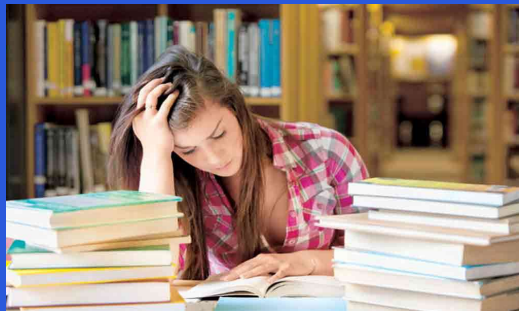


GET OUT!

Erasmus+

Podmínky účasti

Studium



V akreditovaném programu

I kombinovaní studenti

Aktivní po celou dobu pobytu

Pobyt



Minimálně 3 měsíce

Získat minimálně 20 kreditů

Lze vyjet víckrát (celem na 12 měsíců)



Výběr univerzity

Odkazy v mapě na webu FSpS + pošlu seznam
Předměty, jazyk, zázemí, lokalita, příležitosti, ...
Info od spolužáků, mně nebo se ptejte přímo v zahraničí

Přihláška + motivační dopis

Deadline koncem února – všem studentům přijde mail
Přihláška se podává se online (systém ISOIS)
1-3 univerzity podle vašich priorit
Nahrajete motivák v AJ nebo jazyce studia (1 strana)

Pohovor

Proděkan Vespalec (a já)
V AJ
Nic dramatického

Rozhodnutí a potvrzení

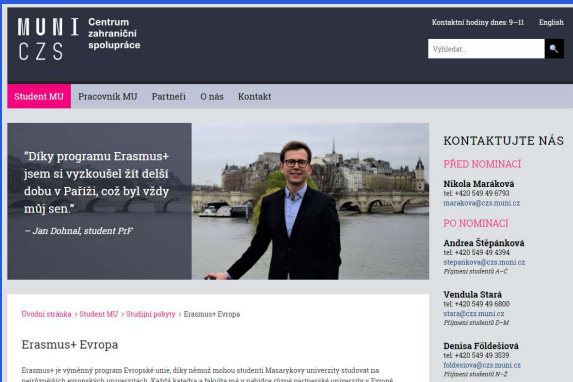
Infomail s rozhodnutím, jestli a kam jedete
Doteď bylo vše nezávazné – ještě se můžete sami rozhodnout
Musíte potvrdit!!!



Před odjezdem

Centrum zahraniční spolupráce (CZS)

- pomáhá s dalším zařizováním
- přiděluje stipendium 350-510 €



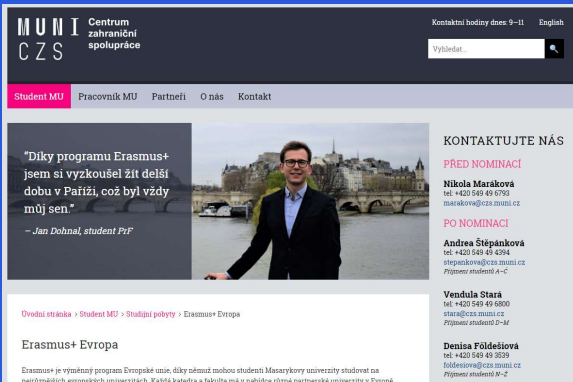
1. Poslat přihlášku na zahraniční univerzitu
2. Vyplň Learning Agreement (LA)
3. Najdi si ubytování
4. Vyplň jazykový test (monitoring)
5. Podepiš účastnickou smlouvu
6. Zaeviduj pobyt v ISu



Před odjezdem

Centrum zahraniční spolupráce (CZS)

- pomáhá s dalším zařizováním
- přiděluje stipendium 350-510 €



Kdo si to má pamatovat?!?

Nikdo. Je to na webu a budeme vám to pořád opakovat.

Uznávání předmětů

Forma uznání je domluvena předem v LA:

- Za volitelné předměty
- Za konkrétní předměty FSpS – nutný souhlas vyučujícího

Obojí je součástí vašeho studia tady a budete to mít v diplomu.

Croatia



University of Zagreb

Lara Paula Pecek
Martin Levatic
Ivan Filipovic

Adam Kopecký

Your study field/s: Sport management

Who and when did you go here:
spring semester 2019

Why did you pick this country/university: Beautiful, -
calm and safe city

- A lot of international students (more than 300)
- Great „basecamp“ for potencial travelling (close to Hungary, Slovenia, Serbia etc.)



