

Guide to ESWOCHY students

2024/2025

# CATHOLIC UNIVERSITY IN RUŽOMBEROK








# Greetings

It might not yet seem the case, but studying in a foreign country is a big deal. It will change your life. You will gain important skills, new knowledge, contacts and many friends. We won't lie, it can be hard, especially at the beginning. But this little guide is here to help you get through it. Welcome to the Catholic University!

**Enjoy your studies at the Catholic University of Ružomberok!**





# Welcome to the Slovak Republic

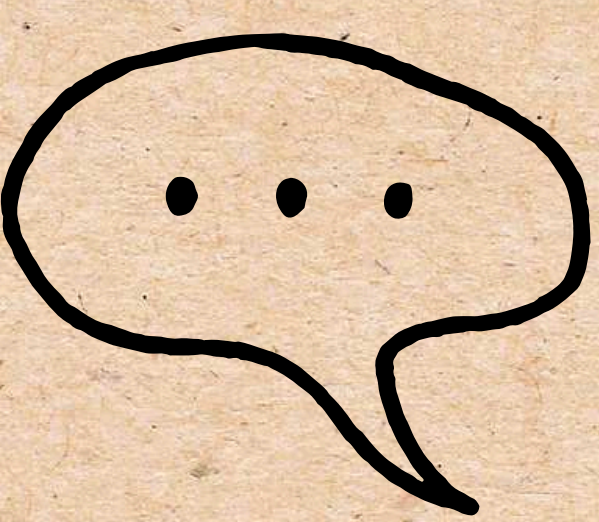
## About Slovakia

Slovakia is a small and colorful country in Central Europe, full of lovely surprises.  
Let's explore it together!  
Where is Slovakia?  
Slovakia is located in the middle of Europe.

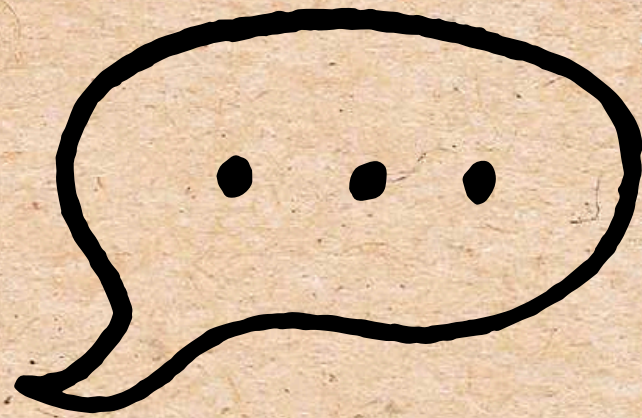


Slovak Republic	
Official name	Slovak Republic
Name in native language	Slovensko ("Slovakia"), or Slovenská republika ("Slovak Republic")
Capital city	Bratislava
Currency	Euro
Official language	Slovak
Population	5.500.000
Electricity	220V, EU plug type E and C
Phones	+421 xxx xxx xxx / A flat rate plan with unlimited data costs €4 / the first 30 days then €15 / 30 days
Emergency call	112





# General information



The Slovak anthem CLICK 

National flag of Slovakia

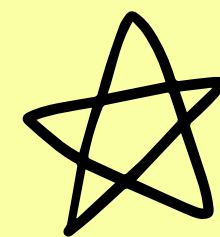
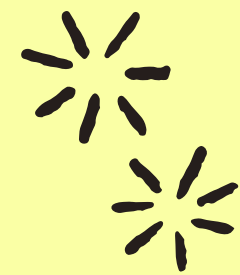




# A taste of the Slovak language

The following phrases are the ones, you may use when you come to Slovakia and want to start and keep simple conversation:

- Hello. Dobrý deň. (DOH-bree deň)
- How are you? Ako sa máte? (AH-koh sah MAA-teh?)
- Well, thanks. Ďakujem, dobre. (JAH-koo-yehm DOH-breh)
- What is your name? Ako sa voláte? (AH-koh sah VOH-laa-tyeh)
- My name is \_\_\_\_\_. Volám sa \_\_\_\_\_. (VOH-laam sah \_\_\_\_\_.)
- Pleased to meet you. Teší ma. (TYEH-shee mah)
- Please. Prosím. (PROH-seem)
- Thank you. Ďakujem. (JAH-koo-yehm)
- You're welcome. Prosím. (PROH-seem) Nie je za čo. (NYEE\_ah yeh ZAH choh)
- Yes. Áno. (AAH-noh) Hej (HAY) (informal)
- No. Nie. (NYEE\_ah)
- Help! Pomoc! (POH-mohts!)
- Good morning. Dobré ráno. (DOH-brehh RAA-noh)
- Good afternoon. Dobrý deň. (DOH-bree deh-NYEH)
- Good evening. Dobrý večer. (DOH-bree VEH-chehr)
- Good night. Dobrú noc. (DOH-broo nohts)
- I don't understand. Nerozumiem. (NEH-roh-zoo-myehm)





# Holidays in Slovakia

In most areas, a few stores and restaurants will remain open (at petrol stations if you're desperate), but most are closed.

