social, legal and employment consultancy, Czech language courses and computer courses, assistance during meetings at official agencies, free internet access, the option of borrowing literature in various languages, lectures, workshops and seminars for the wider professional public, leisure time activities and other services (see the "Other Services" section) go to the Center for foreigners: www.cizincijmk.cz/en/eu/services-we-offer/professional-counseling/

- Organisation for Aid to Refugees: www.opu.cz/cs/kontakty/opu-centrala-brno/
- For free service dedicated to helping foreign professionals go to Brno Expat Centre: www.brnoexpatcentre.eu/
- Non-governmental organisation NESEHNUTÍ based in Křížová 15, Brno offers a buddy program and various events and leisure time activities for newcomers: nesehnuti.cz/rozmanitost/
- Iustitia is an advisory service for victims of crime and violence due to prejudice. You can find them on Malinovského nám. 4, Brno or check their website: en.in-ius.cz/.
- A humanitarian association "Bílý kruh bezpečí" which could be translated as White Safety Circle is here for everyone who needs help as a victim of crime or prevention of criminality. Freephone number: 116 006, www.bkb.cz/en/. They have professionals of law, psychologists, social workers, etc. who are experts in the field. In case of domestic violence, you can also contact SPONDEA: www.spondea.cz/en
- An organisation helping refugees: <u>www.opu.cz/en/</u>

IMPORTANT WEBSITES AND LINKS



Except those we have already mentioned, we have few more important

or interesting websites and Facebook groups which will help you not just at the beginning but also to solve issues that come along with your living here like local:

- Life, study, work, business in Brno: <u>brnoregion.com/</u>
- Experience everything that Brno has to offer: www.gotobrno.cz/en/
- Survival Kit in the South Moravian region: survival.rrajm.cz/en/
- Foreigners in Brno: <u>www.facebook.com/groups/531823276834096</u>
- Living in Brno: www.facebook.com/LifeInBrno/
- Brno expat woman: <u>www.facebook.com/groups/brnoexpatwomen/</u>
- Brno expat group: www.facebook.com/groups/BrnoExpatsGroup/
- Useful apps: <u>www.brnoexpatcentre.eu/im-an-expat/useful-links-and-mobile-applications/useful-apps</u>



ACCOMMODATION?

When you think about renting accommodation you will sign a contract directly with the owner of the property. On the other hand, if you would prefer to save some money and share a flat it's usually a sub-tenancy contract written between you and someone who is, in turn, renting the flat. We recommend you to read an article about how it all works here:

https://www.brnoexpatcentre.eu/im-anexpat/leasing-a-flat/

Where to find accommodations?

Agencies:

- www.ulovdomov.cz/,
- www.sreality.cz/,
- reality.bazos.cz/

Directly from owners or flat sharing:

- www.bezrealitky.cz/,
- www.facebook.com/groups/flattorentinrno/,
- www.facebook.com/groups/271595216265053,
- www.facebook.com/groups/519918441355541/,
- www.espolubydleni.cz/podnajem-spolubydlici/

It might be expensive to find a flat or house for rent in Brno so you can also check options in the suburbs of Brno and use public transport which works quite well also in the suburbs of Brno.

HEALTH INSURANCE AND HEALTH CARE



Health care in the Czech Republic is provided for free based on health insurance which in practice means that payment for standard medical treatment is paid directly by your health insurance provider and not by you. If you are employed, your health insurance premiums will be covered by your employer. In case you do not have the right to public health insurance, you will need to purchase commercial health insurance.

Read more here: <u>www.brnoexpatcentre.eu/im-an-expat/health-insurance/.</u>

Check also MyHealth: <u>www.healthonthemove.net/</u>. The aim is to improve access to healthcare for newly arrived vulnerable immigrants and refugees (VMR). Health insurance office also provides basic information: <u>www.kancelarzp.cz/index.php/en</u>.

How to find a commercial health insurance company that also insures foreigners from third countries?

Official health insurance calculator for foreigners 2020:

https://online.infocizinci.cz/

Do you need your practitioner or a specialist?

You can find a list of doctors at https://wwwbrno.cz/lekari/. It could be an issue to find a dentist in Brno. Here is a website of a dentist who has an English website: www.zubarbrno.cz/english.html but you have to call/write there and ask if they are open for new patients. Remember, the preventive control is for free as well as an ordinary seal but they can offer you a higher standard for which you could pay about 1.500 per one tooth. Also, dental hygiene costs about 1.000 per visit.

All possible answers about health care are greatly described here: www.brnoexpatcentre.eu/im-an-expat/medical-services/

WHAT ABOUT THE SCHOOL SYSTEM AND STUDIES?

