



**Riverside School**  
*Prague*

The Riverside  
**Parents Recommend**  
2<sup>nd</sup> Edition

Welcome to the second edition of the 'Riverside Parents Recommend' Directory. Whether you are new to Prague or have lived here all your life, we hope you'll discover something helpful in these listings. We have added more listings to our directory thanks to the recommendations sent in by Riverside parents.

All contact information was correct at the time of printing, but it is always best to check the websites for the most current information.

We hope this contributes to your life in this wonderful city!  
Primary PTA



The Riverside  
**Parents Recommend**

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## WHAT TO ASK FOR AT THE PHARMACY (LEKÁRNA)

### US / UK

### Czech Equivalent

Aspirin	Aspirin, acylpirin
Pediatric Tylenol, syrup	Panadol sirup
Pediatric Motrin, syrup	Nurofen sirup
Advil, Ibuprofen	Brufen, Ibalgin 200 or 400 mg tbl
Claritin 5mg , antihistamine	Claritin, clarinase (only by Rx)
Cepacol Lozenges for sore throat	Strepsils (many flavors)
Guaifenesin ped. cough syrup	Stoptusin or Coldrex Broncho
Expectorant syrup, pediatric	Mucosolvan sirup pro děti
Saline nose spray	Sterimar Spray (several varieties)
Aloe Vera Gel	Barney's Aloe Gel
Metamucil against constipation	Psyllium
Ben Gay, icy/hot gel	Bioment gel
Pepto Bismol, Milk of Magnesia	Antacidum Rennie
Gaviscon Liquid, antacid	TUMS/Maalox
Imodium, against diarrhea	Imodium
Hemorrhoid suppositories	Preparation H
Monistat for yeast infections	Canesten krem
Bug spray, OFF	Autan-Activ, OFF
Icy hot/cold pack	Duotherm sm or lg
Visine eye drops	Visine (Czech pronunciation)
Nose spray, decongestant	Olynth sprej
Hydrogen peroxide	Peroxide vodíku
Diaper/Nappy cream	Rybí mast, Seba-med
Plaster/Band-aid	Náplast
Multivitamin syrup	Multi-Sanostol sirup



For children= pro děti  
For adults= pro dospělé

## LIFE OF THE SCHOOL



Water Skiing on the Vltava River



Primary School PE Lesson



International Day at the Primary



Primary School Christmas Nativity

# Public Transport

Prague has some of the best options for public transport: bus, metro, tram, funicular, train and boat. For detailed information, including journey planning, connections, times of trams, buses, etc. please see [www.dpp.cz/en](http://www.dpp.cz/en)

## Metro



The Prague metro consists of three lines and operates from 4:45 a.m. until midnight. Most stations are equipped with escalators and about two-thirds of them allow access for the disabled.

## Trams

Daytime trams run from 4:30 a.m. till midnight. Night trams (#51 - 58) run from 00:30 a.m. till 4:30 a.m. Tram schedules are located at the individual stops.



## Buses



Buses (autobusy) cover the outskirts of Prague and areas where trams or the metro do not run. Daytime buses run from 4:30 a.m. till midnight. Night buses (# 501-513) run from around midnight till 4:30 a.m.

Bus 119 connects the **Ruzyně** airport with the Dejvická metro station and bus 100 connects **the airport with the Zličín station**. They are both a convenient and cheap way to get to and from the Prague airport.

## Zoo Bus

The Prague Zoo operates a bus that runs between Nádraží Holešovice (metro C) and the Prague Zoo on weekends and holidays from April to September. The bus runs every ten minutes, does not stop along the way, and the ride is free.



## The Funicular



The funicular to the top of **Petřín** Hill starts at the Újezd tram stop (trams 6, 9, 12, 20, 22, or 23) in Malá Strana and runs daily from 9 a.m. to 11:30 p.m.

## Train and boat (přívoz)

You may use DPP tickets to travel via train in Prague. There is also a small boat (na přívoz) located at v Podbabe and in Sedlec that crosses the Vltava, where there is a great bike/running path.



## Transportation Tickets



You will need a valid ticket, pass or Open Card to travel using city transport. Passengers have to obtain a valid ticket or pass prior to boarding the vehicle or entering the Metro. The ticket is only valid if it has been stamped in a yellow box at the entrance to the Metro station or on the vehicle.

Tickets can be purchased at most Metro stations or in newsstands, etc. Single tickets can be purchased from the slot machines located in Metro stations or near some tram and bus stops. You can also buy tickets using your mobile phone and sending the text message "DPT24" (travel for up to 30 minutes) or "DPT32" (for 90 minutes) to the phone number 902 06. Your ticket will usually be sent to your phone within one minute (if your phone has a Czech SIM card).

## Open Card

The easiest way to get around is to buy an Open Card with a travel voucher valid for up to a year. Visit [www.opencard.praha.eu/jnp/en/home/index.html](http://www.opencard.praha.eu/jnp/en/home/index.html) for more information.

## Children

Children up to 6 years of age travel for free without an ID or Open Card. Children from 6 to 15 years of age travel for free only if they have a proof of their age. Otherwise they have to buy tickets for children: Children from 6 to 10 years of age require only an identification card with name, surname, date of birth and a photograph. For example: Czech ID card (Občanský průkaz) or passport. For children from 10 to 15 years of age who have an Open Card with a "Special fare endorsement" (Aplikace jízdné zdarma) the fare for travel in Prague (tariff zones P, 0 and B) is also 0 CZK. The endorsement price is 120 CZK and you can pay for it when you order an Open Card for your child.

The Riverside  
Parents Recommend

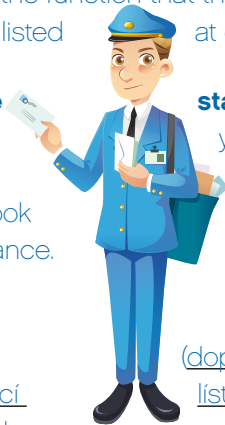


# Czech Postal System

You can send and receive mail and pay bills at the Czech Post. Most Czech post office windows are divided by the function that they perform. The signs for the various services are generally listed at each window.

## Send a letter or buy postage

labeled listovní služby. If 5 letters, look for the counter Sending packages/parcels: Look the form (podací listek) in advance. are available at the counter.



**stamps:** Go to the counter you need to send more than labeled hromadné podání. for the sign balíky and fill out Boxes for mailing velké krabice

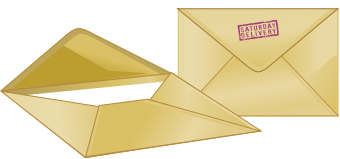
## Sending a registered letter

advance, the postal slip (podací listek) with the name and address of the sender (odesílatel) and the recipient (adresát). Keep the slip for possible claim. Upon completion take the form and letter to the counter labeled listovní služby.

Postal (podací listek) and Payment slips (poštovní poukázka/složenko)- are usually available at a separate display or next to the counter window. Look at the information desk for examples of how to fill in the forms.

Receiving post: If you receive a výzva in your mailbox, it means you have received a registered letter or package. Go to the post office printed or stamped on the paper and then to the counter labeled výdej zásilek. You will need your passport or ID card for identification. If a package is from within the EU, no customs are usually due.

**Receiving non-EU packages:** Due to recent changes at the customs office, additional paperwork is needed for packages received from a non-EU country. Duty must be paid. You will either receive a Oznámením o příchodu zásilky



ze zahraničí (Notice of the Arrival of Mail from Abroad), informing you that you need to go to your local post office and pick up the customs paperwork, or you will receive the customs paperwork with your mail. The paperwork includes

the customs form, a power of attorney (in case you want someone else to pick up your package) and a sheet with general information. You don't need to fill anything out yet. You will take the paperwork and copies of receipts (if you have them) to the Post Office of Exchange Prague 120, Plzeňská 139/290,

Prague 5 - Košíře. Once you get to the building, take the stairs to the third floor. The office you go into is on your right at the top of the stairs. You get in the line with the number one. Here, you give them your papers and passport. Then they send you out of that office, around the corner to the right to the customs office where you give them your papers and passport again. This is where you may have to pay customs fees/taxes. Then you go back to the first office where you started and you get in the line with the number two. Here you have to pay a 96kc storage fee. Finally, you go to the line number three where you give them your paperwork and they find your box. It can be very daunting. Try to keep smiling and hopefully, the package you are trying to get contains something wonderful (for more information visit: <http://www.ceskaposta.cz/en/nastroje/do-you-expect-mail-from-abroad-id32624/>).

**Paying utility bills:** Go to the counter labeled výplata poukázek. Phone, gas, electricity bills will include a postal order, with all the details printed on it. All you need to do is take the postal order to the post office and pay it at the counter. Do not remove the receipt. The postal person will give it to you after payment has been received.



**Paying bills:** Go to the counter labeled výplata poukázek. You will use a poštovní poukázka/složenko to pay the bill.

The main post office is located at Jindřišská 14, Praha 1. This is a non-stop post office except for one break between the hours of 12 midnight and 2 a.m. For more information about Czech postal services visit: <http://www.ceskaposta.cz/en>



# LIFE OF THE SCHOOL



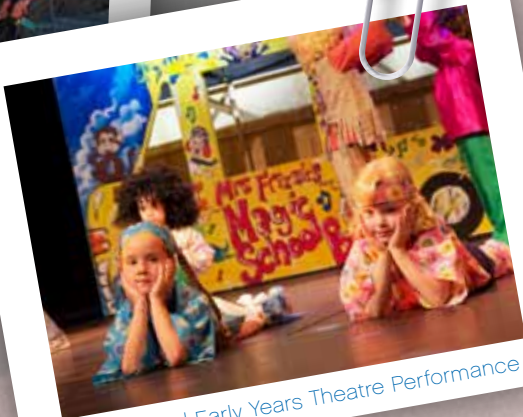
Art Gallery Visit



High School Trip to Iceland



Junior High Tall Ships Training



Primary and Early Years Theatre Performance



## Vlado Vovkanic

### World Of Art

Oil – Watercolor - Made To Order

[www.vladovovkanic.com](http://www.vladovovkanic.com) Tel: 775 364 337



## Antiques

### Spomyšl

www.antik-spomysl.cz  
Tel. 315 691 252

Large offer of antique furniture, dishes, decorations in the village of Spomyšl. Worth the drive!

## Architect

### Adam Rujbr

www.ararchitects.cz

Hořejší nábřeží 19, Praha 5, Tel. 251 511 333

Tends toward modern styles, but doesn't mind working on small jobs. Good English.

## Art

### Altamira

www.vytvarnepotreby.cz

Martinská 4 and Spálená 27, Praha 1

Superbly well-stocked shops for all your arts and crafts needs. For artists and children.

### Andrea Stříbrná

forsterova@seznam.cz  
Tel. 775 605 603

Drawing and painting courses for adults, English spoken.

### Vlado Vovkanic

www.vvovkanic.com  
Tel: 775 364 337

Vlado, a Riverside parent, is a fabulous artist and accepts commissions.

### Zlatá Loď

zlatalod.cz  
Národní 37, Praha 1, Tel. 222 220 174  
Very well-stocked art supply store.

## Auto repair

### Auto Bílek

www.autobilek.cz/

Papírenská 2a, Praha 6. Close to school.

Great for car repairs, getting ready for inspection, changing tires.

### Auto Služby Burda

autoslužbyopravy.com

V Šareckém údolí 4, Praha 6, Tel. 602 814 947,  
233 324 047

Not much English, but good place for repairs and changing tires. Call ahead for appt.

## Babysitting

### Klara Agency / Youngberry

www.klara-agency.cz  
Vojáčkova 612, Praha 9, Tel. 603 531 900

For nannies, babysitters, household help and cleaners.

### Baby Agency

www.baby-agency.eu  
Tel: 739 310 848

Babysitting and mobile children's corner.

## Bakeries

### Bakeshop

www.bakeshop.cz

Kozí 1, Praha 1, Tel. 222 316 823

Superb selection of freshly baked breads, cakes and pastries. Luxurious cakes, light salads and sandwiches. Take away or eat in great atmosphere.

### Bohemia Bagel

www.bohemiabagel.cz

Lázeňská 19, Praha 1, Tel. 257 218 192

Masná 2, Praha 1, Tel. 224 812 560

Dukelských Hrdinů 48, near Vystaviště, Tel. 220 806 541

Freshly baked bagels, good choice of breakfasts, nice sandwiches, soups and salads, desserts. Very reasonable large portions. The Old Town Square location has a small children's corner, ideal for warming up after sightseeing in the winter. Free Wifi.

### Au Gourmand

www.augourmand.cz

Dlouhá 10, Praha 1 and Rytířská 22, Praha 1

Palladium lower floor, Praha 1

Delicious, well-priced French sweets and savouries. Excellent choice for a sandwich or salad to go. Lovely cakes. Eat in or take out.

### Paul

www.paul-international.com/cz/accueil

Palladium, Na příkopě, opposite Nový Smichov

Wonderful French breads, pastries, croissants and baguettes. Sandwiches, salads to go.

### Čapek

Na Ořechovce 30, Praha 6

Neighbourhood tiny bakery specializing in best rohlíky (rolls) in Prague. Now includes small Italian deli.

### The cake shop on Dejvická roundabout (Fishr Lahůdky)

www.svatebnidorty.cz

Vítězné náměstí 3, Praha 6



The Little Gym®, provider of the world's leading gymnastics-based development programme for children aged 4 months to 12 years. The Little Gym® has over 30 years' experience of developing children's skills and confidence in a non-competitive environment. Based around weekly classes, youngsters thrive in our colourful, purpose built facility where professional, friendly instructors reward children for their individual effort. Running, jumping, tumbling, exploring. The Little Gym® uses age appropriate, innovative and fun activities to bring out the best in each and every child. Children meet new friends, share new experiences and most importantly have FUN in safe and exciting surroundings.

The Little Gym Praha • Drtinova 8  
150 00 Praha 5 - Smíchov • Tel: 227 018 555  
www.thelittlegym.cz • prague@thelittlegym.cz

Parent/Child  
Classes

Preschool/  
Kindergarten  
Gymnastics

Primary School  
Gymnastics

Holiday  
Camps

Birthday  
Parties

Easiest to go in person and choose birthday cakes.  
Made to order.

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### Café Girafe

www.cafegirafe.cz  
Brandejsovo sq. 1234/6, Praha 6, Tel. 777 031 214  
(See listing in Restaurants) Excellent cakes can be ordered to take-away.

