



TRANSFORMING REGIONS FOR AN INCLUSIVE EUROPE

# Travel handbook







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# About

# NEOLAiA

TRANSFORMING REGIONS FOR AN INCLUSIVE EUROPE

NEOLAiA (youth in Greek) is an Alliance of nine young and dynamic European universities from Spain, Sweden, France, Germany, Lithuania, Czechia, Romania, Italy and Cyprus.

NEOLAiA, with its motto “Transforming Regions for an Inclusive Europe”, intends to transform regional connectivity by embracing digital transformation, through inclusion and diversity in a context of enhanced mobility.

### **The Purpose of the Travel handbook**

This Travel Handbook will help NEOLAiA community (students and staff) travel to each Partner institution, find the best way to commute to the University and discover other details necessary for their trip.



# Partner Institutions



In this chapter we will present the most important information about each institution that could be useful for the international mobility both, for students and staff members.

Each section about the Institution will include:

- Main contact information
- Main information about the institution for mobility participants
- Transportation to NEOLAiA Partner institution
- Additional information (e.g. rental options for cars, bikes)





Universidad  
de Jaén

# University of Jaén

## Key Data about the Institution

**Website:** [www.ujaen.es](http://www.ujaen.es)

**Erasmus code:** E JAEN01

**PIC:** 999849423

**Organisation ID:** E10208705

## Centre for International Cooperation (CIC)

Bachiller Pérez de Moya Building, C2- First Floor Las Lagunillas Campus 23071 Jaén <https://www.ujaen.es/servicios/serinco/conocenos>



## Transportation

The University of Jaén has two campuses, Las Lagunillas, located in the town of Jaén, and Linares, located in the town of the same name. Jaén has good road connections with cities such as Madrid, Granada and Córdoba. You can also get there by train or bus. On the Omio website you can search for the different transport combinations to get to Jaén from your place of origin, with timetables and prices.

### Train

The Renfe station is located in the new part of the city, about two kilometres from the centre, walking along the Paseo de la Estación, there are no high-speed trains, but there are direct medium distance trains from Cadiz, Seville, Cordoba, Almeria or Madrid. You can consult and buy a train ticket to Jaén with Renfe: <https://www.renfe.com/es/en>.


### Bus

You can also reach Jaén by bus from Cordoba, Malaga, Granada, Valencia or Madrid. The bus station is very centrally located, less than 10 minutes from the cathedral. The company Alsa operates most of the connections with the main cities, except Madrid, whose route is operated by Samar. You can consult the travel options on the Jaén bus station website: <https://www.epassa.es/estacion>.

### Airplane

Federico García Lorca Granada-Jaén Airport serves both cities, although it is located about 100 km from Jaén. There are several airlines that connect the airport with other cities in Spain and Europe. The best way to get to the city from the airport terminal is to hire a car. In the terminal itself you will find several car rental offices if that is your choice for getting around. There are also other agencies in the vicinity (Sixt, Europcar, Goldcar).

If you prefer to use public transport, you should take the Granada-Airport line 245 (operated by Alsa, with a fare of 3€ and a journey time of 45 minutes), get off at the Granada Bus Station and change there for a bus to Jaén (there are different timetables during the day, with a price of 11€ and a journey time of one hour).

Another popular option for students is BlaBlaCar: travel economically and sustainably. It is a French time to organise to travel together. You can download the app from the Play Store .



## Hot to get to Linares

Linares is located in the province of Jaén and is the second-largest city in the province. The Polytechnic School of Linares, which is the centre located on the Linares campus, is a campus complex equipped with state-of-the-art facilities. It is an innovative space that integrates educational, university, professional, and occupational areas, as well as research, development, and innovation (R&D&I) activities.

### Train

If you want to check the train timetable to Linares-Baeza station and even buy your ticket online, you can do so at <https://www.renfe.com/es/en>. Once at Linares-Baeza station, you can take one of the city buses (1, 2 and 7) that connect the station with the city of Linares.

### Airplane

Like Jaén, Linares does not have its own airport. Both towns have nearby airports, such as Granada-Jaén, Madrid and Málaga (<https://www.aena.es/en/passengers/our-airports.html>). The best way to get from Granada-Jaén airport to Linares, without your own or shared car, is by bus, which takes 2h 45m. You can check the routes at Alsa.

From Madrid airport, you can get to the city centre by metro using line 8. To go to Jaén by train, change at Nuevos Ministerios to line 10 to Renfe Chamartín. There is a direct train from Atocha to Linares-Baeza, which takes 3 hours. Taxis are more expensive and less fast than the metro. There is also an express bus line from the airport that stops at Atocha. If you prefer to travel by bus to Linares, change to line 6 at Nuevos Ministerios to Méndez Álvaro. For train timetables and tickets visit <https://www.renfe.com/es/en>. From Linares-Baeza station, city buses 1, 2 and 7 connect with the city of Linares.

Malaga airport has many connections with European cities and some American airports. To get to Linares from Malaga, take a shuttle bus or taxi to Malaga bus station. The bus company Alsa offers a journey time of approximately three and a half hours to Linares.