Zagreb

Population of the city: 792 875

Main attractions/fun fact: bars, parks, lakes

Accommodation/dorms/price:
3 types of dorms (500kn – 1000 Kn)

Average price for a beer: 15kn



University of Zagreb

Courses: training theory, watersports, badminton, methodology of kinesiology, human motor development, sport for persons with disabilities

Style of teaching in comparison with MUNI:
Less students = more individual approach, friendlier relationships with professors

Class proportion (only international students/local students/mix): just international students

Language of the lessons: english





Fun time

Sport facilities

Absolutely everything (football pitches, tennis courts, swimming pools, great roads for rollerblades, all kind of indoor activities).

Travelling/infrastructure

Zagreb has great location for travelling around a lot of countries. Very active ESN organization – provides plenty of trips (not just around Croatia). Flixbus and blablacar very popular and you can rent a car with your friends also.

Must do near by

- Historical buildings (St. Mark's Church, Zagreb Cathedral)
- - Museum of (broken relationships, art, etc.)
- Bars and parties at Tkalciceva

Erasmus experience

Very active ESN. Every week plenty of activities (almost every day). More than 300 international students

3 things to pack

1

Enough money to
enjoy Erasmus on
100%



2

Typical traditional
Czech snacks or
alcohol



3

Positive mood



The Netherlands



Inholland Inholland University of Applied Sciences

Tereza Koňářiková

Regenerace a výživa ve sportu
(Recovery and nutrition in sports)

I went by myself in 4th semester – Nutrition semester (28.1-29.8.2019)

NL = good balance between education and fun, strategic country to travel from, modern country

inholland
university of applied sciences



Haarlem

Population of the city:
159,500

Main attractions/fun fact:
St. Bavo cathedral, Saturday markets,
Molen de Adriaan, shops and
atmosphere

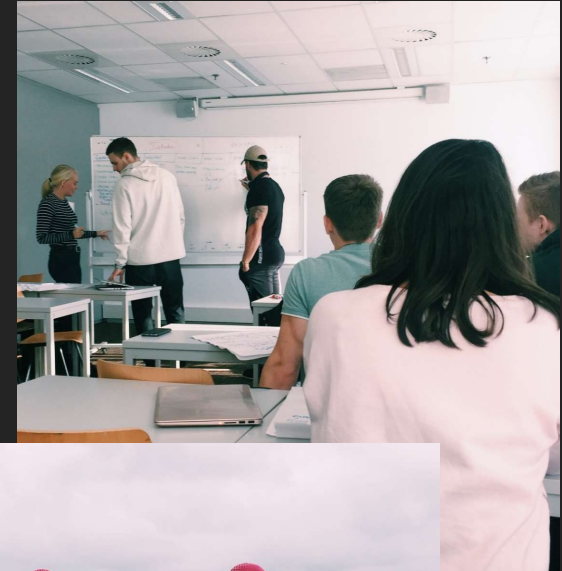
Accommodation/dorms/price:
Dorms (350-500€), apartment (450 €)

Average price for a beer:
4€ / 0,33l



Inholland University of Applied Sciences

- Courses:
Basic Nutrition, Nutrition Individual consultation, Health Psychology, Pitch, Motivational Interviewing, Nutrition in Practice, Health Science, Behavior change... = Holistic view
- Style of teaching in comparison with MUNI:
Smaller barrier between the teacher and the student, more group work and projects, more focused on practical assignments
- Class proportion:
Half/half international students, local students
- Language of the lessons:
English
- School days/week: average 3 days a week





Fun time

Sport facilities

Uni - 1 small gym, in the city - anything

Travelling/infrastructure

Bike!, great infrastructure, 1 card for everything, expensive in NL, cheap out of NL (A'dam), no student discount

Must do near by

Cities (Amsterdam, Utrecht, Rotterdam...), canal cruise, coffee shop, local cafés, festival

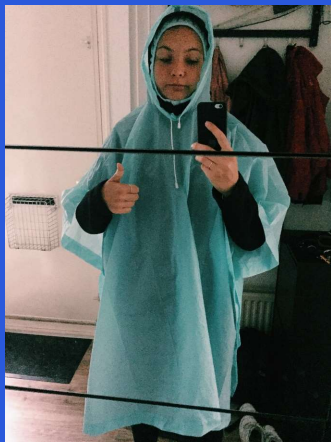
Erasmus experience

Very active ESN – parties, trips to the beach, trivia nights, pinata nights, Berlin trip, overall 50 international students

