



WELCOME **GUIDE**

FOR INTERNATIONAL STUDENTS
UNIVERSITY OF ŽILINA



UNIVERSITY
OF ŽILINA

Welcome to the University of Žilina. We are pleased that you have made our University your choice for studying abroad.

This guide is intended for international students who decided to study at the University of Žilina in an exchange programme. It has been designed to make your stay both enjoyable and beneficial. We wish you a pleasant stay at the University of Žilina as well as in Žilina itself.

Department for International Relations
and Marketing / UNIZA

Welcome

**to the University
of Žilina**



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ŽILINSKÁ UNIVERZITA
V ŽILINE





Rector's welcome



Dear international students, let me, on behalf of the University of Žilina, welcome you to our Institution. The University of Žilina has had its unquestionable place among Slovak universities for more than 70 years. It offers technically and technologically oriented study programmes at its seven faculties as well as studies in economic and

humanities fields. The University successfully cooperates with numerous partners in the world via international projects and activities. The second and third year students of our University have a possibility to participate in a wide range of exchange programmes at foreign universities. The combination of research and education activities provides an opportunity to apply the latest knowledge and technologies in specific fields of studies. E-learning, project oriented education and case studies are as common at our University as traditional contact teaching in the form of lectures and seminars. All the above mentioned aspects of studies prepare graduates for a career in an interdisciplinary and globalised environment.

I wish you all the best, a lot of nice experiences at our university, in Žilina and Slovakia. It is a good opportunity of a lifetime.

Prof. Ing. Ján Čelko, CSc.
Rector

Studying

at the University
of Žilina

Name and address

University of Žilina

Univerzitná 8215/1, 010 26 Žilina Slovakia

+421 – 41 – 513 50 01

GPS: 49°12'8.26"N18°45'23.6"E

www.uniza.sk

General Institution overview

The University of Žilina was established as the Railway College on 1st September 1953 by the separation from the Czech Technical University in Prague. It has gone through numerous changes during its history. Finally, in 1996, it was renamed from the University of Transport and Communications to the University of Žilina in Žilina. The University as a public university provides education at all three levels of higher education (**bachelor's degree, engineer/master's degree and doctoral degree**) in both full-time and part-time forms. So far approximately 90,000 graduates have finished their studies (2,500 graduates from abroad) at the University. Approximately 7,500 students currently study in all forms of study. There are more than 1,400 employees and 555 of them are university teachers.

The University of Žilina has taken a prominent place in the Slovak educational space not only with the number of its students, with the range of accredited study programmes, but also with its scientific and foreign activities based on cooperation with domestic and foreign companies and institutions. In the field of science and research, individual workplaces of the University have been involved in solving of more than 200 scientific and research projects.

Scientific teams closely cooperate with partners from various industrial branches in the applied research. Six centres of excellence are supported by the Research and Development Operational Programme within the framework of structural funds. The University is also involved in four projects being solved by centres of competence within this Operational Programme. There have been three applied research centres created, as well. Attainments are presented mainly through publications, submitted patent applications, presentations at international scientific symposia and conferences, but also at trade fairs and exhibitions.

Cooperation with foreign universities enables students and teachers to actively participate in international educational and research projects such as (ERASMUS+, ERASMUS-MUNDUS, EU-KOREA SMILES, TEMPUS, COST, CEEPUS, the 7th Framework Programmes, Horizon 2020, etc.). The University belongs to the most active universities in the ERASMUS programme. Within this Programme, the University has been listed among most successful universities of the EU in the field of teacher mobility for a fifteen year period.

Structure and degrees

The University of Žilina has seven faculties and several institutes focusing on various scientific fields. **It offers bachelor's, master's and doctoral study programmes**, carries out intensive research activities and cooperates with more than two hundred European universities and also with universities in Asia (Japan, China, Korea) and America (the USA, Mexico, Brazil).

The University of Žilina confers the following academic degrees and titles: **bakalár (bachelor), magister/inžinier (master), doktor (Philosophiae Doctor – PhD)**.

