CZECH REPUBLIC HANDBOOK

Military Family Services Europe / MFS(E)
Riga-Remote Team
MFSE.RigaRemote@cfmws.com
www.cafconnection.ca / www.connexionfac.ca
# TABLE OF CONTENTS

**GREETINGS FROM YOUR MFS(E) TEAM**...........................I

European Advisory Committee ........................................................................1
Using This Guide .........................................................................................1

**SOME HELPFUL RESOURCES** .........................................................2

**OVERVIEW OF THE CZECH REPUBLIC** .................................3

Maps ........................................................................................................3
overview .................................................................................................4
Geography/Politics ..................................................................................6
Climate ....................................................................................................7
Languages ...............................................................................................8
Cost of Living ..........................................................................................8
Canadian/Expat Community ....................................................................9
Cultural Nuances, Etiquette and Traditions ..............................................9
Public Holidays .......................................................................................10
News .......................................................................................................11

**BEFORE YOU COME** ..................................................................12

**EMERGENCY INFORMATION** ..................................................17

Public Safety and Security ....................................................................17
Emergency Contacts .............................................................................17

**GETTING SETTLED** .................................................................18

Making Phone Calls ................................................................................18
Calling Within Europe ................................................................. 18
Calling Outside of the Czech Republic ........................................ 18
Calling Canada from the Czech Republic .................................... 18
Calling the Czech Republic from Canada .................................... 18
Some Country Codes: .................................................................. 19
Summary: .................................................................................... 19
Toll Free and Charges for Calls .................................................... 19
Where to Live ............................................................................... 20
Houses and Realtors .................................................................... 20

BASE INFORMATION .................................................. 21
Maps ............................................................................................ 22
Exchange/Commissary ............................................................... 23
Schools ....................................................................................... 23
Morale, Welfare and Recreation ................................................. 23
Housing ....................................................................................... 23
Religious Services ...................................................................... 24
Post Office ................................................................................. 24

TRAVEL & TRANSPORTATION ............................................ 26
Subsidized Travel ....................................................................... 26
NON-UNIT Fund and CANEX/SISIP Grant .................................. 26
Air Travel .................................................................................... 26
Public Transit .............................................................................. 26
Train ........................................................................................... 27
Taxis ........................................................................................... 28
Car Rental ................................................................................... 28
Hotels ......................................................................................... 28
Travel Advisories ...................................................................... 28

ADMINISTRATION ....................................................... 30
POSTAL SERVICES .................................................. 37

Personal Mail ................................................................. 37
Canadian Forces Post Office .............................................. 37
The Czech Republic Postal Services .................................. 37

HEALTH SERVICES ....................................................... 38

General ........................................................................... 38
Emergency Numbers ....................................................... 39
Hospitals ......................................................................... 39
Private Clinics .................................................................. 43
Pharmaceutical Services .................................................. 43
Dental Clinics ................................................................... 43
Social Services .................................................................. 44
Social Worker ................................................................... 44
Padre ................................................................................ 44
CAF Member Assistance Program ...................................... 44
Family Information Line .................................................. 45
Local Resources ............................................................... 45
ON THE ROAD.......................................................... 47

General ................................................................. 47
Driver’s Licence ...................................................... 47
Roadworthiness Test/Safety ........................................ 48
Car Insurance ............................................................ 51
Vehicle Registration .................................................. 52
Emission Sticker ....................................................... 52
European Green Zones ............................................. 52
Fuel Card ................................................................. 52
Items in Your Car ..................................................... 52
Biking/Mopeds/Motorcycles ....................................... 53
   Bicycles ............................................................... 53
   Motorcycles ......................................................... 53
Parking ................................................................. 53
Tolls ............................................................... 54
Rest Stops ............................................................. 55
Driving Speed ......................................................... 56
   Speed Cameras ..................................................... 56
Safety Belts and Child Seats ...................................... 56
Mobile Phones ......................................................... 56
Dogs ............................................................... 57
Winter Tires ............................................................. 57
Alcohol and Narcotics ............................................... 57
Roadside Assistance ................................................ 57
If Involved in a Car Accident ....................................... 58
Buying or Selling a Car ............................................. 58

A. A. Meetings .................................................................. 45
Great West Life / Allianz ................................................ 45
Dental Claims ............................................................. 45
Medical Claims ............................................................. 46
RELIGIOUS SERVICES .............................................. 60

English Language Services in the Area ................................................................. 60

AROUND THE HOUSE ................................................ 61

Internet/Television/Mobile Phone ................................................................. 61
Electricity ........................................................................................................ 61
  Transformers ................................................................................................ 63
Utilities ........................................................................................................ 63
Appliances ....................................................................................................... 63
Beds ............................................................................................................... 64
Water Quality ............................................................................................... 64
Garbage and Recycling .............................................................................. 64
Metric Conversion ...................................................................................... 64

EMPLOYMENT .............................................................................. 66

Working for Military Family Services (MFS) or Personnel Support Programs (PSP) .. 66
Spousal/Dependent Employment Assistance and Education ................................ 66
Job Postings .................................................................................................. 67
Local Employment ....................................................................................... 67
Adult Employability Program ...................................................................... 67
Volunteering ................................................................................................. 67
Youth Employment Preparation Program ..................................................... 67

EDUCATION .............................................................................. 68

Schools ......................................................................................................... 68
Immunization ............................................................................................... 68
Distance Education ..................................................................................... 69
Children’s Education Management (CEM) .................................................... 69
Scholarship and Bursary Information ............................................................ 69
Post Secondary Education .......................................................................... 70
  Local Institutions ...................................................................................... 70
USEFUL LINKS.......................................................... 79

USEFUL TRANSLATIONS & PHRASES ......................... 80

Basic Words, Phrases and Questions......................................................... 80
Numbers.................................................................................................... 81
Phrases for Emergencies.......................................................................... 81
Ordering in a Restaurant........................................................................... 81
House Hunting........................................................................................... 82
GREETINGS FROM YOUR MFS(E) TEAM

Your Military Family Services Europe / MFS(E) team wishes to congratulate you and your family on your OUTCAN posting. We would like to be the first to welcome you all to Europe! Did you know that your MFS(E) Riga-Remote team supports more than **350 members, spouses, and children posted to 16 countries** throughout Europe?

MFS(E) is here to facilitate a smooth integration for you and your family into your new posting, whatever your family unit may look like. We serve everyone from single members to blended families, so please make sure to ask us how we can best help you.

As you and your family begin the transition to Europe, MFS(E) is here to assist you along the way. Throughout your posting, you can expect phone calls, e-mails, virtual programming, as well as workshops for your spouse and children. We also send crafts and packages in the mail!

This Handbook is a living and dynamic document. Once you are settled, we would welcome your input in order to keep it relevant and current. We would like to extend our sincerest THANK YOU to our volunteers, for providing us with most of the information and for sharing their experiences and suggestions as to how to make the location guides as complete as possible.

Our website ([www.cafconnection.ca](http://www.cafconnection.ca)) can be a useful resource for your transition overseas, as it provides information that is location and country specific and provides links to current MFS(E) newsletters, programming, and even overseas job postings for spouses.

**Current MFS(E) programs include, but are not limited to:**

- Virtual presentations ranging from the [PSP Chalet Program](http://www.cafconnection.ca) and Europe Christmas Markets (to name a few)
- Crafts For Kids Mailings (for children 3-9 years old)
- Birthday Cards for Children (up to 18 years of age)
- [Youth Employment Preparation (YEP)](http://www.cafconnection.ca) Program (13 to 18 years old)
- [Youth Connect](http://www.cafconnection.ca) (helping incoming youth connect to Canadians youth already in Europe)

Date published: June 2019
Date revised: 22 April 2020
• **Youth Leadership Conference** (annually for teens 13 – 18 years old)
• **Family Separation & Reunion Services**
• Host Language Training & **Virtual Language Training** (ask us about a Rosetta Stone license for your dependents)
• Virtual Workshops (Including Community Demo and Virtual Travel Forums)
• **Virtual Book Club through Facebook**
• Virtual Coffee mornings
• **Friends on a Journey program for kids**
• ...And so much more!

This is your opportunity to connect with other Canadian families going through a similar transition to Europe. If there is any wisdom we can pass along to you from the get go, is we encourage you and your family to build a strong support network while you are in Europe. MFS (E) is your key resource to getting in contact with others and to share your experiences and your insight.

Once you have arrived and settled at your new location, MFS(E) will provide you with a welcome package containing information specific to your location and to your unique family dynamic. Your package will be sent to you in the mail, either to your home address or your embassy / consulate (please make sure it is approved by the Embassy first!). Also, please make sure you keep us informed of your contact information, an updated telephone number and e-mail address is greatly appreciated.

If you have any questions about living in Europe or if you wish to know what your MFS(E) team can do to help you and your family, in all shapes and forms, please contact one of our staff members bellow, or e-mail us directly at: MFSE.RigaRemote@cfmws.com

We look forward to hearing about your adventures and new experiences in the near future.

Help us serve you better, don't be a stranger!

Best Regards,

Your MFS(E) Riga/Remote Team
EUROPEAN ADVISORY COMMITTEE

The Military Family Services (Europe) (MFS(E)) Advisory Committee (AC) is a group of volunteers representing Canadian Armed Forces (CAF) families and communities across Europe. The AC works to enhance MFS(E)’s capacity to implement family programs and services to all Canadian military families regardless of where they are located in Europe.

As a group of volunteers, the AC is not authorized to act as decision-makers or policy-makers. Their primary role is to provide advice to the Senior Manager MFSP Europe about the needs of the community and to evaluate the effectiveness of the program.

CAF members (in a non-official capacity), and their civilian spouses/partners and dependents (18 years or older) are eligible to volunteer for the AC. Fifty-one (51) percent of the voting membership must be civilian family members of CAF members. Members representing a particular region must reside in that region at the time of recruitment and must have the support of their local CAF Commander.

The MFS(E) AC meets on site at the Canadian Forces Support Unit (Europe) in Geilenkirchen, Germany once a year, usually in the winter. All other meetings, usually held every second month, are conducted on-line. No special computer equipment or program required but reliable internet is required. If you have any questions or would like to discuss this opportunity further, please see the website.

USING THIS GUIDE

Moving around in the guide:

- To go to a Table of Contents entry or a website link, simply click on it
- To search for a specific word, use the Find tool by pressing “Ctrl” then F

Several of the websites referenced in this guide will be in a language other than English. There are a couple of options to obtain the information in English:

- You can enter the address of the website directly into https://translate.google.com/ and it will translate the entire website
- If you have Google Chrome, you can right click anywhere on the page and it will bring up a dialog box which often has a “Translate to English” option. Due to website formatting, this option may not be available for all pages or for all text on the page.
- Some sites have the option to change the language. These sites will have either a drop-down menu listing multiple languages or flags symbolizing the language. Simply click on the language or flag (typically a British or American flag) to see a translated version of the website. Often this option can be found in the top right corner.
This guide is an ongoing work in progress, and we need your help:

• Our Handbooks heavily rely on the time, energy and experiences of our families posted to Europe. For that reason, some sections may be more complete than others.

• Please let us know of any errors or omissions and we will update them in the next edition.

• If there is a topic you’d like added to the next edition, do not hesitate to let us know.

You can contact us at:
MFSE.RigaRemote@cfmws.com

DISCLAIMER: Due to the fact that rules and regulations are ever changing, please ensure you do your own research and consult with the resources provided for the most up-to-date policies and procedures before making any assumptions or relying on information provided here as accurate as policies and procedures change and could be different from the time this document was created and updated.

Thank you for your cooperation and attention in this matter.
SOME HELPFUL RESOURCES

Please be sure to connect with us online for the latest programs and services being offered:

**MFS(E) Website**
- [https://www.cafconnection.ca/Europe/Home.aspx](https://www.cafconnection.ca/Europe/Home.aspx)

**MFS(E) Facebook Page**
- [https://www.facebook.com/MFSEurope/](https://www.facebook.com/MFSEurope/)

**MFS(E) YouTube Channel**
- [https://www.youtube.com/channel/UCbQXCBqcVYvLZhDj0a37h8Q](https://www.youtube.com/channel/UCbQXCBqcVYvLZhDj0a37h8Q)

**CAF Connection Website**
- [https://www.cafconnection.ca/National/Home.aspx](https://www.cafconnection.ca/National/Home.aspx)

**Employment Opportunities while in Europe**
- [https://www.cafconnection.ca/Europe/Programs-Services/Employment.aspx](https://www.cafconnection.ca/Europe/Programs-Services/Employment.aspx)
- [https://www.cafconnection.ca/Europe/Programs-Services/Employment/Civilian-Employment-Opportunities.aspx](https://www.cafconnection.ca/Europe/Programs-Services/Employment/Civilian-Employment-Opportunities.aspx)

**My Voice/Ma Voix**
- MyVoice is a closed Facebook group open only to the Canadian military community. MyVoice is a place for you to communicate with Military Family Services (MFS). The group is a safe place to discuss your experiences as a military family and offer feedback about your military lifestyle. [https://www.facebook.com/groups/MyVoiceMaVoix/](https://www.facebook.com/groups/MyVoiceMaVoix/)

**Family Information Line (FIL)**

The Family Information (FIL) is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. We serve Canadian Armed Forces members, Veterans and their families-immediate and extended.