## PUBLIC HOLIDAYS

January 1st - Independence Day; New Year Day  
July 5th - Holiday of Saints Cyril and Methodius  
August 29th - Slovak National Uprising  
September 1st - Constitution day  
November 17th - Day of Fight for Democracy

## RELIGIOUS HOLIDAYS

January 6th - Epiphany  
March to April - Easter  
September 15th - Our Lady of Sorrows  
November 1st - All Saints' Day  
December 24th - Christmas Eve  
December 25th - 1st Christmas Day  
December 26th - 2nd Christmas Day



# Useful information

## Weather

The climate of the Slovak Republic varies from season to season.

The Slovak climate lies between the temperate and continental climate zones with relatively warm summers and cold, cloudy and humid winters.

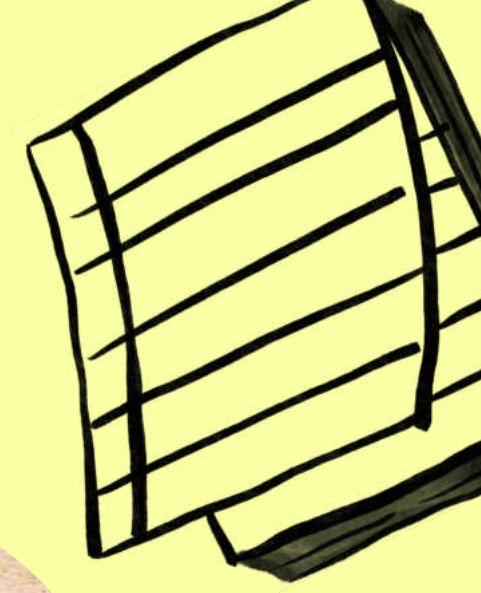
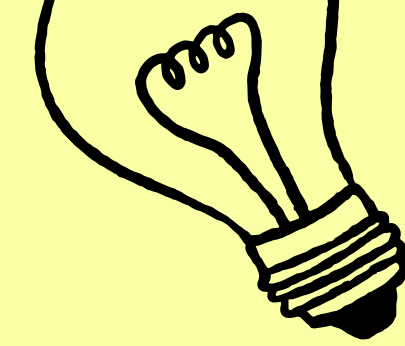
During summer, temperature can rise to 35 °C. Winters (December - March) can be either mild or harsh with temperature below 0 °C.

Do not forget to bring a warm coat!