In the Czech Republic, school attendance is, of course, a legal requirement as well as the last year of nursery school is compulsory. Parents are also obliged to enrol the child into a school or nursery in advance (in April and May for the next school year). Every primary school has its local catchment area. This means that if your permanent address falls within this catchment area, then the given primary school is obliged to enrol your child into the first year. Read more here:

- <u>www.brnoexpatcentre.eu/im-an-expat/schools</u>
- https://zapisdoms.brno.cz/poradna/information-foreigners
- https://zapisdozs.brno.cz/dulezite-informace/information-foreigners

What if you end late at work and you have no chance to pick your child up after the school finishes? There is an after-school club (družina), a school facility that children can attend after regular lessons. In the club, the children are supervised by teaching staff and can expand their out-of-school activities. These clubs are paid for, the usual fee being around 50-100 CZK per month. Also, leisure activities for children are offered by schools and various organisations such as for example recreational centres or other educational facilities. We recommend you to check Family Points which hold regular events for the public, meetings, lectures and workshops: https://brno.familypoint.cz/. Events for families with children are also organised by Vicinis www.vicinis.cz (RU, EN). More you can find here: www.brnoexpatcentre.eu/im-an-expat/leisure-for-kids/ or https://meta-ops.eu/what-are-we-doing-who-do-we-help/

Generally, the study is for free but there are also private schools and Universities which you pay for. There are about 10 Universities in Brno, but the most famous public universities in Brno are: Masarykova univerzita, Vysoké učení technické and Mendelova univerzita. So in case you are a student here, we recommend you to check the Students networks:

- https://esn.muni.cz/
- http://but.esnbrno.cz/
- esnmendelu.cz
- www.facebook.com/esc.english/

CZECH LANGUAGE A DIFFERENT KIND OF COFFEE.

Pozor!, Strč prst skrz krk, Pivo, Čau, Dej mi pusu, Dobrý den, Mám ráda palačinky and Ahoj, are according to participants of our Meet Brno online meeting, the first words or phrases they knew in Czech. Well, Czech language compared to English is definitely more difficult. But these days there are so many digital tools that could help as well as groups to meet people with whom you can practice.



COURSES

Centre for foreigners South Moravian region provides free Czech course:

www.cizincijmk.cz/en/non-eu/ourservices/czech-language-courses/
(divided for adults and children)

Masaryk university

www.phil.muni.cz/en/studies/languagecourses



FB GROUPS

word a day:

www.facebook.com/CzechWordaDay

meetings to practice Czech:

www.facebook.com/groups/673827952990082/

Czech language for foreigners:

www.facebook.com/groups/181177471895180/



LEARN ONLINE

www.101languages.net
www.czechclass101.com
mluvtecesky.net/en
www.kurzycestinyprocizince.cz/cs/elearning.html
www.cestina2.cz



ONLINE TEXTBOOKS
AND EXERCISES

www.pavlamachackova.cz www.courseczech.com/cz www.inkluzivniskola.cz/content/ce stina-pro-vietnamce-z-klubu-hanoi



TANDEM

http://i-teach.cz/en/brno-czech-slovak/ www.gettandem.com https://mylanguageexchange.com/ www.conversationexchange.com



MOBIL APPS

Duolingo Memrise HelloTalk



YOUTUBE

www.youtube.com/channel/UCkHNt8uQrAmpdkH0xzl1QeQ www.youtube.com/user/CzechClass101/videos www.youtube.com/channel/UCyeQeA1IAmduPh6paZszmyw www.youtube.com/user/CZbehindthemountain

You can also check Ivysílání:

- <u>www.ceskatelevize.cz/ivysilani</u> or watch Czech movies. We recommend those which are available even on Netflix with subtitles:
 - https://kafkadesk.org/2020/07/25/best-czech-movies-to-watch-on-netflix-this-summer/
 - Želary, The Identity card, Colette, One hand doesn't clap, Stories of ordinary madness,

Listen to Czech music or just switch your mobile or computer into the Czech language :)

More tips and tricks on how and where to learn

Czech: <u>www.cizincijmk.cz/en/non-eu/our-services/czech-language-courses/self-learning-of-czech-language/www.brnoexpatcentre.eu/im-an-expat/learning-the-language/</u>

WORKING CONDITION AND LABOR MARKET

Basically, we recognize employment as the Main Occupation which is a contractual relationship between employer and employee on the basis of a contract. It can be closed for an indefinite period, leading to permanent employment, as well as for a defined period, after which employment ends. Then there is a Part-time Occupation either an Agreement to Perform Work or Agreement to Complete a Job. Both of them do not fully constitute employment and should only be used for casual work. Both have specific rules and restrictions. More you can read in the publication here: socialnim-magistratu-mesta-brna/

In the Czech Republic you can work as an employee or set up your own business or it's also possible to be both, self-employed and at the same time an employee. As an employee, you should always carefully study the employment contract before signing it. The taxes, social and health security are deducted from your salary by the company you work for and the net salary that belongs to you will come to your account. If you want to set up a business, you can visit the Brno City Trade Licensing Office where you can obtain all the information regarding the founding a business and the possibilities connected to it, but remember, you will be responsible to pay social and health security by yourself and at least once a year you have to file a tax return and pay income tax.

Are you looking for a job? At first, we recommend you to read this article to be aware of how it works in here and where to begin: www.brnoexpatcentre.eu/im-an-expat/getting-a-job/. You can find also the biggest companies who appreciate foreign language speakers and useful websites for searching a job.

If you are unemployed first you should go to a Labour Office (https://portal.mpsv.cz/sz/zamest/zpr_prace) and register yourself as a job seeker: https://www.brnoexpatcentre.eu/im-an-expat/employment-office/registration/. If you are registered, the social and health security is covered and you don't have to pay it. If you work for some certain time you will also receive some financial support.



