



Super Ball 2023

## TIPS AND RECOMMENDATIONS

**Prague is a beautiful city, and the Czech people are kind and helpful... but sometimes it may be pretty tricky to move around in this energetic capital, especially if it is your first visit. This document should help you with some basic tips on how to “survive” in Prague.**

### TRAVELLING AROUND PRAGUE

Thanks to the rich history of the Czech Republic, Prague has one of the best public transport infrastructures in the world. You can easily get anywhere you want using either the metro, bus or tram. A ticket for 90 minutes of any transportation (even combined) costs just **€1,70**. You can buy tickets at any tobacco shop, newspaper stand, or subway station machine; your tickets must be validated upon entry, or otherwise, they are invalid.

From the hotel just around the corner, you can reach the metro station Strašnická on the green A line. Then the whole city is in your hands. The best is to exit the train at Muzeum, as there you will be in the very city centre of Prague. If you take the road down from the National Museum, there is one of the best places for busking just at the bottom of the boulevard.

Important note: **taxi drivers** in Prague are notoriously bad! Always try to avoid the urge to wave a cab on the street, especially those parked around train or bus stations. Also, always ask about the price in advance and tell the driver you want a printed receipt at the end of the drive, which means they have to turn the meter on. You can also use **Uber** or choose the local service, **Liftago**.

If you want to navigate yourself across public transportation and know the times of departures, download an app called **IDOS**. It's easy to use and very helpful, especially when you don't know the system too well. It has an English version as well.



## FOOD



Fast Food culture is not really that strong in the Czech Republic, so we don't have too many mainstream fast-food chains here. You can find McDonald's, KFCs, Burger Kings and Subways, but that's about it. Czech people like to sit down and enjoy a meal in a restaurant rather than rush it in a drive-through. Take some time to search for some authentic Czech restaurants: you will not regret the decision!



Czech cuisine is meat-based. No wonder one of the most favourite meals is a combination of pork, cabbage and dumplings called *Knedlo-zelo-vepřo* (*Cnedlow-tzello-wepraw*). Another speciality is called *Svíčková* (*Sweetch-cowa*) which consists of beef, dumplings and a delicious sauce with whipped cream and cranberries.

Of course, we cannot forget the barbaric invention of fried cheese with French fries and tartar sauce called *Smažák* (*Smazhaack*). You should definitely try one of these. All of these of course are served well with a nice pint of Czech beer. Anytime!



If you are more interested in training and want to save some money, you can choose to go to supermarkets and buy something simple, like a sandwich or instant noodles. It is better to go there at the beginning of your trip and buy some supplies for the week, so you don't have to go back and forth too often.

In restaurants, it is customary to leave a **tip**. It is nothing close to 10-15% like in the USA; here, you usually circle it up to leave around 30 Czech Korunas.

If you have some time, we highly recommend a restaurant/pub near the Old Town Square if you go towards the river. It is called **Krcma** and is designed in the medieval Czech style. Their food is amazing and you can order bigger than big beer. Sometimes people call it a *Game of Thrones* dining experience. If you go there on a weekday at lunchtime, they offer very cheap menus. Even standard menu meals are not expensive. A great experience! Besides this, this year there are a lot of restaurant options around the hotel so you won't need to go too far away to find a nice meal.



## DRINKS

If you want to sit down, chill and enjoy nice Czech beer or wine, there are many options everywhere. The Czech Republic is the no. 1 country in beer consumption per person in the world (181 litres per person a year), so we know our stuff. Here are some of our favourites.



The preferred activity of the Prague inhabitants (*Pražané*) is to go to beer gardens either overlooking the city or surrounded by trees to feel like you are in the woods. The most popular ones are Letna (close to the Super Ball 2018 final venue), Riegerovy Sady and Parukarka. You can have a great beer and a nice view to enjoy the sunset over the city.

A very popular pub/restaurant is **Lokál**. There is one on Dlouha street, and even though it is huge, it is usually full every evening... so you better book a table or visit it during the day. Food and beer there are out of this world!



On the same street, you can find the Prague Beer Museum where you can taste more than 30 draught beers. Don't forget to order typical Beer Snacks like *Nakladany Hermelin* (cheese), *Utopenec* (sausage) or *Pivni Klobasa* (Beer sausage).

## NIGHTLIFE

Nightlife is truly astonishing in Prague and something the city is famous for. You can meet many tourists in clubs, bars and pubs around the whole city every day. Weekends are usually going on until 5 or 6 am. Here are some tips on where to go... and what to be careful about!

Definitely **DO NOT** buy cigarettes, alcohol or drugs from anyone on the street. It can get dangerous, although some people at night, especially in very touristic places, could be really persuasive. Do not worry, though: these spots are usually filled with policepeople.



One of the best clubs in the Czech Republic is definitely the **Retro Music Hall**. It is close to the city centre, located in a lively neighbourhood next to the Namesti Miru metro station. Great DJs, cool events and beautiful people. It's better to visit it after midnight; remember that, due to security reasons (drug dealers, quiet time, etc.), you are not allowed to leave the club and get back in. You

need to purchase another entrance. Definitely, a place to spend several nights at, like you might know from a few Super Ball afterparties.

The **Karlovy Lazne** club is the most popular among tourists. If you go there you might actually meet someone from your country. The place offers 5 floors filled with different music, but alcohol is quite expensive. It is straight next to the Charles bridge, and when you get outside, it offers a great view of Prague castle. If you are kicked out because the club is closing, be careful outside as there might be strange people trying to get you their bar for an "after-party". Do not walk with them.