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### Rembrandt Donuts

www.rembrandtdonuts.cz  
Vítězné náměstí 1, Praha 6  
Donuts!

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### Erhartova Cukrárna

www.erhartovacukrarna.cz  
Milady Horákové 56, Praha 7, Tel. 233 312 148  
Lovely, fancy cakes in Letna neighbourhood. Order ahead. Nice sit-in cafe.

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### Beauty Treatment

#### Beauty Secrets

http://www.beautysecrets.cz  
Československé armády 16, Praha 6 Tel. 728 688 489  
Selma from Brazil highly recommended for all your beauty needs, including facials, manicures. Secret of many Riverside parents' stunningly good looks.

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#### ST Studio

www.st-studio.cz  
Malátova 18, Praha 5, Tel. 774 058 550  
Svetlana speaks English, Russian, Czech and German.

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#### Salon Delice

www.salondelice.cz  
Třebizského 4, Praha 2, Tel. 776 625 722  
High quality manicure and pedicure. Also haircuts, massage.

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#### The Nail Shop

www.opi.cz  
Ujezd and Slovanský Dům  
Must book in advance.

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### Bikes

#### Cyklo Adam

www.cykloadam.cz  
Internacionální 1231, Praha 6, Tel. 220 920 014  
Pretty good selection of bikes and also good for skis. Repairs.

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#### Cykloservis Richard Eger

www.volny.cz/cykloeger  
Na Pískách 58, Praha 6, Tel. 233 336 387  
Tiny bikeshop, not much English spoken, but very good repairs.

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### Cycloservis U Tyrše

www.cykloservis-kola.cz  
V. P. Čkalova 464/6, Praha 6

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### Specialized Concept Store

www.cyklo69.cz  
Jugoslávských partyzánů 6, Praha 6, Tel. 223 016 569  
Only for Specialized brand, but they are great bikes.

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### Birthday Parties

#### Beckiland

www.beckiland.cz  
Avion Shopping Park Zličín, Tel. 774 77 70 70  
Well, you either love it or can't stand it. Either way, you'll end up at Beckiland. Large, indoor play area. Parties include refreshments, birthday cake and lots of action.

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#### Bobsleigh, Bobová dráha Prosek

www.bobovadraha.cz  
Prosecká 906/34b, Praha 9, Tel. 284 840 520  
They also organize parties on site.

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#### Bouncy Castles Rental

bouncycastleles.cz  
Tel. 721 105 509

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#### Ceramics Cafe

www.vypalenekotatko.cz  
Mařákova 5, Praha 6  
Lovely, relaxed fair-trade cafe with small children's area and garden. Large range of ceramics to paint. They can also arrange ceramics painting birthday parties.

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#### Children's Party Planning

www.goldlife.cz  
Korunní 64, Praha 2  
Renata, a Riverside parent, organizes great parties and events.

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#### International Riding School

Pazderna 167, Tuchoměřice, Tel. 602 380 066 Solveig Zoske  
Lessons and also a place recommended for birthday parties.

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#### Kart Centrum Radotín

www.kart-centrum.cz  
Výpadová 1335, Praha 5, Tel. 608 838 240  
Minimum height: 130 cm.

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### The Little Gym of Prague

www.thelittlegym.cz  
Drtinova 8, Praha 5, Tel:227 018 555  
Great courses in well-equipped gym for children from 2months -12 yrs. Birthday parties.

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### MB Film & Photo

www.MarcBader.com  
Professional video filming and photography (for birthdays, etc.)

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### Mexican Pinatas

mexicanpinatas.tripod.com, clausdelrive@yahoo.com  
Fun, hand-made to order. English spoken.

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### Muddum

www.muddum.cz.eng  
Kostelní 24, Praha 7, Tel. 777 876 541  
Very nice birthday party art program. Near Letna Park.

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### Prague Karting Arena

www.praguekartingarena.com  
Toužimská 51, Praha 9, Tel. 777 311 856

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### Pro Party

www.pro-party.cz  
Galerie Butovice Shopping Center, upstairs  
Radlická 117, Praha 5, Tel. 234 141 456  
Speciality shop with all you might need for a party, including themed decorations, invitations, helpful ideas.

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### Book Stores

#### Amadito and Friends

www.amadito.com  
Lesnická 6, Praha 5, Tel. 257 222 257  
Children's books in English, French and German.  
Courses, readings and activities.

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#### brown box books

www.brownboxbooks.tobit.net  
Tel. 777 944 423  
Wonderful, gently used English-language books for children. Lots of classics. You may know Jeff from the school bake-sales. Keep informed where else he's selling.

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#### NeoLuxor

www.neoluxor.cz  
Big bookstore in Nový Smíchov, Palladium,  
Václavské nám. 41.  
Large selection of books, including foreign-languages.

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### Oxford Bookshop

www.megabooks.cz  
Opletalova 5/7, Praha 1, Tel. 224 220 521  
Pretty good selection of English-language books for children and adults. E-shop discounts. Carries Usborne books.

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### Kanzelsberger

www.kanzelsberger.cz  
Several branches including opposite Nový Smíchov, Václavské nám. 42, and a small one in Dejvice: Čs. Armády 31.  
Small selection of foreign-language books.

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### The Globe Bookstore and Café

www.globebookstore.cz  
Pštrossova 6, Praha 10, Tel. 224 934 203  
Nice laid-back atmosphere and great food. First English-language bookstore, with wide selection of books. Perfect for a lazy Sunday brunch.

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### Book Depository

www.bookdepository.com  
Delivers books for free and quite reasonable. A good alternative to Amazon's delivery charges. Usually takes 5-10 days to arrive.

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### Bowling

#### Modrá Stodola

www.sport.modrastodola.cz  
Spojovací 918, Horoměřice  
Nice bowling, bar. Easy parking.

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#### Hotel Dolce Villa

www.dolce-villa.hotel.cz  
Nebušícká 93, Praha 6  
Results are automatically processed and displayed on monitors. Four lanes. Sometimes smoky.

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#### Best Bowling

www.bestbowling.cz  
Řevnická 1, Praha 5, Metropole at Zličín, Tel. 226 081 171

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#### Bowling at Hotel Academic

www.academic.cz  
Tyršovo náměstí 2222, Roztoky u Prahy

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#### Ladronka

www.ladronka.com  
Bowling in renovated bar/restaurant beside playground.

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## Car Wash

### Diplomat Hotel

[www.diplomathotel.cz/en](http://www.diplomathotel.cz/en)

Evropská 15, Praha 6, Tel. 296 559 111

Car wash (interior and exterior) in the parking of hotel. Good results.

### Wash Plus

[www.washplus.cz](http://www.washplus.cz)

Metropole Zličín, Tel. 739 45 57 83

Best to call ahead to reserve. They can also take you if you show up. You can shop while the car is being cleaned.

### Palladium shopping centre

[www.palladiumPrague.cz](http://www.palladiumPrague.cz)

Náměstí Republiky, Praha 1, Tel. 773 11 22 00

Your car gets cleaned in the underground parking while you shop!

## Carpet / Upholstery Cleaning

Tel. 606 379 760

## Charity / Donate Items

### Betel

[www.komunitabetel.cz](http://www.komunitabetel.cz)

Tel. 315 694 691

A Christian community helping to rehabilitate former drug users. They will collect furniture to sell in their charity shop.

### Prague Thrift Store

[www.thriftshop.cz](http://www.thriftshop.cz)

Šumavská 1050/29, Praha 2, Mob. 608 623 339

Barbara

Friendly owners will come to your house to pick up gently used goods of all kinds. The store itself is a treasure trove. The owners donate to several charities.

### Sue Ryder Home

[www.sueryder.org](http://www.sueryder.org)

Koulova 2, Praha 6, Tel. 233 320 502

Closed on weekends. Just drop off items in the store.

## Children's Activities / Shops

### Agátin svět

[www.agatinsvet.cz](http://www.agatinsvet.cz)

Eliášova 12, Praha 6 (also located in Praha 2 and 4 and e-shop)

Lovely little shop full of puzzles, creative toys (Djeco, Haba, Quercetti) and Czech children's books.

### Art classes for children

[www.fineartist.cz](http://www.fineartist.cz)

Botičská 8, Praha 2

Nice art classes for children from three years of age, in Czech and in French.

### Aquapalace

[www.aquapalace.cz](http://www.aquapalace.cz)

In the Průhonice shopping zone.

Huge indoor water park with slides, river and other attractions. Fun!

### Aquapark Kladno

[www.aquapark-kladno.cz](http://www.aquapark-kladno.cz)

Sportovců 818/23, Kladno

20 km from Prague, it has an indoor and outdoor part with pools, slides, etc.

### Baby, Toddler Activities

[www.iwa-prague.com](http://www.iwa-prague.com)

Morning get-togethers for children from 0-4 at people's houses often in Prague 6. Friendly and international.



### International Ballet School

[www.balletschoolprague.com](http://www.balletschoolprague.com)

Tel. 731 148 853

Top-level teaching for children and adults, in English.

### Klub Bublinka

[www.klub-bublinka.cz](http://www.klub-bublinka.cz)

Evropská 217/490, Praha 6, Mob. 776 11 88 77

A very warm, salt-water pool. Classes with games, songs, etc. in Czech. Some instructors speak English.

### Botanical Gardens

[www.botanicka.cz](http://www.botanicka.cz)

Nádvorní 134, Praha 7

The Gardens begin above the Troja Chateau and include St. Claire's vineyard and chapel. Cozy café with a fireplace half-way up the hill; you can taste the vineyard's own wines. The rest of the gardens are a good place to run off some steam, with a café open in warmer weather. The rather small greenhouse has lots of tropical plants and it's fun to visit such a hot place on a cold winter's day. Greenhouse closed on Mondays.

### Botanicus Historical Centre

[www.botanicus.cz](http://www.botanicus.cz)

Ostrá 8, Lysá nad Labem, Tel. 325 553 559

A great place for the whole family to visit. Some



# First English speaking International Ballet School in Prague



VERONIKA IBLOVÁ PROFESSIONAL BALLET MASTER

- Lead by prestigious professional ballet masters of the National Theater Prague
- Offering CLASSICAL BALLET lessons for CHILDREN and ADULTS
- MODERN DANCE lessons
- Unique and fun classes

CONTACT: [www.balletschoolprague.com](http://www.balletschoolprague.com) EMAIL: [internationalballetschool@gmail.com](mailto:internationalballetschool@gmail.com) PHONE: +420 774 194 800  
ADDRESS: Liliová 4, Prague 1

favourite activities in the medieval setting are rope-making, paper-making, soap-making, archery, and candle-making. Also a marketplace and herbal gardens. Check website for opening times.

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## Bykos Pumpkin Farm - Bykoš Dýňová Farma

[www.pumpkins.cz](http://www.pumpkins.cz), [broty@seznam.cz](mailto:broty@seznam.cz)

Bykoš 8, Bykoš, Tel. 602 304 240 - Honza

About half an hour's drive from Prague, the small farm in the village of Bykoš offers pumpkins and squash galore in September and October. Call first to arrange appt. or book a group outing. Some English spoken.

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## Class Acts

[www.classacts.cz](http://www.classacts.cz)

Really nice classes and events for children on weekends, such as storytelling and bookmaking. Also classes during the week for younger kids. Classes are in English and are for bilingual children, native speakers, or those wishing to improve their English. Special classes include Bollywood dancing, and occasional Forest Days, which bring alive characters in the woods! They also organize a lovely, annual Christmas carol concert open to all.

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## Classical concerts for Children

[www.pkf.cz](http://www.pkf.cz)

A regular series of concerts for children in Rudolfinum. You can buy the series or individual concert tickets. Prague Philharmonia.

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## Global concepts preschool

[www.globalconcepts.cz](http://www.globalconcepts.cz)

V sareckem udoli 41, Praha 6, Tel. 603 168 673

Montessori-based daycare for babies and tiny tots. Summer and holiday camps available!

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## Happy Label

[www.happylabel.cz](http://www.happylabel.cz)

Rooseveltova 10, Praha 6, Tel. 720 395 958

Labels are printed on a special material which is highly adhesive, waterproof, dishwasher, freezer and microwave proof. It is ideal for labelling children's items from clothes, book bags, backpacks, lunch boxes, sporting items, etc. Stays intact even after hundreds of washes! For a 10% discount for Riverside parents please use special code RIVERSIDE1415. When parents register they will get an additional 10%.

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## International Choir of Prague (ICP)

[www.motoalbum.cz](http://www.motoalbum.cz)

Na Zatlance 11, Praha 5

Four choirs divided by age, including an active adult choir. Open auditions, weekly rehearsals.

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## Laurus Language Centre

[www.czechforchildren.cz](http://www.czechforchildren.cz)

Eliášova 2/253, Praha 6, Tel. 731 374 286

Fun way for children to learn Czech. Also offers Spanish, German and English. Young teachers are quite enthusiastic; Markéta especially recommended for private classes for both children and adults.

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## The Little Gym of Prague

[www.thelittlegym.cz](http://www.thelittlegym.cz)

Drtinova 8, Praha 5, Tel. 227 018 555

Great courses in well-equipped gym, birthday parties. English spoken.

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## Kids in Prague

[www.kidsinprague.com](http://www.kidsinprague.com)

Very useful resource for interesting children's activities, playgrounds, events, etc. in English.

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## Kingdom of the Railway (Království železnic)

[www.kralovstvi-zeleznic.cz/en/](http://www.kralovstvi-zeleznic.cz/en/)

Stroupežnického 23, Praha 5 - Anděl

Fun model train museum. Recommended!

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## Mamma

[www.mamma.cz](http://www.mamma.cz)

Jaselská 21, Praha 6

Nice clothing for babies, children and pregnant women. Nursing needs. Toys!

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## Mořský svět Aquarium

[www.morsky-svet.cz](http://www.morsky-svet.cz)

Výstaviště, Praha 7 Holešovice

Small but well-presented, "Sea World" will impress most children. Very clean. Sharks!

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## Muddum

[www.muddum.cz/eng](http://www.muddum.cz/eng)

Kostelní 24, 170 00 Praha 7, Tel. 777 876 541

An art workshop offering various classes and activities for adults and children. Very nice birthday party art program. Near Letna Park.

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## Paddle-boats

The best place to rent rowboats and paddle-boats is

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on Slovanský ostrov (Žofín). There are a few places to choose from and you pay by the hour. Lovely view of Prague Castle.

