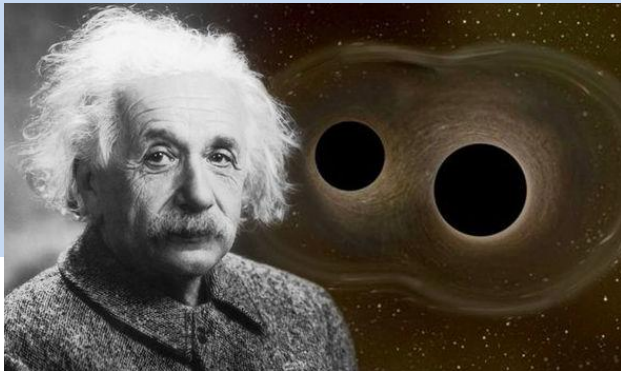


„In the middle of every difficulty
lies opportunity.“



Albert Einstein

INTRODUCTION

1. Tutors/coordinators/

1st - 2nd year

PhDr. Zlata Brachová, MBA

Centre of Telemetric Medicine(CENTESIMO)

Main Building, right wing, 1st floor

Land line(office): 585632711

zlata.brachova@upol.cz



3rd - 6th year

Mgr. Veronika Glogarová

Centre for Foreign Language Teaching

Main Building, right wing, 3th floor

Land line (office):585 632 715

[veronika.glogarova@upol.cz;](mailto:veronika.glogarova@upol.cz)



The documents

Precise information regarding:

- Long-term residence permit
- Long-term visa
- Biometric data
- Health insurance (EU and NON-EU citizens)

All the up-to-date and necessary information will be provided by our excellent registrars.

Theft or loss of documents (pocket-picking, shop-lifting etc.)

- Biometric card – **theft**
 - notification to Česká policie/Czech Police or Městská policie/City Police, - the same if it happens abroad),
 - afterwards to OAMP – **a police record required!**
- Biometric card – **loss**
 - only to OAMP (you will fill in a form specifying if it was a loss or a theft)

In both cases: biometric data will be retaken the same day of the notification at OAMP–Přerov without an appointment (new card - **for a specific fee !**)

Watch your stuff!

If something like this happens - contact a tutor - ASAP!!!

Theft or loss of other documents

(credit card, ISIC, passport, etc.)

Credit card - block your bank account!

ČSOB – 495 800 111

Česká spořitelna – 800 207 207

ISIC - through registrars

Passport – through your embassy in Prague, OAMP

Always carry your biometric card or passport or a copy of it.

ISIC **is not** ID outside university.

Medical care

How to solve non-acute health problems?

- 1) Keep essential medicines handy
- 2) Take the medication you are used to or purchase medication from a pharmacy (CAUTION for allergies)
- 3) Don't overestimate, but don't underestimate the symptoms either.
- 4) Prevention is essential:
 - sleep
 - regular meals
 - appropriate clothing
 - sports and entertainment
 - hygiene-especially hand hygiene



Source: <https://www.google.cz/search?q=hypochondr&sxsrf=Ali>
Downloaded: 10.9.2022

Medical care

How to solve non-acute health problems?

- fever
- runny nose
- cough
- pain of different origins
- conjunctivitis
- allergies
- vomiting or diarrhea after a dietary mistake



Source: <https://www.google.com/search?q=urgentn%C3%AD+p%C5%99%C3%ADjem+p%C5%99%C3%ADjem&tbn=isch&ved=>
Downloaded: 13.9.2022

Usually do not require immediate ambulance transport to the emergency room.

Medical care

Over-the-counter medicines

You can buy over-the-counter medicines at any pharmacy in town.

The pharmacist will advise you.

There are two Pharmacies in FNOL:

- 24-hour pharmacy - Building2 – Emergency Dep. FNOL
- The main pharmacy – Building Z - I.P.Pavlova Street



24-hour Pharmacy – Building 2
Emergency Dep. FNOL

Lékárna Fakultní nemocnice Olomouc



Source: <https://www.google.com/search?q=non+stop+l%C3%A9k%C3%A1rna+FNOL&tbm=>
Downloaded: 24.5.2023

Medical care

Basic diagnoses and medications -in Czech

- fever – **horečka**: *tablets, syrup, dissolvable powders – (tablety, sirup, rozpustné prášky)*
- runny nose – **rýma**: *nasal drops – (nosní kapky)*
- cough – **kašel**: *syrup, cough tablets – (sirup nebo tablety proti kašli)*
- pain of different origins – **bolest různého původu**: *painkillers (tablets, suppositories – (tablety, čípky)*

