



University of Žilina

Welcome guide



University of Žilina

Welcome to the University of Žilina

Hello, and thank you for considering the University of Žilina as the host for your student exchange. This guide has been especially designed for foreign students who intend to study temporarily at the University of Žilina in an exchange programme.

We hope that this guide will help to make your stay at the university both fruitful and enjoyable. We wish you a pleasant stay at the University of Žilina and in Žilina.

Office of International Relations



1.1 Rector's welcome

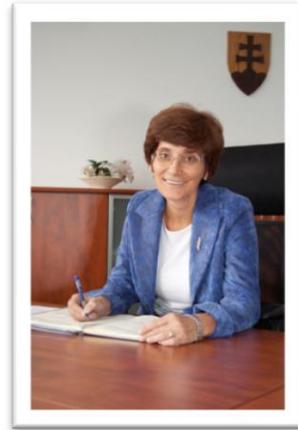
The University of Žilina has been operating in the network of Slovak universities for nearly 60 years. At its seven faculties it offers technically and technologically oriented study programmes as well as economic and humanities education. It has successfully spread the cooperation with partners in the world by force of foreign projects and activities. Students of the second and third grade of the university studies have a wide range of possibilities to attend a part of their studies at foreign universities.

The synergy of research and education offers the opportunity to apply the latest knowledge and technologies. Except for traditional contact teaching in the manner of lectures and seminars, e-learning, project oriented education and case studies are exercised. The international dimension in our activities, the humanities and language branch of studies prepare graduates for work in the interdisciplinary and globalised environment.

Our strategy is the further creation of favourable study circumstances for those who have decided to study at the University of Žilina; the preparation of students in such a way that they are able to assert themselves without difficulties on more and more demanding labour market and to rang among successful graduates.

I cordially invite you to become a member of our university community. I do hope you wil have a rewarding time, aquiring new ideas and meeting new friends.

Welcome to the University of Žilina!




prof. Ing. Tatjana Čorejová, PhD.
Rector

University of Žilina

1.2 Name and Address

Žilinská univerzita v Žiline

(University of Žilina)

Univerzitná 8215/1

010 26 Žilina

Slovakia

Tel: +421 – 41 - 513 5151 , +421 – 41 - 513 5133

Fax: +421 – 41 - 513 5051, +421 – 41 - 513 5056

E-mail: info@rekt.uniza.sk

Web: www.uniza.sk

GPS: 49°12'8.26"N

18°45'23.6"E

1.3 Past and present

The University of Žilina (ŽU) was established on 1st October 1953 by the separation from the Czech College of Technology in Prague as the College of Railway Transport. It had 5 faculties: transport, civil engineering, mechanical engineering, electrical engineering and a military faculty. In 1959, the College of Railway Transport in Prague was renamed the College of Transport and on 6th September 1960 it was relocated from Prague to Žilina. On its relocation to Žilina, the College of Transport consisted of the Faculty of Operation and Economics of Transport, the Faculty of Mechanical and Electrical Engineering and the Military Faculty. In 1980 the school received the name the College of Transport and Communications in Žilina.

In compliance with Act No. 324/1996 of the Code of the year 1996 the College of Transport and Communications was renamed to the University of Žilina. In 1996-1997, the University of Žilina acquired two new faculties – the Faculty of Catechism and Education which later went on to be two new Slovak universities.

The University of Žilina provides education at all three levels of higher education both in fulltime and part-time forms (Bachelor's degree, Engineer/Master's degree and Doctoral degree).

Owing to its more than fifty years long history, the University occupies an outstanding place within the Slovakian educational system not only with the number of its students, offer of accredited study programmes but, particularly, with its significant research and international activities based on extensive cooperation with companies and institutions both in Slovakia and abroad. The cooperation with foreign universities enables students and university staff to participate actively in LLP/ERASMUS, CEEPUS, TEMPUS, DAAD, COPERNICUS, COST, in 5th, 6th, and 7th Framework programmes and many others.

56 000 graduates have graduated from the University of Žilina, 1 600 of them were from abroad. The University currently houses seven faculties and employs almost 800 university teachers. The total number of employees is 1 500. There are currently about 12 000 students enrolled in all forms of studies.

The University of Žilina has been a member of the European University Association (EUA) since 2000. In 2002 the University went through the evaluation process which was carried out by the representative of the EUA. In academic year 2005/2006 Žilina University as one of two Slovak universities underwent another stage of evaluation, so called follow up EUA evaluation.

Participating in various international organisations and associations, the University of Žilina actively influences the development of European educational and research activities.

1.4 Structure and degrees

The University of Žilina consists of seven faculties that provide Bachelor's, Master's and Doctoral degree study courses, and carry out intensive research activities and international cooperation and of one institute that provides Bachelor's degree study course.