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## Petrín Hill

[www.petrinska-rozhledna.cz](http://www.petrinska-rozhledna.cz)

There are lots of things for children to do on Petřín Hill - a great playground at the bottom of the hill and lots of paths to wander around. Or take the lanovka (funicular) straight up to the top! Your regular city transport ticket is valid on it. Up top it's fun to climb all the way to the top of the Observation Tower for a wonderful view of Prague. The mirror maze next door is good for a laugh; who knew you could look so funny? Older children might enjoy looking through the telescopes at the Observatory nearby. There's also a sunny, smaller playground at the very top on the same level as the rose garden.

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## Petynka Koupaliště, Outdoor

### Swimming Pool

[www.koupalistepetynka.cz](http://www.koupalistepetynka.cz)

Otevřená 1072/4, Praha 6

Much-loved large swimming pool surrounded by grass and trees. New wading pool, new zip-line, small playground, water-slide, trampolines, beach volleyball, snack-bar. Can get very crowded on sunny days but off-peak times are ideal for swimming lengths. Secure locker facilities, changing room, showers. You can buy a ticket for the whole day or a čip (pass), which allows you to pay by the hour. Opening times vary according to month. Open 1 May - 30 Sept.

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## Piano Lessons for children or adults

[www.americanenglish.com](http://www.americanenglish.com)

[jodi.nesvadbova@gmail.com](mailto:jodi.nesvadbova@gmail.com)

Private lessons with experienced piano teacher Jodi Lynn Nesvadbová, trained at the Royal Conservatory of Music in Canada. Lessons in English or Czech.

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## Pick your own Strawberries -

### Jahodárna Vraňany

[www.jahodarna-vranany.cz](http://www.jahodarna-vranany.cz)

Vraňany 20, on the way to Mělník

Pick your own, pay by the kilo. Not chemically treated. Check the website in season for Picking Days.

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## Pick your own Strawberries -

### Kunratice

[www.jahody-kunratice.cz](http://www.jahody-kunratice.cz)

V jahodách 1010, Praha 4 - Kunratice

Bring a basket and pick your own berries. Usually late May til early July. Check website for information on picking days.

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## Prague Zoo

[www.zoopraha.cz/en](http://www.zoopraha.cz/en)

U Trojského zámku 3/120, Praha 7

Probably one of the most popular destinations to go with children. The annual pass is one of the best deals in town. Very child-friendly, with decent restaurants, playgrounds, a petting zoo, changing tables, mini-chairlift, as well as the animals, of course! Even getting to the zoo is fun: aside from driving or public transportation, you can take a little ferry across the river at Podbaba (with a walk or a short bus ride), a boat from the centre of town (about 15 - 20 minutes walk), or walk or ride bike through Stromovka Park.

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## Riverside Early Years Baby Groups

Chittussiho 14, Praha 6, Tel. Lenka 245 005 095 to book a place.

Fun music classes on Wednesday mornings. Story and art on Friday mornings. For preschool age children and their parents. 9-10am with extended playing in the garden afterwards if you wish. Highly recommended.

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## Spejbl and Hurvínek Theatre

[spejbl-hurvinek.cz](http://spejbl-hurvinek.cz)

Dejvická 38, Praha 6

Although only in Czech, the famous marionettes have been performing for several generations. Children's shows are designed for over four-years old. Also shows for teenagers and adults.

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## Toy Museum

Jiřská 6, Praha 1, Tel. 224 372 294

Quite small, two floors of old toys. Not very interactive but interesting to see at least once. Includes a big Barbie section.

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## Žluté lázně

[www.zlutelazne.cz](http://www.zlutelazne.cz)

Podolské nábřeží 3, Praha 4, Tel. 244 463 777

Prague's only beach resort (!) on the Vltava. Many restaurants, play areas, activities, etc.

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## Children's Furnishings

### About Kids

[www.aboutkids.cz](http://www.aboutkids.cz)

Václavské náměstí 38 (Pasáž Rokoko), Praha 1

Nice-looking furniture for children.

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### Space 4 Kids

[www.space4kids.cz](http://www.space4kids.cz)

Milady Horákové 105, opposite Hradčanská

Tel. 222 265 279

Small but lovely selection of furnishings and toys, especially French brand Djeco.

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## Churches

### Církev bratrská Dejvice

[www.cb6.cz](http://www.cb6.cz)

A progressive church plant with college students and young families in Dejvice. Sunday services meet at 10:00 at the Hotel Krystal, J. Martího 2, Praha 6 – Veleslavin.



### Faith Community Church

[www.faithcommunity.cz](http://www.faithcommunity.cz)

Václavkova 1, Praha 6

An international church in the Prague 6 area, which offers Sunday worship, children's lessons, youth group, and other regular events during the week. Run by a Riverside family. Sunday worship 4 pm, 6 pm.

### Heart Prague

[www.heartprague.com](http://www.heartprague.com)

Tel. 734 369 250

A church where all people are invited to explore the Christian faith. Meetings are in English. Chris and Amy Hales are Riverside parents.



### International Church of Prague (ICP)

[www.icprague.cz](http://www.icprague.cz)

Peroutkova 57, Praha 5

Sunday worship 10.30am



### Prague Christian Fellowship

[www.praguefellowship.cz](http://www.praguefellowship.cz)

Malostranská Beseda, Malostranské náměstí 21, Praha 1

Come as you are.

### St Clement's Anglican Church

[www.anglican.cz](http://www.anglican.cz)

Klimentská, Praha 1

Sunday worship 11am



### St. Thomas Catholic Church

[www.augustiniani.cz/en](http://www.augustiniani.cz/en)

Josefská 8, Praha 1

The Augustinian Monastery and Church have been a part of Mala Strana and the Prague community since 1228. Services in English, Spanish and Czech.

Saturday Mass in English at 18:00

Sunday Mass: 9:30 Czech, 11:00 English, 12:30 Spanish

Saturday Soup kitchen for the homeless 8:45 - 10:00 (volunteers welcome)

Religious Education, sacraments of First communion and Confirmation are in English.

## Company Registrations

### Company Registrations

[www.spolecnostionline.cz](http://www.spolecnostionline.cz)

## Computers

### Computer Doctor

[www.computerdoctor.cz](http://www.computerdoctor.cz)

Tel 602 375 030

Will visit your home or office to sort out any computer problem. Excellent English, professional, helpful.

## Costumes

### Agentura Karneval

[www.kostymy-pujcovna.eu](http://www.kostymy-pujcovna.eu)

28. Pluku 7, Praha 10 - Vršovice

Wide selection of costumes for rent for both children and adults. For almost every occasion!

## Dentists / Orthodontists



### Canadian Medical Care

[www.cmcpraha.cz](http://www.cmcpraha.cz)

Veleslavinská 1/30, Praha 6, Tel. 235 360 133

Recommended Dental Hygienist Mahulena Stoklasová, Dentist Petr Chalupa. All English-speaking and professional.

## With Joy and Hope St. Thomas English-Speaking Catholic Community

Located in the heart of Prague

- Josefská 8, Prague 1, near Malostranské náměstí
- Look for the narrow steeple just beyond the square

We are a welcoming, international  
Catholic Parish

- Mass in English, 6pm Saturday and 11am Sunday
- Mass in Czech and Spanish also

Offering Religious Education for all ages

- For RE contact Mary Beth at [redirector@augustiniani.cz](mailto:redirector@augustiniani.cz)

Tel.: 257 530 556

Please like us on Facebook!

[www.augustiniani.cz/en](http://www.augustiniani.cz/en)



Perfect for labelling children's Riverside uniforms, book bags,  
sport equipment and school supplies.  
Don't lose another item again!

### Dental Office H33

[www.dental-office.cz](http://www.dental-office.cz)

Hvězdova 33, Praha 4, Tel.: 241 410 001, 733 737 337

Many satisfied patients. English-speaking.

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### Dent Medico

[www.dentmedico.cz](http://www.dentmedico.cz)

Sokolovská 84-86/131, Praha 8, Tel. 734 252 244

Dentist Katka Kovandová is recommended.

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### Dentissimo

[www.dentissimo.cz](http://www.dentissimo.cz)

Za Valem 1497/4, Praha 4, Tel. 222 94 30 93

Affordable prices, English spoken.

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### Eurodent 32

[www.eurodent32.cz](http://www.eurodent32.cz)

Evropská 32, 160 Praha 6, Tel. 233 333 708,

MUDr. Jan Žižka

Dentistry, orthodontics and dental hygiene run by the Žižka family. Affordable, recommended and English-speaking.

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### Fidentia Dental Clinic

[www.fidentia.eu](http://www.fidentia.eu)

Zbrojnická 1, Praha 6, Tel. 233 331 416, MUDr. Jan

Pavlečka

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### Dr. Štěpán Gála

[www.dentist-prague.cz](http://www.dentist-prague.cz)

Křenova 9, Praha 6, Tel. 602 859 950 (24/7)

Painfree dentistry for children and parents. He does direct billing with Cigna and refunds Aetna, Allianz, Bupa, GMC patients and others. Dr. Steven is a member of AGD, USA.

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### MUDr. Edita Hvězdová

[www.dentalprague.cz](http://www.dentalprague.cz)

Zavadilova 5, Praha 6, Tel. 606 609 590

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### Magic Smile Dent

[www.magicsmile.cz](http://www.magicsmile.cz)

Karlovo náměstí 15, Praha 2, Tel. 222 356 278 Mob. 608 204 680

Dentist Elina Khachatryan speaks Russian and Czech. Dentist was able to schedule an emergency appointment without delay.

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### Petrortho

[www.petrortho.cz](http://www.petrortho.cz)

Uruguayská 272/3, Vinohrady, Tel. 224 253 604

Dentists speak English, reception only Czech.

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### Dr. Eric Rafoth, DDS

[www.americandentist.cz](http://www.americandentist.cz)

Pštrossova 10, Praha 1, Tel. 773 505 773, 739 577 823

Lots of Riverside students love Dr. Eric.

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### Swiss dental care

[www.swissdentalcare.eu](http://www.swissdentalcare.eu)

Nebušícká 853, Praha 6

English-speaking, good treatment.

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### 3DK Dentální klinika

[www.3dk.cz](http://www.3dk.cz)

Jankovcova 16/788, Praha 7, Tel. 774 00 33 99

Very good experience with stomatologist Dr. Strelbov. Dentist and hygienist speak English. Reception a little English. Good prices.

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### Dry Cleaners /Ironing

#### Bel a Blanc

[www.beletblanc.cz](http://www.beletblanc.cz)

Many locations including under the Billa on

Evropská: Evropská 695/73

Nový Smíchov, Dlouhá 20, Praha 1, Metropole at Zličín, Palladium, Flora.

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#### Prádelna

Jugoslávských partyzánů 23, Praha 6, Tel. 235 513 652

Ironing, pressing. No English spoken. Good job ironing sheets.

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### Fabrics

#### Flex-Tex

[www.flex-tex.cz/en](http://www.flex-tex.cz/en)

Jateční 1531/31 Praha 7

Wonderful treasure-trove of all kinds of fabrics and sewing needs. Recommended!

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### Farmers' Markets

#### www.farmarske-trhy.cz

Farmářské trhy na Kulaťáku: Farmers' Market at Kulaťák (Dejvice): Saturday 8 -14

A real event on Saturday morning! Along with fresh seasonal fruit, vegetables, cheese, meat, flowers, bread, olives, fish, wine, beer, you can now find all sorts of freshly prepared foods such as raclette, galettes, burgers, pasta and fabulous coffee. You'll be sure to run into someone you know.

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#### www.farmarivpraze.cz/index.php/nase-trhy/farmarske/smichov

Anděl: outside Nový Smíchov, in the pedestrian zone: Friday 8 -19. Also at Pankrác and Barandov.

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### www.farmarsketryprahy1.

[cz/?language=en](http://www.farmarsketryprahy1.cz/?language=en)

Praha 1, Nám. Republiky: Tues - Friday 9 -18

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### www.farmarsketrziste.cz/en

Praha 2, Náplavka, near Palackého nám., on the riverbank: Saturday 8 -14

Praha 3, Náměstí Jiřího z Poděbrad: Wednesday 8 -18, Friday 8 - 18, Saturday 8 -14

Farmers from across the country sell their produce. Both markets are very popular. Fresh seasonal produce, dairy, fish, eggs, honey. Come with a basket!

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### Fitness

#### Crossfit Committed

[www.crossfitcommitted.com](http://www.crossfitcommitted.com)

Bubenska 8a, Praha 7, Tel. 608 521 159

Challenge your body with a different workout everyday! Learn to push your limits and get the results you are looking for! It works.

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#### Crowne Plaza Hotel Fitness

[www.crowneplaza.cz](http://www.crowneplaza.cz)

Koulova 15, Praha 6

Enter through separate door on left side of hotel. Exercise equipment and fitness classes offered. Small, but convenient.

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#### Emily Shearer

[emilyinprague@gmail.com](mailto:emilyinprague@gmail.com)

A Riverside parent and experienced yoga teacher, Emily offers a weekly class to parents after drop-off at school. Her informal style combines Vinyasa Flow with relaxation techniques and is suitable for all levels of yoga practitioners. Try it and you'll get hooked!

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#### Gabi Hallett; Zumba and toning classes

[gabriela\\_pestova@hotmail.com](mailto:gabriela_pestova@hotmail.com), Mob. 774 203 351

Gabi, a Riverside parent, teaches at school in the Jidelna (try out a class, Friday mornings!) and at Crowne Plaza Hotel, Koulova 15, Dejvice.

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#### Hadovka Health and Fitness

[www.hadovkafit.cz](http://www.hadovkafit.cz)

Evropska 2588/33a, Praha 6. Entrance on the side.

Very nice fitness studio with top-of-the-line equipment, classes, personal trainers, nice changing rooms. You'll probably run into fellow parents here working out!

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#### Intercontinental Hotel

[www.icfitness.cz/en](http://www.icfitness.cz/en)

Pařížská 30, Praha 1

Small indoor swimming pool, good-size gym

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overlooking garden, sauna, massage, locker facilities. Offers membership by month or tickets for 10/20 visits.

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### Nina Reese

[ninajean22@hotmail.com](mailto:ninajean22@hotmail.com)

A Riverside parent and licensed Pilates and yoga instructor, Nina offers classes in various studios in Prague and can come to your home for a private lesson. She also plans to teach a class to parents at school.