Academic calendar

The academic year consists of two semesters:

- Winter semester (September – January)
- Summer semester (February – August)

Faculties

Faculty of Operation and Economics of Transport and Communications

The Faculty of Operation and Economics of Transport and Communications was established in 1953 as one of the first faculties of contemporary University of Žilina. The primary mission of the Faculty is to provide higher education and creative scientific research in the fields of transport and communications technology; economics and management of various transport and communications branches; economics and management of transport, postal and telecommunications enterprises; economics and management of transport services and logistics; and economics and enterprise management.

Departments

Department of Road and Urban Transport, Department of Railway Transport, Department of Air Transport, Department of Communications, Department of Economics, Department of Water Transport, Department of Quantitative Methods and Economic Informatics.

Address

Faculty of Operation and Economics of Transport and Communications (Fakulta prevádzky a ekonomiky dopravy a spojov)

Univerzitná 8215/1, 010 26 Žilina

+421 – 41 – 513 30 51

education@fpedas.uniza.sk

www.fpedas.uniza.sk/en

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Vice-dean for Development and International Cooperation

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Faculty mobility coordinator

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vladimir.salaga@fpedas.uniza.sk

Faculty of Mechanical Engineering

The Faculty of Mechanical Engineering has a long-standing tradition in technical education and research. It concentrates mainly on the issues of construction materials; production technology linked with the development of technical base of vehicles, machines, instruments and constructions; vehicle construction; mobile work machinery, lifting, handling and energetic equipment design; designing with virtual reality support; rapid prototyping; finite element method analyses of structures; operation and renovation of machines and equipment; robotics; logistics; enterprise management; industrial engineering; digital factory; systems of quality control; design, operation, analysis and simulation of manufacturing and logistics systems; modern production technologies; and more recently, on alternative sources of energy.

Departments

Department of Applied Mathematics, Department of Transport and Handling Machines, Department of Design and Mechanical Elements, Department of Materials Engineering, Department of Applied Mechanics, Department of Industrial Engineering, Department of Automation and Production Systems, Department of Machining and Production Technologies, Department of Technological Engineering, Department of Power Engineering.

Address

Faculty of Mechanical Engineering (Strojnícka fakulta)
Univerzitná 8215/1, 010 26 Žilina
+421 – 41 – 513 25 00
education@fstroj.uniza.sk
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Faculty of Electrical Engineering and Information Technologies

The Faculty of Electrical Engineering and Information Technologies originally focused on electro-technical aspects of transport. Later on, the Faculty started to concentrate on information and communication technologies; information and safety systems; modern telecommunication technologies, networks and services; optoelectronics; photonics; intelligent transport systems; electro-technologies and materials; development of power semiconductor systems; traction driving systems; power electronics; electric traction systems for railways; and also on interdisciplinary branches – mechatronics and biomedical engineering.

Departments

Department of Physics, Department of Electromagnetic and Biomedical Engineering, Department of Mechatronics and Electronics, Department of Power Electrical Systems, Department of Control and Information Systems, Department of Multimedia and Information and Communication Technology, Institute of Aurel Stodola in Liptovský Mikuláš.

Address

Faculty of Electrical Engineering and Information Technologies (Fakulta elektrotechniky a informačných technológií)

Univerzitná 8215/1, 010 26 Žilina

+421 – 41 – 513 20 51

education@feit.uniza.sk

www.feitcity.sk/en/home-en/

Contacts for foreign students

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Faculty mobility coordinator

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Faculty of Civil Engineering

The Faculty of Civil Engineering provides education in the fields of engineering constructions, buildings, transport constructions, material engineering, transport planning as well as construction technology and management. The research activities focus mainly on theoretical planning, designing, building, rehabilitation and reconstruction of transport infrastructure issues, including the impact of transport on the environment, while utilising theoretical, experimental and numerical analysis, modelling and simulations. There is a strong focus on the geoinformation system development issues in the civil engineering practice as well as on the research of sound-insulation and thermal-technical properties of constructions and their energy performance.