## Accommodation

Jaén offers a variety of accommodations, including hostels and hotels spread across the city.

Below is a list of some recommendations, but you'll find many other options available, including Airbnb rentals and apartments for short-term stays.

- **Domingo Savio University Residence (single or double room, full board, half board).** For more information on prices, availability, opening hours, meals offered, requests, and the reservation process, you can visit – <https://cmds.ujaen.es/>
- **Josefa Segovia University Residence (female/in the city center) –** <https://catalogoresidencias.es/institucion-teresiana-centro-josefa-segovia/>
- **Virgen de la Capilla Residence (male and female/in the city center) –** <http://www.residenciavirgendelacapilla.com/>
- **Paraninfo Residence (female/next to the campus) –** <http://www.residenciaparaninfo.es/>

### Hostels/hotels

- **Albergue Inturjoven & Spa Jaén (Hostel) –** <https://www.inturjoven.com/albergues/jaen/albergue-inturjoven-spa-jaen>
- **Hostel Estación –** <https://hostalestacionjaen.com/>
- **Hotel Condestable Iranzo \*\*\*\***  
[https://www.hotelcondestableiranzo.com/EN/hotel.html?referer\\_code=ADWORDS](https://www.hotelcondestableiranzo.com/EN/hotel.html?referer_code=ADWORDS)
- **Hotel Infanta Cristina \*\*\*\***  
[https://www.hotelinfantacristina.com/EN/hotel.html?referer\\_code=ADWORDS](https://www.hotelinfantacristina.com/EN/hotel.html?referer_code=ADWORDS)

If you have any specific needs, feel free to contact the NEOLAIA UJA office at [neolaia@ujaen.es](mailto:neolaia@ujaen.es) for personalized recommendations.





ÖREBRO UNIVERSITET

# Örebro University

## Key Data about the Institution

**Website:** [www.oru.se](http://www.oru.se)

**Erasmus code:** SE OREBRO01

**PIC:** 999650088

**Organisation ID:** E10208273

## Centre for International Cooperation (CIC)

[www.oru.se/english](http://www.oru.se/english)

LINK: <https://www.oru.se/english/about-us/getting-here/>



## Transportation

Although there are other possible airports in Sweden, we strongly recommend Stockholm Arlanda Airport as it is convenient to travel from the airport to Örebro.

### Airplane

#### ***Stockholm Arlanda Airport***

After arriving at Arlanda, you can conveniently take the train or a coach to Örebro. Travel time is approximately 2 hours by train and 3 hours by coach. Tickets may be purchased in advance on the homepages below, directly at the airport, via ticket machines, information desks or apps. Note: payment is by credit card.

- [Stockholm Arlanda Airport website](#)
- [SJ, travel by train](#)
- [Flixbuss, express bus travel](#)
- [Nettbuss, express bus travel](#)

### Train

Several companies are operating the railway network in Sweden. The main train operator is SJ. Most trains can be booked via SJ's webpage: [SJ, travel by train](#)

#### ***Railway stations in Örebro***

There are two railway stations in Örebro. Örebro Central is the main railway station. From Resecentrum, Örebro's travel centre, you may take a taxi or catch a bus to Campus Örebro. The other railway station is Örebro Södra, close to Conventum, Örebro's main conference centre, congress hall and arena.

### Bus

From Resecentrum, there are three buses to Campus Örebro. Travel time is about 15 minutes.

- Bus 2 Brickebacken – get off at the bus stop **Universitetsplatsen**.
- Bus 3 Brickebacken – get off at the bus stop **Universitetsplatsen**.
- Bus 9 Universitetet – get off at the bus stop **Fakultetsgatan** (Örebro University).

You can see traffic information at [www.lanstrafiken.se](http://www.lanstrafiken.se) or in the app Länstrafiken Örebro.



## ***Buying bus tickets***

Bus tickets may be purchased on board with a credit card or within the app Länstrafiken Örebro, but cash is not accepted on buses.

If you plan to make more than one trip, buying the local travel card, a top-up and pay-as-you-go bus pass, is easy and economical. Purchase your travel card at the Länstrafiken customer service office at Resecentrum or Pressbyrån at Resecentrum and Campus Örebro.

In Örebro, everything is close. The town pulse, campus life, and nature are just a ten-minute bike ride away. And for those wanting to explore more of Scandinavia, Örebro's the perfect starting point. More than 70 per cent of all Swedes live within 300 kilometres of Örebro and reach Stockholm and Gothenburg. Even Oslo in Norway is just a few hours away by train.

## **Public Transport**

Several bus lines connect the university with the town centre – just 15 minutes by bus. Buy your ticket onboard using a credit card or an app – cash is not accepted. [Read more about bus services in Örebro.](#)

## **Taxi**

Several taxi companies are available at Resecentrum, and we recommend Örebro Läns Taxi, 019 124 300. Ask to go to the university's main entrance at Långhuset. At the information desk, you may ask for further directions. A taxi should cost around SEK 100–150, and payment is by credit card. If you arrive late at night, book a taxi beforehand.