Meanwhile, prepare your CV and address potential employers. Except those which are already mentioned in the Brno expat links above we have chosen a few more options where to find the employers:

- www.jobmanual.cz/en/uvod.html
- <u>www.glassdoor.com/index.htm</u>
- www.uradprace.cz/web/en/jobs-for-foreigners
- www.facebook.com/search/top?q=students%20brno
- www.facebook.com/groups/371147153507872/
- <u>www.facebook.com/groups/1496522724000705/</u>
- www.europelanguagejobs.com/
- https://ec.europa.eu/eures/portal/

NOT SURE HOW TO COUNT YOUR SALARY?

- www.brnoexpatcentre.eu/im-an-expat/employees-income-tax/
- www.brnoexpatcentre.eu/im-an-expat/czech-tax-domicile/

INTERNSHIP, WORKAWAY OR SUMMER JOB?

- www.iaeste.cz/index.php/
- https://ec.europa.eu/eures/public/en/ jobseekers-dashboard? lang=en&app=4.5.1-build-0
- http://www.pickingjobs.com/
- https://www.fruitfuljobs.com/
- http://www.backdoorjobs.com/
- https://www.anyworkanywhere.com/
- http://livein-jobs.co.uk/ paid work for backpackers
- https://workamper.com/ jobs for camper
- https://www.helpx.net/ -volunteering, provides food and accommodation
- https://www.workaway.info/volunteering, provides food and accommodation
- https://www.ioe.org.au/getinvolved/volunteers/

- <u>https://wwoof.cz/</u> volunteering, provides food and accommodation
- https://kibbutzvolunteer.com/ volunteer in a 'commune' in Israel
- http://openhouses.de/Internationales
 provides food and accommodation
- https://www.fuze-ecoteer.com/ volunteering and working holidays
- http://wwl.growfood.org/ -nord/south US farmers teach farming, provides food and/or accommodation
- https://www.diggersanddreamers.org.uk /?one=mes&two=mes&sel=pnv
- https://www.ic.org/ listing of intentional communities
- https://ecovillage.org/ listing of ecovillages
- <u>https://transitionnetwork.org/</u> listing of transition projects

PUBLIC TRANSPORT

In Brno, we have a 24-hour public transit system, to get you almost anywhere you need to go without a car. How it works, what ticket to buy and where, is again described well on the website of Brno expat: www.brnoexpatcentre.eu/im-an-expat/public-transport or Go to Brno: www.gotobrno.cz/en/find-your-way-in-brno/getting-around-brno-and-the-surrounding-areas. Do you know you can get a special discount for waste collection in Brno?

What websites or applications to use to find out how to get wherever you want?

- DPMBinfo application to check the city transport if there is any delay or where exactly is your tram: <u>www.dpmb.cz/en/novinky/all,</u> <u>www.dpmb.cz/en/sms-mobilni-aplikace</u>
- IDOS shows you connection around the country but also international connections:
 idos.idnes.cz/vlakyautobusymhdvse/spojeni
- Moveit worldwide used also works in Brno for planning public transport: https://moovitapp.com/brno-4005/poi/cs

Shared bicycle or electric scooter sounds cool? Check companies:



KEEP UP TO DATE



Brno news in English:

- <u>brnodaily.com</u> <u>www.facebook.com/BrnoNewsCTV/</u>

Prepare your phone for your life in Brno



• www.brnoexpatcentre.eu/im-an-expat/usefullinks-and-mobile-applications/useful-apps/

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WHAT TO EXPERIENCE HERE?

www.gotobrno.cz/en



A great website administered and updated by Brno municipality where you can find useful and cool tips that are worth it to visit, also events and all in the English language.

TASTE BRNO! PLACES WHERE WE LOVE TO EAT OR WHERE WE ENJOY A COFFEE WITH FRIENDS

Coffee places:

Cafe + It is a great place if you are on a budget.
There is also a book club!

There you can meet many other foreigners and taste superb waffles. Often they are so busy that there is no place to sit. In that case, just go down on the same street "Orlí" and find your spot at Spolek cafe.

Bavard With a wide range of breakfast options.

Skog

Seems to be a bit snobby but it's worth seeing the industrial design and feel the atmosphere.

Yes, that's it. Delicious bread, which group of international bakers produces there, is absolutely delicious. Moreover, you can enjoy it with marmalade or a pate along with your morning coffee.

Cafe Era

Shows you a bit of a functionalist style. Take a coffee with you and go to explore the quiet surroundings of Černá pole (Black Field), district which is full of villas built in the same style. There is also the most famous one, Villa Tugendhat. Did you enjoy it? Visit also the Church of Blessed Maria Restituta Kafka, a striking, modern church devoted to a nun who loved God and beer. Of all the houses that grace this neighborhood, only one is a testament to surreal architecture - Kristek's House.

Rebelbean

With the atmosphere of a typical hipster place, situated in a renovated area of the Brno textile industry. Would you like to go there but it's too far from the city center? Ok, then visit Coffee bar Mymika on Lidická street.

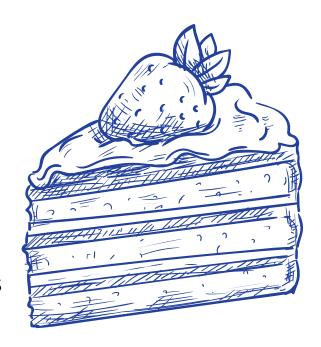
Dobrokava

It is a seasonal mobile kiosk parked on the Vegetable market - Zelný trh, where you can get a coffee almost for free! The only thing you have to give them in advance, is a promise that you will do a good deed. E.g., support some local farmers and buy a vegetable at the market: https://www.facebook.com/trhynazelnaku/. Isn't Brno a wonderful place?