Departments

Department of Structural Mechanics and Applied Mathematics, Department of Geodesy, Department of Geotechnics, Department of Structures and Bridges, Department of Highway and Environmental Engineering, Department of Building Engineering and Urban Planning, Department of Construction Management, Department of Railway Engineering and Track Management.

Address

Faculty of Civil Engineering (Stavebná fakulta)
Univerzitná 8215/1, 010 26 Žilina
+421 – 41 – 513 55 01
education@fstav.uniza.sk
<https://svf.uniza.sk/index.php/en/>

Contacts for foreign students

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Erasmus+ mobility administrator
e-mail:erasmus.ce@uniza.sk

Faculty of Security Engineering

The Faculty of Security Engineering is the faculty of technological and managerial orientation. In the field of civil security it offers an accredited study programme crisis management and security and protection of critical infrastructure; in the field of rescue services it is the study programme rescue services; in the field of people and property protection it is the study programme security management. Individual study programmes focus on specialists training for the needs of public administration mainly in the areas of crisis management, risks evaluation, people and property protection, civil protection and internal security.

Departments

Department of Crisis Management, Department of Fire Engineering, Department of Security Management, Department of Security and Safety Research.

Address

Faculty of Security Engineering
(Fakulta bezpečnostného inžinierstva)
Ul. 1. mája 32, 010 26 Žilina
+421 – 41 – 513 66 06
www.fbi.uniza.sk/en

Contact for foreign students

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Faculty of Management Science and Informatics

The activities of the Faculty of Management Science and Informatics are determined by new trends in information and communication technologies development. The main educational and scientific activities concentrate on design and realization of technical means for information and management systems; analysis, synthesis and design of integrated information and management systems; management; marketing; logistics; enterprise; design of transport and communication systems; management and optimisation of goods and passenger transport; management and optimisation of databases design; data transmission and data processing; issues concerning multimedia information systems and simulation tools for communication networks and systems; and mathematical modelling.

Departments

Department of Information Networks, Department of Informatics, Department of Management Theories, Department of Macro and Micro Economics, Department of Mathematical Methods and Operations Research, Department of Software Technologies, Department of Technical Cybernetics.

Address

Faculty of Management Science and Informatics
(Fakulta riadenia a informatiky)
Univerzitná 8215/1, 010 26 Žilina
+421 – 41 – 513 40 61
education@fri.uniza.sk
www.fri.uniza.sk/en

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Faculty of Humanities

The Faculty has gradually transformed its profile by establishing departments of humanities and by extending the spectrum of offered study programmes enabling graduates to get a foothold in the European labour market.

Departments

Department of Mediamatics and Cultural Heritage, Department of Pedagogical Studies, Department of English Language and Literature, Department of Philosophy.

Address

Faculty of Humanities (Fakulta humanitných vied)

Univerzitná 8215/1, 010 26 Žilina

+421 – 41 – 513 6105

education@fhv.uniza.sk

www.fhv.uniza.sk/en

Contacts for foreign students

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Vice-dean for International Relations and Public Relations

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jakub.svec@fhv.uniza.sk

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Faculty mobility coordinator

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lenka.kalusova@fhv.uniza.sk

Research Institute of High Mountain Biology

The multinational centre for high mountain biology research was established in 2000 and is located in Tatranská Javorina in the mountain range Belianske Tatry. Thanks to staff members' enormous effort, the Institute has been transformed into a modern workplace with botanic, zoology and molecular biology laboratories in a relatively short time. Thermovision analyses of temperature differences on an alpine vegetation level, water chemism and its biotic monitoring, atom absorption spectrophotometry and X-ray metrology are only a few examples of the techniques which a young research team uses in laboratories and also in the

high mountain alpine terrain. Since 2006 the Institute has been providing teaching of so far the only whole university study programme Protection and Utilization of Countryside with the specialization in education of rangers of national parks. Based on the agreement between University College of Southeast Norway, Bø and the University of Žilina, the students of the Institute, after successful completion of their Bachelor's study programme, can continue in Master's degree in Norway.

