

ECOLOGICAL GUIDE FOR EXCHANGE STUDENTS IN PRAGUE

[1ST VERSION FROM JULY 2019]

1. FOOD

1.1 RESTAURANTS

Clear Head - vegetarian/vegan restaurant and tea room:

http://www.lehkahlava.cz/en_home.htm

Dhaba Beas - vegetarian Indian restaurants: <http://www.beas-dhaba.cz/en>

Etnosvět - vegetarian/vegan restaurant: <http://etnosvet.cz/en>

Incruenti - vegan restaurant: <http://incruenti.cz/en/>

Jídelna Kuchařek bez domova - vegan restaurant employing women in need: <https://www.facebook.com/jidelnakbd/>

Loving Hut - vegan restaurants (5 locations): <https://www.lovinghut.cz/>

Maitrea - vegetarian/vegan restaurant, run by Buddhists: <http://www.restaurace-maitrea.cz/>

Moment Café - vegan bistro near Jiřího z Poděbrad: <https://cafemoment.cz/>

Pastva - vegan restaurant and café: <http://www.pastva-restaurant.cz/>

Puro - vegan restaurant and shop: <http://www.puroshop.cz/info/puro-bistro-a-restaurace/>

Vegan City - vegan fast food:

https://www.tripadvisor.cz/Restaurant-Review-g274707-d6619115-Reviews-Vegan_City_Fast_Food-Prague_Bohemia.html

1.2 SHOPPING

Bezobalu - zero waste food shop:

<http://bezobalu.org/>

Country Life - organic food stores/restaurant/cosmetics:

<https://www.countrylife.cz/>

Farmers markets: Jiřího z Poděbrad, Náplavka, IP Pavlova (Tylák), Anđel, Dejvicka (Farmářské trhy na Kulatáku), Holešovice (Pražská tržnice), map with all the markets (Czech language): http://www.praha.eu/jnp/cz/co_delat_v_praze/prakticke_informace/farmarska_trziste_v_praze/index.html

Nebaleno - package free shop for cleaning and hygiene products:

<http://nebaleno.eu/>

World Vegan - Vegan grocery store

<http://www.worldvegan.cz/cs/o-nas/>

2. CLOTHING

EtikButik - vegan shoes and ethical clothing: <https://www.etikbutik.cz/>

Free Shop run by Charles University Students- leave or take clothes/shoes/books for free. Opened on

Thursdays 10AM-6PM, Hybernská 4.

MINT Market - weekly Czech Design Market, they have a sustainable edition from time to time:

<https://www.mintmarket.cz/>

Prague Thrift Store - a chain with shops in Prague 2 and Prague 7:

<http://thriftshop.cz/>

Textile House - a chain with shops in Prague 1, 2, 4, 5, 7, 8 and 10:

<http://www.textilehouse.net/prodejny/praha/>

Vinted - the Czech Kleider Kreisel, a good place to sell/buy second hand clothes:

<https://www.vinted.cz/>

For more Secondhand Shops and Fair Fashion Shops, check out the green glasses website:

<http://www.greenglasses.cz/business-category/fashion-design/>

3. HOUSEHOLD GOODS / INTERIOR

Facebook Groups like Prague Buy/Sell/Trade

Flea market Bleší Trhy - at Tramstop U Elektry, Praha 9: www.blesitrhy.cz

Library of Things - at the Goethe Institute Prague where also many interesting cultural events take place: <https://www.goethe.de/ins/cz/de/kul/the/bdr.html>

Second Hand Shops not for clothing are called "Bazar", e.g.: Megabazar, Veletrižní 23/234, Praha 7, www.batar-praha.cz (mainly big kitchen utensils like fridges, but also kettles, electronic

stuff and sport equipment), 'Bazar 22', Římská 22,

<http://www.bazar22.cz/shop/index.php>

(mainly small electronic stuff, sport equipment, bikes, tools)

