



**UKRAINE
WE STAND
WITH YOU!**

Newsletter

Dear readers,

During the past few months we have experienced big changes in our lives, not only private, but also in our work lives. This newsletter edition will be dedicated to all Ukrainian citizens who were forced to flee from the war. Therefore, you will find information about how EURAXESS Czech Republic is helping these refugees, plus you can prepare a delicious borscht according to the traditional Ukrainian recipe of one of our clients. We also take you back to a EURAXESS Conference in Nantes (France) as well as introduce you another EURAXESS Service Centre, this time in Ostrava. We hope you will enjoy reading!

In This Issue:

(YOU CAN CLICK TO GO TO EACH SECTION)



EURAXESS BRANCH INTRODUCTION

HELP FOR UKRANIAN REFUGEES

EURAXESS CONFERENCE FLASHBACK

RECIPE: UKRANIAN BORSCHT

MEETINGS & EVENTS

BRANCH INTRODUCTION



CONTACT POINT: OSTRAVA

Welcome to VSB – Technical University of Ostrava!

Our University has 170 years of tradition. Since 1849 VSB – Technical University of Ostrava has been a leading institution in Central Europe. Today, the University offers Bachelor's, Master's and PhD programmes to over 11,000 students in engineering, IT, technology, economics and business-related branches.

Ostrava is the third largest city in the Czech Republic. The city has undergone an exciting transformation. Its people are proud of Ostrava's industrial history, but also of their ability to stay ahead. The standard of living in Ostrava is very good with a wide choice of cultural, leisure, entertainment and shopping opportunities. The cost of living is very reasonable, so it is a great place to start your career.

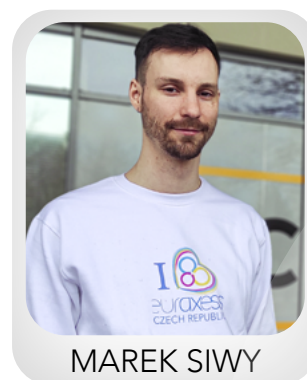
VSB-TUO is research-oriented and places an emphasis on investigating real problems of today's state-of-the-art industry using the latest software and instruments. VSB-TUO has one of the largest central campuses in the Czech Republic and it is constantly evolving. Not only faculties are part of the campus but also research centers which offer many opportunities for researchers. Two main research centers are:

IT4INNOVATIONS which is the leading research, development, and innovation center active in the fields of High-Performance Computing (HPC), Data Analysis (HPDA), and Artificial Intelligence (AI) and their application to other scientific fields, industry, and society. They operate the most powerful supercomputing systems in the Czech Republic, which are provided to Czech and foreign research teams from both academia and industry.

The Centre for Energy and Environmental Technologies (CEET) is a university institute that was established through the merger of the university institutes Nanotechnology Centre, Energy Research Centre, ENET Centre and Institute of Environmental Technology. CEET is a research-educational interdisciplinary scientific workplace, professionally focused on the areas of materials for energy and environmental technologies, energy utilizations of secondary raw materials and alternative energy sources, energy storages, transformation and management, environmental aspects and technologies. CEET has a long-term and intensive ongoing cooperation with the industry and companies in various sectors, primarily in the form of contract

research and through joint scientific research projects.

In addition, each of seven VSB-TUO faculties has many research projects on their own, meaning that VSB-TUO offers many possibilities for researchers from all around the world.



MAREK SIWY

In 2021, our university proudly received the prestigious "HR Excellence in Research" award. The HR Award guarantees the European standards of taking care of employees' system. It is the sign of professional development support and effort for continuous improvement in this field.

If you seek assistance in Ostrava, the Euraxess Contact Point is here for you - our service center for international academics, researchers and their families provides help to ensure you're able to enjoy all the benefits of your international experience. Besides assistance on specific matters, the Euraxess Contact Point gives employees the peace of mind, knowing they have a dedicated advocate and single place to go to solve problems and discover opportunities on both the campus and in the community at large.

Furthermore, we regularly prepare interesting events so that you can meet other international researchers, employees at VSB-TUO and your family members can join you as well. At these events you can find out more about our city, Moravian-Silesian Region and the Czech Republic, get to know the local cultural and social life. Also, if you want to challenge yourself and learn some Czech, this is also possible since we offer Czech language courses for foreign employees. At the same time, not forgetting the importance of well-being and self-development, we offer professional sessions with an English-speaking university psychologist and certified personal development coach. Of course, all the services are free of charge for our employees.

If you would like to learn more about the opportunities at VSB-TUO, just reach out. You can find more information here <https://www.vsb.cz/en/study/international-contact-point/> or send us an email to euraxess@vsb.cz





EURAXESS
CZECH REPUBLIC

for **UKRAINE**

At EURAXESS Czech Republic, we have faced a new challenge and I am proud to say that we have been able to help the people fleeing from Ukraine, not only family members or friends of our current Ukrainian clients, but we have also helped young researchers from Ukraine find jobs in research at some of the Czech Universities as well as at the Institute of Czech Academy of Sciences.