Family Information Line: 1-800-866-4546, (613) 995-5234
or toll free in Europe 00800 7711 7722
OVERVIEW OF THE CZECH REPUBLIC

Overview of Czech Republic:

Capital: Prague
Language: Czech
Border Countries: Poland, Germany, Slovakia and Austria
Population: 10,649 million
Area: 78,866 km²
Time Zone: UTC +1
Climate: continental
Currency: Czech koruna
Government Type: Unitary parliamentary constitutional republic
Members of: EU, NATO,
Country Code: CZ
Calling Code: +420
Internet TLD: .cz
OVERVIEW

The Czech Republic is a member state of the European Union (EU). Its official language is Czech, spoken by 96% of the population. Other languages spoken by local inhabitants are Slovak, Polish and Russian. Foreign visitors can make themselves understood in English in Brno City, not necessarily in Vyškov.

The Czech Republic is on Central European Time - Greenwich Mean Time (GMT) plus 1 hour. From April to October is summer time, i.e. GMT +2 hours. The week starts with Monday and ends with Sunday; Saturday and Sunday are rest days.

Generally, the climate is very "continental", with hot summers (30+C) and cold winters (-10C). The air quality varies, but some low-lying parts of Brno rank consistently among the most polluted in the Czech Republic.

Prague

Prague is the capital of the Czech Republic and is the heart of Bohemia and historical centre of the Czech state. It is the seat of the President, Parliament, Government, ministries,
central authorities, political parties, social organization and foreign embassies. It is the biggest cultural and social centre of science and research, education, health care and athletics. Major national cultural institutions such as the National Museum, Technical Museum, National Gallery, and the National Theatre are located here; also universities, the Academy of Sciences, science and research institutions. Prague is a venue of both national and international conferences, festivals and meetings. Moreover, it has an important economic position and communications – it is the biggest national industrial, commercial and transportation centre; here are national television and radio broadcasting studios and transmitters, central publishing houses for newspaper, magazines and books. Prague is the centre of services and both domestic and international tourist industries.

**Vyškov**

The town of Vyškov, with 21 000 inhabitants, lies in the Vyškov Gate on the upper reaches of the river Haná, approximately 30 kilometres from Brno. Vyškov has a rich history, thanks to which it has been one of the leading Moravian settlements from time immemorial. Today it is chiefly a modern European town, offering its inhabitants and visitors a number of ways of spending a pleasant time.

A popular attraction is the unique Dinopark, with plenty of models of prehistorical animals, as well as a cinema hall, a stylish restaurant and a children’s playground.

Sports lovers will also be in their element. Cyclists can head northwest from Vyškov towards the Drahanská highlands. Lovers of water sports will enjoy the modern aquapark which offers a number of other attractions besides the swimming pool: an outdoor complex, toboggans, a wild river, Jacuzzi, a Finnish and steam sauna and a massage bench. ([www.Vyškov-mesto.cz](http://www.Vyškov-mesto.cz))

**Brno**

With its 400 000 inhabitants, it is the 2nd largest city in the Czech Republic (after Prague) with friendly cosmopolite atmosphere, full of colorful events and scents.

There are one national and five public universities with a total of 34 colleges and seven private universities. Almost 90,000 students study in Brno. It is considered the centre of
science, research and innovations and also an important centre of trade fairs and congresses.

Brno is a seat of two general consulates and seven honorary consulates. (www.gotobrno.cz/en/maps-and-tourist-guides/t1165)

GEOGRAPHY/POLITICS

The Czech Republic with a size just smaller than South Carolina, is made up of two principal areas, Bohemia in the west and Moravia in the east. For most of the twentieth century, the present country of Slovakia which borders the Czech Republic on the east, was joined with Moravia and Bohemia as the country of Czechoslovakia. Czechoslovakia was founded as an independent democratic country at the end of World War I, in 1918 from several culturally related parts of the former Austro-Hungarian empire. After the 1989 Velvet Revolution when the communist government was overthrown, the country continued as Czechoslovakia until 1993 when the so-called Velvet Divorce led to the creation of two new independent states, Czech Republic and Slovakia. The capital of the Czech Republic is Prague and the capital of Slovakia is Bratislava.

The Czech Republic’s landscape is quite varied. Bohemia, to the west, consists of a river basin, drained by the Labe (becomes the Elbe in Germany) and Vltava rivers. It is surrounded by mostly low mountains such as the Sudetes with its part Krkonoše, containing the highest point in the country, the Sněžka at 5,256 ft.

Moravia, the eastern part, is also quite hilly and is drained predominantly by the Morava river, but also contains the source of the Odra river. Water from the landlocked Czech Republic flows to three different seas: the North Sea, Baltic Sea and Black Sea. The Czech Republic also possesses Moldauhafen, a 30,000 7.4-acre enclave in the middle of Hamburg docks, which was awarded to Czechoslovakia by Article 363 of the Treaty of Versailles to allow the landlocked country a place where goods transported downriver could be transferred to seagoing ships; this territory reverts to Germany in 2028.

Information retrieved from: https://afocr.org/geography
CLIMATE

Generally, the climate is very "continental", with hot summer (30+°C) and cold winters (-10°C). The climate differs markedly among the various regions of the Czech Republic, depending on the height above sea level.
LANGUAGES

Its official language is Czech, spoken by 96% of the population. Other languages spoken are Slovak, Polish and Russian. Foreign visitors can make themselves understood in English in Brno city, not necessarily in Vyškov.

The official language at all authorities in the Czech Republic is Czech. All documents and papers in a foreign language must be submitted to authorities in their original and at the same time in an authorized translation into Czech unless the administration authority specifies such a translation is not necessary.

The ability to speak and understand your host nation's language will ensure your European post is as rewarding as possible. It will make day-to-day life such as grocery shopping and banking easier. It will also be easier to connect and build friendships and ensure your cultural experience is more enriching.

Rosetta Stone is the world’s number one language-learning program. We offer Rosetta Stone licences to Canadian Armed Forces Military Spouses. If you are interested in Host Language Training, contact the Military Family Services (Europe) Virtual Programs Coordinator at mfse.virtualprograms@cfmws.com.

Besides Rosetta Stone, there are options to take classes at your local centre or on the economy. There are also various online resources available. Please see the Host Language Document:

- [https://www.cafconnection.ca/getmedia/7370f595-6269-4a8d-a6a1-4a91c1206c1c/Host-Language-Information_2018EN.pdf.aspx](https://www.cafconnection.ca/getmedia/7370f595-6269-4a8d-a6a1-4a91c1206c1c/Host-Language-Information_2018EN.pdf.aspx)

or contact your Virtual Programs Coordinator for more information.

Once a Catholic majority region, today the Czech Republic has some of the highest degrees of atheism, agnosticism, and/or religious indifference of any nation in the world. Around 34.5% of the Czech Republic’s residents claim no religion, and a further 44.7% are undeclared.


COST OF LIVING

Living in Czech Republic is affordable. Most of the item cost less than in Canada. Depending where you live, you may pay more in the big center like Prague.
Here’s a website with some price item in CKZ: https://www.expatistan.com/cost-of-living/country/czech-republic

CANADIAN/EXPAT COMMUNITY

Canadians are presently posted to The JCBRN Defence COE, which is a NATO military body and multi-nationally sponsored organization which offers recognized expertise and experience to the benefit of the Alliance and other partners. Its activities are focused on NATO Transformation process, Operational Support by providing a CBRN Defence advice and Support of CBRN Defence Education, Training and Exercises.

JCBRN Defence COE

Víta Nejedlého
682 01 Vyškov, Czech Republic

Phone: +420 973 452 805
Fax: +420 973 452 800
GSM: +420 777 702 858
IVSN: 925 4200 452 805
E-mail: postbox@jcbrncoe.cz
NS WAN: jcbrncoeregistry@mod.cze.nato.int
Website: http://jcbrncoe.cz

CULTURAL NUANCES, ETIQUETTE AND TRADITIONS

Living in a new country often brings new cultural experiences The Czech Republic is no different than a lot of countries in that it has certain things that are very important to the local people.

Even though you may prepare yourself for culture shock, it does not mean it will be any less ‘shocking’ when you arrive in Czech Republic. It is normal to feel overwhelmed, stressed, homesick, and sad. It takes between 6 to 12 months to grow accustomed to the new culture, but eventually routines will develop. You will learn what to expect in most situations and you will start feeling more comfortable. Trying to ‘go with the flow’ and being
patient and relaxed can help you to integrate into Czech Republic’s lifestyle and your new home.

One of the things you will immediately notice in the Czech Republic is that people say hello and goodbye to complete strangers in various situations. For example, if you enter or leave a shop you should say Dobrý den/Dobrý večer (Hello/Good Evening) or Na schledanou (Goodbye) respectively. Obviously in larger shops such as hypermarkets you don’t need to greet people as you enter, but you should certainly acknowledge the person at the counter. And if you’re sharing a table with strangers in a restaurant or pub it’s common courtesy to greet the people sitting there. The same goes for lifts, and also compartments in trains. And in some ordinary trains, which usually do not have compartments, you will notice people saying goodbye to each other if they have had some form of contact, whether it be a brief conversation or if one person has helped another in some way, e.g. with a suitcase.

PUBLIC HOLIDAYS

National holidays

• 1st Jan: Restoration day of the independent Czech State; New Year's Day;
• 8th May: Liberation Day;
• 5th July: Saints Cyril and Methodius Day;
• 6th July: Jan Hus Day;
• 28th Sep: Czech Statehood Day;
• 17th Nov: Struggle for Freedom and Democracy Day;

Other important holidays

• Mar/Apr: Easter Monday;
• 1st May: Labour day;
• 24th Dec: Christmas Eve;
• 25th Dec: Christmas Day;
• 26th Dec: St-Stephen's Day.
NEWS

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.
BEFORE YOU COME

Things to Consider/Bring:

- **Immunization Records** (for school registration – don’t pack in the sea shipment!)
- **Long form birth certificates and your marriage certificate** (this may be required for entry to DoDEA school – to prove dependents are “yours”, a Canadian posting message may not be enough. Also, don’t pack in the sea shipment!)
- **If your children will be participating in sports on a US Garrison or in a DoDEA school, they will require a sports physical. It can be challenging to get this done on arrival, so if possible, have their Canadian doctor complete the form before leaving. This will cost, but it may be claimable through Sun Life. Get the form from the school on your HHT.**
- **If your teens participate in the Youth Employment Preparation (YEP) Program, they will require a Social Insurance Number (SIN). Get this well before leaving Canada.**
- **If you plan on working in a field that may require a Police Check, get one done before leaving Canada.**

You and your family are all ambassadors for Canada while you are here. You will likely get invited to a neighbour’s home or participate in hosting an international night or Canadian social for your military community or spouse’s community or your children will have an international day at their school where they will showcase Canada. If you can stock up on Canadian goodies, they will be a big hit. Everything from the items the local dollar store has for Canada Day celebrations in July to decorations to gifts that symbolize Canada (maple syrup, Aboriginal/Inuit crafts, books, flags, maple leaves, Canada clothing, children’s stuffed animals of beavers or RCMP…. get creative!).

Some people really miss their Kraft Peanut Butter, Tim Horton’s coffee, Kraft Dinner, Coffee Crisps, real maple syrup or ketchup chips and prefer to bring a bit of a stockpile of comfort food as these items are not available in Europe or you will pay a high premium to be able to get them. Some common cooking ingredients can also be hard to track down so you can either bring graham wafer crumbs or improvise by crushing up digestives. The choice is yours and it is part of the experience. Just as you can’t get some of that comfort food you have been used to, you will get to experience all kinds of new and interesting tasty treats while in Europe.
**Recommended Packing List**

Please note, the outlined items and tips are meant to guide your efforts with your packing for an OUTCAN posting. They are by no means to replace the critical thinking or planning that needs to occur for the particular needs of your family. It is also advised to research the location of your next posting, to better understand the rules and regulations with regards to importing items into the country.

Also, refer to the policy with your transport company (re: liquids, alcohol, batteries etc) and DND regulations (ie: not permitted to transport alcohol). Also, please see the following link on relocation:

https://www.cafconnection.ca/National/Programs-Services/Relocation.aspx

**Carry On items:**

- Passport(s) / Military ID / Travel Orders.
- Medical documents (prescriptions / vaccinations / etc.).
- Official documents (marriage certificate / birth certificates / power of attorney / custody documents).
- Other forms of ID (driver's license / international driver's permit, healthcards).
- Insurance forms (medical, life / other).
- A list of emergency contacts (in Canada and for new location).
- Schooling paperwork (you may require this before your air shipment arrives).
- All pet paperwork for customs (a copy should be taped to side of kennel with you keeping originals on you for duration of trip).
- All vehicle paperwork for customs (photocopies in the car, originals with you including paperwork from transport company).
- Cell phones, laptops, IPads, music devices, and all chargers / converters.
- A change of clothes and toiletries in case of lost luggage.
- Baby essentials in case of lost luggage/delayed flights.
- Any valuables (ie: jewellery)- do not put them in checked baggage as they may get lost or stolen in transit.
- Prescription and over the counter meds for up to a few days in case of lost baggage/delays.
- Wet wipes / hand sanitizers / extra ziplock bags.
- Any other small valuables (carry on or checked baggage).
Extra cash in new currency (in case issues with credit card).

**What to pack in checked baggage:**

- Refer to policy regarding allowances and bring the maximum allowed as this may be all you have for several months.
- Seasonally appropriate clothing including warmer coats, and shoes for change in season in case of delays in sea and air shipment.
- DND (military personnel only) required uniform including boots, DEU's and medals. Additional uniforms should go in the air shipment.
- Any baby food, pet food, cat litter, doggie bags, (etc), as it may take a few days until you find these items locally after arrival.
- Additional prescription and over the counter medication for family needs. It is recommended to bring a 6 month supply of any of your prescriptions, as the new location may not have this medication available (name brand, dosage etc.).
- Toiletries in ziplock bags.
- DVD's, books, and toys for family entertainment as internet may take time to install.
- Extra kibble / animal food if you are bringing your pets. This will allow them to gradually become accustomed to a new diet and avoid gastro issues.