Address

Research Institute of High Mountain Biology
(Výskumný ústav vysokohorskej biológie)
Tatranská Javorina 7, 059 56
+421 – 52 – 449 91 08
www.vuvb.uniza.sk

Contact for foreign students

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Director and mobility coordinator
+421 – 52 – 449 91 08
ihmb@uniza.sk

Students and applicants with special needs at UNIZA

We provide fully-fledged studies by creating appropriate adjustments and support services without reducing the requirements for study performance.

Support services

Student who agrees with the evaluation of his/her special needs is entitled to support services according to the extent and type of his/her special need.

Contact

University coordinator
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Faculty of Humanities

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International Relations and Marketing Office

International Relations and Marketing Office coordinates international relationships of the University of Žilina and it is also responsible for the following:

Partnerships with Universities

- agreements
- student and teacher mobility
- international visitors' stays

EU ERASMUS+

- incoming students
- outgoing students
- teacher mobility
- staff mobility

Exchange Programmes

- providing information and counsel on mobility programmes to students and teachers of the University of Žilina,
- foreign students' study at the University of Žilina within university agreements and the ERASMUS.

Address

International Relations and Marketing Office
Univerzitná 8215/1, Building of Rectorate
010 26 Žilina

ERASMUS+ Institutional Coordinator and Vice-rector for International Relations and Marketing

Prof. Ing. Jozef Ristvej, PhD., eMBA
jozef.ristvej@uniza.sk

International Relations and Marketing Office

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Head of Office
katarina.taranova@uniza.sk

ERASMUS+ Project Manager

Ing. Lucia Pijaková
lucia.pijakova@uniza.sk

Office for Education

PhDr. Renáta Švarcová
Head of Office
Full-time study for foreign students
renata.svarcova@uniza.sk

Institutes, facilities and centres

University Library
www.ukzu.uniza.sk

Institute of Forensic Research and Education
www.uzvv.uniza.sk

Institute of Life-long Education
www.ucv.uniza.sk

Institute of Physical Education
www.utv.uniza.sk

Aviation Training and Educational Centre
www.lvvc.uniza.sk

Institute of Competitiveness and Innovations
www.ukai.uniza.sk

EDIS – Publishing Centre of UNIZA
www.edis.uniza.sk

University Science Park
www.uvp.uniza.sk

Research Center
www.vyskumnecentrum.sk

Courses offered to Erasmus exchange students

<https://lnk.sk/ozkp>

ECTS

ECTS grade	Grading system in words	Points %	Mark
A	Výborne – EXCELLENT	100 – 93	1
B	Veľmi dobre – VERY GOOD	92 – 85	1,5
C	Dobre – GOOD	84 – 77	2
D	Uspokojivo – SATISFACTORY	71 – 69	2,5
E	Dostatočne – SUFFICIENT	68 – 61	3
FX	Nedostatočne – INSUFFICIENT	less than 61	4



ECTS (European Credit Transfer System) is a system based on the relevance and intensity of an individual course in relation to students' performance and there is a particular number of ECTS credits assigned to each course. 60 ECTS credits are required to complete a year of full-time study (30 ECTS credits represent one semester).

Learning Slovak

The University of Žilina offers Slovak courses for foreign students during the whole academic year (2 classes / a week). More information can be found on the UNIZA website: <https://bit.ly/kurzy-sk>

Academic year

- Winter semester / 13 weeks (late September – December)
Examination period / 6 weeks (January – middle of February)
- Summer semester / 13 weeks (middle of February – middle of May)
Examination period / 6 weeks (middle of May – end of June)

Admissions

Full-time study

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

For more information, please contact:
Žilinská univerzita v Žiline - Rektorát
(Rectorate of the University of Žilina)
Oddelenie pre vzdelávanie
(Office for Education)

Univerzitná 8215/ 1, 010 26 Žilina
education@uniza.sk

Erasmus+ contact persons at faculties UNIZA – see part Faculties (pages 8 – 14) contacts for foreign students