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### Petyнка Koupaliště, Outdoor Swimming Pool

[www.koupalistedpetynka.cz](http://www.koupalistedpetynka.cz)

Otevřená 1072/4, Praha 6 – Střešovice

See Listing under Children's Activities.

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### Studio Namaste

[www.studionamaste.cz](http://www.studionamaste.cz)

Nebušícká 93, Praha 6, Tel. 775 288 066

Pilates, yoga, core training in a small studio in Nebušice.

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### Volcano health club

[www.volcanocomplex.cz](http://www.volcanocomplex.cz)

K Sopce 30, Praha 5

Trainer: Tomáš Hreško [www.tomashresko.cz](http://www.tomashresko.cz)

Tel. 605 265 225

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### Wellness Rooseveltova

[www.centrum-relaxace.cz](http://www.centrum-relaxace.cz)

Rooseveltova 10, Praha 6, Tel. 233 310 038

Yoga, pilates, zumba offered. Private classes available. Also recommended for facials, massage, pedicure.

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### Wellnessia - Prague Wellness Centre

[www.loseweight.cz](http://www.loseweight.cz)

Na Poříčí 38, Praha 1, Tel. 222 322 237

or Monika 777 600 854

Weight-loss centre that includes personal support, nutritional supplements.

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### Yoga Studio Prague

[www.yogaprague.cz](http://www.yogaprague.cz)

Soukenická 7, Praha 1, Tel. 607 506 673 Dr. Aruna Singhvi

A trained medical doctor, Aruna has been teaching Hatha yoga for more than 20 years. She brings a unique and peaceful approach to her classes. Also pre-natal yoga.

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### Family Fitness Olgy Šípkové

[www.sipkova.cz](http://www.sipkova.cz)

Metropole Shopping centre, Zličín. Praha 5,

Tel. 226 082 486

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A big gym with lots of different classes. Many staff speak English. They have a babysitting service with trained staff in a room that can be viewed from the gym area.

### Katrin Kohler

[www.jogakatrinhohler.cz](http://www.jogakatrinhohler.cz)

A variety of yoga classes in German, Czech and English around town. Her post-natal yoga course is particularly recommended.

### Floors

### Akto

[www.akto.cz](http://www.akto.cz)

Trstice 57, Hořovice

No English, but he does excellent work and is very conscientious.

### Food Shops

#### Amaso Butcher e-shop

[www.eshop.amaso.cz](http://www.eshop.amaso.cz)

Next-day delivery. Very good selection of meat.

#### Barakat Halal Shop

[www.barakat.cz](http://www.barakat.cz)

Puškinovo nám. 14, Praha 6, Tel. 777 666 515

Halal butchers and Middle-Eastern food, great lamb chops.

#### Bio Zahrada

[www.eshop.bio-zahrada.cz](http://www.eshop.bio-zahrada.cz)

Online organic products, including veggie boxes and homemade cakes. Delivery.



#### The Candy Store

(formerly Robertsons)

[www.candy-store.cz](http://www.candy-store.cz)

Jugoslávských partyzánů 38, Praha 6

British and American goods. Cheddar cheese!

Pepperidge Farm Goldfish! Although the meat is still there, the shop has been taken over by American candy, crackers, drinks.

#### Culinaria

[www.culinaria.cz](http://www.culinaria.cz)

Skořepka 9, Praha 1, Tel. 224 231 017

Many imported American and British goods. Also freshly prepared hot items, soups, salads to go or eat in. Catering available.

#### Cream and Dream

Husova 231/12, Praha 1, Tel. 224 211 035

Really great gelato. From Italy. Yum. Take out or eat in.

#### Japa

[www.japa-shop.cz](http://www.japa-shop.cz)

Verdunská 21, Praha 6, Tel. 233 320 629

Japanese food and other items.

#### Fiala

[www.fialapraha.cz](http://www.fialapraha.cz)

Ringhofferova 1, Praha 5

Cake decorating, baking supply store (great for obscure and foreign supplies).



#### Fresh Bedyňky

[www.freshbedynky.cz](http://www.freshbedynky.cz)

E-shop offering fresh delivery of organic fruits, veggies, meat, dairy, eggs, etc. Easy to order and delicious food.

#### frutapura

#### Frutapura

[www.frutapura.cz](http://www.frutapura.cz)

Ramova 1, Praha 1 Tel. 775 719 436

Vegan, raw-life, gluten and lactose-free foods.

#### Little Italy

[www.daemmanuel.cz](http://www.daemmanuel.cz)

Charlese de Gaulla 4, Praha 6

Owned by Da Emanuel's Emanuele Ridi, Little Italy carries a good selection of Italian food and wine. The restaurant is next door.

#### Marks and Spencer

[en.marks-and-spencer.cz](http://en.marks-and-spencer.cz)

Nový Smíchov, Palladium, Václavské nám. 36

Fresh food from England, including salads, vegetables, juices, dairy, meat, fish and prepared meals (pastas, etc.). Good frozen section, excellent hummus, wine, lots of crackers, cookies, teas, etc.



#### Robertson - Quality Meats

[www.robertson.cz](http://www.robertson.cz)

British butcher and delicatessen. Bacon, sausages, steaks, lamb, cheddar cheese! E-shop and home delivery service.

# freshbedynky

Grown with love, delivered with a smile.

We deliver fresh and organic fruits, vegetables, meat, fish, bread and other groceries. 5 days a week in Prague and suburbs. We started 5 years ago and now deliver to hundreds of families that enjoy the yummy organic produce!

Simply order in our online eshop at [www.freshbedynky.cz](http://www.freshbedynky.cz) and get the delivery tomorrow!



fresh fruit & vegetables

high quality meat

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fresh bread & pastry

gourmet food



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organic | fresh | seasonal | english friendly | delivery | earth friendly

## Toro Blanco (Spanish food & wine supplies)

[www.toroblanco.cz/en](http://www.toroblanco.cz/en)  
Kolínská 19/1666, Praha 3, Tel. 731 759 512

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## Seefood shop

[www.seefood.cz](http://www.seefood.cz), [seefood@seefood.cz](mailto:seefood@seefood.cz)  
Zborovská 49, Praha 5, Palladium, and newly opened 300m from school at Kamýčká 40/7 Praha 6, Tel. 603 887 465

A great selection of fresh fish.

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## U Salvátora (Spice Shop)

[www.prodejnausalvatora.cz](http://www.prodejnausalvatora.cz)  
Náprstkova 2, 110 00 Praha 1  
The most famous little spice shop in Prague. Popping in is like going back in time. Hundreds of spices.

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## Wine Market

[www.winemarket.cz](http://www.winemarket.cz)  
Národní obrany 29, Praha 6, Tel. 252 540 660,  
Other locations: Ovocný trh 12, Praha 1; Strakonická 1, Smíchov.  
Excellent selection of Italian wines and food. Small café, bar.

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## Little Potraviny near School

Roztocká 20, Praha 6  
Carries several unusual items including fruits and vegetables. Fresh bread and sandwiches can be made to order. A bit more expensive than your average potraviny. Friendly owners, some English spoken, but a great place to practise your Czech. Also perfectly located and stocked if you have forgotten your child's packed lunch!

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## Food - Supermarkets

### Albert

Locations throughout Prague including Roztoky, Palladium, Hanspaulka, Šestka.  
Fantastic croissants!

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### Billa

Several locations in town  
Friendly service, wide selection of food items, including some organic fruits, vegetables, cheese and meat.

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### Julius Meinl Praha

[www.meinlpraha.cz](http://www.meinlpraha.cz)  
28. října 377/13, Praha 1  
Beautiful store, with lots of tempting food on display. Almost like being in Vienna! Excellent selection of fish, meat, cheeses, fresh fruit and vegetables and

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huge wine emporium. Nice restaurant on the top floor and cafe on the ground floor. An experience no one should miss!

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## Kaufland

Pod Paťankou 2743/1b  
Conveniently located for shopping after school drop-off, Kaufland offers excellent fresh fish and bread and wide assortment of many goods, including drugstore needs, wine, frozen section. Slow-moving sidewalk upstairs but generally worth it.

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## Lidl

Convenient for people driving towards Horoměřice roundabout. Don't bring your shopping list and just be surprised by what's on offer.

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## Tesco

Convenient locations at Nový Smíchov, Zličín, small Tesco Express in Hanspaulka.  
Large department store selling a little of almost everything. Many parents do their weekly grocery shopping here. Supermarket includes international section (Japanese, Tex-Mex, Italian, etc.), some organic produce, Tesco brand items. Now delivers, just like home! Very popular option: <http://nakup.itesco.cz/>

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## Flowers/Gardening

### Chládek Zahradnické centrum,

**Chladek Garden Center**  
[www.zahradnictvi-chladek.cz](http://www.zahradnictvi-chladek.cz)  
Střešovicická 47, Praha 6, Tel. 235 351 032  
Plants, flowers, trees, gifts and decorations. Great for Christmas trees and trimmings. Large indoor/outdoor selection and café with terrace.

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### Květinářství Metamorphosis

[www.kvetinarstvi-praha-metamorphosis.cz](http://www.kvetinarstvi-praha-metamorphosis.cz)  
Haštalská 796/3 and new branch at Dejvice:  
Wuchterlova 585/14  
Simply the best bouquets in town!

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## Framing

### Arieta

[www.arieta.cz/ramovani](http://www.arieta.cz/ramovani)  
Donská 17, Praha 10, Tel. 271 743 822  
Framing for art or photos: she is excellent.

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## Golf

### Driving range Divoká Šárka

[www.drds.cz](http://www.drds.cz)  
Nad Lávkou 5, Praha 6, Tel. 774 203 730

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## Erpet Indoor Golf

[www.erpetgolfcentrum.cz](http://www.erpetgolfcentrum.cz)  
Strakonická 2860/4, Praha 6, Tel: 296 373 111  
An indoor golf centre with outside pool, tennis, badminton and squash courts, conference centre.

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## Golf Dejvice

[www.golfdejvice.cz/en](http://www.golfdejvice.cz/en)  
Podbabská 81/17, Praha 6, Tel. 736 222 777  
Indoor year-round golf, using full-swing golf simulators. Restaurant, Wifi. Recommended.

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## Petr Chromeček – Golf Instructor

[www.chateaugolf.cz](http://www.chateaugolf.cz)  
Chateau St. Havel, Před nádražím 6, Praha 4, Tel: 603 231 699

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## Golfarena Praha

[www.golfarenapraha.cz](http://www.golfarenapraha.cz)  
Železničářů 190, Praha 7, Tel. 734 312 000  
This is the club that the Riverside Golf club uses.

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## Hairdressers/Barbers

### Fellini

[www.fellini.cz](http://www.fellini.cz)  
Kozí 5, Praha 1, Tel. 222 314 876  
Great haircuts and colouring in the centre. Denisa especially recommended. English spoken.

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### Florian

[www.florianhair.com](http://www.florianhair.com)  
Kostečná 3, Praha 1, Tel.222 310 682  
Popular place for haircuts for women and men. Colouring. Steps off Pařížská. English spoken.

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### James Hair

[www.jameshair.cz](http://www.jameshair.cz)  
Masná 15, Praha 1, Tel: 224 827 373 / 602 171 016  
Professional, English spoken.

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### Head Salon

[www.headcz.cz](http://www.headcz.cz)  
Dittrichova 344/6, Praha 2, Tel. 737 407 714.  
Recommended: Kraig Casebier, American Barber  
Hairstylist, specializing in men's and boys' haircuts. Also Dawn for ladies.

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### Salon Alena

[www.salon-alena.cz](http://www.salon-alena.cz)  
Bachmačské nám. 6, Praha 6, Tel. 233 320 372  
Simona speaks English. Good for kids' haircuts.

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## Salon Petra Měchurová

[www.petra.mechurova.cz](http://www.petra.mechurova.cz)  
Královodvorská 12, Praha 1, Tel. 224 222 442  
English spoken, recommended.

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## Salon Vogue

[www.salonvogue.cz](http://www.salonvogue.cz)  
Praha City Center, Klimentská 46, Praha 1, Tel. 224 816 799  
Owner Alex speaks fluent English and Arabic. Very good for men's and boys' haircuts.

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## Modelové Kadeřnictví,

in Hotel Diplomat, Evropská 16, Praha 6, Tel. 233 332 733.  
Open 7 days a week, reasonable and stylists speak English. Recommended for the whole family.

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## Trichomania hair salon

[www.trichomania.cz](http://www.trichomania.cz)  
Anglická 8, Praha 2 Tel. 608 579 544  
Mark is great with scissors and specializes in cutting and colouring. English spoken.

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## Via Vestra

[www.viavestra.cz](http://www.viavestra.cz)  
V Úvoze 1730, Roztoky Tel. 774 257 112  
Basic English but she is really good in cutting and with colouring. Good prices. Easy parking.

---

## Handyman

### Rhyan de la Isla

[pubastandards@gmail.com](mailto:pubastandards@gmail.com)  
Tel. 739 169 947  
Assembles IKEA furniture, installs lighting & electrical wiring, painting, renovations, etc. Recommended.

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### Mr. Mirek

Tel. 603 552 655  
Husband of Klara of Klara's Agency. Excellent handyman.

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## Hardware Shop

### Železářství Na Podbabské

[www.zelezarstvinapodbabske.cz](http://www.zelezarstvinapodbabske.cz)  
Jugoslávských partyzánů 18, Praha 6  
A small shop with a huge range of hardware.

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### Hornbach

[www.hornbach.cz](http://www.hornbach.cz)  
Slánská 2, 160 00 Praha 6  
A huge DIY shop with everything you could possibly need for your home, garden and pets. Although most staff don't speak English, they have always been very helpful and found a colleague who does.

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## Health / Organic Food

### Country Life

[www.countrylife.cz](http://www.countrylife.cz)

Čs. armády 30, Praha 6, Melantrichova 15, Praha 1

Good selection of organic fruits, veggies, dried goods, cosmetics, cleaning products. Organic cafés. Closed Saturdays and early on Friday afternoons in winter.

### Bio Obchod Rozmarýna

[www.rozmaryna.cz](http://www.rozmaryna.cz)

Nádražní 17, Praha 5

Well-stocked store. Closed on weekends.

### DM Drogerie

[www.dm-drogeriemarkt.cz](http://www.dm-drogeriemarkt.cz),

Many locations including Hradčanská, Zličín, Petřiny, Palladium, Šestka

Pretty good selection of organic pastas, crackers, cookies, make-up, etc.