Medical care

Basic diagnoses and medications -in Czech

- conjunctivitis – **záněť spojivek**: *eye drops, ointments*
– (*oční kapky, masti*)
- allergies – **alergie**: tablets, ointments - (*tablety, masti*)
- vomiting or diarrhea after a dietary mistake or because of infection - **zvracení nebo průjem po dietní chybě nebo v důsledku infekce**:
tablets, suppositories– (*tablety, čípky*)

Medical care - Support from senior students from
PEPA (Palacky English Programme Association)

Detailed information will be available at
the afternoon programme on

Wednesday 11.9.2024
during PEPA afternoon
14:00 – 18:00



Source: <https://www.facebook.com/photo/?fbid=466999562126021&set=pb.100064479444704.-2207520000>
Downloaded: 24.5.2023

Medical care

General practitioners for English program students

MUDr. Viktorija Ragenaité Mrnka,

Doctor's office: in building F, Faculty Hospital Olomouc

Phone contact: 588 444 813

E-mail contact: Viktorija.Ragenaite-mrnka@fnol.cz

Working hours: **without** making appointment - Mon, Tue, Thu, Fri 7.30-12.30 |
Wed 7.30-18.00

Medical care

Specialists:

Depends on type of Health Care Insurance - as part of insurance or direct payment.

Accessible on:

<https://www.lf.upol.cz/en/students/practicalinformation/#c23401>

Make an appointment by phone call or e-mail or contact the tutors (dr. Brachová, Mgr. Glogarová) for help.

Medical care

Acute condition, situation, injury, sudden illness

Emergency Income Department



building A



155

112

Medical care - regular use of medication

If you suffer from any **health problems**, **chronic illness** and have to take **medications regularly** don't be afraid to admit it during a medical examination at the Occupational Medicine Clinic at FNOL

Make sure:

- that you have a sufficient supply of necessary medications on you
- that you have contact with your specialist
- **that you have a report from your specialist as a necessary source of information in case you need a consultation and prescription in the Czech Republic**

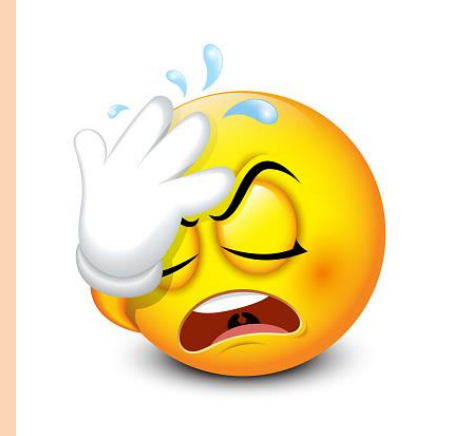


Medical care - regular use of medication

No medications (including vitamins, dietary supplements, etc.)

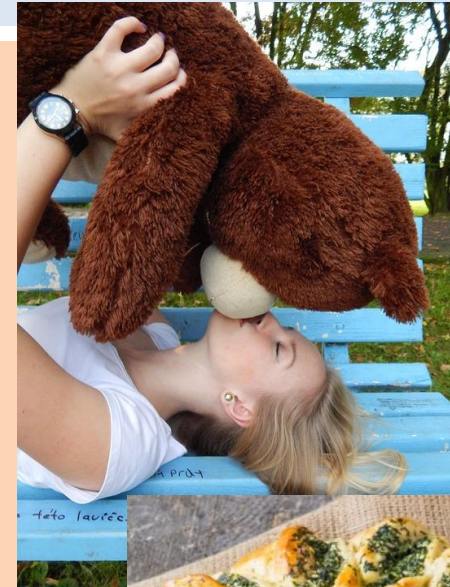
may be sent
as part of packages from home.

If this happens,
the package will be sent for inspection
and **likely sent back to the sender.**



Packages, shipments

How to receive your **beloved Teddy Bear**
Mom's great cake, **favorite book**
or **warm clothes** without any problems?



Packages, shipments

Follow those instructions

- 1) the content of the consignment **must not** be marked as **a gift** (it is subject to customs clearance and must be paid) but **as personal belongings, things needed for study**
- 2) request that the accompanying documentation will be sent electronically from the sender (from parents, relatives) to you **with a list of the package contents**
- 3) wait for notification - delivery of the shipment to the customs office, will be probably in Czech language –
DO NOT IGNORE IT!

Packages, shipments

Follow those instructions

4) confirm that the shipment is for you and that you accept it – ASAP.

If not, the shipment is going to be send back to sender within **21 days**.

