Czech Dance Platform 2023

Dear Friend,

We are very pleased to welcome you to Prague for the 29th Czech Dance Platform, we hope you will feel at home here!

We have prepared this package for you loaded with information to help you satisfy your every need and desire. Please enjoy this friendly companion during your stay.

Let us dance together through the beauties and attractions of Prague, which is known as the „Heart of Europe“.

It is a pulsating city, with hot blood flowing through its arteries, a place that always leaves you feeling culturally satisfied.

We want you to feel terrific here and now during your time with us!

Welcome to Prague!

& the team of Tanec Praha

GENERAL INFORMATION

INFODESK / MEETING POINT

PONEC – dance venue

Husitská 899 / 24 A, Prague 3

www.divadloponec.cz

Public transport connection:

Metro C – Florenc (10 min by walk)

Bus 133, 175, 207 – bus stop U památníku or Pernerova

CONTACTS

Yvona Kreuzmannová	Founder and director	yvona.kreuzmannova@tanecpraha.eu +420 602 368 979
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Zuzana Bednarčiková	Manager	zuzana.bednarcikova@tanecpraha.eu +420 732 147 438

Ilona Daňková	Guest service	ilona.dankova@tanecpraha.eu +420 602 682 665
Júlia Pecková	Guide	julia.peckova@tanecpraha.eu +420 774 295 151
Katarína Morávek Ďuricová	Technical director	katarina.duricova@tanecpraha.eu

VENUES

PONEC – divadlo pro tanec / dance venue MEETING POINT Husitská 899/24A, Praha 3 www.divadloponec.cz Spojení | Public transport connection: Metro C – Florenc (pěšky 10 min) Bus 133, 175, 207 – U památníku nebo / or Pernerova	Alfred ve dvoře Františka Křížka 495/36, Praha 7 www.alfredvedvore.cz Spojení / Public transport connection Metro C - Vltavská Tram: 1, 5, 8, 12, 17, 25, 26 - stops: Strossmayerovo náměstí, Kamenická, Veletržní
Divadlo Archa / Archa Theatre Na Poříčí 1047/26, Praha 1 - Nové Město www.divadloarcha.cz Spojení / Public transport connection Metro C - Florenc Tram 8, 3, 24 - Bílá labuť	Divadlo X10 / X10 Theatre Charvátova 10/39, Praha 1 www.divadlox10.cz Spojení | Public transport connection: Metro B – Národní třída Tram 1, 2, 9, 18, 22
DOX Poupětova 1, Praha 7 www.dox.cz Spojení / Public transport connection Metro C - Vltavská Tram 6, 12 - U Průhonu	Jatka 78 Pražská tržnice, haly 7 a 8 Bubenské nábřeží 306/13, Praha 7 www.jatka78.cz Spojení / Public transport connection Metro C - Vltavská Tram 1, 12, 14, 25 - Holešovická tržnice

Unijazz Husitská 22, 130 00 Praha 3 Žižkov Spojení / Public transport connection Metro C – Florenc Bus 133, 175, 207 – U památníku or Pernerova	Vzlet Holandská 669/1, Praha 10 – Vršovice www.vzlet.cz Spojení / Public transport connection Tram 4, 13, 22, 25, 36

TRANSFERS

ARRIVAL / DEPARTURE – Airport / train station

You can easily take the Airport Express from the airport, which ends at Main Railway Station (Hlavní nádraží station), which is in the city center.

The Airport Express bus tickets may be purchased in the Visitors Centre at Arrival Hall or directly from the driver (100 CZK – approx. 4€).

From the Main Railway Station (Hlavní nádraží station) you can easily reach the tram n. 9, 15, 26, 5.

CITY TRANSPORTATION

Prague has one of the most comprehensive transportation networks in the world.

Information about public transportation in Prague only (metro, tram, buses): https://pid.cz/en/

Information about public transport in Prague as well as train and bus connection in the Czech Republic is available at: www.idos.cz

METRO

Prague Metro has 3 lines marked A (green), B (yellow), C (red).