In the Czech Republic there are 15 EURAXESS Service Centres and all of them have created some kind of help for refugees who came recently to the Czech Republic. Most of the EURAXESS Service Centres belongs to the structure of Czech universities, therefore they offer a very similar service for Ukrainian students and researchers, e.g. nostrification of diplomas free of charge, recognition of foreign university education, some universities offer the accommodation capacities, scholarships or new research positions.

A website for researchers, [Help for Ukraine](#), was created by Czech Academy of Sciences with

information about visas for Ukrainian refugees, with job offers and fellowships for researchers affected by the war and with different types of aid for them. The Czech Universities prepared their own help and you can check it on their websites.

The most relevant and updated information is always available on the [Ministry of the Interior's](#) website (in Czech, Ukrainian and English). In short, Ukrainian refugees who came to the Czech Republic after February 24th can apply for the "dočasná ochrana" or "Temporary Protection" visa. This type of visa entitles the holder to free public health insurance and allows them to seek employment. Visa holders may also travel to other Schengen countries for a maximum of 90 days. The issuance of this visa is free of charge! The validity of Temporary Protection is currently, according to the „Lex Ukrajina“, until the end of March 2023.

EURAXESS CONFERENCE FLASHBACK



In the end of March, 8 members of EURAXESS Czech Republic network attended a biannual conference, this time in Nantes, France. Because the EURAXESS network has its service centres all over the world we were able to meet personally after a long time with our colleagues from other countries and share our experience and get new ideas for our own work.

The aim for all of us is the same – to make a nice place for our researchers and their family members. We got a lot of inspiration during the 3-day conference. Our colleague František from EURAXESS in Zlín was one of the speakers there with his favourite topic “Staying sane when working remotely” and he has already been invited to talk about this topic in other countries.

We all hope that the inspiration moves us to create more events and interesting workshops for you, to extend our services or to organize online challenges for you.



UKRANIAN BORSCHT

INGREDIENTS:

- 200g of meat (turkey, for example)
- 3 medium-sized potatoes
- 1/2 small cabbage
- 2 small beetroots (boiled)
- 2 small or 1 medium-sized carrot
- 1 medium-sized onion
- 2 tablespoons of tomato paste
- 1-2 teaspoons of salt
- 1 bay leaf
- 1 tablespoon of sugar (optional)

DIRECTIONS:

1. Prepare all ingredients.
2. Cut meat into cubes and boil with the whole onion. When meat is cooked, remove onion and cleanse meat with fresh water.
3. Shred cabbage (with a knife or a grater), chop potatoes (pieces should be of similar size as meat), shred carrot and beetroot (with a grater).
4. Put all ingredients (meat and vegetables) into 2 liters of boiling water, then add tomato paste, salt, bay leaf and sugar (optional).
5. Boil on medium heat (may need to remove foam from the surface) until potatoes are cooked, then remove from the heat and let pot cool down under a tap.
6. Serve with a tablespoon of sour cream, black pepper and chopped dill (optional).

7. **Смачного!**



MEETINGS & EVENTS

BOOK THESE DATES:

MAY

- 10th, 10:00-12:00 webinar Hard life in the Czech Republic – the intercultural insight into the Czech soul, webinar not only for spouses of researchers, but for all newcomers; contact [here](#). 🙋
- 15th, 13:00 – 16:00 workshop Differences in Working Culture in Academic Background – organized for international employees of Charles University; more information and registration [here](#). 🙋
- 24th, 10:00 - 12:30 Guided Tour of Prague Gardens – Malá Strana; 4 km long tour through the most beautiful gardens in Prague; limited capacity; contact [here](#). 🙋
- 24th, 16:00 – 17:00 Estate Theatre Guided Tour – organized for international employees and alumni of Charles University; more information and registration [here](#). 🙋
- 26th, 10:00 – 11:30 webinar Maternity and Parental leave – what to expect? – online meeting for everybody who is interested in this topic related to the maternity, childbirth, parental allowance etc.; contact [here](#). 🙋
- 31st, 13:00 – 15:00 Let's meet! – regular meeting for spouses of researchers, personally in the EURAXESS meeting room (Prague); limited capacity; contact [here](#). 🙋

JUNE

- 15th, 9:00 – 13:00 Adaptation and Integration Course for researchers and their family members (Prague), **registration already closed**.
- 28th, 13:00 – 15:00 Let's meet! – regular meeting for spouses of researchers, personally in the EURAXESS meeting room (Prague); limited capacity; contact [here](#). 🙋
- 15th, 10:00 – 11:30 Webinar Maternity and Parental leave – what to expect? – online meeting for everybody who is interested in this topic related to the maternity, childbirth, parental allowance etc.; contact [here](#). 🙋
- TBD Strawberries picking – trip to Praha – Uhřetěves, for spouses of researchers to pick strawberries for marmelade; contact [here](#). 🙋
- TBD Welcome Summer Party – for families of researchers (Prague); limited capacity; contact [here](#). 🙋
- TBD 8th edition of EURAXESS Newsletter

THANKS FOR READING!

Feel free to send any comments, suggestions or questions to volunteer@lib.cas.cz.

