



PEPA INTRODUCTION TALK

BY: PANTELITSA STAVROU
PRESIDENT 2024/25



WHO ARE WE? HOW CAN WE HELP?

- Palacký English Student Association (PEPA) is a group of 15 students studying Medicine, Dentistry or Physiotherapy at our University
- These are also the programs we represent
- You can join us every year when applications open
- We are here to listen to your problems, ideas, suggestions, opinions and bring them forward to the University's Dean and Vice-Dean
- We collaborate with Spolek Mediků (CZ student association) and International Federation of Medical Students Association (IFMSA)
- We create events to integrate both English and Czech programs together

WHO ARE WE? HOW CAN WE HELP?

- We held talks and tours of the university, the hospital and the town of Olomouc during Introduction week for upcoming students
- We organise Fresher's week full of events for the first year students to get to know each other
- We collaborate with our affiliated societies to organise various events such as Bake Sales, Seminars taught by lecturers or senior students, First-Aid and Sexual Education talks for the students of the International School of Olomouc, Dermatology Seminars.
- We also collaborate with the Welcome Office, Erasmus Student Network (ESN) and United International Medical Schools (UIMS) on various events.
- We also annual host our famous 'How to study for...' tutorials for each academic year as well as Pathophysiology tutorials and Chemistry calculation tutorials

OUR SOCIAL MEDIA

Facebook Page



PEPA - Palacký English Programme Association

414 likes • 460 followers



PEPA is a student-run organisation looking to enrich your student experience at UPOL LF. We look to organise educational lectures & workshops, as well as social & sports events to help you enjoy your journey through Medical or Dental school.

Liked

Message



Facebook Group



PEPA (Palacký English Programme Association) >

Private group

899 members



Manage

Invite



You

Chats

Featured

Photos

Ev



Write something...



