

# ESC SURVIVAL GUIDE

## WELCOME TO BRATISLAVA

### You have made it!

If you are opening this guide, it means that you have just started your ESC in Bratislava.

### Congratulations!

The journey has been long since your application, but here you are, in the capital city of Slovakia. This guide was made to help you navigate in your new city. Don't be afraid, Bratislava is just a little big city. It is a capital, but soon enough you will see people you know randomly in the street.

This guide is made to help you integrate.

It's not extensive, it's just some hints and ideas to help you settle down. Soon you will discover places on your own or by following your friends' advice.

**This guide is made for you as a starting point.**



# TIME FOR PACKING

*Adapting suitcases for such a long period is never easy. Here some tips to help you with your bags preparation.*

## Clothes

**January and February** can be complicated to predict. The last winter was minus 10 with snow but this one was quite warm. Be prepared for the two possibilities. I recommend you to bring a winter coat with you anyway.

**March** is a tricky month because it's between winter and spring. The weather would be mostly windy and rainy.

**April** is mostly rainy with temperatures between 7 to 15 degrees (rarely).

**May** becomes more sunny and warm with a temperature around 20. The worse weather during this month would be most like in April.

**Summer months** are usually hot, it means 30-35 degrees. Prepare some very light clothes and a swimsuit for enjoying the lakes around Bratislava.

**September and October** can be either summer weather still or can change to 10 degrees with wind and rain.

**November and December** change radically compared to October. It's cold, rainy and can snow. You understand that winter is coming sooner than you're maybe use to.

I recommend you to take one pair of waterproof shoes and a comfortable one as well. During your ESC you will have the opportunity to discover other parts of Slovakia, where you can appreciate hiking shoes (the High Tatras for example).

**If anything is missing, no worries, you can buy it here.**

## Medicine

In case you need to take some specific pills regularly, please take with you the quantity you will need for your ESC duration. **If you have any other medication which you take in special cases like headaches and if you like it, take it.** It's not sure you could find in Slovakia the medicine brands you're used to get.

## Room equipment

You will arrive at your new flat with just your suitcases, full of motivation for this new experience.

The accommodation is fully equipped (with WIFI). Don't hesitate to take your laptop/mobile phone to stay in touch with your family. The bedsheets, pillow and bed blanket are provided.

Based on my previous experience, to feel comfortable in your new flat/life, bring with you some things which will warm your heart. :-)

# ADMINISTRATION

*Don't worry, nothing complicated. It will make your life much easier when it will be done!*

## Documents to bring with you

It is necessary to take :

- your ID card or passport
- your European Health card
- your CIGNA Insurance card
- take a copy of your ID.
- 3 photos (3x3.5cm) for the foreign police registration

my tips would be to scan all these documents and to create a folder in your mailbox. In that way, you always have an online copy of it with you.

Maybe you will need to bring us a signed Activity Agreement, you will agree on it with your BDC coordinator.

**Please, save your travel tickets in purpose to be refunded after your arrival.**

## Open your Slovak Bank Account

When you arrived you will meet your coordinator. He/She will help you to set up a Slovak bank account to receive your monthly food allowance and pocket money. There are many different banks in Bratislava. They should all have good offers for young adults. You can freely choose the one which suits you the best. Here some examples:

- » **Postovabanka:** Free until 27 years old
- » **VUB Banka:** Free until 26 years old
- » **Tatra Banka:** 3,5€/month if you're under 28 years old
- » **Slovenská sporiteľňa:** 2€/month until 28 years old

Schedule some time to go to the bank (at least an hour) and bring your volunteer contract, maybe the apartment contract, and ID or passport.

**Don't worry, your coordinator will assist you during every administrative step.**





## SHOPPING

*Because you will probably need to buy some things when you will arrive here - at least food, here some adresses that could interest you.*

### Food

There are some nice markets during the week in Bratislava where you can buy regional products. You can have a look on it on the very interesting blog » [Welcometobratislava](#).

However, for your first week here, you would probably want to visit a regular supermarket. There are many big chains such as:

- Kaufland • Lidl • Billa • Tesco • Samoška • Yeme

Those usually offer affordable prices where you should be able to find anything you need. Besides the big stores, you can find smaller grocery stores. It can be a bit more expensive than the big chains, but sometimes you find products you wouldn't find anywhere else. There are also some specialized shops (indian, asian, turkish, bakeries, etc.), ask people around you!

