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Issue #4



EURAXESS

CZECH REPUBLIC

Newsletter

Dear Friends,

As we near summer's end we have prepared a very juicy edition of the EURAXESS newsletter. As usual, we introduce you the next EURAXESS Service Centre, this time at the Tomas Bata University in Zlín. Ali Jasim shares his experience of coming to the Czech Republic as a researcher to the Institute of Electronics and Photonics. And our volunteer Anastasiia who is an enthusiastic salsa dancer has prepared an article about salsa dancing styles, about possibilities of salsa dancing in Prague and much more! And because salsa comes also from Cuba, we've included a super sweet Cuban rice pudding recipe for you to try (arroz con leche).

We also introduce some changes and obligations regarding to your stay in the Czech Republic and finally the events organized by EURAXESS throughout the republic.

I hope you will enjoy reading near a swimming pool, under an umbrella and with some Cuban (or any other) cocktail!

Have a lovely rest of summer! ZM

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euraxess
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Hello Everyone,

At Tomas Bata University we believe in three things: modern technology, leadership and internationalization. Tomas Bata educated his workers so that they could conquer the whole world with their products; and until the present time we believe that our graduates should be ready for the global market.

Peaceful city of Zlín

Concentration is one of the most important things you need to achieve your life goals whatever they are. And there is no better place to work, study and live than in the city carefully planned with the principles of functionalism in mind. Zlín was built around its centre which once was Tomas Bata's company and now, without hesitation, it is Tomas Bata University. All its [5 Zlín faculties](#) and amenities are concentrated at the very centre of our town, full of greenery and parks, so you will not even need to buy the monthly public transport ticket as everything is within walking distance. Our University plays a role of an entrepreneurial vascular system that connects our academic environment with the business world and makes sure your inventions will be used and will have an impact on the outside, ever-changing world. We also have our 6th faculty of Logistics and Crisis management in the town of wine – Uherské Hradiště, in case the tranquility of Zlín will not be sufficient for you.

As we understand the need to provide more complex guidance to our international academic employees and students, we are starting this year with the project of our new Welcome centre, where we will organize various events and seminars for our Zlín internationals. At this centre I will be happy to help you and answer all your questions related to relocation to Zlín, give guidance to you on any matter related to your new life in the Czech Republic.



FRANTIŠEK BRÁZDILÍK

Furthermore, if you need any help with your visas, finding a suitable living place, Erasmus+ opportunity, kindergarten for your children, translating or just any information that would help you co-exist with the particular human type called Moravians (a little jollier and merrier version of Czechs if you catch them in the good mood), I am here to help you. Not only as a helpful friendly human being but also as an official Euraxess Contact Point Established in 2017.

You can find me presently at the TBU International office or contact me at welcome-centre@utb.cz or at the mobile phone +420 734 366 490.

My motto: "Give them information and you help them for a day. Teach them how to find it themselves and you help them for life."



IMPORTANT CHANGES

As you might know, there was a change of the Act on the *Residence of Foreign Nationals in the Czech Republic* (act nr. 326/1999) which came in force on August 2nd, 2021. The full text of the Act is available [here](#). But I can imagine that you prefer some “translation” and just pointing out important changes.

The biggest changes have been made to residence permits for EU citizens and their family members who are not EU citizens. Except for the name of the residence permit (now “Registration Certificate”), there is the fee of 200 CZK for the submission of application for all types of residence permits connected with the EU citizens.

The previously issued Confirmation of Temporary residence for EU citizens remains valid until the expiry date. Family members of EU citizens will receive new biometric residence cards. The validity of existing residence permits for family members of EU citizens (who are not citizens of the EU) will expire on August 3rd, 2023. It is possible to exchange the current residence permits for the new biometric residence cards before August 31st, 2022, free of charge.

The biggest change for non-EU citizens is with the health insurance. Beginning August 2nd, PVZP is the only company which can provide health insurance for family members, students and for those, who are not covered by the public health insurance paid by their employer. If this refers to you, do not hesitate to contact EURAXESS for more information.

