



HANDBOOK

FOR THE EUPEACE BUDDY SYSTEM BIP

June 2026

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THE VISION

The EUPeace Buddy System aims to foster a welcoming, inclusive, and interconnected European university community by supporting students and staff in building meaningful intercultural relationships across the alliance. Through peer-to-peer guidance and mutual exchange, the Buddy System seeks to ease participants' integration into new academic, social, and cultural environments while promoting the core EUPeace values of peace, justice, inclusivity, and diversity.

The programme envisions creating a supportive network in which participants not only assist one another with practical adaptation to university life and mobility experiences, but also engage in intercultural dialogue, personal development, and community-building. In doing so, the Buddy System contributes to strengthening the sense of belonging within the EUPeace Alliance and encourages active participation in a shared European educational space.

Ultimately, the Buddy System aspires to empower participants to become ambassadors of openness, solidarity, and cooperation, helping shape a university environment where diversity is valued and every individual feels respected, supported, and connected.

THE TOPIC

Together We Thrive: Buddy Facilitation Skills and Cultural Awareness in International Mobility

The Blended Intensive Programme aims to **strengthen the quality, inclusivity, and long-term impact of buddy systems across the EUPeace Alliance** and partner institutions by equipping participants with the practical, interpersonal, and intercultural competencies necessary to support international mobility effectively.

The programme envisions creating a collaborative learning environment in which student and staff participants engaged in buddy systems can exchange experiences, reflect on current practices, and develop new approaches to peer support in international higher education. **Rather than evaluating or comparing institutional buddy models, the BIP seeks to encourage mutual inspiration, good practice sharing, and collective development of facilitation strategies that respond to diverse student needs.**

Through workshops, discussions, and experiential learning, participants will deepen their understanding of intercultural communication, equality, diversity, inclusion and belonging, and the broader values of peace and justice within educational settings. The programme also aims to foster awareness of the challenges international students may face during mobility and to strengthen participants' ability to respond with empathy, cultural sensitivity, and confidence.

Ultimately, **the BIP seeks to empower participants to act as informed facilitators, inclusive peer supporters, and ambassadors of welcoming campus communities** who will transfer the acquired knowledge and inspiration back to their home institutions, thereby contributing to the further development and professionalisation of buddy systems throughout the Alliance.

VIRTUAL COMPONENTS



join here: <https://bbb.unilim.fr/b/rooms/dn4-czg-rgf-pww/join>

4 May 2026 from 14:00 to 15:30 CET

An interactive lecture exploring how concepts of peace, justice and inclusivity manifest in everyday educational experiences, with a focus on structural violence, intersectionality and the impact of ongoing global crises.

22 May 2026 from 14:00 to 15:30 CET

A reflective assessment session where students present and critically apply Peace Culture concepts to real-life situations through oral, written or creative formats.

These two online sessions are mandatory, and everyone must attend them. Participants will likely be given an assignment to complete during the month of May. The rest of the activities will take place during our five-day on-site program.

PRELIMINARY AGENDA

Monday, 1 June 2026 (main UWB Campus)

- 13:00** joint lunch (optional)
- 14:00** Buddy System presentation (pecha-kucha format)
- 19:00** joint dinner

Tuesday, 2 June 2026 (main UWB Campus)

- 9:30** morning session - Equality, Diversity, Inclusion Board workshop
- 13:00** joint lunch in mensa
- 14:00** campus tour
- 16:00** up to the Tower (optional)

Wednesday, 3 June 2026 (main UWB Campus)

- 9:30** morning session - Interpersonal Communication
- 13:00** joint lunch
- 14:00** afternoon session - Student Challenges in the Buddy System
- 18:00** picnic in the Bory Park

Thursday, 4 June 2026 (Šumava National Park)

An interactive excursion by train to one of the loveliest Czech National Parks, where we'll discuss student challenges, communication tactics, and other related topics along the way. Be ready to walk at least 10 km.

Friday, 5 June 2026 (main UWB Campus)

- 10:00** Reflection & Wrap-Up

ACCOMMODATION

To ensure you have a pleasant stay in Pilsen, we can offer you accommodation in our dormitories, a discounted rate at a hotel in the city center, or, of course, you can choose your own accommodation. Just indicate this in the registration form.

University Dorms

Our dormitories are located in several different areas (such as Máchova or Bolevecká). We can arrange double rooms for you, which usually have shared bathrooms and kitchens on each floor. Bed linen will be provided. The price for such a room is approximately €25 per night.

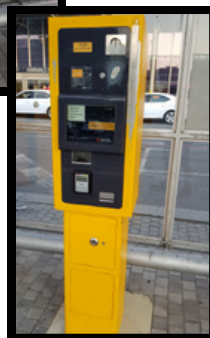


Hotel Trend

This hotel offers rates of 1,400 CZK (approx. 60 EUR) for a single room or 1,900 CZK (approx. 80 EUR) for a double room, including breakfast. It's just around the corner from the city center. Just mention that you're making a reservation through the University of West Bohemia in Pilsen.

