

# LTT Czech Republic

27th February – 4th March 2023

KA220-SCH-004A2E9F



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## How to get to Ostrava



### From Prague (Praha) airport

On the Václav Havel, Ruzyně airport there is a direct bus AIRPORT EXPRESS from the airport to the main train station. If you miss the direct bus, you can travel by a city bus. Nevertheless, it is not direct and you have to change means of transport. Further information: [www.idos.cz](http://www.idos.cz).

At the main train station, you have to buy a train ticket to Ostrava-Svinov train station (you can also buy them on-line - [www.idos.cz](http://www.idos.cz)). It is a direct train and the whole journey takes about 3 hours. To check the trains, go on [www.idos.cz](http://www.idos.cz)

(Přij. /ODKUD means arrival, Odj. / KAM means departure, CESTUJÍCÍ means passengers)

### From Vienna airport

There are two possible ways of transport from the Vienna airport (train and bus).

Train – in certain times there are direct trains from Vienna to Ostrava, journey takes 3 hours + 19 minutes.

Or by bus on the web page: <https://www.regiojet.cz/>

There are direct buses from Vienna (Vídeň in Czech) to Brno. And there is a need to change to another bus or train for Ostrava. The bus station is in walking distance to the train station.

Or Flixbus: [www.flixbus.cz/autobusove-spoje/autobus-ostrava-viden](http://www.flixbus.cz/autobusove-spoje/autobus-ostrava-viden)



# Czech Republic

<b>Capital city</b>	Prague
<b>Inhabitants</b>	10 million
<b>Official language</b>	Czech
<b>The currency</b>	Czech crown - 1 crown equals 0.042€, 1 € = 24 Czech crowns
<b>Famous people</b>	for example writers – Milan Kundera, Karel Čapek, Josef Čapek, Bohumil Hrabal, politician and former president Václav Havel, former American foreign minister Madeleine K. Albright, composers – Antonín Dvořák, Bedřich Smetana, artists – Josef Lada, Alfons Mucha, Nobel Prize winners – Bertha von Suttner (Austrian-Bohemian pacifist and novelist, second female Nobel Prize laureate), Jaroslav Seifert (writer, poet, journalist), Jaroslav Heyrovský (chemist and inventor)
<b>Czech inventions</b>	contact lenses and nylons (Otto Wichterle), four blood groups (Jan Janský), artificial vessel, nanofiber, some antiviral drugs, genetics, sparklers, Remoska, lump sugar, pencils (Koh-i-noor Hardtmuth), word „robot”
<b>Czech sportsmen</b>	are well-known – ice hockey player Jaromír Jágr, David Pastrňák, tennis player Petra Kvitová, goalkeeper Petr Čech, judoka Lukáš Krpálek, skier and snowboarder Ester Ledecká.
<b>3 biggest cities</b>	Prague, Brno, Ostrava
<b>Czech famous products</b>	Little Mole, local coffee roasters, spa wafers, tvarůžky - round soft ripened cheese with a distinct aroma, Czech sweets – Hašlerky, Fidorka, Hořické tubičky, Pardubický perník, Tatranka, glass industry – Bohemian crystal, ceramics, beer, Becherovka, Slivovitz.

# Prague

Prague is the capital and largest city in the Czech Republic lying on the Vltava river and very often visited place by foreigners.

It is home to about 1.3 million people and number of well-known cultural attractions including Prague Castle, Charles Bridge, Old Town Square with the Prague astronomical clock, the Jewish Quarter, Petřín hill and Vyšehrad.

Since 1992, the historic centre of Prague has been included in the UNESCO list of World Heritage Sites.

The city has more than ten museums, numerous theatres, galleries, cinemas, and other historical exhibits.

Charles University is the oldest university in Central Europe.

Nicknames for Prague are City of a Hundred Spires, the Golden City, the Mother of Cities and the Heart of Europe.

# Moravian-Silesian Region

The Moravian-Silesian Region is one of the 14 administrative regions of the Czech Republic.

Its capital Ostrava used to be called the "Steel Heart of the Republic" because of the steel production.

The region is located in the north-eastern part of the Czech Republic.

It borders two other countries: Poland and Slovakia.

It is a highly industrialized region.