The University of Žilina confers the following academic degrees and titles: Bakalár (Bachelor), Magister/Inžinier (Master), Doctor (Philosophiae Doctor – PhD), Docent (Associated Professor), Profesor (Professor).

1.5 Faculties

Faculty of Operation and Economics of Transport and Communication

(Fakulta prevádzky a ekonomiky dopravy a spojov)

Univerzitná 1, 010 26 Žilina

Tel: +421 – 41 – 513 30 51

Fax: +421 – 41 – 513 15 27

E-mail: education@fpedas.uniza.sk

Web: <http://fpedas.uniza.sk/en>

Departments of: Road and Urban Transport, Railway Transport, Air Transport, Water Transport, Communications, Economics, Quantitative Methods and Economic Informatics



Faculty of Mechanical Engineering

(Strojnícka fakulta)

Univerzitná 1, 010 26 Žilina

Tel: +421 – 41 – 513 25 00

Fax: +421 – 41 – 565 29 40

E-mail: education@fstroj.uniza.sk

Web: <http://fstroj.uniza.sk>

Departments of: Materials Engineering, Design and Machine Elements, Power Engineering, Industrial Engineering, Technological Engineering, Transport Techniques and Handling Equipment, Automation and Production Systems, Machining and Manufacturing Engineering, Applied Mechanics, Automotive Technology, Applied Mathematics



Faculty of Electrical Engineering

(Elektrotechnická fakulta)

Univerzitná 1, 010 26 Žilina

Tel: +421 – 41 – 513 20 51

Fax: +421 – 41 – 513 15 15

E-mail: education@fel.uniza.sk

Web: <http://fel.utc.sk/en/>

Departments of: Power Electrical Systems, Mechatronics and Electronics, Physics, Control and Information Systems, Telecommunications and Multimedia, Electromagnetic and Biomedical Engineering, Measurement and Applied Electrical Engineering, Engineering Fundamentals, Experimental Electrical Engineering.



Faculty of Civil Engineering

(Stavebná fakulta)

Univerzitná 1, 010 26 Žilina

Tel: +421 – 41 – 513 55 01

Fax: +421 – 41 – 723 35 02

E-mail: education@fstav.uniza.sk

Web: <http://svf.uniza.sk>

Departments of: Highway Engineering, Geodesy, Geotechnics, Building Engineering and Urban Planning, Construction Management, Structural Mechanics, Structures and Bridges, Railway Engineering



University of Žilina

Faculty of Management Science and Informatics

(Fakulta riadenia a informatiky)

Univerzitná 1, 010 26, Žilina

Tel: +421 – 41 – 513 40 51

Fax: +421 – 41 – 565 20 44

E-mail: education@fri.uniza.sk

Web: <http://www.fri.uniza.sk>

Departments of: Transportation Networks, Information Networks, Informatics, Management Theories, Macro and Microeconomics, Mathematical Methods, Software Technologies, Technical Cybernetics



Faculty of Special Engineering

(Fakulta špeciálneho inžinierstva)

Ul. 1. mája 32, 010 26 Žilina

Tel: +421 – 41 – 513 66 01

Fax: +421 – 41 – 513 66 20

E-mail: education@fsi.uniza.sk

Web: <http://www.fsi.uniza.sk>

Departments of: Crisis Management, Fire Engineering, Security Management, Technical Sciences and Informatics.



Faculty of Humanities

(Fakulta humanitných vied)

Univerzitná 1, 010 26 Žilina

Tel: +421 – 41 – 513 61 01

Fax: +421 – 41 – 564 30 85

E-mail: education@fhv.uniza.sk

Web: <http://www.fhv.uniza.sk>

Departments of: Mathematics, Mediamatics and Cultural Heritage, Pedagogical Studies, Music, English Language and Literature.



Research Institute of High Mountain Biology

(Výskumný ústav vysokohorskej biológie)

059 56 Tatranská Javorina 7

Tel: +421 – 52 – 449 91 08

E-mail: ihmb@uniza.sk

Web: <http://www.vuvb.uniza.sk>



1.6 Institutes, organisation units and other offices

Institute of Forensic Engineering

Web: <http://www.usi.sk>

Institute of Continuing Education

Web: <http://www.ucv.uniza.sk>

Institute of Information and Communication Technologies

Web: <http://uikt.uniza.sk>

Institute of Physical Education

Web: <http://utv.uniza.sk>

CETRA – Centre for Transport Research

Web: <http://www.uniza.sk/cetra>

Aviation Training and Educational Centre

Web: <http://www.lvvc.uniza.sk>

Institute of Competitiveness and Innovations

Web: <http://www.ukai.uniza.sk>

University Library

Web: <http://ukzu.uniza.sk>

EDIS – University Editorial Centre (Printing House of the University of Žilina)

Web: <http://www.uniza.sk>

1.7 International Relations Office

Foreign Affairs and Public Relations Office
Univerzitná 1, building of rectorate
010 26 Žilina
Slovakia

International office coordinates the international relationships of the University of Žilina and it is among others responsible for the following fields:

- Partnerships with universities
 - Agreements
 - Exchange of students and teachers
 - Taking care of foreign guests
- EU Programme LLP ERASMUS
- Studying abroad
 - Informing and counselling students and teachers about the study abroad
- Foreigner's study
 - Partial study of foreign students at the University of Žilina within university agreements within LLP ERASMUS
 - Taking care of foreign students.