HOW TO GET TO PILSEN?

When you get out of the airport, you will probably want to use the public transportation system. You will see these machines:



The machines **DO ACCEPT CONTACTLESS CREDIT/DEBIT CARDS** or you can pay in cash.

HOW TO GET TO PILSEN?

It's a ticket validation machine. **In order for you printed ticket to be valid, you MUST validate it, either here or on the bus.** I recommend doing it on the bus, because once you validate it, the clock starts ticking. If you validate it here then don't validate it on the bus.

Your ticket is valid not only for the bus, but also for the metro and any other buses you take within the time period of the ticket.



Take a bus from Zličín to Pilsen

To get to Zličín, you only need to take bus 100. It usually departs from either Terminal 1 or Terminal 2 every 15 minutes. The journey takes about 17 minutes, so a 30-minute ticket

(39 CZK) is enough. However, if you plan to use the metro later, it's better to buy a 90-minute ticket (50 CZK).

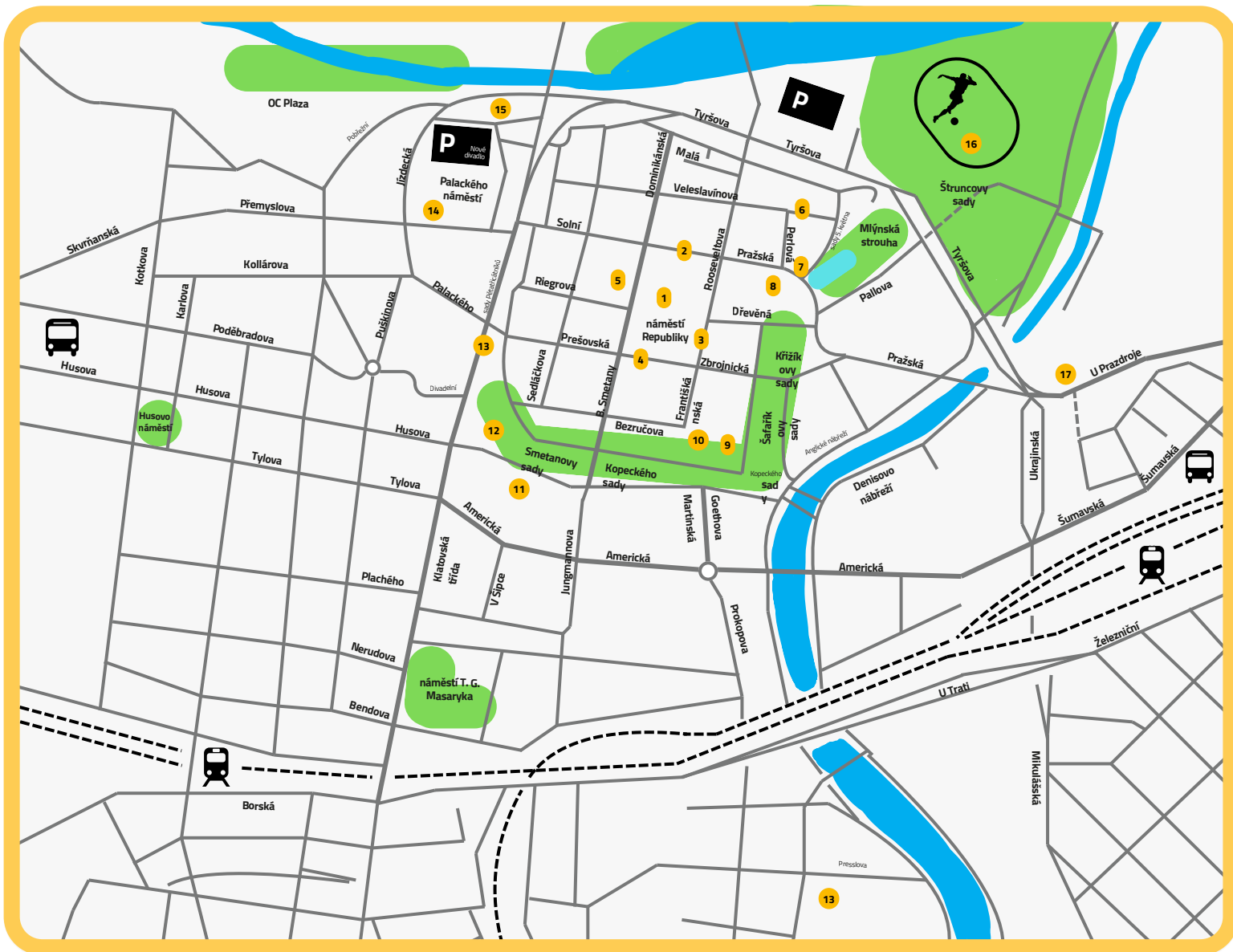
To travel to Pilsen, you can take a **FlixBus** (the green buses). It's a convenient and affordable option, especially for students. The journey takes around one hour and half, and buses usually run regularly throughout the day.