Anonymous post



Feeling



Poll

Most relevant



Instagram



WhatsApp Group



PEPA Notifications

WhatsApp group



CURRENT COMMITTEE MEMBERS

SENIOR MEMBERS



PANTELITSA STAVROU
PRESIDENT
5th YEAR MEDIC



SOTERIS NICOLAIDES
VICE – PRESIDENT
6th YEAR MEDIC



ABHINAV JETHI
TREASURER
5th YEAR MEDIC

CURRENT COMMITTEE MEMBERS

SENIOR MEMBERS



ARIA TAMATSUKURI
6th YEAR MEDIC



KATE TAYLOR
6th YEAR MEDIC



JANET THOMAS
6th YEAR MEDIC



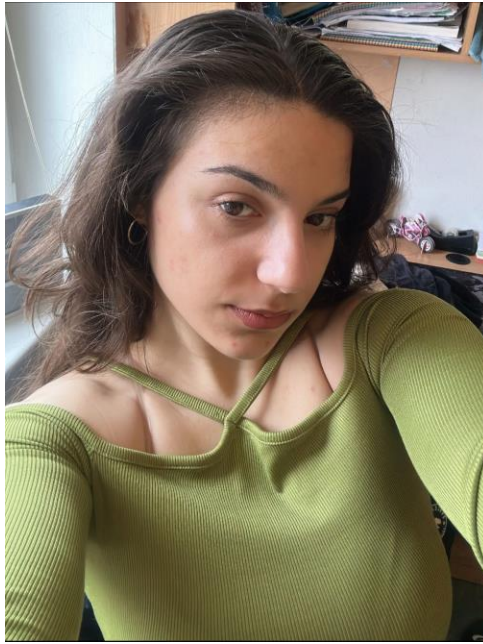
ABDULLAH HATEM AHMED
4th YEAR MEDIC

CURRENT COMMITTEE MEMBERS

SENIOR MEMBERS



ABDUL MOIZ REHMAN
4th YEAR MEDIC



SOTIRIA TRIANTAFYLLIDI
4th YEAR MEDIC



TABASSOM JAVANIAN
4th YEAR PHYSIO

CURRENT COMMITTEE MEMBERS

JUNIOR MEMBERS



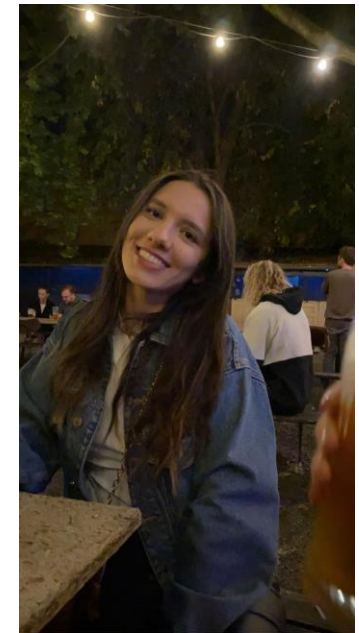
ADAM JAVORČEK
2nd YEAR DENTIST



EVELYN VICTOR
3rd YEAR MEDIC

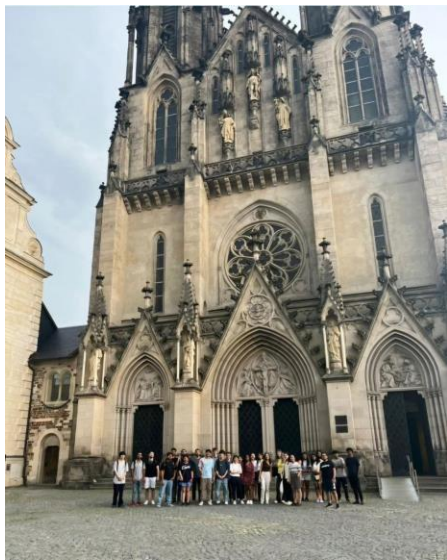


JESSICA YOUSEF
3rd YEAR DENTIST



MUNISA OZOD
3rd YEAR DENTIST

SOME PICTURES FROM LAST YEAR'S EVENTS



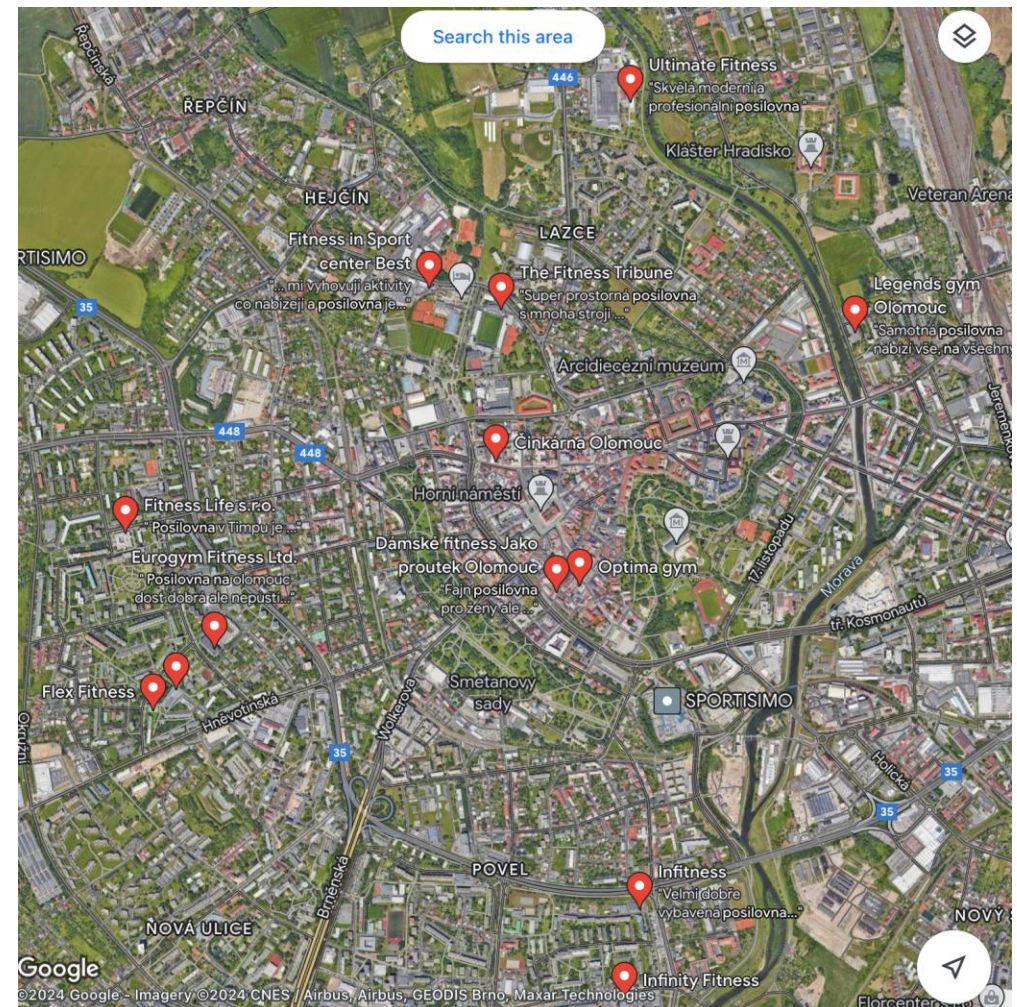
SPORTS AND FITNESS CENTRES

- **Football:**
 - Pitches available at Nové Sady
 - Cost: 600czk for two hours
 - UIMS also organises football tournaments throughout the semester



SPORTS TEAM AND FITNESS CENTRES

- 1) Gym at Neředín dormitories
- 2) Eurogym close to Medical Faculty
- 3) Gym at the Faculty of Physical Culture
- 4) OMEGA Sports and Health Center in town
- 5) Academic Sports Center
- 6) Infitness
- 7) Legends Gym



SPORTS TEAM AND FITNESS CENTRES

1) Gym at Neředín dormitories

- Location: NI building
- Cost: 600czk per semester for students living in the dorms



SPORTS TEAM AND FITNESS CENTRES

2) Eurogym close to Medical Faculty

- Address: Stupkova 952, 779 00 Olomouc 9-Nová Ulice
- ISIC required as proof

One time entry	Price
1 x one-time entry for CZK 170	170 CZK

Season tickets for students and seniors *	Price
Discounted monthly access to the gym without restrictions	990 CZK