**What to pack Air Shipment:**

***Please note, Air Shipments are not applicable to all moves***

- Sealed liquids (ziplock bags). No flammables, alcohol or lithium batteries allowed in air shipment.
- More clothes for family for changes in season and school commencement.
- School supplies and sports equipment as school requires (ex: soccer player needs cleats, shin guards, ball, shorts).
- DND (military only) the rest of required uniforms.
- Kitchen supplies that you may not want to wait for the sea shipment.
- Some people put new sheets, towels as the ones provided are just basic ones from IKEA.
- Additional games/toys for kids.
- A few groceries that are uniquely home ex: kraft dinner or your favourite chocolate.
Favourite treats for pets.

**What to pack in Sea Shipment:**

- Tax documents from the past 7 years, in case you are audited.
- Rest of clothing, bedding and bathroom items.
- Kitchen items including dishes, pots and pans (remember stoves can be smaller as they are European), small appliances (consider voltage in your new location).
- Selection of personal items such as family pictures, decor items, throw pillows, candles. You would be surprised how the little things can make your new place feel like home.
- Favourite non-perishable groceries (some items may not be available in your new location: for example: peanut butter / kraft dinner / seasonings / dip mixes / canned soup / cereals / baking supplies flavour extracts / maple syrup / baby food).
- Party supplies and Canadian Swag.
- Greeting cards / Christmas cards.
- Toys for upcoming birthdays and Christmas (toys may be more expensive or not readily available).
- Baby items such as next season snowsuit, stroller, bouncy chair.
- Childcare seats, booster seats, as the new country may have different standards.
- Canadian stamps for DIP mail going home (for mailing cards, documents, tax returns must be mailed).
- Tampons/maxi pads, personal products (quality and brands differ depending in the country).
- Skates and various sporting equipment.
- If you are someone who is tall, petite, or plus sized - be conscious that sizes may be different in your new location. You may want to bring extra of the basics from home.

**Extra Tips:**

- A security check with fingerprint scans at your local police station is advisable before you leave Canada. Spouses / dependents who may want to work or volunteer (especially with children) may require a security check.
- CAA International Driver's Permit: [https://www.caa.ca/international-driving-permit/](https://www.caa.ca/international-driving-permit/)
- Minimum of a 6-month supply for all your prescriptions.
• Sunlife Comprehensive Coverage (dependents): 
  http://www.pshcp.ca/coverage/comprehensive-coverage.aspx

• Bringing some red / white party decor is a good idea (BBQs / events / etc). Canadian Swag is also a great idea for small gifts (The Royal Canadian Legion has some great items for gifts: https://www.poppystore.ca)
EMERGENCY INFORMATION

PUBLIC SAFETY AND SECURITY

EMERGENCY CONTACTS

Police (Emergency) ........................................... 112
Ambulance/Fire (Emergency) ............................... 112
CFSU(E) Duty Officer ...................................... +49 (0) 1725 345 900
CFSU(E) Chaplain ........................................... +32 (0) 65 44 6179
Embassy of Canada ......................................... + 420 272 101 800
GETTING SETTLED

MAKING PHONE CALLS

Calling Within Europe

There is no standard way to write a European phone number, which will lead to confusion. This is the same number, written different ways –

+49 - 89 - 343 80 - 14  
+49 (89) 343 80 - 14  
0049 (0) 89 343 80 - 14

(089) 343 80 - 14  
089 / 343 80 - 14  
089 343 80 14

The “+49” at the start is the exit code and German country code. The “89” is the area code and the “3438014” is the phone number. There is no standard length for area codes (2-5 digits) or phone numbers (5-12 digits).

So...when dialing within the country you’re in, you do not need the exit code and country code (+49).

If you’re dialing within the same area code, you do not need to enter the area code. But it’s a good idea to use it just in case!

Calling Outside of the Czech Republic

The exit code for calling out of the country in Europe is 00. You then follow that with the country code, area code, and telephone number. The “+” means to use the exit code for the country you’re in – in Europe, that’s 00, in Canada, it’s 011. You can use the “+” on your mobile phone as the exit code, and your phone should pick up the right exit code, no matter what country you’re in!

Calling Canada from the Czech Republic

The country code for Canada and the United States is 1. Dial the exit code (00) then the country code (1) then the number.

00 - 1 - area code - seven-digit number

Calling the Czech Republic from Canada

The exit code in Canada is “011”
Some Country Codes:

Austria ................ 43  
Belgium ............... 32  
**Czech Republic .. 420**  
Estonia ................ 372  
France............... 33 

Italy ................. 39  
Germany .......... 49  
Latvia ............... 371  
Netherlands ........ 31  
Spain ............... 34  

Summary:

To dial a number within the Czech Republic 0 711 1234567
To dial a the Czech Republic number from elsewhere in Europe +42 011 1234567
or 0420 711 1234567

To dial a number outside the Czech Republic +33 121 1234567
or 00 33 121 1234567

To dial Canada from the Czech Republic 00 1 613 5551234
To dial the Czech Republic from Canada 011 420 711 1234567

Toll Free and Charges for Calls

**Per minute charges for calls**

Check your phone contract, both land line and cell phone. Many families have been surprised by charges on their bill for calls they thought were “free” or included. Depending on your contract, you may end up paying per minute for local calls. It is common for calls to be free to numbers with the same provider, but not always. Some contracts charge for calls to cell phone numbers, but land lines may be included. The same applies to long distance – if you get a plan that includes calling to Canada, that may only include calls to land lines.

Check the plan for the term “flat”, which means that calls are included – “Germany flat” means you can call anywhere in Germany, where “Vodafone flat” means your calls to other Vodafone customers are included. If you have a landline, you may have to pay to call a cell phone, or vice versa.
0800

0800 is the dialing prefix for Toll Free Calls in most of Europe.

0900 and 0180 calls

0900 numbers are “premium-rate” services, and 0180 numbers are for service-oriented calls and are billed at a per minute or per call. Costs will vary.

WHERE TO LIVE

Families currently live in Vyškov and Brno. Speak to the member / family you are replacing to better understand the best areas to live.

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

HOUSES AND REALTORS

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.
BASE INFORMATION

JCBRN Defence COE
Víta Nejedlého
682 01 Vyškov, Czech Republic

Phone: +420 973 452 805
Fax: +420 973 452 800
GSM: +420 777 702 858
IVSN: 925 4200 452 805

E-mail: postbox@jcbrncoe.cz

NS WAN: jcbrncoeregistry@mod.cze.nato.int
Website: http://jcbrncoe.cz
The town of Vyškov, with 21,000 inhabitants, lies in the Vyškov Gate on the upper reaches of the river Haná, approximately 30 kilometres from Brno. Vyškov has a rich history, thanks to which it has been one of the leading Moravian settlements from time immemorial. Today it is chiefly a modern European town, offering its inhabitants and visitors a number of ways of spending a pleasant time.

A popular attraction is the unique Dinopark, with plenty of models of prehistorical animals, as well as a cinema hall, a stylish restaurant and a children’s playground.

Sports lovers will also be in their element. Cyclists can head northwest from Vyškov towards the Drahanská highlands. Lovers of water sports will enjoy the modern aquapark which offers a number of other attractions besides the swimming pool: an outdoor complex, toboggans, a wild river, Jacuzzi, a Finnish and steam sauna and a massage bench. (www.Vyškov-mesto.cz)
EXCHANGE/COMMISSARY

The Czech currency is the Czech crown. Although the republic is part of the EU, the euro is not generally accepted. The exchange of foreign currency is possible in most banks and exchange offices. International credit cards are accepted for payments in hotels, restaurants and shops. Some shops accept payment in euros. 1 euro equals approx. 25 CZK. Large shops accept major credit and debit cards. Smaller outlets prefer cash.

SCHOOLS

Vyškov does not have any schools that meet the Ontario curriculum. The nearest school that does is in BRNO (36 km away from the Garrison). The International School of Brno (ISB) is based on the Cambridge International Education (CIE) and the Council of British International Schools (COBIS). ISB is a World School as well as a member of the Council of International Schools.

MORALE, WELFARE AND RECREATION

The Czech Republic is a fascinating place to be! Centrally located in Europe, it is easy to explore the country itself, or travel outside.

For a comprehensive list of things to do in Vyškov, see:

- https://www.tripadvisor.ca/Tourism-g1136647-Vysoke_Mesto-South_Moravian_Region_Moravia-Vacations.html?fid=476f5397-79f9-41ad-9dfc-9f54713dbaaf

For a list of things to see in the Czech Republic see:

- https://www.viator.com/Czech-Republic/d48

HOUSING

Families currently live in Vyškov and Brno. Speak to the member / family you are replacing to better understand the best areas to live.
**RELIGIOUS SERVICES**

Within the Czech Republic, the majority of the population is religiously unaffiliated and does not believe in God.

About seven-in-ten Czechs (72%) do not identify with a religious group, including 46% who describe their religion as “nothing in particular” and an additional 25% who say “atheist” describes their religious identity. When it comes to religious belief — as opposed to religious identity — 66% of Czechs say they do not believe in God, compared with just 29% who do.

Even in the former Eastern Bloc that was dominated by the officially atheist Soviet Union throughout much of the 20th century, the Czech Republic is a major outlier by both of these measures.

**Catholic Churches in Vyškov**

[https://www.catholicdirectory.com/czech-republic/vyskov](https://www.catholicdirectory.com/czech-republic/vyskov)

**List of all Churches in Vyškov**

[https://commons.wikimedia.org/wiki/Category:Churches_in_Vyškov_District](https://commons.wikimedia.org/wiki/Category:Churches_in_Vyškov_District)

Please note, French services are not common in the Czech Republic. It is not likely to find religious services in French in Vyškov.

**POST OFFICE**

The provider of postal service in the CZ is the state-owned Czech Post – CESKA POSTA which provides domestic and international postal, financial and courier services.

Czech letter boxes are painted in orange. It is possible to receive mail at the main post office in Brno/Vyškov. You will need to present a passport to collect the mail. It can also be delivered to the home address. You will receive a letter in the post box with the date and time of the delivery.

**Česká pošta**

Politických vězňů 909/4,
225 99 Praha 1
Phone: +420 954 301 111
Website: www.ceskaposta.cz
The website can be switched to English.
TRAVEL & TRANSPORTATION

SUBSIDIZED TRAVEL

The Chalet Program offers accommodation options in various parts of Europe at a 40% subsidy. It is open to all European Fund members and chalets are awarded by draw. For more information please visit:

•  https://www.cafconnection.ca/Europe/Programs-Services/Chalet-Program.aspx

NON-UNIT FUND AND CANEX/SISIP GRANT

As a CAF member of Formation Europe you and your family are members of the European Fund (EF). EF members who are not part of a Unit Fund due to their geographical location are termed Non-Unit Fund (NUF) members. In order to ensure equitability across Formation Europe, all EF members have the same entitlements; however, certain entitlements are managed differently depending on location. See this link for more information:

•  https://www.cafconnection.ca/Europe/Programs-Services/European-Fund/Non-Unit-Fund-(NUF)-Member-Personnel.aspx

AIR TRAVEL

The closest major airport to Vyškov, Czech Republic is Brno-Turany Airport (BRQ / LKTB). This airport is in Brno, Czech Republic and is 32 km from the center of Vyškov. Czech Republic.

The airport is easily accessible from the city center by bus line 76, departing from the Central station, or by night bus line 98, and also by cab available 24 hours. It takes 20 minutes.

PUBLIC TRANSIT

The municipal transport varies according to city size and the local situation. It includes primarily transport by bus, tram, trolleybus or subway (only Prague has a subway). It is necessary to pay transport fees also for transport of dogs and luggage (make sure to check the requirements and fees for luggage, pets for the means of transportation you have...
chosen). Payment of the transport fee is checked by ticket controllers and failure to pay the fee is penalized with a high fine.

More detailed information about the transport fees and schedules may be obtained in person, via telephone or on the internet website of the individual public transport companies.

In some cities in the Czech Republic, the transport is integrated which means that tickets for the applicable zone designed for city transport may also be used for suburban transport in the outlined area of the cities and between them. In integrated transport systems, the individual transport types (bus, train, etc.) cooperate and form a network of interwoven lines with a unified tariff, transport conditions and regular intervals between the lines.

**TRAIN**

Intercity transport in the Czech Republic includes primarily bus or train transport. Domestic air transport is used only marginally, between the biggest cities (Prague, Brno, Ostrava).

Intercity bus transport is provided by a wide range of transport providers in the Czech Republic.
Each of these providers has their own tariff system that offers single tickets as well as pre-paid passes.

Similarly, as public transport companies, most bus transport providers offer discounts for certain passenger groups (e.g. to students, disabled people, seniors, children up to a certain age, etc.).

More information on the amount of transport fees, discounts, transport conditions and schedules is available e.g. on the website [http://www.idos.cz](http://www.idos.cz), in information centres or at bigger bus stations (e.g. Central Bus Station Florenc Prague, CBS Zvonařka Brno, CBS Ostrava, apod.).

Rail transport in the Czech Republic is provided mainly by the company Czech Railways (České dráhy) ([http://www.cd.cz](http://www.cd.cz)). Apart from the basic transport fees, this transport provider offers a wide range of discounts available to a wide range of passengers within its tariff system. Personal transport is also provided by other private transport companies that assert their tariffs on selected tracks.