After getting off bus 100 at Zličín, you can find the FlixBus stops nearby. You can download the FlixBus app and buy your ticket there. There is no need to print it – just show it on your phone. When booking, you can also reserve your seat in advance.

Take a train from Prague to Pilsen

If you prefer travelling by train, direct transport between Prague Airport and Praha hlavní nádraží, the main train station is provided by the Airport Express buses (for approx. 8.5 EUR); afterwards, you can purchase your train ticket either online via the cd.cz website or directly at the train station.

MAP OF PILSEN



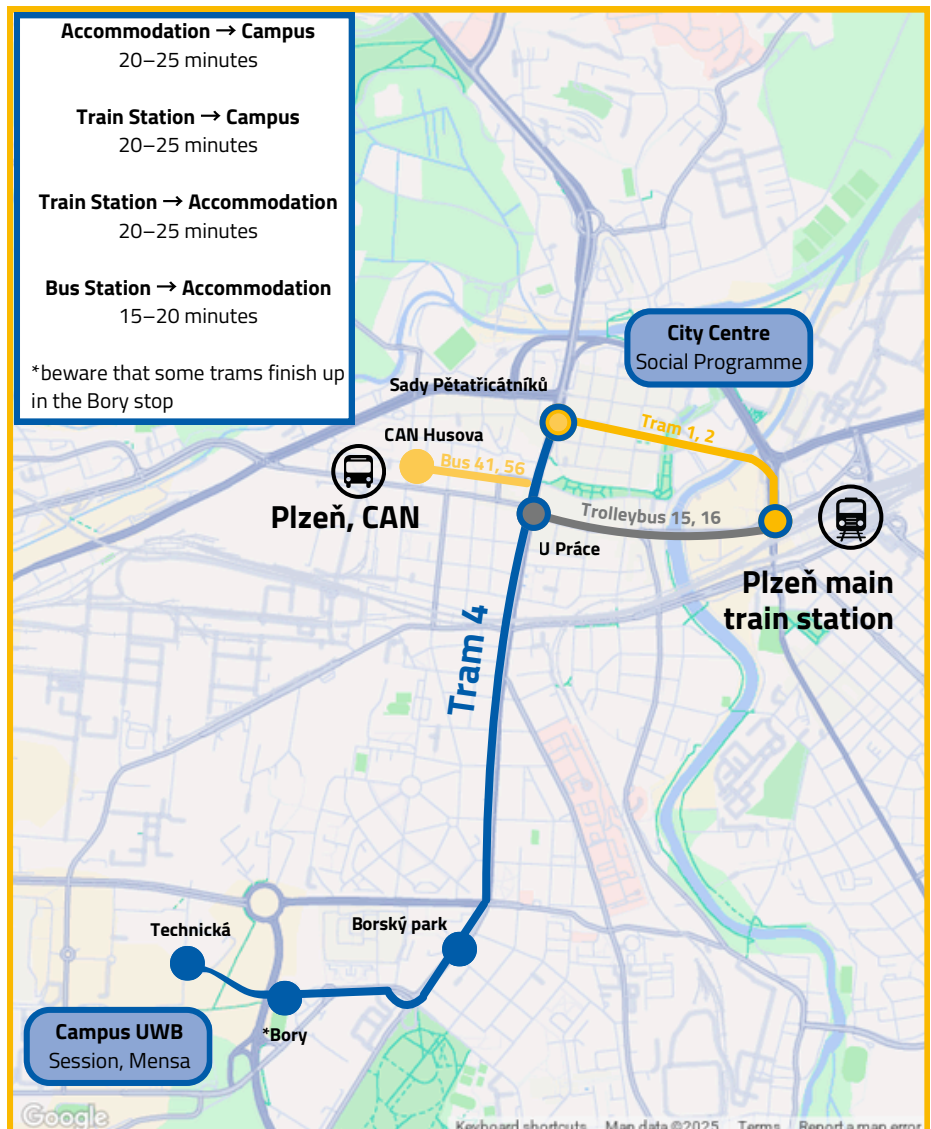
- | | |
|--|---|
| 1 St. Bartholomew's Cathedral | 9 Museum of West Bohemia |
| 2 City Hall | 10 Museum of Ecclesiastical Art |
| 3 Ethnographic Museum | 11 Old Synagogue |
| 4 Puppet Museum | 12 Great Theatre |
| 5 Museum of Ghosts and Fairy Tales | 13 Great Synagogue |
| 6 Brewery Museum and Historical Underground | 14 New Theatre |
| 7 Water Tower | 15 Patton Memorial Pilsen |
| 8 Gallery of West Bohemia | 16 FC Viktoria Pilsen Football Stadium |
| | 17 Pilsner Urquell Brewery |

HOW TO GET AROUND PILSEN

Public transport in Pilsen is efficient and reliable. The main transit corridor runs along Klatovská Street; although this area often experiences traffic congestion, tram services are not affected.