## **Bicycle city Örebro**

A bicycle is the best means of transport for getting around in Örebro. It is often faster than going by car, you get fresh air and contribute to better air quality and environment. The town's biking paths connect the entire city and are kept snow and ice-free during winter.

## **Driving a car in Sweden**

Like much of Europe, Sweden has right-hand traffic. If you are going to drive a car in Sweden, remember your driving license. Sweden is safety conscious – rules regarding alcohol and driving are stringent, everyone must wear seat belts in cars and on buses, and all vehicles must have daytime running headlights. [Read more about driving in Sweden.](#)



## Explore Scandinavia

Örebro is strategically located in the middle of Sweden's demographic centre. Trains are an excellent means of transport to travel around Sweden and Scandinavia. It takes just under two hours to the capital, Stockholm and less than three hours to Gothenburg, Sweden's second-largest city. Norwegian's capital, Oslo, is about five hours away by train.

[Plan your trip on SJ.se.](https://www.sj.se)







UNIVERSITÄT  
BIELEFELD

# Bielefeld University

## Key Data about the Institution

**Website:** [www.uni-bielefeld.de](http://www.uni-bielefeld.de)

**Erasmus code:** D BIELEFE01

**PIC:** 999854370

**Organisation ID:** E10208743

## Centre for International Cooperation (CIC)

33501 Bielefeld, Germany

<https://www.uni-bielefeld.de/einrichtungen/international-office/index.xml>



## How to reach Bielefeld

**Düsseldorf** (approx. 190 km from Bielefeld) From Düsseldorf airport, the Skytrain will take you to the train station in about 5 minutes. Depending on which train you take (direct or with a change in Hamm or Duisburg), the journey takes 2 hours.

**Frankfurt am Main** (approx. 320 km from Bielefeld) There are Intercity connections from Frankfurt Airport to Bielefeld (departure every hour with change in Cologne or Hanover – journey time approx. 4 hours).

**Hanover** (about 110 km to Bielefeld) The S-Bahn line S5 takes you from Hanover Airport to the main railway station in Hanover city centre in 12 minutes. Intercity trains from Hanover to Bielefeld run every hour. Project duration approx. 50-60 minutes (without changing trains).

**Cologne-Bonn** (about 200 km to Bielefeld) Intercity trains run every hour from Cologne Bonn Airport to Bielefeld, approximate project duration 3 hours.




**Dortmund** (about 110 km to Bielefeld) You can either take a free shuttle bus from Dortmund Airport to Holzwickede, and from there a regional train to Bielefeld, changing in Hamm (time about 1 hour) or take a shuttle bus to Dortmund Main Station (project duration: 25 minutes) and from there a through train to Bielefeld (project duration: less than an hour).

## Transportation

Tickets can be purchased at ticket machines located at bus and train stops, as well as at many convenience stores and kiosks throughout the city. There are also various types of tickets available, including single ride tickets, day passes, and monthly passes, depending on your needs.

Mobility in Bielefeld | moBiel: <https://www.mobiel.de/>

### Deutschland Ticket

Travel conveniently throughout Germany with just one ticket. The Deutschland-Ticket (D-Ticket for short) lets you travel easily by all means of local public transport from for just 58 euros per month. This ticket is a subscription. It must be cancelled before the 10th of each month. More information  about  Deutschland  Ticket: <https://int.bahn.de/en/offers/regional/deutschland-ticket>



## **“Mein Sigg” Bike rental: moBiel offers a bike-sharing service called “meinSigg”**

(<https://www.mobiel.de/sharing/meinsiggi-fahrrad/>). You can find out how this works on the help page.

## **How to arrive to the University Campus?**

From Bielefeld Central Station (Bielefeld Hauptbahnhof), take the S-Bahn 4 direction “Lohmannshof” and get off at “Universität” station. The journey takes approximately 15 minutes. Alternatively, you can walk to the university from the city centre in about 30 – 40 minutes or in 15 minutes with “Mein Sigg” bike.

Here you can access our campus map <https://www.uni-bielefeld.de/uni/anreise-kontakt/lageplaene/>

## **Uni Maps App**

UniMaps is an app designed to enable accessibility-friendly navigation on the campus of Bielefeld University. It is being developed by the Disabled Persons’ Representative Council / Accessibility Services (ZAB) by and with students.

### **Download:**

Android [https://play.google.com/store/apps/details?id=de.uni\\_maps&pli=1](https://play.google.com/store/apps/details?id=de.uni_maps&pli=1)

iOS <https://apps.apple.com/de/app/unimaps/id1591602150>



## Accommodation

From small, cozy guesthouses to large, modern hotels, some close to the city center and some in more quiet areas, Bielefeld has a variety of accommodations to offer. Here are some options close to the city center:

- **AAPARTEL Boardinghouse** - <https://www.aapartel.de/de/>
- **ALTSTADT HOTEL BIELEFELD** - <https://altstadt-hotel-bielefeld.de/>
- **B&B Bielefeld City** - <https://www.hotel-bb.com/en>
- **HOTEL BIELEFELDER HOF** - <https://hrewards.com/de/steigenberger-hotel-bielefelder-hof>
- **BRENNER HOTEL** - <https://www.brenner-hotel-bielefeld.de/>
- **IBIS Styles BIELEFELD** - <https://ibis.accor.com/select-country.html>
- **LÉGÈRE HOTEL Bielefeld** - <https://www.legere-hotelgroup.com/destinations/deutschland/bielefeld/lh-bielefeld>
- **LÉGÈRE HOTEL EXPRESS Bielefeld** - <https://onepagebooking.com/legereexpressbielefeld>
- **Mercure Hotel Johannisberg** - <https://all.accor.com/hotel/B0Q9/index.de.shtml>
- **Stay-Inn** - <https://www.stay-inn-bielefeld.de/>
- **Stayery** - <https://www.stayery.com/de/bielefeld/>
- **COMFORT GARNI HOTEL** - <https://www.comfort-garni.de/>



# University of Ostrava

## Key Data about the Institution

**Website:** [www.osu.eu](http://www.osu.eu)

**Erasmus code:** CZ OSTRAVA 02  
998738870

**Organisation ID:** E10205440

## Centre for International Cooperation (CIC)

Building G – Welcome Centre, Mlýnská 5, Ostrava, 702 00, Czech Republic,  
[www.osu.eu/contacts-for-international-relations/](http://www.osu.eu/contacts-for-international-relations/)



## University of Ostrava in brief

- Faculty of Social Studies
  - Faculty of Education
  - Faculty of Fine Arts and Music
  - Faculty of Arts
  - Faculty of Medicine
  - Faculty of Science
- 
- Welcome Centre Offices (Mlýnská 5)
  - Centre for International Cooperation
  - Counseling and Career Centre
  - Pyramida Centre (for students with special needs)
  - Marketing and Communication Centre
  - UO Shop – university shop and bookstore

## How to reach Ostrava:

### *Flight to Prague*

From the Prague airport you can take a bus to the main train station (Praha hlavní nádraží). Just outside the terminal there are two options, but we recommend the express bus:

- The express bus takes you directly to Prague Train Station and is called “Bus AE” (Bus Airport Express). You can buy the ticket at the airport or on the bus in cash or by card.
- If you intend to stay in Prague before leaving for Ostrava, bus 119 will take you to the nearest metro station and from there you can get just about anywhere in Prague.

From Prague main train station take a train to Ostrava Hlavní nádraží (Ostrava Main Station). Ride takes approximately 3–4 hours. There are several companies to choose from, e.g. České dráhy, RegioJet and Leo Express.

Schedules can be found at [www.idos.cz/en](http://www.idos.cz/en).

### ***Flight to Katowice***

Another option is the Katowice Airport. From there you can take a train to Ostrava Hlavní nádraží (Ostrava Main Station) which takes approximately 1-2 hours. The train leaves every 3 hours. You can book a ticket on [www.cd.cz/en/](http://www.cd.cz/en/). Another option is to take the bus to Ostrava by Flixbus or check [regiojet.com](http://regiojet.com). To get from Katowice Airport to Katowice train station you can take a shuttle or a taxi/uber. The bus from the airport only takes cash in PLN. If you want to pay by card you have to buy a ticket at a ticket machine.

### ***Flight to Vienna***

Another option you can choose is to land at the Vienna Airport. From there, you can take a train to Ostrava Main Station which takes around 3 hours [www.cd.cz/en/](http://www.cd.cz/en/). To get to the Vienna central train station (Wien Hauptbahnhof) you can take the train straight from the airport (ride takes about 15 minutes).

### ***Flight to Krakow***

If you fly to Krakow you can then take a direct bus by Flixbus from the airport to Ostrava.

### ***Flight to Krakow***

If you fly to Krakow you can then take a direct bus by Flixbus from the airport to Ostrava.

## **Transportation**

### **Arriving to Ostrava**

You may purchase your ticket online and print the ticket or have the ticket sent to your phone. You may also purchase tickets at the train station. You may pay in cash or by card. If you buy the ticket online in advance the ticket might be cheaper. The Czech word for "main train station" is Hlavní nádraží and you will see it abbreviated as hl.n. Thus, your ticket to Ostrava should state "Ostrava MS" or „Ostrava hl.n.“ (Ostrava has more stations).

Once you arrive to Ostrava you will need to get to your accommodation. There are trams with regular departures just outside the Main Train Station. To get to the Ostrava city center you have to board tram number 1, 2, or 8 (located right outside of the train station) and get off at the Stodolní station (the ride takes about 10 minutes). You can find detailed timetables at [www.idos.cz/en](http://www.idos.cz/en).

You must purchase a ticket while boarding a tram or bus. The easiest way to buy a ticket is to pay with your contactless bank card on a tram or bus. Paper tickets are not used anymore. Another pricier option to reach the city center is to take either a taxi or an uber/bolt.