Contact information

Vice-rector of International Relations and PR

Assoc.Prof. Ing. Peter Fabián, PhD.
LLP/ERASMUS Institutional Coordinator
E-mail: peter.fabian@uniza.sk

International Relations Office and PR

Ing. Jarmila Červená
Head of Office
E-mail: jarmila.cervena@uniza.sk

University of Žilina

Administration of LLP/ERASMUS

Mgr. Lenka Kuzmová
LLP ERASMUS Contact person, Main
Administrator
E-mail: lenka.kuzmova@uniza.sk

Office for Education

PhDr. Renáta Švarcová, Head of Office,
Full-time study for foreigner students
E-mail: renata.svarcova@uniza.sk

International Relations contact persons at Faculties

Faculty of Operation and Economics of Transport and Communications

Assoc. Prof. Ing. Andrej Novák, PhD.
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Administration
Tel: +421 – 41 - 513 30 62
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Faculty of Mechanical Engineering

Prof. Ing. Eva Tillová, PhD.
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Renáta Janovčíková
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Faculty of Electrical Engineering

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Vice-dean
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Faculty of Civil Engineering

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Faculty of Special Engineering

Ing. Jozef Ristvej, PhD.
Vice-dean
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Faculty of Management Science and Informatics

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Institute of High Mountain Biology

RNDr. Martin Lukáč
Administration
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Faculty of Humanities

PhDr. Dalibor Mikuláš, PhD.
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E-mail: dalibor.mikulas@fhv.uniza.sk

Studying in Žilina

2 STUDYING IN ŽILINA

2.1 Study programmes taught in English

Faculty of Operation and Economics of Transport and Communication

Air Transport – MSc. Study programme

Business and Management Economics – MSc. Study programme

Faculty of Electrical Engineering

Biomedical Engineering – Bc., MSc. Study programme

Electric Drives – MSc. Study programme

Telecommunication and Radiocommunication Engineering – MSc. Study programme

Theoretical Electrical Engineering – PhD. Study programme

Power Electrical Engineering – PhD. Study programme

Process Control – PhD. Study programme

Telecommunications – PhD. Study programme

Electrotechnologies and Materials – PhD. Study programme

Electric Power Systems – PhD. Study programme

Faculty of Civil Engineering

Civil Engineering – Bc. Study programme

Roadway Engineering – MSc. Study programme

Civil Engineering Structures – MSc. Study programme

Technology and Construction Management – MSc. Study programme

Theory and Structures of Structural Engineering – PhD. Study programme

Applied Mechanics – PhD. Study programme



Faculty of Management Science and Informatics

Informatics – Bc. Study programme
Information Systems – MSc. Study programme
Applied Informatics – PhD. Study programme
Management – PhD. Study programme

Faculty of Humanities

Applied Mathematics – Msc., PhD. Study programme
Teacher Training – Teaching Mathematics – Bc., MSc. Study programme
Teacher Training – Teaching Religious Education – Bc., MSc. Study programme
Missionary Work with Children and Young People – Bc. Study programme
Social Pedagogy – some parts – Bc. Study programme
Mediamatics – Bc. Study programme

Institute of High Mountain Biology

Ranger – Bc. Study programme

2.2 ECTS

ECTS/European Credit Transfer System is a system based on student workload.

A certain number of ECTS credits is assigned to each course. 60 ECTS credits represent a year of full time study and 30 ECTS represent one semester.

The grades:

Slovak scale	ECTS scale
1	A
1,5	B
2	C
2,5	D
3	E
	FX

Studying in Žilina

2.3 Learning Slovak

The University of Žilina provides Slovak courses for foreign students during the academic year.

2.4 Academic Year

Dates of the academic year:

Autumn Semester	End of September – December
Examination period	January – Middle of February
Spring Semester	Middle of February – Middle of May
Examination period	Middle of May – End of June

2.5 Admission

2.5.1 Full-time study

The University of Žilina seeks students with appropriate academic qualification, good command of English and a strong motivation to study. Students who have completed secondary school education, have reached the age of 18 or more, possess adequate knowledge of English (and Mathematics for the technical and the economical branches), and are not Slovak citizens are eligible for the study at the University of Žilina as self-payers (except for the inhabitants of the countries of the EU who study under the same conditions as the inhabitants of the Slovak republic).