Discounted half-yearly (6 months for 950 CZK/month)	CZK 5,700
Discounted annual (12 months for 850 CZK / month)	10,200 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.

SPORTS TEAM AND FITNESS CENTRES

3) Gym at the Faculty of Physical Culture:

- ISIC required as proof
- Address: BALUO APPLICATION CENTRE U letiště 976/32
Fakulta tělesné kultury
Univerzita Palackého v Olomouci
třída Míru 117, Olomouc 771 1

AC BALUO

CONTACT

LANGUAGE ▾

MEMBERSHIP PLUS

- Entrance to the pool → **140 CZK / 120 CZK***
- Entrance to fitness → **130 CZK / 100 CZK***
- Monthly fitness pass (31 entries) → **1200 / 900 CZK*** (FREE voucher for 1 InBody body composition measurement)
- Happy Hours (8:00 a.m. - 3:00 p.m. on weekdays, during opening hours on weekends) - fitness entrance for students up to 26 years old → **90 CZK**
- Package of 10 entries to the fitness or swimming pool for a better price
- FREE voucher for 2 InBody body composition measurements

* Children 3 - 18 years, students under 26 years, UP employees, seniors 65+, ZTP and ZTP/P

MEMBERSHIP BASIC

- Monthly fitness pass (31 entries) → **1200 / 900 CZK*** (FREE voucher for 1 InBody body composition measurement)
 - Happy Hours (8:00 a.m. - 3:00 p.m. on weekdays, during opening hours on weekends) - fitness entrance for students up to 26 years old → **90 CZK**
 - Individual classes with coach (fitness)
- * Children 3 - 18 years, students under 26 years, UP employees, seniors 65+, ZTP and ZTP/P

SPORTS TEAM AND FITNESS CENTRES



Akademik
Fitness

5) Academic Sports Center

- Address:
U Sportovní haly 2a
CZ-779 00 Olomouc
Czech Republic
- Reservation system link:
<http://www.sportuj.upol.cz/>

Ceník Akademik Fitness

platný od 2. 1. 2023

POSILOVNA	JEDNORÁZOVÝ VSTUP (BEZ KREDITU)	VSTUP S REGISTRACÍ (Z KREDITU)	
		VEŘEJNOST	STUDENTI A ZAMĚSTNANCI UP
Vstup	130 Kč	100 Kč	70 Kč
Měsíční neomezený vstup (1x denně / osoba)	X	800 Kč	650 Kč

Ceny jsou vč. DPH.