One of the most special nightclubs in Prague is the **Cross Club** near the Nadrazi Holesovice metro stop. It has an incredible metal design and is filled with lights. Music





genres played there are DnB, Dubstep and some underground music. Look it up on Google!

For bars, you will be most comfortable on **Dlouha street**. Places like **James Dean** or **Harley's** are open until late morning hours, so they are perfect for an afterparty. Besides this, clubs **Roxy** and **Onyx** are there so you will have fun anyway. Also, the **Epic** club, which prides itself on being one of the most modern in Europe, is just around the corner from this street.

## TOURISM

Most cafes in Prague offer **free Wi-Fi**, although there are exceptions. If you need a data plan and roaming is too expensive, buying a local SIM card could be a good idea. Despite what they say, the offers of the three main cell operators (O2, T-Mobile and Vodafone) are nearly identical. The activation process might be tricky to do by yourself, especially if you do not speak the language. Ask staff to help you activate the SIM card - and do not leave before they do so!

If you want to bring some souvenirs back to your family and friends, the most typical ones are wooden toys, Czech crystal, glass and porcelain, Czech spa waffles, or Becherovka liquor. Another option is a traditional Czech bottled beer, and if you're into clichés, a T-shirt saying "Czech me out" or "Czech Drinking team".



On the way up to Prague castle, there are a lot of traditional Czech shops. Be careful there, as items are expensive and you can get the same stuff anywhere in the city centre. One store should be worth your attention, though: almost on the top of the hill, there is an **Absinth Shop** where you can get various items that taste like absinthe, including lollipops, ice cream or chocolates. It might sound terrible but is a great experience and actually pretty tasty.



## SHOPPING

Some of you would surely like to do some shopping around Prague. There are some huge shopping malls to visit such as Palladium, on Namesti Republiky, or Westfield and Chodov. But the closest one to the hotel (apart from the mall inside the Clarion Congress hotel, which you'll surely know from previous editions) is the Flora shopping mall. It's just two metro stops away from the Strašnická station and features every shop you can think of, a food court... and, in case you fancy watching some blockbusters, this mall also features a cinema with an IMAX room - and most of the films are in their original language with subtitles.

There are 2 main shopping streets in Prague (except for all the small stores on the streets between Wenceslas and Old Town square) called **Parizska** (for fancy stores like Gucci, Louis Vitton or Prada) and **Na Prikope** (clothing and sports shops like Adidas, New Yorker, etc).

## SCENIC SITES

In Prague, you will surely like to take some sick pictures, be it with or without a ball. Here are some tips on where to go.

If you fancy busking and maybe trying to make some money for an evening snack, you're in luck: tourists in Prague love street performances, and the latter are allowed in Prague 1. Try the very bottom of Wenceslas square in front of the New Yorker, or the Old Town square (which might be tricky, however, as there is no flat surface). These places are filled with tourists as they are the main pedestrian intersections.

The Charles bridge is one of the oldest bridges in central Europe. Filled with street artists, it might be quite difficult to do some posing with a ball, but when possible, it is totally worth it. The beautiful backdrop of Prague castle is especially amazing in the evenings.

Everyone will tell you that the best view of Prague is either from the Zizkov Tower, the Petrin Tower or Prague castle. They are not wrong, as the view is truly beautiful... but it is difficult to perform any kind of tricks there so pictures are usually with a huge crowd or wall in the background. There is, however, one sweet spot called **Panna Maria z Exilu**, which is close to the Prague castle and allows you to see literally the whole of Prague. Google the name!



## LANGUAGE

The Czech language is unlike anything you have heard before. Our grammar is almost impossible to understand and the pronunciation of words is quite difficult. The younger generation is English language-friendly, so you can communicate properly; however, if you meet older people, they are more likely to speak German or Russian. Don't be afraid to talk to people on the street: Czechs like to have interesting conversations and look important while speaking in English.

The most common phrases you can find on these links:

- [http://www.czlingua.cz/en/cj\\_fraze](http://www.czlingua.cz/en/cj_fraze)
- [http://www.myczechrepublic.com/czech\\_language/czech\\_phrases.html](http://www.myczechrepublic.com/czech_language/czech_phrases.html)

And, as a tip from the organiser, here are some extra cheeky ones from previous Super Ball booklets:

Thanks	<i>Dick-y</i>
You have beautiful eyes	<i>Mash motcz p-yeah-K-nee ott shee</i>
Life goes on	<i>Ten Dzz-ievot poke-ratch-U-yeah</i>
I'm having a heart attack	<i>Ran-E-min-yey, Mert vit-Say</i>
Goodbye	<i>Chago Beggo she-len-say</i>
Help me	<i>Po mou dzesh Min-nay</i>
Shots	<i>Pan A tch key</i>
Condom	<i>Sprtz-kha</i>
Bread	<i>Klebba</i>
Beer	<i>PeevO</i>



<b>Nurses</b>	<i>Sess tritch key</i>
<b>I'm lost</b>	<i>Ya sem mee mou</i>
<b>Cheers!</b>	<i>Nass sDrravvee</i>
<b>Meat</b>	<i>Masso</i>
<b>Good work</b>	<i>Ah yeah toe!</i>
<b>Fuck you!</b>	<i>Vy lish si prr-dell</i>
<b>Where is the toilet?</b>	<i>Cuddy nah hissle?</i>
<b>That wasn't clean</b>	<i>Tho nebyloh tschistee</i>
<b>Wow!</b>	<i>Woooow</i>
<b>Call the police</b>	<i>Voll:eeey FeeZli</i>
<b>Keep the change</b>	<i>Drob-ne: tsi neh-te</i>