International Education
UNIVERSITY OF DENVER

CZECH REPUBLIC SUSTAINABILITY GUIDE

Congrats for choosing to study abroad in Czech Republic! In addition to any cultural and social considerations you may have to make before and during your time abroad, you should consider how you want your actions to affect the ecosystems and communities that you will be a part of. This guide will walk you through ways to consciously and sustainably study abroad in Thailand, including your options to shop locally, ride public transit, and give back to the communities you will be staying in.

PRAGUE

Public Transportation

Prague is considered to have some of the best public transportation in the world! Here is a link to a very helpful guide. The public transportation in Prague is integrated, which means "you can use the same tickets for the metro, trams, buses, funicular, and even the ferryboats."

Food Options

Consider shopping at a local farmers markets in Prague, of which there are many! Shopping local is a great way to minimize waste and support local businesses. Check out this page for a guide to several great farmer's markets in the city.

Volunteering

There are plenty of opportunities to volunteer in Prague, but it is important to consider your position as a foreigner before getting involved. For example, find opportunities that match your language level and the amount of time you can offer. This volunteering guide was made for migrants in Prague but offers a good introduction to getting involved and finding opportunities.

Recycling and Thrifting

Your student housing may or may not provide recycling and composting bins, but it is important to sort your trash thoroughly if so. In public, pay attention to the different colored waste bins designated for particular types of trash. This guide breaks down how to sort your waste.

BRNO

Public Transportation

Like Prague, Brno has excellent public transit. Unlike most cities, Brno offers comprehensive public transportation throughout the night, from 11pm until 5am on weekdays and until 7am on weekends. Check out this guide for a breakdown of the schedules, tickets, prices, etc.

Food Options

Eating fresh and local will always be the most sustainable choice. Find a local farmer's market to buy from local farmers and eat in season.

Brno also has a reputation of being very vegan and vegetarian friendly, with countless plant-based restaurants around the city. Consider cutting back on meat and exploring the vegetarian scene.

Volunteering

While Masaryk University offers a number of volunteering opportunities throughout the city, many of them require Czech speakers. Ensure you have adequate language competency before volunteering, or find opportunities in a language you speak. ESN MUNI Brno accepts international volunteers.

Recycling and Thrifting

Look at this recycling guide to understand the waste system in Brno. You may also want to consider exploring the thrifting/second-hand shopping scene in Brno. This article, written by an international student at MU, offers a number of quality thrift stores in Brno.