Connections within railway, bus or municipal public transport is available on the website [http://www.idos.cz](http://www.idos.cz) This website allows searching connections in every type of transport separately or combined and therefore find an optimum connection.
The main train company in Czech Republic is české dráhy. They offer a lot of internal and external destination. You can consult their website here: https://www.cd.cz/en/

**TAXIS**

Use only officially marked taxis, such as AAA Radiotaxi, cititaxi or Profitaxi (note that taxis marked AAA Taxi charge excessive prices) and whenever possible, call for a taxi instead of hailing one on the street.

**CAR RENTAL**

There are a number of places to rent a car in Vyškov:

**LP Car, s.r.o.**
https://lp-car-sro.business.site

**AUTOSKLO HLEĎA**
http://www.autopujcovna-hleda.cz

Using Expedia:

**HOTELS**

Trip Advisor
https://www.tripadvisor.ca/Hotels-g1136647-Vysoke-Mesto_South_Moravian_Region_Moravia-Hotels.html

Booking.com

**TRAVEL ADVISORIES**

Remain vigilant and ensure personal belongings, passports and other travel documents are secure at all times.
Carry a valid Canadian passport, whether you are travelling in any other foreign country. A Canadian passport is the only reliable and universally accepted travel and identification document available to Canadians for the purpose of international travel. When you make purchases with a credit or debit card, your passport will be required to verify your identity.

Exercise normal safety precautions. Ensure that your personal belongings, passport and other travel documents are secure at all times. Keep a copy of your passport identification page, driver’s license, train or airline tickets, and credit cards. Safeguard the originals. Be advised that many countries require visas in advance either for official or vacation travel. It is recommended you research the policy for each country prior to travel. For the most updated information please visit: https://travel.gc.ca/travelling/advisories

Travel Advisory UK:
https://www.gov.uk/foreign-travel-advice/czech-republic

Travel Advisory US:
https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/CzechRepublic.html

European Commission Country Reports (2019)

CIA World Factbooks (One Pagers from US)

Living Abroad (from Gov.UK)
https://www.gov.uk/topic/help-british-nationals-overseas/europe
ADMINISTRATION

Registration with Federal Foreign Police (IMPORTANT)

EXPATS moving to the Czech Republic are required to register with the Federal Foreign Police Department within 3 days of their arrival. CAF members under a SOFA are exempt. The CAF member need not register however the dependents will be required to do so.

a. The sponsor at the JCBRN COE will be available to bring the family members to the Foreign Police Department to complete this requirement.

Registration forms and additional information can be found on the Ministry of the Interior of the Czech Republic's website:
www.mvcr.cz/mvcrVarticle/third-countrynationals-third-country-nationals.asDx

b. Contact info - Department of Foreign Police in Brno.

Phone: 974 621 829

BANKING

Local Currency

The local currency in Czech Republic is Czech crown (Koruna). You have 1, 2, 5, 10, 20, 50 CZK in coins and 100, 200, 500, 1000, 2000, 5000 CZK in banknotes. One crown consists on 100 Hellers. Heller coins have not been in use since September 1st, 2008 but Hellers are still incorporate sometimes in merchandise prices. The final price is always rounded off to the nearest crown value.

Although the Czech Republic is part of the European Union, the Euro is not widely accepted. The exchange of foreign currency is possible in most banks and exchange offices. International credit cards are accepted for payments in hotels, restaurants and shops. Some shops accept payment in euros. 1 euro equals approx. 25 CZK. Large shops accept major credit and debit cards. Smaller outlets prefer cash.

Information retrieved from: http://www.myczechrepublic.com/basics/czech_currency.html
Bank Accounts and Financial Considerations

To open a bank account, a Canadian passport is required. Some banks also require proof that CAF member will be working with JCBRN COE. A respective official letter / certificate - signed and stamped - will be required from JCBRN COE.

A member may only be able to open a bank account when arriving at Post. It is recommended to open a bank account with a bank which maintains branches and / or ATM (Bankomat) in many cities in the Czech Republic.

The following banks are well known and reputable banks to operate with and some also offer an insurance package (car and house). Often there will be no associated fees if a certain amount is transferred each month to this bank account. Accounts can be in EURO and/or in Czech Krona.

a. CESKA SPORITELNA. a.s. (bank) Tel.: +420 956 752 240
Opening hours: Monday to Friday 9:00 - 17:00

b. KOMERCNI BANKA. a.s. (bank) Tel. +420 955 584 521
Opening hours: Monday, Wednesday 8:30 - 17:30; Tuesday, Thursday, Friday 8:30 - 16:30
ATM at COE.

c. CESKOSLOVENSKA OBCHODNI BANKA, a.s. (bank) Tel.: +420 517 317 411
Opening hours: Monday 8:00 - 18:00; Tuesday, Thursday, 9:00 - 16:00;
Wednesday, Friday 9:00 - 17:00

d. GE MONEY BANK, a.s. (bank) Tel. +420 517 321 153
Opening hours: Monday to Friday 8:30 - 16:30

e. UNICREDIT BANK, Tel. +420 955 959 889
Opening hours: Monday, Tuesday, Thursday 8:30-16:30; Wednesday 8:30-17:30; Friday 0830-15:30.

**Bank Cards**

The procedure for the bank card is very similar to the one for the bank account.

**Credit Cards**

Some banks will not accept to give credit cards to foreigners. Look carefully at the institution’s policy before opening an account.

**Online Banking Payments – IBANs, BICs, and TANs**

Bank accounts in Europe have an “IBAN” (International Bank Account Number) and a “BIC” (Bank Identifier Code). You will use these for making payments and receiving money. If you are paying a bill, you will typically find their IBAN on the bill and you can use that in your online banking to make the payment. You will also provide your IBAN to companies to pay your bills (insurance, gym payments, cell phone, etc). The orderly room and claims section at CFSU(E) will use your IBAN to deposit pay and claims into your bank account.

To make a payment, you will often need a TAN (Transaction Authorization Number). This can be a complex thing to get used to in Europe. You will likely get a sheet of TANs when you initially get your bank account, but then through your mobile banking you can use mobile TANs (a number sent to your phone) or photo TANs with an app on your phone. To use mobile or photo TANs, you will need to register your mobile number in the online banking.

**Money Transfer**

You will likely have a requirement to move money between Canadian and European accounts. Transferwise.com and XE.com are both worth looking at for this. Be cautious of additional fees for bank transfers.

**INSURANCE**

The Czech law requires mandatory third-party liability insurance for any car registered in the Czech Republic. The general rule is that a vehicle must be insured in the same place where it is registered, and where the insurance risk is mainly situated. If the car is registered in the Czech Republic, the third-party liability insurance has to be concluded with
a Czech insurance company. Third-party liability insurance covers damage or injury caused to other vehicles or third parties during the car operation, e.g. during an accident. It is required by law and the car cannot be registered without it;

Additional insurance, (collision) is available with all Czech insurance companies.
This insurance is an optional upgrade to the liability insurance. It secures your own car - windscreen, damage due to collision with animal, powers of nature and multiple other reasons
Insurance is relatively cheap here. For an average car with normal coverage it's probably not more than 10,000 CZK annually. A huge price differences exist for the first year but be aware that in the second year, the online insurance becomes much more expensive, without informing the customer. Larger insurance companies allow discounts if the member can provide an official paper stating how many accident free years you have accumulated abroad so it is recommended that you get this from your Canadian insurer before coming to Europe.

Insurance packages are also highly recommended for:

- Household content insurance and if applicable glass insurance (including elementary risks);

- Personal liability/third party liability insurance, including damages caused by pets; and

Insurance companies available in Vyškov and Brno

1) Axa. Car and House Insurances.
2) Allianz - Vyškov. Do not speak English.

CRA AND RESIDENCY STATUS FOR SPOUSES/DEPENDENTS

Completing and submitting an income tax return from OUTCAN can be even more fun than doing it in Canada. In the past, there has been significant confusion regarding the residency status of spouses. Unfortunately, some CAF families have found out that choosing
incorrectly can have a major financial impact. Many have found this issue confusing and have sought professional tax advice.

The following information regarding residency status has been provided to us by the CRA:

**Spouses of Canadian Government Employees on Foreign Assignment – Residency Status for Tax Purposes**

The purpose of this document is to provide general residency information for the spouses of employees of the Department of National Defence (“DND”) / members of the Canadian Armed Forces (“CAF”) and Department of Foreign Affairs, Trade and Development (“DFATD”) Canada that are sent on foreign assignments. This document does not address all possible situations that may require more analysis when determining the tax implications.

Please note that our reference to a spouse in this document includes a common-law partner.

**Spouses that Intend to Return to Canada and expect to Maintain their Canadian Residency**

Where you are the spouse of a Canadian Government employee and are moving with your spouse and family to another country for your spouse to carry out a foreign assignment for the Government of Canada and it is your intention to return to Canada following the assignment, then you will be considered a factual resident of Canada. This factual residency is based on your intention to return to Canada as well as your secondary residential ties maintained with Canada, as described in paragraph 1.14 of Folio S5-F1-C1.

*Please do not complete a Form NR73, Determination of Residency Status (Leaving Canada).*

As a factual resident, you will have to complete and file your Canadian Personal Income Tax Return and you will meet the residency requirement for Canadian benefits administered by the CRA.

**Spouses that do not expect to Maintain their Canadian Residency**

If you believe that you will be a non-resident of Canada when you leave with your spouse and family for the foreign assignment because your intention, primary ties and secondary ties support your status as a non-resident of Canada, then you should complete Form NR73, Determination of Residency Status (Leaving Canada). The Canada Revenue Agency will review the information provided in your completed Form NR73 to determine whether or not you will be considered a non-resident of Canada.

If it is determined that you will be a non-resident of Canada, you should know the tax implications, which include:
1. You will be deemed to have disposed of certain properties that may give rise to capital gains (taxes on gains can be deferred by using Form T1244, Election, Under Subsection 220(4.5) of the Information Sheet Income Tax Act, to Defer the Payment of Tax on Income Relating to the Deemed Disposition of Property);

2. You will only be able to create additional RRSP room if you have earned income in Canada;

3. You will not be able to contribute to a Tax Free Savings Account; and

4. You will be subject to tax of up to 25% on certain payments from Canadian sources, such as investment income (Part XIII tax).

For further information with respect to the determination of an individual’s residence status, please consult CRA’s Income Tax Folio S5-F1-C1 available at: http://www.cra-arc.gc.ca/tx/chncl/norms/fls/s5/f1/s5-f1-c1-eng.html

Further information on how income tax rules apply to Canadian residents that leave the country can be found in http://www.cra-arc.gc.ca/tx/nnsdnts/ndvdls/nns-eng.html

Should you have any further questions or require additional information regarding this, please do not hesitate to communicate with the International and Ottawa Tax Services Office.

CHILD BENEFITS

Please note, MFS(E) strongly encourages you to do your own research regarding educational institutions for your children, based on their abilities and needs. The following is a list of international schools in the city of your OUTCAN posting. If you have questions regarding the curriculum, entitlements or other important questions, please contact the school directly or contact the Children’s Education Manager for Europe: CEMGEE@forces.gc.ca

Other CEM contacts:

https://www.cafconnection.ca/National/Programs-Services/Children-s-Education-Management/Contact-(CEM).aspx

General information on Education and Training:

PETS

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.
POSTAL SERVICES

PERSONAL MAIL

Canadian Forces Post Office

Your postal address in Belleville will be:
(name)
RP Czech Republic
PO Box 5053 Stn Forces
Belleville, ON   K8N 5W6

If you need a physical address, either for banking or for a signature on delivery, the address is:
(name)
RP Czech Republic, CFPO 5053
15 Westwin Ave Bldg 348
CFB Trenton
Astra, Ontario   K0K 3W0

If mail or a package is being sent to the 15 Westwin address, it is recommended that you email postal@forces.gc.ca to inform them when and what to expect.

The Czech Republic Postal Services

The provider of postal service in the CZ is the state-owned Czech Post – CESKA POSTA which provides domestic and international postal, financial and courier services.

http://www.ceskaposta.cz/index

Czech letter boxes are painted in orange. It is possible to receive mail at the main post office in Brno/Vyškov. You will need to present a passport to collect the mail. It can also be delivered to the home address. You will receive a letter in the post box with the date and time of the delivery.
HEALTH SERVICES

GENERAL

As a CAF member posted to a remote location in Europe, you are able to consult the medical services offered at the medical Geilenkirchen (GK) in Germany. The Health team at CFSU(E) is able to provide support, education, and resources to the CAF community, including remote families. You can contact them at:

+49 2451 717 301
GKMedicalClinic@forces.gc.ca
Facebook page: https://www.facebook.com/GKMedicalClinic/?ref=br_rs

Social Workers

- Capt Martin Laferrière-Simard - Social Worker (Military Members)
  martin.laferrieresimard@forces.gc.ca
- Myriam Chebat - Social Worker (Family members / dependents)
  chebat.myriam@cfmws.com or Myriam.Chebat@Forces.gc.ca

Immunizations For an up to date list of required immunizations for your location, please contact Tel: +49 2451 717 305

Pharmacy Services Tel: +49 2451717 308

I Dental Unit Detachment Geilenkirchen
Canadian Forces Support Unit (Europe), Selfkant-Kaseme
Quimperlestrasse I 00, 5251 I Geilenkirchen, Germany
Clinic Phone Number: +49 (0) 2451 717 330 (leave voicemail if no answer).
EMERGENCY NUMBERS

Czech Republic country code: +420

112 is not the only emergency number in the Czech Republic. The national emergency number are:

Police: 156 metropolitan police and 158
Fire: 150
Ambulance: 155

Canadian Embassy in Czech Republic: + 420 272 101 800

HOSPITALS

The Czech Republic as a whole has some of the best health indicators worldwide, however, equity and access to care varies depending on location. In larger cities such as Prague and Brno, healthcare meets Canadian standards, but the infrastructure of the facilities are not what one is used to in Canada. Most are older historical buildings and are not modernized. For the most part, doctors in these areas will speak some English. In smaller towns like Vyškov accessing specialists and English-speaking doctors will pose a challenge.