### To feel like at home

If you are looking for furniture or decoration for your new home you should also find plenty of things affordable at IKEA or Flying Tiger:

- **IKEA**  
Ivánska cesta 18,  
821 04 Bratislava  
Bus stop: Avion-Ikea
- **Flying Tiger**  
Obchodná 45,  
81106 Bratislava  
Tram stop: Vysoká, Tchibo-Outlet

*Pribinova 8 - Eurovea  
811 09 Bratislava  
Bus stop: Nové SND*

*Einsteinova 18 - Aupark  
851 01 Bratislava  
Bus stop: Aupark*

### Shopping malls

Bratislava has many big shopping malls where you can find anything that you need: Furniture, clothing, outdoor accessories, tools, games, food... But also pharmacies, post offices and travel agencies can often be found in these malls. The main ones are the following:

- **Aupark**  
Einsteinova 3541/18,  
851 01 Petržalka  
Bus stop: Aupark
- **Eurovea**  
Pribinova 8,  
811 09 Bratislava  
Tram stop: Šafárikovo nám
- **Avion**  
Ivánska cesta 5740/16,  
821 04 Bratislava  
Bus stop: Avion Shopping Park
- **Central**  
Metodova 6,  
821 08 Bratislava  
Bus stop: Karadžičova
- **Vivo!**  
Vajnorská 10645/100,  
831 04 Bratislava  
Bus stop: Polus City Center

### Discounts

As a European Voluntary Service volunteer, you will receive a European Youth Card by e-mail or post either before your arrival in Slovakia or during your first month of service.

**The European Youth Card** is a card for young people offering a large number of discounts on culture, travel, accommodation, shopping, and services in most European countries. You can check out the discounts for Bratislava in their » [Online database](#).

# TRANSPORTS

*After a while, you will realize Bratislava is a capital which looks more like a little city. You will probably start to do a lot of things by walk. And if walking is not your passion don't worry, Bratislava has an efficient transport system.*

## Public transports

The public transportation system in Bratislava consists of buses, trolley-buses, and trams – **no underground**. They operate from early morning (around 4 am) and end around midnight. During the night there is a net of nightline buses. Those night bus lines begin with an N.

The tickets must be purchased before entering into public transport vehicles. The vending machines are available at almost every stop, newspaper kiosks or special public transportation shops.

After getting on the vehicle, you have to stamp the ticket – otherwise, you can get a fine of 50€.

### Please watch out for the public transport vehicles!

The buses and trolleybuses might stop for you if you walk on a crosswalk, but the trams will not. Don't get in their way. Even if you intend to walk on a crosswalk, let the tram go first. Also, watch out for cars, some people drive very poorly in Bratislava and doesn't necessarily respect the rights of walkers or cyclists.

» [Journey planner](#)

## Bike

- You can use the city bikes: » [slovnaftbajk](#)
- You can visit sport equipment places like Decathlon
- Or you can get a second hand bike.  
How? Go to Šafarikovo Namestie on wednesday night. From 18.00 till 23.45, volunteers are there to help you repair your bike. They also sell some as second hand.

## Taxis

It is cheaper when you order a taxi rather than to stop a car that you see on the street (they have a higher rate). You can save up to half of the price sometimes this way. Minimal fare is 3€, and the price for one kilometer is approximately 1€.

### Here some taxi phone app :

- Uber
- Taxify
- Hopin
- Bolt

## Smoking

### Smoking is prohibited at the airport, bus stations, and on all public transportation.

However, smoking is common in Slovakia. There are some smoking restaurants or cafés in the city. Cigarettes are easily available at gas stations, supermarkets, newspaper stands, and kiosks. You can also find a large variety of cigarette brands in some restaurants, cafes, and pubs.

# HEALTH

*If you get sick you will need to visit a doctor as soon as possible. Here you can find all the important information, even if I hope you will not need it in the future. :-)*

## Going to the doctor

When you have to stay home because of sickness, you will need to get sick leave from the doctor. You will have to show it to your coordinator once you will be healthy again. In case of an emergency call the 112 or 155 to get immediate help.

Also, don't forget to call your coordinator! He or she will be able to guide you through Slovak hospitals if necessary and will want to be informed – **never forget that your coordinator is here to help you throughout your entire ESC**. So don't hesitate to contact him or her if you ever need help.