Visa and temporary residence

Since the Slovak Republic is a member of the European Union, international students coming from the EU countries do not need a visa. It is possible that students from non-EU countries will need a visa for arranging their entry and stay in Slovakia. Information on whether student needs a visa for entry and stay in Slovakia can be obtained at the Ministry of Foreign Affairs of their country, or at its consulates. Relevant information can be found at The Ministry of Foreign Affairs of the SR website: <https://www.mzv.sk/en/web/en/visa-and-services/chengen-visa>

Insurance

Foreign students are recommended to travel with valid general insurance covering the full length of their stay. It is advisable to consider purchasing of other types of insurance available. EU citizens having a European Health Insurance Card are eligible for free health service.

Libraries

Study at the University of Žilina is fully supported by the following resources: the University Library, University Intranet and Slovak Academic Data Network with access to the Internet. The mission of the academic library is to promote educational and scientific research activities of the University by collecting, processing, storing and providing access to professional and scientific literature. It offers an online catalogue, electronic journals and full-text and abstract electronic information resources on its website. Full text information on final theses defended at the University is also a part of the electronic library catalogue. The library organises consulting, lecturing and other educational activities. Departmental libraries are well equipped with books, journals and other study facilities more closely oriented to particular fields of study.

Student organisations

ERASMUS Student Network (ESN UNIZA)

It is a student organisation providing help to incoming foreign students and organises various events for them during their stay.

Activities:

There are a lot of activities organised for ERASMUS students including a welcome party, a sightseeing tour around Žilina, and various trips around Slovakia.

ESN UNIZA provides the following services:

- picking up of foreign students at the railway station or bus terminal,
- getting acquainted with the city and the campus,
- assistance with formal documents such as a school ID or a public transport pass.

Contact:

uniza.president@esn.sk

www.uniza.esn.sk

Board of Accommodated Students

It is a non-profit organisation serving as an advisory body in managing and improving the life of students accommodated at student accommodation facilities. Its activities focus on defending students' rights and at the same time it puts emphasis on following the rules.

i-Tečko broadcasting

Dormitory student television. It creates its own student news and television programmes (information, cultural, fun). Provision of video services to UNIZA and organizations at UNIZA.

Internet Club

Building and facilitating the operation of internet network in UNIZA accommodation facilities.

The Friends of Railway Club

Railways Friends Club UNIZA, participation in the organization of special and historical train trips, organization of professional excursions and lectures, photo competitions, regular presentations on railway topics.

Radio X

Dormitory radio - Accommodation Facility Veľký Diel, student news, entertainment and music programmes, current affairs programmes, cooperation with the organization of student events.

GAMA Club

Organizational and technical management of the cinema (technical provision of events for the University, students and the public – conferences, meetings, training courses, concerts, theatre performances, projection of films).

Rapeš Radio

Dormitory radio – Accommodation Facility Hliny, student news, entertainment and music programmes, current affairs programmes, cooperation with the organization of student events.

University Club of Fire-fighting Sport UNIZA

University Club of Fire-fighting Sport UNIZA based at the Faculty of Security Engineering UNIZA participates in the organization of competitions and other leisure activities in the field of fire-fighting sport. It brings together enthusiasts of fire-fighting sport at UNIZA and provides trainings and material and technical equipment related to the mission of the organization.

STAVBÁR – Folklore Ensemble of the University of Žilina

Dancing, musical and singing processing of folk customs and traditions from all over Slovakia, their presentation at home and abroad.

IAESTE

The International Association for the Exchange of Students for Technical Experience



Life in Žilina

Arrival

The nearest airports

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

- Vienna International Airport in Austria (www.viennaairport.com), located about 60 kilometres from Bratislava, the capital of the Slovak Republic. The airport has a regular bus connection to Bratislava bus terminal (about a 50-minute bus ride). There is a direct train connection to Žilina from there (200 kilometres, about a 2.5-hour train ride).
- Václav Havel Airport Prague in the Czech Republic (www.prg.aero/en/). There is a direct train connection to Žilina from the airport (450 kilometres, about a 6-hour train ride).
- Bratislava Airport (www.airportbratislava.sk). There is a shuttle bus from the airport to the railway station. Direct train to Žilina leaves approx. every 2 hours.