3 things to pack

1

Good raincoat



2

Bottle of slivovice

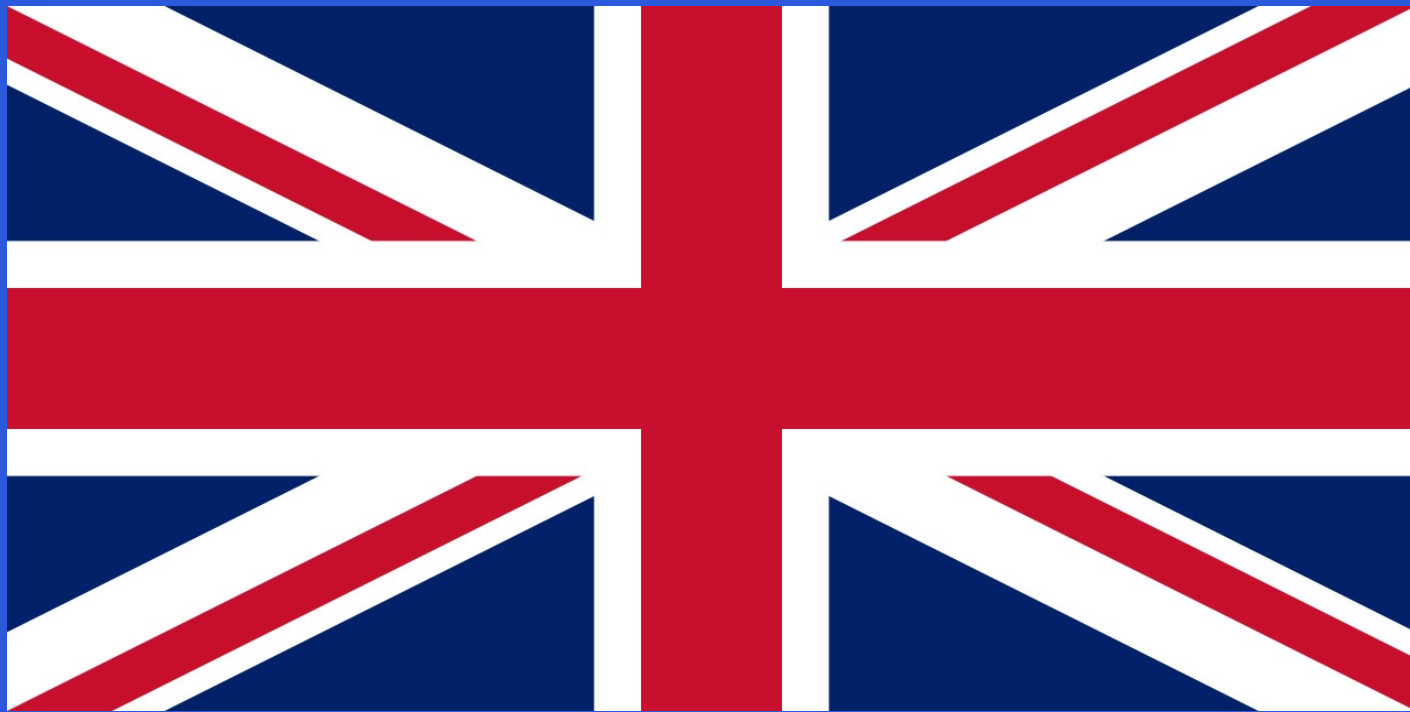


3

Open mind



Great Britain





University of
South Wales
Prifysgol
De Cymru

University of
South Wales

Wales/Cymru



Cost's

- Accommodation for the year: £3,800, Czech koruna 109,361, Euro 4,237
- Transport for the year: £83, Czech koruna 2,388, Euro 92
- Food shopping a week: £67, Czech koruna 1,928 , Euro 74
- Gas, water and electricity bills: £45, Czech koruna 1,295, Euro 50
- Interests and hobbies: £36, Czech koruna 1,036 , Euro 40
- Clothing and kits: £42, Czech koruna 1,208 , Euro 46
- Flights: £70, Czech koruna 2,014 , Euro 78
- Internet: £26, Czech koruna 748 , Euro 29



PDC
USW

USW SPORT PARK



Cardiff

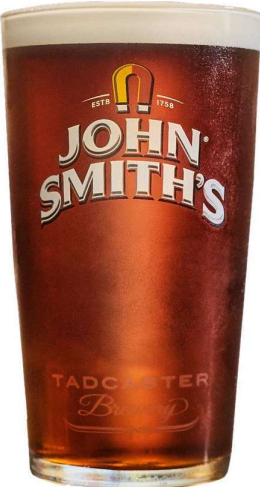
- Cardiff is the capital of Wales
- Our University is located in Cardiff which is in the hart of wales.
- The population of Cardiff is 474,187 people
- it is most visited city in Wales with 21.3 million visitors, it was ranked six in the world for tourist to go to.
- It has the fourth biggest stadium in the UK called principality stadium
- Cardiff has so many attraction like, Cardiff castle, National Museum, St Fagans history museum and Wales Millennium centre