Kafe v rozkladu

Offers you a sitting in a hanging chair, unusual colorful brunches from which even real eaters eat properly and drinking a coffee from old-fashioned porcelain.

In case you visit coffee places because of sweets, so coffee is just an excuse, then Mlsná holka, Sorry pečeme jinak, Panksy a pancake place or Raw with love (which is a vegan place as well as Vegan sweet bar) are the sweet-shops you shouldn't overlook.



Bistros & restaurants:

Budget friendly

Poe Poe, Carmel, La Speranza, Caruso Pizza and Pasta are again some on budget options, delicious, highly recommended also if you don't have much time

Vegan/vegetarian

Forky's is a vegan fast food with an offer that satisfies also omnivores. If you are looking for more places where your non-vegan friends can come with you even without noticing they are not eating meat, then take them to Die Kuche, Mooi bistro or Pilgrim

Asian cuisine

Mr. Sushito, Ramen Brno, Unami simply Asian, Go Brno, or Indian Annapurna are probably the best of Asian food bistros and restaurants with delicious and original meals, which do not cost you all your salary

Steak lovers

Suzies steak pub or **K1 steak house** are situated a bit far from the city center but still ready to serve you the best steaks in Brno for a reasonable price

Czech cuisine

Stopkova restaurant is the place where to taste typical Czech food, like Svíčková s knedlíky, and excellent Czech draft beer!

Delivery

Too lazy to leave your house? No problem, order food delivery on www.damejidlo.cz/en/ or wolt.com/en/.

Bars & Pubs & Wines:

Bars

- La Gaviota is a sky bar with an amazing view of the city center. Even though it's on the main square, not so many people knows about it. They also offer alcohol and shisha delivery.
- Slast, 4 pokoje, Super Panda Circus
 or Bar který neexistuje are famous
 also behind the walls of Brno and
 many famous newspapers wrote
 about their famous atmosphere,
 which is worth it to experience.

Pubs

- Pivní opice is a hidden garden place where beer lovers used to go. An alternative place could be Lokál u Caipla where they carefully treat beer and serve delicacies eaten along with it.
- Mamut, under Petrov Church is kinda old but still gold, because it's one of few pubs where you can draft your own beer directly from the beer tube coming to your table.
- **The Immigrant** as the name suggests, is preferable by many foreigners also because they find their foreign drafted beers and watch international sport matches.
- Na stojáka couldn't be missing on this list! Especially during
 the summer when all the visitors just grab a glass of beer and
 go to sit outside on kerbstones in the middle of the street.
 Don't be discouraged by the long queue and jump in
 Poslední Leč on the opposite side where it is possible to get
 also a great beer "to go" but not many people know about it.

Wine places

 Just wine and Klášterní vinárna serve especially wines produced in the South Moravian region.



Catch up with other newcomers and discover eating and coffee places together!



There is a group on Facebook which organises meetups regularly but at different pubs, restaurants, bistros or coffee places in Brno. Join them here:

www.facebook.com/groups/englishinbrno

Have you heard about foreigners who run their own food business in Brno?

- Visit Peruvian La Casa Verde who organizes Spanish meetings where you can practice this lovely language, or Mexican Blue Daemon.
- Expats also like to hang out around East Village, or public electric grills which are free of charge and where you can BBQ and drink legally in public. Booking in advance is necessary: www.vzmb.cz/verejny-gril/.
- In case you still don't have people around you who would go for BBQ, then you can find them in FB group Living in Brno: www.facebook.com/groups/livinginbrno/.

Brno a city of art & culture

We could make a long list of theaters, museums, galleries or cinemas but **Expat Brno** and **Brno municipality** has already made it in advance:

- https://www.brnoexpatcentre.eu/im-an-expat/arts-and-culture/
- https://www.gotobrno.cz/poznejte-brno/

Every time you have a chance, pass **Janaček theater** because there will be a different water picture created in the fountain in front of that theatre for sure.

But here are also some more alternative and hidden places for you:

Industra

It is a place of art, design, technology and a great coffee. Many times there are Prague theaters hosted or charity bazaars of secondhand stuff organized to support animal shelters.

Art. Bar 2. pád

It is a heavenly combination of art and sipping. International DJ of electronic and alternative music comes to this underground space which offers an excellent alcoholic drink "Zazvorodka" from their own production.

Tři ocásci

It could be described as anarchist, authentic, feminist, ecological, social, vegan, fairtrade, bio, local, seasonal and hate-free space. They organize many events supporting human rights and nature also in English!

Expedition club Brno

Is home not only for travelers. It is difficult to label this place. The great is that you can come even alone, you can meet a lot of relaxed and open minded people here. Here used to be English workshops or meetups.

Vegalite

In Vegalite they brew four of their own beers and in the evenings' hundreds of bands from the independent world D.I.Y. scenes regularly play here. A similar atmosphere you can meet in Bajkazyl Brno which has not only a space for culture and a bar that is open to everyone, but also a unique cycling workshop.

Cinema Scala

Art or Lucerna offers you an extraordinary experience of non-mainstream movies or festivals, e.g. La Película or French movies festival.