For more information contact:

Žilinská univerzita – Rektorát,
Oddelenie pre vzdelávanie (Office for Education)
Univerzitná 1
010 26 Žilina
Slovakia
Europe E-mail: education@uniza.sk

2.5.2 LLP/ERASMUS programme

Contact information/International Relation Office:

Vice-rector for International Relations and PR Assoc.Prof. Ing. Peter Fabián, PhD.
LLP/ERASMUS Institutional Coordinator
E-mail: peter.fabian@uniza.sk

Main administration

Mgr. Lenka Kuzmová
LLP/ERASMUS Contact person
E-mail: lenka.kuzmova@uniza.sk

2.6 Visa and temporary residence

Since the Slovak Republic is a full member of the European Union, international students coming from EU countries do not need a visa.

It is possible that students from non-EU countries will need a visa for arranging a stay and entry to Slovakia. Information on whether the student needs a visa for entry and a stay in Slovakia can be obtained from the Ministry of Foreign Affairs of his/her country, or at its consulates. The Ministry of Foreign Affairs of the SR can also give a piece of advice: <http://www.mzv.sk/en/home>.

The Migration Information Centre IOM (hereafter "MIC") has prepared an information brochure (<http://mic.iom.sk/en.html>) in order to provide you with a brief overview of the information needed to obtain or to extend a residence permit in the Slovak Republic. You'll find in it practical advice, important warnings and selected decrees from the act which regulates the residence of foreigners in Slovakia.

2.7 Insurance

The foreign students are recommended to travel with valid commercial insurance covering the full length of their stay. They should purchase third party liability insurance, accident insurance and health insurance. EU citizens having European Health Insurance Card are eligible for free health service.

Studying in Žilina

2.8 Study facilities

Study at the University of Žilina is fully supported by the following learning resources: the University Library, University Intranet and Slovak Academic Data Network with access to the World Wide Web. In addition, the University operates editorial and computer facilities, which provide services to prepare presentations, diploma works, etc.

The University Library is the central study and information centre of the University. It makes primary and secondary informational resources accessible and co-ordinates services from other institutions and database centres. A direct access to information via the Internet enables remote users to access electronic catalogues and entry into national and foreign academic libraries and other information centres.

Departmental libraries are well equipped with books, journals and other study facilities more closely oriented to particular fields of study.

2.9 Student Associations

2.9.1 Student Organizations

ŠK AS (Študentská komora akademického senátu – Students' Academic Senate)

ŠRVŠ (Študentská rada vysokých škôl – Students' Council of Universities)

Rada ubytovaných študentov – Council of Accommodated Students

AISEEC a IAESTE (medzinárodné organizácie študentov ekonomických a technických vysokých škôl – International Organizations of Students from Economic and Technical Universities)

ESN UNIZA– Erasmus student network, section Uniza

Student organisation that provides help for incoming foreign students and prepares various events for them during their stay.

Studying in Žilina

Activities:

For incoming students within LLP/ ERASMUS programme:

Every semester several activities are being organized as well as a welcoming party for incoming students together with sightseeing tour around city, trips within a country. ESN UNIZA main activities:

- a pick - up at the train or bus station,
- basic orientation in the city, including showing the dorms, school buildings, dining hall, library, etc.,
- assistance with the formal documents such as school ID or public transport pass.

Contact: kvetkamisiakova@gmail.com

2.9.2 Spare-time activities of students

Student information centre – ŠIC

RAPEŠ – radio of the University of Žilina

Radio X – radio of the University of Žilina

INTERNET-club

Student newspaper ŽUŽO

ITéčko – television of the University of Žilina

Club COUNTRY BETA – country dancing

GAMA - theatre and film club

STAVBÁR – folklore dance ensemble of the University of Žilina

OMNIA – mixed choir of Faculty of Humanities

Sport club ACADEMIC UNIZA

Photo club GAMA



Living in Žilina

3 LIVING IN ŽILINA

3.1 Arrival

Air Transport

The city of Žilina has excellent train and bus connections with many cities. When flying, you may arrive at the following airports with convenient connections to Žilina:

- Vienna International Airport (Austria – www.viennaairport.com), which is situated about 60 kilometres from Bratislava, capital of the Slovak Republic. The airport has a regular bus connection with Bratislava's bus station (about a 50-minute bus ride). Then take a direct train to Žilina (200 kilometres, about a 2-hour and 40-minute train ride).
- Prague Airport (Czech Republic – www.pragueairport.cz). Take a direct train to Žilina (450 kilometres, about a 7-hour train ride).
- Bratislava Airport (www.airportbratislava.sk) and then direct train to Žilina.
- Žilina Airport (www.letisko.sk) is situated a few kms from the city of Žilina.

Railway transport

The railway station is situated just in the centre of Žilina. The best way how to get to University or hostel is to go by bus, trolley bus or taxi.