SAUNA	JEDNORÁZOVÝ VSTUP (BEZ KREDITU)	VSTUP S REGISTRACÍ (Z KREDITU)	
		VEŘEJNOST	STUDENTI A ZAMĚSTNANCI UP
Vstup (2 hod./osoba)	220 Kč	180 Kč	140 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

SPORTS TEAM AND FITNESS CENTRES

6) Infitness:

- Address: Velkomoravská 590/50, 779 00
Olomouc 9-Nové Sady

<p>ONE TIME ENTRY</p> <table><tbody><tr><td>150 Kč standard</td><td>150 CZK student</td></tr></tbody></table> <p>Can be purchased at the branch</p>	150 Kč standard	150 CZK student	<p>MONTHLY PASS</p> <table><tbody><tr><td>1290 Kč standard</td><td>1290 CZK student</td></tr></tbody></table> <p>Can be purchased at the branch</p>	1290 Kč standard	1290 CZK student	<p>QUARTERLY SEASON TICKET</p> <table><tbody><tr><td>3400 Kč standard</td><td>3400 CZK student</td></tr></tbody></table>	3400 Kč standard	3400 CZK student	<p>ANNUAL PASS</p> <table><tbody><tr><td>11400 Kč standard</td><td>11400 Kč student</td></tr></tbody></table> <p>Can be purchased at the branch</p>	11400 Kč standard	11400 Kč student
150 Kč standard	150 CZK student										
1290 Kč standard	1290 CZK student										
3400 Kč standard	3400 CZK student										
11400 Kč standard	11400 Kč student										

SPORTS TEAM AND FITNESS CENTRES

7) Legends Gym:

- Address: Sokolovská 80/4, 779 00
Olomouc 9-Klášterní Hradisko

PRICE LIST

One time entry	150 CZK
Student one-time entry	130 CZK
Child under 15 accompanied by a person 16+	100 CZK
10 entry pass <i>valid for 90 days</i>	1300 CZK
Monthly pass <i>valid for 30 days</i>	990 CZK
Student monthly pass <i>valid for 30 days</i>	890 CZK
Quarterly season ticket	2750 CZK
Half-year season ticket	5500 CZK
Annual pass	10,000 CZK

STUDENT MEDICAL HOTLINE

- If anything medically related is needed, please contact these people specifically to help you:

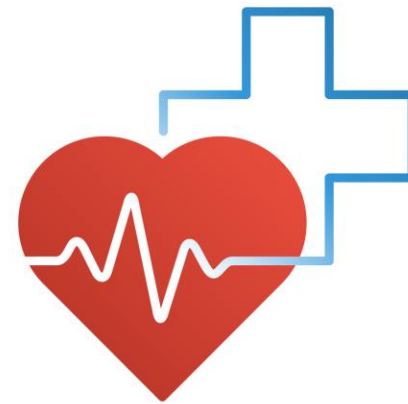
1) In dorms:

- Abdullah Hatem Ahmed +420775329044

2) Outside dorms:

- Pantelitsa Stavrou +35797614268
- Soteris Nicolaides +35799713285

3) Mental Health: MHS on instagram



MEDICAL HELP AVAILABLE FOR STUDENTS

- Emergency services available at the Faculty Hospital: in Czech “Fakultní nemocnice Olomouc - urgentní příjem pacientů” – 24/7
- Doctors of each specialty for students specifically can be found under this link: <https://www.lf.upol.cz/en/students/practicalinformation/>



USEFUL APPLICATIONS TO DOWNLOAD

- For uni: Uplikace and MobilKredit 2
- For food: Foodora, Wolt, Bolt Food
- For taxis: Bolt, Liftago
- For public transport: Pubtran, Sejf (ticket purchase), IDOS, Regiojet, Flixbus, Můj vlak, Leo Express
- For online groceries: Rohlik, Albert Online, Tesco
- For online shopping: ASOS, Trendyol, Shein, Temu, Amazon, Zalando, LIDL, Alza
- ALWAYS check for ISIC discount



RESTAURANTS, PUBS AND GROCERY SHOPPING IN OLOMOUC

■ Groceries:

1. BILLA
2. Alberts
3. LIDL
4. Kaufland
5. Globus

■ Restaurants and Pubs:

1. Drapal
2. Nepali
3. Šantovka mall food court
4. Galerie Moritz
5. Dos Amigos

■ Restaurants and Pubs:

1. Fishi Sushi
2. Maison Viet
3. Moravská Restaurace
4. Steak Restaurant
5. Tunner for pubs (under Nepali Restaurant)
6. And many more...
7. In uni: Menzas are found in various locations

WHERE CAN YOU STUDY?