PDC
USW

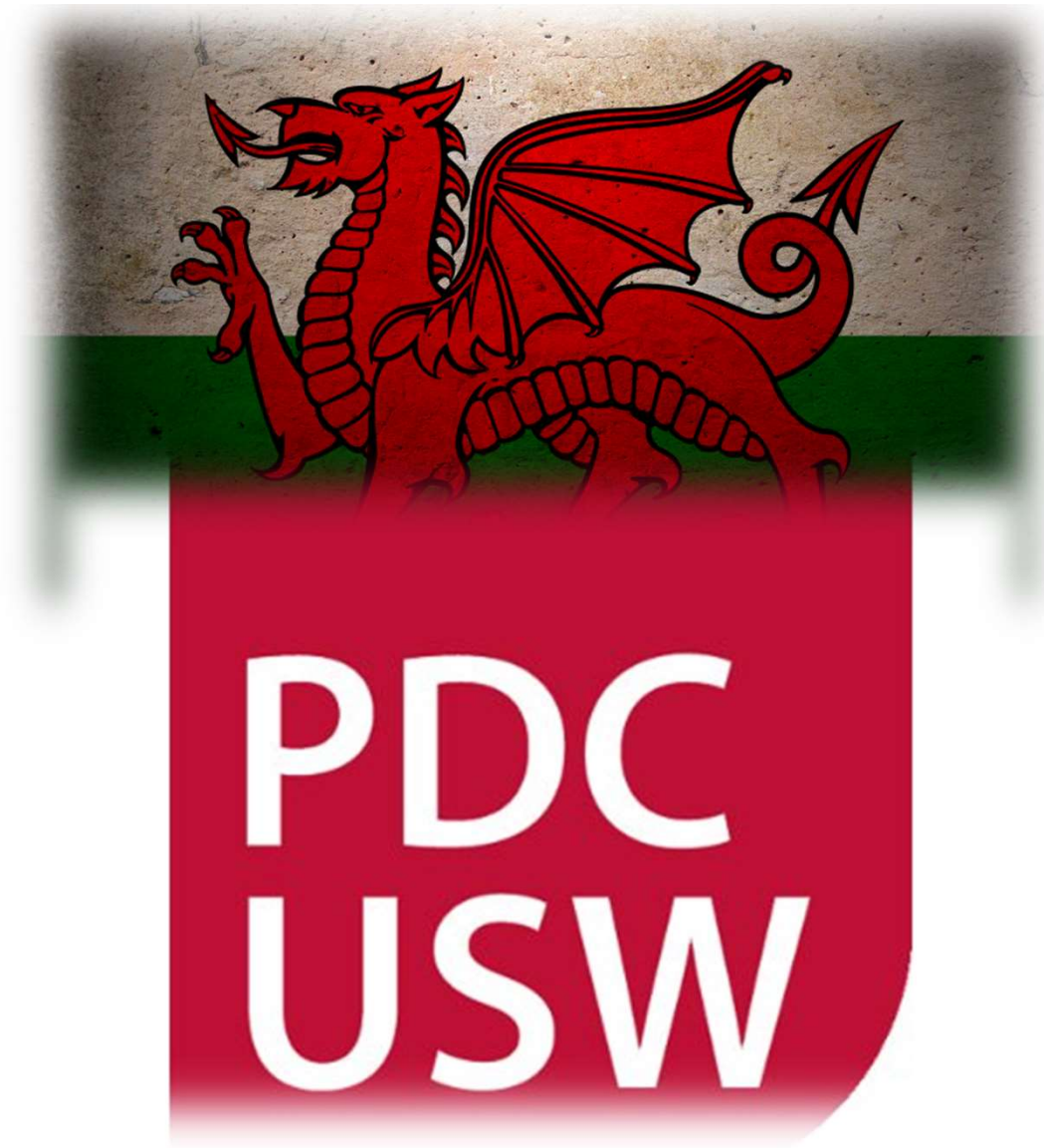


For one Beer it is £5.00 which is 144CK



USW Sports park

- We study Sports coaching and development at USW our course is 3 years long we are currently on are 2 year
- The language of lesson are tech in English
- Lesson are Monday to Friday depending on timetable
- Our state-of-the-art Sports Park has played host to the Welsh Football Trust and a host of high level pre-season training camps.





Any Question?

University of
South Wales
Prifysgol
De Cymru



Portugal



Polytechnic University of Santarém

Nelson Serafim (PRT)

Goncalo Cardoso (PRT)

Your study field/s: Physical Activity and Lifestyle

František Hurt (CZ)

Who and when did you go here: 4th semester (spring 2019)

Why did you pick this country/university:
I wanted to try something completely different from studying in the Czech Republic.