Emergency Rooms

The Czech Republic' emergency treatment will not be denied to anyone in need. Following the use of emergency services, military members are to contact the CF H Svcs C (O) Det GK Clinic to inform a Health Care Provider and to obtain sick leave or medical employment limitations if required.

The recommended emergency rooms for Canadians to access are:

Brno

The military hospital is a public hospital that offers 24/7 emergency services. The JCBRN Defence COE has signed a Technical Arrangement with this facility. This hospital offers an
array of specialist services with the exception of gynecology and pediatrics. Services are provided to both military and civilian and priority of care is based on patient's health condition. When accessing care from this facility, be prepared to pay for services as they are not willing to accept a Letter of Guarantee and are strong advocates for purchasing Czech Republic health insurance. They claim that all their doctors speak English.

Vojenska nemocnice Brno (The Military Hospital)
Zabrdovicka 3/3, Brno, 615 00
Phone number: +420 973 4-1 111
Website: http://www.vnbrno.cz

Vyškov

The public hospital in Vyškov is the closest 24/7 emergency hospital to the base. This hospital offers a full complement of specialist services, however, getting services in English will pose a challenge. When accessing care from this facility, be prepared to pay for services as they are not willing to accept a Letter of Guarantee.

Nemocnice Vyškov
Purkynova 36, Vyškov, 682 01
Phone number: +420 517 315 111 / Website: http://www.nemvy.cz

Billing

**CAF members** - With the exception of accessing care though the Military Infirmary on Base, all care provided has a cost associated with it. Military members will have their medical bills paid for through the clinic in Geilenkirchen. Contact information is below. Should a “Letter of Guarantee” be required for any service, it can also be provided when requested using the contact information below:

Mailing Address:
CF H Svcs C (O) Det GK
CFSU(E) Selfkant
Quimperléstrasse 100
52511 Geilenkirchen Germany
Medical Finance Office hour and POC:
Hrs: 0730hrs – 1600hrs
Phone: +49 2451-717 320 or
+49 2451-717 319

**Dependents** - All bills associated with the care of dependents are the member’s personal responsibility and are to be claimed through PSHCP (for enquiries email PHSCP@allianz-assistance.ca). CF H Svcs C (O) Det GK does not pay for dependent medical bills nor do they deal with the insurance company on behalf of dependents. However, CAF members can obtain an advance for services over $200.00. Contact the Medical Invoice Clerks for assistance.

For dependents who fall under the Public Service Health Care Plan (PSHCP), you will require COMPREHENSIVE coverage while you are living outside of Canada. This will need to be actioned before you leave Canada. Make sure you call Sun Life Financial to have this changed.

For more information, consult:

[http://www.pshcp.ca/coverage/comprehensive-coverage.aspx](http://www.pshcp.ca/coverage/comprehensive-coverage.aspx)

MSFI Benefits for Dependent’s Health Care Expenses provides financial assistance to members who incur health care expenses outside Canada which exceed those permissible under the PSHCP. Reimbursable expenses are identified on the Explanation of Benefits summary provided by Allianz. Common code to look for are R70.

**Primary Care**

Primary medical care for both members and dependents over the age of 16 can be provided by the Military Medical Centre in garrison. Similar to Canadian bases, care can be accessed through sick parade or by booked appointment. Services include primary care, physiotherapy, psychology, dental, minor surgery, laboratory diagnostics, and routine immunization, as well as referrals for specialist care. There will be no cost to the member for accessing care from this facility.
Garrison Military Medical Center

Phone number: +420 973 451 811
Duty phone number: +420 973 451 155
Psychological Services: +420 725 703 626

Hours of operation: Monday - Friday 0700hrs to 1500hrs (sick parade 0700hrs - 0930hrs).
Duty nurse available after hours from 1500hrs - 0600hrs.

Private Healthcare Facilities

There were no private healthcare facilities visited during the recce, although the EUC Premium clinic did participate in a telecon with us. At this time, they were not interested in setting up direct billing with the GK Clinic or Global Allianz and stated that it is not their standard of practice to accept cash payment for medical services. They are willing to explore the cash payment option and have requested time to discuss this internally. A follow-up telcon will be conducted in the future. Similar to the public hospitals, the private hospitals are also promoting the purchasing of Czech Republic health insurance.

Healthcare Insurance

Accessing healthcare in the Czech Republic is very reliant on having public health insurance from a Czech insurance company and countries who fall within the European Union are mandated to purchase health insurance. However, there is no obligation for Canadian members and their dependents to purchase additional health insurance. Military members are "insured" under the Canadian Armed Forces and dependents have comprehensive coverage under the PSHCP which extends coverage to them outside of Canada. It is important to note that without Czech Health Insurance you will have to pay out-of-pocket for medical care and submit receipts for reimbursement. If you make the personal choice to buy additional public health insurance though a Czech Republic insurance company, it is not reimbursable by the military or the MFSIs.

Public Ambulances

The ambulance can be reached by dialing 155 or the national emergency line 112. Ambulance companies will expect payment at the time of service. Members are to submit
receipts to the CF H Svcs C (O) Det GK Medical Clinic in Germany for reimbursement. Dependents are to submit their receipts to PSHCP via Global Allianz.

PRIVATE CLINICS

There were no private healthcare facilities visited during the recce, although the EUC Premium clinic did participate in a telecon with us. At this time, they were not interested in setting up direct billing with the GK Clinic or Global Allianz and stated that it is not their standard of practice to accept cash payment for medical services. They are willing to explore the cash payment option and have requested time to discuss this internally. A follow-up telcon will be conducted in the future. Similar to the public hospitals, the private hospitals are also promoting the purchasing of Czech Republic health insurance.

PHARMACEUTICAL SERVICES

In Czech Republic over-the-counter drugs are only available in a pharmacy and they will only fill prescriptions provided by local doctors. When accessing services from a pharmacy there are typically two lines: "bez rezeptu" means you have a prescription from a doctor and "na rezept" means you are looking for an over-the-counter drug. There are a number of local pharmacies available in both Brnoo and Vyškov, although it is suggested that you use the pharmacy at the Military Hospital in Brno, as it is staffed with an English-speaking pharmacist. You will be expected to pay cash for prescriptions and over-the-counter drugs. Military members will be reimbursed for prescriptions drugs only; over-the-counter drugs are not reimbursable. Military members may also be able to access prescription drugs not available in the Czech Republic through the GK pharmacy. Contact the GK Clinic Pharmacist early if you are on a chronic medication to ensure it will be available. It has also been suggested that members bring over-the-counter medicine such as cold and flu meds from Canada as the Czech versions are not of the same quality.

DENTAL CLINICS

Dental Clinics are all over the Vyškov area. They are good and also a very important aspect at keeping your wellness up and maintaining an overall great top quality of life. Healthy teeth play a really essential function in the well-being from the rest with the body. The fastest technique to start your search is in the list of dentist beneath. A fantastic Dental
clinic in Vyškov will often be friendly and knowledgeable. They will have the ability to answer any questions and tell you exactly what you’ll want to do as the initial step to obtain correct care for your situation.


SOCIAL SERVICES

The following options are available to military members and their families for access to psychosocial or mental health resources:

Social Worker

You can reach the MFS(E) Social Worker Myriam Chebat at:

myriam.chebat@forces.gc.ca
+49 (0) 2451 717 206

You can reach the CAF Formation Europe Social Worker, Captain Martin Laferrière-Simard at:

martin.laferrieresimard@forces.gc.ca
+49 (0) 2451 717 309

Padre

There are three Padres serving the families in Europe, and they are also available for consultation:

<table>
<thead>
<tr>
<th>Maj Jean-Guy Morin</th>
<th>Lt(N) Lesley Fox</th>
<th>Capt Gerson Flor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Located in Casteau</td>
<td>Located in London</td>
<td>Located in Naples</td>
</tr>
<tr>
<td>Responsible for Central Europe (Netherlands, Germany, France, Belgium)</td>
<td>Responsible for UK and Northern Europe</td>
<td>Responsible for Southern Europe (Spain, Italy, Portugal, Turkey, Romania)</td>
</tr>
<tr>
<td><a href="mailto:jean-guy.morin@forces.gc.ca">jean-guy.morin@forces.gc.ca</a></td>
<td><a href="mailto:lesley.fox@forces.gc.ca">lesley.fox@forces.gc.ca</a></td>
<td><a href="mailto:gerson.flor@forces.gc.ca">gerson.flor@forces.gc.ca</a></td>
</tr>
<tr>
<td>+32 (0) 65 44 6179</td>
<td>+44 (0) 1895 613 022</td>
<td>+39 345 080 5673</td>
</tr>
</tbody>
</table>

CAF Member Assistance Program

Military members and their families can also contact the CAF Member Assistance Program at +1 800 268 7708. This is a voluntary and confidential service that allows callers to speak
with a professional counsellor and is available 24 hours a day, 365 days a year. Please note that Canadian toll-free numbers are not free when calling from another country, but the CAF Member Assistance Program will also accept collect calls at +1 613 941 5842.

**Family Information Line**

The Family Information Line offers confidential assistance and supportive counselling 24/7. When you call you will be connected to one of their experienced professionals who can connect you with local and national resources. The Family Information Line can be called toll free, from Europe, at 00 800 7711 7722.

**Local Resources**

Military families can also access resources in their community, as recommended by their doctor or other sources, but they should ensure with their Public Service Health Care Plan that they will be covered for the services they are considering. For their services, military members are required to go through their medical system or the CAF Member Assistance Program.

**A. A. Meetings**

Information on Alcoholic Anonymous meetings in Europe or online is available at [https://alcoholics-anonymous.eu/](https://alcoholics-anonymous.eu/)

**GREAT WEST LIFE / ALLIANZ**

**Dental Claims**

Unless you are served by a CAF Dental Clinic, dental claims will need to be sent to Great-West Life, using the paper form. Log into your account on the Great-West Life website and print a claim form. Claims and original receipts need to be mailed to the following address:

```
Great-West Life Health and Dental Benefits
Foreign Benefit Payments
PO Box 6000
Winnipeg, MB  R3C 3A5
```

Be sure to keep copies of your receipts!
Medical Claims

For medical claims, you will also need to submit a paper claim to Allianz, using the PSHCP Out-of-Country claim form (http://www.pshcp.ca/media/43901/claimform_out_fill.pdf). Send the claim form and the original receipts to:

Allianz Global Assistance
Public Service Health Care Plan
PO Box 880
Waterloo, ON N2J 4C3

Be sure to keep copies of your receipts!

Drinking water quality

The hazards related to tap water are low. The Czech Republic has water and food standards that are reportedly similar to those in the United States. Water in Vyškov is supplied by the Vyškov Public Water Supply System and Sewage. Water supply and pressure is reportedly good-and drinking water is fully in compliance with national and European Union standards.'
ON THE ROAD

GENERAL

Traffic can be unpredictable. It is always best to be on the side of caution and drive defensively. Like anywhere, rush hours can be busy, and there are some aggressive drivers.

On the highways, unless passing cars, you should remain in the right lane as faster cars do not expect to slow down for other cars. Overly aggressive drivers will tail gate and flash lights to achieve the right of way.

CAF members and their dependents should become familiar with the rules of the road, including alcohol limits. Many places in Europe may pull you over for speeding and force the person to pay the ticket on the spot and give the option to fight the ticket in court at a later date. This is common practice, being an EXPAT will not preclude you from this practice.

In the Czech Republic particularly, the practice is to issue a ticket road side, if the person chooses to contest the ticket, he or she will be responsible for a higher fine and administration fees if found guilty in court.

If traffic violations are caught by camera the ticket will be mailed to your home.

DRIVER’S LICENCE

Canadian driver's licenses are not accepted in the Czech Republic. Every person driving a motor vehicle in the Czech Republic has to carry either a Czech national driver’s license or an international driver’s license accepted in the Czech Republic. Driver licenses issued by provinces of Canada are not accepted in the Czech Republic.

A foreigner staying in the Czech Republic on the basis of permanent or long-term residence permit is obliged to replace his national driver’s license for Czech driver’s license within three months from the day the residence permit was originally granted. No driving test will be required.
The CAFember and their dependents are authorized to have their personal motor vehicle imported to the Czech Republic. An inspection (safety) will be required prior to licensing with the local authorities. Once the vehicle has passed the inspection and has insurance, the vehicle will be registered with a local Czech Republic plate.