## Accommodation

From small, cozy guesthouses to large, modern hotels, some close to the city center and some in more quiet areas, Bielefeld has a variety of accommodations to offer. Here are some options close to the city center:

- **Hotel Maria** / booking.com
- **Kampus Palace** (private dormitories) / booking.com
- **Mercure Ostrava Center Hotel** / booking.com
- **Imperial Hotel Ostrava** / booking.com
- **Golden Apartments Rezidence Nova Karolina** / booking.com
- **Sting Butique Apartments** / apartmanysting.cz/en/

For a more comprehensive and thorough list of accommodation options visit: [www.visitostrava.eu/en/](http://www.visitostrava.eu/en/) section Enjoy Ostrava -> Accommodation, or check the offer on Booking or Airbnb.





UNIVERSITY  
*of* NICOSIA

# University of Nicosia

## Key Data about the Institution

**Website:** [www.unic.ac.cy](http://www.unic.ac.cy)

**Erasmus code:** CY NICOSIA14

**PIC:** 999577726

**Organisation ID:** E10207892

## Centre for International Cooperation (CIC)

46 Makedonitissas Avenue, CY-2417, Nicosia, Cyprus  
<https://www.unic.ac.cy/study-abroad/erasmus/>



## Transportation

Cyprus is served by two main international airports: Larnaca International Airport and Paphos International Airport. These modern hubs connect the island to destinations across Europe, the Middle East, and beyond. All students and staff are strongly encouraged to use only the 2 official airports of the country

### AIRPORT PICKUP

You can get to the University of Nicosia or your hotel from Larnaca International Airport by taxi, the Kapnos Airport Shuttle, the Intercity bus or Travel Express.

### TAXI

Reserve a taxi through the University for direct transfer at approximately €55 from Larnaca Airport and €130-150 from Paphos airport.

### KAPNOS AIRPORT SHUTTLE

The Kapnos Shuttle offers transfers from Larnaca (€9) and Paphos (€12) airports to Kyrenias Avenue, Nicosia. From there, take a taxi to the University building of your interest or your hotel. Visit their website for details.

Website: [www.kapnosairportshuttle.com](http://www.kapnosairportshuttle.com)

## Getting around

### Bus

You can find more information about the available buses and routes via Cyprus by Bus website [www.cyprusbybus.com](http://www.cyprusbybus.com) Daily tickets can be purchased on the bus. 50% discount is given to University Students by presenting their University Student ID Card.

### Download “CYPRUS BUS” application by MOTION

Available buses from/to UNIC:

- 11 Isokratous – Solomos Square (City Centre), Bus stops at the Mall of Engomi and outside Starbucks
- 12 Al. Panagouli – Solomos Square (City Centre), Bus stops at the Mall of Engomi and outside Starbucks
- 41 Makariou Stadium Bus Station – University of Cyprus/Aglantzia, Bus stop near the University entrance
- 42 Makariou Stadium Bus Station – Sopaz, Bus stop near the University entrance



## **Motion Bus Card Sale Points**

Motion Bus Card can be bought and topped up at the following Cyprus by Bus sale points located in Nicosia. (contactus@publictransport.com.cy)

## **TAXIS**

Taxis can be relatively expensive if you are traveling on your own but they are a convenient and safe way to travel. Before you get in, you should ask the driver for the likely cost of your journey and ensure that you have enough cash with you. Taxis are available on the main road of the University.

## **DRIVING**

Parking areas across the city are available (€2-€3). Parking is also available and free of charge on the UNIC campus.

## **CYCLING**

You can rent your SmartBike anytime at any available official station in Nicosia. Stations are available near UNIC (outside the main entrance of the University, Mall of Engomi, Starbucks Engomi, SIX and Triangle Residences).

### **Steps:**

- Download the nextbike App!
- Easily Register/Rent/Return and manage your nextbike account

For more information you can visit the website at [www.nextbike.com.cy/en/nicosia](http://www.nextbike.com.cy/en/nicosia)

## **Accommodation**

If you are going to be living off-campus, you may need to stay in a hotel for a few days before finding permanent accommodation. There are many hotels in Nicosia and our Accommodation Office can assist you in making reservations. Please contact the Accommodation Office for a price list.

ACCOMMODATION OFFICE

T: +357 22 841982

E-mail: [ZYRKAS.C@UNIC.AC.CY](mailto:ZYRKAS.C@UNIC.AC.CY)





Stefan cel Mare  
University  
of Suceava

# Stefan cel Mare University of Suceava

## Key Data about the Institution

**Website:** [www.usv.ro](http://www.usv.ro)

**Erasmus code:** RO SUCEAVA01

**PIC:** 999522339

**Organisation ID:** E10207544

## Centre for International Cooperation (CIC)

Str. Universitatii 13, 720229 Suceava, Romania <https://relint.usv.ro/about-usv/our-staff/>

**LINK:** <https://relint.usv.ro/about-romania/about-suceava/>



## Transportation

### How to get to USV

By plane – Salcea Airport is 12,5 km from Suceava. A regular bus runs between the airport and the city centre. Taxi costs from the airport to the university vary from 40 lei to 50 lei (8 EUR to 10 EUR).