### When you go to a doctor, don't forget your European Health insurance card.

To ask, if the doctor/nurse could also speak English: I'm sorry, do you speak English?:

**Prepáčte, hovoríte po anglicky?**

## Hospital

### • Nemocnica svätého Michala

Cintorínska 2366/12,

811 08 Bratislava

#### Reception:

+ 421-2- 3261-1111

+ 421-2- 3261-1112

+ 421-2- 3261-1113

+ 421-2- 3261-1114

» [Website](#)

### • Univerzitná nemocnica s poliklinikou Milosrdní bratia

Námestie SNP 10,

811 06 Staré Mesto, Bratislava

Reception: 02/ 5788 7111

Doctor on attendance shift is available between 15:30 and 7:00.

» [Website](#)

## Emergency doctors

### • Policlinic Ruzinov

Ruzinovska Street 10 ,

2820 07 Bratislava

(trams No. 8, 9, 14 and buses No. 50, 75, 511)

Reception: 02 / 48 279 111

Opening hours: from 7 pm to 7 am

» [Website](#)

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General practitioner ambulance : 02/48 279 244

### • Policlinic Strecnianska

Strecnianska Street 13

851 05 Bratislava

(buses No. 92, 95, 506)

Reception: 02/63 833 000

Opening hours: from 7 pm to 7 am

» [Website](#)

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General practitioner list: » [Here](#)

Gynecologist list: » [Here](#)

Ophthalmologists list: » [Here](#)

### • Emergency dentist

Denta Group s.r.o.

Drieňová 38, Bratislava

Phone: 02 / 4342 3433

Opening hours :

Monday to friday from 5.30pm to 11pm

weekends and public holidays from 11am to 11pm

» [Website](#)



## LET'S GET SOCIAL

*As in every new city, you will get in touch with other people once you start doing activities outside your flat. You can also ask your organization to help you to connect with other volunteers.*

### ESC Slovakia Facebook group

It's the new facebook group for the year 2019/2020! On it you can find some events, photos shared by volunteers, etc.

» [Facebook page](#)

### ESC Bratislava Facebook group

Same idea than the first group but focused on Bratislava. It's the best way to meet other ESC volunteers! There is also a private chat group, don't hesitate to ask to the volunteers to add you in it. They are really active to meet each other and share some good time.

» [Facebook page](#)

### BLEM (Bratislava Language Exchange Meeting)

There are several meetings for foreigners in Bratislava. Let us recommend one of those meetings called BLEM (Bratislava Language Exchange Meeting).

» [Facebook page](#)

### Bystro (Community Center)

It's a place where you can:

- organize and attend a wide range of cultural and social events (workshops, seminars, discussions, debates, concerts, exhibitions, ...),
- share, give, take, borrow, repair, or simply use in the center a wide range of tools and objects (library of things, books, musical instruments, board games...)
- Taste local and ecological drinks and food

» [Facebook page](#)

### Community Center Bystro

Karpatská 3095/3  
811 05 Bratislava  
Bus stop: Karpatská

### Dungeon Pub

It's a place where you can:

- Have a nice drinks
- Enjoy the board games with friends
- Make new friendships!

» [Facebook page](#)

### Dungeon Pub

Štefánikova 869/14,  
811 05 Bratislava  
Bus stop: SAV

### A4 (Contemporary Art Center)

Space for Contemporary Culture, is an independent cultural centre focusing on contemporary forms of professional theatre, dance, music, film, visual art and new media.

The center also welcomed ESC volunteers.

» [Facebook page](#)

### A4 - priestor súčasnej kultúry

Karpatská 3089/2,  
811 05 Bratislava  
Bus stop: Karpatská

# SLOVAK LANGUAGE

You will have some Slovak lessons. But even before starting it's always nice to have some basic sentences in your mind. :-)