## Prices

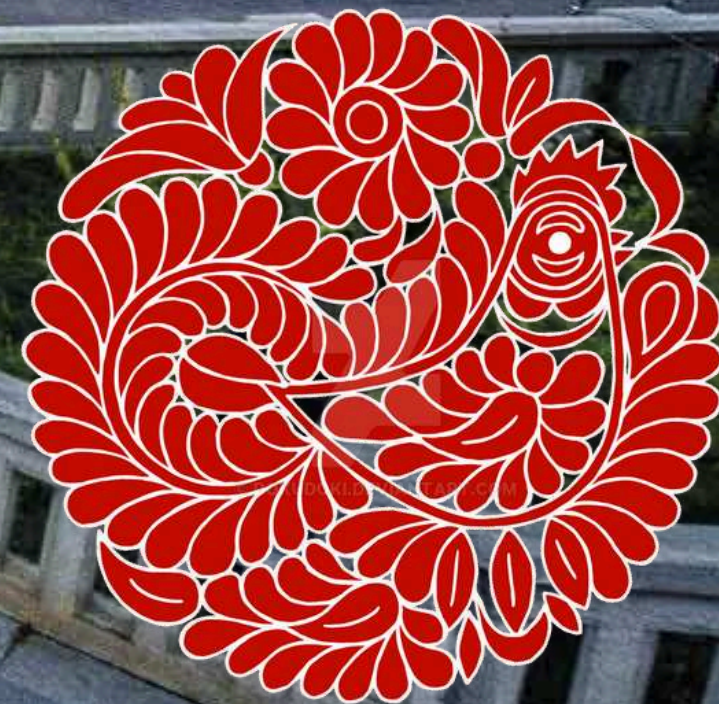
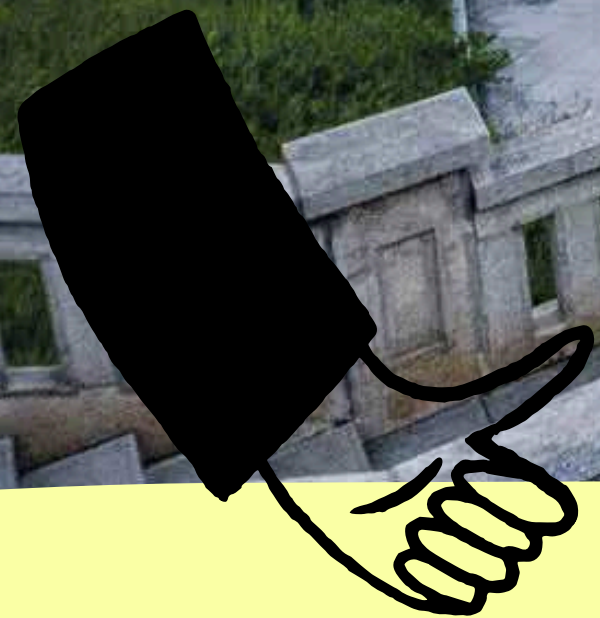
Currency in Slovakia is Euro (EUR)

Money can be changed at most bank branches throughout the country, or at currency exchange locations (often a booth, situated at airports, larger train stations, tourist areas and most larger towns). Banks are usually open 9:00-17:00.





# Welcome to Ružomberok





# UNIVERSITY TOWN RUŽOMBEROK

**Ružomberok is a university town in northern Slovakia, situated in the Žilina Region, on the Váh River in the Liptov Region. It has approximately 27 thousand inhabitants. The first written mention dates back to 1233.**

Ružomberok is known for its mountainous surroundings, which are often popular with demanding hikers and climbers. The town is located near the Low Tatras, Veľká Fatra and Choč Mountains, which allow easy and moderate hikes.

Ružomberok also includes the settlement of Vlkolínec, which is a UNESCO World Heritage Site. It is a unique monument and folk reserve. Near the town there is a ski resort Skipark Ružomberok, also known as Malinô Brdo. In the surroundings there are many smaller ski resorts, which are mainly popular with domestic clientele. There is an indoor municipal swimming pool in the town. Not far from Ružomberok is the village of Lúčky, a spa village in the Choč Hills.





# Transportation in Ružomberok

## City bus transport


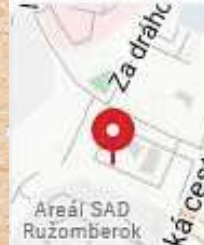


All important information and news about MAD Ružomberok can be found on the regularly updated website [www.mhdrk.sk](http://www.mhdrk.sk). Fare payment is possible by credit card, mobile phone in buses with NFC (0,70 €), or cash at the driver (1,50 €). You can download the new application "MHD Ružomberok" by scanning the QR code.



Good luck!