By train – <http://www.cfrcalatori.ro/> at this address you can find more about the trains' schedule. Once you arrive in Suceava railway station (Burdujeni), you should take the bus (no. 2, 3 or 4) and stop to „Policlinica” bus station. You can also take the taxi for aprox.25 lei (5 euro)

By bus – <http://www.autogari.ro/> at this address you can find more about busses' schedule





# University of Tours

## Key Data about the Institution

**Website:** [www.univ-tours.fr](http://www.univ-tours.fr)

**Erasmus code:** F TOURS01

**PIC:** 999867271

**Organisation ID:** E10208858

## Centre for International Cooperation (CIC)

S60, rue du Plat d'Etain – B.P. 12050 37020 Tours Cedex 1 – France  
<https://international.univ-tours.fr/>



## Accommodation

Here are some options you may consider for one or several nights. You have several options :

A youth hostel has recently opened in Tours. "The People Hostel", located at 84 avenue Grammont (10 minutes away by foot from the train station) proposes low-cost accommodation ideal for short periods of time.

[www.thepeoplehostel.com/en/destinations/tours/](http://www.thepeoplehostel.com/en/destinations/tours/)

Many hotels can welcome you. Rates for a standard single room vary according to period and comfort but the average rate stands between 70€ and 90€ per night, breakfast not included. You also need to add the tourist tax of 0,99€ to 1.10€ a night per person.

Air BnB is a website where you will find accommodation offers for a few days. These offers are published by private owners, for a short stay. When compared with real estate agencies, you can often find good quality offers with lower prices. [www.airbnb.com](http://www.airbnb.com)

## Transportation

*Car, train, plane, bus... Depending on your budget, here are several options to reach Tours...*

### FROM PARIS:

#### BUS

Low cost bus lines run from Paris to Tours coach station located in the city center of Tours. You can check out Flixbus or Ouibus companies. It takes about 5 hours between the 2 cities and it costs less than 20€. In Tours, all these buses' departures and arrivals take place at 168 rue Edouard Vaillant, which is 5 minutes walking from Tours train station.

[www.flixbus.fr](http://www.flixbus.fr) [www.blablacar.fr/bus](http://www.blablacar.fr/bus)

#### TRAIN

From Roissy-Charles de Gaulle airport. The TGV train station is located in terminal 2, inside the airport. There are direct trains for Saint-Pierre-des-Corps only (and not to Tours station). You can book a train for Tours station and when you get to Saint-Pierre-des-Corps you will take the shuttle (train). The fee with the SNCF "Carte Jeune" is between 39 and 79€. The journey takes about 2 hours.



There is another possibility if there is no train which suits you : from the Roissy-Charles de Gaulle station in terminal 2, you can take a RER\* and then a subway to Paris Montparnasse station or Paris Austerlitz station. From these stations, there are also trains to Tours. A RER B ticket to enter inner Paris costs 11,80€.

\* RER = suburban trains in the Parisian area, «Réseau Express Régional»

### **From Orly airport**

You can take the OrlyBus. It will take you to Paris, place Denfert-Rochereau: from there, you will be able to take the RER B to reach Massy-TGV train station. It costs 11.50€ and it is 30 minutes long to do Orly>Paris-Denfert Rochereau.

At Massy-TGV train station, there are direct trains for Saint-Pierre-des-Corps or Tours. It costs from 30 to 70€. Find all practical information about Roissy-Charles de Gaulle and Orly airports: <https://www.parisaeroport.fr/en/homepage>

### **From Beauvais airport**

You can take a shuttle to Paris. The journey lasts about 1h15 and the shuttle takes you to Porte Maillot. It costs 16.90€ online or 18€ directly with the bus driver. Then you can take a subway to reach Montparnasse train station or Austerlitz train station. You can check the itinerary in Paris on the website of the « RATP » (Paris public transport network) <https://www.ratp.fr/en/titres-et-tarifs/airport-tickets>

Another option would be to take a bus or a cab from the airport to Beauvais train station and then a train to Tours. There will be a connection in Paris (you will need to change from train and train station).

### **From Paris-Montparnasse train station**

You can take a train from Paris-Montparnasse to Tours : rates vary from 15€ to 60€ with the SNCF "Carte Jeune". The journey lasts about 1 hour.

### **From Paris-Austerlitz train station**

You can take a train from Paris-Austerlitz to Tours : rates vary from 20€ to 100€ with the SNCF "Carte Jeune". The journey lasts about 1,5 hour.

### **By shuttles**

Lots of companies offer a shuttle service from the various airports to Tours (Pickmecab, Transpers, etc...). Count more than 200€ for 1 person.

[www.pickmecab.fr](http://www.pickmecab.fr), [www.transpers.fr](http://www.transpers.fr), [www.evasion-transport.fr](http://www.evasion-transport.fr)



## **FROM TOURS AIRPORT TO TOURS**

### **TRAIN STATION (CENTER TOWN)**

By tram: walk about 15 minutes until "Terminus Vaucanson" stop and take the tram until "Gare Vinci".

By taxi: you can take a taxi directly outside the terminal. Usually, there are taxis waiting after each flight arrival. It costs from 15 to 30€ to go to Tours city center.

The name of the French railway network is "Société Nationale des Chemins de Fer" (SNCF). You can check the website to look at the timetables and book your ticket directly online. You can also download the app "SNCF Connect" to check the timetable and buy your e-ticket without having to print it.