Rio Maior

Population of the city: $\pm 20\ 000$ ppl

Main attractions/fun fact:

Swimming pool, Football pitch, Nature,
Tennis courts, Gym, Athletic
Stadium...

Accommodation/dorms/price:

200-300€/month

Average price for a beer: 0,5-1 €



Polytechnic University of Santarém

Courses:



Style of teaching in comparison with MUNI: Almost the same. Some subjects are more practical.

Class proportion: Only international students

Language of the lessons: English

How many school days/week: 4



ERASMUS COURSE	
1st SEMESTER	
UNIT	ECTS
Psychology of Sport and Exercise	5
Introduction of Sport Biomechanics	4
Sports Pedagogy	5
Project Management	5
Exercise Testing and Prescription	5
Systematics of Sport	2
Portuguese Language and Culture	2
	28
2nd SEMESTER	
UNIT	ECTS
Exercise Physiology	5
Physical Activity and Lifestyle	3
Exercise and Nutrition across Lifespan	8
Nutrition Intervention Plan	10
Systematics of Sport	2
Portuguese Language and Culture	2
	30

1st Semester: September to January | 2nd Semester: February to June



Fun time

Sport facilities

Swimming pool, Athletic Stadium, Football pitch, Gym, Running Paths in Nature, Sports hall, Free Spinning or Dancing lessons

Traveling/infrastructure

Mostly by bus, prices are very similar to the Czech Republic (8€ to Lisbon).

Must do nearby

Fonte Velha club, Carnival in Torres Vedras, Eat in Salinas, Visit Fatima, Surf in Peniche, Check the Waves in Nazaré...

Erasmus experience

ESN works only in Lisbon. All the leisure time activities & traveling you plan on your own.

3 things to pack

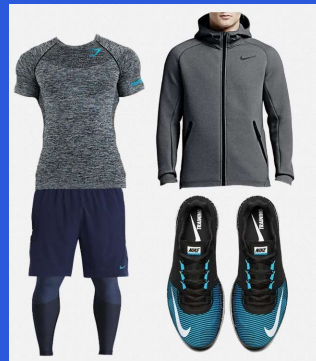
1

WARM CLOTHES!



2

SPORT CLOTHES!



3

SUNSCREEN!



BUT MAINLY: PATIENCE !!!



Spain - Granada



Universidad de Granada (UGR)

José Eugenio Cerezuela González
Ángel Rubio Hidalgo
- Sports Science



Martin Hroch, fall 2018

- I love travelling and Erasmus+ is a great way how to connect travelling and studying at the same time. I haven't been in the southern countries so I wanted to try something new, also somewhere where it's warm.



Granada

-Population of the city: 233.764

-Main attractions:

Alhambra, Albayzín, Sacromonte, Sierra Nevada

-Accommodation/dorms/price:

Rent a flat - 350€

Residences - 300€

Residence with eatings and getting your clothes clean - 600€

-Average price for a beer: 2.2€/ 55 cz (with tapa)



Universidad de Granada (UGR)

Courses:

Practically every kind you know

Style of teaching in comparison with MUNI:

High emphasis on the student and proving yourself
Different from my field, more focused on educating coaches and teachers. Most of the subjects also have both theoretical and practical part

Class proportion (only international students/local students/mix): 10/70

Language of the lessons:

Spanish (most) /English - depends on the course

How many school days/week: 5



**UNIVERSIDAD
DE GRANADA**



Fun time

Sport facilities

Football court, 2 multifunctional covered courts, several multipurpose gyms, one athletics track, one olympic pool and one small pool...

Travelling/infrastructure

There are many discounts for students in public transport and monuments.

Must do near by

Alhambra, drink a beer with a "tapa", go to the beach and to the mountains in the same day

Erasmus experience

ESN was quite active in the area, lot of different trips around.. To the beaches, mountains and so on. Although there was like 30 Erasmus students at the faculty so we made our own plans most of the time and travelled a lot.

3 things to pack

1

Winter clothes



2

Bike/skateboard

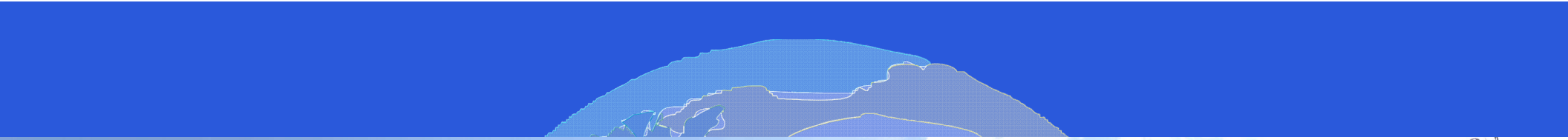


3

Extra liver













Universitat de València

Petr Jakub

Fakulta tělesné výchovy a sportovních věd

Datum pobytu: 1.2. 2016 – 30.6. 2016

Proč Valencie: fotbal, životní styl,
mentalita lidí, moře



Valencie

- 800 000 obyvatel,
- studentské město, historickou část města prolíná moderní umění, krásné pláže, město sportu a nočního života,
- cena ubytování: 200-500e,
- průměrná cena piva: 3e