The railway connections can be checked at:

<http://www.zssk.sk/en>

<http://www.cp.sk> (The web site is available in English and German)

Tickets should be bought before boarding the train. It is still possible to buy a ticket in the train, but the ticket itself is then more expensive. It is not recommended to travel without a ticket, as there is a fine for travelling without a ticket.

The train ticket from Bratislava to Žilina costs around 9 Euro.

SAD/Slovak Lines transport

The central bus station is next to the railway station in the centre of Žilina.

The bus connection can be found at <http://www.slovaklines.sk/main-page.html>

The tickets are usually bought while the boarding the bus.

3.2 Local Transport

Bus and trolley bus

Žilina has a relatively efficient public transport system that includes buses and trolley buses with a satisfactory coverage area and time density around the clock. A single fare is as cheap as 0.6 Euro; student seasonal tickets are also sold at reasonable prices. Students can choose between the student and normal ticket. For the student ticket students are obliged to have a valid Slovak student card (our ESN student organization will help you to obtain one after your arrival). We distinguish between 1 zone tickets and 2 zones tickets. One zone ticket is valid only up to 5 bus stops and 2 zones ticket is valid for unlimited number of stops. Both cases are valid only for one single bus ride (you can not change bus without buying a new ticket). The bus tickets can be bought at kiosk at the bus stop, in the ticket vednor (also at the bus stop) and at the driver's.

Web: <http://www.dpmz.sk>

<http://www.imhd.sk/za/>

On this page you can find the timetable of buses and trolley buses.

On the left site click on Cestovné poriadky – TIMETABLE.

In the field Cestovné poriadky podľa zastávok – TIMETABLE BY THE BUS STOP choose the bus stop. (If you want to go from Centrum to your Student accommodation, you have to choose a bus to the Vlčince direction)

The closest bus stop dormitory Hliny V – Mostná or Hlinská

The closest bus stop dormitory Veľký diel – Obchodná.

Taxi

Taxis operate 24 hours a day. Compared to other cities in Europe the taxi services are not very expensive in Žilina. For example, a journey from the centre to the student hostel of University is about 4-6 Euro.

Rent-a-car

Prices for renting a car depend on the make and model of the car (app. 50 Euro per day).

Living in Žilina

3.3 Accommodation

The University of Žilina provides accommodation in dormitories where you live together with other students. Erasmus students live in one corridor. You have your own room with bathroom. The kitchen is shared by all students living in the corridor. It is the responsibility of the people sharing a corridor to keep it clean. If you are unsatisfied, talk to the other people living there!

There are two accommodation facilities that are located at Veľký diel and Hliny V.

Veľký diel

The accommodation facility Veľký diel offers for all students 2,396 beds located in the following three buildings:

Buildings A-B-C-D: two-/three-bed rooms. There are common lavatories and showers on each floor. Each floor has a kitchenette. The rooms located in the B part have the Internet access. Other rooms in the parts A-C-D have a wireless Internet access.

Buildings E-F and G-H: three-bed rooms, lavatory and shower in each room. There is a kitchenette on each floor. All the rooms located in these parts have the Internet access.

There are also television rooms, conference rooms, and a cinema room for approximately 180 persons (movie projection, conferences, lectures, rehearsals, workshops), study rooms, laundry, kitchenettes, GP surgery, dentist, hairdresser. Free parking provided.

Veľký diel

Ul. vysokoškolákov

010 08 Žilina

Tel.: +421 – 41 - 565 25 07

+421 – 41 - 513 14 70

Web: <http://vd.internaty.sk>



Hliny V

The accommodation facility Hliny V has a capacity of 1,934 beds and offers accommodation in the building sections 2 - 9 in units with 2- /3 - bed rooms. Almost half of the rooms have the Internet access.

In the facilities there are television rooms, conference rooms, study rooms, laundries, kitchenettes, a COPY-centre, FIT centre, a climbing wall, space for Thai box, steam and Finish sauna, squash, bowling, table tennis and badminton. There are also grounds for football, volleyball, basketball and tennis courts. The facility offers hairdresser/barber services, GP surgery, dentist and students service. Free parking.

Hliny V
Ul. Hlinská
010 54 Žilina
Tel.: +421-41-513 14 77
Web: <http://hliny.internaty.sk>



3.4 Catering

Meals for students are served in the student's canteens or in snack bars which are parts of the accommodation facilities or are located within the campus.

The student's canteen operates on the basis of the information system KREDIT 7 which enables automatic ordering and taking meals through a smart card. Students can choose from the week's offering eight different choices. Catering services are provided:

- from Monday to Thursday: 7.00 a.m. to 7.00 p. m.,
- on Friday from 7.00 a.m. to 1.30 p. m.
- and on Saturday and Sunday from 11.00 a. m. to 1.00 p. m.

Living in Žilina

Meals are served in the following places:

- Students canteens Nová menza and Stará menza
- Canteens in the following buildings (Rector's office, Faculty of Special Engineering, Faculty of Management Science and Informatics).