We advise you to buy the card "Carte Jeune" (for people between 12 and 27 years old) so you can have interesting rates all along your stay in France. The card costs 49€ (please note that it does not replace the train ticket that you will still have to buy) and is quickly profitable if you take the train during your exchange semester/year.

There are 2 train stations in Tours :

#### ***Saint-Pierre-des-Corps station***

It's located in the suburb of Tours and most of the TGVs (high-speed trains) go through this train station.

#### ***Tours station***

Located in the very center of Tours, it's a terminal.

Shuttles (trains) connect the 2 stations every 10 minutes approximately. The platform number is indicated on screens when you get out of the train in Saint-Pierre-des-Corps. It's a small train station, you will have the time to catch the shuttle. [www.sncf-connect.com/en-en/trainticket](http://www.sncf-connect.com/en-en/trainticket)

Once you've reached Tours train station, you can walk, take a bus, or take a taxi.

Taxis are parked right in front of the train station. [www.taxis-tours.fr](http://www.taxis-tours.fr)

The bus company in Tours is called "Fil Bleu". The fare is 1.60€ + 0.10€ for the creation of the reusable ticket.

Tickets can be purchased either from the vending machines in the streets, or from the Fil Bleu app, or from the bus driver (cash only) and are valid for 1 hour whatever bus or tram line you take. Fil Bleu website and app enable you to get bus/tramway real-time schedules and also to create your itinerary depending on your own points of departure and arrival ! (refer to page 75 for more info) [www.filbleu.fr](http://www.filbleu.fr)



## **AROUND TOURS**

### **BUS & TRAMWAY**

Buses are one of the most efficient ways to move around Tours. The local bus/tramway company is called "Fil Bleu" and its network runs throughout the city and its suburbs.

Buses operate from 6-7:00am to approx. 1:00am.

A single ticket can be used on all routes. It costs 1.60€ (+ 0.10€ to create the reusable contactless ticket) and is valid for 1 hour. You can purchase it at any ticket machine present on bus/tram stations, or directly from the bus driver (a bit more expensive and cash only).

You can also purchase a book of 10 tickets (14€ + 0,10€ to create the contactless ticket).

We recommend you to subscribe a monthly student pass ("Pass 19-25ans") : it costs 23€/ month + 2€ to create the card.

In addition to this, a monthly pass gets you some discounts and student rates at Fil Bleu partners in Tours : Mc Donald's, Holly's Dinner, movie theaters CGR, Auchan, Ikxiss coiffure, Cultura, Burger King, Bowl Center Tours, Marionnaud, Intersport, etc...

Regarding the tramway, the ticket is the same as the bus ticket. The tramway runs 7 days/7, from 5am to 00:30pm.

There is one tramway line on the North- South axis. Don't forget to validate your ticket when getting on the tramway.

Tickets can be purchased at the ticket machines on platforms. You have to validate your bus ticket everytime you step in a different bus or tram. If you don't validate it, you will have to pay a fine ! [www.filbleu.fr/en/](http://www.filbleu.fr/en/)

### **CAR RENTAL**

Citiz Tours makes available several types of cars at strategic locations in Tours. Cars just need to be booked up to 5 minutes before your ride. Using such self-service cars is a good way to visit touristic areas, or carry bulky stuff. Note that this service is more affordable than a classic car hire. Many different subscription options are possible (per year, per month, per day, per hour). You can make a rate simulation and find more information on: <http://tours.citiz.coop>

### **CARPOOLING**

You can also share your car or somebody's car with other people. The most popular carpooling website in France is "Blablacar". Carpooling rates are usually much cheaper than traveling by train. <http://blablacar.fr>





UNIVERSITÀ DEGLI STUDI  
DI SALERNO

unisa.it

# University of Salerno

## Key Data about the Institution

**Website:** [www.unisa.it](http://www.unisa.it)

**Erasmus code:** I SALERNO01

**PIC:** 999899184

**Organisation ID:** E10209127

## Centre for International Cooperation (CIC)

Università degli Studi di Salerno - Via Giovanni Paolo II, 132 - 84084 Fisciano (SA) - Italy <https://web.unisa.it/en/international/contacts>



## Transportation

### How to reach Salerno:

The nearest airport is Napoli Capodichino. It is possible to reach the main train station in Naples (Napoli Centrale) by taxi or by bus (Alibus). Tickets can be purchased on board. The city of Salerno is about 45-60 minutes far from Naples. It can be reached by train: Trenitalia ([www.trenitalia.com](http://www.trenitalia.com)) Italo ([www.italotreno.it](http://www.italotreno.it))

**Or** by bus: SITA, BUSITALIA and AIRCAMPANIA

### From Roma Ciampino or Fiumicino airport

You may go by bus or train to the main train station in Rome (Roma Termini) and then continue your journey to Salerno by train. It takes about 2 hours 45 minutes. There is also a direct bus from the airport to Salerno called Express bus ([www.expressbus.it](http://www.expressbus.it)). The University of Salerno is about 15 km far from Salerno city. It has two Campuses: Fisciano and Baronissi Campus. Baronissi Campus includes only the Faculty of Medicine and Health Professions.

