

Thursday, November 23
Medium
12:40 – 13:20

Don't Worry, We Got Your Back

Marek Siwy, VSB - Technical University of Ostrava

Michaela Frydrychová, VSB - Technical University of Ostrava



**Don't Worry,
We Got Your Back**



VSB – Technical University of Ostrava



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- VSB-TUO draws on more than 170 years of research and academic excellence to provide world-class education in 7 faculties offering Bachelor's, Master's, PhD, and exchange programmes to students.
 - Number of Students: Almost 12 000 and more than 1 500 international students.
 - University Campus: One of the largest in the Czech Republic.





International Contact Point: Here to Help

- Part of University International Office
- ICP is a service centre for international students and academics
- Help desk, meeting space and consultation centre.
- The ICP will help you with: immigration duties after arrival, visa & residence permits, work permits, ISIC cards, public transportation, accommodation, healthcare assistance, on-campus mental health counselling, bank account opening, informational brochures, life in Ostrava and many more.





OPENING HOURS



MONDAY - FRIDAY



08:00 AM - 01:30 PM



Contact us:

marek.siwy@vsb.cz

michaela.frydrychova@vsb.cz

Student Struggles and How We Address Them

- Covid
- War conflicts
- Cultural differences
- Isolation
- Pressure from study obligations
- Financial crisis
- Visa application problems
- Pre-arrival diagnosis
- Medical issues



The Silent Struggle: A Closer Look at Students' Psychological Concerns



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- Psychological consultations
 - Psychiatric specialist
 - Prescribed medication
 - Psychiatric hospitalization

Many students visit from time to time our psychologist and this alone helps them to navigate their daily lives. For some of them this is a huge support system, and they don't need any other psychiatric or special treatment.

Psychological Consultations



- for International students and employees
- English-speaking university psychologist
- free of charge
- confidential
- duration: 50 minutes
- increase of participants
- 2020: 16 participants
- 2021: 15 participants
- 2022: 54 participants
- 2023 so far: 59 participants

PSYCHOLOGICAL CONSULTATIONS

LOOKING AFTER YOUR HEALTH AND WELL-BEING IS ESSENTIAL



- for international students and employees
- in English
- confidential
- free of charge

FOR MORE INFORMATION AND TO BOOK AN APPOINTMENT, PLEASE VISIT OUR WEBSITE www.vsb.cz/icp OR BOOK YOUR SPOT HERE:



ICP INTERNATIONAL CONTACT POINT

VSB TECHNICAL UNIVERSITY OF OSTRAVA

Personal Development Coaching



- for International Phd students and employees
- English-speaking university certified coach
- free of charge
- confidential
- duration: 60 minutes

PERSONAL DEVELOPMENT COACHING

- 1 HOUR ONE-ON-ONE
- FREE OF CHARGE
- CONFIDENTIAL
- ENGLISH SPEAKING CERTIFIED COACH
- FIND SOLUTIONS TO YOUR PRIVATE OR WORK ISSUES

FOR MORE INFORMATION AND TO BOOK AN APPOINTMENT, PLEASE CONTACT: VSBTUOCOACHING@GMAIL.COM OR SEE THE QR CODE.

ICP INTERNATIONAL CONTACT POINT | VSB TECHNICAL UNIVERSITY OF OSTRAVA



Beyond the Classroom: Social Events for International Students



- Helping students fight some issues that we can influence (isolation, culture differences, stress etc.)

Organizing events for students to meet other international students, to learn something about Czech culture and traditions, to get to know our city and the region, to know how to handle stress, how to focus on present moment etc.



Beyond the Classroom: Social Events for International Students




YOUR MENTAL HEALTH IS IMPORTANT.

5 MAY 2023
9:00 AM - 10:30 AM

MINDFULNESS

Come and join us for a special workshop. Together with our university psychologist we will learn about Mindfulness - the practice of purposely bringing one's attention to the present-moment.

Know your options and take care of yourself.