Several snackbars can be found in the area of Veľký diel (Bufet Klub, Bufet NR, Bufet rektorát, Alammo, Paladeo, Nasa Slovakia, Café Beta, café Paľova Búda) and in the area of Hliny V (Café K2, Bufet Stará Menza, Café Stará Menza).



3.5 Practical Info

Currency and Notation

Slovakia as a part of the European Union accepted Euro currency in January 2009. In every shopping centre and supermarket you can find ATMs and an exchange office or a bank. Credits and debit cards are widely used in most shops in Slovakia including Visa, Maestro or Master card.

There is a network of bank cash machines in the town operating non-stop.

Banks

There are various banks and branch offices in Žilina, e.g.:

- Tatrabanka, Mariánske námestie 196
- Všeobecná úverová banka (VÚB), Na bráne 1
- Československá obchodná banka (ČSOB), J. Milca 14
- UniCredit bank, Národná 12
- Slovenská sporiteľňa, Hurbanova 4

Important Post Offices/Telephoning

Pošta = Post Office :

Pošta 1 (G.P.O.), Sládkovičova 14

Pošta 2, Hviezdoslavova 3

Pošta 8, Poštová ulica - Vlčince (the nearest post office to the dormitory Veľký diel)

The easiest places to make long-distance calls are public telephones located in the streets – this requires a phone card. Phone cards are available at post offices. More info at: www.slovakiasite.com/telephoning.php

3.6 Religion

Slovakia is a Christian country tolerating other churches and denominations. Most of the Slovaks are Roman-Catholic (60%) and Evangelicals (8%). There are 3 Roman-Catholic churches and one Evangelical church in the centre. The services are held in Slovak.

3.7 Living Expenses

The exact amount of money needed for life in Žilina cannot be precisely estimated:

The approximate prices are as follows:

- accommodation in the student hostels

97-136 Euro **per month**

- meals in the student canteen

aprox. 8 Euro **per day**



Living in Žilina

3.8 Hospitals Medical Aid

Slovakia provides good quality health care. Every village has a health centre and there is at least one hospital in every city and several health centres. Highly specialised hospitals are situated e.g. in Bratislava, Martin, Banská Bystrica and Košice. Emergency operates in every hospital open from afternoon till morning and at weekends 24 hours. Emergency medical service is operational 24 hours 7 days a week. Emergency phone numbers: 155 and 112.

Health care in Slovakia is financed by health insurance. Health insurance in Slovakia is obligatory and shall be paid by every citizen of Slovakia. The insurance fee is deducted from the wages. Medical treatments for administrative purposes are also paid by the patients. Price lists can be found in every health centre. Dental treatment in Slovakia is usually not fully covered by health insurance and many dentists in Slovakia do not have contracts with health insurance companies. In this case, a patient covers the full treatment himself. Operations and hospital treatments in Slovakia are also covered from the health insurance. Most medications are partially covered by the insurance; some medications are even fully covered while others are only available full payment. Antibiotics and many other pills are only available on doctoral prescription.

Emergency care patients costs 2 Euro. European Union citizens must have valid European Health Insurance Card. Medical treatment for other foreigners is available for direct payment. Opening hours for health centres are usually from 7.30 am till 4 pm, but can vary. There is a pharmacy on duty in every city. The name and address of the pharmacy on duty can be found on the door of every pharmacy.

The doctor for students of the University of Žilina: **MUDr. Yvetta Kurimská**

<http://www.mojdoktor.sk/yvetta>

Opening hours: MONDAY-THURSDAY: 7:00 - 11:30, 12:00 - 15:00

FRIDAY: 7:00 - 14:00

4 SLOVAKIA

4.1 General info

Slovakia is a small but beautiful country. By train you can traverse it in 8 hours, by airplane it is possible to fly round it in 1 hour. Within the area of 49 036 square kilometres you can find beautiful mountains of the High and Low Tatras (Vysoké and Nízke Tatry), the Small and Big Fatras (Malá and Veľká Fatra) as well as fertile lowlands in the south and east of the country.



Although Slovakia is predominantly mountainous – 60% of its territory spreads from 300m up to 2 655m above sea level – it is a green country, covered with coniferous and broad leaved woodlands, green meadows and fields interwoven with smaller and bigger rivers as e. g. the Váh, Hron, Ipel', Hornád, Tisa, Morava ... and the Danube. Upon hills you can find castles, or at least their ruins. Under many of the mountains there are karsts, granite or ice caves. Slovakia has approximately 1 200 thermal and mineral springs and balneological treatment is of world standard. And where is this picturesque country located? If you look at the map of Europe you can see that Slovakia is located directly in the heart of it, bordered in the north by Poland, northwest by the Czech Republic, southwest by Austria, south by Hungary and east by Ukraine.