There is also some news pertaining to citizens of the United Kingdom. Foreigners with valid Temporary and Permanent residence permits

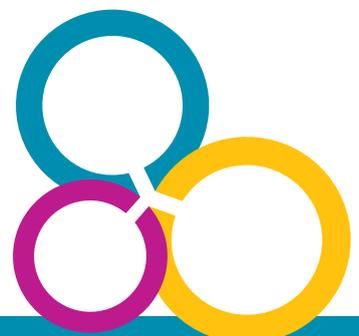
need to exchange their current permits for the new biometric residence cards before the 31st of August 2022 as well as their family members from countries outside the EU.

There is also another important thing, which is not so new, but needs to be reflected – *Adaptation and Integration Courses*. Basically, any non-EU citizens coming to the Czech Republic at the end of 2020 and after the 1st of January 2021 need to attend this course which provides you with very important and useful information regarding your stay in the Czech Republic, it shows you the legal side of your stay and informs you about the way of living here.

The course is mandatory for those who:

- Plan to stay in the Czech Republic for more than 1 year
- Are older than 15 years and younger than 61 years
- Are holder of the Long-term residence permit for the purpose of Scientific Research and Family Reunification (not for the purpose of Study!)
- Change the purpose of stay from Study to Scientific Research
- ... (you can find more information on the website of the Ministry of Interior [here](#))

EURAXESS in Prague organizes courses for our clients—for researchers and their family members. The next dates are on Friday September 17th and on Monday December 6th, each from 9:00 AM to 1:00 PM. If you want to register or you are not sure if this course is mandatory for you, please, contact your EURAXESS Service Centre.



MY JOURNEY TO THE CZECH REPUBLIC

ALI ABDULHADI JASIM

UFE Institute of Photonics and Electronics
The Czech Academy of Sciences

It was a nice story, full of adventures before coming to Prague, that I would never forget. On the morning of Thursday, July 20 in Berlin (a week before returning to Kuala Lumpur), I received an email from the Institute of Electronics and Photonics (UFE) informing me of their interest to interview me with the possibility of joining them. This interview took place virtually in Malaysia-Kuala Lumpur, and then I moved to my home city, Baghdad. I was notified of work acceptance with UFE while I was in Baghdad, and from here my adventure began. I needed to obtain a visa which took about 4 months, but this time was from Lebanon before I landed in Prague, April 2018. It was a tiring but very beautiful story because I was determined to go and work in Europe. I left my country, Iraq in 2008 after obtaining my Bachelor's degree and moved to Malaysia to pursue postgraduate studies. I lived in Malaysia for about ten years, and while I was there obtained my master's and doctorate degrees in Optics and photonics at the University of Malaya and worked two years as a Research Fellow at the same university. In 2013 I moved to Tokyo-Japan to do some research at Tokyo Institute of Technology. After some experience in Asia, I decided to move and work in Europe to further develop my experience and my knowledge in the field of optics and photonics.

In 2017 I moved to Germany and from there I was attracted by the position of UFE in Prague. What motivated me to work in Prague is the nature of the project at the UFE, as we are working on new technology to manufacture and investigate new types of optical fibers known as specialty optical



fibers. However, moving to Prague wouldn't be possible without the assistance of EURAXESS and especially its members: Zuzana Maršálová and Zuzana Tuťálová. They worked so hard to help me obtain a visa from the Czech embassy in Lebanon because the Czech Consulate in Baghdad was temporarily suspended at that time due to some reconstructions.

So far, I have spent 3.5 years in Prague. I have been spending a beautiful time in the city with its old alleys and streets. It was just as beautiful as my father described it to me when he visited it during the seventies of the last century.