It is recommended that you obtain an International Driving Permit (IDP) prior to your arrival at your new post. Those can be used and will be requested when you travel to other countries and you wish to rent a car. IDP can be obtained through CAA at your own cost.

http://www.caaneo.on.ca/travel/you-go/international-driving-permit

<table>
<thead>
<tr>
<th>Province</th>
<th>Mailing Address</th>
<th>Phone Number</th>
<th>Internet Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alberta</td>
<td>Alberta Transportation Main Floor- Twin Atria 4999-98 Ave Edmonton, AB T6B 2X3</td>
<td>(780) 310-0000 Outside AB: (780) 427-8230</td>
<td>Government of Alberta Ministry of Transportation: Drivers &amp; Vehicles</td>
</tr>
<tr>
<td>British Columbia</td>
<td>ICBC Licensing Driver Services Centre 151 West Esplanade North Vancouver, BC V7M 3H9</td>
<td>From Lower BC: (604) 661-2800 Toll Free in NA: (800) 663-3051</td>
<td><a href="http://www.icbc.com/driver-licensing/Pages/default.aspx">http://www.icbc.com/driver-licensing/Pages/default.aspx</a></td>
</tr>
<tr>
<td>Manitoba</td>
<td>Manitoba Transportation Driver &amp; Vehicle Licensing 234 Donald St, Box 6300 Winnipeg, NB R3C 4A4</td>
<td>(204) 985-7000 Fax: (204) 954-5338 or Toll Free in NA: (800) 665-2410</td>
<td><a href="http://residents.gov.mb.ca/reference.html?d=details&amp;program_id=304">http://residents.gov.mb.ca/reference.html?d=details&amp;program_id=304</a></td>
</tr>
<tr>
<td>New Brunswick</td>
<td>NB Department of Transportation 364 Argyle St Fredericton, NB E3B 1T9</td>
<td><a href="mailto:DPS-MSP.Information@gnb.ca">DPS-MSP.Information@gnb.ca</a></td>
<td><a href="http://www2.gnb.ca/content/gnb/en/services/driving_and_vehicles.html">http://www2.gnb.ca/content/gnb/en/services/driving_and_vehicles.html</a></td>
</tr>
<tr>
<td>Newfoundland &amp; Labrador</td>
<td>Motor Registration Division Department of Government Services PO Box 8710 St. John’s NF A1B 4J5</td>
<td>(709) 729-4834</td>
<td><a href="http://www.gs.gov.nl.ca/drivers.html">http://www.gs.gov.nl.ca/drivers.html</a></td>
</tr>
<tr>
<td>Province</td>
<td>Mailing Address</td>
<td>Phone Number</td>
<td>Internet Site</td>
</tr>
<tr>
<td>---------------------</td>
<td>---------------------------------------------------------------------------------</td>
<td>-------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Nunavut</td>
<td>Motor Vehicles Division Department of Economic Development &amp; Transportation Box 1000 Station 1575 Iqaluit, NU X0A 0H0</td>
<td>Toll Free: (867) 975-7800</td>
<td><a href="http://www.gov.nu.ca/programs-services/vehicle-registration">http://www.gov.nu.ca/programs-services/vehicle-registration</a></td>
</tr>
<tr>
<td>Saskatchewan</td>
<td>Saskatchewan Government Insurance (SGI), Licensing and Registration Services 2260 11th Avenue Regina, SK S4P 0J9</td>
<td>(306) 775-6900 Toll Free: (800) 667-9868</td>
<td><a href="http://www.sqi.sk.ca/individuals/index.html">http://www.sqi.sk.ca/individuals/index.html</a></td>
</tr>
</tbody>
</table>
**ROADWORTHINESS TEST/SAFETY**

If you buy a new car in the Czech Republic, you **must** have it checked for roadworthiness in 4 years after its initial roadworthiness check and registration.

If you have a used car of 4 years or older in the Czech Republic, you **must** have it tested for roadworthiness 2 years after the date of the last roadworthiness check.

A roadworthiness test **doesn't have to** be conducted each time a vehicle changes owner.

If you register your car as a new resident in the Czech Republic, moving from another EU country, **your car doesn't have to undergo** the roadworthiness test.

Contact body for roadworthiness tests: Vehicle Examination Station (Stanice technické kontroly - STK) – a list of all stations is available on the pages of the [Czech Ministry of Transport](http://www.gov.cz).

To ensure your vehicle and its equipment function correctly and comply with safety standards, it must undergo regular roadworthiness tests, which generally comprise the following checks:

- identification
- brake system
- steering
- windscreen view
- lights and electric equipment
- axes, wheels, tyres
- chassis
- other equipment
- fuel/oil leakage, emissions
CAR INSURANCE

The Czech law requires mandatory third-party liability insurance for any car registered in the Czech Republic. The general rule is that a vehicle must be insured in the same place where it is registered, and where the insurance risk is mainly situated. If the car is registered in the Czech Republic, the third-party liability insurance has to be concluded with a Czech insurance company. Third-party liability insurance covers damage or injury caused to other vehicles or third parties during the car operation, e.g. during an accident. It is required by law and the car cannot be registered without it;

Additional insurance, (collision) is available with all Czech insurance companies.

   This insurance is an optional upgrade to the liability insurance. It secures your own car - windscreen, damage due to collision with animal, powers of nature and multiple other reasons

Insurance is relatively cheap here. For an average car with normal coverage it's probably not more than 10.000 CZK annually. A huge price differences exist for the first year but be aware that in the second year, the online insurance becomes much more expensive, without informing the customer. Larger insurance companies allow discounts if the member can provide an official paper stating how many accident free years you have accumulated abroad so it is recommended that you get this from your Canadian insurer before coming to Europe.

Insurance packages are also highly recommended for:

   • Household content insurance and if applicable glass insurance (including elementary risks);
   • Personal liability/third party liability insurance, including damages caused by pets; and
Insurance companies available in Vyškov and Brno

1) Axa. Car and House Insurances.
2) Allianz - VySkov. Do not speak English.

VEHICLE REGISTRATION

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

EMISSION STICKER

European Green Zones

Germany (58 zones), France (28 zones), Belgium (3 zones), Denmark (5 zones), and Austria (6 zones) have Green Zones and corresponding stickers. If you will be driving in the Green Zones of those countries, you may need a sticker for your car. You can order a sticker for your vehicle from the links in this website:

https://www.green-zones.eu/en.html

FUEL CARD

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

ITEMS IN YOUR CAR

ITEMS YOU SHOULD HAVE IN YOUR CAR

The following items are useful and should be carried in your vehicle:

- Proof of identity – certified true copy of passport is always best.
Proof of Insurance

- First aid kit (to include 2 pairs of disposable gloves).
- Warning triangle

- Reflective vests for any passengers who leave the vehicle; e.g. when stranded by the side of the road. One vest per seat is required
- A disposable camera or a small digital camera in your accident kit (optional)
- International Driver’s License

Traffic Office in GK:
+CFSUEFE@forces.gc.ca (Traffic Section)
+49 (0) 2451 717 119
+49 (0) 2451 717 136


BIKING/MOPEDS/MOTORCYCLES

Bicycles

- Cyclists less than 18 years of age must now wear an approved cycling helmet at all times when traveling on the road.

Motorcycles

- When riding a motorcycle (faster than 40 km/h, aprox. 25 mph), both the driver and passenger must wear safety helmets.

PARKING

Vehicles may be parked only on the right hand side of the road, parallel with the kerb. In a one way street, parking is also allowed on the left.
Stopping and parking are prohibited in all places where visibility is poor or where the vehicle could cause an obstruction, and in particular: on a bridge within 5 metres of an intersection, pedestrian crossing, a bus or tram stop.

Continuous yellow lines along the carriageway indicate parking prohibitions; broken yellow lines indicate restrictions.

An unattended vehicle not illuminated by a street light should carry a parking light which is visible from the front and from the rear. The light must be within 40cm of the offside of the vehicle.

Information retrieve from: https://www.rac.co.uk/drive/travel/country/czech-republic/

**TOLLS**

To access a number of Czech highways, you must buy a *sticker* which you can get at almost every gas station, post office or when crossing borders. The sticker is called “Dálniční známka”.

There are 3 different stickers available:

<table>
<thead>
<tr>
<th>Type of sticker</th>
<th>Validity period</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual (R)</td>
<td>14 months (valid from the 1st of December of the previous year until the 31st of January of the following one)</td>
<td>1,500 CZK</td>
</tr>
<tr>
<td>Monthly (M)</td>
<td></td>
<td>440 CZK</td>
</tr>
</tbody>
</table>
1 month from the day marked on the sticker

10-day (D)

10 days from the day marked on the sticker 310 CZK

Note that the sticker is valid for **vehicles not exceeding 3.5 tonnes**. For motorbikes, highways are free of charge.

Fill in the registration number of your vehicle legibly in the sections indicated on both parts of the sticker. The **proof of payment** issued when purchasing the sticker must be kept when driving.

The sticker must be placed at the bottom right of the windscreen and can be used for 1 vehicle only.


**REST STOPS**

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.
DRIVING SPEED

There are three speed limits in the Czech Republic. In towns the maximum is 50 km/h, when you get outside the town the maximum is 90 km/h, and on the highways you should not go more than 130 km/h. A special speed limit is for cars pulling a caravan, these cannot exceed 80 km/h both on highway or outside the town.

Speed Cameras

A lot of radars are placed along the roads and if a driver is over speeding they fine them on the spot. Be aware that the Czech policemen are very strict and do not like arguing.

The Czech Republic is one of the countries where the penalty point system of driving has been introduced. You have a maximum of 12 points and in case that all of these points are taken from you, you are forbidden to drive in Czech Republic for one year. For moderate speeding, which means up to 20 km/h in town and 30 km/h outside the town, the fine is usually between CZK 500 – 2,000. However, for a rough infringement of the laws the policeman can fine you up to CZK 5,000.


SAFETY BELTS AND CHILD SEATS

The driver and front and rear seat passengers must wear seat belts where fitted.

Children less than 150 cm in height, travelling in vehicles registered in the Czech Rep. or abroad, must use child restraints, both at the front and at the rear of the vehicle. Child restraints must conform to ECE standard 44/03 or 44/04. If the child is transported on the front seat in a rear-facing restraint, the air bag must be deactivated.

Information retrieve from: https://www.rac.co.uk/drive/travel/country/czech-republic/

MOBILE PHONES

The use of cellular telephones while driving is prohibited. However, the use of hands free sets is permitted.
WINTER TIRES

It's **compulsory** for all vehicles to be equipped with winter tires on all wheels every year from the **1st of November to the 31st of March** (and even after or before this period whether the temperature is less than 0°C) on all roads.

Information retrieve from: https://blog.foreigners.cz/driving-in-the-czech-republic/

ALCOHOL AND NARCOTICS

There is a zero tolerance policy in Czech Republic for those who drive under the influence of alcohol or drugs. The Czech police (*policie*) executes routine checks for presence of alcohol and has the right to test any driver any time on the spot. These checks are especially done during the night time.

If alcohol or drugs have been confirmed in your blood by the breathalyser, the consequences can be an imprisonment for up to 3 years and a payment of CZK 25-50,000. If a driver refuses to pass the breath test, the monetary fine is the same as in case of a person declared under the influence of alcohol.

In case of offending a Czech official or causing a traffic accident under the influence of alcohol, your driving licence will be withdrawn for up to one year and you will have to pay a fine up to CZK 10,000.


ROADSIDE ASSISTANCE

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.
**IF INVOLVED IN A CAR ACCIDENT**

If you happen to have an accident which does not exceed claims of CZK 50,000 and nobody is hurt, you can set the compensation with the participants by a mutual agreement. If this is not the case, you have to call the police who will then write a police report with you.


**BUYING OR SELLING A CAR**

According to the Dopravni Inspektorat (Czech traffic police), fraud involving used cars is up 70% this year alone. More than 500,000 cars on Czech roads today are either reported as stolen or are illegal (court liens, illegal docs or unpaid lease contracts). If you need to buy a used car in Czech Republic here are some pointers on how to determine if a car is “legal” in the CR:

- **Actual year of production can be found in codes all over the car.**
- **VIN code. The VIN code must agree with the registration book.**
- **The engine type and VIN must both be entered on the car documents and the registration book. There are no legal exceptions to this law. If you find a number miss, do not purchase the car. It is illegal.**
- **Verification of car origin. This is the most important procedure. You will need professional help who can guarantee the origin for you.**

Car origin should always be performed for each and every car imported into CR and every car that does not have the original registration.


When in doubt, you can contact the GK Traffic Office for further pointers.

**Traffic Office in GK:**

+CFSUEFE@forces.gc.ca (Traffic Section)

+49 (0) 2451 717 119
+49 (0) 2451 717 136


RELIGIOUS SERVICES

ENGLISH LANGUAGE SERVICES IN THE AREA

Please note, there may not be regular religious services in English or in French.

Catholic Churches in Vyškov

https://www.catholicdirectory.com/czech-republic/vyškov

List of all Churches in Vyškov

https://commons.wikimedia.org/wiki/Category:Churches_in_Vyškov_District
AROUND THE HOUSE

INTERNET/TELEVISION/MOBILE PHONE

Voice over Internet Protocol (VoIP) Phones

Several Canadian families have used a VoIP phone, and this is worth investigating before leaving Canada (so you can keep your number).

With a VoIP phone, you can keep a Canadian phone number. This has a few benefits. Your family and friends can call you, and you can call them, without overseas long-distance charges. Besides cost, it is also less confusing for people who may not be used to European calling (like elderly parents). Keeping a Canadian phone number also can help when completing online forms, banking, registering on Canadian websites etc. And finally, if you want to keep a phone number for continuity, you can move a number to a VoIP provider when you move OUTCAN, then move the same number back to a Canadian provider when you return.

Which provider to use? There are several, with varying costs and services. MagicJack and Vonage are two of the big companies, but many other VoIP providers are out there.