The population of Slovakia is 5 500 000. The capital Bratislava with a population of 600 000 is just 65 km from Vienna, Austria, and Žilina is approximately 260 km by car from Vienna.

The official language in the Slovak Republic is Slovak. English and German are spoken and understood in the main tourist areas. Slovakia has a continental climate with cold winters and warm summers. The coldest month is January (0°C) and the warmest is July and August (26°C).

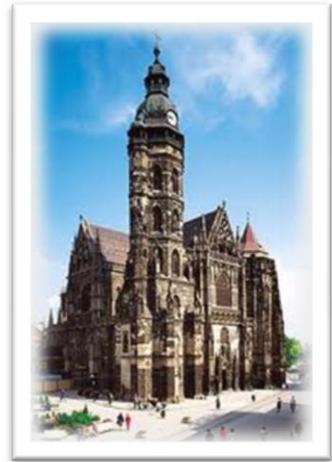
Slovakia

4.2 History

(taken from: <http://www.slovakia.org>, <http://www.slovakia.com>)

The history of the people living in the area of Slovakia goes back several thousand years. In the Bronze Age (400 B.C) under the influence of the Celts, who moved into the area of south-western Slovakia, that the country begun to boom. At the same time the Romans built a 'Limus Romanus' on the Danube which was a European equivalent to Hadrian's Wall.

The Slavs arrived in the area of Slovakia between the 5th and 6th century A.D and developed the country into a highly respectable society.



When the Habsburgs took over from the early kings and queens – Bratislava itself became the jewel in the crown. In 1526 Bratislava became the capital of the Empire. During the reign of Maria Theresia in the 18th century the country prospered and Bratislava prospered, as it was the Queen's favourite residence. The prosperous reign of the Habsburgs ended on the 14th November 1918 when Czechoslovakia was proclaimed as an independent state. During Thomas Garyk Masaryk Presidency Czechoslovakia thrived. Soon it

became the 5th richest country in the world with an economy so strong that it was hardly affected by the Great Depression of 1929. In 1993 the two independent countries of Slovakia and the Czech Republic were born. Currently Slovakia is part of NATO, the European Union as well as a temporarily member of the UN Security Council.



5 ŽILINA

5.1 General info

Žilina is an important centre of the northwest Slovakia and one of the largest towns of the Slovak Republic. Žilina today is a city with almost 90 000 inhabitants.

Its importance is determined by the strategic position on the confluence of three rivers in the valley of the river Váh. The city is located in the middle of beautiful mountains, which makes it a starting point to many areas there.

The city acquired a greater significance after the formation of the Slovak Republic in 1993. A new impulse for further development of the city was the establishment of the county of Žilina in 1996. Žilina with its economic, cultural and educational potential has always been the centre of the north-western Slovakia. There are a lot of industry and construction companies. Žilina has a rich past, dynamic present and all conditions for all-round development in the future.



5.2 History

(taken from <http://www.travel-to-zilina.biz/uk/history.htm>)

The town's territory was firstly settled already in the last Ice Period what was about 20 000 years B.C. The evidence of the Slavonic settlement could be found in the premises of the following historical castles: Hričov, Súľov, Lietava and Strečno.

First written document about the town's territory was dated in 1208 and was mentioned under the name Terra de Selinan. In 1297 the name Žilina appears in some writings. According to the written documents dated 12th July 1321 Žilina was already a town.

The King Charles I Robert of Anjou during his royal visit to our town on 12th July 1321 granted privileges of a free town to Žilina. A very important legal and language document of European importance is the Book of Žilina the origin of which reaches back to the year 1378. In 1381 the Slovaks living in the town were positively responded by the ruler when they asked for equal rights with the German colonists. The bill Privilegium pro Slavis (privileges for the Slovaks) was issued on 7th May 1381 by the Hungarian and Polish. This important event is commemorated by a memorial tablet on the wall of the Town Hall of Žilina.

In the year 1431 Hussite army gained and burned out Žilina. The town fell down economically after being left by the Hussites troops. The town became Slovak purely for the sake of antigerman actions of Hussites.

In the following centuries Žilina was an important centre of craftsman manufactures, trade and education.



5.3 TIK ZA - Tourist Information Office Žilina

TIK ZA provides complex information on Žilina. The office is located in the centre of Žilina.

More information about the office can be found at: Informačné centrum

Republiky 1, 010 01 ŽILINA

Tel./Fax: +421 (0)41 723 31 86

E-mail: info@tikzilina.sk

<http://www.tikzilina.sk>

6 USEFUL INFO

6.1 Emergency services/numbers

Police	158, 112
Fire brigade	150, 112
Medical first aid	155, 112
Urgent medical help	724 43 00
Information about phone numbers	1181
Mountain rescue system	112

6.2 How to say in Slovak...

For more useful vocabulary look at www.slovakiasite.com/useful-vocabulary.php

English	Slovak
Good morning.	Dobré ráno!
Good afternoon.	Dobry deň!
Good evening.	Dobry večer!
Goodbye.	Dovidenia!
Thank you.	Ďakujem!
Please.	Prosím.
Excuse me.	Prepáčte.
How are you?	Ako sa máš?
How much is it?	Koľko to stojí?
Yes.	Áno.
No.	Nie.
Help.	Pomoc!
What is your name?	Ako sa voláš?