I have to say also that I love working with my Czech colleagues at UFE because of their sense of humor and friendship. We have been working together and performed a great scientific job in terms of producing and developing new technologies for making good high-power fiber lasers. We have translated our work with tens of research articles and publications as well as participated in several international conferences. I was also promoted to a research scientist position (senior fellow) after a year of working as a postdoc. Currently, I am waiting for acceptance of our new research proposal from the Czech Science Foundation (GACR) to support us working on the Fiber-gas-laser project for another five years ahead. Although I sometimes struggle with the local language or finding suitable accommodation, I feel happy living here. I do not know if the conditions of the pandemic will change that and push us to another place, but until then let's be optimistic and continue our success.

SALSA, BACHATA,

and more -

IN PRAGUE!



There are many different popular social dances that are danced in couples: east coast and west coast swing, lindy hop, tango, salsa, bachata, merengue, kizomba, and others. The main idea of such dances is that you learn the movements, how to lead and follow your partner, and then dance with different people, putting those moves together to express the music you are dancing to. The main beauty, and sometimes the main challenge, of social dancing is that you can dance anywhere and with anyone familiar with the movements, even total strangers. The social dance is not choreographed, it is improvised! So let's take a closer look at some popular social dances such as salsa, bachata, and kizomba.

THE DIFFERENT TYPES OF SALSA (Dance, not Sauce)

What do you think about when you hear the word salsa? Do you think about the delicious sauce and tacos or tortilla chips that taste amazing with it? Maybe you think of the Marc Anthony, Celia Cruz, and Buena Vista Social Club kind of music that is often referred to as salsa music. Or perhaps the famous dance full of emotions, passion, and fire as people usually imagine it? Well, today we are talking about this wonderful social dance, and all the reason why you should give it a try!

There are a few salsa styles that have originated in different places. Here is a very concise description of the main differences between the most popular styles.

And if you are still not sure which one to choose, just click on the links and watch the videos of [Casino or Cuban Salsa](#), [Rueda de Casino](#), [New York Style](#) & [Los Angeles Style salsa](#)!

Salsa Styles

Casino or Cuban Salsa

- Casino originated in Havana, Cuba in the early 1950s
- Characterized by the circular motion of dancers around each other
- Mostly danced to a Cuban genre of music called timba

Rueda de Casino

- Rueda de casino is performed by pairs of dancers who form a circle and follow the instructions (calls) of one person
- Most moves involve switching partners when the dancers move around the circle to the next partner

New York Style

- Originated in New York City in the 1960s following the creation of the music genre *salsa*
- A linear form of salsa which means that dancers remain in their *slot*, switching places from one side of the slot to the other side
- Danced on the second beat of the music ("on 2") unlike Casino and LA style salsa that are danced "on 1"

Los Angeles Style

- Also danced in a line
- Danced "on 1" (dancers emphasize the strong beats of the music with their steps)
- A lot of flashy moves and acrobatics

SHADES OF BACHATA

Bachata is a music genre and a style of social dance, originated in the Dominican Republic. The dance is known for its distinctive side to side step as well as a pop of the hips during the tap and is often perceived as slow and romantic. However, there are a few different styles of bachata ranging from [Bachata Sensual](#) which is danced with smooth body waves and rhythmic sensuality, to [Bachata Dominicana](#) which is more cheerful and places an emphasis on footwork and playing with music. Just look at those feet!

AFRICAN KIZOMBA

Kizomba is a social dance that has originated in Angola and has become very popular in the recent years. This is not a Latin dance, but it is often taught by the schools that teach salsa and bachata. [Kizomba](#) is slow and sensual since the torsos of the dancers are in a close contact during the dance. So if you feel like you need more hugs in your life, you should definitely sign up for a [Kizomba class](#).

WHERE TO LEARN HOW TO DANCE?