In addition, it has several mountainous areas where the landscape is relatively preserved. Nowadays, the economy of the region benefits from its location in the Czech/Polish/Slovak borderlands.

## Hradec nad Moravicí Castle



## **Tatra Museum**

presents a unique collection of 80 Tatra trucks and cars.



## **Štramberk Castle with the Trůba Outlook Tower**



## **Slezská Harta water reservoir**

It is the youngest dam reservoir in the Czech Republic used by tourists (yachts, swimming).



# Destinations in OSTRAVA

Ostrava is the third largest city in Czech Republic.

It has 280 thousand inhabitants.

Ostrava is known for its history of metallurgical industry and black coal deposits found in the 18th century.

Because of the metallurgical industry, Ostrava was called „A Steel Heart of the Republic“.

Ostrava is surrounded by two mountain ranges - Jeseníky Mountains and Beskids.

The highest peaks are Lysá Mountain in Beskids 1323 m.a.s.l. and Praděd in Jeseníky 1491 m.a.s.l.

You can find two universities there.

It has the highest town hall in the Czech Republic.

## **BOLT TOWER**

It is situated in Dolní Vítkovice and named after the athletic speedrunner Usain Bolt. It is an observation tower with a café in it.

## **SILESIA-OSTRAVA CASTLE**

It comes from the end of the 13th century, nowadays it is mainly used for various exhibitions and cultural events.

## **ZOO OSTRAVA**

The largest zoo in the Czech Republic by area with lots of species and a beautiful botanic garden.

## **DOLNÍ VÍTKOVICE**

Industrial area with the possibility of visiting a museum and an entertainment centre called the Great World of Technology, in summer place for festivals and sport events.

## **LANDEK PARK**

Landek Park Mining Museum is the largest company museum in the Czech Republic. Landek Park is a recreation zone, where, in addition to history lovers, families with children, schoolchildren, sports enthusiasts and organizers of cultural events find their way.

## **MASARYK SQUARE**

Masaryk Square is the central square in Ostrava. Dominants are the Marian column and the statue of St. Floriana from the 18th century and a modern water fountain built into the pavement from 2007. There is also an old townhall with museum.

## **ROŽNOV POD RADHOŠTĚM**

This city is situated in Beskydy mountains with famous landmark - the open-air museum. Museum shows the life of the ancestors and their specific lifestyle.



# Our school



<b>Address</b>	B. Dvorského 1049/1, 700 30 Ostrava – Bělský Les
<b>School symbol</b>	owl
<b>Principle</b>	Mgr. Miloš Kosík, Ph.D.
<b>3 things representing our school</b>	sport, languages, IT technology
<b>3 characters representing our team</b>	hardworking, ambitious, energetic
<b>3 things representing our pupils</b>	They take part in various competitions, they are competitive in sports, maths, languages; very active at school events like Halloween, Christmas sessions, Learning by teaching and school trips.
<b>Cooperative sport teams</b>	football team Baník Ostrava, ice hockey team HC Vítkovice Ridera, basketball team BK Snakes Ostrava
<b>CLIL teaching method</b>	used by teachers + involving native speaker

# Programme

**Main topic: saving water**

**Side topic: ecological disasters**

within the frame of the project

Children of A Green World (2022-1-CZ01-KA220-SCH-000085973)

**26th February 2023**

Arrival of participants

**27th February 2023**

8.00-8.45	Ice-breaker activities
9.15-11.15	Presentation of situation in partner countries <ul style="list-style-type: none"><li>● CZ</li><li>● TR</li><li>● GR</li><li>● LV</li><li>● SP</li></ul>
11.30-12.15	Presentation of expert knowledge on the topic saving water
12.15-13.00	Lunch
13.30-14.30	Visit to municipality Ostrava – Jih
15.00-16.00	Bělský les – Educational programme – Lesy ČR
19.00	Welcome dinner



## 28th February 2023

8.00-8.45	Workshop on topic ecological disaster Water foot print
8.55-9.40	Showing round the school – ecological support school activities, wildlife habitat
9.50-10.35	Multilingual dictionary creation – subcategoriescreation
10.55-11.40	Presentation of stories of our ancestors - recording
12.00-13.00	Lunch
13.00-15.00	Visit to the city – game Wise Owl in Ostrava with an award at the end
15.00	Free time