Impact hub Brno

Is a base of all startups and business ideas. You can even take advantage of their shared offices if you are bored with the home office. Let them inspire you by the wide offer of workshops, talks, or meetups. It's a place of personal growth.

Sculptures of Brno

Who wouldn't know Jošt on a high horse, Brno Dragon, or black bullet on Freedom Square. But there are many more to see. For example the Indecent Little Man on the Church of St. James, the Samurai of Brno, or the 11-Year-Old Mozart Statue. A walk along the **Svitava river** leads along an old industrial area that is surrounded by walls full of graffiti. You can stop by in Brno Bronx which is these days transforming into a place full of street art, have a coffee in **Cafe Ghetto**, or visit an old penitentiary "**Káznice**" where politician prisoners were held during the communist era in Czechoslovakia.

As Walter Savage Landor (English writer and poet) said: "Nothing is pleasanter than exploring a library". And we have to agree. If you count yourself as a **bookshelves maniac** check this website:

www.brnoexpatcentre.eu/im-an-expat/libraries/.

There used to be also **second-hand book markets** in the Vegetable market in Brno: www.facebook.com/KnizniTrhy

Keep yourself in shape or take a walk in nature

In Brno, there are many ways to keep yourself fit. First, let us share with you some useful links where to find cool places for hiking or to practice sports.

Trips to Brno's greenery:

- <u>www.gotobrno.cz/en/explore-brno/go-to-brnos-greenery/</u> **Educational trails:**
 - www.gotobrno.cz/en/explore-brno/go-to-brnos-educationaltrails/

Calendar of meetup events dedicated to outdoor and adventure:

• <u>www.meetup.com/find/cz--brno/outdoors-adventure</u>

Brno sport centers:

- www.gotobrno.cz/en/explore-brno/discove-brno-sportcentres/
- www.brnoexpatcentre.eu/im-an-expat/sports/

Sports events to watch alive:

www.kamzasportemvbrne.cz/

Leisure time activities:

• www.brnoexpatcentre.eu/im-an-expat/leisure/

FB group of international sport opportunities:

• www.facebook.com/groups/SportsBrnoInternational/

Weekly walks through the woods around Brno for exchange students and other foreign enthusiasts:

• www.facebook.com/callofthewoods/

Would you like to go to nature on your own?

It's simple. Use <u>mapy.cz</u> and see the trails that you just follow. There is no chance to get lost. We are the world masters in marking the hiking trails!

Brno seems familiar to you already?

Then make a trip outside of Brno. Here are our best recommendations: Pláva, Kobylí, Hustopeče, Mikulov.

More places recommended exploring you find here:



Combine it all

Do you want to be in the nature, but also want to be with people, to have a cup of good coffee and discover something new... Yes, we know what you feel like, so let's check what combinations we have pre-planned for you:

- Walk around Spilberk castle, passing the church of saint Vaclav with golden dome + visit a nuclear bunker or see the view from the old town hall + get yourself coffee in Zahrada Ambrosia or Podnebí.
- Walk along Brno reservoir until Sinice bar where you can borrow a paddle and try paddleboarding. There is also a BBQ place free to use.
- Bring a slackline to Luzanky, or come to practice yoga lessons. There is a Ponava restaurant/coffee/pub in the suburb of the park.
- Inside **Björnson's orchard** there is a workout playground where you can meet other fitness lovers and have a drink in a Piknik box. Piknik box sounds good but no exercise today? Well, then you can visit the biggest library in Brno **Moravská zemská knihovna** instead.
- View and architecture lovers would definitely appreciate the area Černá pole. The streets are full of old villas. Take away coffee from Era to the arboretum of Mendel university where there is a spectacular view of Brno.

 Masaryk quarter is another architectural gem. It's the area under Kraví hora where a park, a swimming pool and the observatory are located. Choose the one you will discover today.

Still getting bored?

Few of us have spent in Brno several years during studies, working or have been even born here. So here are some tips from locals on what to do when you get bored.

Summer cinemas

The great thing about Czech cinemas is that movies are not used to be dubbed (except those for children). The most famous are summer cinemas

- at Spilberk: https://www.gotobrno.cz/en/events/summer-cinema-spilberk/
- in the city centre: <u>www.gotobrno.cz/en/events/summer-cinema-brno-stred/</u>
- in the yard of City Theatre in Brno: www.facebook.com/LetnikinoBrnoMdB.
- More options here: goout.net/en/brno/outdoor-cinemas/lvzjyvlkkzcg/.

Usually, you have to pay for it, but some of them are also gratis (e.g. those at **planetarium Brno**: www.hvezdarna.cz/? page id=28

Open House

www.facebook.com/openhousebrno
Tours in Brno from a different point of view.

Wanna see more places like that? Check: www.use-it.travel/cities/detail/brno/
It is a map of interesting points and facts yearly completely new edited.

Markets, Second-hands

Let's discover some original pieces of clothes, old books or something that is missing in your household at swaps or flea markets?

There is a most famous **Flea market** in Alfa pasáž: www.facebook.com/blesi.trhy.alfa.pasaz.brno/ or in **Fleda**: www.fleda.cz/ which is originally a party place.

Swap is used to be organized by **Mladi info** who also owns a **library of things** which you can borrow and give back after: www.mladiinfo.cz/knihovna-veci/.