## Helpful words and sentences

Yes: **Áno**

No: **Nie**

Hello: **Dobrý den/Ahoj/Čau**

Bye: **Dovidenia / Ahoj / Čau**

Thank you: **Ďakujem**

Please: **Prosím**

Here you go: **Nech sa páči**

Sorry: **Prepáčte/Pardón**

Do you speak English?: **Prepáčte, hovoríte po anglicky?**

I don't understand: **Nerozumiem**

I don't speak Slovak: **Nehovorím po slovensky**

What is your name?: **Ako sa voláš?/Ako sa voláte?**

I am ... : **Volam sa ...**

How are you?: **Ako sa máš?/Ako sa máte?**

I am fine, thank you. And you?: **Ďakujem, dobre. A ty?**

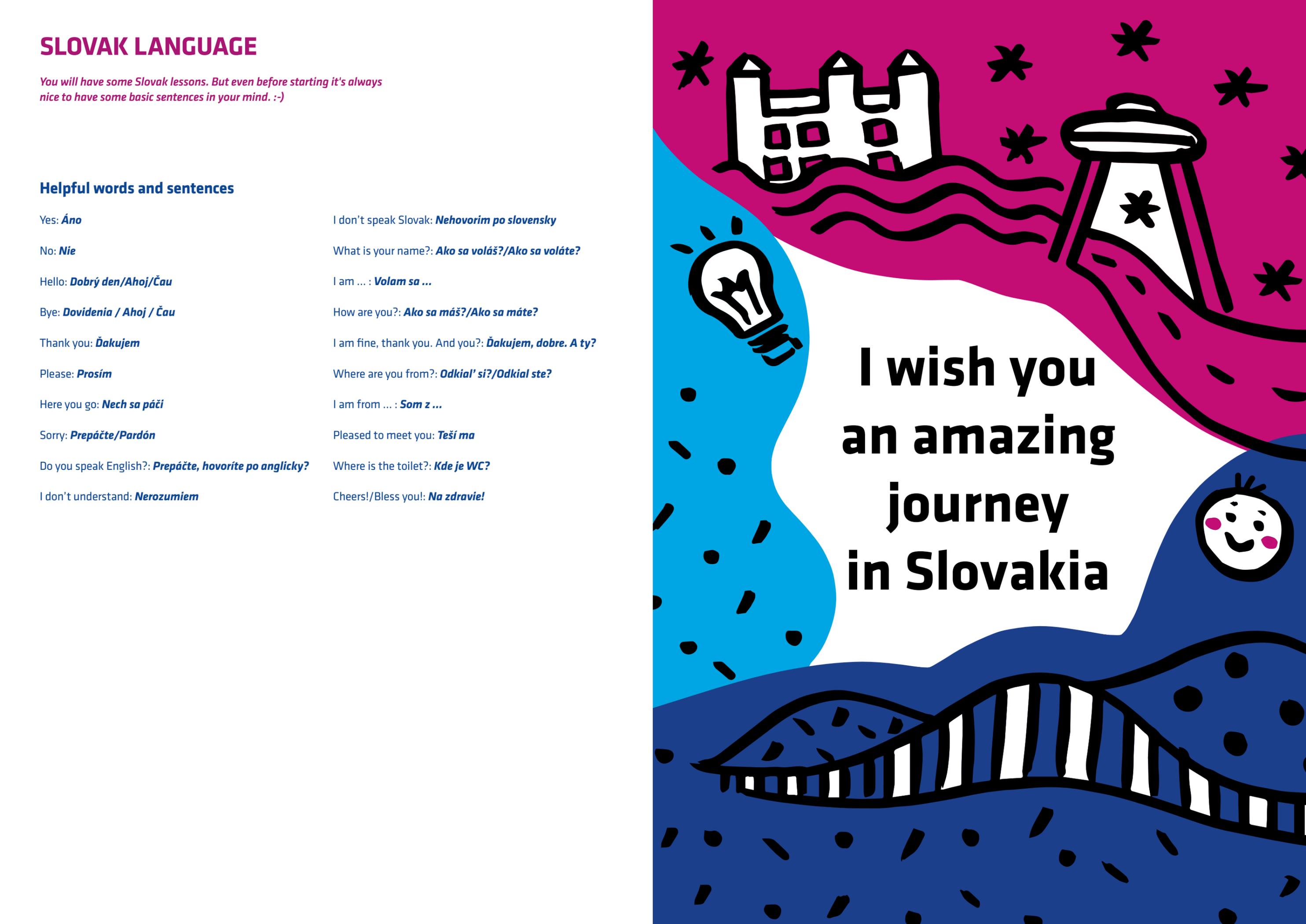
Where are you from?: **Odkiaľ si?/Odkiaľ ste?**

I am from ... : **Som z ...**

Pleased to meet you: **Teší ma**

Where is the toilet?: **Kde je WC?**

Cheers!/Bless you!: **Na zdravie!**



**I wish you  
an amazing  
journey  
in Slovakia**