Metro operation hours: Monday – Thursday 5:00 – 24:00 / Friday – Sunday 5:00 – 01:00

TRAM

Day lines (routes 1 – 26) operate from 4:30 – 24:00

Night lines (routes 91 – 99) operate from 24:00 – 4:30

FARES

Traveling by public transportation is only possible with a valid ticket. Pa sse ngers have to obtain their tickets before boarding the vehicle or entering the Metro system.The ticket is valid only if the market. Tickets can be bought at Metro stations or at Prague Public Transport Company etc, hotels etc. Single tickets can also be bought from machines located at Metro stations or near some of the tram / bus stops or in tram and buses.

40 CZK – 90 minutes

30 CZK – 30 minutes

120 CZK – 24 hours

330 CZK – 72 hours

BASIC PRACTICAL INFORMATION

EMERGENCY PHONE NUMBER

These emergency institutions have only 3 digits phone numbers, you can reach them also by mobile phones without inserted SIM card, and they are for free.

Universal European emergency telephone number: 112

Police:	158
City police:	156
Fire – fighters:	150
Ambulance:	155

LANGUAGE

The official language is Czech. Most of the people have at least basic knowledge of English.

WEATHER

The avera ge temperature for the city in springtime begins at 7°C, created by highs of 15 – 20°C during the daytime and lows of 7 -11°C after dark.

TIME ZONE

CET /UTC + 1

ELECTRICITY

To connect to the power grid, Czechs use the Europlug (which is usually two – pronged) also typical for Poland, Greece, Germany and France, if you come from some place else get an adaptor (f.e. at the airport)

WATER

Tap water is perfectly fine and safe to drink. Most of the restaurants serve tap water for free, but some might chargé for that.

SMOKING

Smoking is prohibited in public areas (public transport platforms – bus and tram stops, train stations, on public transport, in cultural facilities, in healthcare facilities). Smoking is also prohibited in all dining es tablishments and in all closed spaces.

LGBTQ

The Czech Republic is considered one of the most liberal Central European countries with regard to lesbian, gay, bisexual, transgender rights. In 2006 it legalized registered partnerships for same-sex couples. Check in to a double hotel room should not be a problem.

CURRENCY AND EXCHANGE

The official currency of the Czech Republic is Czech crown (koruna), abbreviated as Kč, or internationally known as CZK. The approximate value of 100 CZK is for now 4 EUR.

Do not exchange your money at the airport or Main Railway Station.

TAXI

Don´t get into a taxi that is parked in front of the train station or at a tourist site, they would rip you off.

If you want to make sure you will pay a fair rate, it is always better to **call a taxi** or the best is to use Uber, Bolt or a Czech alternative app - Liftago.

HEALTH SERVICE

Health care providers within the EU accept all patients with the European health insurance card. In case of acute illness or injury you will be treated by any hospitals. The most central hospital emergency ward is at **Na Františku hospital** on the ground floor. The hospital is located by the river at Na Františku 8 (Prague 1).

CZECH GIFTS

Becherovka – herbal liqueur made from a wide variety of spices and herbs. It has 38% alcohol content.

Hašlerky – hard boiled candy with herb and menthol flavor

Lázeňské oplatky – traditional crisp spa wafers with many different flavors. You can buy them in a grocery store, make sure they are made by Opavia.

Slivovice – a strong spirit burnt from plums

Vincentka – rare salt and healthy mineral water from Luhačovice

The closest shopping mall from PONEC – dance venue is Palladium, nám. Republiky 1, Prague 1

EATING OUT

What is local food? It is hard to say since most of Czech cuisine is a mix of Austro – Hungarian traditional cuisine with occasional German, Polish or Hungarian influences.

Safe bets includes:

Svíčková – a slow cooked beef in a sweet creamy vegetable sauce

Fruit dumplings – a favourite sweet food, you can´t go wrong with these.

Chlebíček – a small, delightfully arranged open faced sandwich on white bread that Czechs often make or buy when they celebrate and want some easy finger food.