Universitat de València

Předměty: Házená, fotbal, řeč těla, kurz španělštiny, angličtina pro obchod, anglická literatura

Výuka tam/tady (rozdíly)

Skupinová práce, domácí práce, test, prezentace

Třída: místní + tři muni studenti

Výuka: ve španělštině, valencijštině a angličtině

Počet školních dní: 5



Zábava a cestování?

Workout, fotbal,
basketbal, plážový
volejbal, plavání v moři

Cestování: auto, MHD,
Valenbisi, koloběžka,
pěšky

Fotbalové utkání
Mia
Fallas
Turia, Benátky
Biopark

Pravidelné setkávání erasmáků
Zábava s místními
Studentské festivaly
Noční život

3 nezbytné věci

1

úsměv

2

chut' poznávat nové věci

3

otevřené oči

The image shows the flag of Norway, which consists of a red field with a dark blue Scandinavian cross. The cross is outlined in white. The word "Norway" is written in white, sans-serif capital letters in the upper right quadrant of the red field. The entire flag is set against a solid blue background.

Norway

University of South-Eastern Norway

Martin Pekárek

Field of study

Physiotherapy (CZ)

Nordic backcountry skiing (NOR)

Semester

Spring 2019

Why did I pick this country/university

I love nature

I love movement

I love trying out new things



Bø i Telemark

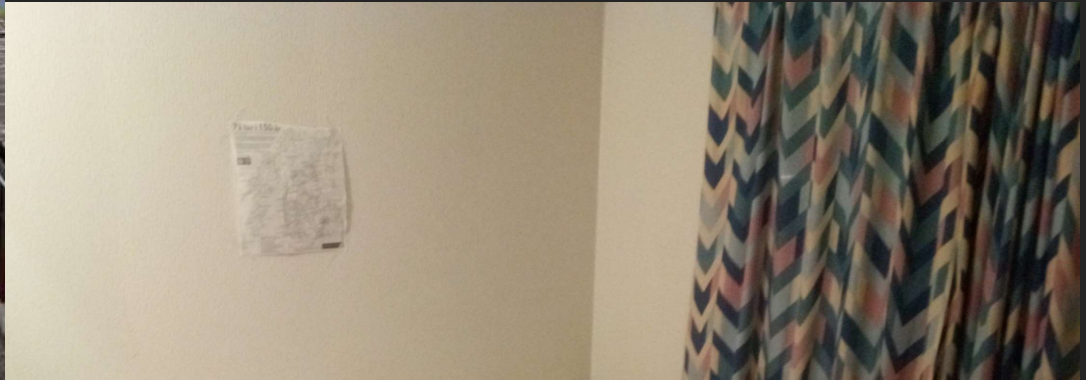
6 000 inhabitants

Largest waterpark in Norway!

Accom.: 2300 – 4000 NOK
= 6 200 – 10 800 CZK

For a beer in a pub min. 90 NOK
= 250 CZK!





Uni of South-Eastern Norway (campus Bø)

- Basic skiing
- Outdoors in the Wintertime – skiing and snow camping
- Norwegian perspectives on outdoor education in winter
- NP on educational guiding in paddling activities

Main focus on experiential (inductive) learning

5 outdoor multi-day trips

Minimum of „purely“ theoretical lectures

All lectures in English

Max 5 lectures a week

Month off in April!







Fun time

Swimming pool
4 Gyms
Regular team sport matches
Boulder
Beach-volley courts, ...

Must do
TRAVEL

Skinny dip in local lake
Attend Krøa's event
Dumpster dive,...

Expensive Public transport
Difficult access to places
Card payments everywhere
Nature!

Up to 30 international students
Active community
Common room
...

3 things to pack

1



2



3



The image features a central graphic of the French flag, consisting of three vertical stripes of blue, white, and red. The word "France" is written in a black, italicized serif font across the white stripe. This central graphic is set against a background of a solid blue color. On the far left edge of the image, there is a small, dark grey vertical bar.

France

Université Nice Sophia Antipolis

Veronika Körnerová

(Regeneration and Nutrition in Sport)

Autumn 2015

Andrea Potůčková

(Strength training and conditioning)

Spring 2019

Why France/Nice?