## Taxi services

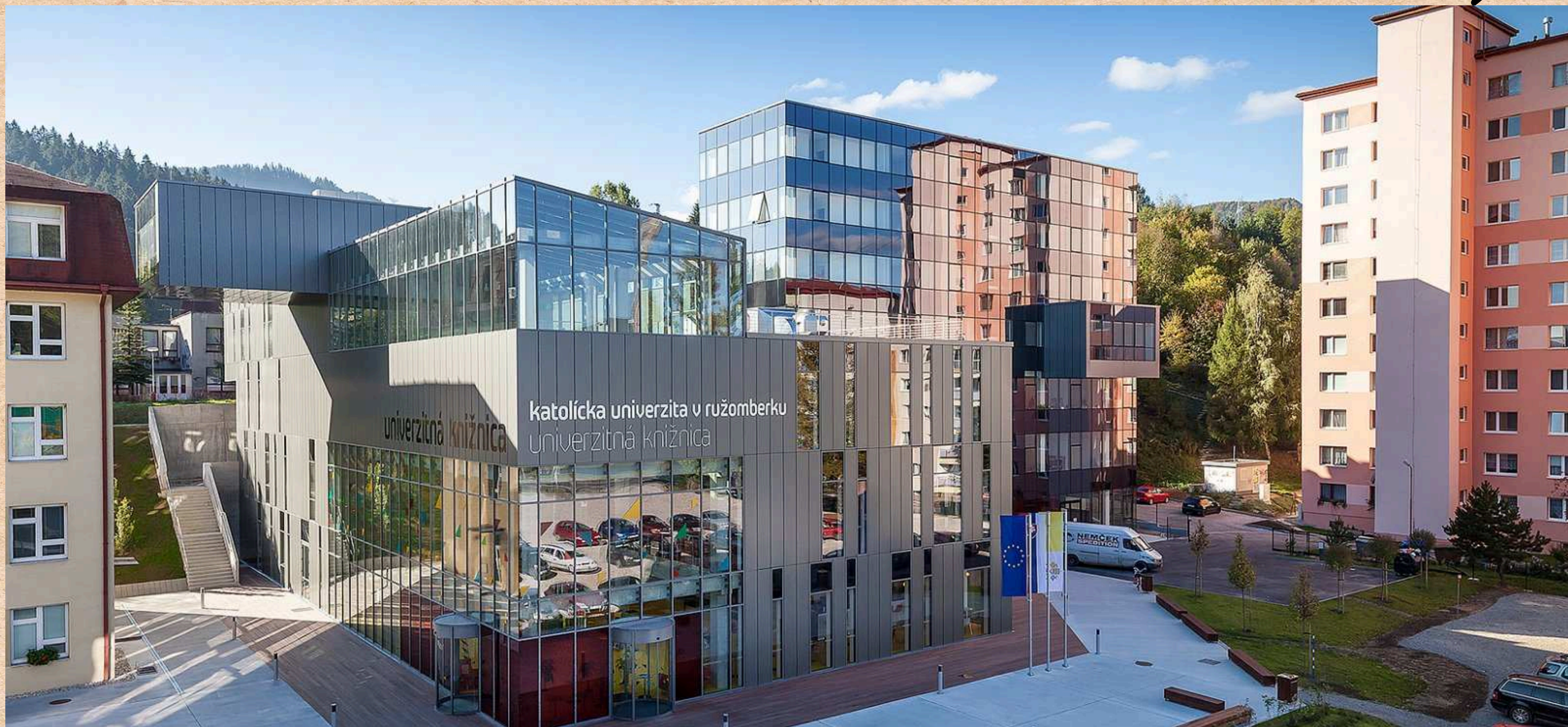
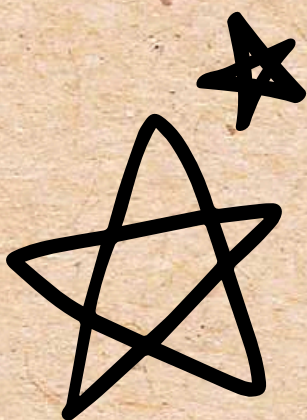
Taxi services can also be used for transport around the city:

	<b>TAXI Ružomberok</b> Hurbanova 1, 03401 Ružomberok, Železná 0905 331 551
	<b>SUPER TAXI RK</b> Bystrická cesta 118/13 03 401 Ružomberok 0918 260 777
	<b>TATRA TAXI</b> A. Bernoláka 5185, 03401 Ružomberok 0908 900 800
	<b>TAXI LEGO - NONSTOP</b> Ružomberok, 03401 03 401 Ružomberok 0904 274 854





# welcome to Catholic University





# Catholic University of Ružomberok



The Catholic University in Ružomberok has educated more than 36,000 graduates in full-time and part-time Bachelor's, Master's and PhD degrees in its 24 years of operation. CU offers students the opportunity to study at four faculties:

the Faculty of Pedagogy,  
the Faculty of Arts and Letters,  
the Faculty of Theology  
and the Faculty of Health

in more than 90 accredited study programmes.

CU carries out pedagogical and scientific activities mainly in the field of humanities, pedagogical, natural, social and health sciences, but also in the field of arts, economics and management.



# University library

The most beautiful university library

- ★ More than 200,000 books can currently be found in the university library. The building houses spaces for cultural and social events, quiet study rooms, a conference room and a number of study areas with computers allowing access to digitised books. You can also find there quiet study rooms.