ELECTRICITY

In the Czech Republic the standard voltage is 230 V and the frequency is 50 Hz. You can use your electric appliances in the Czech Republic, if the standard voltage in your country is in between 220 - 240 V (as is in the UK, Europe, Australia and most of Asia and Africa).

Electricity in Europe differs from electricity in Canada, in that the voltage is higher and the frequency is lower. In Canada our electricity is 110V 60Hz, while in Europe, they have 220-230V and 50Hz. Some electronics are not compatible with European power and require transformers, while others are dual voltage and only require a plug adapter.

To find out if an electronic is dual voltage, look for the electronic information on the product. This information is often found on the bottom or back of the product, or on its battery pack. If the input gives a range such as 100-240V 50-60Hz, then the product is dual voltage and works with both Canadian and European electricity. If the input does not give a range and only says 110V 60Hz, then it is not compatible with European electricity.
**Dual Voltage**

If your product is dual voltage, then all you need is a plug adapter in order to use it. Since the product is already compatible with the local electricity, all the adapter does is allow the prongs to fit the electrical outlets. If you use an adapter with a product that is not dual voltage, you will not only damage your product, but you may also cause electrical damage to the building.

Lamps are considered dual voltage; however, you will need to replace the light bulbs with European lightbulbs.

**Single Voltage**

If your electronics only says 110V 60Hz, then it is not compatible with European electricity. In order to use it while in Europe, you will need to use a transformer. Transformers convert the local electricity to 110V 60Hz, so you are able to plug devices into it as if you were plugging them into a wall in Canada.

Most electronic devices have a prominent label that looks like this picture. On this device (a camera battery charger), you can see that after "Input" it says "110 - 240 volt", which means that it can be used with any voltage within that range, including the 110 volt standard in Canada or the 220-230 volt standard in much of Europe. All you'll need is a plug adaptor.

On this next label, you can see that this coffee maker is **not** dual voltage. It lists simply "120 volts". Other items may say "110" - anything in this range is a standard North American appliance. If you want to use something like this overseas, it will need to be on a transformer.

In this final image, you can see that some appliances have a switch for use between higher and lower voltages. This can be used overseas with only a **plug adaptor**, but don’t forget to flip the switch!
Transformers

Transformers are created with different wattage ratings, so you will need to make sure you are using the correct wattage to handle what you are plugging into it.

The total wattage of appliances plugged into the transformer must be less than the wattage rating of the transformer. To find out the wattage of an electronic device, if it's not on the label, you can multiply the voltage of the item by the number of amperes (amps). For example, if the information on an item says 110V 60Hz 1A, you would multiple 110 (voltage) by 1 (amps) to get 110 watts.

There are also websites that have information on the approximate wattage of electronic and household appliances, for example,

- [https://www.wholesalesolar.com/solar-information/how-to-save-energy/power-table](https://www.wholesalesolar.com/solar-information/how-to-save-energy/power-table)

Research before choosing transformers. If in doubt, buy bigger. Some items (like TVs) need a big surge of power when switched on, so go with three times the wattage (a 500W appliance might need a 1500W transformer). Items that produce heat (iron, hair dryer) will require more wattage.

Transformers that do not have an ON/OFF switch, or have a switch and are turned on, will consume energy while plugged in, even if you do not have an appliance plugged into them. Therefore, you should always keep your transformers off or unplugged when not in use.

As part of your furniture claim, you can purchase and claim 50% of the cost of up to four transformers.

UTILITIES

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

APPLIANCES

You will find that the appliances around your house are often smaller than what you are accustomed to in Canada. Also, many of your cooking pans may not fit inside the ovens here. The washer and dryer are often much smaller and are often in the kitchen area. This can pose problems for washing typical Canadian bedding. Examine the appliances of the
house you choose. It may prevent you from bringing things that won’t be suitable for the Czech Republic.

**BEDS**

You should note that sizes of beds and bedding differ between Canada and Europe. It may be helpful to purchase extra bedding prior to your move, or you may find that you have to have it shipped from Canada. If you plan on purchasing a bed while you are in Europe, do your research to ensure you will be able to find bedding that will fit upon your return to Canada.

**WATER QUALITY**

The hazards related to tap water are low. The Czech Republic has water and food standards that are reportedly similar to those in the United States. Water in Vyškov is supplied by the Vyškov Public Water Supply System and Sewage. Water supply and pressure is reportedly good—and drinking water is fully in compliance with national and European Union standards.

**GARBAGE AND RECYCLING**

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

**METRIC CONVERSION**

*Oven Temperature*

<table>
<thead>
<tr>
<th>F</th>
<th>C</th>
<th>F</th>
<th>C</th>
<th>F</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>275</td>
<td>135</td>
<td>350</td>
<td>175</td>
<td>425</td>
<td>220</td>
</tr>
<tr>
<td>300</td>
<td>150</td>
<td>375</td>
<td>190</td>
<td>450</td>
<td>230</td>
</tr>
<tr>
<td>325</td>
<td>165</td>
<td>400</td>
<td>205</td>
<td>500</td>
<td>260</td>
</tr>
</tbody>
</table>
## Cup & Spoon Equivalents

<table>
<thead>
<tr>
<th>Fraction</th>
<th>Milliliters</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup</td>
<td>60 ml</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>80 ml</td>
</tr>
<tr>
<td>½ cup</td>
<td>120 ml</td>
</tr>
<tr>
<td>2/3 cup</td>
<td>160 ml</td>
</tr>
<tr>
<td>¾ cup</td>
<td>180 ml</td>
</tr>
<tr>
<td>1 cup</td>
<td>240 ml</td>
</tr>
<tr>
<td>1¼ cup</td>
<td>300 ml</td>
</tr>
<tr>
<td>1½ cup</td>
<td>360 ml</td>
</tr>
<tr>
<td>2 cup</td>
<td>480 ml</td>
</tr>
<tr>
<td>3 cup</td>
<td>720 ml</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fraction</th>
<th>Milliliters</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/8 tsp</td>
<td>0.6 ml</td>
</tr>
<tr>
<td>¼ tsp</td>
<td>1.3 ml</td>
</tr>
<tr>
<td>3/8 tsp</td>
<td>2 ml</td>
</tr>
<tr>
<td>½ tsp</td>
<td>2.5 ml</td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 ml</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tablespoon</th>
<th>Milliliters</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tbsp</td>
<td>15 ml</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>30 ml</td>
</tr>
<tr>
<td>3 tbsp</td>
<td>45 ml</td>
</tr>
</tbody>
</table>
EMPLOYMENT

WORKING FOR MILITARY FAMILY SERVICES (MFS) OR PERSONNEL SUPPORT PROGRAMS (PSP)

If you want to work for MFS and PSP while in Europe, you should bring the following information with you. It will be required to process your file to obtain the required security clearance to work in Europe. Having this information at your fingertips will speed-up the hiring process:

• Copy of passport, SOFA or VISA stamp (some of those, you will get in Europe)
• Another form of government (federal or provincial) photo ID (birth certificate, Driver’s Licence, etc.). If Government photo ID is not available a 3rd piece of photo ID (such as student ID) must be provided
• Five years of resident addresses along with proof (mail, bill, T4, etc.). The dates must be five years from the date of filling out the form back exactly five years from that date (i.e.: 24 Oct 2018 back to 24 Oct 2013)
• Proof of relevant education and professional qualifications (transcripts, diplomas, etc.)
• Proof of previous employment (back 5 years), (work agreements, T4s, etc.)
• Two References (names and addresses at least – reference letters are good to have as well)

SPOUSAL/DEPENDENT EMPLOYMENT ASSISTANCE AND EDUCATION

Our Education, Employment and Training Program Coordinator creates and delivers programs such as the Youth Employment Preparation and the Adult Employability Programs. The coordinator also offers employment and training assistance to working age youth and adult family members. These services include; job search information and tools, career related training and programs, and one-on-one employment assistance (resume writing, cover letter, interview skills).

For information regarding education or employment please contact the MFS(E) Education, Employment and Training Programs Coordinator, Caroline Couture at MFSE.EmploymentEducationTraining@cfmws.com.
JOB POSTINGS

Civilian employment opportunities are published regularly on the CAF Connection Website:

- [https://www.cafconnection.ca/Europe/Programs-Services/Employment.aspx](https://www.cafconnection.ca/Europe/Programs-Services/Employment.aspx)

LOCAL EMPLOYMENT

If you are interested in working for a local employer, your SOFA stamp/dependent status does not confer the right to be employed on the economy. This is entirely a matter for the host nation to decide and it is an individual's responsibility to seek permission from local authorities. The host nation embassy in Canada may be able to assist before departure or upon arrival, consult the appropriate department of the host nation government.

ADULT EMPLOYABILITY PROGRAM

If you will be looking for employment when you return to Canada, MFS(E) can help you to be well prepared through our Adult Employability Program. Through participation in a series of virtual workshops, you can receive help creating a strong resume, cover letter and career portfolio as well as learn and practice interview techniques.

VOLUNTEERING

An OUTCAN posting is a good opportunity to get involved with your community. Volunteer work not only helps support other CAF families and provides social networks and personal satisfaction, but it can help build your skill set and improve your resume.

YOUTH EMPLOYMENT PREPARATION PROGRAM

The Youth Employment Preparation (YEP) Program provides real-life workplace training and employment opportunities to the youth of the CAF members and Canadian Forces support personnel posted in Europe. YEP aims to assist youth - between the age of 15 and 24 who are pursuing full-time studies – gain the knowledge, skills and experience to make a successful transition into the labour market. For more information on this program, see:

- [https://www.cafconnection.ca/Europe/Programs-Services/Employment/Youth-Employment-Preparation-Program.aspx](https://www.cafconnection.ca/Europe/Programs-Services/Employment/Youth-Employment-Preparation-Program.aspx)
EDUCATION

SCHOOLS

Vyškov does not have any schools that meet the Ontario curriculum. The nearest school that does is in BRNO (36 km away from the Garrison). The International School of Brno (ISB) is based on the Cambridge International Education (CIE) and the Council of British International Schools (COBIS). ISB is a World School as well as a member of the Council of International Schools.

Children’s Education Management (CEM) manages the education allowances and oversees the schools for the Department of National Defence personnel to ensure that their dependent children obtain the same quality of education regardless of the province or country they may be posted to.

For more information regarding education, please contact:

Children Education Management at Niederheid

Email: P-SFK.76EDEPED@intern.mil.ca

www.cafconnection.ca/CEM

Children’s Education Management Officer at +49 2451 717 164.

Education Allowance Coordinator at +49 2451 717 212

IMMUNIZATION

For an up to date list of required immunizations for your location, please contact our Community Health Nurse Capt Connie Grant, connie.grant@forces.gc.ca, Tel: +49 2451 717 305.

You can also consult the travel advisories for the Czech Republic:

DISTANCE EDUCATION

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestions.

CHILDREN’S EDUCATION MANAGEMENT (CEM)

Please note, MFS(E) strongly encourages you to do your own research regarding educational institutions for your children, based on their abilities and needs. The following is a list of international schools in the city of your OUTCAN posting. If you have questions regarding the curriculum, entitlements or other important questions, please contact the school directly or contact the Children's Education Manager for Europe: CEMGEE@forces.gc.ca

Other CEM contacts:

https://www.cafconnection.ca/National/Programs-Services/Children-s-Education-Management/Contact-(CEM).aspx

General information on Education and Training:


SCHOLARSHIP AND BURSARY INFORMATION

A variety of scholarships and bursaries are available to serving and former Canadian Armed Forces members and their families. These scholarships and bursaries are funded by educational institutions, government partners and charitable organizations and are not administered by MFS(E). More information can be found here:


The European Fund (EF) Academic Program is established to recognize the academic accomplishments of students graduating from high school who are dependents of European Fund Members and to encourage students to continue towards post-secondary studies. All students accepted and attending a recognized post-secondary institution will receive €500.

• https://www.cafconnection.ca/Europe/Programs-Services/Education-Training/Academic-Scholarship.aspx
POST SECONDARY EDUCATION

An OUTCAN posting can be an ideal time to continue your education, whether through part-time or full-time studies, working towards a degree or certificate, for professional development or taking a special interest course for fun. Studies can be done in person at local colleges and universities or on-line through a variety of institutions.

If you plan on studying with a local university or college, be aware that Canadians may have to pay overseas (international) student fees and these fees can be double or triple what a local student will pay. Check with the institutions to see if part-time studies lower these fees.

Local Institutions

The Canadian Information Centre for International Credentials (http://cicic.ca) can provide you with information related to Canadians studying abroad or returning to Canada with foreign credentials.

If you are looking to continue a degree that you started in Canada, transferring credits or studying on a Letter of Permission from your Canadian university can be challenging due to differences in the educational systems. Do some research into programs available at your local universities and colleges, attend open days, and connect with their international admissions department to see what options are available to you. Your Canadian university may also have information about studying abroad.

If you choose to pursue an educational program locally and intend to use it professionally, you must ensure that it is an accredited program and your diploma/degree will be recognized in Canada. If there is a governing body for your line of work in the province you will be returning to (i.e. teaching, nursing, accounting) you should check with them to determine how they view foreign qualifications. If you plan to continue with higher education upon returning to Canada, you may want to contact the Canadian institution you are interested in attending in order to see how they will assess your foreign education.

Distance learning in your local community may be available; however, if distance learning is your desired method, it may be easier (and cheaper) to go through a Canadian institution.

Canadian Institutions

Many Canadian universities and colleges offer distance education programs. The delivery of these programs can vary based on the institution or field of study, for example, some programs are offered completely online, some may require you to have proctored exams, while others may require you to visit the institution in person periodically.
When choosing a program, it is important to make sure that it is offered through a recognized, authorized, registered and/or licensed educational institution.