Weather, mountains, sea, language



Nice

Population of the city:

cca 343 000

Main attractions/fun fact:

Sea, mountains, towns and villages nearby

Accommodation/dorms/price:

350-430€/month

Average price for a beer: 7€



Université Nice Sophia Antipolis

Courses: Athlétisme, Anglais+Video, Optimisation de la Performance, Branche Entraînement Performance, Option Basket

Style of teaching in comparison with MUNI: confusing, schedule changes every week

Class proportion (only international students/local students/mix): all Erasmus students are together with the French students

Language of the lessons: French

How many school days/week: 5





Fun time

Sport facilities

...

Travelling/infrastructure

How accessible was to travel around, how expensive is the travelling in the country, how well organized it is...

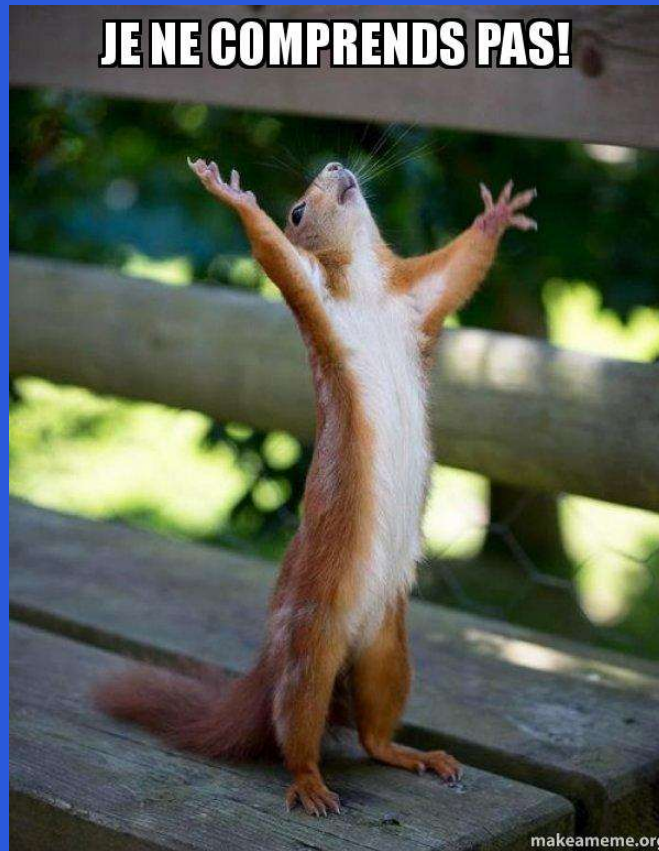
Must donear by

any fun things to do in or around the city, sightseeing, msueums, parties, parks...

Erasmus experience

how active was ESN, did they plan any activities, how many other international student were there...

3 things to pack



3 things to pack



3 things to pack



Germany



Technische Universität München

Zdeněk Nahodil

Study field/s

- Gesundheit und Sportwissenschaft

Period of study

- 1.4.2019 – 31.8.2019 (30.9.)

Why did I pick this country/university?

- German language and english language too
- Not so far



München

The 3rd largest city in Germany
(almost 1,5 mil. inhabitants)