Useful info

6.3 Bank Holiday

- 1 January - Day of the Establishment of the Slovak Republic
- 6 January - Epiphany
- 1 May - Labour Day
- 8 May - Victory over Fascism Day
- 5 July - St. Cyril and Methodius Holiday
- 29 August - Slovak National Uprising
- 1 September - Constitution Day
- 15 September - Our Lady of Sorrows
- 1 November - All Saints Day
- 17 November - Fight for Freedom and Democracy Day
- 24 December - Christmas Eve
- 25 December - Christmas Day
- 26 December - Second Day of Christmas

6.4 Habits and customs

It is a habit in Slovakia to use the formal second person plural “vykanie” in official relations and meetings, the informal “tykanie” (second person singular) is usual in families and among friends, eventually close colleagues (it is similar to being on first name with someone).

In Slovakia, it is a custom to eat 3 main meals in a day. The lunch time is between 11:30 - 13:30 h. The lunch consists of soup and main course, sometimes also a dessert. For dinner, warm meals are often served generally between 18:00 – 21:00 h.

When entering a Slovak apartment, it is important to change the shoes in the entrance hall and offer some house slippers to the guests as well. It is considered to be impolite, if one moves to the apartment in shoes, which are used outside.

6.5 Websites

About Slovakia

<http://www.slovakia.travel>

<http://www.slovakiasite.com>

About Žilina

www.travel-to-zilina.biz/uk/index.htm

www.zilina.sk



Erasmus students say..

Erasmus students about stay in Žilina

Rostislav, Technical University Sofia, Bulgaria

What is Erasmus for you?

Erasmus is the opportunity which can be used in a variety of ways so the person can grow mentally, spiritually and in other directions. Erasmus gives me a chance so I can be a part of a big , international family, living together, sharing our successes and our problems...like the kitchen for instance. Erasmus makes me think! Think about me, about the person in front of me, about the world at all. The time spent during Erasmus is a part of the education I receive not only at the university but also in my life. I am glad that I am a part of this inspirational family!

How was it to live in ŽILINA?

I have really enjoyed my stay in Žilina so far. Despite the time left I think it was great and there is still more to come! A nice, small, clean, filled with history place where the life could be very good! Every day I find something new, that is why I will keep looking around every single day until I leave only physically, because spiritually I will stay here!

The most favourite moment of your stay?

The one with the City Rally in Žilina. It was team work with the friends of Erasmus, fun with the heavy snow falling down and sightseeing of the town.

Your favourite sentence, motto:

Different people, different points of view. One thing is to want something, the other one is to be able to do it, the third and fourth one is to accomplish it!

Erasmus students say..

César, University of Cantabria, Spain

What is Erasmus for you?

Erasmus for me is a unique moment in the life of a student in which more things are learnt about life in community by sharing experience with people from other countries so you can know them better.

How was it to live in ŽILINA?

Žilina is a really good place for students to live because it is not very big and there are not many Erasmus students, so we are always together as a family, and everybody knows everybody. Life is relatively unexpensive and you can easily walk to almost everywhere.... except in winter.

The most favourite moment of your stay?

Only one!? It may have been the last few days enjoying the snow in the mountains of the High Tatras with other Erasmus of Banská Bystrica... or else the trip we made almost all Krakow together, enjoying amazing city together.

Your favourite sentence, motto:

A little bit.... " Zdravie "

Bechir, University of Bucharest, Romania

What is Erasmus for you?

Erasmus is one time in life experience, it is something I cannot explain in words, it is great, Erasmus is probably the best choice I could have ever made. I met great people and I have had the best time ever. School is also great, most of the teachers are young and talkative and we can understand each other. Great!

Erasmus students say..

How was it to live in ŽILINA?

Well, it was very nice, the city has many beautiful places and the people are nice. I tried very good food here and I would recommend it further if I ever hear someone that wants to travel to Slovakia. The surroundings are amazing, there are mountains everywhere, castles for 2h distance, ice-skating, and lots of snow, and not to forget, the parties were amazing, speechless...and I owe the most beautiful moments that I spend here to my girls Kvetka, Despina, Andreja, Kasia and Adela and all the other Erasmus. Thank you guys, it was great!!!!

The most favourite moment of your stay?

This is crime, how can one choose just a moment???? All moments were amazing, it's impossible to choose only one, I am sorry, but my answer for this question is 27 September 2010 – 12 February 2011.



See you in Žilina!



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