You can also support local NGOs e.g. **Veronica** where you can shop online:

www.facebook.com/groups/420868032261671

or wait for the event of **Útulek Tibet** who organises flea

market 4 times per year in Brno:

www.facebook.com/betka.utulektibet to support animals in their shelter or small entrepreneurs at local markets:

www.mintmarket.cz/en/trhy.

If you are about to taste something extraordinary then maybe events like **Africké trhy v Brně** or **market of coffee** which usually repeats several times a year, could be your kind of thing. On the **main square in Brno - the Freedom Square** there used to be some markets almost all the year, but always dedicated to some special celebration - of Christmas, wine of saint Martin, Eastern, Summer chill, etc. there are always events published by **Brno municipality**: www.gotobrno.cz/en/events-in-brno.

Pub quizzes

Test your knowledge at some of Brno pub quizzes. Regularly they are organized in **Clubwash**:

www.clubwash.cz/pubquiz?language=en US.

Other places you can check here: www.pubquiz.cz/player.

Outdoor games

You think you already know Brno? Try one of those encryption games in the streets of Brno:

- <u>www.gotobrno.cz/en/explore-brno/discover-brno-through-games/</u>,
- trails.cryptomania.cz/en/home/,
- <u>ticbrno.cz/centrum-mesta/sifrovaci-hra-tajemstvi-stare-radnice</u>,
- <u>ticbrno.cz/en/centrum-mesta/cryptography-game-dark-blue-adventure-2017</u>.

Did you enjoy it? Wanna create your own for your friends? Use <u>en.actionbound.com</u>.

Or you can try one created from us: https://actionbound.com/bound/meetbrno

Toastmaster

In case you still enjoy the indoor environment and don't want to leave the house, Toastmasters could be your thing: www.toastmasterscz.com/en/. Learn how to speak in public!

Couchsurfing

Maybe you know couchsurfing www.couchsurfing.com/
It is a platform for sharing a couch in different cities, join events or just hang out. Since this app became to be charged, people moved to https://www.internations.org/brno-expats. Check it!

Vida science center

If you thought that Vida science center is just a great place for children, check their Vida after dark. You will be surprised what funny programs for adults they offer: vida.cz/en

The Duke of Edinburgh's Award

Wanna join some online challenge platform. Complete tasks and share the results? **Dofe**: www.dofe.cz/en/for-participants

Well, now you know what to do, but you still miss a buddy?

Few tips considering socializing and networking you can check here: www.brnoexpatcentre.eu/im-an-expat/socializing-and-networking/.

Are you looking for a place, where to practice your favorite leisure time activity?

www.brnoexpatcentre.eu/im-an-expat/leisure

Stay active citizens!

Develop yourself through travelling and meet European cultures

Imagine that you travel with five other people from the Czech Republic to Italy. For example, the group of Greeks, Romanians and Estonians is heading to the same place to spend there one week together. During this time you gather new experiences there, you learn, even though you actually play games led by youth. You try to push your limits, to get out of your comfort zone, but only when you feel like it. No one judges your appearance, no one solves your orientation or skin color. The adventure begins with the first meeting. The activities change according to the theme you discover together during that week. It could be focused on human rights, ecology, mindfulness, etc. It's never boring. You will bring home new experiences, international friendships and probably the determination to take life into your own hands. Just like at school, you get a school report, so at those educational camps you get a certificate, it's called Youthpass and it's based on your own self-evaluation. And the best at the end!

Participation in such educational camps are for free! They are financially supported by the **Erasmus +** program.

So how it works?

Basically, there is an organization in the Czech Republic or abroad that applies for Erasmus+ funding to organize such an international meeting. They write a project application that involves topics and schedule of the activities and also partner NGOs who will send them participants after the project is approved. It means that If you would attend such an international adventure, all you have to do is to follow Czech NGOs

- who organize educational camps in the Czech Republic.
- who is connected as a partner organization of other European NGOs which will host you, so you can apply through this Czech NGO who is looking for participants to send them abroad.

Let's summarize the facts and some basic rules

- You can participate in Youth camps if you are between 13 30 years. For training for youth workers, there is a limit of 18+. This applies generally but each project could have its specific age limit (e.g. only for teenagers 13 17 y.r.)
- The basis is non-formal education. It means that experienced leaders prepare for the group interactive activities in which you participate and contribute to the flexible results created by the group. There are activities like theatre playing, discussions or space for self-reflection. In non-formal education, there is no wrong answer.

- It's always an international environment and mostly there is a need to be able to express yourself in English language. The financial support by Erasmus+ covers the travel costs (first you buy a ticket and it is reimbursed at the end of the project), accommodation and food which is provided to you on the spot by the hosting NGO.
- What is expected from you? When you apply for the international camp, you should show up your motivation to take part in the activities and your desire to meet and share with others, for example, to bring some traditional candies.
- NO drugs! NO offensive behaviors! NO verbal abuse!

Who organizes international educational camps in the Czech Republic?

Where can I find those opportunities for young people to go to such an educational camp abroad?