Train connection

The railway station is situated in the centre of Žilina just at the end of pedestrian precinct. The best way to get to the University or student accommodation facility is to go by bus, trolley bus or taxi.

The railway connections can be viewed at:

<https://cp.hnonline.sk/en/vlak/spojenie/> and on-line

tickets can be purchased at: www.slovakrail.sk/en.html.

Although it is possible to buy a ticket on the train, it is advisable to buy one before boarding. The ticket bought after boarding is more expensive. It is not recommended to travel without a ticket as there is a heavy fine for travelling without one. The train ticket from Bratislava to Žilina costs approx. 10 – 16 €.

SAD/Slovak Lines transport

The central bus terminal is close to the railway station in the city centre. The bus connection can be found at:

www.slovaklines.sk/main-page.html

The tickets are bought when boarding the bus from the driver.

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 and student seasonal tickets are sold at a reasonable price.

Students are required to have a valid Slovak student card if they want to buy a discount student ticket. Our ESN student organisation assists exchange students with obtaining of tickets after their arrival. The bus tickets can be bought at a vending machine at the bus stop, in the news stand or with the driver. Purchase a ticket by sending a blank SMS or SMS with any text message to no. 1155.

The price of the SMS ticket is 1.00 €, its validity is 60 minutes from the delivery of the confirmation SMS message and can be used for any number of trips during the period of validity. Passengers are allowed to enter the vehicle only after receiving a confirmation SMS message!

www.dpmz.sk/en/

www.imhd.sk/za/

The nearest bus stop to the student accommodation facility Hliny is “Mostná” or “Hlinská”.

The nearest bus stop to the student accommodation facility Veľký Diel is “Obchodná”.

The nearest bus stop to the University is “Univerzitná” or “Žilinská univerzita”.

Taxi

Taxi operates 24 hours a day and prices are comparable to other cities in Europe (for example, a ride from the centre to the accommodation facility costs around 4 – 5 €).

Car rental

Prices vary by type and model of the car.

Accommodation

The University of Žilina provides accommodation at its student accommodation facilities. ERASMUS students live on the same floor in rooms with suite bathrooms. They can choose from single, double or 3-bed rooms. The kitchen and appliances are shared by all students living on the floor. It is the responsibility of all people sharing the common premises to keep them clean. There are two student accommodation facilities that are located at Veľký Diel and Hliny.

Veľký Diel

The student accommodation facility Veľký Diel offers 1 830 beds in the following three buildings:

- Buildings A-B and C-D: double or 3-bed rooms. There are shared bathrooms on each floor. Each floor also has a kitchen with appliances. The rooms located in the B section have access to the DSL Internet and the rooms in the sections A-C-D have access to the wireless Internet.
- Buildings E-F and G-H: three-bed rooms with suite bathrooms. There is a kitchen with appliances on each floor. All rooms in these buildings have access to the Internet. There are also television rooms, conference rooms, a cinema room for approximately 180 people (film screening, conferences, lectures, rehearsals and workshops), study rooms, laundry, kitchens, GP, There is parking in a car park for fee.

Address:

Veľký Diel

Ul. vysokoškolákov, 010 08 Žilina

+421 – 41 – 565 25 07, +421 – 41 – 513 14 70

<https://lnk.sk/auir>

Hliny

The student accommodation facility Hliny offers accommodation in building sections 2 – 9 in units with double or 3-bed rooms. There are television rooms, conference rooms, study rooms, laundry, kitchens, a COPY-centre, a FIT centre, a climbing wall, room for Thai box, Finish and Infra saunas, squash, bowling, table tennis and badminton. There are also areas for football, volleyball, and basketball as well as tennis courts. The facility offers hairdresser/barber services, GP, dentist and students services. There is free parking in a car park.