Prague Thrift Store - in Prague 2 and Prague 7: <http://thriftshop.cz/>

4. GUIDES AND PLATFORMS

Beyond the Mainstream - alternative walking tour of Prague:

<http://beyondthemainstream.cz/tours/alternative-prague-tours/>

Ethical Consuming (fair trade, organic):

<https://www.expats.cz/prague/article/prague-shopping/ethical-consuming/>

Green Glasses - very big online platform for sustainable lifestyle in Prague. Many categories with links, e.g. workshops, repair and sharing, urban gardening, fashion, food:

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

Na ovoce - map of where you can pick fruits/vegetables/herbs in Prague for free (in parks etc.): <https://na-ovoce.cz/en/>

Prague Green City Guide - a sustainable travel guide. You can buy it at many locations in Prague:

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

Zero Waste Prague - blog of a nice girl trying to live Zero Waste in Prague:

<https://zerowasteprague.blogspot.cz/>

5. GETTING AROUND AND TRAVELLING

Prahou na Kole - information about bicycling in Prague, includes a cycling map: <http://prahounakole.cz/>

Rekola - Bikes sharing app: <https://www.rekola.cz/>

6. SUSTAINABLE EVENTS

Czech climate camp "Limity Jsme My" - took place in 2017 for the first time, but maybe it will take place in 2018 again: <https://limityjsmemy.cz/en/>

Jeden Svět - International Human Rights Documentary Film Festival, offers a lot of events and movies dealing with ecological topics. 5. - 14. March 2018: <https://www.oneworld.cz/festival/>

Sustainability Day - festival about sustainability, it should happen every year:

<https://www.facebook.com/events/177383452644723/> (previous event on facebook)

Veggie Parade - international celebration of an ethical attitude to animals. Took place in 2017 on June 17: <http://www.veggie-parade.cz/en/>

7. UNIVERSITY LIFE

Fair Food Club - bistro with fair food, where you can also study. Ground floor of the building of geography and geology in Albertov:

<http://www.fairfoodclub.cz/bistro/>

8. GARBAGE / RECYCLING

Mapa odpadu - a map for the locations of Garbage Containers in the city: <https://ksnko.praha.eu/map-separated/##>

Mapujeme Komunity - map where you can find all composters in Prague, where you can put your biodegradable trash (some are private, most in community gardens): <https://www.mapko.cz/>

9. CZECH NEWS AND POLITICS

Radio Praha in English, German, French, Spanish, Russian and Czech: <http://www.radio.cz/en>

10. VOLUNTEER / GET INVOLVED

ESN - international project supporting Erasmus students with volunteering in their host society: <https://socialerasmus.esn.org/> If you are interested to start something in Prague contact: info@ic-cuni.cz

Facebook group to find volunteering opportunities: <https://fr-fr.facebook.com/groups/PragueVolunteering/>

Kokoza - head organization of community gardens in Prague: <https://www.kokoza.cz/en/>

Slow Food Youth Network Prague: <http://www.slowfoodyouthnetwork.org/were-are-we/slow-food-youth-network->

[prague/](#)

There are many Movie/Art-Festivals in Prague where you can volunteer, often in exchange for free tickets, just check the web pages of the Festivals.

11. ANIMALS RIGHTS

Obraz - Obránci zvířat:

<http://www.obrancizvirat.cz/en/>

Otevři oči: <http://otevrioci.cz/>

Svoboda zvířat - freedom for animals:

<http://www.svobodazvirat.cz/en-section/about-freedom-for-animals.htm>

Vegan Fighter - promotion of veganism and events (vegan markets in December and May):

<https://www.facebook.com/veganfighterproject/>

About us:

We are a group of students who met during their exchange year in Prague. We decided to make this small guide to make it easier for future incoming students interested in living sustainable/ecofriendly/animalfriendly continue (or somehow change) their lifestyle in Prague. This guide is not complete, there is probably much more to explore in Prague. If you have any questions or want to add something or editing a new version next year, contact: gretajoseffa@aol.com. Enjoy Prague!