

Physical Activity and Lifestyle Change

Pre-arrival information

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4. 4. 2023

Czech republic

- Since 1993

Flag:



National emblem:



Currency: czech crown



(1€ = approx. 24 CZK)

7 facts about the Czech republic

7) The 2 most popular sports in the Czech Republic are Football and Ice Hockey

You may know: Jaromír Jágř, David Pastrňák, Dominik Hašek, Petr Čech, Pavel Nedvěd



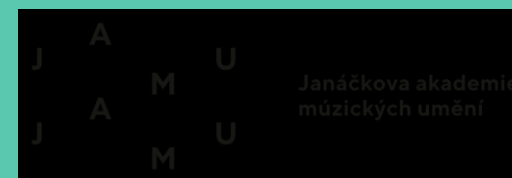
MUNI SPORT

Brno

- 2nd biggest city in the Czech Republic
- known for its wide range of cafés, restaurants and bars

Student city

- 80 000 students (every 5th citizen of Brno is student, 23% international)
- 13 universities



MUNI SPORT

- Established in 1919
- 2nd biggest university in the Czech Republic
- 10 faculties (all in Brno)

**MASARYK
UNIVERSITY**

Faculties of Masaryk University



Faculty of Law



Faculty of Pharmacy



Faculty of Medicine



Faculty of Economics and Administration



Faculty of Science



Faculty of Informatics



Faculty of Arts



Faculty of Social Studies



Faculty of Education



Faculty of Sports Studies

Questions and answers

What is the weather going to be like?

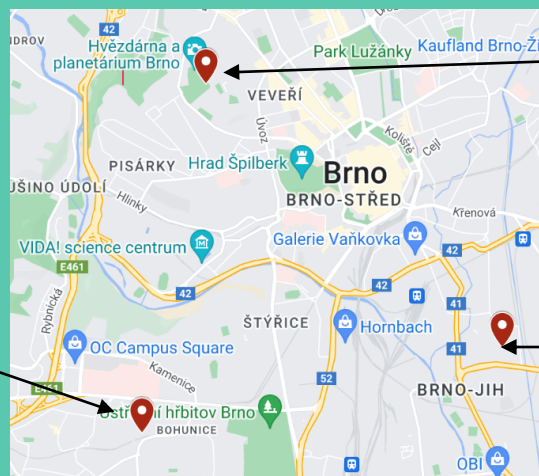
5°C – 15°C

Czech spring weather – sunny / windy / sometimes rainy.

Check the forecast for Brno before departure.

Where is a basketball court to play a little?

Outside court
Brno-Bohunice



Basketball field at Kraví hora

Basketbal Mírová

Questions and answers

What time do we eat lunch and dinner in Czechia?

There will be a lunch break every day between 12 - 13:30.

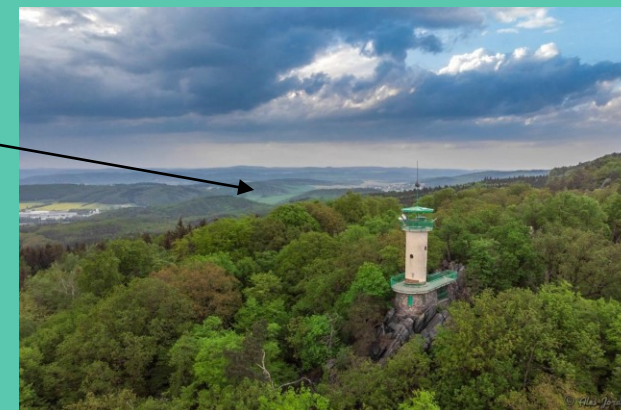
Our program ends before 5 pm every day (except Tuesday).

Dinner is on each participant's own. Czechs normally dine between 6 - 7 pm.

Where is the best place to go for a hike?



1. Natural preserve Holedná
2. Lookout tower Babí lom
3. Mariánské údolí
4. Quarry Hády
5. Veverčí castle



Questions and answers

What are some green spaces in the area?



1. Koniklecova field
2. Lužánky city park
3. Wilsons forest



Gyms?

NewPark gym



FitINN Fitnessstudio



AZ Fitness



Questions and answers

Places to visit in Brno that aren't common to find in Google?

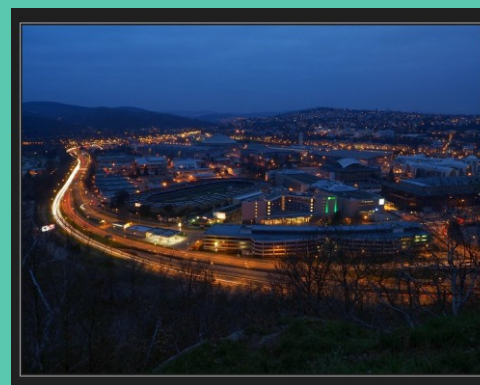
Kristek house



Cabbage market



Čertův hill



Stránská skála



Questions and answers

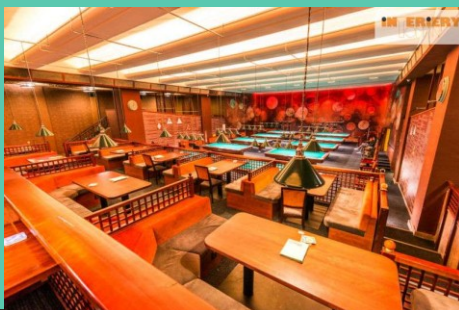
Is it expensive to stay 5 days in Brno?

| | | Cheaper option | More expensive option |
|-----------------------|---------------------|-------------------------|-------------------------|
| Accommodation | 500 - 621czk/ night | 2000 CZK | 2484 CZK |
| Meals | 300 - 500 czk/ day | 1500 CZK | 2500 CZK |
| Public transportation | 250 czk/ 5 days | 250 CZK | 250 CZK |
| | Total: | 3750 CZK (156 €) | 5234 CZK (218 €) |

Questions and answers

Places to hang out at night (only parties)?

Mystica Brno



Super Panda Circus \$\$\$



Metro music bar



Utopie Brno



Na stojáka



Where we could spend the evenings?

Questions and answers

How about places to eat?

Bonjour Vietnam (asian)

Ještě jednu (ice cream)

Stopkova (czech)

Doe Boy (pizza)

U třech čertů (czech)

Bavard Cafe (brunch)

William Thomas Bakery (pastry)

Element (modern)

Forky's (Vegan)

Padagali (Indian)

Butcheck (burgers – street food)

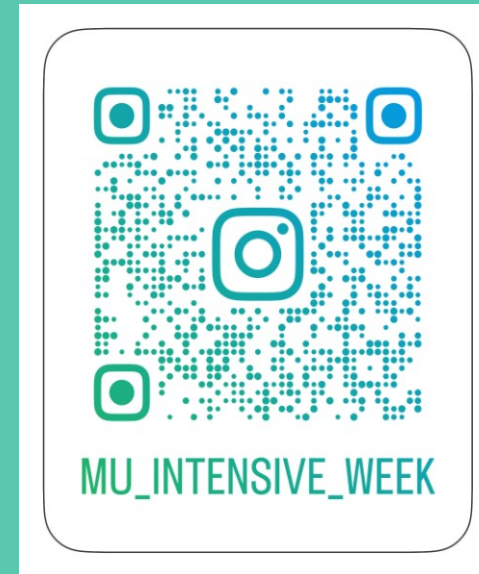
Bistro Bastardo (Mexican)



Where to go for a good lunch?

Do you have further questions?

Ask our students on instagram:



M U N I
S P O R T