### Fresh Bedyňky

[www.freshbedynky.cz](http://www.freshbedynky.cz)

E-shop offering fresh delivery of organic fruits, veggies, meat, dairy, eggs, etc. Easy to order and delicious food.

## frutapura

### Frutapura

[www.frutapura.cz](http://www.frutapura.cz)

Ramova 1, Praha 1 Tel. 775 719 436

Vegan, raw-life, gluten and lactose -free foods.

### Náš Grunt

[www.nasgrunt.cz](http://www.nasgrunt.cz)

Many locations including Křenova 438/1, Praha 6 – Petřiny, Dláždění 7, Praha 1

High-quality, locally sourced food, wine, honey, bread, dairy, etc. Produced with traditional methods. Once you try it, you'll get hooked.

### Sklizeno

[www.sklizeno.cz](http://www.sklizeno.cz)

Dejvická 26, Praha 6, Vodičkova 709/33, Praha 1

Excellent "foodie-market" with high-quality, often locally sourced food. Meats, dairy, fresh produce, coffee, chocolate... you get the idea.

### Spojené Farmy

[www.spojnenefarmy.cz](http://www.spojnenefarmy.cz)

U Hadovky 10, Praha 6

Specializes in organic meats and delivers organic

chicken to above address in Hanspaulka. Some Czech needed. Order from [www.biokureci.cz](http://www.biokureci.cz)

## Horseback Riding/Horses

### International Riding School

Pazderna 167, Tuchoměřice, Tel. 602 380 066 Solvejg

Zoske

Lessons and a place recommended for birthday parties.

### Riding School (for children)

Tel. 721 208 118

Monika speaks English.



### Dvůr Hoffmeister

[www.dvur-hoffmeister.cz](http://www.dvur-hoffmeister.cz)

Velké Čičovice 45, Čičovice, 10 minutes drive from the airport.

Very good facilities, riding lessons offered. Also excellent restaurant!

### Equiservis (Horse riding equipment shop)

[www.equiservis.cz](http://www.equiservis.cz), [info@equiservis.cz](mailto:info@equiservis.cz)

Obchodní 977, Rudná u Prahy, Tel. 257 316 782

### Horse milk products

Na Výsluní 463, Tuchoměřice, Tel. 723 696 402

Riverside-parent owned. Horse milk powder for fatigue, skin problems or digestive problems. Horse milk cosmetics for skin problems, general beauty.

### Velkostatek Tetín

[www.equicenter.cz](http://www.equicenter.cz)

Tetín, near Beroun, Tel. 602 633 775

Austrian/Canadian-owned riding centre. Beautiful surroundings. Lessons in English, German and Czech. Summer camps. Boarding facilities for horses.

## Hotels, Hostels

### Bohemian Hostel Group (Czech Inn, Miss Sophie's, Sir Toby's, Mosaic House)

[www.bohemianhostels.com](http://www.bohemianhostels.com)

Francouzská 76, Praha 10, Tel. 267 267 612

Superb reviews, great deal in Vinohrady.



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Using **facial mapping** from Oriental & South American tribal traditions, combined with the stimulation of **acupressure** and **neurovascular points**, creates a powerful healing therapy.

### This deeply relaxing treatment helps:

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- boosts natural collagen production, reduces deep wrinkles & fine lines
- improves skin condition while toning & lifting
- learning & behavioural problems in children
- calm exam nerves & anxiety
- colic, reflux & sleep problems with babies



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Qualified Practitioner

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[www.sole2soul.eu](http://www.sole2soul.eu)

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Call center

+420 235 360 133

24 hours service

General Practitioner

+420 724 300 301

Pediatrician

+420 724 300 306

Dentist

+420 724 300 312

[www.cmcp Praha.cz](http://www.cmcp Praha.cz)



## Bohemiae Rosa

[www.bohemiae-rosa-hotel.com](http://www.bohemiae-rosa-hotel.com)

Otradovice 3, Votice, Tel. 724 521 187

A one-hour's drive from Prague. Nice hotel for families, part of a sustainable farm.

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## Insurance

### AXA PPP

[www.axapphealthcare.co.uk/international-health-insurance](http://www.axapphealthcare.co.uk/international-health-insurance)

Certainly not the cheapest, and you need to get a waiver for this to be accepted by the foreign police for visa requirements, but some parents have been happy customers for more than 10 years (and numerous claims). Direct settlement with Canadian Medical Care.

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## Kitchen Supplies

### Kuchyňské Potřeby Nádobí

Jugoslávských partyzánů 18, Dejvice

A small shop with a huge range of bits for the kitchen.

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## Landscaping

### Kateřina Dlabalová

[k.dlabalova@centrum.cz](mailto:k.dlabalova@centrum.cz)

Young but reliable. Good English.

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## Languages

### Genoveva Salado de la Torre

[genosalado@hotmail.com](mailto:genosalado@hotmail.com)

Available for private Spanish lessons. Excellent teacher, always well-prepared.

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### Hana Diringerova

[www.diri.cz/cz\\_main.html](http://www.diri.cz/cz_main.html)

Lidická 9, Praha 5 Tel. 732 246 224

Professional Czech language teacher. Fun, interesting and very patient person.

Comes to your home. She is worth the money.

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### Jodi Lynn Nesvadbová and Carlos Alderete

English lessons/ Language services

<http://americanenglish.cz>

Both native speakers, they offer private and group lessons (including grammar, idioms, pronunciation) as well as proofreading, editing and Czech-to-English translations. Very friendly and experienced. The first private lesson is free.

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## Laurus Language Centre

[www.czechforchildren.cz](http://www.czechforchildren.cz)

Eliášova 2/253, Praha 6, Tel. 731 374 286

Recommended for Czech, Spanish, German and English small classes and private. Young teachers are quite enthusiastic; Markéta especially recommended for private classes for both children and adults.

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### Lee Rose Emery

[lee@acreisland.com](mailto:lee@acreisland.com) Tel. 722 287 532

"Coffee and conversation". Available for private or group English lessons. Nice!

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## Lawyers

### noack & partner

#### noack & partner

Štursova 445/2, Praha 6, Tel. 736 777 214

[noack@advokasso.cz](mailto:noack@advokasso.cz)

Experts at preparation and revision of contracts (e.g. lease, employment, purchase contracts), collecting claims and other legal submissions, as well as addressing liability, damages to property, health and compensation for non-pecuniary damages. Corporate law. Working with clients from the Czech Republic and from German and English-speaking countries.

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### Tereza Šmicová

[www.smicovasiegel.cz](http://www.smicovasiegel.cz)

Reasonably priced (charges by the hour, but quotes ahead of time). English speaking, and good for the little questions that come up from time to time (tenant, landlord issues, etc.)

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### Notary – JUDr. Stanislava Ferešová

Vítězné náměstí 10

Tel. 224 314 254

Very convenient, helpful to make appointment but if not, you can wait. Handy for getting all sorts of documents notarized. Note: most post offices will also notarize at their Czech-Point windows.

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## Massage / Alternative therapies / Physical therapy

### Nature Care Clinic

[www.naturecare.cz](http://www.naturecare.cz)

Plavecká 12, Praha 2, Tel. 602 235 117

Owner Lenka and Californian Caitlin both recommended for acupuncture. Fantastic massages. All kinds of therapies offered including physiotherapy, reflexology. Many therapists speak English.

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## Sole2Soul Facial Reflexology

[www.sole2soul.eu](http://www.sole2soul.eu)

Roztoky, near Praha 6 Tel. 774 567 752

Alison, a Riverside parent, offers facial reflexology to improve health and physical appearance.

Holistic therapy with a beauty benefit!

Recommended by many.

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### PhDr. Edwin Mahr

[www.clpa-mediterra.cz](http://www.clpa-mediterra.cz)

Sokolovská 304, Praha 9 Tel. 606 947 558

Recommended for physical therapy.

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## Wellness Rooseveltova

[www.centrum-relaxace.cz](http://www.centrum-relaxace.cz)

Rooseveltova 10, Praha 6, Tel. 233 310 038

Along with fitness classes, also recommended for facials, massage, pedicure.

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## Tibetan massage

[www.tibetskemasaze.eu](http://www.tibetskemasaze.eu)

U čtvrté baterie 194/4

(Entrance from U páté baterie, Pavilon G-3)

A unique and effective healing method, helping to achieve complete harmony of body and soul. Very professional and helpful.

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## Medical

### Anděl Laser Centre

<http://www.lcandel.cz>

Karla Engliša 3221/2, Praha 5– Smíchov Tel. 222 230 320

Good place to go for laser procedures, varicose veins, aging issues!

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## Canadian Medical Care

[www.cmcp Praha.cz](http://www.cmcp Praha.cz)

Praha 6, Veleslavínská 1, Tel. 235 360 133

Many people go to CMC for recommended services including children's doctors, dental care, General Practitioners and others specializations. Pediatrician on-call 24 hours a day. All pediatricians recommended; Drs. Taušova and Kreimova quite popular. All English speaking and professional.

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## Dr. Elena Figurová, Gynecologist

[www.oggroup.cz/en](http://www.oggroup.cz/en)

Vodičkova 699/30, Praha 1, Tel. 224 220 037

Visited by many women living in Prague. English speaking.

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## GYNPRAG

[www.gynprag.cz](http://www.gynprag.cz)

Národní 1010/9, Praha 1 Tel. 222 075 120

The amazing ob/gyns at GYNPRAG provide superior care to Prague's expat women. Drs. Heřman and Hašlik are kind and caring physicians, with years of experience, and willing to go the extra step for their patients. Both are fluent English speakers and deliver at the renowned Institute for the Care of Mother and Child in Prague – Podolí.

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## Pediatric ENT

Tel. 602 370 392

Professional staff with good English. Excellent job removing tonsils. Only takes cash.

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## Dr Jana Stejskalová, Gynecologist

[www.pwhc.cz](http://www.pwhc.cz)

Prague Women's Health Centre, Kartouzská 6, Praha 5, Tel. 251 614 686.

Friendly manner, many satisfied patients. Easy parking at Nový Smíchov. English-speaking. Dr. Jana delivers at Krč hospital.

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## Clinic Respimed

[www.respimed.cz](http://www.respimed.cz)

Kartouzská 204/6, Praha 5, Tel. 257 225 127

Primary and preventive care, 24/7 on-call service. Hospital referral and assistance. Direct billing with foreign health insurance companies. The following doctors are recommended:

MUDr. Alena Zapletalová - osteopathy, physiotherapy;

MUDr. Votruba - pneumology; MUDr. Mavrogeni -

General Practitioner; MUDr. Mikulecká - Pediatrician

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## Unicare

[www.unicare.cz](http://www.unicare.cz)

Na Dlouhém Lánu 11, Praha 6, Tel. 235 356 553

English-speaking staff catering to families. Just off Evropska. Includes 24 hour emergency service.

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## Moving

## Corstjens Worldwide Movers Prague,

[www.corstjens.com](http://www.corstjens.com)

Jeremiášova 947/16, Praha 5, Tel. 235 520 545

One parent had a very good experience several times.

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## Team Allied

[www.teamalliedgroup.com](http://www.teamalliedgroup.com)

Tel. 233 090 502

Efficient and helpful.

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## Looking for a House or Apartment in Prague? Buy or rent?

We know what you need. And we know where to find it.  
We know the market and the language.

### Contact:

**Claudia Bauer:**  
**603 502 110**  
[claudia@housesandmore.cz](mailto:claudia@housesandmore.cz)

**Zdena Noack:**  
**736 777 214**  
[zdena@housesandmore.cz](mailto:zdena@housesandmore.cz)

<http://www.housesandmore.cz>

### Music stores

#### Czech Music Fund

[www.hudebnifond.cz](http://www.hudebnifond.cz)

Radlická 99, Praha 5, Tel. 251 554 940

Popular place to rent pianos by the month. Very affordable. Only the transportation can be a bit pricey.

#### Music City

[www.music-city.cz](http://www.music-city.cz)

Ocelářská 937/39, Praha 9, Tel. 226 011 175

Far away, but excellent selection of all kinds of musical instruments. Worth the trip.

#### Yamamusic

[www.dhn.cz](http://www.dhn.cz), [info@dhn.cz](mailto:info@dhn.cz)

Jungmannovo nám. 17, Praha 1, Tel. 224 236 303

Centrally located, good selection.

### Opticians



#### Alta Opticians

Vlastina 2a, Praha 6

[www.altaoptika.cz](http://www.altaoptika.cz)

Fluent in English, certified in US and Canada and just great to work with. Their Ophthalmologist is especially good with children. Very friendly, knowledgeable, and fast service. Recommended!

### Pets, Vets

#### The Vet Clinic, Veterinární Klinika

[www.vetclinic.cz](http://www.vetclinic.cz)

MVDr. Herčík

Velvarská 24, Horoměřice, Tel. 220 971 236

English-spoken, good parking. Very clean and welcoming, with friendly staff who seem to love animals. Customers are happy with the level of care and the standard of treatment.

#### Drs Šímek and Kovačicová

Evropská 695, Praha 6, below Billa supermarket.

Tel. 235 363 100

Helpful, professional and speak excellent English.

#### Dr Riedlová and Partners

[www.vaseveterina.cz](http://www.vaseveterina.cz)

Maďarská 1059/3, Praha 6, Tel. 235 363 100

Chelčického 1889, Roztoky u Prahy, Tel. 739 443 837

Helpful, professional and speak excellent English.

### Mazlíček Boarding

[www.hotelmazlicek.cz](http://www.hotelmazlicek.cz)

Pod Vlachovkou 9, Praha 8, Tel. 603 981 869

Lucie speaks excellent English and is really helpful and lovely with the cats, including sending SMSs on their progress while you are away. The place is well run and spotless.

### Psí Studio Horoměřice (Dog bathing and grooming)

[www.psistudio.cz](http://www.psistudio.cz)

Bicanova 903/9, Horoměřice, Tel. 605 703 852

English spoken.

### Pharmacy (Lékárna)

#### Lékárna Hanspaulka

Krocínovská 801/3, Hanspaulka, Praha 6, Tel. 233 332 854

Helpful, English-speaking pharmacists. Closed on weekends.

#### Lékárna Arnika

Suchbolské náměstí 445/7, Praha 6, Tel. 222 711 232

Both the man and young lady speak English and are very helpful.