- At the medical faculty:
 1. Šantavého Sál or commonly known as “Fishbowl” which is 24/7
 2. Side libraries open Mon to Thursday 08:00 to 18:00, Friday 08:00 to 15:30 , not open on Weekends
- Knihovna Univerzity Palackého Zbrojnice in town
 - Address: Biskupské nám. 842, 779 00 Olomouc 9
 - Opening hours (pic)
- Libraries are also found in other faculties scattered across town too



Day	Opening Hours
MO	8am-10pm
TUE	8am-10pm
WED	8am-10pm
THU	8am-10pm
FRI	8am-7pm
SAT	9am-4pm
SUN	CLOSED

NIGHT STUDY ROOM IS NONSTOP OPEN

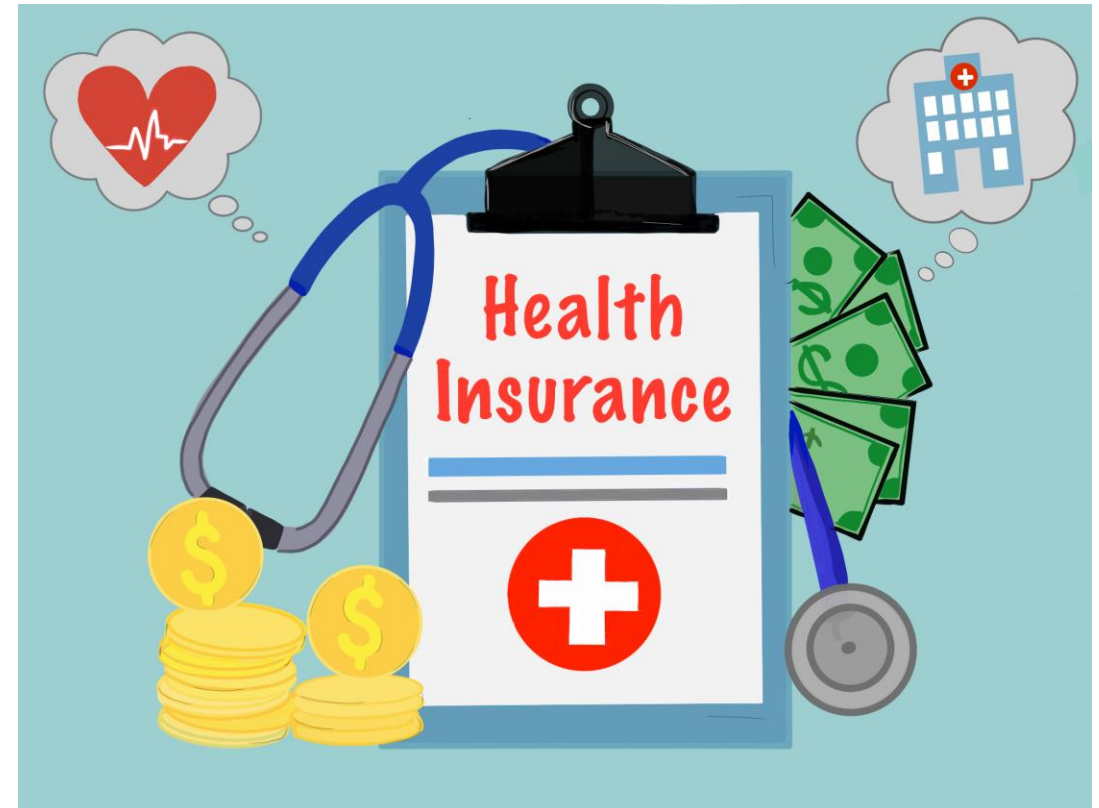
BANKS IN OLOMOUC

- Many banks are available
- Walk in directly and set up a bank account
- Documents needed: Passport and/or ID, Proof of studies (download from electronic forms in portal website), Proof of residency in dorms or flat e.g. contract
- Banks available: Raiffeissen, Česká spořitelna, Fio bank, ČSOB, Komerční bank (KB)
- Alternative Revolut