Větrník – a pastry shop favourite made of puff pastry filled with white and caramel whipped cream and topped with a sweet caramel glaze.

WHERE TO EAT

(close to PONEC – dance venue)

Charleston restaurant http://www.charlestonrestaurant.cz Křižíkova 208/55, 186 00 Praha 8 - Karlín, Tel.:222 322 098 Mon – Fri 11:00 – 23:30, Sat + Sun 11:30 – 23:30	**Gate Restaurant** https://www.gate-restaurant.cz/ Different cuisines (Czech, Italian, American) Sokolovská 539, 186 00 Praha 8 – Karlín, Tel.: 224 815 305 Mon – Fri 11:00 – 23:00, Sat + Sun 12:00 – 23:00
Indian by Nature http://www.ibn-restaurant.cz/ Pernerova 478/1, 186 00 Praha 8 – Karlín, Tel.: +420 601 200 198 Mon – Fri 11:00 – 23:00, Sat 12:00 – 22:30	**NEJEN BISTRO** http://www.nejenbistro.cz/ Křižíkova 24, Praha 8 – Karlín, Tel.: +420 721 249 494 Mon – Fri 11:00 – 23:00, Sat + Sun closed
Lokál HAMBURK https://lokal-hamburk.ambi.cz/cz/ Czech cuisine, Pilsner Urquell beer pub Sokolovská 55, Praha 8, Tel.: +420 222 310 361 Mon – Sat 11:00 – 24:00, Sun 11:00 – 23:00	**Dva kohouti** https://www.dvakohouti.cz/ Local brewery with beer garden Sokolovská 81/55, 186 00 Praha 8, Tel.: +420 604 611 001 Mon – Fri 15:00 – 01:00, Sat 12:00 – 01:00, Sun 12:00 – 22:00

Cihelna La Familia https://cihelnalafamilia.cz/ Pizzeria, ristorante, international and Czech cuisine Křižíkova 179/26, Praha 8 – Karlín, Tel.: +420 222 311 233 Mon – Sun 11:00 – 24:00	**Dhaba Beas** https://dhababeas.cz/ Self-service vegetarian and vegan restaurant, traditional Indian, Thai, Vietnamese and Czech cuisine. Na Poříčí 1046/24, 110 00 Praha 1, Tel.: +420 725 963 536 Mon – Fri 11:00 – 21:00, Sat + Sun 12:00 – 20:00
Loving Hut https://www.lovinghut.cz/cs/ Vegan Dům Černá labuť, Na Poříčí 25, 110 00 Praha 1, Tel.: +420 775 999 376 Mon – Sun 11:00 – 21:00	**Kolkovna Celnice https://www.kolkovna.cz** Czech cuisine V Celnici 1031/4, 110 00 Praha 1, Tel.: +420 224 212 240 Mon - Sun 11:00 - 24:00

CAFÉ

Kasárna Karlín – Café BAZÉN https://www.kasarnakarlin.cz/cs/program/kavarna Prvního pluku 20/2 by Negrelli viaduct Mon – Fri 13:00 – 22:00, Sat + Sun 10:00 – 22:00	**Parlor Café** https://www.parlor.cz/?lang=en Křižíkova 197/37, 186 00 Karlín Mon - Fri 8:00 - 18:00, Sat - Sun 9:00 - 18:00
Můj šálek kávy https://mujsalekkavy.cz/en/?setLg=en Křižíkova 386/105, 186 00 Praha 8-Karlín, Tel: +420 725 556 944 Mon - Sat 9:00 - 21:00, Sun 10:00 - 18:00	EMA Espresso Bar https://www.emaespressobar.cz/ Na Florenci 3, Prague 1 Pondělí - Pátek: 8:00 - 18:00 Sobota - Neděle: 10:00 - 18:00 Thámova 13, Prague 8 Pondělí - Pátek: 8:00 - 18:00 Sobota - Neděle: 10:00 - 18:00

We look forward to meeting you all soon in Prague!