Below is a list of schools in Prague (click for links). And most of them offer dance lessons in English too! So don't hesitate and sign up! *The information about schools and schedules might change due to the health situation in the Czech Republic.*

DANCE SCHOOLS IN PRAGUE

CASINO AND RUEDA DE CASINO

[DanceDifferent](#)

[Salsa cubana con Leon](#)

[Baila Conmigo \(also Karlovy Vary\)](#)

NEW YORK AND LOS ANGELES STYLE SALSA

[iSalsa](#)

[Bohemian Salsa](#)

[Salsa Escuela \(also České Budějovice\)](#)

BACHATA

[DanceDifferent](#), [Baila Conmigo](#), [Bohemian Salsa](#),
[Salsa Escuela](#)

[Bachata Souls Prague](#)

[Moving World Prague](#)

KIZOMBA

[Ghetto Zouk Dance & Kizomba Prague](#)

[JacintoTeca Events](#)

WHERE TO DANCE IN PRAGUE? *In the clubs, of course!*

[La Macumba](#)

[Tresor Club Prague](#)

[Café Bar Maracas](#)

[La Bodeguita del Medio](#)

Cuban Rice Pudding

arroz
con leche



INGREDIENTS:

- ½ cup short grain rice
- 2 cups water
- grated lemon peel
- 1 cinnamon stick
- pinch of salt
- 2 cups whole milk
- 1 can (397 g) of sweetened condensed milk (Salko)
- 1 teaspoon vanilla extract
- ground cinnamon for garnish

Add the rice, water, lemon peel, cinnamon stick, and pinch of salt to a large, heavy-bottomed saucepan. Cook over medium heat while stirring frequently for 20 minutes. The water should be absorbed and the rice should be softened. Remove the pot from the heat and stir in the condensed milk, whole milk, and vanilla. Place back on the stove and lower to medium low. Cook for 30 minutes while continuously stirring. The mixture will be thickened after the 30 minutes but will continue to thicken as it cools. Add the rice pudding to a bowl or individual dishes, top with a bit of ground cinnamon, and refrigerate for a few hours.

I found this recipe on the Coco and Ash website. The ingredients should be enough for 4 people. I was surprised with the amount of sweetened condensed milk so I used only 3 quarters of can. It was sweet anyway. My son ate almost the whole amount himself! And I am sure that your kids will love it, too. All the ingredients are available in the Czech Republic and you can prepare it as a dessert or a sweet breakfast. ¡**Buen provecho!**



MEETINGS & EVENTS

BOOK THESE DATES:

AUGUST

- 31st, 13:00 – 15:00 Let's meet! with the ice-breaker topic „Guilty pleasure“, for spouses of researchers in Prague, the number of participants is limited; contact [here](#). 

SEPTEMBER

- 17th, 9:00 - 13:00 Adaptation and Integration Course for researchers and their family members (Prague), registration still open, contact [here](#). 
- 21st, 9:00 - 11:00 webinar/seminar How to apply for a job in the Czech Republic – for the newly coming spouses of researchers
- 21st, 13:00 – 15:00 Let's meet! with the ice-breaker topic „What to do in Prague during the autumn“ for spouses of researchers in Prague, the number of participants is limited; contact ; contact [here](#). 

OCTOBER

- 20th, 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 also for the newcomers; contact [here](#). 
- 26th, 13:00 - 15:00 Let's meet! with the ice-breaker topic „My hobby can be yours“ for spouses of researchers in Prague, the number of participants is limited; contact [here](#). 
- Date/Time, TBD Adaptation and Integration Course for researchers and their family members (Brno), registration still not open, contact [here](#). 
- TBD 5th edition of EURAXESS Newsletter
- TBD Czech language courses for spouses of researchers (Prague) – weekly, contact [here](#). 

The **BC Office of International Cooperation** in České Budějovice has launched a Facebook group called **BC Expat Lounge** as part of the ABERA project to support newly arrived and settled expats at the Biology Centre CAS. The group will serve as a communication and discussion platform amongst expats and their families and locals and also help newly arrived expats with various issues. Members of the group can ask all sorts of questions, share tips about everyday life in České Budějovice and the region, invitations to events, concerts, restaurants, English speaking services, etc.

The group is public, so even those who do not have a Facebook profile can benefit from its content. You can join the group [here](#).

THANKS FOR READING!

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