## 1st March 2023

8.00-8.45	Example lesson presented by the teacher on the saving water/ecological disasters topic (science, civic, social science, history, maths)
8.55-11.40	Students' adaptation of the same topic to their way of presentation of the topic
12.00-13.00	Lunch
13.00-16.00	National cuisine day
16.00	Free time

## 2nd March 2023

8.00-9.40	Multilingual dictionary creation – words creation
10.00-10.30	Nature series watching: Our Planet
10.30-11.40	Discussion about the video
12.00-13.00	Lunch
13.30-16.00	Svět techniky – Dolní Vítkovice
16.00	Free time

### 3rd March 2023

8.00-10.30	Halda Ema / Cross country skiing in Bělský les
10.30-11.00	Evaluation - interviews for radio broadcast
11.00-11.30	Evaluation - reactions of participants for newsletter
11.30-12.00	Results of Wise Owl in Ostrava competition
12.00-13.00	Lunch
13.30-16.00	Adaptation of empty city spaces to shopping malls
16.00	Free time

### 4th March 2023

8.00-15.00	Trip to hydroelectric powerplant Dlouhé Stráně <ul style="list-style-type: none"><li>• Including lunch at about 13:00</li><li>• Final certificates ceremony</li></ul>
16.00	Free time

### 5th March 2023

Departure of participants

## Weather

Cloudy and rainy on 27th of February to 4th of March, expecting real winter time.

Average daily temperature -1 to +4 °C, night average temperature -8 to 0 °C.

You should pack some warm winter jackets, jeans/trousers, winter boots, scarf and gloves because our programme includes also outdoor activities.

CR is in the temperate climate zone, temperature is very changeable during different seasons.

## Czech traditional food

Czech cuisine is of the hearty sort and reflects the influences of neighboring countries on this crossroads of Europe. Czechs use a lot of garden-variety ingredients to spice their dishes. From salty meals to delicious desserts, there is something for everyone to enjoy.

Here are just a few of the traditional Czech dishes that you absolutely must try during your visit to the Czech Republic. One of the most popular Czech dishes is so called Svíčková na smetaně. This beef stew is usually served with cream sauce, dumplings, cranberries, lemon and spoon of whipped cream on top. The beef is cooked until it is incredibly tender and the dumplings are fluffy and light. It is the perfect meal to warm you up on a cold day.

Winter traditional dish is also schnitzel (breaded and fried chicken or pork patties) with potato salad (potatoes, mayonnaise, sour vegetables, pickles, egg), sometimes served as a Christmas dinner instead of fried carp and potato salad.

The most popular typical Czech dish is Vepřová s knedlíkem a kyselým zelím – roast pork served with sauerkraut and dumplings.

If you are looking for something a little lighter, then try the ever-popular goulash. This is a beef and vegetable stew that is seasoned with paprika and other spices. It is usually served with dumplings or bread on the side.

For something sweet, you have to try the Czech version of the classic apple strudel. The dough is very thin and is filled with a sweet apple filling. It is then rolled up and baked until it is golden brown. Sometime it is served with a dollop of whipped cream or vanilla ice cream.

Bramborák (a garlic-seasoned fried potato pancake), smažený sýr (fried cheese) or párek v rohlíku (hotdog) belong to grab-and-go food.

Czechs love sweet dumplings filled with fruit and as a dessert strudel (apple pie), pancakes or cakes.

## Prices

List of common products and their prices in markets: 1€ = 25CZK

1 liter of milk – 18CZK

Loaf of white bread – 35CZK

12 regular eggs – 45CZK

1kg of apples and bananas – 35CZK

Lunch – 250CZK

# Customs and Traditions

Czechs are not too much religious but they like celebrations.

The most important feast day is Christmas. We decorate the Christmas tree, bake Christmas sweets and Baby Jesus brings presents.

On the contrary, Halloween is not celebrated as much as in other states, but we celebrate something similar – All Saints Day (people remember their dead relatives) and so called „Upalování čarodejnic“ – Burning the witches, we gather around a bonfire and light a witch.

The strangest tradition for foreigners is probably Easter, boys whip the girls to make them fertile and healthy, as a reward, they receive colored eggs, chocolate and men some shots.