### 24 hour Pharmacies:

- » Palackého 5, Praha 1, Tel. 224 946 982
- » Belgická 37, Praha 2, Tel. 222 519 731
- » Krč Hospital, Vídeňská 800, Praha 4, Tel. 261 084 001
- » Štefánikova 6, Praha 5, Tel. 257 320 918
- » Motol Hospital, V Úvalu 16, Praha 5, Tel. 224 435 736
- » Vítězné Náměstí 16, Praha 6, Tel. 224 325 520
- » Pharmacy Letná, Frantiska 22, Praha 7, Tel. 233 375 599
- » Bulovka Hospital, Budinova 2, Praha 8, Tel. 266 082 017

### Playgrounds

Prague is a treasure-trove of wonderful, modern playgrounds. Many have sand pits, climbing frames, slides and swings. Almost every neighbourhood has one. Here are a few:

Čertovka: Nice playground with a sand pit under the Malá Strana side of Charles Bridge. What a view!

Gutovka: Unique among Prague playgrounds, Gutovka offers water-play that teaches laws of physics (try it and you'll see why!), a great ropes-course for primary-age children and a smaller

version for tots. Huge climbing wall, inline skating rink, nice restaurant with good food. Definitely worth the trek out to the boonies of Prague 10 (Strašnice). Gutova 39, tucked into a residential neighbourhood.

Kampa Park: Small playground up the ramp overlooking the river. Best for small children.

Hanspaulka: Small playground at the top of Za Hanspaulkou. Partial view of Prague. Another larger playground on Soborská next to the forest by the tennis courts.

Havlíčkovy sady (Grebovka): Fun playground in a big, hilly park with its own vineyard! Nearby cafe (Pavilon Grebovka) with many outdoor tables and grass to run around in.

Ladronka: Small playground next to a cafe. Always nice to grab a coffee while watching the little ones. The restaurant has pretty good food, as well as bowling. Ladronka is well-known for its flat paths for cycling and rollerblading, and good wind for kites!

Letná: Large, sunny playground catering to different ages near a little outdoor cafe, WC. Smaller playground under the trees is better on a hot day. Lots of free space in Letná for kicking balls and smooth paths for cycling and rollerblading. Rollerblade rental available. Tennis.

Riegrový sady: Unique playground for different ages, with slides, swings, roundabout, etc. Close to famous beer garden...

Stromovka: Several small playgrounds are scattered throughout Stromovka. Don't miss the new one beside the Vozovna restaurant - you can have lunch while watching the children play. A large, older one up on street level in Letná neighbourhood has WC facilities. Stromovka is a wonderful place to bring a picnic, feed the ducks, or ride bikes.

## Playgrounds (Indoor)

Along with the old stand-by Beckiland [www.beckiland.cz](http://www.beckiland.cz) (listing under Children's Birthday parties), most shopping malls have at least a small play area for children, often with babysitting options for shoppers. For more information, please see: [www.kidsinprague.com/archive/category/indoor-playgrounds/](http://www.kidsinprague.com/archive/category/indoor-playgrounds/)

## Nový Smíchov Shopping centre

[www.novysmichov.eu/en/detsky-koutek](http://www.novysmichov.eu/en/detsky-koutek)  
Plzeňská 8, Praha 5

Slide, ball pool, bikes, etc. Not huge but adequate for little ones. Daily program. Babysitting while you shop. Under 3s can enter with their parents.

## Real Estate Agents

[www.praguerealestate.cz](http://www.praguerealestate.cz)  
[www.tide.cz](http://www.tide.cz)  
[www.homesweethome.cz](http://www.homesweethome.cz)



### Jason Cahill

Mantaren Properties  
[www.prague-properties.com](http://www.prague-properties.com)  
Tel. 725 868 135

Jason Cahill has lived in the area for 14 years and can help you with everything related to your home, from negotiating contracts to choosing, sourcing, and even hanging your curtains! He offers full service home finding in both rental and sales, including niche properties.



## Houses and More Real Estate Agency

[www.housesandmore.cz](http://www.housesandmore.cz)  
Tel. Claudia 603 502 110  
Tel. Zdena 736 777 214

They will help you to find the perfect house to rent or buy in your favourite location. Tailor-made service by 2 Riverside mums.

## Repairs (gas, water, electric)

### ZTS

[www.zts.cz](http://www.zts.cz)  
Not cheap, but dependable and usually have an English-speaking dispatcher during work hours.

## Restaurants/Cafes

This rather eclectic list of restaurants and cafes reflects either a convenient location, great food, or good atmosphere. There are dozens more restaurants that Riverside families frequent and recommend, but here's a sample:

### Aldente Trattoria e Vineria Italiana

[www.al-dente.cz](http://www.al-dente.cz)  
Věžeňská 4, Praha 1, Tel. 222 313 185  
Family-friendly pasta place. Children can make their own pastas on weekends 12 - 3 pm, included in the price of the adult meals.

### Alforno Focacceria Italiana

[www.al-forno.cz](http://www.al-forno.cz)  
Petrské náměstí 4, Praha 1, Tel. 222 316 011  
Very good pizzas, feels like a corner Italian trattoria. Children can make their own pizzas on weekends 12 - 3 pm.

## Argument

[www.argument-restaurant.cz](http://www.argument-restaurant.cz)  
Bubenečská 19, Praha 6, Tel. 220 510 427  
Cozy restaurant, good food, fine for kids.

## Auberge de Provence

[www.tuchomerice.cz/en.html](http://www.tuchomerice.cz/en.html)  
355 U Špejcharu, Tuchoměřice, Tel. 220 951 083  
Nice destination in a village just beyond the airport. Outside patio with play area, rabbits, chickens, herb garden. Delicious French/Belgian food. Cozy inside, not cheap. Closed Mondays and Tuesdays.

## Babiccina Zahrada

[www.babiccinazahrada.cz](http://www.babiccinazahrada.cz)  
Tovární 536, Průhonice Tel. 272 690 865  
Excellent Czech food made from fresh, local ingredients, just like Babička used to make. Beautiful garden, cozy inside in winter. Perfect after walking around Průhonice park.

## Bisos

[www.bisos.eu](http://www.bisos.eu)  
U Rajske zahrady 639/16, Praha 3 Tel. 608 550 970  
Bisos is a unique dining concept. Mediterranean wine bar and restaurant located opposite a park on the edge of Vinohrady. Good music, perfect for breakfast, lunch, aperitivo, dinner, hot tapas or sunday brunch. June - October outdoor terrace garden.



## Burger Bar

[www.burgerbar.cz](http://www.burgerbar.cz)  
Nebošická 93, Nebošice Tel. 220 199 510  
Located in the Hotel Dolce Villa. Delicious burgers, outside seating, even bowling!

## Brown Bag Burger

[www.brownbagburger.cz](http://www.brownbagburger.cz)  
Československé armády 30, Praha 6 Tel. 222 934 773  
Steps from Dejvicka, great burgers, chilli dogs, buns baked by The Bakeshop. Delivers.

## Café Amandine

[www.cafeamandine.cz](http://www.cafeamandine.cz)  
Na Moráni 17, Praha 2, Tel. 222 524 305  
Great for breakfast or lunch - fine selection of French pastries, quiches, omelets, coffees, fresh juice. Parisian ambiance plus outdoor seating.

## Café Calma

[www.calma.cz](http://www.calma.cz)  
Kyjevská 2, Praha 6, Tel. 602 235 660

Cozy corner cafe in Dejvice, near Post office. Light meals, great coffee, small children's corner. Outside seating.

## Café Exil

[www.cafeexil.cz](http://www.cafeexil.cz)  
Bubenečská 10, Praha 6, near Hradčanská.  
Step into this French cafe with books lining the walls and you may want to bring your beret. Mostly drinks. Quiet place to read or for private lessons. Author events.

## Café Girafe

[www.cafegirafe.cz/en](http://www.cafegirafe.cz/en)  
In Suchdol, at intersection of Kamýcká and Internacionální, Tel. 777 031 214  
Very child-friendly and lovely in the warm months, with a large outdoor garden, including a sandbox. Excellent food. Small space indoors once the garden is closed and not so child-friendly. Very close to Riverside.

## CAFE POINTA

### Cafe Pointa

[www.cafepointa.cz](http://www.cafepointa.cz), [cafe@cafepointa.cz](mailto:cafe@cafepointa.cz)  
Na Valech 2, Praha 6 Tel. 233 321 289  
Very close to Letná park and the High School. This bright, cheerful cafe serves tasty salads, fresh pasta, sandwiches, daily specials including breakfast - take-away available. Good coffee, homemade cakes and a delightful children's area. Outdoor seating. Non-smoking. Can plan your event (birthday, wedding...) Bring the ad & get 1+1 coffee of your choice GRATIS.

## Cafe Salsa

[www.salsacafe.cz](http://www.salsacafe.cz)  
Jaselská 246/20, Praha 6. Near Hradčanská.  
Great coffees, fresh teas, light snacks and salsa classes! Tiny tables out front and secret garden tucked in the back.

## Café Savoy

[www.ambi.cz/ambi\\_cafesavoy\\_kontakt\\_eng.php](http://www.ambi.cz/ambi_cafesavoy_kontakt_eng.php)  
Vítězná 5, Praha 5, Tel. 257 311 562  
A favourite spot for weekend breakfasts and lunches for families. High chairs and colouring for kids. Good food, great coffee, nice for people-watching or reading the newspaper. Best to reserve on the weekend or risk having to wait.

## Café Terapie

<http://www.cafeterapie.cz>  
Na Hrobci 3, Praha 2 Tel. 224 916 098  
Delightful neighbourhood cafe. Panini, salads, pasta. Good coffee.

## Cantina

<http://www.restauracecantina.cz>  
Újezd 38 , 118 00 Praha - Malá Strana  
Tel. 257 317 173

Excellent Tex Mexican restaurant with a warm, fun atmosphere. Cantina is very popular on week nights and during weekends so we would recommend reservations.

## Cesta Časem

[www.cestacase.cz](http://www.cestacase.cz)  
Kocínce 210/3, Praha 6 – Dejvice Tel. 233 320 367  
Delicious, reasonably priced food. Spacious outdoor seating under trees. Some English-speaking staff. Both indoor and outdoor kids' corners.

## Chorvatský Mlýn

<http://www.mlyn1999.cz>  
Horoměřická 3a, Praha 6 Tel. 220 610 760

Excellent seafood and meat prepared on the spit, this Croatian restaurant has long been a part of the dining scene in Prague 6. Very nice ambience, with a private room with fireplace available for parties. You can walk afterwards in Divoka Šarka.

## Cukrkávalimonáda

<http://www.cukrkavalimonada.com/en/>  
Lázeňská 7 Praha 1 Malá Strana  
Superb coffee, delicious food, smack in the centre of town. Perfect for meeting up with a friend.

## Detaillo

<http://www.detaillo.cz/statenice.html>  
Statenický Mlýn, Statenice 457

Good food, children's corner, outside seating beside a peaceful pond. Nice for a getaway dinner. Children's menu, take-away.

## Family Restaurant and Hotel Okoř

[www.hotelokor.com](http://www.hotelokor.com)  
Okoř 23, Praha, Tel. 233 901 031  
Nice restaurant; a short drive from Prague 6 in village of Okoř. Interesting remains of Okoř castle nearby. Cozy inside, outside seating and blankets available on chilly afternoons. Quite good food.

## Giardino

<http://www.restgiardino.cz>  
Záhřebská 24, Praha 2 Tel. 222 513 427  
Beautiful garden tucked away in Vinohrady. Nice outdoor children's playing area, shady. Delicious fresh fish, salads, pastas, excellent wines. Relax and indulge under the trees.

## Grazing Days

<http://grazingdays.cz/>

Na Džbánu 560, inside Divoká Šárka, Praha 6  
It is really worth following the pink signs in Divoká Šárka to find this delightful, unique, airy vegetarian restaurant. Very popular veggie burgers, fresh juices, Moravian wine, possibly the best homemade ice cream in Prague. Children very welcome. Weekend brunch. Summer only. Private parties and tastings.

## Grosseto Marina

[www.grosseto.cz/marina](http://www.grosseto.cz/marina)  
Alšovo nábřeží, Praha 1, Tel. 605 454 020  
Stunning views of the castle and Charles Bridge. Fun restaurant on a big "boat". Reservations advised but only taken for lower, inside level. Upper level has heaters. Great place to take visitors!  
**Grosseto at Dejvice: Jugoslávských partyzánů 8, Praha 6, Tel. 233 342 694**  
Affordable. 10% off for take-out.

## Hergetova Cihelna

[www.kampagroup.com](http://www.kampagroup.com)  
Cihelná 102/2, Praha 1, Tel. 296 826 103  
Lovely location and stunning views on the river. Good food. Perfect for visitors. Child-friendly Sunday brunch, but upstairs with no river view.

## Ichnusa Botega Bistro

<http://www.ichnusabotegabistro.cz/>  
Plaská 5, Praha 5 – Újezd Tel. 605 375 012  
Small Sardinian restaurant located in the heart of the city. Homey atmosphere and a shop that sells Sardinian specialities, including wine. Lunch menu. For dinner there's no menu; the waitress will explain the specials of the day.

## Jenerálka Restaurace

<http://www.restauracejeneralka.cz/>  
Horoměřická 2337/8, right next to La Gastronomía  
Now under the same ownership as nearby Chorvatský Mlýn, Jenerálka offers classic Czech food as well as some Balkan specialities for very reasonable prices. Outside seating. Perfect for stopping by after a walk in Divoká Šárka.

## Kafemat

Dejvická 3, Praha 6  
Great coffee at Dejvice! Friendly service. At the moment just take-away but they are planning seating. English spoken.

## Kavarna U Matěje

Šárecká 100, Hanspaulka, Praha 6  
Newly-opened, bright neighbourhood cafe with coffee, fresh cakes, light breakfasts, lunch, etc. Pop in for a bite before heading into the local Albert's for groceries.

Pilsner Urquell  
ORIGINAL RESTAURANT  
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Vítězné náměstí 12, Praha 6  
[www.kulatak.cz](http://www.kulatak.cz)

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The first and only one original restaurant in Prague 6

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## Restaurace Vila Kajetánka

<http://www.vilakajetanka.cz>

Radimova, Praha 6 Tel. 220 580 022

Delicious food, pretty setting outside in a large, quiet garden with a pond. Children can run around in the grass. Part of a recently renovated housing complex. Worth figuring out how to get here.