You can get to Fisciano and Baronissi Campus to and from Salerno with buses n. 7, 17 or 27. Tickets can be purchased in tabacco shops and newsstands at Salerno. A one-way ticket costs € 1.40 and you must validate it once you board the bus. You can also buy an electronic ticket on the UnicoCampania App choosing "Busitalia" company. Alternatively, you can purchase an electronic ticket by sending a text to 4880882 with the text BIC SA.

**From Naples:** A3 motorway (Napoli-Salerno-Reggio Calabria); continue towards the south and take the freeway Salerno-Avellino; continue towards Avellino and exit at University, at the roundabout turn right and continue to the right.

**From Naples:** Motorway A16 (Napoli-Bari); from barrier East Naples merge onto A30 (Caserta-Salerno), direction Salerno, and go up the ramp to Avellino. Shortly after entering on the motorway Salerno-Avellino, exit at Fisciano-Mercato San Severino; at the end of the exit go to the right.

### Taxi

Contact Salerno taxi service by dialing +39 089 75 75 75. Alternatively, you can book a taxi through their online platform here: <https://www.radiotaxisalerno.it/prenota-il-tuo-taxi/>





ŠIAULIŲ  
VALSTYBINĖ  
KOLEGIJA

# Šiauliai State University of Applied Sciences

## Key Data about the Institution

**Website:** [www.svako.lt](http://www.svako.lt)

**Erasmus code:** LT SIAULIA03

**PIC:** 949026467

**Organisation ID:** E10067160

## Centre for International Cooperation (CIC)

<https://svako.lt/en/international-relations/>

<https://svako.lt/en/exchange-studies/contacts-1>

You can find more information about the city in <https://www.siauliai.lt/en>, <https://www.visitsiauliai.lt/en/>



## Transportation

### Riga International Airport (Latvia)

Distance from Riga (Capital city of Latvia) to Šiauliai is 128 km. Information on bus lines and schedules from Riga Airport to Šiauliai city is available on:

<https://www.ollex.lt/en/international-routes/Lithuania-Latvia/buy-a-ticket/Riga-Siauliai>

<https://www.eurolines.lt/en>

<https://luxexpress.eu/en/>

There is no train connection with Šiauliai city from Riga.

### Vilnius International Airport (<https://www.vilnius-airport.lt/en/>)

Distance from Vilnius (Capital city of Lithuania) to Šiauliai is 214 km.

There is a direct train route from Vilnius Airport to Vilnius Railway Station. Ticket price is 0,80 Eur (3rd class).

There is a direct bus line from Vilnius Airport to Vilnius city. Information is available at <https://www.vilnius-airport.lt/en/before-the-flight/transport/public-transport>.

#### ***How to get from Vilnius Railway Station to Šiauliai City?***

The most convenient way to get to Šiauliai city is to take a train (<https://ltglink.lt/en>).

#### ***How to get from Vilnius Bus Station to Šiauliai City?***

The second option to get to Šiauliai city is to take a bus (<https://www.autobusubilietai.lt/en>)

#### ***NOTE! Please pay attention, that there are no night routes (train or bus) !!!***

In case of late arrival to Vilnius — please take care of the accommodation in the city. And safely board the chosen transportation the next day.

## RAILWAYS

You can reach the capital of Lithuania and other major cities using the railway system. It is also possible to use this mean of transportation for reaching Poland, Russia, etc.

For more information you can visit: <https://www.litrail.lt/en/home>.



## BUS ROUTES

Šiauliai is in a very comfortable position for reaching Latvia, Poland, Germany and other countries. For more information about bus routes check at: <https://www.busturas.lt/lt/>.

Residents in Šiauliai City use e-card to get around by bus. You can get this card at the **Central Bus Station** (address: Tilžės str. 109, Šiauliai LT-77159 ). The card is pre-paid, so you will have to add additional money everytime it is empty. Residents in Šiauliai city also use the app Šiau-liaiBUS, you get this app here:

<https://play.google.com/store/apps/details?id=lt.lexita.siauliaibus&hl=lt&gl=US>

You can find all bus timetables by clicking on the following link:  
<http://www.stops.lt/siauliai/test.html#bus/en>

## DRIVING

ŠIf you want to drive a car you must have a driver's license. Usually the traffic is not very heavy in Šiauliai. Rush hours in the morning are from 7a.m. till 9a.m. and in the evening from 4p.m. till 7p.m. The traffic is on the right side!

## BICYCLE RENT

You may see a lot of people driving the bicycle and not the car. Enjoy the beautiful weather by going everywhere by the bike!

You can rent the bicycle in: Šiauliai tourism information center, Vilniaus Str. 213

## BOLT SCOOTERS RENT

You may see a lot of people using scooters. Enjoy the beautiful weather by going everywhere using scooter! For more information about Bolt scooters and where to find it: <https://bolt.eu/en-lt/scooters/>

## BOLT TAXI

Bolt taxi is great way to get around in Šiauliai city. To download the app go to

<https://play.google.com/store/apps/details?id=ee.mtakso.client&hl=lt&gl=US>