- www.facebook.com/projektyERASMUS/
- www.facebook.com/groups/youth.whatever.CZ
- www.facebook.com/groups/YouthOpportunitiesCZ



Websites or Facebook of organizations that organize international camps or are partners of European NGOs and so they can send you to them:

- www.brnoforyou.cz/projekty
- https://www.beinternational.cz/mezinarodniprojekty/
- www.brnoconnected.cz/nase-projekty/
- https://www.mladiinfo.cz/aktualni-projekty/
- https://eycb.eu/
- <u>www.asociacedice.cz/#work</u>
- www.icmjh.cz/inpage/pripravovane-projektyicm/
- http://cesta-rozvoje.cz/
- https://czekobanda.eu/
- www.deckonachod.cz/mezinarodni-projektyinternational-projects
- <u>www.anev.cz/#projects</u>
- https://youthplus.cz/
- https://genesisngo.webnode.cz/
- www.dumanci.cz/prace-mladez
- www.hodinah.cz/projekty/erasmus/

Websites with youth information and European youth opportunities:

- www.facebook.com/EurodeskCZ/
- https://europa.eu/youth/home_en
- https://vyjed.cz/

May I apply as a Czech participant even though I do not have Czech nationality?

Yes, you can if you have a document that proves your long-term staying in the Czech Republic. (e.g. working contract, certificate of study)

When I live in Brno do I have to apply through an organization based in Brno?

No, you can address any NGO in Czech Republic promoting a project that you would like to attend.

What is the difference between Youth camps and courses for youth workers? Besides the age limit, it seems to me like it goes the same way...

An **Youth camps** is focused on developing competencies of young people between 13 - 30 years. A **course for youth workers** is focused on youth workers (couches, youth leaders, teachers, educators, youth center staff, etc.) to gain new techniques and methods or get inspiration for youth work.

Where do the projects take place?

In all **EU countries** and **candidates countries** (Northern Macedonia, Serbia, Turkey) also in **EHP countries** (Liechtenstein, Norway), Great Britain and **partner countries** (countries of the Western Balkans, Eastern Europe and the Caucasus, Southern Mediterranean and Russia).

The international camp always takes 1 week?

The length of the project could be between **5 to 21 days** but it is usually one week. Depends on the exact project.

I am on a wheelchair. Can I take a part in?

YES, it is possible to apply even though you face some physical or any other handicap or disadvantage. Only what you have to do is to say it in advance (when you fill the application for the project) so the hosting NGO will be ready some special support (barrier-free in case you need accommodation, assistance at the airport) to provide it. Also, there are experienced organisations that are able to adapt activities so everyone (even blind people) can participate. There could appear other obstacles like you need a visa or you do not have money to buy the flight ticket in advance. All those problems could be solved! All you need to do is to NOT HESITATE TO WRITE ABOUT IT IN THE **APPLICATION FORM!** The organisation will suggest possible solutions and provide you with support.

Do I need any certificates of the level of English?

No. For participating in Youth camps it's enough to understand the basics and not be afraid to try to express yourself. For courses for youth workers, there might occur some more professional vocabulary but you can always ask others to help you to understand.

International volunteering

Veronika Bachtikova, Czech Republic, 9 months Russia

Once upon a time ...

When I was 24 years old, quitted my study, having a job which I didn't enjoy a lot, having some bad relationship experience and didn't really know what that "life direction" follow. I knew about ESC and almost by coincidence I took a project in Russia. Many people were thinking that I'm insane but it was the best adventure in my life so far. Taking care of children and youth with autism or mental disease in a day-stay centre, trying to express myself in an unknown language while people thought I'm an idiot and not a foreigner, travelling through whole Siberia with other volunteers by the lowest class train to see the Baikal Lake, sometimes crying whole night without knowing why and hundreds of other stories came in my mind while thinking about my ESC experience. But one of them was really special...We were travelling with my friends - other volunteers during the summer to see the Bajkal Lake and we visited also the Buddhist Monastery "Ivolginsky Datsan" near the city Ulan-Ude. When we came out from one of the main temples, everyone around us was watching the sun in sacred silence. We raise our eyesight, looked into the sun and there was a rainbow encircling the sun which is a really lucky and protective symbol in Buddhism. Our almost 80year-old guide came next to me and whispered into my year: "It's just for you, guys. You're acting so beneficial job here so this symbol is going to follow you and bring you happiness and satisfaction."At that moment I realized that despite each trouble, crisis, stupid arguing or even really serious problems I had to come through (and for sure there are even more challenges in front of me), it's worth it.

That I'm just in the right place at the right time. This amazing moment was waiting for me to discover it. That when I got so far. I can also handle everything coming and get even further.

Few words on how it works...

The European Solidarity Corps allows young people to gain valuable experience in Europe through volunteering. The aim is to support young people to learn something new and improve the things they enjoy, meet new people from other countries and master their language skills. As with Youth camps and courses for youth workers, organizations that host a volunteer, request the EU financial support. They write projects and as they have it approved, they start looking for suitable volunteers who have the opportunity to gain new skills and work experience that will improve their position in the labor market. Projects mostly concern social inclusion (working with people with disabilities, in excluded areas, free time activities centers, with youngsters coming disadvantaged areas). the environment (forest kindergarten) or culture.

Rules and conditions...

- For all youngsters, between 18 30 years (included) from EU countries, Iceland, Liechtenstein, Norway, Northern Macedonia, Turkey and the EU's neighboring countries.
- You can take advantage of this experience just one in life, therefore choose your project wisely based on your interest and values.