Address:

Hliny V

Ul. Hlinská, 010 54 Žilina

+421 – 41 – 513 14 77

www.hliny.internaty.sk, <https://lnk.sk/auir>

Catering

Meals for students are served in student canteens or in snack bars which are all located on the premises of accommodation facilities.

The student canteen uses the information system KREDIT 7 which enables automatic ordering and collecting meals by smart card.

Catering services are provided:

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

Meals are served at the following places:

- canteens Nová menza and Stará menza,
- canteens and snack bars in the following buildings: AR, Faculty of Security Engineering, Faculty of Management Science and Informatics.

Several snack bars can also be found in the area of Veľký Diel (Bufet Klub, Bufet Internáty Veľký Diel E-F, Treska bar Menza Cafeteria, Paladeo, Café Paľova Búda) and in the area of Hliny (Café K2, Bufet Stará Menza, Café Stará Menza).

Useful information

Currency

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 exchange offices or banks. Credit and debit cards are accepted in most shops in Slovakia including Visa, Maestro or Master card. There is a network of ATMs in the city operating non-stop.

Banks

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

- Tatrabanka, Vysokoškolákov 52,
- Všeobecná úverová banka (VÚB), Na bráne 1,
- Československá obchodná banka (ČSOB), J. Milca 14,
- UniCredit bank, Národná 12,
- Slovenská sporiteľňa, Národná 5.

Post Offices/Telephoning

Pošta = Post Office:

- Pošta 1: Sládkovičova 169, 010 01 Žilina,
- Pošta 2: P. O. Hviezdoslava 11, 010 01 Žilina,
- Pošta 8: Vysokoškolákov 33B, 010 08 Žilina-Vlčince (the nearest post office to the accommodation facility Veľký Diel).

Religion

Slovakia is a Christian country tolerating other churches and denominations. Most of the Slovaks are of the Roman-Catholic religion. There are three Roman-Catholic churches and one protestant church in the centre. The services are held in Slovak.

Living expenses

The exact amount of money needed for life in Žilina is hard to estimate. The approximate prices are as follows:

- student accommodation facilities cost approx. 90 – 200 € per month,
- meals in student canteens cost approx. 8 € per day.

Health care

Slovakia provides good quality health care. Every village has a health centre and there is at least one hospital and several health centres in every city. Highly specialised hospitals are situated e.g. in Bratislava, Martin, Banská Bystrica and Košice. Every hospital has emergency service which operates in after regular hours. Emergency medical service can be reached 24/7 at the numbers 155 and 112.

Every citizen of Slovakia is mandated to pay for health insurance. Dental treatment in Slovakia is usually only partially covered by health insurance and many dentists in Slovakia do not have contracts with health insurance companies. In these cases, patients cover the treatment in full themselves. Operations and in-hospital treatments 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 in full payment. Antibiotics and many other drugs are only available on doctor's prescription.

European Union citizens must have a 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 a.m. till 4 p.m., but can vary. There is a standby pharmacy in every city. The list of standby pharmacies can be found on the door of every pharmacy.

MUDr. Daniela Podolinská, s.r.o.
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Slovakia

General information

General information

Slovakia is a small but beautiful country. It takes eight hours to travel from east to west and only one hour to fly across. 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 654m 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. Underneath 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. 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 approx. 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.

History

(resource: 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 the country began to boom. At the same time the Romans built a 'Limus Romanus' on the Danube which was a European equivalent to Hadrian's Wall on the British Isles. The Slavs came to the area of today's Slovakia between the 5th and 6th century A.D. 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 as well as did Bratislava since it was the Queen's favourite residence. The prosperous reign of the Habsburgs ended on 14th November 1918 when newly formed 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 – Slovakia and the Czech Republic were established. Currently Slovakia is part of NATO, the European Union as well as a temporarily member of the UN Security Council.



Žilina

General information

General information

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 tourist areas.

The city acquired a greater significance after the formation of the Slovak Republic in 1993. A new impulse for further development was when the County of Žilina was established 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.