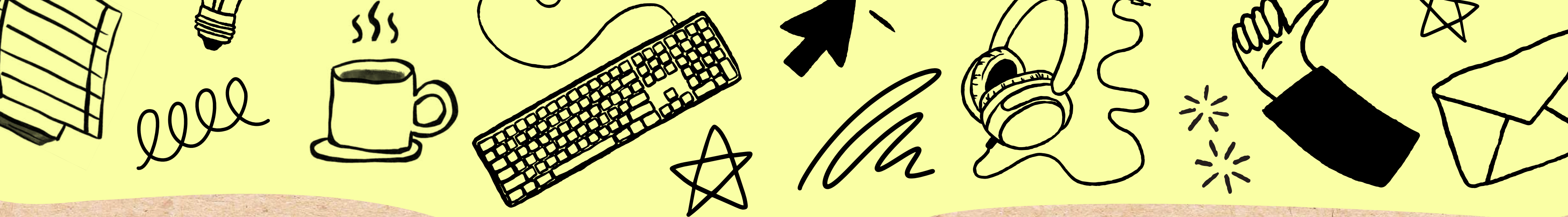


# Accommodation in CW Ružomberok

Dormitory Trio  
Livein s.r.o., ŠD Trio, Majere 5315/4,  
Ružomberok  
[ubytovanie.trio@gmail.com](mailto:ubytovanie.trio@gmail.com)







You can get to the faculty building from your Trio accommodation either on foot (approximately 25 minutes from your accommodation) or by bus.

A map of the lines can be found here [Content, Structure & Style](#), your accommodation is marked with a big black dot in a black circle.

Take bus number 3 from the railway station, get off at the stop "Katólická univerzita". The timetable is here [CLICK](#):



Alternatively, you can take line 6, from the "Mestský úrad" stop. The timetable is here [CLICK](#):

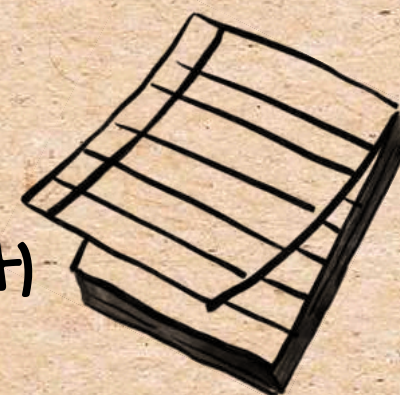


The last option, from the Railway Station, is bus 5, get off at the stop "Hrabovská cesta". The timetable is here [CLICK](#):



The bus has both audio and visual signalling.


Pay for your ticket at the ticket machine with a credit card (70 cents - you won't get a paper ticket) or in cash with the driver (1.50 euro)





# Where to eat



Students can eat conveniently in the Catholic University's dining halls, where they can choose from a variety of lunches, a minute restaurant and dinners. They can also receive their food in packaged form and consume it at a later time. 

At lunchtime you can get a daily menu (soup + main dish) for 7 to 10 euros in the restaurants in Ružomberok.

Wolt and Bistro.sk takeaways operate in Ruzomberok

Lunch for students:

Duge Catering s.r.o.	Jedáleň PF, Hrabovská cesta 1, RK
Hotel Áčko a.s.	Hotel Áčko, Hrabovská cesta 34, RK
Spojená škola	Školská jedáleň, Nám. A. Hlinku č. 62, RK





# Handy information

## Academic year 2024/2025

### Winter semester

Start of studies 16 September 2024  
End of studies 15 December 2024  
Examination period 7 January - 16 February 2025

### Summer semester

Start of studies 17 February 2025  
End of studies 18 May 2025  
Examination period 19 May - 29 June 2025

### Counselling Centre

Provides our students and graduates with comprehensive counselling and support in various life situations (also in English). The expert team at the CU Counselling Centre provides career counselling, psychological counselling, and supports students with specific needs. It also engages in outreach, development and prevention activities in the form of seminars, trainings and development programmes.

Behave responsibly!