5) for confirmation you need in electronic form:

- passport scan (page with photo and number, validation, etc.)
- certificate of study

If you do not know what to do from point number 4, ask for help. Whom?

Your tutor!

Packages, shipments

Confirmation

EMS 国際郵便
お送り番号 EMS item number EG663453984JP 郵便局

E07281218

Name [Redacted]
TO(お届け先) Name [Redacted] Address [Redacted] 69
77900 Olomouc 9
郵便番号 Postal code 233-0015 JAPAN 郵便番号 Postal code
国名 Country Czech Republic
電話番号 Telephone No. 090-2493-1432 FAX番号 Fax No. 070-6429-1989
内容品の詳細な記載 Detailed description of contents
scaff scaff
SKLA VIA K K VYCLENI
内容品の数量・重量・価値 Number of items, Net weight, Value
1 1kg 14,000
内容品の日本円換算合計(円) Total value 14,000 Yen
KONTROLA RTG 19-12-2018 DUVOD DOVOZU Mino Futukawa
EG663453984JP

Packages, shipments

AVIZO – oznámení o příchodu zásilky – do not ignore it, please!!!!

OZNÁMENÍ O PŘÍCHODU ZÁSILKY ZE ZAHRANIČÍ Datum: 07.03.2019

byť č. 10

[Redacted]

MRN	19CZ650000I8KWDLS5
Skladové číslo	B24720219
Podací číslo	CD368132263JP
Druh zásilky	[Redacted]
Odesílatel	[Redacted]
Obsah	[Redacted]
Hmotnost	[Redacted]
Přílohy	[Redacted]
Poznámka	[Redacted]

nocho 32 162 06
netika

Track&Trace

Find consignment My consignments

Consignment code	Date
[redacted] Cookies	
26.9.2022 Communication with the addressee about the consignment being deposited in interim warehouse - asked to prove the value of the goods	26.9.2022

Delete Save custom names

Detailed information on consignments

Consignment type: EMS, Consignment weight: 3,75 kg, COD amount: 0 CZK, Number of pieces: 1 pc

Date	Event	Postcode	Place of event
26.9.2022	Communication with the addressee about the consignment being deposited in interim warehouse - asked to prove the value of the goods.		
24.9.2022	The consignment was deposited at post office of exchange	22000	specializovaný útvár mezinárodní pošta Praha
23.9.2022	Mail item update at office of exchange - damaged, incomplete address.		
23.9.2022	The consignment is being prepared for customs clearance.	22000	specializovaný útvár mezinárodní pošta Praha
23.9.2022	The consignment was accepted by post office of exchange	22000	specializovaný útvár mezinárodní pošta Praha
22.9.2022	The consignment was sent to the Czech Republic.		
19.9.2022	The consignment was sent for transportation.		

Fill in customs data Consignment evaluation Consignment complain

How to address your teachers?

- Based on academic degrees or degrees obtained after graduation (Dr.)
- Profesor - professor
- Docent (associate professor) - professor
- Odborný asistent (senior lecturer/assistant professor) - doctor

- **NEVER CALL A TEACHER BY THEIR FIRST NAME**



How not to get into unnecessary trouble

- Do not waste allowed absencies,
- Ask teachers for the specification of rules in the practicals,
- The inner rules can differ depending on the dpt., particularly in the subjects with labs (biology, chemistry),
- Classes are mandatory, substitutions allowed with the excuse beforehand (more complicated in Dpt. with labs),

Do not hesitate to ask, ask, **ask** for help!

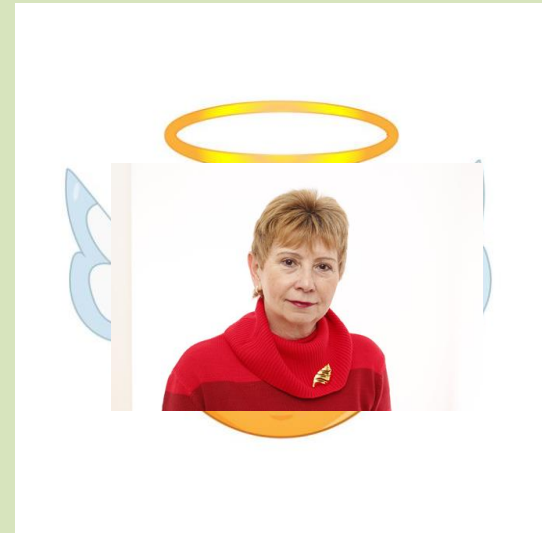
Every beginning is hard.

What to do if I don't know?

Do not hesitate to ask, ask, **ask** for help!

Who to ask for help?

Your Guardian Angel





Thanks for your attention