
Onboarding Course for International Students



The aim of this course is to help our new international students with **orientation and adaptation** to their new life at Charles University. How to navigate the university structures and **make the most out of all the available services and opportunities**? How can you cope with culture shock and adjust to the new environment? How to find support and help when needed? And what legal imperatives should you be aware of?

These are just some of the key challenges our new international students face each year. This course offers answers to them, **providing the necessary navigation, resources, and tools** so you can focus on your studies and enjoy your stay with us.

How to join us?

Every lecture is freely open to our international and Erasmus students, so if you are interested in some of our topics, you **can come without registration at 3 p.m.** to our Blue Auditorium (room 140, Celetná 20, Prague 1) or join us online. Below are the links and information for the lectures we offer you.

The lectures end every week at 4:20 p.m. and at 6 p.m. can students continue to our [International středa, mezinárodní Wednesday](#), which broadens the topic in an informal setting.

If you have any questions, you can contact the organizer, Martin Hanker, via email at martin.hanker@ruk.cuni.cz.

Schedule

OCT 30: Intro for PhDs

The aim of the first part of the session is to provide comprehensive introduction to organization of doctoral study at Charles University. The second part of the session is oriented to raise awareness about opportunities for doctoral candidates of CU about funding options for their research.

[Join the meeting now](#)

Meeting ID: 326 946 081 152

Passcode: gDegDv

NOV 6: Student Accommodation

This seminar will focus on accommodation options during studies at Charles University. We will describe individual dormitories, options and types of accommodation in university dormitories, methods of termination, extension of accommodation.

[Join the meeting now](#)

Meeting ID: 367 095 757 876

Passcode: SBKbwn

NOV 13: Healthcare

This seminar introduces the Czech healthcare system, guiding students on finding general practitioners (GPs) and when (and where) to seek medical help. It covers emergency departments, recognizing life-threatening situations, and how to contact emergency services, while addressing language barriers. Students will also learn about preventive healthcare options or how to manage acute mental health crisis.

[Join the meeting now](#)

Meeting ID: 336 869 885 973

Passcode: BngQ8k

Special tip from us: Come afterwards to international středa for the **First aid course!**

NOV 20: Student Life

This seminar focuses on the various forms of support and resources available to students throughout their studies. We will begin by introducing the psychological support, student services, and workshops provided by the Centre for Lifelong Learning and CU Point, which aim to help students maintain mental well-being and personal plus academic development during their academic journey. Next, the role of academic tutors or student associations will be covered, as well as **tips on living in Prague** from a student perspective.

[Join the meeting now](#)

Meeting ID: 322 556 594 442

Passcode: tE57Pc

NOV 27: 4EU+ Uni Network Intro

Come and find out what does the 4EU+ European University Alliance offer to you! As a transnational strategic association of Charles University in Prague, Heidelberg University, Paris-Panthéon-Assas University, Sorbonne University in Paris, the University of Copenhagen, the University of Geneva, the University of Milan, and the University of Warsaw, the Alliance has one vision: to create one comprehensive research-intensive European University through a new quality of cooperation in teaching, education, research and administration.

[Join the meeting now](#)

Meeting ID: 367 038 671 847

Passcode: WtmmHR

NOV 27: Student Visa

This session will offer a comprehensive overview of the types of residence permits required by non-EU students, focusing on both short-term and long-term permits. Participants will gain insight into the differing competencies of Czech state authorities responsible for issuing permits, helping them navigate the process with greater ease.

[Join the meeting now](#)

Meeting ID: 379 182 256 583

Passcode: x3PY8L

DEC 4: Well-being

This lecture focuses on the concept of well-being and its different dimensions such as physical, mental, emotional and social. Students will learn about theories of well-being, such as the PERMA model, and gain practical tools to improve their overall health and well-being.

[Join the meeting now](#)

Meeting ID: 314 907 681 363

Passcode: 4HUSrQ