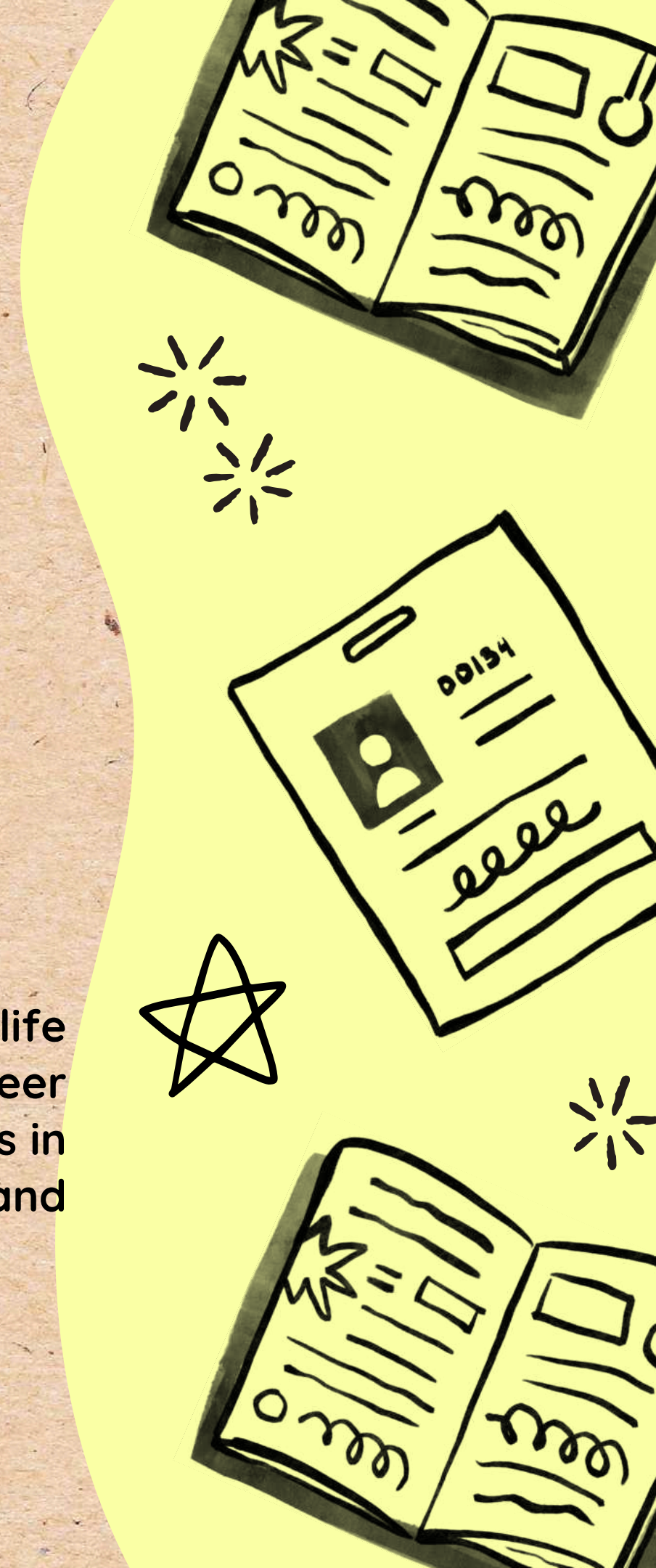
Save water!

Save energy!

The tap water in the Slovak Republic is drinkable!



Sort waste!





# ESWOCHY CU contacts

## Coordinator nad guarantor

## Buddy etc.

Coordinator at CU

Mgr. Daniel Markovič, PhD.  
[daniel.markovic@ku.sk](mailto:daniel.markovic@ku.sk)

Student buddy

Mgr. Anastasiia Zelenska  
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Vice-coordinator at CU

doc. PhDr. Markéta Rusnáková, PhD.  
[marketa.rusnakova@ku.sk](mailto:marketa.rusnakova@ku.sk)

Practice teacher

PhDr. Lenka Štefáková, PhD.  
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Student coordinator

Adam Janiga  
[adam.janiga@ku.sk](mailto:adam.janiga@ku.sk)

Member of the ESWOCHY Ethics Committee

PhDr. Anna Masariková, PhD.  
[anna.masarikova@ku.sk](mailto:anna.masarikova@ku.sk)

Guarantor of the Slovak part of the study programme

Prof. PaedDr. Vladimír Labáth, PhD.  
[vladimir.labath@ku.sk](mailto:vladimir.labath@ku.sk)

Member of the ESWOCHY Quality Committee

doc. PhDr. Angela Almašiová, PhD.  
[angela.almasiova@ku.sk](mailto:angela.almasiova@ku.sk)



EUROPEAN JOINT MASTER IN  
Social Work with  
Children and Youth  
ESWOCHY



# Enjoy your studies at the Catholic University of Ružomberok!

CLICK <https://www.ku.sk/fakulty-katolickej-univerzity/pedagogicka-fakulta/katedry/katedra-socialnej-prace/studium/eswochy.htm>!