EHIC CARD AND HEALTH INSURANCE

- Most non-EU students use VZP to set up their health insurance
- For EU students: validation of EHIC must be performed in order for your card to be accepted in the Czech Republic
- This is done at the VZP office as well
- Adress: Jeremenkova 1142, 779 00 Olomouc 9-Hodolany



IDENTIFICATION CARDS (ISIC & STANDARD UP BLUE CARD)

- ISIC:
 - Worldwide student status recognition, exclusive discounts in shops, restaurants, education, entrance fees, travelling, accommodation, bank allowances.
 - Start up fee: 200 czk
 - Revalidation stamp fee: 350 czk (paid on STAG)
- Normal UP card:
 - Only valid in UP
 - No annual renewal is necessary
 - Start up fee: 200 czk

Office hours

Office hours of the ID card office

(Biskupské nám. 842/1, Armoury building, 2nd floor, Computer Centre, door no. 3.87)

Monday	9.00 - 11.30	13.00 - 14.00
Wednesday	9.00 - 11.30	13.00 - 14.00
Thursday	9.00 - 11.30	13.00 - 14.00
Friday	9.00 - 11.30	



STUDENTS' AFFAIR OFFICE AND WELCOME OFFICE

Student Affairs Office

Address:

Faculty of Medicine and Dentistry, Palacký University Olomouc
Dean's Office
Hněvotinská 3
779 00 Olomouc

Office Hours:

MON and THU: 8.00-11.00 and 13.00-16.00

Section for the English Programme and International Relations

Mgr. Jana Osmani

General Medicine
jana.osmani@upol.cz
☎ +420 585 632 017



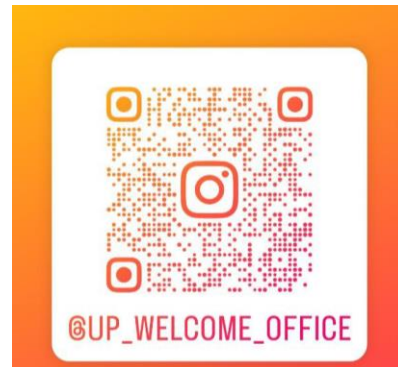
Bc. Jitka Melcrová

Dentistry, Doctoral Studies
jitka.melcrova@upol.cz
☎ +420 585 632 012



Ing. Petra Nakládalová

International Relations, Section for Accreditations
petra.nakladalova@upol.cz
☎ +420 585 632 015



■ Welcome Office

➤ Website: <https://www.upol.cz/welcome-office/>

➤ Keep an eye for our collabs and their own events

➤ They can also help you with a variety of issues

➤ Check out their website for more information about their services as well as tips

SOME GENERAL TIPS

- Be on time for your classes
- Be respectful and polite not only to the teaching staff but also your course mates
- Try to sleep enough, eat a healthy, balanced diet and exercise
- If you are feeling overwhelmed or homesick, don't feel shy or embarrassed to reach out! We have all been there and can help you 😊
- When emailing a member of the staff , use the correct Title and their surname e.g. Dear Professor/Doctor/Mgr./Ing. Nováková...
- **1st year tutor: Dr Zlata Brachová (zlata.brachova@upol.cz)**



OUR AFFILIATED SOCIETIES

- We currently have five affiliated societies: Dermatology Society, Internal Medicine Society (IMS), Mental Health Society (MHS), Paediatrics Society and Surgical Society



@DSA_UPOL



@IMS_UPOL



@MHS.UP

OUR AFFILIATED SOCIETIES

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CALENDAR OF FRESHER'S WEEK EVENTS

16th to 21st of September

September
16



18:30

September
17



18:30

September
18



18:30

September
19



GO-KARTING
18:30

September
20



BOWLING
19:00

September
21



GARAGE
SALE
11:00-13:00

Discounted
entry ticket to
all events =
500czk

FRESHER'S
WEEK PLAN
AND PRICING



ANY QUESTIONS?