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## Kavala

[www.kavala-praha.cz](http://www.kavala-praha.cz)

Charlese De Gaulle 5, Praha 6, Tel. 224 325 181

Good, reasonably-priced Greek food. Outdoor sidewalk seating in nice weather.

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## Kavárium

Bubenečská 308/13 Praha 6-Bubeneč

Cozy neighbourhood cafe near Hradčanská, with delicious homemade cakes, excellent coffee, friendly service.

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## Kulaták

[www.kulatak.cz](http://www.kulatak.cz)

Vítězné náměstí 820/12, Praha 6, Tel. 773 973 037

Riverside-family owned. Modern-style Czech gastro-pub food sometimes with an interesting twist.

Crowded small outside area in front in warm weather.

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## Království piva

<http://www.kralovstvipiva.com>

Bubenečská 33, Praha 6

Neighbourhood shop for pivo, with a few tables for sampling. Several rotating beers on tap, some snacks. 150 kinds of bottled beer. Newly opened.

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## La Gastronomia

<http://www.lagastronomia.cz>

Horoměřická 2337/8, Praha 6 Tel. 702 074 677

Finally! A great place to eat on the way to Horoměřice and Nebuše. Excellent Italian food. Come prepared to indulge yourself and take-away delicious ingredients to cook at home. Perfect for popping in for a cappuccino and leaving with a bag of Italian treats.

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## Las Adelitas

[www.lasadelitas.cz](http://www.lasadelitas.cz)

Malé náměstí 457/13, Praha 1 Tel 222 233 247

Americká 684/8, Praha 2 Tel. 222 542 031

Authentic Mexican food with delivery. Restaurant doesn't have anything special for children but is recommended by many families.

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## Lehká Hlava (Clear Head)

[www.lehkahlava.cz](http://www.lehkahlava.cz)

Boršov 2/280, Praha 1

Vegetarian restaurant with a huge selection of delicious dishes. Very cozy and atmospheric inside with interesting décor. Children's menu. A real adventure to find (take a good map!) even if it is just stone's throw from the Old Town. Bookings advised as very popular.

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## Letenský zámeček

[www.letenskyzamecek.cz/en](http://www.letenskyzamecek.cz/en)

Letenské sady 341, Praha 7, Tel. 233 378 208

Both the fancier restaurant and the cheaper pizzeria owned by this group offer splendid views over Prague. Nice place to go in the late afternoon. The food is pretty good or you can stop by for a coffee or glass of wine. They also rent out balls for pétanque. The best view of all is from the beer garden in front. Grab a drink from the little kiosk and join the throngs. Nice destination on foot or on bikes. Nearby is a small area for climbing on dinosaur statues while waiting for your meal.

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## Maitrea

[www.restaurace-maitrea.cz](http://www.restaurace-maitrea.cz)

Týnská ulička 6/1064, Praha 1, Tel. 221 711 631

Vegetarian. The larger sister restaurant of Lehka Hlava (Clear Head). Great lunch specials. Reservations often needed.

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## Mash Hana

[www.mashhana.cz](http://www.mashhana.cz)

Badeniho 3, Praha 6, Tel. 224 324 034

Great sushi.

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## Mirellie

[www.mirellie.cz](http://www.mirellie.cz)

V.P. Čkalova 14/502, Praha 6, Tel. 222 959 999

Good food at great prices at this neighbourhood restaurant. Superb pizzas! Fine for kids but sometimes the non-smoking section gets a bit smoky. Small patio in front. Also take-out.

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## Mlýnec

[www.mlynec.cz](http://www.mlynec.cz)

Novotného lávka 9, Praha 1, Tel. 277 000 777

Excellent restaurant using seasonal and local ingredients. Best Sunday roast in town, possibly anywhere. Discount for Riverside families!

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## Nenasyta Food Adventure

<http://www.foodadventure.eu/>

Eliášova 16, Praha 6 Tel. 721 099 781

Slovenian-owned, this little spot offers delicious Mediterranean food. Pop in for a bite or take-away. They have a popular stand at the Farmers' Markets at Dejvice, Náměstí Jiřího z poděbrad and Naplavka. Owners Primož and Meti make you feel like family.

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## Taverna Olympos

<http://www.taverna-olympos.eu>

Kubelíkova 9, Praha 2 Tel. 222 72 22 39

Big leafy garden in Vinohrady, serving delicious Greek food. Small outdoor playground for little children, with swings, slide and sandbox. Popular in warm weather.

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## PepeNero

<http://www.pepenerogroup.cz>

Bilkova 132/4, Praha 1 Tel. 222315543

Some would say the very best pizza in Prague.

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## 500 Restaurant/ Pětistovka

<http://www.500restaurant.cz/>

Na valech 16, Praha 6 near Hradčanská

Tel. 724 10 20 30

Specializing in thin-crust pizzas (same owners as GialloRosso), and very popular. Many other dishes and nice outdoor seating.

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## V Polích Restaurant

<http://www.penzionvpolich.cz/>

Malé Čičovice 26, Čičovice, 15 minutes drive from Prague 6

Excellent Czech food served in renovated old farmhouse. Nice outdoor playground, fireplace in winter. Indoor and outdoor seating. Reservations recommended.

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## Pizza Nuova

<http://pizzanuova.ambi.cz>

Revoluční 1, Praha 1, Tel. 221 803 308

Popular with families, bright and cheerful pizzeria with great pizzas. Often crowded, reservations recommended.

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## Pravěk

[www.pravek.cz](http://www.pravek.cz)

Milady Horákové 52, Praha 6

Pravek is a prehistoric themed restaurant that is very kid-friendly if not somewhat unusual. Good food and little toy dinosaurs. Several locations; most convenient is Letná.

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## Radost FX

[www.radostfx.cz](http://www.radostfx.cz)

Bělehradská 120, Praha 6, Tel. 603 181 500

Excellent vegetarian restaurant near I.P. Pavlova metro stop. Not great for kids.

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## Sahara Café

[www.saharacafe.com](http://www.saharacafe.com)

Náměstí Míru 6, Praha 2, Tel. 222 514 987

Recommended for "date nights".

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## SLOWPEC

<http://www.slowpec.cz/>

Líšnice 9, 15km west of Praha Tel. 602 225 656

Family friendly restaurant with great food. English spoken.

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## T-Anker

<http://t-anker.cz>

Namesti Republiky 656/8, on top floor of Kotva, elevator entrance around the side.

Stunning views, nice selection of beer, good food, pretty children's play area.

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## Výtopna Restaurant

[www.praha.vytopna.cz](http://www.praha.vytopna.cz)

Václavské nám. 56 (Palác Fénix), Praha 1, Tel. 725 190 646

Fun, train-themed restaurant. The model trains bring your drinks! Worth visiting at least once, although the food gets a mixed review.

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## Restaurants – Takeaway and Delivery

### Eurobest

[www.delivery.cz/en](http://www.delivery.cz/en)

Delivers within one hour from many restaurants in Prague.

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### Shalamar Restaurant

[www.shalamarrestaurant.cz](http://www.shalamarrestaurant.cz)

Puškinovo Náměstí 16, Praha 6, Tel. 252 545 018.

Tasty Indian food, with some interesting specialities. Delivery available.

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### U Cedru

[www.ucedru.cz](http://www.ucedru.cz)

Národní Obrany 27, Dejvice, Praha 6, Tel. 233 342 974

Lebanese restaurant, delivery and catering.

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### Tandoor Restaurant

[www.tandoor.cz](http://www.tandoor.cz)

Konecchlumského 596/7, Praha 6, Tel. 775 325 766, 233 359 274

Tasty with efficient delivery.

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## Sailing

### Yacht Club Cere

[www.cere.cz](http://www.cere.cz)

Podolské Nábřeží - přístav 1, Praha 4

The Sailing Club used by the Riverside Skills for Life club.

---

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jason@prague-properties.com**



## Shoe repair

At Šestka and Nový Smíchov shopping centres.  
Also at Bata shoe store on Václavské nám., Prague 1

## Skis

### Ski Evropská

[www.skievropska.cz](http://www.skievropska.cz)  
Evropská 34, Praha 6, Tel. 233 333 248

Good selection of skis to rent or buy. Repairs. Park in side street behind.

### Ski Adam

[www.cykloadam.cz](http://www.cykloadam.cz)

Suchbolské náměstí 746/12, Praha 6, Tel. 220 920 014.  
Pretty good selection of skis (and bikes). Repairs. Ski shop is across the street from bike shop.

### Happy Sport

[www.happysport.cz](http://www.happysport.cz)

Národní obrany 16, Praha 6, Tel: 224 325 560  
Skis for sale and rental.

## Social and Cultural Organizations

### Czech Australian, New Zealand Association

[www.canza.cz](http://www.canza.cz)

### International Women's Association of Prague

[www.iwa-prague.com](http://www.iwa-prague.com)

An excellent group for newcomers to join. Women from around the world meet regularly in different kinds of interest groups. Monthly general meetings and playgroups for babies and toddlers.

### American Women's Association

Part of IWAP. The American Women's group meets the 3rd Wednesday of every month at 10am. Check IWAP website. Women from all American (North and South) countries can join.

## Stationery, Paper Goods

### Koh-i-noor

<http://www.koh-i-noor.cz>

Národní obrany 29 , Praha 6 Dejvice

Tucked around the corner from Wine and Food, this is one of the best papírnictví around. Excellent for school and office supplies, children's art supplies- felt, birthday trimmings.



### Happy Label

[www.happylabel.cz](http://www.happylabel.cz)

Rooseveltova 10, Praha 6 Tel. 720 395 958

Labels are printed on a special material which is highly adhesive, waterproof, dishwasher, freezer and microwave proof. It is ideal for labelling children's items from clothes, book bags, backpacks, lunch boxes, sporting items, etc. Stays intact even after hundreds of washes! Riverside-family owned.

For a 10% discount for Riverside parents please use special code RIVERSIDE1415. When parents register they will get an additional 10%.

### Papírnictví - Hračky

V.P. Čkalova 10, Praha 6

Small store, also selling toys.

### Papírnictví

Václavkova 519/4, Praha 6

Small but very good store selling all kinds of hard-to-find stationery items. Not too far from Hradčanská.

## Street Signs (Gifts)

### Prague Memory

<http://www.praguememory.com/street-signs.html>

Classic red Prague street signs custom-made. Perfect for leaving-gift, souvenir

## Swimming

### Divoká Šárka

[www.koupaliste-sarka.webnode.cz](http://www.koupaliste-sarka.webnode.cz)

A 15-minute walk in from Evropská, this swimming pool in the middle of nature is rather unique. Lots of grass and the water is rather chilly. Perfect destination for bike trips. Café nearby is basic but nice. Only open during the summer months.

### Hotel Intercontinental

[www.icfitness.cz/en](http://www.icfitness.cz/en)

Pařížská 30, Praha 1

Small indoor swimming pool. Offers membership by month or tickets for 10/20 visits.

## Petynka Koupaliště, Outdoor

### Swimming Pool

[www.koupaliste-petynka.cz](http://www.koupaliste-petynka.cz)

Otevřená 1072/4, Praha 6

Much-loved large swimming pool surrounded by grass and trees. New wading pool, new zip-line, small playground, water-slide, trampolines, beach volleyball, snack-bar. Can get very crowded on sunny days but off-peak times are ideal for swimming lengths. Secure locker facilities, changing room, showers. You can buy a ticket for the whole day or a čip (pass), which allows you to pay by the hour. Opening times vary according to month. Open 1 May - 30 Sept.

## Letní koupaliště Kralupy

<http://www.sportkralupy.cz/koupaliste/index.htm>

Ke Koupališti 600, Kralupy nad Vltavou

Really fun swimming complex including water-slides and playground. Worth the drive!

## Villa Milada

[www.villamilada.cz](http://www.villamilada.cz)

V Šáreckém údolí 466/10, Praha 6, Tel. 777 688 106

A small, warm salt-water pool ideal for young children. 500 CZK to book the whole pool for your family.

## Prague Sharks International

### Swimming Club

[www.praguesharks.com](http://www.praguesharks.com)

clubsecretary@praguesharks.com, Eva Chalupová

Riverside's own club for swimming lessons and swimming.

## Tailor/Clothing

### Jindra Štěpánova Chytilová

[Inkamode@seznam.cz](mailto:Inkamode@seznam.cz)

Dr. Zikmunda Wintra 23, Praha 6, Tel. 603 223 178

Tailor for all types of work including curtains and repairs. She speaks basic English and is very helpful. Send her an SMS in English and she will come and pick up the work from your house.

## Cutis Atelier

[www.ateliercutis.cz](http://www.ateliercutis.cz)

Suchbátův náměstí 734, Praha 6, Tel. 220 920 571

Repairs clothes and bags, cleans leather, feathered jackets and duvets, irons. A bit expensive but very good. No English but manages to communicate well with body language. Shoe repair downstairs.

## FRENCH CONNECTION

[www.fcczech.cz](http://www.fcczech.cz) | [www.frenchconnection.com](http://www.frenchconnection.com)

OC Arkady Pankrac, Na Pankraci 86, Praha 4

Tel. 246 028 000

A premium British fashion brand has finally opened in

Prague. Friendly English-speaking staff will help you pick the perfect outfit for any occasion from the latest British trends. All Riverside parents/staff will receive a 5% discount.

## Glen's Tailors

[www.glenstailors.com](http://www.glenstailors.com)

Hong Kong Tailors with Representatives in Germany and the Czech Republic

## Made to measure suits and shirts designed and made in Italy:

[www.antonio-verago.cz](http://www.antonio-verago.cz)

28. Pluku 19, Praha 10, Tel. 739 372 347

## JOZEF SLOBODA

[www.jozefsloboda.com](http://www.jozefsloboda.com)

Rytířská 11, Praha 1 Tel. 224 248 971

Shop with men's fashion made in Prague. Also made to measure. English spoken.

## Servis pro váš šatník – Clothing

### Alteration Services

[www.odevyopravy.cz](http://www.odevyopravy.cz)

Bilkova 16, Praha 1, Tel. 602 796 083

## Kotva, 4th floor

Revoluční 1/655, Praha 1

## Taxis

### AAA

Tel. 14014

Probably most reputable taxi company in Prague. Pick up a voucher in the back seat for discount to the airport. Better rates by using their phone app.

## Modrý Anděl Taxis

Tel. 737 222 333

A fantastic idea. This firm will send 2 drivers, one to drive your car home and the other one to follow. Perfect as the alcohol limit for driving is 0%. Not significantly more expensive than any other normal taxi service.