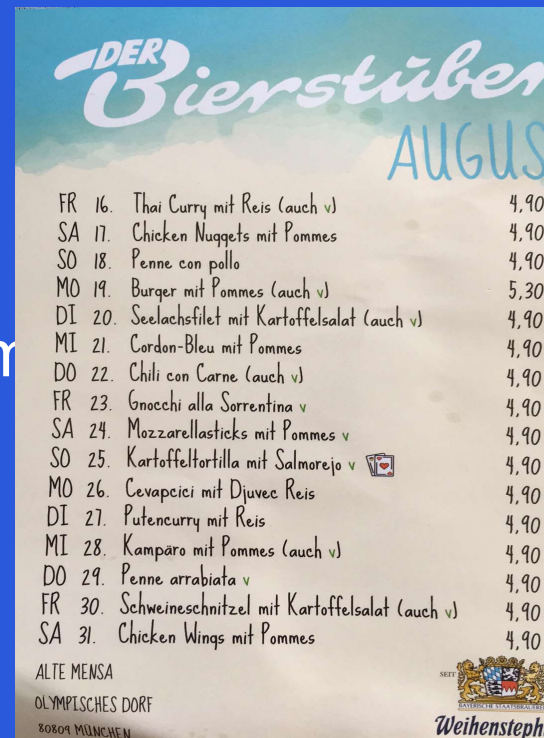
Munich massacre 1972

Bungalows approx. 345 EUR/m

Beer for 2,80 EUR in student
pub



Bierstube - pub



Day	Dish	Price
FR 16.	Thai Curry mit Reis (auch v)	4,90 €
SA 17.	Chicken Nuggets mit Pommes	4,90 €
SO 18.	Penne con pollo	4,90 €
MO 19.	Burger mit Pommes (auch v)	5,30 €
DI 20.	Seelachsfilet mit Kartoffelsalat (auch v)	4,90 €
MI 21.	Cordon-Bleu mit Pommes	4,90 €
DO 22.	Chili con Carne (auch v)	4,90 €
FR 23.	Gnocchi alla Sorrentina v	4,90 €
SA 24.	Mozzarellasticks mit Pommes v	4,90 €
SO 25.	Kartoffeltortilla mit Salmorejo v	4,90 €
MO 26.	Cevapcici mit Djuvec Reis	4,90 €
DI 27.	Putencurry mit Reis	4,90 €
MI 28.	Kamparo mit Pommes (auch v)	4,90 €
DO 29.	Penne arrabiata v	4,90 €
FR 30.	Schweineschnitzel mit Kartoffelsalat (auch v)	4,90 €
SA 31.	Chicken Wings mit Pommes	4,90 €

ALTE MENSA
OLYMPISCHES DORF
80804 MÜNCHEN

SEIT 1972
KAYENHILF STADTBIBLIOTHEK
Weihenstephaner

Technische Universität München

Courses: Outdoorsports, Consumer Behavior in sports and health care...

Style of teaching in comparison with MUNI: students discuss more in lessons than here in MUNI

Class proportion: among local students (there are exceptions)

Language of the lessons: usually in German, possible also in English

How many school days/week: 3-4 days per week





Fun time

Sport facilities

ZHS – Zentraler Hochschulsport
München



Travelling/infrastructure

Travelling – a little bit more expensive BUT

TUMi - organizes entertaining program throughout
the whole semester (good prices)

Must do near by

Deutsches Museum, Englischer Garten,
BMW Welt, Olympisches Park, Bierstube...

Erasmus experience

Students from all over the world

Trip in the Austrian Alps, Eibsee,
Partnachklamm, FC Bayern Munich

More information

Parking places

- Public streets near the bungalows – for free
- Parking places for rent
 - <https://www.studentenwerk-muenchen.de/wohnen/guenstige-parkplaetze-mieten/>



job

Job

- <https://www.jobmensa.de/>



Parking places

3 things to pack

1

DISHES



2

NETWORK CABLE



3

BLANKET



Otto von Guericke Universität

Laura Albers

Sportscience
Field: Health sports

Who and when did you go here:
- by bus around 10 hours
- Flight from Berlin (259CZK, 1:10
Hour)



Magdeburg

Population of the city: 238.697

Main attractions/fun fact: Baracke

Accommodation/dorms/price:
250-350€

Average price
for a beer:
0,73€ = 18,78 CZK
per 0,5L in a market





Courses: Move in the water, coordination, flexibility, handball, football, judo, tennis, canoeing

Style of teaching in comparison with MUNI: similar

Class proportion (only international students/local students/mix): local students: 7-25

Language of the lessons: German

How many school days/week: 4 days each 1 to 3 courses





Fun time

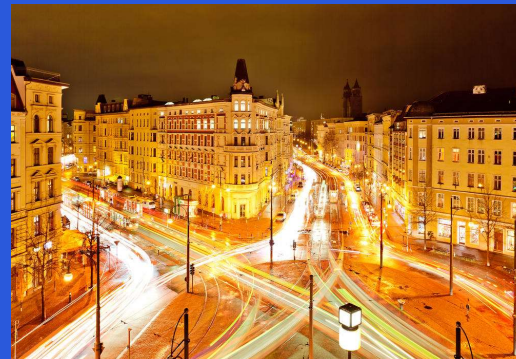
Sport facilities:



Travelling/infrastructure



Must donear by:



3 things to pack

1

... Clothes for Oktoberfest



2

... Clothes for bad weather



3

... Clothes for hot weather



Turecko



Gazi Üniversitesi

Tomáš Halbrštát

Your study field:
Sport management

When did you go there:
Spring semester 2019

Why did you pick this country/university:
My girlfriend is Turkish



Ankara

Population: 5,5 milion

Main attractions/fun fact: No tourists

Accommodation/dorms/price: Free/2000,-

Average price for a beer: 40,-



Gazi Üniversitesi

Courses:

- Athletics
- English
- Sport Marketing
- Sport Management,
- Comparative Sport Management





Fun time

Sport facilities

Gym, swimming pool, track and field stadium, ball games hall, ice rink

Travelling/infrastructure

AnkaraKart, buses, high speed train, highways

Must do near by

Kapadokia, Istanbul, Izmir

Anitkabir, Hamam, Ankara Kalesi

Erasmus experience

Gazi ESN, buddy, 10 students in campus

3 things to pack

1

Pork



2

Duolingo



3

Patience