History

(taken from www.travel-to-zilina.biz/uk/history.htm)

The town's territory was first settled in the last Ice Period about 20,000 B.C. The evidence of the Slavonic settlement could be found on the premises of the following historical castles: Hričov, Súľov, Lietava and Strečno. First written document about the town's territory dates back to 1208 where the town was mentioned under the name Terra de Selinan. In 1297 the name Žilina appears in some writings. According to the written documents from 12th July 1321 Žilina was already a town.

King Charles I Robert of Anjou during his royal visit on 12th July 1321 granted privileges of a free town to Žilina. A very important legal document of European importance is

the Book of Žilina, the origin of which reaches back to 1378. In 1381 the people living in the town received a positive response from the ruler when they asked for equal rights with German colonists. The bill Privilegium pro Slavis (List of privileges) was issued by King Luis I the Great on 7th May 1381. This important event is commemorated by a memorial tablet on the wall of the Town Hall of Žilina. In the year 1431 Hussite army conquered and burnt Žilina down. After withdrawal of Hussite troops, the town collapsed economically but in the following centuries Žilina raised to an important centre for craftsman manufactures, trade and education.



Useful information

Emergency services

Police / 158, 112

Fire brigade / 150, 112

Medical first aid / 155, 112

Information about phone numbers / 1181

Mountain rescue system / 112

Useful phrases in Slovak

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

English	Slovak
Good morning	Dobré ráno
Good afternoon	Dobrý deň
Good evening	Dobrý 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?

Public holidays

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

Useful facts

It is a custom in Slovakia to use the formal second person plural “vykanie” in official relations and meetings, the informal “tykanie” (second person singular) is used in families, among friends and close colleagues (it is similar to calling by first name).

In Slovakia, it is a custom to eat 3 meals in a day. The lunch time is between 11.30 a.m. – 1.30 p.m. The lunch consists of soup and a main course, sometimes also a dessert. For dinner, warm meals are often served generally between 6 p.m. – 9 p.m.

When entering someone’s flat or house in Slovakia, it is a custom to take your shoes off and it is also a custom for a host to offer their guests some slippers. It is considered impolite to enter someone’s flat or house wearing shoes.

About Slovakia

www.slovakia.travel

www.slovakiasite.com

About Žilina

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

www.zilina.sk



Erasmus student comments

Rostislav, Technical University Sofia, Bulgaria

What does ERASMUS mean to you?

Erasmus provides an opportunity for a person to grow mentally, spiritually and in many other ways. Erasmus gave me a chance to be a part of a big international family, to live together and to share our successes as well as disappointments. Erasmus made me think about myself, the person next to me, and the world in general. The education I received during my time in Erasmus programme was not only academic but also everyday life oriented. I am glad I could be a part of this inspirational family.

Have you enjoyed your stay in ŽILINA?

I have really enjoyed my stay in Žilina so far. The time passed was great and there is still more to come. Žilina is a nice place where life can be very good. Every day I find something new and that is why I will keep looking around every single day until I leave. In my heart I will stay here.

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 ones are to accomplish it!

César, University of Cantabria, Spain

What does ERASMUS mean to you?

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

Have you enjoyed your stay 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 inexpensive and you can easily walk almost everywhere.... except for in winter.

The most memorable 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 students from Banská Bystrica... or else the trip we almost all made to Krakow together, enjoying this amazing city.

What does ERASMUS mean to you?

Erasmus is a once in a lifetime experience, it is something I cannot explain in words, it is great. Erasmus is probably the best choice I have made so far. I have 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!

Bechir, University
of Bucharest, Romania

Have you enjoyed your stay 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 come across someone travelling to Slovakia. The surroundings are amazing, there are mountains everywhere, castles just two hours away, ice-skating, and lots of snow, and not to forget, the parties were amazing, speechless... and I owe the most beautiful moments that I have spent here to my girls Kvetka, Despina, Andreja, Kasia and Adela and all the other Erasmus students.

Thank you guys, it was great!!!!

WELCOME GUIDE

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