The **train station** is connected to the city centre by trolleybuses and trams 1 and 2. The **central bus station** (CAN) is accessible by bus routes 41 and 56, which also stop at Sady Pětatřicátníků.

We also recommend downloading the **IDOS app**, which provides up-to-date timetables and detailed public transport connections.



NIGHT BUSES

The regular public transport finishes up around midnight. Alternatively, ride-hailing services such as Bolt are available in the city.

PUBLIC TRANSPORT TICKETS

Every tram, bus, and trolleybus in Pilsen is equipped with a **contactless card terminal** for purchasing tickets. We strongly recommend purchasing **24-hour tickets on a daily basis** (\approx €3,5). These tickets are valid for unlimited travel on all types of public transportation within the city limits during their period of validity.

Please note that travelling without a valid ticket is strongly discouraged. Ticket inspections are carried out regularly, including frequent checks on Tram Line 4, which serves key university and residential areas. **Fines for travelling without a valid ticket may exceed 1,000 CZK** (\approx €41) and must typically be paid on the spot or within a specified short period.



HOW TO GET IT?

Select zone **"P"** and choose regular or discounted ticket



Tap your **card**



Keep your **ticket**



STUDENT DISCOUNTS!

Students under the age of 26 who hold a valid ISIC (*International Student Identity Card*) are eligible for **discounted** single tickets in Pilsen. While such discounts are not available in all European cities, they can be used here. However, in the event of a ticket inspection, students must present their valid ISIC card together with the discounted ticket. Failure to provide proof of eligibility may result in the standard fine.

WHAT TO DO IN PILSEN?

FOOD

Švejk Restaurant U Pětatřicátníků

A traditional Czech restaurant inspired by the famous literary character Švejk, offering hearty local dishes and classic Pilsner beer in an authentic atmosphere.

Plzeňka

A cozy pub-style restaurant where visitors can enjoy typical Czech cuisine and freshly tapped beer in a warm, welcoming setting.

U Salzmannů

One of the oldest pubs in the city, known for its historic charm, traditional recipes, and excellent locally brewed beer.

Družba students' café

A relaxed and creative café favored by students, offering a friendly vibe, cultural events, and affordable drinks

Lokál Pod Divadlem

Great beer, very popular; if the weather allows, you can sit outside on the grass.

WHAT TO DO IN PILSEN?

FREE TIME ACTIVITIES

Pilsner Urquell Brewery

A visit to the birthplace of Pilsner is a must. You can take a guided tour through the historic cellars and end with a tasting of fresh beer straight from the barrel.

Historical Underground Tour

Discover Pilsen's underground tunnels – an atmospheric historical adventure.

Cathedral of St. Bartholomew & Tower View

Located at Republic Square, this magnificent Gothic cathedral dates back to the city's founding and features a tower ascending 102 m. Climb its 301 steps for panoramic views.

Great Synagogue

An architectural gem, this grand Moorish–Romanesque synagogue is one of the largest in Europe. It remains active and is an important cultural landmark.

Loos Interiors Tour

Explore modernist architectural gems by Adolf Loos, restored and now open for tours.

Bolevecké ponds

A system of historic fish ponds in the northern part of Pilsen, originally established in the 15th century, offers a unique blend of nature and history. Today, it is a popular spot for swimming, relaxing, and outdoor activities, surrounded by forests and well-maintained paths.

WHAT TO DO IN PILSEN?

FREE TIME ACTIVITIES

The West-Bohemian gallery

- One of the main fine art centres in Pilsen
- Three buildings
- www.zpc-galerie.cz

Anděl Music Bar

- One of the most popular music venues
- Two nice cafés within the complex (Anděl and Regner Café)

No Limit

- Student friendly club
- Cheap entry and včelky
- Greatest hits 70's, 80's, 90's
- Open Wednesday-Saturday till 4 a.m.

Moovement

- Music bar with a nice vibe and an outside terrace

HiFi Club

- a very low-key underground pub with gin tonic on tap

Pivoňka

- a student underground bar with very friendly prices


**We don't recommend
going to Nekonečný Šum**

CONTACT INFORMATION

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AMBULANCE

155

CITY POLICE

156

POLICE

158

FIRE DEPARTMENT

150

EUROPEAN EMERGENCY NUMBER

112