- You can go for short term volunteering from 2 weeks until 2 months or long term from 2 months until 1 year. You can go first to short term and then to long term but not the opposite way around. The total length couldn't exceed 1 year.
- From European Union funds you will receive money for travel, accommodation, food, health insurance, and you will also receive pocket money.
- You can go to the whole of Europe or within the Czech Republic. In addition, you can go to other countries outside Europe, such as Algeria, Armenia, Azerbaijan, Egypt, Georgia, Israel, Jordan, Lebanon, Libya, Morocco, Palestine or Syria.
- You have full psychological and administrative support from both the Czech organization who will help you to get ready and the foreign one where will be a mentor who will help with integration.

Sounds genial! Where to apply for it?

Register on the official **portal of the European Solidarity Corps.** After creating a profile, a catalog of opportunities will open, where you can filter offers by focus, time length, country of the event, etc: europa.eu/youth/solidarity_en.



Search on web portals of NGOs as well as with Youth camps and courses for youth workers, or Facebook groups. Besides those above you can also check:

- www.facebook.com/groups/evska/
- www.facebook.com/groups/EVS.vacancy/
- www.facebook.com/groups/1473558456241290/
- www.facebook.com/groups/volunteeringopportunities/
- www.facebook.com/groups/evsmax/

So I will receive money for my work, wouldn't I? Isn't it a regular job then?

No, you will not receive a salary, you will get support for living and some pocket money (the amount depends on the country you will be volunteering in but It's sufficient for living). The working hours used to be between 30 - 38 hours per week and also the concept of helping in the organisation is different from work. It's not much about your working abilities and nobody expects you to be a professional. It's actually the other way around. This program is designed to offer young people the possibility to improve their competencies, develop themselves and gain new skills which should help them to enter the labor market after the arrival.

Do I have to be a student?

No. This opportunity is for all youth between **18 - 30** doesn't matter the education or work experience.

Do I have to be able to speak the language of the hosting country?

Of course not. It's not necessary to have perfect knowledge even of English. The basic level is enough. Everyone expects that English is not your native language. And where else should you improve it than abroad?

This opportunity has to be so popular that there is no chance for me to attend.

No worries, there are always plenty of them! All you have to do is to register yourself and choose from the actual offer. We are pretty sure you will find your one!

Helping in your local community

The number of volunteer opportunities in Brno and Jihomoravský region is immense. Surely you will find the right one for you! All you have to do is to contact a volunteer center DC 67 dc67.cz/en based on Bratislavska street nr. 26 in Brno (dc67.cz/en/about-us/contact). They have a database of organisations where it is possible to volunteer and will help you to find the one where you can be useful, even though you don't speak Czech fluently. Actually, that is an opportunity to improve it!

Contact them:

info@dc67.cz



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There are many more ways to contribute to building Brno's wellbeing even though you don't have time or the right attitude for volunteering. Here are some tips:

- Blood donation in FN Brno: www.fnbrno.cz/en/the-university-hospital-brno/t1000
- Donation of things you don't need anymore: dobra-karma.cz/
- Donation of clothes for homeless people: <u>armadaspasy.cz/english-page/#</u>
- Charity runs e.g.

 www.run-tour.cz/cs/charita
 behproutulky.cz/terminy-2020/

 www.behprosvetlusku.cz/registrace
- or you can collect trash when you go for running: www.facebook.com/trashherobrno/?ti=as
- Adopt an animal in Brno ZOO: www.zoobrno.cz/en/support-us/adopt-an-animal
- Buy food at <u>www.foodbankbrno.cz/jak-pomahat/food-box/</u>
- or in <u>triocasci.cz/</u> you can pre-pay a coffee or lunch for someone who is in need, also it's possible to leave there hygienic stuff for ladies.
- Become a buddy of someone who is newcomer in Brno: nesehnuti.cz/every-body-needs-some-buddy/.

Overview of charity events in Brno:
and news: brnodaily.com/tag/charity/
More tips where is possible to help:
www.brnoexpatcentre.eu/im-an-expat/volunteering/
The biggest charity organisation in Brno is Diocesan Charity:
dchb.charita.cz/

Sometimes it is enough just to think twice while shopping. You can buy a coffee in a bar where works deaf people: www.moravskakavarnaneslysicich.cz/ or people with difficult backgrounds: www.cafeprah.cz/ or go for swaps, flea markets, support local farmers, etc.

Would you rather realize your own solidarity project?

Do you have an idea of what will be beneficial for your community?

No problem. We will give you advice on where to get financial support, how to apply and make steps leading to realization.

We have already mentioned European solidarity corps program which offers you to go abroad as a volunteer with financial support. But that's not all! Under this program there is also the possibility to initiate, prepare and realize your own local project in cooperation with other youngsters which would respond to key challenges in a local community and thus contributing to positive change and get the financial support for it. Same as Martina and her friends from a small village close to Přerov who noticed plenty of pensioners living there but not having a social life. They decided to change it!

They applied for the Solidarity project which gave them financial and coaching support to organize cooking lessons of traditional dishes based on recipes from grandmas and grandpas who were teaching the young generation. In the end, they collected all the recipes and there was a village cooking book published.



For more examples of solidarity projects, basic rules and how to apply for funds please check the official website:

• <u>europa.eu/youth/solidarity/solidarity_projects_en_</u>

The solidarity project is initiated, prepared and implemented by a group of at least 5 young people (18 - 30 years) who show solidarity by responding to key challenges in the local community and thus contributing to positive change. It is a national initiative, but it reflects European values.



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