To check the current status of an institution you can use the following search tool:


For more information on this directory please visit:

ENTERTAINMENT & LEISURE

LOCAL ATTRACTIONS

In Vyskov, you can visit the Zoo Park: https://www.zoo-vyskov.cz/basic-informations

CINEMAS & CONCERTS

You can find a list of concert here: https://www.setlist.fm/venue/letist-marchanice-vyskov-czech-republic-13d59d6d.html

HOBBIES & CLUBS

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

SPORTS & ATHLETICS

Klub stolniho tenisu: http://stolnitenisvyskov.cz
Squash Vyskov: https://www.squash-vyskov.cz

RECREATION CENTRES & PARKS

Aquapark: http://www.bazenvyskov.cz

AMUSEMENT PARKS

Dino Park: https://www.dinopark.eu/en/vyskov
DINING OUT

Tipping

Tipping has become more common on the popular cities of Czech Republic. In most cases it is expected to tip, however it’s not always the case.

**Taxis:** Rounding up is expected. This should equal about 5%.

**Hotels:** You should tip the bell boy about 20 crown. If the hotel maids are good you should tip them about the same a night.

**Restaurant:** Unless the bill states that tip is included you should expect to tip 10%. When a waiter or waitress comes to your table you must tell them how much you wish to pay and not leave the change on the table.

**Bars:** Similar to restaurants, you should expect to tip about 10%. Let the staff know how much you are paying in total when you pay. Don’t just leave the change on the table.
GENERAL SHOPPING TIPS

Local Store Hours/Sunday/Holiday Shopping

Shops in smaller towns are generally open 8 a.m. to 6 p.m. from Monday to Friday, and 8 a.m. to noon on Saturday. Hypermarkets and shopping centres are open daily including weekends and public holidays from 8 a.m. to 9 p.m. Small shops may close for an hour at lunch time. Most gas stations are open 24 hours.

Public Washrooms

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

Shopping Bags

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

GROCERIES

The three main supermarkets in Czech Republic are Albert (Hypernova), Billa and Tesco. Albert supermarket have very convenient open hours. Some of them are open from 5:30 in the morning until 20:00 and other are open from 6:00 to 23:00. Look carefully the opening hours at your nearest Albert supermarket.

Billa have fresh looked fruit and vegetable but they are see like more expensive than other place. They have a free membership card with which you can get discounts throughout the year.

Tesco have also convenient opening hours and you can found a large choice of foreign item. They also have a lot of smaller shops for quick stop.
Cooking and Baking

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestions.

GENERAL SHOPPING

CLOTHING SIZES

Women’s Clothing Sizes

<table>
<thead>
<tr>
<th></th>
<th>US</th>
<th>6</th>
<th>8</th>
<th>10</th>
<th>12</th>
<th>14</th>
<th>16</th>
<th>18</th>
<th>20</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>UK</td>
<td>8</td>
<td>10</td>
<td>12</td>
<td>14</td>
<td>16</td>
<td>18</td>
<td>20</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td>Europe</td>
<td>34</td>
<td>36</td>
<td>38</td>
<td>40</td>
<td>42</td>
<td>44</td>
<td>46</td>
<td>48</td>
</tr>
</tbody>
</table>

Women’s Shoe Sizes

<table>
<thead>
<tr>
<th></th>
<th>US</th>
<th>5½</th>
<th>6</th>
<th>6½</th>
<th>7</th>
<th>7½</th>
<th>8</th>
<th>8½</th>
<th>9</th>
<th>9½</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>UK</td>
<td>3½</td>
<td>4</td>
<td>4½</td>
<td>5</td>
<td>5½</td>
<td>6</td>
<td>6½</td>
<td>7</td>
<td>7½</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Europe</td>
<td>37½</td>
<td>38</td>
<td>38½</td>
<td>39</td>
<td>39½</td>
<td>40</td>
<td>40½</td>
<td>41</td>
<td>41½</td>
<td>42</td>
</tr>
</tbody>
</table>

Men’s Clothing Sizes

<table>
<thead>
<tr>
<th></th>
<th>US &amp; UK</th>
<th>36</th>
<th>38</th>
<th>40</th>
<th>42</th>
<th>44</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Europe</td>
<td>46</td>
<td>48</td>
<td>50</td>
<td>52</td>
<td>54</td>
</tr>
<tr>
<td></td>
<td>Metric (cm)</td>
<td>91</td>
<td>97</td>
<td>102</td>
<td>107</td>
<td>112</td>
</tr>
</tbody>
</table>

Men’s Shoe Sizes

<table>
<thead>
<tr>
<th></th>
<th>US</th>
<th>8</th>
<th>8½</th>
<th>9</th>
<th>9½</th>
<th>10</th>
<th>10½</th>
<th>etc.</th>
</tr>
</thead>
</table>

Men’s Sweater Sizes

<table>
<thead>
<tr>
<th>US</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
<th>Extra Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>UK</td>
<td>34</td>
<td>36-38</td>
<td>40</td>
<td>42-44</td>
</tr>
<tr>
<td>Europe</td>
<td>44</td>
<td>46-48</td>
<td>50</td>
<td>52-54</td>
</tr>
</tbody>
</table>

VAT FREE SHOPPING

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

LOCAL SERVICES

DRY CLEANING

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

BARBER AND BEAUTY

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.
LIBRARY

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

CHILDCARE

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

PET CARE

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.
IN CLOSING

Your posting to Europe may be one of the most memorable postings you will experience with the Canadian Armed Forces. This experience comes from a combination of your outlook on life, your specific location and your family dynamics. While some revel in relaxed weekends roaming their local area, others are perpetually traveling to various locations otherwise too far or too expensive to discover from Canada.

Through it all, MFS(E) is here to assist you to maximize the good times and overcome any bumps along the way. Our focus is on virtual programming, email and telephone contact and on informational mailings. This may be different than what you are used to, but support is very much available to you, and we await your arrival with anticipation.

This Handbook is a special tool designed with you in mind. You may be surprised at the cultural differences upon first arrival. This guide is set in place to assist you in understanding some of the differences.

We have a Military Family Services Europe Facebook page so please take a moment to follow and ‘like’ the page. It helps get everyone in touch and keep up to date on upcoming events and programs. As this is always a working document and every family’s experience is different, we welcome any recommendations to improve this guide. It is your input that helps us to better serve you. We wish you a pleasant posting and we look forward to meeting with you at any of our organized events or programs, or online during one of our virtual programs. Remember we, are only a phone call or email away.

Welcome!

MFS(E) Staff, Advisory Committee & Volunteers

DISCLAIMER: Due to rules and regulations ever changing, please ensure you do your own research and consult with the resources provided for the most up-to-date policies and procedures before making any assumptions or relying on information provided here as accurate as policies and procedures change and could be different from the time this document was created and updated.

Thank you for your cooperation and attention in this matter.
USEFUL LINKS

Please note that this section is currently being developed. If you have questions, contact us at: MFSE.RigaRemote@cfmws.com; we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion
# USEFUL TRANSLATIONS & PHRASES

## BASIC WORDS, PHRASES AND QUESTIONS

<table>
<thead>
<tr>
<th>English</th>
<th>Czech</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes (formal)</td>
<td>Ano</td>
</tr>
<tr>
<td>No (formal)</td>
<td>Ne</td>
</tr>
<tr>
<td>Hello</td>
<td>Dobry den</td>
</tr>
<tr>
<td>Good Bye</td>
<td>Nashledanou</td>
</tr>
<tr>
<td>Hi</td>
<td>Ahoj</td>
</tr>
<tr>
<td>I’m sorry</td>
<td>Prominte</td>
</tr>
<tr>
<td>Please</td>
<td>Prosím</td>
</tr>
<tr>
<td>Thank You</td>
<td>Děkuji</td>
</tr>
<tr>
<td>Excuse Me</td>
<td>S dovolením</td>
</tr>
<tr>
<td>My name is...</td>
<td>Jmenuji se ...</td>
</tr>
<tr>
<td>What’s your name?</td>
<td>Jak se jmenujes</td>
</tr>
<tr>
<td>Do you speak English?</td>
<td>Mluvíte anglicky?</td>
</tr>
<tr>
<td>I don’t speak Czech</td>
<td>Nemluvím česky</td>
</tr>
<tr>
<td>How are you?</td>
<td>Jak se mas</td>
</tr>
<tr>
<td>Would you help me please?</td>
<td>Pomohl byste mi prosim ?</td>
</tr>
<tr>
<td>What time is it?</td>
<td>Kolik je hodin ?</td>
</tr>
<tr>
<td>How much does...cost?</td>
<td>Jak moc je ...?</td>
</tr>
<tr>
<td>Where is...?</td>
<td>Kde je ...?</td>
</tr>
<tr>
<td>Where are the bathrooms?</td>
<td>Kde je toaleta?</td>
</tr>
<tr>
<td>Do you have...?</td>
<td>Mate....?</td>
</tr>
<tr>
<td>Could you please talk more slowly?</td>
<td>Mohl byste prosim mluvit pomaleji ?</td>
</tr>
<tr>
<td>Could you repeat that, please?</td>
<td>Mohl byste to zopakovat, prosim ?</td>
</tr>
</tbody>
</table>
NUMBERS

<table>
<thead>
<tr>
<th>English</th>
<th>Czech</th>
<th>English</th>
<th>Czech</th>
</tr>
</thead>
<tbody>
<tr>
<td>one</td>
<td>jeden</td>
<td>eleven</td>
<td>jedenact</td>
</tr>
<tr>
<td>two</td>
<td>dva</td>
<td>twelve</td>
<td>dvanact</td>
</tr>
<tr>
<td>three</td>
<td>tri</td>
<td>thirteen</td>
<td>trinact</td>
</tr>
<tr>
<td>four</td>
<td>ctyri</td>
<td>fourteen</td>
<td>ctrnact</td>
</tr>
<tr>
<td>five</td>
<td>pet</td>
<td>fifteen</td>
<td>patnact</td>
</tr>
<tr>
<td>six</td>
<td>sest</td>
<td>sixteen</td>
<td>sestnact</td>
</tr>
<tr>
<td>seven</td>
<td>sedm</td>
<td>seventeen</td>
<td>sedmnact</td>
</tr>
<tr>
<td>eight</td>
<td>osm</td>
<td>eighteen</td>
<td>osmnact</td>
</tr>
<tr>
<td>nine</td>
<td>devet</td>
<td>nineteen</td>
<td>devatenact</td>
</tr>
<tr>
<td>ten</td>
<td>deset</td>
<td>twenty</td>
<td>dvacet</td>
</tr>
</tbody>
</table>

PHRASES FOR EMERGENCIES

<table>
<thead>
<tr>
<th>English</th>
<th>Czech</th>
</tr>
</thead>
<tbody>
<tr>
<td>Help!</td>
<td>Pomoc !</td>
</tr>
<tr>
<td>Police!</td>
<td>Policii!</td>
</tr>
<tr>
<td>Fire!</td>
<td>Ohen!</td>
</tr>
<tr>
<td>I need a doctor!</td>
<td>Potrebuji lékare</td>
</tr>
<tr>
<td>I don’t feel well.</td>
<td>Necitim se dobre</td>
</tr>
</tbody>
</table>

ORDERING IN A RESTAURANT

<table>
<thead>
<tr>
<th>English</th>
<th>Czech</th>
</tr>
</thead>
<tbody>
<tr>
<td>The menu, please.</td>
<td>Menu, prosim</td>
</tr>
<tr>
<td>Do you have a menu in English?</td>
<td>Mate menu v anglictine ?</td>
</tr>
<tr>
<td>I’d like....</td>
<td>Rad bych....</td>
</tr>
<tr>
<td>Could you recommend something?</td>
<td>Mohl bys neco doporucit ?</td>
</tr>
<tr>
<td>Another (beer) please.</td>
<td>Dalsi (pivo) prosim</td>
</tr>
<tr>
<td>The check, please.</td>
<td>Ucet prosim</td>
</tr>
<tr>
<td>A receipt, please.</td>
<td>Potvrzeni, prosim</td>
</tr>
<tr>
<td>English</td>
<td>Czech</td>
</tr>
<tr>
<td>--------------</td>
<td>----------</td>
</tr>
<tr>
<td>Breakfast</td>
<td>snidane</td>
</tr>
<tr>
<td>Lunch</td>
<td>Obed</td>
</tr>
<tr>
<td>Dinner</td>
<td>Vecere</td>
</tr>
</tbody>
</table>

**HOUSE HUNTING**

<table>
<thead>
<tr>
<th>English</th>
<th>Czech</th>
</tr>
</thead>
<tbody>
<tr>
<td>House</td>
<td>Dum</td>
</tr>
<tr>
<td>Apartment</td>
<td>Byt</td>
</tr>
<tr>
<td>Rooms</td>
<td>Pokoje</td>
</tr>
<tr>
<td>Bedrooms</td>
<td>Loznice</td>
</tr>
<tr>
<td>Living Room</td>
<td>Obyvaci pokoje</td>
</tr>
<tr>
<td>Kitchen</td>
<td>Kuchyne</td>
</tr>
<tr>
<td>Dining Room</td>
<td>Jidelna</td>
</tr>
<tr>
<td>Rent</td>
<td>najemne</td>
</tr>
<tr>
<td>Utilities</td>
<td>Utility</td>
</tr>
<tr>
<td>Parking</td>
<td>parkoviste</td>
</tr>
</tbody>
</table>