## Tick Tack

<http://www.ticktack.cz>

Tel. 14 222

Their English is good, their cars are new. They'll meet you at the airport with a sign and even open the car door for you! Buy a READY card and you get a better rate. You can order online or by phone.

## Television

Can arrange UK Sky TV.

[www.skydigital.cz](http://www.skydigital.cz), [sales@skydigital.cz](mailto:sales@skydigital.cz)

## Tennis

### British Tennis Academy

[www.britishtennisacademy.cz](http://www.britishtennisacademy.cz)

Suttnerové 841/2, Praha 6, Tel. 773 134 703

Tennis lessons for adults and children.

## Hanspaulka courts

[www.tenisovy-klub-hanspaulka.trade.cz](http://www.tenisovy-klub-hanspaulka.trade.cz)

Nad Šárkou 113, Praha 6, Tel. 233 335 922

Although it's a club, non-members can pay as they go when a court is available. Limited English. Popular tennis instructor who manages a bit in all languages to teach adults and children, groups and private. Open in warmer months only.

## Visas, Residency Permits

### So-Ry

[www.so-ry.cz](http://www.so-ry.cz)

Jugoslávská 9, Praha 2, Tel. 222 245 446

More than ten years' experience with visas and residency issues. Reliable, English-speaking.

## Watches, Watch Repair

### Zlatnictví Hodinářství

[www.hodiny-vrana.cz](http://www.hodiny-vrana.cz)

Dejvická 19, Praha 6

Good for watch repair.

### Martin Brož

[www.leteckehodinky.cz](http://www.leteckehodinky.cz)

Václavské náměstí 785/28 (Pasáž Alfa), Praha 1,

Tel. 224 234 951

Good reputation for selling and repairing nice watches.

## Wine Suppliers

### Bacchus Vins Champagnes

[www.bacchus.cz](http://www.bacchus.cz)

Dejvická 32, Praha 6

Wines from around the world. E-shop convenient.

### Chez Greg Wine Shop

<http://www.chezgregpereetfils.cz/>

Puškinovo náměstí 518/8, Praha 6 Bubeneč,

Tel. 252 542 300

Excellent, reasonably-priced French wines. PTA had a

wonderful wine-tasting there, with Tasha Watkins (Tel. 602 959 571)

## Na břehu Rhône

<http://www.pasapas.cz>

Na Hrobci 1, Praha 2

Steps from the banks of the Vltava, this charming little wine bar is perfect for a late-afternoon visit. Outside seating in front.

## Prague Uncorked

[www.pragueuncorked.cz](http://www.pragueuncorked.cz)

[tasha@domcollin.cz](mailto:tasha@domcollin.cz), Tel. 602-959-571

Wine-expert Tasha Watkins is also available for private wine and food events, party planning, catering, gastronomic tours, shopping trips around Europe and wine cellar consultation.

## Wicked Wines

[www.wickedwines.cz](http://www.wickedwines.cz)

Online suppliers of excellent new world wines. Happy to arrange group wine tastings in your home.

## Websites

[www.expats.cz](http://www.expats.cz)

Probably the most comprehensive resource for foreigners living in Prague, with information on just about anything and useful noticeboards.

[praguemonitor.com](http://praguemonitor.com)

Prague Daily Monitor collates English-language news from within and outside the country relating to the Czech Republic as well as translated articles from the major Czech media. Recommended is to sign up for the free daily bulletin of headlines.

[www.praguepost.com](http://www.praguepost.com)

News, current events.

[www.prague.tv](http://www.prague.tv)

Listings of current movies, upcoming events, restaurants, etc.

[www.radio.cz/en](http://www.radio.cz/en)

Radio Prague has interesting news items and also broadcasts on the radio.

[www.tol.org/client](http://www.tol.org/client)

Transitions Online has interesting articles covering political, social, cultural, and economic issues in the former communist countries of Europe and Central Asia.

[www.kidsinprague.com](http://www.kidsinprague.com)

A great website written by 3 Mums (including one from Riverside) with activities, reviews, events.



## English Greetings

Hi!  
 Good morning!  
 Good evening!  
 Welcome! (to greet someone)  
 How are you?  
 I'm fine, thanks!  
  
 And you?  
 Good/ So-So.  
 Thank you (very much)!  
 You're welcome! (for „thank you“)  
 Hey! Friend!  
 I missed you so much!  
  
 What's new?  
 Nothing much  
 Good night!  
 See you later!  
 Good bye!

## Asking for Help and Directions

I'm lost  
 Can I help you?  
 Can you help me?  
 Where is the (bathroom/ pharmacy)?  
 Go straight! then turn left/ right!

## Czech Greetings:

Ahoj.  
 Dobré ráno.  
 Dobrý večer.  
 Vítejte (pl.)  
 Jak se máte? (pl.)  
 Mám se dobře, děkuji. (sing.) Máme se dobře, děkujeme. (pl.)  
 A vy? (pl.)  
 Dobře. / Nic moc.  
 Děkuji (pěkně).  
 Není zač. / Prosím.  
 Ahoj kámo! (very informal)  
 Velmi jsi mi chyběl (a male person was missed) / chyběla (female).  
 Co nového?  
 Nic moc.  
 Dobrou noc!  
 Na viděnou!  
 Na shledanou!

Ztratil / ztratila jsem se (m/f).  
 Mohu vám (pl.) pomoci?  
 Můžete (pl.) mi pomoci?  
 Kde jsou toalety? Kde je lékárna?  
 Jděte (pl.) rovně. Potom odbočte (pl.) doleva /doprava.

I'm looking for John.  
 One moment please!  
 Hold on please! (phone)  
 How much is this?  
 Excuse me ...! (to ask for something)  
 Excuse me! ( to pass by)  
 Come with me!  
 Excuse me!  
 (when bumping into someone)

Hledám Johna.  
 Okamžik, prosím.  
 Počkejte, prosím.  
 Kolik to stojí?  
 Promiňte, ...  
 Dovolíte?  
 Pojď (sing.) / pojdte (pl.) se mnou!  
 Pardon!

## How to Introduce Yourself

Do you speak (English/ Czech)?  
 Just a little.  
 What's your name?  
 My name is ...  
 Mr.../ Mrs.../ Miss...  
 Nice to meet you!  
 You're very kind!  
 Where are you from?  
 I'm from (the U.S/ the Czech Republic)  
 I'm (American)

Where do you live?  
 I live in (the U.S/ the Czech Republic)  
 Did you like it here?  
 the Czech Republic is a wonderful country  
 Čím se živíte (pl.)?  
 I work as a (translator/ businessman)  
 I like Czech  
 I've been learning Czech for 1 month  
 Oh! That's good!  
 How old are you?  
 I'm (twenty, thirty...) years old.  
 I have to go  
 I will be right back!

Mluvíte (pl.) anglicky /česky?  
 Jen trochu.  
 Jak se jmenujete (pl.)?  
 Jmenuji se...  
 Pán / paní / slečna  
 Těší mne.  
 Jste (pl.) velmi laskavý (m)/ laskavá (f).  
 Odkud jste (pl.)?  
 Jsem z USA / České republiky.  
 Jsem Američan (m) / Američanka (f) / Čech (m) / Češka (f).  
 Kde žijete (pl.)?  
 Žiji v USA / v České republice.  
 Líbilo se vám (pl.) zde?  
 Česká republika je překrásná země.  
  
 What do you do for a living?  
 Pracuji jako překladatel (m) /Podnikám.  
 Líbí se mi čeština.  
 Učím se česky jeden měsíc.  
 To je dobré!  
 Kolik let vám (pl.) je?  
 Je mi dvacet / třicet let.  
 Musím jít.  
 Hned se vrátím.

## Wish Someone Something

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Good luck!	Hodně štěstí.
Happy birthday!	Všechno nejlepší k narozeninám.
Happy new year!	Hodně štěstí do nového roku.
Merry Christmas!	Veselé vánoce.
Congratulations!	Blahopřeji.
Enjoy! (for meals...)	Dobrou chuť.
Say hi to John for me	Pozdravte (pl.) ode mne Johna.
Bless you (when sneezing)	Na zdraví!
Good night and sweet dreams!	Dobrou noc
Cheers! (when toasting) -	Na zdraví!

## Solving a Misunderstanding

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I'm Sorry! (if you don't hear something)	Promiňte? / Prosím?
Sorry (for a mistake)	Promiňte!
No Problem!	Nic se nestalo.
Can You Say It Again?	Můžete (pl.) to zopakovat?
Can You Speak Slowly?	Můžete mluvit pomaleji?
Write It Down Please!	Prosím napište (pl.) to.
I Don't Understand!	Nerozumím.
I Don't Know!	Nevím.
I Have No Idea.	Nemám tušení.
What's That Called In Czech?	Jak se to řekne česky?
How Do You Say „Please“ In Czech?	Jak se česky řekne “please”?
What Is This?	Co to je?
My Czech is bad.	Moje čeština je špatná.
I need to practice my Czech	Potřebuji procvičovat svou češtinu.
Don't worry!	Nedělejte (pl.) si starosti.
Never mind!	To nevadí!

## Czech Expressions and Words

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Good/ Bad/ So-So.	Dobrý. Špatný. Nic moc.
Big/ Small	Velký. Malý.
Today/ Now	Dnes /nyní.
Tomorrow/ Yesterday	Zítřka /včera.
Yes/ No	Ano / ne.
Here you go! (when giving something)	Prosím.
Do you like it?	Líbí se vám (to)?
I really like it!	Opravdu se mi to líbí.
I'm hungry/ thirsty.	Mám hlad / mám žízeň.
In The Morning/ Evening/ At Night.	Ráno / večer / v noci.
This/ That.	Tento/tato/toto. (m/f/n)
Here/There	Tady/tam.
Me/ You. Him/ Her.	Já / ty. On /ona.
Really!	Opravdu!
Look!	Podívejte! (pl.)
Hurry up!	Pospěšte si (pl.)
What? Where?	Co? Kde?
What time is it?	Kolik je hodin?
It's 10 o'clock. It's 07:30pm.	Je 10 hodin. Je 19.30 / půl osmé večer.
Give me this!	Dejte mi to (pl.)
I love you!	Miluji tě.
I feel sick.	Je mi špatně.
I need a doctor	Potřebuji lékaře.
One, Two, Three	Jedna, dvě, tři.
Four, Five, Six	Čtyři, pět, šest.
Seven, Eight, Nine, Ten	Sedm, osm, devět, deset

\*pl. (plural) verb form is also used when talking to a single person whom we don't know very well, in a formal conversation



# Medical Emergencies

## Emergency Numbers



Emergency (English operators) **112**



Ambulance (Sanitka) **155**



Fire Department (Hasiči) **150**



Police (Policie) **158**



School Nurse, Kelsie Mullen **722 902 083**

### 1/ If your child's condition is critical, call an ambulance!

- a/ They usually take about 10-15 minutes
- b/ Have 2,000 Kč ready to pay them, if possible

### 2/ You must take the following items with you:

- a/ Health insurance or details
- b/ Passport for registration
- c/ Credit card/money/bankomat card

### 3/ If the condition is not critical:

- a/ Call a taxi (AAA TAXI tel: 14014) OR
- b/ Drive yourself (address to put in GPS navigator for Motol Hospital is V Uvalu 84, Praha 5). Parking is 30 Kč/hr. They have the best pediatric emergency department.

### 4/ On the way to the hospital:

- a/ You could call your own doctor. They may be able to call ahead and warn the hospital you are coming.
- b/ You could call the Foreigners' Department at Motol and request that they meet you at the Emergency Room if you think it is medically urgent/necessary.

**Foreigners' Dept./Adult 224 433 681 or 682**

**Foreigners' Dept./Children 224 433 690 or 691**

### 5/ When you arrive at the hospital:

- a/ If you are in an ambulance, they will take you straight to the ER and tell you what to do.
- b/ If you are driving yourself, take the lowest entrance into the hospital complex from Weberová street. A parking attendant is there and you will take a ticket with a bar code on it. When leaving the attendant will scan the ticket and tell you how much to pay. Follow signs:

### **Dětská pohotovost (Children's Emergency or Pohotovost pro dospělé (Adult Emergency)**

- c/ Once in the hospital you may have to go to the Foreigner's Department (**Cizinecké Oddělení**). Here you will have to fill out registration forms before seeing a doctor. The Emergency Room receptionists typically do not speak English. They will call the Foreigner's Department if necessary. Typically doctors in the hospitals speak English but nurses do not.

### 6/ Treatment

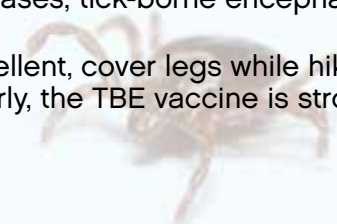
- a/ Many parents have described hospital staff as unfriendly and unhelpful. Be prepared to ask questions and be assertive.
- b/ When treatment is finished, you need to return to the Foreigner's Department to pay before leaving the hospital. There are bankomat machines in the hospital if you need to pay cash.

- c/ For more info about Motol Hospital: [www.fnmotol.cz](http://www.fnmotol.cz)

### Tick Season

Anyone who spends time outdoors in the Czech Republic (especially in forests, long grass, or if you have an outdoor pet) is at risk for having a tick bite. Ticks may carry two diseases; tick-borne encephalitis (TBE) and Lyme Disease.

- Prevention is key; insect repellent, cover legs while hiking in forest, check yourself regularly, the TBE vaccine is strongly recommended.



# LIFE OF THE SCHOOL



Summer Fayre



High School Science



Gardening at Early Years



Graduation Day

Riverside is an International School for children between the ages of 3 and 18 years.

Riverside is accredited by the Council of British International Schools, the New England Association of Schools and Colleges and the Council of International Schools.



Riverside School is housed in four buildings. The Primary and Junior High Schools at Sedlec, the Early Years School in Bubeneč and the Senior High School in Hradčanská. Its educational programme is based on the British National Curriculum and International Curricular Sources adapted to the needs of an international student body. High School students study for and sit IGCSE, Advanced Level Examinations and the International Baccalaureate for Higher education in Europe and are awarded credits and receive a High School Diploma for entry into Higher education in North America.





RIVERSIDE SCHOOL 20<sup>TH</sup>  
ANNIVERSARY CELEBRATIONS IN JUNE 2014