BOOK YOUR SPOT HERE:



VSB TECHNICAL UNIVERSITY OF OSTRAVA  INTERNATIONAL CONTACT POINT

LEARN MORE ABOUT HOW TO DEAL WITH STRESS AND WHERE TO GET HELP

STRESS MANAGEMENT

Join us for this workshop led by a professional psychologist.



Book your spot here:

5TH NOVEMBER 2021
10:00 AM
ROOM JD360
LECTURER: MAREK NYTRA,
UNIVERSITY PSYCHOLOGIST



 INTERNATIONAL CONTACT POINT VSB TECHNICAL UNIVERSITY OF OSTRAVA


LEARN ABOUT CZECH HOLIDAYS AND THEIR TRADITIONS

Easter and other Czech holidays

5 APRIL 2022
3:00 PM
ROOM: A320

IF YOU WANT TO LEARN MORE ABOUT CZECH EASTER AND OTHER PUBLIC HOLIDAYS IN THE FIRST HALF OF THE YEAR, JOIN US FOR THIS AMAZING EVENT.


BOOK YOUR SPOT HERE: 

 INTERNATIONAL CONTACT POINT VSB TECHNICAL UNIVERSITY OF OSTRAVA

Beyond the Classroom: Social Events for International Students



Starting your studies at **VSB-TUO**



March 22

04:00 pm - 05:00 pm
ROOM A320

Book your spot here:



An event for first-year full-degree international students.

Learn more about:

- healthcare
- visa/residence permit
- what to do in your free time

ICP INTERNATIONAL CONTACT POINT VSB TECHNICAL UNIVERSITY OF OSTRAVA

YOU'RE INVITED

Christmas

AND OTHER CZECH HOLIDAYS



IF YOU WANT TO LEARN MORE ABOUT CZECH CHRISTMAS AND OTHER PUBLIC HOLIDAYS IN THE SECOND HALF OF THE YEAR, JOIN US FOR THIS AMAZING EVENT.

2PM - 3PM
TUESDAY, DECEMBER 06. 2022
ROOM B2

BOOK YOUR SPOT HERE:



VSB TECHNICAL UNIVERSITY OF OSTRAVA ICP INTERNATIONAL CONTACT POINT



10 MAY 2022
3:00 PM

HOW TO APPLY FOR A JOB IN THE CZECH REPUBLIC

COME AND FIND MORE INFORMATION ABOUT CZECH LABOUR MARKET

- Seminar for international students and employees
- Room A320

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BOOK YOUR SPOT HERE:



Beyond the Classroom: Social Events for International Students



Life in Ostrava

MUST-SEE PLACES

Don't miss our upcoming event, where we delve into the must-see destinations in Ostrava and its beautiful surroundings. Let's talk about the city's secrets and be inspired by its historic landmarks and dynamic neighbourhoods, Ostrava has it all!

**3 NOVEMBER
2:00 PM**

- CASTLE OF OSTRAVA
- LOWER VITKOVICE AREA
- STODOLNÍ STREET
- CITY PARKS
- LANĚK PARK MINING MUSEUM

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**19 OCTOBER
2022
2:00 PM**

UNIVERSITY MUSEUM

GUIDED TOUR OF THE UNIVERSITY ARTWORKS COLLECTION VOL. 2

BOOK YOUR SPOT:

www.vsb.cz/muzeum/en

ICP INTERNATIONAL CONTACT POINT
VSB TECHNICAL UNIVERSITY OF OSTRAVA

CZECH LANGUAGE REFRESHER COURSE

- Refresh your knowledge of the Czech language and learn some fun facts
- Date: 14 June 2022
- Time: 2:00 pm – 4:00 pm
- Place: Room A320

• Book your spot here:

EVERY DAY IS A GOOD DAY TO LEARN



INTERNATIONAL CONTACT POINT

Marek Siwy

marek.siwy@vsb.cz

+420 597 323 718

Michaela Frydrychová

michaela.frydrychova@vsb.cz

+420 597 324 222

